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Senior Alyssa Smith participates in a mandated daily temperature screening, part of La Roche's covid-19 protocols.

SGA tackles covid-19 obstacles

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche's Student Government Association (SGA) is facing new challenges posed by covid-19 as they make plans for the fall semester.

After moving meetings to Zoom for the second half of the spring semester, SGA resumed in-person meetings this semester.

Covid-19 restrictions are still governing much of their planning, as events have to abide by strict guidelines.

"We need to have good events on campus, despite what's going on," Ammiel Francis, executive vice president, said.

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Reopening plan restrictions may last through spring

BY JULIA FELTON
EDITOR-IN-CHIEF

Evidence of La Roche's reopening strategy is everywhere: hand sanitizing stations; mandatory mask policies; social distancing stickers on the floor; plexiglass between professors and students; and daily temperature check requirements.

Those restrictions will likely remain in place for the spring semester, according to La Roche's Chief Pandemic Safety Officer and Associate Vice President for Academic Affairs Rosemary McCarthy.

"I anticipate that restrictions and limitations in activities will be in place for the spring but certainly, we will assess the situation in time," she said.

Currently, the academic leadership team is discussing the spring academic calendar, McCarthy said. They have not yet decided whether the spring semester will begin as usual or with a delayed start.

McCarthy said the school's

Emergency Preparedness and Response Team developed the covid-19 protocols currently in place over the summer.

She did not have an estimate of how much it cost La Roche to implement the safety procedures.

"Multiple scenarios involving covid-19 were discussed and we developed academic contingency plans for each of the scenarios," McCarthy said. "Additional plans were developed which put us in a good position to deal with nearly all possible scenarios."

McCarthy urged students to abide by the school's covid-19 rules, wear masks and wash their hands.

"I know that students enjoy being on campus and would like to remain on campus for the entire semester and we want that to hap-

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PAGE 11

Commencement for class of 2020 cancelled again

BY JULIA FELTON
EDITOR-IN-CHIEF

The Class of 2020's commencement ceremony was a casualty of covid-19. Again.

After La Roche cancelled the original commencement ceremony in May, administration pushed the event to October.

They scrapped those plans, too.

"Unfortunately, it became necessary to cancel the October commencement ceremony when gathering limits remained far too restrictive to hold any kind of service," Provost and Senior Academic Vice President for Academic Affairs Dr. Howard Ishiyama said.

"At the time of the cancellation the outdoor gathering limit for Allegheny county was 50. Commencement normally draws over 1,300 people. Even with attendance being down from postponement it would have been an untenable situation."

But some 2020 graduates said they're still disappointed by the university's decision.

Danielle DiNatale graduated with a degree in professional writing and journalism in May. She said her commencement ceremony would've meant a lot to her and her entire family.

"The ceremony was really important to my family, like I'm sure it was for many graduates," she said. "Graduation meant a lot to me since I felt like I worked my hardest for four years, only for that accomplishment to not be recognized."

After months of hoping for the October ceremony, DiNatale said "it was honestly such a huge blow" to have a second ceremony cancelled.

Haley Ebersole, who graduated in May with a degree in professional writing and journalism, said

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Faculty

La Roche faculty faced an unexpected and complicated dilemma last spring. The transition to online schooling was difficult for everyone, but La Roche professors from all departments rose to the occasion and supported their students in all sorts of ways. The Courier staff appreciates all the professors' hard work. We would like to recognize a few professors who we believe went above and beyond.

Dr. Joshua Bellin

“Dr. Bellin did a really good job transitioning to online learning. In order to keep us engaged while working on our research papers, he posted video lectures and tons of resources. He kept us on track and offered us help whenever we needed it.” -Madeline Riccardi

“Dr. Bellin deserves some serious recognition when it comes to supporting his students through the pandemic. He had a super organized and easily understood Canvas page. I was always able to tell exactly what I needed to do and when it was due. Beyond that, he was willing to do several one on one Zoom calls with me when I needed help with assignments.” - Steven Munshower

Professor Ed Stankowski

“Professor Ed did a really good job. He's not known for being tech savvy, but he quickly put up all the assignments so that we could work at our own pace. He posted only fun assignments that would keep us safe during quarantine.” - Madeline Riccardi

“Professor Ed was super encouraging and supportive of the Courier the entire time. We all knew we didn't want to give up on the newspaper, but there's no way we could've done it without his help. He was willing to go the extra mile and be accessible so that we could produce a newspaper remotely. It gave students like myself a sense of purpose during a really challenging time.” - Julia Felton

Dr. Janine Bayer

“Dr. Bayer continued to have lectures and pre-recorded powerpoints for us in Writing for Broadcasting. She implemented a lot of discussion boards and was constantly checking in to make sure everyone was okay. She even was able to bring in a guest speaker via Zoom.” - Sarah Hefferin

“Dr. Bayer provided me with next level support last semester, and I owe her a great deal of gratitude. She communicated with me often, and did everything in her power to assist my learning process. Without her, I would not have gotten through last semester as successfully as I did.” - Steven Munshower

Dr. Richard Grimes

“I thought Dr. Richard Grimes did well during quarantine. It was obvious that he was putting a lot of work into providing us with engaging material and working to ensure we still learned something from class, even if we weren't there in person. Even when a lot of people seemed to be giving up on things, I never felt like he gave up on his students.” - Julia Felton

Dr. Crystal Fortwangler

“Dr. Fortwangler successfully adapted Digital Photography I online. We'd constantly share each other's photos on Zoom as a class and even had a tiny photo showcase where we got to see everyone's photos from the semester. She also brought in a guest speaker over Zoom to teach the class how to use Photoshop. Her class inspired me to want to go for a digital photography minor.” - Sarah Hefferin

Covid-19

A brief history of pandemics

BY KATHLEEN KENNA
CONTRIBUTING WRITER



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Sarah Hefferin (left) and Zach Ruby (right) demonstrate similarities between the Spanish flu and covid-19.

Lately we've heard a lot about how we are living in unprecedented times. Whatever the scope of the effects of covid-19 on your life, we are all experiencing life in a new way. But, despite how new it seems to all of us, humanity has been here before.

For about as long as humans have recorded history, we've been telling the stories of plagues. The most well-known is the bubonic plague, which arrived in 1347 and took the lives of approximately one-third of the world population.

Young people online are looking back to that time with morbid humor and bringing back the iconic plague doctor mask that features a long beak-like nose covering. Although almost nothing was known about what caused and spread illness at that time, it is interesting to see that humans resorted to wearing masks even then.

There are countless others. The Columbian Exchange beginning

in 1492 eventually diminished the population of Hispaniola from 60,000 to 500. Perhaps the most timely of these great plagues is the 1918 influenza pandemic known as "Spanish flu."

In 1918, the first cases of H1N1 influenza A virus began to surface in the United States, France, and the United Kingdom. It is not known where the illness definitively originated, but in the end it claimed an estimated 50 million lives, 675,000 of which were in the US.

This pandemic hit in the middle of World War I. Because of this, many countries censored the news to protect public morale from the truth of the quickly rising death toll of this flu. Spain was neutral in this war and thus was not censoring their pandemic news. This caused the incorrect belief that Spain was hit the hardest, creating the nickname, "Spanish Flu."

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LRU Archives preserving covid-19 history

BY JULIA FELTON
EDITOR-IN-CHIEF

The La Roche Archives is embarking on a project to preserve the history of the covid-19 pandemic as it happens.

Archivist Allyssa Yanniello said she realized early in the pandemic that the coronavirus – and the resulting lockdowns, restrictions and virtual learning – could one day be a notable moment in history.

"I was like, 'This is going to be really important. This is doing to be a defining moment for this generation,'" she said.

So she set to work preserving the history she found herself living through.

Yanniello is spearheading a project she calls Documenting the La Roche University Co-

vid-19 Experience. She's collecting stories from the La Roche community that detail personal experiences with covid-19, ranging from the early weeks of the lockdown to the transition back to on-campus classes. She's accepting written stories, videos, photos, audio files, and samples of student work.

"I just think it's important to know what people are going through, especially in times like these," she said. "People, when they're living through history, they don't think about it at the time."

But there's no better time to collect stories from history than while that history is being made.

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Finding solace in nature in the midst of covid-19

BY ED STANKOWSKI V
CONTRIBUTING WRITER

Imagine you are standing in the shade of a Pennsylvania forest. A light breeze stirs the trees overhead. The sunlight, tinted by the shortening days, casts gentle shadows on the ferns that surround you. Warmed by the sun, their sweet aroma fills the air. A deer in the distance watches you with caution. You hear the hammering of a woodpecker. A twig snaps underfoot and the deer flees. You inhale the late summer air, and with it the calm of this place.

For a time, whether in your mind or in person, you may find refuge here. However, this cannot be permanent. There are many concerns in the world, and ignorance, while blissful, does not protect from them. Taking complete

leave of the world's ills would be irresponsible. However, constant stress is a proven health risk. Despite the obligations of modern life, this author can see no better refuge than the natural world. A day in the woods, away from modern life's myriad burdens, is healthy and absolutely free of charge. Pennsylvania, being fifty-eight percent forest, is spacious enough for social distancing. There is no news and no politics save what you bring to it. It is a safe space for anyone who seeks it, a refuge for whoever requires rest. To quote Ecclesiastes by way of The Byrds, "To everything there is a season." With stress rising alongside covid-19 cases and

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People

Student Development, clubs strive to keep students engaged this semester

BY MADELINE RICCARDI
ASSOCIATE EDITOR

La Roche's Student Development and Clubs are enforcing safety guidelines to keep students safe and active on campus this semester.

With the new safety precautions implemented on campus, activities will never be quite the same as they used to be. The Student Development Office is, however, trying to make this semester as normal as possible.

Assistant Dean of Students David Day has announced that La Roche is doing everything it can to keep students safe but fun during these uncertain times.

"We are working with [the Student Government Association] to understand student needs and to get our programs going. This semester, getting student organizations up and running is very important. We have begun these initiatives and are meeting with many students," Day said.



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DEVELOPMENT, PAGE 12

Noah Ferguson (left) and Sara Szymanski (right) organized a cornhole tournament with the Finance and Investment Group (FIG).

Well-known chaplain returns to LRU

BY JULIA FELTON
EDITOR-IN-CHIEF



© JULIA FELTON

Father Peter Horton, who previously served as La Roche's chaplain for 19 years, has returned to the university.

He might be familiar to you. You may have seen his name in the lounge outside of Magdalen Chapel. You may have noticed his photo hanging on the wall.

Father Peter Horton is back at La Roche.

In 1994, Horton came to La Roche as a chaplain with no prior experience in campus ministry. He'd previously served in local parishes and worked for The Pittsburgh Catholic. But he quickly adapted to campus ministry and became the Diocesan Director for Campus Ministry in 2002.

After 19 years at La Roche, the Bishop gave Horton a new assignment in parish ministry.

During his tenure at La Roche, he'd become a popular fixture. La Roche President Sister Candace Introcaso dedicated the lounge outside of Magdalen Chapel to him during his farewell Mass. He attended so many La Roche sporting events that he was honorarily inducted into the La Roche Athletics Hall of Fame.

After leaving La Roche, he worked in parish ministry, most recently at Saint Thomas More and Saint John Capistran Parishes, until he got a call from Bishop David Zubik this summer, asking him to return to La Roche.

"I was excited when the bishop asked me to return. The bishop

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HORTON, PAGE 17

On Campus

Food pantry offers necessities for students in need

BY SARAH HEFFERIN
ASSOCIATE EDITOR-IN-CHIEF

When La Roche University shut down during the spring semester due to the pandemic, the campus had to quickly modify its learning environment. As classes moved to Zoom and students and faculty moved home for online learning, the community transitioned and adapted to one of the most influential events of 2020.

On the surface, the pandemic affected the learning experience. It affected the ability to go outside and be around other people. Stores closed as the world went into a lockdown.

But, behind the scenes, the pandemic has brought up an issue that many are experiencing all across the country.

When individuals can't go to work, and students can't be in school, where will they get their food?

For the past six months, the lines at food banks that stretched

With a lack of income and an increase in panic, grocery store shelves were left barren, and many lived paycheck to paycheck, not able to afford food for each month or week.

for miles could be found on the news. In April, the Pennsylvania National Guard joined the Greater Pittsburgh Community Food Bank and packed over 3,000 boxes of food for the area.

According to surveys conducted in April 2020 by the Brookings Institution, 17.4 percent of households with single mothers reported not being able to feed their children. This is a huge jump from 3.4 percent documented in 2018.

These are only a few examples of how the covid-19 pandemic

heightened the need for food for everyone across the country. With a lack of income and an increase in panic, grocery store shelves were left barren, and many lived paycheck to paycheck, not able to afford enough food for each month or week.

It also affected La Roche University.

Back in 2018, when Sister Elena Almendarez and the Mission and Ministry Department opened the Providence Food Pantry, they never expected a pandemic.

Originally, the pantry was

opened to kick off Food Justice Week. For over a year, the department researched and planned for the pantry's opening, due to the increased need for the pantry. This is because there are often misconceptions that those who attend universities, whether that be students, faculty or staff, are assumed to be able to buy food.

When interviewed in 2018, Almendarez explained that those in need often fly under the radar, because food scarcity often does not come up in conversation. But after realizing students' true needs, she and the Mission and Ministry Department researched other universities' food pantries to find what would work best for La Roche.

Now, almost two years later, the pantry continues to remain a constant in all the chaos.

"The students who were on campus really needed it and re-

SEE FOOD PANTRY, PAGE 19

Students share tips for dressing comfortably for campus climate

BY MADELINE RICCARDI
ASSOCIATE EDITOR

Too hot or cold on campus? Not anymore: La Roche students have tips and tricks to help you stay comfortable throughout the day – no matter where on campus you are.

Everyone has a different preferred temperature, which makes it difficult for most people to feel comfortable everywhere on campus.

Buildings such as Bold Hall and the Huber Academic Center are notoriously hot during most months of the year. The Palumbo Science Center, Maher, Schneider, and Peters Halls are known to be cold almost the entire year.

Because of these extreme temperature differences, it is often difficult to transition from one building to the next.

That difficulty can now be a thing of the past thanks to the advice provided by sophomore, junior and senior La Roche students.

Palumbo Science Center Labs

The Palumbo Science Center is the newest revamped building on the La Roche campus. Even though it is the most high-tech building on campus, not every student feels comfortable while working in the labs.

Junior Brooke Batyi said, "I was, and still am, always freezing

in the Palumbo Science Center labs – even in my lab coat."

This is a common problem for the students of La Roche, but there is not too much that students can do about it. Buying your lab coat so that it is loose enough to fit a sweatshirt or sweater underneath is a common suggestion on campus. That way, scholars can continue to wear the appropriate lab gear while also staying comfortable.

For the students who are not a fan of layers, sophomore Thomas

Fink suggests long sleeve shirts. "Long sleeve t-shirts and jeans overall are comfortable because it is heavily air conditioned there at all times," Fink said.

For those students who do not typically wear jeans, leggings or slacks are also appropriate for staying warm in the labs.

Dorm Buildings

Every dorm building on the La Roche campus is different, but they all have a common theme – the temperatures are always extreme.

In the winter months, the dorm buildings are known to be very hot. Every day, students open their windows and use fans, even in the middle of January.

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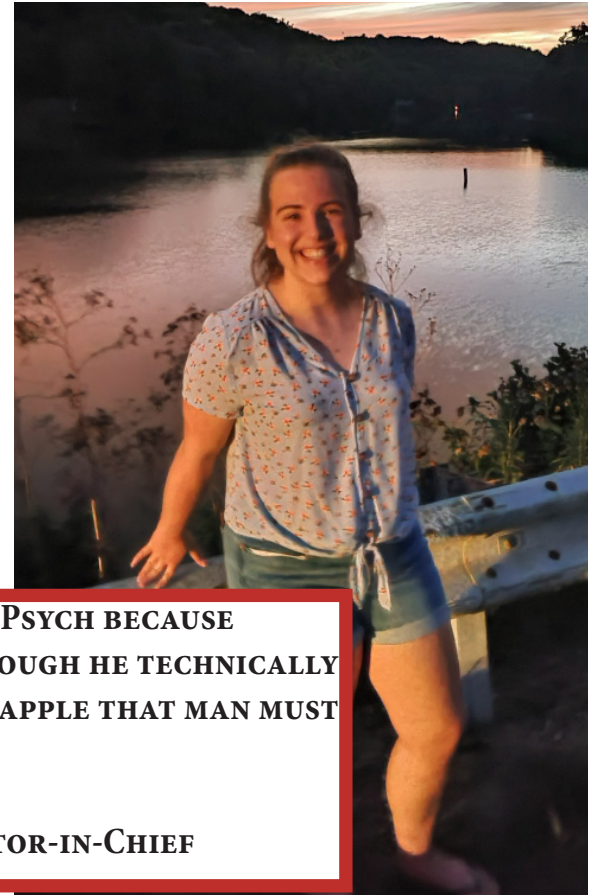
Because of these extreme temperature differences, it is often difficult to transition from one building to the next.

Courier Call

Hear the Courier Staff Answer the Question: Out of all the current/classic TV shows, which would you star in and what character would you play?



I'D BE ELLIE BISHOP FROM NCIS. SHE'S SUPER NERDY, BUT SHE ALSO HAS A TOUGHER SIDE. SHE'S DEFINITELY BETTER WITH COMPUTERS THAN I AM, BUT WE BOTH LIKE TO DO OUR WORK WHILE SITTING ON THE FLOOR EATING SNACKS.
- JULIA FELTON, EDITOR-IN-CHIEF



I WOULD BE SHAWN SPENCER FROM PSYCH BECAUSE 1) I AM TOTALLY PSYCHIC (EVEN THOUGH HE TECHNICALLY ISN'T) AND 2) THE AMOUNT OF PINEAPPLE THAT MAN MUST EAT IS WORTH IT TO ME.
-SARAH HEFFERIN, ASSOCIATE EDITOR-IN-CHIEF



I WOULD BE STERLING ARCHER FROM ARCHER BECAUSE NO ONE EVER GETS HIS REFERENCES. PLUS I AM ALSO SECRETLY A SPY.
-KATHLEEN KENNA, CONTRIBUTING WRITER



I WOULD DEFINITELY BE IN COMMUNITY! I WOULD LOVE TO BE THE DEAN BECAUSE HE IS SO UNIQUE AND I WOULD JUST LOVE TO BE INSIDE HIS MIND FOR ONE DAY. I FEEL LIKE HIS ELABORATE OUTFITS WOULD BE SUPER FUN TO WEAR, ESPECIALLY THE ONE HE WORE TO THE BANK. ALTHOUGH, I MIGHT BE PERMANENTLY SCARRED AFTER THAT.
-MADLINE RICCARDI, ASSOCIATE EDITOR



IF I WAS IN A TV SITCOM I WOULD DEFINITELY BE ROSS FROM FRIENDS, BECAUSE I AM GOOFY BUT (MOSTLY) LIKEABLE!
-STEVEN MUNSHOWER, ASSOCIATE EDITOR-IN-CHIEF

Education

Student Academic Support Services launches Academic Support Kiosk

BY JULIA FELTON
EDITOR-IN-CHIEF

Student Academic Support Services (SASS) launched a new virtual platform to connect students with SASS resources.

The online tool, dubbed the Academic Support Kiosk, or ASK, is available through Canvas for all La Roche students.

ASK connects students with resources from all five SASS offices: Academic & Career Advising; Tutoring & Student Support; Writers' Center; Academic Counseling; and Career Development.

Taylor Pavolko, coordinator of tutoring and student support, and

Dr. Jessica Ganni, director of the Writers' Center, spearheaded the kiosk's development, with help from the entire SASS staff and other La Roche faculty, employees, and student tutors.

When classes moved to exclusively online formats in March, Pavolko said students reported difficulty and confusion reaching out to SASS resources, according to an online survey conducted at

the end of the spring semester. ASK is designed to make it easier for students to access SASS offices during the covid-19 pandemic, as more students are working remotely and face-to-face interaction in offices is limited.

"ASK was built with students in mind," Pavolko said. "ASK was a direct result of all the challenges posed by covid."

Pavolko said the main focus of ASK is connecting students with SASS resources. But the portal

"ASK was built with students in mind. ASK was a direct result of all the challenges posed by covid."

-Taylor Pavolko

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Handshake replaces College Central, helping students network, find jobs

BY JULIA FELTON
EDITOR-IN-CHIEF

Job searching has never been easy, but it's particularly difficult in a time when covid-19 has cancelled job fairs and networking events.

La Roche's Career Development office launched a new platform to help students network and find jobs and internships online.

La Roche had previously used College Central for internship and job searches. This year, the school has replaced that with Handshake, according to Kevin Myles, coordinator of Career Development.

"College Central, the platform that we previously used, it really

focused on the Pittsburgh region. We got a lot of local and regional employers to post jobs with us – and they still do with Handshake. But Handshake gives students the opportunity to follow companies across the country, across the globe," Myles said.

It's among the most popular career development platforms in the country, Myles added.

"Handshake has opened the floor for some exposure nationally," he said.

Students can use their La Roche email to create an account. They can customize their accounts with resumes, portfolios, and job interests. Then they can

follow companies and connect with fellow students and alumni, who they can message directly.

"One of the key features I really like is students can connect with peers – whether it be at your school or at other schools throughout the nation," Myles said.

Companies post information about events, webinars and workshops, Myles said. Plus, many also list contact information for students who are interested in pursuing careers there.

"It increases the ease that students will experience in networking," he said. "It's a one-stop shop on one platform."

While upperclassmen searching for jobs and internships could find relevant information on Handshake, Myles said it's a useful tool for all students.

"It's opening the door wide open for students of any year to go in there, create their platform, and use the platform to its fullest extent," he said.

Covid-19 has made face-to-face networking challenging, if not impossible. Myles said online tools like Handshake give students an easy way to continue building their professional devel-

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Interested in joining our staff?

The Courier is always looking for new writers and photographers.

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

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Entertainment

“The Witcher” debuts on Netflix

BY STEVEN MUNSHOWER
ASSOCIATE EDITOR-IN-CHIEF

Where does one draw the line between monster and man?

“The Witcher” series sets out to explore the fine-lined morality behind that question, and does so with flying colors. Producer Lauren Hissrich is the program creator, and is responsible for many of the show’s creative choices. The fantasy/drama is based upon Andrzej Sapkowski’s Polish novel *The Last Wish*. The show aired on Netflix on December 20, 2019.

“The Witcher” is about a monster-hunter for hire named Geralt. His father-like relationship with a young girl named Ciri is at the core of the narrative. The show opens up with these characters distanced, and explores how and where they came to know each other. The main narrative is spread across individual short-story fantasy adventures, that provide insight into Geralt as a character.

Lauren Hissrich helms the show with a complete under-

standing and respect for the source material. Her adaptation of Geralt honors the roots of the character while incorporating subtle changes to suit actor Henry Cavill.

Cavill gives Geralt his all, and it translates to the screen in a beautiful homage to the morally conflicted character. In fact, Geralt is ultimately the best part of the show. His character is mysterious, comical, and complex.

Freya Allan plays the young Ciri in this adaptation. She does a fine job, but does not have much to work with. Hopefully, as Ciri becomes more prominent in the narrative, Allan can deliver an honest and accurate portrayal. Her character will be more interesting once she is hopefully given more depth and substance in the upcoming season two.

Beyond the characters, what makes “The Witcher” special is

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“Coraline” offers life lessons, scares

BY MADELINE RICCARDI
ASSOCIATE EDITOR

“Coraline” is the greatest animated horror film of all time, and it contains a really powerful message about life.

When a young Coraline (Dakota Fanning) moves into a new house, she discovers a secret door that leads to another world where everything is better – her parents, her house, her food. She soon learns that the other world is not as wonderful as it seems, and she begins to wish that she never opened the door in the first place.

This film offers great entertainment for the entire family, as long as they are not afraid of monsters. It has wonderful animation for the kids, suggestive humor for the adults, and a terrifying story for anyone who loves to be scared.

If you are easily scared, this is the perfect movie for you. It presents a nightmarish dream world with a mother (Teri Hatcher) who will follow you into your nightmares.

Big horror fans will not be easily scared by this film, although

it might make them laugh if they watch it with their scaredy-cat friends.

The film offers great stop-motion animation with a bit of 3D technology from director Henry Selick, who began animating for Walt Disney Studios directly out of college in 1974.

Selick is notable for his stop-motion animation for the films “The Nightmare before Christmas” (1993) and “James and the Giant Peach” (1996).

Lead actress Dakota Fanning (Coraline) has been acting since the age of 7 and has voiced other famous animated characters, including Lilo in Disney’s “Lilo and Stitch 2: Stitch has a Glitch.”

Like Fanning, Keith David (Cat) has starred in numerous horror movies. He is best known for his roles in John Carpenter’s “The Thing” (1982) and “Requiem for a Dream” (2000).

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Editorial

La Roche needs attitude adjustment

BY JULIA FELTON
EDITOR-IN-CHIEF

At least students are back on campus.

That's definite progress compared to March, when covid-19 forced campus shutdowns and students had to adapt to remote learning.

But we still have a long way to go.

We all expected some changes on campus this year. I doubt anyone was surprised to see plexiglass barriers or hand sanitizing stations. Administration warned us there would be daily temperature checks and strict gathering restrictions.

But what people might not have been expecting was the drastic shift in the campus atmosphere.

Over the last three years at La Roche, I always found the La Roche community to be welcoming and friendly. People smiled in the halls, stopped to chat with strangers, and laughed together in CC Square.

That's all gone.

Now, La Roche feels like a funeral home. People tiptoe around each other with no greetings. Once vibrant spaces are eerily quiet. Sometimes I'm convinced people are scowling behind their masks.

The mood here is all wrong.

College campuses are supposed to be places where people can grow as individuals, cultivate lifelong friendships, and interact with new people and ideas. But the environment at La Roche isn't conducive to any of that.

Really, it's not conducive to much of anything.

I understand the need to comply with the covid-19 guidelines set forth by government officials and health departments. But the atmosphere here is so restrictive and frigid that it seems to be hindering students' abilities to thrive in their college careers.

You can't possibly tell me it's healthy for college students to interact with no one but their roommates. That's basically the current expectation, as resident students are permitted visitors only from other students within the same building. Students aren't even allowed to have small study groups in their living rooms. Par-

ents are barred from visiting their children's dorms.

It's hard to do much on campus outside of the dorm.

With plexiglass barriers, mask requirements, and social distancing markers, it's a hassle to perform such simple tasks as getting a lunch. Activities are mostly cancelled and those that remain require participants to jump through a series of hoops – temperature checks, sanitizing rituals, mask requirements, social distancing considerations, and sometimes even gloves.

Perhaps all the restrictions are what's caused the shift in atmosphere. Students are frustrated. Maybe some have simply given up.

As students, we want to salvage something of our college experience. We want to learn in our classes, live out new experiences, and meet new people. It's understandably upsetting to students when we can't do that.

Talk to just about any member of the senior class and you'll hear the stress and frustration. We're

wondering whether we'll get to walk at commencement, be recognized at the awards lunch, or play in our senior sports seasons.

Freshmen are struggling to make friends when they can hardly socialize. It's hard to acclimate to college when many are seeing their professors only through a computer screen.

The general atmosphere at La Roche isn't helping us to "make the most of it," which seems to be the good-hearted but somewhat patronizing advice our parents and professors keep throwing at us.

We're trying to make the most of it. We're really trying. But there's not much left to enjoy. And what is left is soured by a lifeless atmosphere that doesn't embody the essence of who we are – or were – at La Roche.

I have seen some glimmering moments of hope, moments when La Roche felt a little more like La Roche again. There have been a few friendly chats with faculty and staff that warm the icy atmosphere. I'm thrilled to watch

student organizations collaborating in efforts to host events that students could enjoy within the coronavirus parameters. Professors who facilitate class discussions despite the masks and offer personalized feedback despite long-distance learning help us to gain something truly valuable in class.

Maybe we can't have the big events we were hoping for this semester. Maybe we're not allowed to hug strangers in the halls. But I hope we can find some way to make memories. I hope we can start to make La Roche right now feel more like the La Roche so many of us loved in years past.

So, on behalf of La Roche's student body, I'm asking a favor of everyone at La Roche:

Help us change the mood. Smile behind your mask, even if nobody can see it. Say hello, even if you're screaming it from six feet away. Laugh, even if your laughter is muffled behind the plexiglass. Help us salvage something from our college years.



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As I See It...

Student reflects on nostalgic trips

BY SARAH HEFFERIN
ASSOCIATE EDITOR-IN-CHIEF

The year was 10,000 B.C. It was the year the domesticated goat took its first steps. So obviously, it was a big year for the Earth.

Fresh on the heels of the last Ice Age, a large mass of glacial ice began melting under Earth's gradually warming temperatures. This mile-wide glacier melted to create the largest natural lake in Pennsylvania.

The lake drew in the Seneca Indians from the beginning. On summer days, the water sparkled under the sun's rays. In winter those same waves froze, creating a frozen wasteland that stood between them and the other shores.

This natural lake presented magical powers. In spring, when the wild ginger and the Virginia bluebells sprouted from the ground, and the sun welcomed the tribe every morning, the Seneca would stare across the lake in amazement to find the ice was still intact. That magical ice became a staple of Pennsylvania's new, natural lake. They named it

Conneaut (kon-e-ot), meaning "snow waters."

The icy waters of Conneaut gave the communities more than just its name. Colonialism meant the end of the Seneca settlements in the area. Then came the Industrial Revolution, where the lake of snow waters became a hub of trade and commerce. The Conneaut Lake Ice Company came around in 1880 and for five years it provided ice to every rich housewife in the area. The ice house shipped their product for miles, reaching many local towns and cities. History estimates that workers harvested up to 100,000 tons of ice at a time.

But Conneaut Lake offered more than ice. It offered a sense of community and a sense of togetherness. It offered fishing and boating.

It offered lake life that tourists couldn't refuse.

...

In 1959, John Hughes—yeah, the "Breakfast Club," "Pretty In Pink," and "Ferris Bueller's Day



COURTESY OF SARAH HEFFERIN

Sarah Hefferin (center) enjoyed family vacations to Conneaut Lake.

Off," John Hughes—wrote the ultimate, yet fictional, family vacation. It was an odyssey of hilarity, felonies, and heartbreak, which was turned into the popular—yet slightly annoying—"National Lampoon" series.

The family vacation. To John Hughes, it began a little like this:

"If Dad hadn't shot Walt Disney in the leg, it would have been our best vacation ever! We were

going to Disneyland. It was a dream come true. The rides! The thrills! The Mouseketeers! I was so excited that I spent the whole month of May feeling like I had to go to the bathroom."

The family vacation. It's a classic tale as old as time. That feeling like you have to go to the bathroom? That's what you felt the

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Traditional song tells ancient story

BY KATHLEEN KENNA
CONTRIBUTING WRITER

Who will tell your story? Your children and your grandchildren, perhaps even your great-grandchildren. But, think. Do you know your great-grandmother's name? How about her mother, or even her mother before her?

Americans are happy to say what country their people come from. Italian and Irish Americans are prouder of their heritage than most of the people who live in those countries. But as soon as someone is excited to say they're German, they just as quickly forget the name of the person who made the journey across the Atlantic.

We don't remember the names. We remember the stories.

The Dravidian people live in the southern tip of India. Some historians believe they are the descendants of Neolithic farm-

ers that migrated to India over 10,000 years ago.

But there are some who suggest the Dravidian people migrated long before that. Before agriculture. Even before language.

The Dravidian people hold something very precious: They boast one of the oldest songs in the world and they still sing it. The song is humble because it is so old. It has no instruments because they were not invented yet. It has no lyrics because they had no words.

Instead, it is a simple chant made up of animal sounds in a specific order. Many animals in the song are from India. But others are from far away, places like Iran and even as far as the eastern coasts of Africa. For years, anthropologists didn't understand the song. It is childish, in a way. Our children today learn songs

that teach them what animals say. But we don't sing them when we grow up.

So why do the Dravidian people hold this song so dear? Modern technology has offered an answer. The DNA of the Dravidians matches another ethnic group elsewhere in the world. Modern tests have shown that people in Somalia share roots with the Dravidians.

The anthropologists found their answer to where the Dravidians migrated from.

Nobody will ever know exactly when, but thousands of years ago, the Dravidian's ancestors walked more than 8,000 miles to India. This migration would have taken generations, tens of generations, even 100 generations.

The animals in their song are all the new animals they encountered on their long journey. It's a

way to trace their long journey and remember what they went through, for them and for their descendants. It tells the story of their migration before they had the words to express it. The song tells the story of their people.

We Homo sapiens began migrating outside of Africa as early as 100,000 years ago. We began to develop language 50,000 years after that. It was a slow and arduous process.

If the people who would become the Dravidians had language, they might have left us a different story. Different because it might have words and details, but, at its soul, it is the same.

And, really, we aren't so different than our ancient ancestors. We have our own folk songs.

SEE DRAVIDIAN SONG,
PAGE 15

Nature, continued from page 3

the days growing shorter, this is the season to take a break from the city, if only for a day.

The American Psychological Association's 2020 Stress in America reports show that Americans are under a great deal of strain. The pandemic and its various consequences alone have caused stress, but there is more. The APA's surveys show that the current political situation causes significant stress to seventy percent of people surveyed. Seventy-one percent cited police violence against minorities as a significant source of stress. America is a nation under stress.

In the face of the pandemic and other national crises, people are still getting out and finding peace in nature. The U.S. Fish and Wildlife Service Historical Fishing License Data shows that fishing license sales in Pennsylvania are down only three percent from 2018. While this is by no means a foolproof indicator of the number of people outside, it does show that outdoor activity has only slightly declined.

Pittsburgh alone has over sixty public parks, which are still open with safeguards in place. In ad-

dition, the National Park Service strongly recommends people to take advantage of their parks. They recommend not travelling far and observing social distancing in order to mitigate the spread of covid-19. The NPS also advises postponing especially challenging or dangerous activities until first responders and other health care personnel are less occupied with the pandemic.

As the days shorten and the weather grows cold, there will be fewer opportunities to get outside. America's various stressors will not disappear immediately, so it may be wise to find solace in nature while the weather is warm. Renowned naturalist John Muir said it best: "Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn."



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ASK, continued from page 7

also offers a guide to navigating LRU's online platforms, general tips for online learning, and information about other campus resources, including public safety, accessibility services, and financial aid.

"Having this Academic Support Kiosk puts it all in one place. It's a one-stop shop," Ganni said.

The resources available through ASK can benefit all students, Pavolko said.

"For new students, it's a great foundation to get oriented," she said, adding that upperclassmen should be focused on things like career development resources that help them connect with internships and jobs.

It's a good resource for students studying on campus or off campus this semester, Ganni said, as SASS resources from all five offices are in one place. But it's particularly important for students who aren't on campus and might not otherwise be able to access SASS staff and resources.

"They need to be able to know who we are and reach out to us, even if they can't stop by the office," Ganni said.

ASK is available in desktop and mobile formats.

A series of "ASK Me" events

are also scheduled via Zoom. The events are listed on the ASK portal calendar. During "ASK Me" Zoom chats, students can ask SASS representatives about the SASS offices or other campus resources. Some of the discussions are also themed to help students delve into specific concerns, like academic advising or study skills.

"It's a place for students who have questions about SASS," Ganni said.

ASK will be updated with new resources throughout the semester.

SASS will send a survey to students at the end of the semester, asking for feedback and suggestions for additional resources that could be added to the portal in the future.

The SASS office also launched a new Instagram page – @sassatlr – where students can get more information on the SASS offices, the ASK portal, and events on campus.

Students who have questions or suggestions regarding ASK can reach out to Pavolko at Taylor.Pavolko@laroche.edu.

Reopening Plan, continued from page 1

pen as well. If we all practice the recommended guidelines we have instituted, we feel that we have a good chance of keeping everyone safe and healthy," she said.

If a student does test positive for covid-19, McCarthy said, the individual will be isolated, either on campus or at home. There are nine rooms on campus that are reserved for quarantine. The university also has plans to expand those spaces both on campus and off campus in a local hotel if necessary.

McCarthy said the school would work with the Allegheny County Health Department to conduct contact tracing, which could force other students who are classified as close contacts into quarantine as well.

If students do need to quarantine, McCarthy said, they will be encouraged to do so from home if possible.

But McCarthy declined to provide specific circumstances that could potentially warrant another campus-wide shutdown.

She said: "At any point, if in-person instruction would be disallowed, La Roche will comply with the Governor, Pennsylvania Department of Education, and local Allegheny County Health

Department directives. La Roche is prepared to ensure that quality instruction continues to take place – regardless of how it is delivered or where it occurs. If we see a surge in positive confirmed cases, we will collaborate with the ACHD to determine the proper measures to move forward."

McCarthy similarly declined to explain the details of evacuating students from campus – or potentially allowing them to return – in the event of another closure.

She simply said the campus would "abide by state/county directives."

She also noted that the school told all resident students to have alternate plans in place in case the campus did close again.

McCarthy encouraged students who have questions regarding the covid-19 response to contact her at pandemicsafetyofficer@laroche.edu.



Student Development, continued from page 4



© JULIA FELTON

Senior Jacob Seymour competed in the final round of the Finance and Investment Group's cornhole tournament.

Although the initiatives to get student organizations restarted have only just begun, Day has already had over 10 student organizations fill out their yearly renewal paperwork. He also predicts that La Roche will have 20 to 25 active clubs this semester, just like any other semester.

Student Development is encouraging these 20 to 25 clubs to meet this semester, according to Day. "Whether in person or online, each group has the ability to operate as normally as possible. I am encouraging groups to examine opportunities to develop their professional skills and networking," Day said. "We are brainstorming daily and exploring new ideas."

People packed past events on campus in the Campus Center Square, but that is no longer something that will occur.

"We are limiting events," Day said. "We are trying to do as many as possible outdoors. Indoor events are restricted to 25 people and outdoor to 50."

The Allegheny County Health Department since updated the outdoor gathering limit to allow up to 100 people.

The Office of Student Development might be more limited about what they can do this semester, but they are full of ideas.

Day said, "We are working of the idea of 'grab and go' events

where a student can grab an art or craft kit. Students can take it with them and do it in their room. It is counter-intuitive to actively try to keep people apart.

"We are taking it one day at a time and really trying to focus on our student organizations and address issues as they come up. We have to change our way of thinking."

Day is not the only one who has to change his way of thinking. Tyler Bowman, President of the Marketing Club, believes that creativity will arise with the change of thinking the clubs must endure.

"This is a great chance for clubs to reflect and be imaginative for new events that fit into the standards and regulations of the world that we are in today," Bowman said. "This also gives us a chance to be creative and think outside the box when it comes to planning new events."

Creativity is something that appears to come easy to Bowman and the Marketing Club. Last October, the club held a Pumpkin Smash Fundraiser in which students paid to smash pumpkins for Breast Cancer Awareness Month.

This fundraiser will continue this semester, according to Bowman, because it takes place outside. "We are planning to hold our second annual Pumpkin Smash Fundraiser sometime in October.

Last year, we had a really good turnout and it was enjoyed by a lot of students," Bowman said.

The success of the Pumpkin Smash rivaled that of an event that the Marketing Club will not be able to host this year – the Halloween Dance.

"The Halloween Dance last year was a lot of fun. We awarded winning [costume contest] participants prizes, had food and music, among other things, for the entire evening," Bowman said.

The Marketing Club is however planning to host a similar event during the spring semester.

The spring semester is set to have fun, but safe, activities for both commuter and resident students, according to GLOBE president Richard Nziza.

"Right now, the main focus of GLOBE is to plan for their annual GLOBE Fashion Show, which usually takes place in May," Nziza said.

The Fashion Show normally takes places in the Kerr Fitness Center, but this year, Nziza is hoping to make it an outdoor event. "For everyone's safety," Nziza said, "we are looking at holding the event outdoors with proper social distancing members in place."

When asked how he would keep student engagement in GLOBE this semester, Nziza answered, "Even before the pandemic, there was a lack of student

engagement [in GLOBE], and now the situation has worsened. It is definitely harder to engage with students virtually, but I believe that by collaborating with other clubs, we might improve this."

The right advertising can often increase the level of student engagement in a club. Graphic Designer for the La Roche Movie Club, Angelo Bonnoni, makes posters for the movie screenings and events hosted by the club.

"I make the posters for the club's events and movie screenings. I am a senior this year, so if anyone wants to be the club's future graphic designer, let us know," Bonnoni said.

Unfortunately, the La Roche Movie Club, winner of the Best New Student Organization award for the 2019-2020 school year, does not have any events scheduled for this semester.

"Right now, we are in a hiatus in showing movies," Bonnoni said. "[Showing movies] is probably not the safest thing to do considering the pandemic. I think that we may be able to hold socially distanced movie screenings [later] this semester. We have to limit the number of people allowed to see the film."

Conneaut, continued from page 10

days, weeks, and months before your family packed it up to leave the house for a week.

For John Hughes, he took his characters across the country; he took them to Disneyland from Michigan to California. The story, called "Vacation 58," while completely off the rails and bonkers, showed a bonding between family members that was obviously fueled by personal experience of his own.

Conneaut is and always will be my Disneyland. Like little Johnny in "Vacation 58," those weeks leading up to my family's two-week vacation involved packing and repacking four times over. That constant feeling of giddy, like you were about to have your first kiss or get up on stage to sing a song, hung over me and my younger brother the whole time.

For my parents, the preparing was a nightmare. It involved packing the whole house into the back of our maroon, 2004 Toyota Sienna minivan and unpacking it again when we got to our "cottage on the lake." Two weeks later, those same nightmarish feelings would come back when they had to pack everything up again to take it home.

Staying in Conneaut is, as some would say, "roughing it." It's not camping, because lake-goers get a house with running water, a stove, and indoor plumbing.

However, what the houses had in charm, they lacked in air conditioning, cable, and room service. My mother, who hated the heat, said a heartfelt goodbye to our air conditioner before we left. When she married my father in 1997, they moved into a house that had no air conditioning. They lasted a year before my mother threatened to leave if my dad didn't install it the next day.

Conneaut Lake has always been about taking it slow. Since the opening of the famous Conneaut Lake Park in 1832, Conneaut has represented a lifestyle that is the polar opposite of everyday life.

The park had picnic areas and a roller coaster and games. From the picnic grove, if one listened, they could hear a woosh as the coaster—the Blue Streak—crested the top of the hill and hit freefall, accompanied by two dozen screams.

The Tumble Bug had a fresh coat of paint, and so did the other rides like the Paratroopers and the bumper cars. Visitors walked down the wooden walkway, flanked by the flashing lights and buzzing sounds of carnival games—ring toss, darts, and test your strength. A private beach awaited them if they walked along

a little farther, sheltered underneath a large, white-trim hotel.

There was playing and eating and drinking and laughing. And all were at peace.

...

My father reported Conneaut's success all through the 70s and 80s. My extended family joined when I was young, in the beginnings of this century.

Conneaut became my first family vacation. We would pack up the van at the beginning of July, and return home two weeks later.

When I was seven, I often pretended to be a mermaid captured at sea.

When I was eight, my cousin brought his Nintendo Game-Cube.

When I was nine, I lost a doll in the parking lot of the Pit and the Pub, a local barbecue restaurant.

When I was ten, the Pit and the Pub burned down after a kitchen fire.

Conneaut began to deteriorate when my oldest cousin started college, about ten years ago. My cousin stopped coming to the lake. More places shut down. The movie theater was grimy. The paint of the Blue Streak began to chip.

There were years when Conneaut Lake Park had limited hours, or was closed completely. My family cancelled our two week trips when my grandma got sick.

My cousins got too old; they didn't want to play games anymore. We stopped selling donuts in the early mornings, and we stopped building sandcastles in the afternoons.

In May of 2014, after years of hardship, the Conneaut Lake Community Development Committee filed for a grant of one million dollars to begin a Conneaut Lake revitalization project. The money dropped into their pockets that July.

Now, six years later, much has changed.

During summers, the infamous Barbara J, whom locals considered a true sternwheeler, took lake-goers from one end to the other on a majestic ride. The lapping of the water through the boat's paddle, and the blaring blast of her horn alerted all of those on the shore that she was passing by. If you took a tour on the Barbara J, you were treated to fisherman on their boats trying to find the perfect spot or toned teenage boys on their jet-skis, trying to impress their girlfriends.

You might spot a family of ducks, or some kids playing catch.

Tours include a guided history of the lake from ice company

creation to current day, narrated by Captain Clair and his first mate, Chub. They tell the tales of ice harvesting and fishing and, if you're lucky, they'll talk about Conneaut's Ice Age discovery.

"If you look to your left, you'll see the spot where the remains of a woolly mammoth were found over 60 years ago by some workers who were dredging a dock," Clair would say over the crackled loudspeaker of the Barbara J. It always receives giggles from the kids.

Now, if you lived on the lake, you were rich. Not the "Real Housewives of Beverly Hills," kind of rich, but Pennsylvania rich. You didn't quite witness the crystal clear, blue waters of the Pacific Ocean, but you got to experience a day on the lake. If you were lucky, you'd get a tan, some ice cream, and wouldn't step in the mounds of seaweed that washed up on the shore.

I envied those who could afford those houses. They were the ones with the outdoor fire pits and the MasterCraft speed boats and the cherry-walnut stained decks that ran from their back porches straight into the lake. They were the ones who stayed all summer; they neglected their jobs as doctors, lawyers and ex-

travagant business people to lay on top of wicker lounge chairs and pool floats, covered in coconut tanning oil.

And when the sun kissed the horizon line at the end of the day, its red and orange rays cascading into the sky, those sitting on the docks dipped their toes and made ripples in the water. Two lovers lean in for a kiss, the colored sky reflecting into their cheeks. The lake made their hair damp, sand stuck itself in between their toes.

At the lake, everyone possessed the luxury of time. At the lake, you had all the time in the world, for time ran slower there. Time bled into every crack in the pavement and every small wave that crashed on the shore. For the lake was where you went to forget. You had endless time.



Summer Skies



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Archives, continued from page 3

“It’s hard to go back and get that after the fact,” she said, noting people can best express their emotions and experiences while they’re still fresh.

So far, Yanniello has collected about 15 responses. She has photos of the empty campus from the spring, stories of students adjusting to virtual classrooms, and perspectives from alumni.

The highlight of the collection, she said, is student artwork submitted by a professor who had to get creative with his classes when they moved online. He asked students to recreate famous artwork from their homes, using only the materials they had in the house.

Yanniello said she’s also collecting everything the university officially publishes regarding its covid-19 response.

The quest to collect these pieces of history began in April and is ongoing.



COURTESY OF ALLYSSA YANNIELLO

Larry Kress, a member of La Roche’s maintenance staff, submitted this photo of snow on the deserted campus on May 9, 2020 – the date originally scheduled for commencement.

“Putting their stories out there shows they’re part of the La Roche community, this huge web. Their voices matter.”

-Allyssa Yanniello

Yanniello said she’s particularly hoping for more student submissions.

“We want that personal connection,” she said. “I would like more information on how the students feel – even how the students felt about how the school responded.”

One of the challenges with preserving history, Yanniello said, is that people often record information only from people they believe are particularly important, like high-ranking politicians or celebrities. But Yanniello said she wants to hear from everyone.

“Putting their stories out there shows they’re part of the La Roche community, this huge web. Their voices matter,” she said.

Eventually, Yanniello said she plans to compile all of the responses into a digital collection

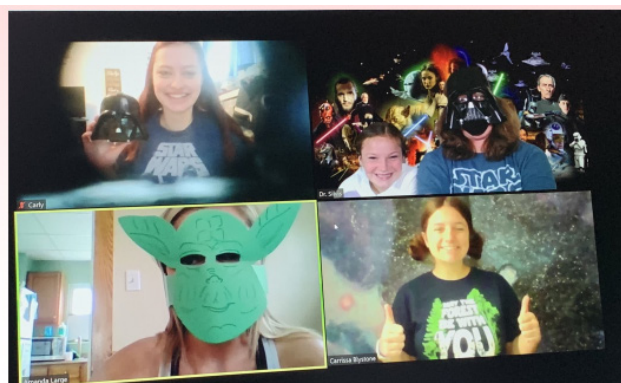
for the La Roche Archives.

“We’re going to have an archival collection for researchers, 50 years down the line,” she said.

Yanniello encouraged members of the La Roche community to submit their experiences. She said it can take as little as 10 minutes to participate. There are privacy options that allow people to decide whether they want their submissions available on the website once the collection is published online.

Anyone who wants to participate can do so through the Wright Library website: <https://library.laroche.edu/documenting-la-roche-university-covid-19-experience>.

For more information, contact Yanniello at Allyssa.Yanniello@laroche.edu.



Dr. Silvis had way too much fun with Zoom backgrounds this spring! Her daughter, Clara (aka Princess Leia) helped to celebrate May the Fourth Be With You, along with Vader Carly, Yoda Amanda, and another Leia look-alike, Carrissa!

COURTESY OF ALLYSSA YANNIELLO

This image was submitted by Kathryn Silvis, chair of the Education Department. This was part of the Education Department’s virtual Spring 2020 newsletter.

“Coraline,” continued from page 8

The movie “Coraline” is based off the book written by Neil Gaiman, who is best known for writing “American Gods” and “The Graveyard Book.”

There is one part of the film that made this reviewer uncomfortable. It is a scene in which the theater performing neighbors put on a show for Coraline while almost completely naked. They spend the performance making gestures to their bejeweled breasts.

The neighbors’ performance includes a song that contains elements of foreshadowing, which quickly distracts the audience from their wardrobe choices.

True to animation films, the 100-minute film contains three parts that each hold positive life messages.

The first part focuses on Coraline’s life with her family that to the outside world seems wonderful. The powerful message that this part conveys is that not everything is as wonderful as it seems.

The second part’s main focus is on Coraline’s life with her other family, which expresses the need to be thankful for what you have.

The third part holds a focus that is full of spoilers. This part contains the message that sometimes the worlds we dream of are

actually worse than one could possibly imagine.

“Coraline” would be nothing without the beautiful score composed by Bruno Coulais. He is a renowned French composer who has created the score for many French movies including “Les Choristes.”

In his composition for the film, there are songs containing made up words that add to the air of mystery in the movie.

The sounds in each scene also help to paint the picture of another world in the mind of the audience. Scenes that had the design of building suspense often contained dramatic scores. Other scenes with character development, including a scene with Coraline’s Russian neighbor, have music that matches their personality perfectly.

You have to watch this movie with sound, or else the story is not as good. It contains scares, laughs, and something in between that create the perfect tone for a movie meant for you to watch in the dark.

Fans of the horror genre must at all costs watch this movie, regardless of age, gender, race, or anything else. It is simply a masterpiece of animation that deserves more praise than it has received.

It is simply a masterpiece of animation that deserves more praise than it has received.

Dravidian Song, continued from page 10

Chants like the Dravidian migration song permeate the Vedic religions of India. Someone may not practice their religion anymore, but they still remember “Amazing Grace” they learned as a child at church.

White people did not allow slaves to practice their religion, so, instead they sang their sorrow songs. When they sang “Go Down Moses,” they told a biblical story, but they also sang a cry for help and a cry of hope. “Follow the Drinking Gourd” wasn’t a folk song; it was instructions for a journey to safety. Just like the Dravidian people, but in another place and time.

Each country has an anthem that represents their people. Americans sing “The Star-Spangled Banner” or they sing “Take Me Home, Country Roads.” Every person has a favorite song that tells just a little bit of their own story.

Young people have strange new ways to tell their journeys.

They write on places like Twitter and show it through pictures on Instagram. Would their ancestors approve of this method? Probably not. But in the end, it’s still the same process of expression.

Whether it’s chanted, written in a diary, or in 280 characters online, there is a distinctly human need to share. We don’t get to know why there is so much pain and love in a human heart. But we get to sing about it.

There are an infinite number of theories for why and how humans developed language. For 100 years from the mid 19th to mid 20th century, the Linguistic Society of Paris banned debates on this subject because there is just not enough evidence to ever truly know. Modern day scientists and anthropologists still try, but all they can do is theorize.

When you consider the Dravidian migration song in terms of human linguistic development, it makes sense. Right after children make their first sounds

and words, they easily learn what animals say. The Dravidian ancestors were children in terms of humanity’s story. They were not only learning language; they were inventing it.

The Dravidians were successful in passing down what their people went through. Their descendants sing the song even if they don’t truly understand its origins. Most of us are not lucky enough to know a song that tells the story of our ancient forefathers. We don’t have a migration song.

We can still remember where we came from. Learn the songs of the old country and religion and treasure the artifacts of days gone by. We can tell our family’s story and our own. And maybe our children and their children will tell them too. They might not know your name, but they can know the journey.

Sing the songs and remember the bloodlines.

Remember your people.

Handshake, continued from page 7

opment in the midst of the pandemic.

“Given the current situation, and just given the overall competitive nature of the job market, the earlier you get started, the sooner you start to fine tune those professional documents, the sooner you start building that professional network, the easier that makes your experience,” Myles said.

He encouraged all students – freshmen through seniors – to begin utilizing Handshake.

“I think the longer they wait, it’s just that much more work they have to do later down the road,” he said. “There’s no sense in waiting to get this process started.”

Myles said he’s available in the Career Development office to help students navigate Handshake and other aspects of career development. He’ll be hosting a question and answer session via Zoom in September. He’s also available for in-person meetings on campus, which students can now schedule through Handshake.

Symbol of Summer’s End



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“Witcher,” continued from page 8

the world in which it takes place. It is a cruel, cold world, where the line between human and monster is blurred. The show excels at delivering these thematic elements from the original text.

Another pillar of quality in “The Witcher” is the soundtrack. The royal and intense themes resonate throughout every song. In particular, Geralt’s theme “Geralt of Rivia” sounds as though it has been ripped straight from the world in which the story takes place.

All in all, “The Witcher” is a solid foundation that deserves to be built upon. Hissrich’s understanding of the source material, Cavill’s captivating performance, and Allan’s potential solidify this as a series to keep an eye on.



SGA, continued from page 1

The Activities Fair – an event SGA typically hosted in CC Square where club presidents congregate to recruit new members – will pivot to an online platform, according to SGA President Natasha Florence.

“We really want all club presidents to be here for this,” Florence said. “It’s going to be just short videos explaining what their club does, how to reach out to them, what their club is planning to do this semester, things like that.”

According to Rochelle Selzer, director of clubs and organizations, round table meetings – where club presidents would collaborate on club goals and events – are also moving online. She said that once she compiles a list of club presidents, she’ll begin hosting these meetings via Zoom.

Hosting events, however, is challenging, David Day, assistant dean of students and SGA advisor, said.

During the first week of classes, La Roche hosted a bonfire which drew about 100 students. While Day said students behaved appropriately and seemed to enjoy the event, he also noted that it demonstrates how quickly an event can grow – which is a problem with covid-19 restrictions in place.

“By Allegheny County law, at this point in time, that event was illegal because it was more than 50 people outdoors,” he said.

He similarly noted that a recent video game night – during which students played Mario Kart under the tent on Bold Lawn – attracted nearly 50 people. Even that event was “really pushing the limit,” he said.

“We want to provide stuff to do, but the problem is people are so desperate for things to do that it instantly becomes popular,” Day said. “I think groups can meet. I think you can have small events under 25 [people]. But I really want to caution you that if we’re going to make it to the end of the semester, we want to be minimizing interactions.”

Day encouraged the SGA board to brainstorm ways to provide events that won’t conflict with coronavirus rules.

SGA members are already working to make the most out of an unconventional semester.

The board discussed ways to implement socially-distanced intramurals. Director of Athletics and Intramurals Jared Woods said he was looking for “sports people would want to do even if we had to stay socially distant.”

SGA members listed several potential options, ranging from cornhole to skills competitions.

Day also tasked SGA with serving as an intermediary between students and administration during a transition back to on-campus life that is marked by widespread restrictions and concerns.

“The big thing I want you to know is you’re going to hear grumbling and that’s ok. We want you to pass the grumbling on to us,” Day said. “La Roche isn’t going to run like a perfectly oiled machine at the beginning. Please just try to convey student concerns to the administration.”

In the first two weeks of the semester, Florence said she individually met with each member of SGA to discuss their goals for the academic year.

SGA members began working to achieve individual goals and fulfill requirements of their specific positions:

- Academic Vice President Riley Polacek said she wants to help students get acclimated to learning in new formats. “My goal is making sure that people are adjusted well to their classroom, whether it’s in-person, online or hybrid.”

- Public Relations Chair Cassandra Cornelius said she wanted to increase student engagement on social media.

- Richard Nziza, director multicultural and international affairs, said he’s hoping to keep the GLOBE Fashion Show alive in the spring, possibly moving it outside to the parking lot. He said he’s also working with La Roche’s various multicultural clubs and organizations to boost student involvement.

- Director of Commuter Affairs Gracyn Holcombe said her goals include revamping the commuter page on La Roche’s website to include information about meal plans, parking, and what to do on campus.

- Nathan Polacek, financial vice president, said Day helped him to submit SGA’s requested budget to the Board of Trustees. He said he hoped for budget approval in October. “Until then, we should be able to spend what we need,” he said. “I’m waiting for the club’s budget requests to come in so we can divvy all that up.”

- Director of Student Activities Alexis Craig said she met with the La Roche Activities Forum (LAF) board to discuss ideas for future activities that adhere to covid-19 rules. She’s also working to recruit new members, she said.

Fashion, continued from page 5

Those same students keep their windows open in the summer and use lots of blankets to keep warm.

“When it [is] getting warmer outside, the rooms [are] still heated like crazy. Last year, I survived by having an [extra] long t-shirt for outside that I would take off when I got to [my dorm],” Fink said.

There is not much that students can do to control their dorms’ temperatures, but they can dress to be comfortable in and out of their dorms.

“I wear pants with a shirt and a cardigan,” senior Carly Burdett said, “so that I can take it off when I get hot or put it on when I get cold.”

Burdett, among other students, suggest carrying an extra layer in their backpack that is easy to take off when entering hotter buildings.

However, not every student on campus carries a backpack. For those who want to add something extra to their outfits, it is easy to tie a heavier layer around the waist to take on or off as needed.

Not interested in waist-tying? Depending on where you are, there is usually an extra seat where you can drop your layers off until you need them again.

Huber Academic Center

The dorm rooms are not the only ones on campus that have temperature control issues.

The dorm rooms are not the only ones on campus that have temperature control issues. The classrooms in the Huber Academic Center are often too hot to focus on the class one is taking.

“In winter, for some reason, the classrooms are way too hot for comfort. Most of my classes have windows open when it is snowing because it is so hot in the classrooms,” Burdett said.

Winter coats and long sleeve shirts are the only way to stay comfortable during the winter months. The jacket will keep students warm during the walk to or from buildings. This jacket is easy enough to take off once students make it to their destinations.

Don’t have a winter coat? No worries. A pullover sweater or sweatshirt will keep everyone warm enough during the brief walk outside.

Palumbo Science Center Lecture Hall

The walk from dorm buildings

to the Palumbo Science Center is difficult in the summer months.

“I have spent time in the science labs, lecture hall in the science center, and the Huber Academic Center building. The hardest one to spend time in was the science [center] because of the cold temperature,” Chenoa Rudder, freshman, said.

The lecture hall is a difficult place to keep warm in throughout most of the year, unless you prefer to wear sweatshirts.

“[Wear a] hoodie, t-shirt, and jeans or leggings,” Batyi said. They will keep you comfortable in both inside and outside during the early fall semester.

For those students who prefer to wear t-shirts and shorts, the best option would be to sit as far away from the air vents as possible. They air conditioners blow directly onto the lecture seats. If you move as far from them as you can, you will be a lot warmer than the students near them.

Design Studios

Staying warm is also key while spending time in the design studios located underneath the John J. Wright Library.

Sophomore Madeline Butch has spoken of it being abnormally cold down there. “The coldest rooms [on campus] are definitely the design rooms. It is freezing

in there every time I go to class,” Butch said.

The easiest way to stay warm while working in the design labs is to bring a blanket with you. Before you start working hands-on on a project, you can wrap a blanket around your shoulders to keep you warm. Once you start moving, it is easy to sit with the blanket on your lap. This way, you will be warmer no matter what you are doing.

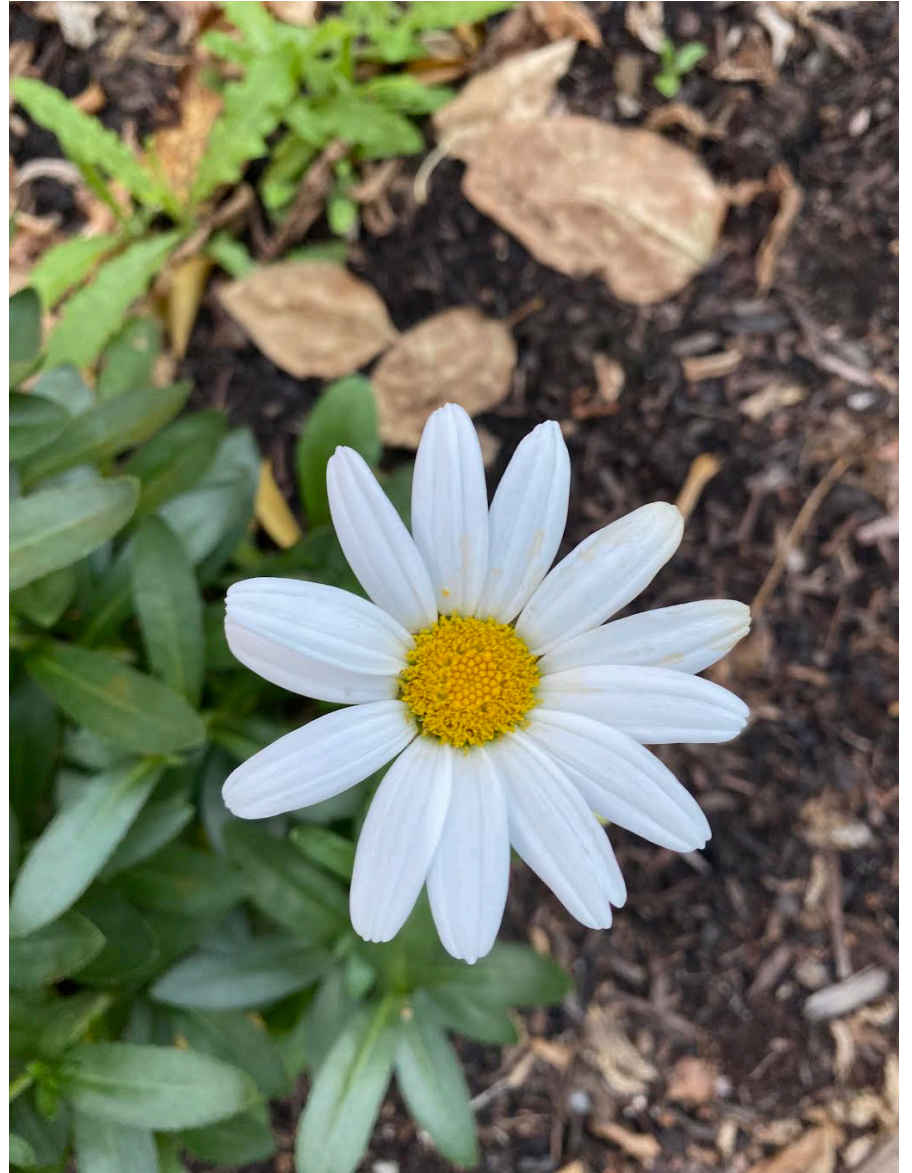
For those students who do not want to wear a blanket, Butch suggests a flannel or a heavy sweatshirt to keep you warm.

“The studios are the hardest rooms to spend time in because they are so cold. Wear at least long sleeves and jeans,” Butch said, “because everywhere is pretty cold.”

Fall Flowers



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Father Peter Horton, continued from page 4

said it seemed to be my forte,” he said.

He returned to La Roche on July 1, which, he said, “felt like coming home.”

Horton said he’s excited to meet La Roche students, faculty, and staff – and reconnect with members of the La Roche community he knows from his prior time at the school.

“I’m just a normal person who happens to be a priest who loves to serve,” he said. “I’m here to serve as best I can.”

With a smile hidden behind a Snoopy mask, Horton labeled himself a collector of “all things Snoopy.” The Peanuts character was prominently displayed throughout his office in Student Development – including on a desk calendar and a banner hanging from the wall – and he said a Snoopy-themed Christmas tree would adorn the space for the holidays. His license plate is even a nod to the beloved dog: 1Snoopy.

In addition to his love of Snoopy, Horton said he’s also an avid reader – he even served in editing roles for his seminary newspaper at Mount Saint Mary’s Seminary and for the Pittsburgh Catholic.

But he said his biggest passion is his ministry – and he’s eager to serve the La Roche community. Horton is hosting daily Mass in the Magdalen Chapel every weekday at 12:15 p.m.

But covid-19 has complicated his work.

“Campus ministry is a ministry of presence,” he said, explaining that covid-19 restrictions make it hard for him to congregate with students and host events. Sunday Masses are currently filmed rather than in-person, as the chapel is too small to accommodate a crowded Sunday service.

But Horton is finding new ways to reach out to students. In addition to daily Mass, Horton is planning to host a program in October that shows movies with Christian themes. He also hopes to institute Zoom chats where he can interact with students remotely.

“I’m always available. I’ll always be open to listen. I’m going to meet them with love,” he said.

That is, after all, his motto: “He would love first.”

Love for college students is something Horton has in abundance.

He reflected on a parable from the Gospel of Matthew, in which

Jesus says there is wheat and weeds – wheat representing the good, weeds representing the bad.

“Most college students are wheat,” he said.

Horton even lives among students, residing on the fourth floor of Bold Hall.

“I love living with students,” he said. “It keeps me young.”

He’d lived in the residence halls during his first stint at La Roche, too. He said he liked the background noise of living in a dorm and missed it when he moved to parish ministry – so much so that he had to leave the television on to replicate the constant noise of college dorms.

Horton said he has high hopes for his return to campus ministry – though some goals may have to wait until covid-19 restrictions ease. He said he wants to get students involved in the ministries, re-instate a campus ministry counsel, and perhaps take students on a trip to Notre Dame for a leadership conference, as he’d done during his first assignment at La Roche.

He said he also hopes to bring stability to the campus faith community. La Roche’s last chaplain stayed for only a brief stint and was not immediately replaced

after he left in the fall of 2019. In February, Sister Elena Almendarez, director of Mission and Ministry, told the Courier that a diocesan official said he didn’t have anyone who could be assigned to La Roche. Mission and Ministry worked to fill the void by offering spiritual experiences and bringing in priests for weekend Mass on campus.

Now that Horton will be a steady figure at La Roche, he hopes to bring back some consistency.

It helps that he’s already known at La Roche, he said.

He was recently getting his temperature checked – part of the school’s standard covid-19 precautions this semester – in the Father Peter Horton Lounge when a student recognized him from the photo on the wall.

“We already have a connection, so I don’t have to start from scratch,” Horton said.

As Horton enjoys coming back to a familiar campus, he said he’s appreciative of the warm welcome he’s already received and excited to continue making connections with the La Roche community.

“I’m very happy to be back,” he said. “I’m an avid Redhawk fan.”

Commencement, continued from page 1

she, too, was disappointed by the cancellation.

"I was the first one from my immediate family to graduate college, and I did so with honors," she said. "It meant a lot to make my parents so proud of my accomplishments in college. But they never got to see me walk across the stage in my honor cords like I planned, which is devastating."

Without a commencement ceremony, Ebersole said, she didn't have closure.

"I have to just tell myself that I finished school and that I graduated because it really doesn't feel like I did," she said.

To add insult to injury, DiNatale said, La Roche made the announcement on social media before emailing the graduates themselves. She said she got an email about the cancellation on Sept. 10. La Roche made the announcement on social media on Aug. 21.

Ishiyama said the university "used multiple electronic methods simultaneously." The goal, he

"It meant a lot to make my parents so proud of my accomplishments in college. But they never got to see me walk across the stage in my honor cords like I planned, which is devastating."

-Haley Ebersole

said, was to get the message out "in as many ways as possible and as quickly as possible."

"If there were timing differences, it wasn't intentional," Ishiyama said.

DiNatale said part of her still wishes there was some way to hold a commencement ceremony.

"While I know that they are trying to do what's best for everyone, the part of me that is disappointed wants to insist there is something that can be done," she said.

"I don't think anyone can feel okay about this, however, it isn't La Roche's fault," Ebersole said. "Everyone has to abide by the state mandates."

DiNatale said she also hasn't heard anything from La Roche about whether she'll be able to receive the cords she should've worn at the ceremony. Ebersole said she, too, still hopes to receive her honors cords.

"I am still hoping to have pictures taken in my cap and gown. And all the hard work doesn't seem worth it without the cords around my neck," Ebersole said.

According to Ishiyama, students who won awards or earned cords will still get them.

Local graduates can come to campus to pick up awards. The university will mail them to anyone who lives out of town or would prefer not to come to campus.

"Honor cords are distributed by the student's academic department chair," Ishiyama said. "Students should contact their department chair for information on how best to get their cords."

La Roche also cancelled the reception to honor the December graduates at the end of this semester.

The university still plans to have a commencement ceremony in the spring to honor the class of 2021, Ishiyama said.

"We hope and pray that the virus will have subsided enough to host a 2021 commencement," Ishiyama said. "Believe me, we want to have a commencement service. When students cross that stage to receive their diploma and shake our hands, their whole demeanor exudes pride and happiness. Graduates' smiles are truly something to behold. I want all of our students to have that moment, their day in the sun. Please know that we will do whatever we can to provide our graduates with that moment. Everyone here at La Roche wants that for our students."

Graduates from spring and December of 2020 will be invited to the spring commencement ceremony if it does occur, Ishiyama said.

"Graduation meant a lot to me since I felt like I worked my hardest for four years, only for that accomplishment to not be recognized."

-Danielle DiNatale

Pandemics, continued from page 3

There is virtually no one still living who experienced these events firsthand, but people still remember their stories.

Sister Rita Yeasted, an English professor at La Roche, remembers the stories her grandmother told her about that time. Her grandmother, Marie Fleck Thimons, lived across from their family's parish church, Sacred Heart, in Tarentum PA.

Every time someone in the parish passed away after suffering from the flu, the church rang its bells. Thimons's 12-year-old sister was one victim. The church bells rang for her.

While the knowledge of how to prevent illness is much greater now than it was in 1918, the people of that time practiced many different precautions. Some may sound a little silly to the modern reader; some are familiar.

One common practice was gargling saltwater. Another was to wear a bag of camphor around one's neck. This is an old wives' tale that was in practice far before the 1918 pandemic. While this

might provide temporary relief if you already have a cold, it in no way protects you from a virus.

The most widespread precaution, however, was wearing masks. And just as we see now, health officials had a difficult time trying to convince everyone to wear their mask.

While the issue of wearing masks was not as political in 1918 as it is now, there were many who thought they did not need to wear one. To combat this, like many are doing now, the main weapon used was shame.

Newspapers printed ads that condemned those who did not wear masks. These people were called "mask slackers." While to us this might be seen as a slightly offensive term, in 1918 this term carried more weight.

"Slacker" was a pejorative for those who did not participate in the war effort for World War I. It was commonly used to shame young men who would not join the military. Thus, "mask slacker" was an extra offensive name.

Businesses put up signs that

warned of the need for keeping distance from other people just like we are told to keep six feet apart today. One ad shows a young man sneezing while an old man labeled "The Public" tells him to use his handkerchief to save his fellow man.

Philadelphia streetcars were adorned with signs that warned, "spit spreads death." Cities imposed nightly curfews and limited large gatherings. One announcement read, "do not take any person's breath."

Some newspapers even printed the names of people who were reported to be mask slackers. Much like we see on social media today, the power of shaming people into wearing masks has been actually been rather successful.

Just as many of us ran to Pinterest or downloaded instructions from online news sources for information on how to make our own mask, newspapers printed instructions for how people in 1918 could make their own masks.

The Red Cross made free

masks available in many cities. San Francisco reported as many as 100,000 given out to its citizens.

A few cities even enacted laws that required those who would not wear their mask to pay a fine. Some cities today have begun the same measures in places like California.

Today people have taken to social media to spread cute illustrations that say things like "wear your dang mask." 1918 had its own share of fluffy sayings that encouraged mask wearing like "sneezes spread diseases."

Another common warning was to "kiss through a 'kerchief." If one must kiss their sweetheart, they should keep at least a handkerchief between them to "escape influenza."

While this was rather tongue in cheek (this author suggests no kissing at all to stay safe from covid-19), the message is the same. The people of 1918 made it through their pandemic and we will too, hopefully not as mask slackers.

Food Pantry, continued from page 5

lied on it,” Almendarez said. “SAGE provided them with food, but they sometimes just wanted more.”

Almendarez said that many came to the pantry for toiletries, especially toilet paper, paper towels, and cleaning products because of shortages.

The Providence Food Pantry stayed open all summer, and provided access almost every day of the week.

“The pandemic brought about unprecedented change to La Roche’s campus. With so many not able to return, and those being on campus being so isolated, I think the pantry was both a constant and it was just an outward symbol that said, ‘We’ve got your back,’” Almendarez said.

Liam Johnson, a resident student at La Roche, spent his summer as a work study student to help make sure that the food pantry ran smoothly.

Johnson offered a smiling face to those who entered the food pantry and made sure that everyone got what they needed. He stocked food, kept records, and ran small errands throughout his time there. In order to service

“The pandemic brought about unprecedented change to La Roche’s campus. With so many not able to return, and those being on campus being so isolated, I think the pantry was both a constant and it was just an outward symbol that said, ‘We’ve got your back.’”

-Sister Elena Almendarez

those students, the food pantry stayed stocked thanks to the generous donations of the university and its community members.

To him, the food pantry represented a little bit of good, coming from the La Roche University community.

“The food pantry is a necessary staple of La Roche society. It is vital to the life of this campus,” Johnson said. “It is a place where students in need can have some basic needs met, if they so choose.”

From January 1 through May

21, there were 96 students who visited the food pantry 215 times. Of those visits, 119 were repeat visits by the same group of students.

For Johnson, he knows the importance of food pantries, and is grateful to have been able to assist those students this summer.

“I grew up in not the best areas; food wasn’t always a guarantee for my friends and me,” he said. “In high school, I worked at Northside Common Ministries to keep busy when I wasn’t in school. So I suppose I have always known the

importance of food pantries and food availability. I’d say that, if anything, this pandemic has just reinforced that.”

He explained that the key aspect of the food pantry is no judgement.

Johnson said: “Some students are worried of getting made fun of. Others need food and don’t say anything to anyone to avoid embarrassment. I think the best we can do now is this: La Roche students who are better off, please don’t look down at your fellow peers. La Roche students: don’t be afraid to use the pantry - it isn’t embarrassing - and we will of course keep visits private. If you are in need, please come see us! We want to help you!”



LRU confirms first covid-19 case

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche University reported its first positive covid-19 case on Sept. 14.

The Allegheny County Health Department informed La Roche officials of the coronavirus case on Sunday, Sept. 13, Chief Pandemic Safety Officer Rosemary McCarthy said in an email to students, faculty, and staff on Sept. 14.

“All close contacts have been notified and quarantined,” the email read. “We will continue to monitor those involved.”

During a Student Government Association (SGA) meeting on Sept. 16, Vice President for Student Life and Dean of Students Colleen Ruefle said, “We did get our first positive case of covid. She was a student. She was on campus very little. We identified close contacts and she went home.”

Ruefle said the student who tested positive will quarantine for 14 days. The students identified as close contacts will also quarantine for 14 days.

The students identified as

close contacts were not displaying any symptoms, Ruefle said.

She could not confirm whether the student who tested positive had displayed any symptoms. That student was tested for the virus after coming in contact with someone who tested positive.

Ruefle said both the school’s Pandemic Safety Officer and the Allegheny County Health Department have been in touch with the students involved.

“I think our processes are working and we’re doing well,” Ruefle said.

The university launched a covid-19 dashboard on the school website after the first confirmed case. According to the dashboard, no students are currently quarantined on campus.

The dashboard will only include cases among individuals who have been on campus. It will not include anyone working remotely.

Ruefle also referred to an email she sent to students on Friday, Sept. 11. In it, Ruefle

warned students that there could be repercussions for flouting La Roche’s covid-19 rules.

“Serious concerns have been communicated to local colleges and universities by Allegheny County government officials and the Allegheny County Health Department regarding on campus and off-campus programs and social gatherings involving students,” Ruefle wrote in the message.

La Roche will investigate violations of the covid-19 policies and discipline students, Ruefle said.

“Depending on the violation students may receive a warning, a fine, probation, a required quarantine, or a temporary or permanent ban from the residence halls or campus,” Ruefle said.

Ruefle encouraged students to abide by the guidelines if they wanted to remain on campus.

“La Roche University officials understand that these policies do impact the social lives of our students,” Ruefle said. “Howev-

er, students must recognize the necessity of preventive measures for what we hope will be a short-term inconvenience that will ultimately serve the greater good of keeping themselves and others safe and healthy within La Roche’s community. Our efforts rely in a large part on students taking personal responsibility regarding social distancing and safety precautions, which include avoiding large parties both on and off campus.”

“We can make this work if every student continues to do his or her part,” Ruefle continued.

La Roche’s covid-19 dashboard is available at <https://www.laroche.edu/COVIDcases/>.

