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Associate editor-in-chief Sarah Hefferin used a drone to photograph part of the La Roche campus. Circled is the Holy Ground Woodland Reflection Area.

Holy Ground Woodland Reflection Area

BY STEVEN MUNSHOWER
ASSOCIATE EDITOR-IN-CHIEF

Going to college during a pandemic can be rather stressful. Students, in general, are facing increased levels of anxiety, while attempting to adapt to this new world. It is more important

than ever to balance physical and mental health. One of the simplest ways to achieve this is a brief walk in nature. Click the link below to explore a peaceful area of our campus:



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Watch here: <https://www.youtube.com/watch?v=HXAv3pxXg9w&feature=youtu.be>

Students react to LRU's handling of covid-19 pandemic

BY JULIA FELTON
EDITOR-IN-CHIEF

In a survey regarding La Roche's handling of the covid-19 pandemic, nearly 80 percent of students said they learned less in online classes last semester than they would have in the classroom.

The survey, which collected responses from 55 sophomore, junior and senior students at La Roche, discussed how students felt about La Roche's response to the covid-19 pandemic in the spring. It also revealed how students feel about La Roche's restrictions and instruction this semester.

Approximately 78 percent of respondents said they learned less once their classes moved online. Less than four percent claimed they learned more. The remainder said their online learning was equivalent to their in-person education.

"I think since everything is pushed online, colleges every-

where, including ours, should have lowered tuition rates since we're not getting a full college experience by sitting at home on a computer," Juliana Wayman, a sophomore majoring in elementary and special education, said.

The survey asked students to rate their transition to remote learning after the campus closure in March. Forty percent of students rated the transition as somewhat or very difficult. About fifteen percent said the transition was okay. The remainder said it was somewhat or very easy.

The transition seemed to be easier for commuter students. Seventeen commuters ranked the move to online learning as very or somewhat easy, compared to only eight resident students who said it was

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Voting Guide

Do you have questions about how to cast your ballot in the 2020 presidential election? Here's a quick voting guide for Pennsylvania voters.

BY JULIA FELTON
EDITOR-IN-CHIEF

Important Dates

- Register to vote by 5 p.m. on Oct. 19
- If you plan to vote with an absentee or mail-in ballot, apply for one by 5 p.m. on Oct. 27
- Election day is Nov. 3
- Return mail-in and absentee ballots by 8 p.m. on Nov. 3

Your ballot will be counted as long as it's postmarked by Nov. 3 and at the elections office by Nov. 6.

Absentee vs. Mail-In Ballots

Absentee:

Absentee ballots are an option for people who are unable to vote in person for a specific reason, which you must disclose when you apply for an absentee ballot. Absentee ballots are available for college students who are not registered to vote at their school address.

Mail-In:

Mail-in ballots are available to anyone registered to vote in Pennsylvania. You don't need a reason to request a mail-in ballot. This is the first year that mail-in ballots have been available for Pennsylvania voters.

Here's how to vote in the upcoming election

In-Person Voting

Polling places will be open from 7 a.m. till 8 p.m. on Nov. 3. As long as you're in line by 8 p.m., you'll be permitted to cast your ballot.

If you're not sure where your polling place is, you can find out using the Polling Place Search Tool on VotesPA.com. If this is your first time voting, or your first time voting at a new polling precinct, you'll need to show identification. A Pennsylvania driver's license, PennDOT ID card, passport or student ID will suffice.

Absentee or Mail-In Ballots

You can apply for an absentee or mail-in ballot at VotesPA.com. You also can apply in person at the county election office or request a paper application form from the Department of State.

Once you receive your ballot in the mail, you can mark your ballot using a blue or black pen or black lead pencil. Place the completed ballot inside the secrecy envelope. Make sure to sign the Voter's Declaration on the envelope. To return your ballot, you can mail it. It needs to be post-

marked by 8 p.m. on Nov. 3, but the elections office will accept ballots in the mail through Nov. 6. You can also return your ballot in person to your county elections office.

If you apply for an absentee or mail-in ballot, but do not receive one, you can still vote in person at your polling place using a provisional ballot.

If you receive a mail-in or absentee ballot, then decide you'd prefer to vote in person, you can take your ballot packet (the ballot and envelopes) to your polling place. Poll workers will spoil the ballot and you can vote in person instead.

You can track your mail-in or absentee ballot at [PAVoterServices.pa.gov](https://www.pavoterservices.pa.gov).

For more information, visit [VotesPA.com](https://www.votespa.com) or [PAVoterServices.pa.gov](https://www.pavoterservices.pa.gov).

No excuse not to vote this election

BY JULIA FELTON
EDITOR-IN-CHIEF

It often seems that Americans take voting rights for granted – but we shouldn't.

After all, the basic democratic rights we have today were far from free. The freedom to vote cost no fewer than 41,892,128 American lives lost in wars defending our freedoms from the years 1775 through 1991, according to the Department of Veterans Affairs.

That's not counting the millions of veterans who came home

The freedom to vote cost no fewer than 41,892,128 American lives lost in wars defending our freedoms.

with life-changing wounds and mental and emotional scars. Nor is that counting the men and women who continue sacrificing their lives in America's ongoing conflicts.

Considering the sacrifices our fellow Americans have made, it

seems that driving to your polling place – or requesting a ballot to come to you in the mail – is hardly too much to ask.

After all, democracy is predicated on the notion that citizens are involved. It's imperative that we exercise our rights on Election

Day. That is, after all, what over 41 million American men and women died for over the course of our nation's wars to secure democracy.

This country doesn't ask much of its citizens.

American citizens enjoy a great deal of freedom. In a 2019 report, the Cato Institute ranked the nation as the 15th freest na-

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Politics

Joe Biden wins La Roche mock presidential election

BY JULIA FELTON
EDITOR-IN-CHIEF

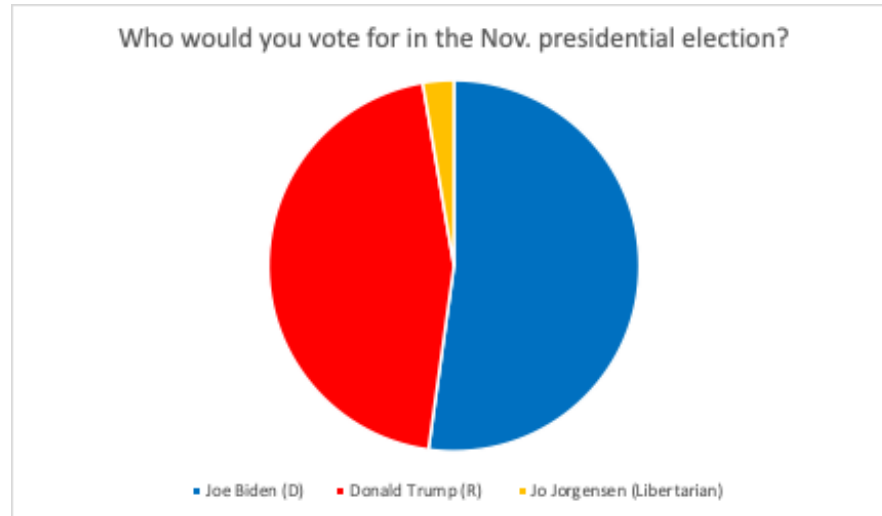
Democratic candidate Joe Biden won a mock election at La Roche University, earning 52 percent of the votes.

The election, which the Courier hosted in October, garnered responses from 113 students.

Biden earned 59 votes, approximately 52 percent. President Donald Trump tallied 51 votes, roughly 45 percent. Three votes, just under three percent, went to Jo Jorgensen, the Libertarian candidate.

"I am voting for Joe Biden because he genuinely cares about everyone and wants to help the country improve," a Biden supporter said. "I'd rather have a president who rules by love."

"Donald Trump earns my vote because he is against abortion, promotes school choice, promotes tax cuts, and has made a strong economy, and works hard and cares for the country and the American people," one Trump voter said. "He does what he says



© JULIA FELTON

Former Vice President Joe Biden earned 52 percent of votes in La Roche's mock election. President Donald Trump tallied approximately 45 percent of votes, while Libertarian candidate Jo Jorgensen pulled just under three percent of mock ballots.

he is going to do, and he wants to protect our country and the people in our country."

Several voters from both sides said they voted for one candidate simply because they didn't like the other. One Jorgensen supporter said the third-party can-

didate earned their vote because they disapproved of both major party candidates.

Of the respondents, approximately 42 percent said they were

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PAGE 14

First presidential debate labeled "chaotic"

BY MAX ROBINETTE
CONTRIBUTING WRITER

The first debate between President Trump and former Vice-President Joe Biden took place at the Case Western Reserve and Cleveland Clinic in the battleground state of Ohio on Sept. 29.

The event has been noted by major news organizations as being "chaotic," with interruptions and name-calling coming from both sides of the stage.

The debate was moderated by Fox News anchor Chris Wallace and was split into six discussion sections: the Supreme Court; covid-19; the economy; racial tensions in the US; violence in cities; the past records of each candidate; and the integrity of the election.

The night took off to a quick start. With many traditional debate conventions being ignored, both candidates jumped into their arguments surrounding the recent Supreme Court nomination of Judge Amy Coney Barrett.

Trump, who throughout the debate often played the role of the antagonist, argued that the American people had granted him and the Republican majority Senate the right to nominate and appoint a Supreme Court Justice in a timely fashion.

"We won the election and elections have consequences. I'm not elected for three years, I'm elected to four years," Trump said.

Biden's rebuttal laid no attack on Judge Barrett, but claimed

with the election so close at hand, the nomination should be delayed until after the vote is tallied.

"People have already mailed in their ballots. If [President Trump] wins reelection, that's fine. But we got to see what they want before deciding the nomination," Biden said.

An awkward moment came for Biden when asked whether he would add two justices to the court in order to stack it with more liberal appointees. The former vice president declined to answer.

The economic portion of the debate was met with more frustration for the audience. The mat-

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A brief history of heated elections

BY JULIA FELTON
EDITOR-IN-CHIEF

Political divisions are coming to the forefront as the presidential election nears – but there's a long history that brought us to where we are today.

As Dr. Joshua Forrest, the chair of La Roche's history and political science departments, explained, there have been contentious elections before.

"You'd have to go all the way back to the 19th century to find similar levels of political polarization at election time," Forrest said.

Forrest pointed to the election of 1828 – when Democrat Andrew Jackson ousted incumbent Republican President John Quincy Adams – and the election of 1884 – when Democratic nominee Grover Cleveland beat Republican nominee James Blaine – as prime examples of contentious elections.

"Andrew Jackson in 1828 and James Blaine in 1884 were both ill-tempered and spoke with derision about their electoral opponents," Forrest said. "Uncouth, ill-tempered, with their verbal attacks on their opponents peppered with personal insults, and their electoral campaigns marked by constant accusations of corruption."

The 1860 election – a four-way race that ended with the election of Republican Abraham Lincoln – was infamously divisive. Eleven states seceded from the Union in response to Lincoln's election, spurring the only war to arise as the result of a presidential election in American history.

But Forrest noted that most presidential campaigns are "relatively civil and respectful in debates," despite commonly stark disagreements on policy.

"Certainly once we get to the 20-21st centuries there is no presidential contest that matches the level of vitriol we've seen this year in the presidential campaign," he said.

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PAGE 20

Covid-19

Comparing college covid-19 testing strategies

BY KATHLEEN KENNA
CONTRIBUTING WRITER

Testing for covid-19 is a critical issue surrounding the pandemic. There are many questions a resident of the United States might have. Are they safe? Are they accurate? And – most often – where can I get one?

Compared to other countries, the United States was slow to release covid-19 tests and testing strategies. President Trump left the responsibility of this strategy to state governments. Just as different states have their own strategies for testing, so do colleges and universities.

The Center for Disease Control (CDC) released suggestions for how institutions of higher education can create safe and healthy spaces for their students. The CDC outlines “considerations on the appropriate use of testing.” These considerations are not required.

La Roche students know that the school did not require them

to take a covid-19 test in order to return to campus. Many other schools in Pennsylvania implement the same techniques: symptom screening and contact tracing. La Roche encourages students to seek a test if they experience symptoms, or if they come in contact with someone who tests positive for the virus.

If a student needs to get tested, there are a few options. Rosemary McCarthy, Chief Pandemic Safety Officer, suggests going to the CVS that is located in McCandless Crossing.

“It is a free and fairly simple process,” McCarthy said. Students can register for a test on the CVS website. McCarthy urges students to use their La Roche address or their home address if they live in Allegheny County.

She said, “This will ensure that the results will be sent to the Allegheny County Health Depart-

ment. I will then be notified if the test is positive.”

It is important that a student follows this step so, if they do test positive, La Roche can contact those who may have been in contact with them.

The test only takes a few minutes. However, students should be aware that they might have to perform the nasal swab on themselves.

Some schools in Pennsylvania require and provide free covid-19 testing. At Pennsylvania State University in Centre County, 30,000 students came from areas deemed “high-risk coronavirus areas.” The school required them to take a test, and those with positive results had to quarantine before attending class.

Penn State is also randomly testing about one percent of the

SEE COVID TESTS, PAGE 18

More students in quarantine, though cases remain at 1

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche announced an increase in quarantined students, though the school has not seen any new cases of covid-19.

In an email sent to students on Oct. 9, Chief Pandemic Safety Officer Rosemary McCarthy reported that 31 La Roche students are currently quarantined.

Nineteen of those students were quarantining on campus as of Oct. 9, McCarthy said.

But La Roche’s covid-19 case tally remained at one.

“We have groups of students who are either holding parties on campus or attending events off campus together, while not following proper protocol,” McCarthy said, noting the incidents of

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Courier Call

**Hear the Courier Staff Answer the Question:
What Halloween icon would you vote for as President?**



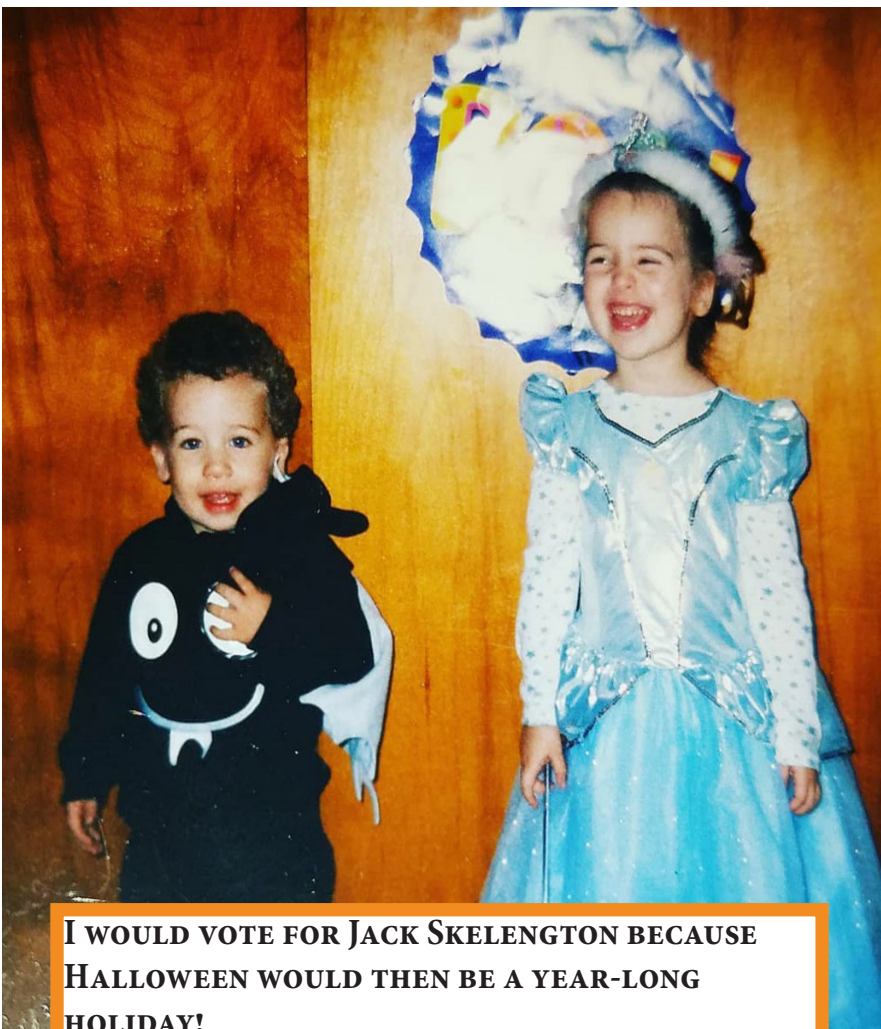
I WOULD VOTE FOR MORTICIA ADDAMS BECAUSE IT'S ABOUT TIME WE HAD A FABULOUS PRESIDENT. SHE LOVES HER FAMILY AND, DESPITE THE SPOOKINESS, HAS GOOD VALUES.

-KATHLEEN KENNA, CONTRIBUTING WRITER



I'M VOTING FOR THE MUMMY OF AN EGYPTIAN PHARAOH. I THINK RULING EGYPT WOULD CLASSIFY AS SOME PRETTY GOOD LEADERSHIP EXPERIENCE. IN A LOT OF WAYS, THE EGYPTIAN CIVILIZATION WAS ONE OF THE MOST ADVANCED IN HISTORY, SO I BET AN EGYPTIAN PHARAOH WOULD HAVE SOME INTERESTING THINGS TO TEACH US! PLUS, IT'D BE PRETTY COOL TO HAVE A PYRAMID HIDDEN SOMEWHERE IN DC. IMAGINE THE MUMMY OF NEFERTITI BEING THE FIRST FEMALE PRESIDENT!

- JULIA FELTON, EDITOR-IN-CHIEF



I WOULD VOTE FOR JACK SKELENTON BECAUSE HALLOWEEN WOULD THEN BE A YEAR-LONG HOLIDAY!

-SARAH HEFFERIN, ASSOCIATE EDITOR-IN-CHIEF



I WOULD VOTE FOR THE CREATURE FROM THE BLACK LAGOON. HE WAS CAPTURED AND TERRORIZED BY PEOPLE, SO I FEEL LIKE HE WOULD DO EVERYTHING HE CAN TO MAKE SURE EVERYONE IS SAFE AND HEALTHY.

-MADLINE RICCARDI, ASSOCIATE EDITOR

On Campus

SGA emphasizes racial justice

BY JULIA FELTON
EDITOR-IN-CHIEF

The Student Government Association (SGA) is working around covid-19 obstacles to reach individual and group goals, including a call for a racial justice mural.

SGA President Natasha Florence said she wanted SGA to spearhead a project to install a Black Lives Matter mural on campus. She was working with Executive Vice President Ammiel Francis, Secretary Gracie Kon and Director of Non-Traditional Students Tashai Thompson to push for the mural.

"It's a mural that would push for welcoming inclusivity and tolerance – not just a work of art, but a social justice statement," Frances said, claiming it was not a political statement.

"If we want people to feel comfortable, I think this is one of the

best things we can do," Kon said of the mural.

SGA did not have a design or specific location for the mural planned yet.

Frances did specify that he wanted to have the mural indoors.

"With it being inside, it can be monitored. If anything was to happen, it's more likely they would be caught," he said, suggesting people would be less likely to tamper with an indoor mural.

The SGA board unanimously approved moving ahead with the mural. Florence said next steps would include seeking permission from La Roche President Sister Candace Introcaso.

The project would not be affiliated with the official Black Lives Matter organization, Frances said.

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Covid-19 impacts dining services

BY JULIA FELTON
EDITOR-IN-CHIEF

Like everything else at La Roche this year, dining services at La Roche have changed due to covid-19.

Perhaps one of the biggest differences students have noticed is changes to dining schedules. Redhawk is now open from 10 a.m. till 8 p.m.

The dining hall serves breakfast from 7:30 a.m. till 9:30 a.m. with a continental breakfast from 9:30 a.m. till 10:30 a.m. Lunch is available from 11 a.m. till 2 p.m. and dinner is from 4 p.m. till 6 p.m.

"Our hours are not limited, they are just not what everyone is used to," Susan Padolf, the assistant director of SAGE Dining at La Roche, said. "In these difficult times, things had to be adjusted. We have made accommodations to make sure everyone has a

chance to get food."

Redhawk hours are, however, cut down from last year, Padolf admitted. She said there was a study of community participation preceding the decision to limit hours at Redhawk.

"With our new budget constraints and very low numbers of students ordering during certain hours, it made sense for us to reduce the hours to best accommodate the students, staff and faculty, as well as to do the best we can for the community in maximizing La Roche's resources," Padolf said.

Beginning Oct. 12, meal equivalency at Redhawk will be expanded from 6 p.m. till 8 p.m., Padolf added.

La Roche's meal plan options and costs are the same this year

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Dorm-friendly recipes

BY MADELINE RICCARDI
ASSOCIATE EDITOR

French toast in a mug

Do you ever want homemade breakfast food, but don't want to run to the dining hall to grab some? This recipe is doable anywhere, as long as you have the ingredients and a microwave.

Ingredients

- 1 mug
- 2 slices of sandwich bread
- 1 egg
- 1 tablespoon butter
- 3 tablespoons milk
- Cinnamon sprinkle
- 2 drops vanilla extract
- Syrup (optional)

Recipe

1. Cut the bread into cubes of your desired size.
2. Put the 1 tablespoon of butter into your mug. Microwave it for 20 seconds.
3. Add the cubed bread into the cup of melted butter.
4. In a separate bowl, mix the egg, 1 tablespoon of milk, a sprinkle of cinnamon, and two drops of vanilla extract.
5. Pour the mixture made in Step 4 into the mug with the bread and butter.
6. Let it sit for two minutes to allow the bread to absorb the mixture.
7. Microwave it for one minute and 20 seconds.
8. Add syrup if desired.
9. Serve warm.

Chocolate chip cookies in a mug

Everyone likes cookies when they are warm, but La Roche only serves cold cookies. This recipe requires a microwave and nine ingredients.

Ingredients

- 1 mug
- 1 tablespoon butter
- 1 tablespoon white sugar
- 1 tablespoon brown sugar
- 3 drops of vanilla extract
- Kosher salt
- 1 egg yolk
- 1/4 cup all-purpose flour
- 2 tablespoons chocolate chips

Recipe

1. Put the 1 tablespoon of butter into your mug. Melt the butter in the microwave.
2. Add the sugar, vanilla extract, and a sprinkle of Kosher salt to the melted butter. Stir them together.
3. Separate the egg yolk using a spoon. Add the egg yolk to the mixture. Stir.
4. Add the all-purpose flour to the mixture. Stir. The mixture will now become a dense cookie dough.
5. Stir in the chocolate chips.
6. Cook the dough in the microwave for 40-60 seconds, depending on your cookie texture preference. Do not microwave for more than 60 seconds.
7. Serve warm.

People

English professor pens poetry book

BY SARAH HEFFERIN
ASSOCIATE EDITOR-IN-CHIEF

It was a bright and sunny day when Dr. Michelle Maher stopped to stare at the sky in the Wexford Plaza parking lot. She was going to grab an iced tea and a loaf of bread when the puffy white clouds caught her attention.

So she snapped a photo.

It was for her new book of poetry which, at the time, was coming out very soon. Maher knew that she wanted the cover to showcase a photo of clouds, and that day seemed to be perfect.

Maher points to the bird she caught in the photo. She hoped for a dove, poignant and gentle, but said that it was probably a hawk. It made the cover anyway.

Maher's book, titled "Bright

Air Settling Around Us," is a collection of poetry created from her own life—one filled with joy, grief, and challenges. She worked closely with the poets Jan Beatty and Maddie Barnes, Maher's eldest daughter, who is also a poet. Both helped her edit the manuscript and order the poems within her book. As she came to the final stretch, Maher involved her whole family, who each took the time to read over the manuscript and give their feedback.

She describes her poems as those inspired by family, living through adversity, the death of loved ones, and the power of art. She also drew from her experi-

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COURTESY OF MICHELLE MAHER

AAUW scholarship memorializes sister who worked at La Roche

BY JULIA FELTON
EDITOR-IN-CHIEF

An annual scholarship awarded to a female senior at La Roche honors the memory of a member of the Sisters of Divine Providence congregation who was an important, beloved fixture at the college.

The Sister Matilda Kelly Incentive Grant is awarded through the American Association of University Women (AAUW). It memorializes Kelly, who worked at La Roche for 18 years. She worked as La Roche's director of admissions for much of that time be-

fore moving into a role in project achievement. She also served as an AAUW representative for the school.

Kelly died of breast cancer in 1988.

But her spirit remains alive through the scholarship program.

Sister Rita Yeasted, an English professor who worked with Kelly, said she remembers Kelly's dedication to women who were returning students. Many of the women she worked with had families or other jobs, Yeasted said.

"She was the shoulder that they cried on," Yeasted said. "She was like their counselor."

Kelly's service extended beyond her tenure at La Roche. Before joining the university staff, she'd spent 24 years working with the poor in Puerto Rico, Yeasted said.

"She worked with the rich and the poor, but I think her heart was always with the people who didn't have it," Yeasted said.

Though Kelly was an important fixture at La Roche during

the 80s, Yeasted noted that most people at La Roche now don't remember her. Yeasted said she hopes the scholarship will keep her memory alive and ensure her work isn't forgotten.

"Sister Matilda was a wonderfully warm human being," Yeasted said. "Everybody loved her. She was kind. She was a wonderful teacher."

She even helped in the formation of the scholarship that now bears her name.

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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.

Julia.Felton@stu.laroche.edu

Environment

Recent wildfires in the west could spark long-term consequences

BY ED STANKOWSKI V
CONTRIBUTING WRITER

The recent wildfires in California, Oregon, and Washington will have substantial long-term consequences. There is the obvious damage to the environment and infrastructure, but there are more subtle effects.

As the smoke rose, it was pulled into strong air currents that propelled it east. This caused hazy skies as far east as the Netherlands. Fortunately, according to Sarah Gibbens and Amy McKeever of National Geographic, hazardous compounds did not reach the ground. Nonetheless, this immense cloud had a profound impact. It was visible from space and

altered weather patterns significantly. National Weather Service meteorologists concluded that the smoke particles would cause increased rainfall in the area and cooler temperatures over a much greater area.

A more dangerous and unpredictable result of the fires is their impact on public health. Michael Jerrett of UCLA reports that a major concern is the smoke particles' small size. They are under a micron wide, less than ten percent the width of a human hair. This means they can easily slip past the body's filtration systems and enter the bloodstream. Since

the fires have burned homes and infrastructure, they contain unusually dangerous compounds. Immediate effects of exposure include respiratory difficulties, headaches, and increased heart rate.

In the future there could be more dangerous consequences. Since this smoke is more concentrated and polluted than usual, there is very little data on its effects over extended periods. People exposed to it could be at increased risk for heart disease, strokes, depression, and anxiety. Anyone who has respiratory or cardiovascular diseases such

as COPD or asthma is at much greater risk of illness from this smoke.

Fortunately, much of this is limited to the west coast. The same jet stream that brings the smoke to western Pennsylvania keeps it aloft at a relatively safe distance from vulnerable lungs. It may lead to cooler weather, although that is already abating as the smoke dissipates. What remains to be seen is how it will affect people closer to the fires. No matter the result, there will be consequences.

Pastel Petals



© MADELINE RICCARDI



© MADELINE RICCARDI

Student condemns litter bugs at LRU

BY ANNA KLEINSCHNITZ
CONTRIBUTING WRITER

The following editorial describes one student's experiences with littering on campus.

When I came to La Roche this year, I knew we'd be facing a virus like no other. What I didn't expect, though, was to be confronted with an entirely different type of bug — the littering bug.

Many times, as I have been walking to and from class, I have been bombarded with physical evidence that we as a school are infected. Cups are strewn intermittently between the bushes in front of the chapel like some sort of garden ornamentation. Every time I walk up a staircase, there is a new type of trash on full display on the landings.

For a few days in Bold Hall, someone had left a bowl of milk with a spoon surrounded by the plastic wrappings the utensils come in. Eventually, they came back for the bowl, but left the plastic there; I'm glad they had their priorities straight.

These irritated feelings culminated when one day I was walking through the lawn next to Bold

and I stopped to pick up a pizza box. I walked it to the dumpster to throw it away and as I did so, a passerby remarked on how much litter they have noticed on campus as well. He told me that I should take a look at some of the other parking lots lower down the hill. It was that moment that told me this was not a few off moments of someone forgetting a cup or leaving a pizza box after an outdoor picnic; this was a campus wide problem that resulted from a lack of care.

This lack of care extends past just not being able to find a trash can, it infects the trash cans themselves. Constantly, I see the trash cans in front of the building stuffed full of trash bags from the residents in Bold, the extras that don't fit into the over-full can are just thrown next to or nearby the trashcan.

Do we just not know where the dumpsters are for our trash?

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Autumn

Lots of local fall fun for everyone

BY KATHLEEN KENNA
CONTRIBUTING WRITER

As the leaves change and the weather grows cold, so comes the onslaught of memes depicting the “basic white girl”. Pictures of women with long hair and scarves are everywhere on the internet. They drink pumpkin spice lattes and pose throwing fallen leaves in the air with pumpkins all around.

I, an admitted basic white girl myself, am attempting to end this stereotype and declare fall activities fun for everyone. Through careful research, I’ve located places where anyone can enjoy the weather and pumpkin flavored coffee.

These so-called basic activities are perfect for any La Roche student.

Despite covid’s reign this year, there are still many safe ways to celebrate the season.

Soergel Orchards, located about 15 minutes from La Roche, offers many activities for a cute date or an outing with friends. In past years, they’ve hosted a fall festival with music, food, and drinks. This fall those are cancelled, but they still are open for outdoor activities. You can go pick pumpkins or apples weekdays 12:00-5:30, and weekends 10:00-5:30.

Soergel Orchards also has Oram’s donuts and cinnamon rolls for pick-up every Saturday morning if you’re looking for a more calorie-heavy activity.

Trax Farms, located about an hour away from La Roche in the South Hills, is still holding their Fall Festival. At Trax, a 150-year-old farm, you can take a hayride through the pumpkin patch to pick your own pumpkin. They also have a three-acre corn maze for guests to explore and maybe get lost forever. They are open Monday, Wednesday, and Friday 12:00-4:00 and weekends 10:00-4:00.

For pumpkin spiced latte lovers, there are many local coffee shops that offer an alternative to Starbucks.

Generoasta, located in Warrendale about 20 minutes away from La Roche, has put their own spin on pumpkin flavored lattes. They have the traditional pumpkin spice, but also the Pumpkin Pie, with cinnamon and pumpkin; the Ghostly Pumpkin, with white chocolate and pumpkin; and the Pumpkin Patch, with caramel, candied orange, and pumpkin.

Their drinks are always tasty, but their service is typically lacking. I ordered the Pumpkin Patch and I think I received the Pumpkin Pie. It was delicious, but you should be ready for a little surprise.

The closest coffee shop to La Roche is Convive, located in McCandless Crossing. A barista has banned me from there, so sadly I was not able to try any of their new fall drinks. However, I can attest to Convive always having the highest of quality, and their fall drink list surely is no different.

This year they are offering a pumpkin spice latte, an orange spiced late pumpkin latte, a smoked salted maple latte, and a vanilla pink peppercorn draft latte. In addition to their McCandless location, Convive also has locations in Lawrenceville and Mars.

Another coffee shop I visited is Delanie’s Coffee, located in the Southside. In addition to pumpkin spice, this year they are offering a spiced maple almond latte, oat golden chai with turmeric, honey and ginger, and oolong spiced cider. I recommend their spiced maple almond latte.

La Roche does not sponsor this kind of investigative journalism, so I was not able to sample every latte in the city. However,



© KATHLEEN KENNA

here are some other highly rated coffee shops: Gasoline St. Coffee, located downtown; Kaibur Coffee, located in Polish Hill; De Fer Coffee & Tea, located in the Strip District; and Espresso a Mano, in Lawrenceville, in addition to many more.

For those who are of age, Pittsburgh also has many highly rated breweries. I never drink on the job, so I turned to Untappd, a beer rating app for help. Gristhouse, located in Millvale, is releasing a fall themed beer called Broken Souls. This barrel-aged Imperial Stout has flavors of hazelnut, vanilla, and chocolate. Dancing Gnome, a brewery in Sharpsburg, also has a fall beer. It’s called Black Clouds and is an imperial stout conditioned on vanilla.

For people seeking a scary Halloween thrill, you can always visit Blue Mist Road, located in North Park. This reportedly haunted road, officially called Irwin Road,

is the backdrop of many spooky stories.

Tales of people meeting their fate, devil worshipping, and ritual sacrifice are just a few of the stories surrounding this road for decades. If the weather is right, you can see blue mist rising off of Irwin Run, a creek that runs parallel to the road. It’s a great place for a moonlit walk – just share your location with a friend so you don’t become Blue Mist Road’s latest victim.

The pandemic is a hard time for everyone, and we are all a little down. But that doesn’t mean you can’t have some socially distanced fall fun with your friends and lovers. So, don those scarves and flannels, dance around a bonfire in a Samhain ritual, and enjoy the season.



The pandemic is a hard time for everyone, and we are all a little down. But that doesn’t mean you can’t have some socially distanced fall fun with your friends and lovers.

Entertainment

A Knight of Disney magic

By LUCIA BOU DARGHAM
CONTRIBUTING WRITER



© LUCIA BOU DARGHAM

La Roche senior Lucia Bou Dargham talked with Disney actor Sterling Knight over Zoom.

Allow me to take you back in time. It's 2010, millions of children tuned in to watch Disney Channel's new original movie. A movie that enveloped its viewers in an air of cinematic magic. Now, let's imagine a little girl standing in front of her television. This little girl watched in awe as the hero won his heroine back with a song capable of melting even the iciest of hearts. This captivated little girl is the 21-year-old senior writing this article. The movie I am talking about is "Star-Struck," one of Disney's true childhood classics. Christopher Wilde, the character that swept the world off its feet, is played by American actor Sterling Knight.

Let's fast-forward to the present. Its 2020, and we are all adapting to a new normal. A new nor-

mal that has managed to take away the magic of everyday life. In an effort to reconnect with my older self (or my younger self in this case), I pulled out and dusted the old treasure trove of childhood memories, and fell in love with "StarStruck" all over again. I found out that I wasn't the only one reminiscing and turning to old movies as a means of escape. Taking all of this into consideration, I always wondered how Sterling Knight himself was coping with everything that is going on. I then reached out to him, and the result was a 40-minute Zoom interview that felt like a dream. Talking to him felt like catching up with an old friend. My younger self still cannot fathom what happened, and I don't think she ever will, but she wrote this

article hoping to transport you readers that share my Disney past to a place of nostalgia and warm memories.

Sterling Knight is beloved for his iconic role as Chad Dylan Cooper in Disney's "Sonny with a Chance" (2009-2011), and its spinoff series "So Random!" (2011-2012). Some of the movies that Knight has starred in include: "17 Again" (2009), "Transit" (2012), "Landmine Goes Click" (2015), and "The Man from Earth: Holocene" (2017) to name a few. Here are the interview highlights:

What shows, movies, or songs from your childhood act as your security blanket? How are you finding comfort in all this chaos?

I've really enjoyed the fact that a lot of people have gone back to the old shows that they grew up

Watch here: <https://www.youtube.com/watch?v=c9iTtl0OqOI>

SEE KNIGHT, PAGE 24

"John Wick" is a breath of fresh air in a stale industry

By STEVEN MUNSHOWER
ASSOCIATE EDITOR-IN-CHIEF

"John Wick" is a movie about action, revenge, style, cars, world building, and so much more. "John Wick" was released in 2014, by Summit Entertainment under Lionsgate. The action/thriller went on to become a cult success. The sequels garnered increased attention, turning the property into a franchise.

"John Wick" follows retired assassin, John Wick (Keanu Reeves), who escaped the business to be with his wife. However,

his wife tragically dies, and in her final act, gifts John a puppy. John's last nerve is shattered when his house is broken into, his car is stolen, and his puppy is killed. From there, John spirals back into the business which he fought to escape, tracking down those who wronged him.

More than anything, "John Wick" is a practice in slow, rewarding world building. As John descends further into the world of assassins, the audience

is exposed to a methodically crafted society of killers for hire. The most interesting part of the world is the many rules and leaders, which govern the business. These ground the film in reality, and makes the entire experience much more interesting.

This careful writing is thanks to screenwriter Derek Kolstad, who has also worked on both sequels. When Kolstad is paired

SEE "JOHN WICK," PAGE 15

Finding the perfect playlist

By MADELINE RICCARDI
ASSOCIATE EDITOR

Everyone feels differently during their different moods. Sometimes, you may feel happy, but not happy enough to dance. Other times, you might feel sad, but you want to sing along to every song you hear. Because of this, it is often difficult for people to find the right song to describe the right feeling.

Suggestions often help listeners create the perfect playlist to go along with their mood at any particular moment.

The Happy Mood

"Love Me Again" by the artist RAYE is a song that just makes you want to get up and dance. It has a happy beat that is perfect to move around to, no matter what kind of happy you are. The song is also very catchy, and after only a few listens you will know all the words. This is one of my all-time favorite songs when I need to do something that I don't want to. As soon as it starts playing, I want to dance, which makes me get up.

"Glad He's Gone" by Tove Lo is a song that may sound like it's fit for a breakup, but that is not the case. She sings it from the perspective of the friend who never really liked your boyfriend. You can feel her happiness that her friend is no longer dating the boyfriend, and it makes you happy. Although it contains some explicit lyrics, this song is sure to cheer anyone up who might be down in the dumps.

"Bad Behaviour," sung by Elli Ingram, opens with an instrumental solo that makes you instantly want to smile. It sets the mood for the whole song, and it instantly makes me feel like I am in an old movie. If you are in a bad mood when the song begins, you definitely won't be any longer after the first chorus. It is sure to put a smile on your face as you listen to the lyrics because it is

SEE PLAYLISTS, PAGE 19

Versus

Battle of the music streaming services: Apple, Spotify or Amazon

BY MADELINE RICCARDI
ASSOCIATE EDITOR

You can see La Roche students all over campus wearing headphones. But what are they listening to, and more importantly, which streaming service are they using? Not everyone has the same preferences, and not every service offers the same features. Which streaming service is the best, according to the facts?

Apple Music offers unlimited playlists. But how many songs can you have in one playlist? There has yet to be a defined maximum or minimum number of songs allowed in a playlist. You can make playlists with just one song on repeat, or thousands of songs in an endless shuffle.

The Apple Music student plan is only \$4.99 a month for as long as you can prove that you are a student. For that price, you can listen to ad-free music for as long as you want, with availability to over 70 million songs. You can also include podcasts or songs similar to

the one you just listened to in the middle of your playlists.

Feeling a certain way but you aren't sure what to listen to? Apple Music offers hundreds of playlists you can shuffle through to find the right sound for your mood. It has custom mood and activity playlists as well as ones created just for you based on your listening habits.

Playlists based on your listening habits are also available on Spotify through what they call "Daily Mix." A series of six playlists made for you, Spotify refreshes them every day, and the more you use it, the better your mixes will be.

Spotify also has playlists that allow you to discover new songs by artists in your playlists, or those that you have favorited.

Spotify offers access to hundreds of podcasts, broadcasting new episodes as soon as the creators release them.

Unlike Apple Music, regular Spotify is free. Because it is free, listeners are unable to download songs or play a particular song out of a playlist. The entire music service is on shuffle mode.

For those who want to play a particular song whenever they want, Spotify offers a Premium version. It is available to students for \$4.99 a month as long as you can prove that you are currently a student.

Spotify Premium gives you access to an ad-free music experience with 50 million songs that you can play anytime, anywhere with its abroad music option. It also does not require an internet connection to play.

Like Spotify, Amazon Music does not require internet, but only if you download songs while online. This music streaming service allows you to shuffle or play particular songs. However, unless you purchase the Music Un-

limited option, not every song is available.

Amazon Music comes with a Prime Membership, which is \$59.00 a month for students. Through this option, you can create unlimited playlists or listen to playlists curated just for you. You can access them across devices and can stream them anywhere.

Music Unlimited offers access to 60 million songs. As long as you can prove that you are a student, it costs an additional \$4.99 a month to your Prime student subscription.

Spotify and Apple Music are compatible to play on Amazon Alexa devices as well as Google Home. Currently, Amazon Music is only compatible with Amazon Alexa devices.

Each streaming service offers a free trial, but the range of each differs depending on which level of service you buy.

Battle of the video streaming services: Netflix, Hulu or Prime

BY MADELINE RICCARDI
ASSOCIATE EDITOR

The use of cable is dwindling in the U.S. According to an August study conducted by VARIETY, a weekly entertainment magazine, only 40 percent of US residents currently pay for a cable subscription.

With the use of cable falling, a higher demand for video streaming services has risen. But not everyone knows which is the right service for them.

To decide which streaming service is correct for you, you have to look at the individual movie and series productions on each.

Netflix, Hulu, and Prime Video are media streaming platforms that stream original movies and series as well as entertainment productions created by other platforms. This article will discuss only the original productions.

If you are interested in science

fiction or horror series, Netflix is the best option for you. A report by The New York Times shows that there were 69.9 million U.S. Netflix subscribers in April 2020.

Horror takes on many forms, from monsters and ghosts to reality and the consequences that come with living in it. No matter which type of horror you prefer, there are dozens of series that are right for you.

"Hemlock Grove" is Netflix's first horror series. It takes place in Hemlock Grove, Pennsylvania, a mythical town filled with rich and poverty-stricken residents, all who have a secret. Each season is based around a particular mystery while we slowly learn who, and what, each of the characters actually are.

Fantasy monsters are not the only ones who wander through the series on Netflix. Real life

monsters exist in "Black Mirror," a modern remake of Rob Sterling's 1959 "The Twilight Zone." It focuses on the uncertainty and disquiet that exist in today's world. Each episode is a new story, and they all make you stop and question what is real, and what is all in your head.

"Black Mirror" viewers often find it in the science fiction category. Sci-Fi encompasses modern social and environmental changes, as well as imagined technological advances in the future.

Sci-Fi and horror are not the only series genres that Netflix has. Producers often link Comedy and Drama together, creating the next most popular category.

Netflix's "The End of the F**ing World" is a dark comedy that follows two teenagers as they go on a road trip to find one of their fathers. The biggest problem

with their adventure is that one is planning on killing the other. Violence seems to follow the unlikely duo, and the whole show keeps you wondering what will happen next.

Not a fan of dark comedy? Netflix's "Russian Doll" is a blend of comedy and drama wrapped up in a "Groundhog Day" ribbon. It takes the classic story from the 1993 film starring Bill Murray and puts a modern twist on it. Natasha Lyonne stars as a woman who accidentally dies at her birthday party. She finds herself unable to stop living the day over, and soon learns that she is not the only one caught in this endless loop.

Endless loops frequently appear in movies and series, but each take on them is slightly

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Sports

La Roche intermural hockey plays past pandemic

BY SARAH HEFFERIN
ASSOCIATE EDITOR-IN-CHIEF



COURTESY OF SARA SZYMANSKI

La Roche's intermural inline hockey team was the first team to start this semester, despite the covid-19 pandemic.

La Roche University's intermural hockey team has become the only sports team at the university to begin their season safely amidst the current pandemic.

The team, made up of thirteen students, plays for fun weekly at the Robert Morris University Sports Complex.

Mark Zalakar, a freshman admissions counselor at La Roche, is the team's faculty advisor. When he was hired, he found out that La Roche used to have an inline hockey team, and that it was disbanded in 2015.

Growing up, Zalakar and his two brothers — Paul and Brian — played hockey together often. Zalakar played deck and inline hockey throughout his time at Shaler Area High School, and went on to play ice and inline hockey during college.

When he came to La Roche, Zalakar was simply playing pick-up deck hockey games with different teams in the area. He said that he likes inline hockey because it's

“I want them to learn and to be a part of the sport and to feel like they're part of a team.”

-Mark Zalakar

not as rigid as ice hockey, and that it's great for beginners.

When he realized that La Roche used to have an intermural hockey, he knew he had to get it back.

In 2019, after talking with Student Development and reaching out to interested students, he got a team together. Zalakar entered them into a collegiate league, where they played against teams from colleges like RMU, CCAC, Clarion University, and Duquesne University.

“Part of it was just getting the group of guys together,” Zalakar said. “We had never seen each other on campus, and we didn't even practice at first. We re-

ally started to come together as a team and really started to win games later in the season. And then, covid hit.”

When La Roche and the rest of the world closed because of the pandemic, the inline team was going into the playoffs. As a result, the team did not finish their season.

This season, because of pandemic restrictions, the collegiate league could not happen. Instead, Zalakar added La Roche to an adult league that is running through the RMU Sports Complex.

Zalakar wanted to give interested students the opportunity to play, despite the circumstances.

He said he was happy to find that there were guys of all skill levels: those who had been playing for years, and those just starting out.

“In essence, I would rather have the team be guys going out and giving it their best effort, rather than winning all the time. I want them to learn and to be a part of the sport and to feel like they're a part of a team,” Zalakar said.

This idea of team has become a comfort for the guys, especially during a time where the world has been forced to spend a lot of time apart.

“For all of the guys, it's just great that they can be able to do something that they love,” Zalakar said. “This is something that the students do care about and want to come out for, even if it's at 11 o'clock at night on a Tuesday; they're still super involved and want to get better. It's really nice to have it actually be a thing

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As I See It...

Student shares family love story

BY LUCIA BOU DARGHAM
CONTRIBUTING WRITER

One glance. That's all it took. She had sandy blonde hair, he had piercing blue eyes. Her smile captured your heart, his uniform caught your attention. Destiny unfolded, yet destiny still managed to get in the way. They crossed paths on the seafront promenade, yet they were worlds apart. She was a Lebanese beauty; he was a brave American soldier. Her name was Rania, and her story was just about to begin.

Beirut, Lebanon was the launching point of it all. The year was 1986, and it was a time of change for many. The Lebanese Civil War, lasting from 1975 to 1990, was nearing its end. There were an estimated 120,000 fatalities, and almost one million people had to leave the country.

It was hard to imagine that something beautiful would come out of this war, but a love resilient enough to withstand the odds was about to bloom. Rania was 5'7", had luxurious honey-toned hair and bangs that accentuated her doe-like brown eyes. She was the oldest sister of three boys, and had just graduated from university with a business degree. She was a dreamer, and had a heart full of ambition and a head full of ideas. She wasn't completely set on what she wanted her career to be, but she knew that she wanted to make an impact. The sound of her laughter echoed in every room she walked into. With a personality as warm as her heart, she enchanted everybody. She couldn't imagine a life far away from her family, and never wanted to imagine such a thing. However, life doesn't work that way, and neither does love. The thing about love is that it manages to sneak into the lives of those that aren't looking.

On what seemed to be a regular Tuesday evening, Rania decided to go out with a close friend. It was the summer time, which meant that a walk on the seaside promenade was in order. The sun was starting to set, yet its warmth enveloped the surroundings. There was a cool salty breeze, and the energy of life all around. The Lebanese people continued to be the heartbeat of their country despite the struggles that were ensu-

It was hard to imagine that something beautiful would come out of this war, but a love resilient enough to withstand the odds was about to bloom.

ing. People on bicycles, kids playing, vendors trying to sell hot and buttery corn on the cob, life was good for the first time in while. The sound of people's laughter floating through the air accompanied the sound of the waves crashing on the shore to form a joyous melody.

All was well, up until a random stranger approached from a distance. Rania didn't give him much thought, for there were people everywhere. He was tall, had golden blonde hair, and a very serious look on his face. He was wearing an American army uniform, enough to make him stand out from the crowd. At the time, peace keeping forces such as the UNIFIL were stationed across Lebanon, so the sight of an American soldier was not a strange occurrence. Regardless, he was different.

As he was passing by Rania, they exchanged a quick glance. It all ended in an instant, but that instant marked the beginning of their story. Still processing what had happened, Rania and her friend continued walking in the opposite direction. They walked until they reached a mosaic-tiled seat that faced the sea. The colorful tiles glistened and danced in the sun, making Rania's face glow. She was wearing a long flowy white dress, and her hair was effortlessly styled in a fishtail braid. Her hair framed her structured jawline and highlighted her elegant features. Much to her surprise, the American soldier was walking towards her again. He walked up and introduced himself. They were in a world of their own, and their pleasant conversation ended in them exchanging phone numbers. Now, Rania would never give out her phone number to a random stranger, but it happened ever so naturally.

"It's that guy again," Rania's

grandmother excitedly yelled as she signaled to Rania to come to the phone. Rania had to go to her grandmother's house every time she wanted to talk to the soldier since her parents didn't have a house phone. They would talk for hours, which occasionally concerned Rania due to the fact that she would run out of things to tell him. She then started to prepare a list of things to say to him and kept it by the phone. The one thing that she constantly expressed was that she wanted him to come and meet her parents. He was stationed in a far area in Lebanon, and it was difficult to get to where she was. Rania never lost hope, but her excitement slowly faded. It was unlike her to be down, but she was. It was unlike her not to smile, but she didn't. It was also unlike her to cry, but she couldn't stop.

Months passed and there was a sudden, frantic knock at the door. Rania's heart sank, not knowing what to expect. Her mom rushed to the door, and much to everybody's surprise, a tall handsome man was standing there. It was him. Nobody knew how he was able to get there, but nobody said anything. He took one look at Rania and said, "I want you to know that I'm serious about us." Her heart fluttered and her trademark dimple appeared as she flashed a huge smile. She gave him a tour of the house, pausing to show him her drawings. "I sketched this picture of you so that I wouldn't forget what you looked like the first time I saw you," she said as she handed him the picture. She also formally introduced him to her family, which went surprisingly well.

Rania's happiness didn't last long, for he disappeared again shortly after his visit. He promised that he would write to her, and asked her to do the same. Rania complied and wrote to

him every chance she got, which was no small feat. Individualized home P.O. boxes weren't a thing back then, and so to acquire any mail, Rania's family had entrusted a family friend to receive them from his company's P.O. box address. She would write with a loving hand, words that flowed from her heart directly onto the page, he would barely write at all. All she received from him was one letter. In that letter, he told her how he was now stationed in Japan and that it was getting harder to write to her.

Her hands trembled as she reread the only letter that he had sent her for the tenth time. It was a year since she last saw him. She would write and write to him, but to no avail. As she reread the letter, tears glistening like pearls in the moonlight, trickled down her face. She studied his handwriting, which was cold and distant, and wondered when he would appear before her again.

The truth was that he had been writing to her all along, but her family was hiding the letters, fearing for her safety. For after all, this was a man that they did not really know. After seeing how Rania's eyes had lost their sparkle, and how her rosy cheeks had become pale, her mother decided that it was time to tell her the truth. "You see, he does love you," her mother reluctantly said as she handed Rania a plastic bag full of his letters. Rania's face immediately beamed with excitement, and it was colored with the beauty of life once again. She had no time to be mad at her family for hiding the bag that held her happiness, she was focused on piecing together her dream of being with him once again. "I want to live in America," she told her mother. Her mother said nothing, took a deep breath, and left the room. Rania rushed back to her room to search for the piece of paper that he had given her containing his parent's address. As soon as she walked into her room, the gravity of the situation hit her. This was the room that she grew up in, the house, the memories, she wasn't ready to leave that all behind. Yet she knew that she wouldn't be happy if she

SEE LOVE STORY, PAGE 17

Final Fall Flowers



© MADELINE RICCARDI

Mock Election, continued from page 2

Four international students participated in this mock election. Three international students - representing Kenya, Russia and Ecuador - cast their ballots for Biden. One student from Aruba voted for Jorgensen.

registered as Republicans. About thirty-six percent identified as Democrats. Libertarians made up about six percent of voters. The remainder were not affiliated with those parties.

Seven registered Republicans crossed political lines to vote for Biden, while four registered Democrats voted in favor of Trump.

Five Libertarians cast ballots for Biden. Two Libertarians supported Trump.

Over 95 percent of students who participated in this poll said they'll be voting in the upcoming presidential election.

Four international students participated in this mock election. Three international students – representing Kenya, Russia and Ecuador – cast their ballots for Biden. One student from Aruba voted for Jorgensen.

Students' reasons for heading to the polls vary. This poll asked students to select the issues that were most important to them in this election.

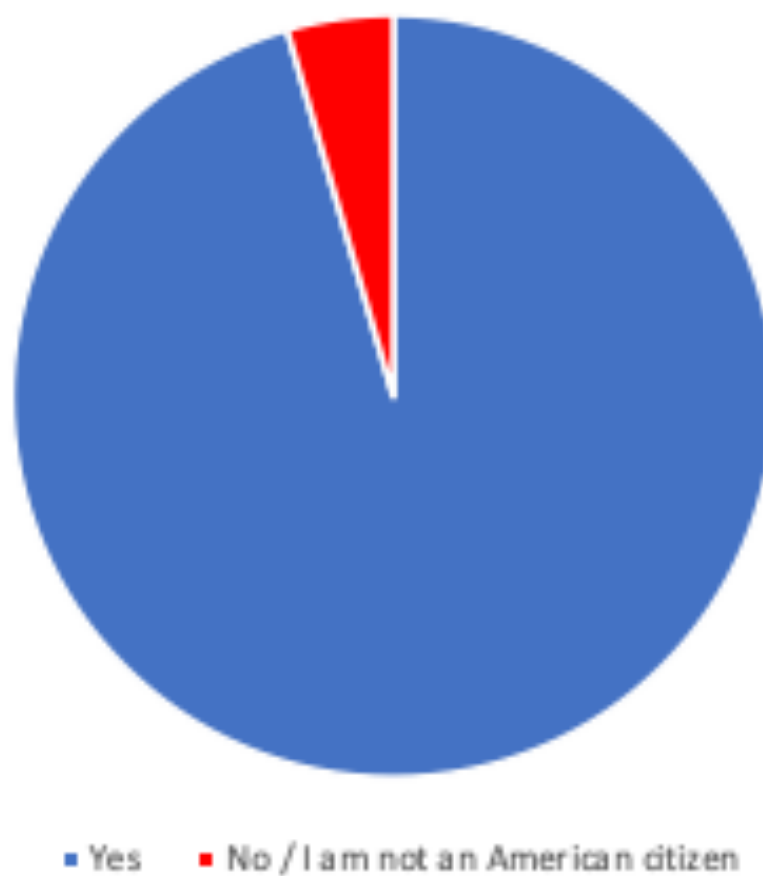
The top priority was the economy, with about 75 percent of students identifying it as one of the issues most important to them.

Other highly-prioritized issues included health care (63 percent), racial justice (60 percent) and abortion (50 percent).

Nearly 39 percent of students said they'd be focusing on foreign policy. About 47 percent identified gun policy as a major issue.

Some students opted to write in their own top priorities. The environment, limiting government, college debt, LGBT rights and covid-19 were among write-in responses that were identified as a top issue by one student each.

Do you plan to vote in this election?



© JULIA FELTON

Over 95 percent of students who participated in La Roche's mock election said they planned to vote in the upcoming November election.

“John Wick,” continued from page 10

with director Chad Stahelski, they create a dangerous duo of innovation and experience. Stahelski has an extensive background in stunt work, and met lead actor Keanu Reeves while he was filming “The Matrix.” Stahelski was Reeves’ stunt double in the film.

Speaking of Keanu Reeves, his performance in this film is brilliant. It is a casting choice that seems so perfect, that picturing anybody else in the role is difficult. Reeves’ passion for the franchise is evident in all of his training and hard work preparing for the role. He went through extensive tactical training, learning real world skills that translate to film to create unique and innovative action scenes.

The film has an excellent cast, which makes the film even more believable. Ian McShane, Lance Reddick, and Michael Nyqvist deliver particularly memorable performances. Alfie Allen, John Leguizamo, Willem Dafoe, and Adrienne Palicki also skillfully play their respective characters. Casting directors Suzanne Smith and Jessica Kelly were evidently particular in making their choic-

es, which benefitted the film immensely.

The movie contains several fantastic action scenes, that pay homage to action films of old, while adapting the format for a modern audience. The camera is helmed with such expertise, following Reeves’ every movement, highlighting the extensive choreography. This smooth dance-like action is what initially set the film apart from the thousands of other generic action movies.

Another strength of the film is sound design. Each action scene is enhanced by unique sound choices, that set the film apart from others of the same genre. The clear and deep sound design helps guide the audience through the action, and very little is lost in the chaos. The soundtrack is similarly impressive, with electronic and western-inspired tracks. When both of these aspects combine, the film is at its best.

“John Wick” proves that unique and innovative action is still possible. In a world of reboots and action films reeking of standardized templates, “John Wick” is like a breath of fresh air.

SGA, continued from page 6

Florence urged SGA members to attend an Inclusion Forum hosted by the Inclusion Council.

Florence also began discussing the SGA gift. SGA’s budget includes \$3,000 to fund an SGA-sponsored project to benefit the La Roche community. Florence said she hoped to solidify a plan for the SGA gift by the end of this semester so the group could implement it in the spring.

The group also hosted a highway cleanup event in September. They plan to host another in the spring semester.

“We had a couple students do it for LRX service credit, so it’s always great to get a couple students involved with what we’re doing,” Florence said. “Hopefully we can get a larger student turnout in the spring so we can cover more ground.”

SGA members reported their progress on individual goals:

- Frances said he was working with the Radio Club. “We have all the equipment up and running,” he said. “Now we’re looking to see if we can get new members and get a podcast.”
- Director of Commuter

Affairs Gracyn Holcombe said she’s working on updating the website.

- Financial Vice President Nathan Polacek said he hoped to begin divvying up funds for club budgets. He said most of the clubs from last year had filled out the paperwork to operate again this year.

- Academic Vice President Riley Polacek said she met with Dr. Howard Ishiyama, the university’s provost and senior academic vice president, to discuss what would happen in the event of another campus-wide shutdown. “We’re hoping to keep the school open, but if things do close, he’s saying it’ll probably go the same way it did last semester, sending everyone home,” she said. She also noted that classes will likely be offered in the same formats in the spring, with many courses offered in-person but Zoom options available for students who prefer.

- Rochelle Selzer, director of clubs and organizations, said she planned to host a club round-table meeting.

Florence also urged SGA members to attend an Inclusion Forum hosted by the Inclusion Council.

Chalk Art



© CAROLINE MAXWELL

Students used sidewalk chalk to decorate artwork on the sidewalk behind Bold Hall. Junior Annie Schwarz drew this sunflower.

Dining Hall, continued from page 6

as last. Students are not given the choice to change meal plans in response to changes Sage makes during the semester.

For students concerned about finding a time to get food, Padolf recommended using the Touch of SAGE app to order meals in advance.

“Students can place orders through the Touch of SAGE app and order meals to be picked up when it works best for them during our hours of operation,” Padolf said. “So, if a student is concerned about getting to the Redhawk Café in order to place an order before they close, they can always order a meal to go and pick it up by 8 p.m.”

At the start of the semester, the dining hall was only open for students and employees with meal plans. Recently, they reopened for anyone. People must pay with a meal plan, credit card or debit card. They will not accept cash.

For students who have concerns regarding La Roche’s food services, Padolf said Sage officials are willing to discuss any issues. The Dining Committee that they had started last year was not continued this year, as Padolf said there was little community participation last year. But if there is interest this year, she said the committee could restart, potentially with a virtual platform.

“Students can also fill out comment cards that we always have available as well,” she said, adding that students can also send comments directly through the Touch of Sage app.

Padolf also noted that Sage is abiding by all the standard covid-19 protocols.

Seats and tables in the dining hall are moved to ensure physical distancing. The dining hall is operating at 50 percent capacity.

“We have begun to allow taking food to go to help lessen the number of students in the dining hall at one time,” Padolf said, noting that they have not seen large numbers of students in the dining hall at any one time.

Employees are also provided with personal protective equipment and trained in covid-19 protocols. They are required to submit to a daily health screening and temperature check and would be required to disclose a positive covid-19 test or an exposure to a person who tests positive for covid-19.

Utensils, cups and plates are disposable.

Bulk dispensers of cereal, ice cream and other foods have been replaced with single-serve options.

There are also hand sanitizing stations throughout the cafeteria. During operational hours, a Sage employee is assigned to cleaning and sanitizing tables and high-touch surfaces, Padolf said.



Final Flowers of Fall



© MADELINE RICCARDI

Debate, continued from page 3

ter of recovery from the economic shutdown and whether we should plan on a “V-shaped” curve, as the President claims, or “K-shaped” curve, as his opponent claims, was brought up by Wallace. Neither he, nor either candidate provided an explanation as to what either curve meant.

La Roche professor and chair of the political science department Dr. Joshua Forrest shed some light on the subject. The “K-curve,” or Kuznets curve, is a two-pronged theory that is often applied beyond an economic recovery scenario.

“[It is a] theory that assumes that technological advances make it possible both to improve general incomes for ordinary people while also relying more on green energy sources,” Forrest explained.

The V-curve, named for the shape it takes on a graph, is a much simpler theory.

“[It is a] theoretical assumption that a sharp economic downswing is likely to be followed by a sharp economic recovery,” Forrest said.

While both are optimistic, neither has a strong track record for describing the intricacies of the real-world economics.

The most storied moment of the night came when the President refused to condemn white supremacy. A softball question by Wallace, Trump deflected.

“Who? Give me a name and I’ll tell you what I think,” he said.

When Wallace specified the “Proud Boys,” a white hate group, as designated by the Southern Poverty Law Center, Trump still deflected, speaking straight to the group in question.

“Proud Boys, stand down and stand by,” he said.

Another powerful moment was when President Trump brought up the behavior of Biden’s son Hunter, who, in addition to his controversial stint at the Ukrainian holding company Burisma, has noted issues with substance abuse. To console Americans who have seen and suffered drug addiction, Biden spoke to the audience.

“My son, like a lot people at home, had a drug problem. He’s

overtaking it. He’s fixed it. I’m proud of my son,” he said.

The debate continued, with Trump painting Biden in with the farther wings of his party, as well as being an ineffectual leader. Biden did the same, claiming that Trump’s rhetoric and policies continue to divide the nation.

At the end of the debate the question of the integrity of the election was brought up. The president was fervent in his claims that the election is “rigged” and that the mail-in-ballot procedures many states have introduced this year are vulnerable to fraud.

“It’s going to be like fraud you’ve never seen,” Trump said. “We’re polling well, but it’s a rigged election. The Supreme Court will have to look at the case. People are sending in ballots and they’re dumping them into the river. It’s going to be awful.”

Biden, conversely, chose to be optimistic about the election, bringing up the FBI’s claims of no evidence of election tampering, outside the spread of misinformation online.

“[The] FBI director says mail-in-voting is perfectly safe. He’s trying to scare people not to vote,” Biden said. “I will trust the results.”

Whatever does happen in the upcoming election, this debate made clear that the choice of the American public is an extremely stark one. With the future unclear, we head to November with quite different candidates.

Whatever does happen in the upcoming election, this debate made clear that the choice of the American public is an extremely stark one. With the future unclear, we head to November with quite different candidates.

Littering, continued from page 8

I don’t think that’s the case because, according to ENVST, the average number of steps a person will take before littering is just 12 steps. We really just don’t care and why would we? We have no one to hold us responsible, we just expect someone to be picking up after us. Our janitorial staff isn’t our mom, students, they have better things to do than pick up your discarded mask out of a flower bush or clean up your spilled root beer in the hallways.

You may be one of those inconsiderate sorts who may consider the janitors your personal servant to pick up after you as you go, and while that is a heinous way to think, let’s look beyond just that for a moment.

What is the environmental impact of littering and how can it affect you personally? Litter is very dangerous to human safety; it isn’t only dangerous to ruining the aesthetic of our environment. According to EcoMENA, this includes poisoning animals and choking fish and ruining the quality of the waterways you drink from. That hand-breaded teriyaki chicken you throw on the ground may attract pests such as rats. We already have covid-19, do you really want to contract the Black Plague too?

So that leaves us with one question: what is the cure for our illness? I honestly believe the answers are awareness and accountability. It was evident to me from the pizza box conversation mentioned above that some others have noticed the amount of litter covering our campus. But on the other hand, I have had people show me that they didn’t know that this kind of thing was happening.

I had a conversation with a teacher who I hold a lot of respect for and mentioned this article to her and she was confused by the topic. Did we have a littering problem? The answer is yes, but we really do not know. I think the answer is sending out reminders about the proper ways to dispose of our trash, hanging up the cheesy and invasive posters, just anything that would catch the attention of students.

When it comes to accountability, it will take a joint effort to keep yourself and others in check. I know it’s hard to walk to a trash can, but just think about how many people you will be helping by going beyond those 12 steps.

Welcome to Africa



© CAROLINE MAXWELL

The La Roche University African Culture Club hosted an event, dubbed "Welcome to Africa," on campus on Oct. 1, showcasing African cultures.

Video Services, continued from page 11

different from the rest. Hulu, a streaming platform with 35.5 million U.S. subscribers, recently released the original movie "Palm Springs" starring Andy Samberg and Cristin Milioti. The two star as wedding guests who wander into a magical vortex that makes them re-live the same day over and over again. They soon lose hope of ever getting out and begin to accept their fate together.

Characters also lose hope in "Wounds," a psychological thriller released by Hulu in 2019. Armie Hammer stars as a bartender who brings home a cell phone that two men left at his bar. He soon looks at the contents of the phone and begins to see and hear disturbing things that plague his mind. The movie will make you wonder if it is all real or in his head the entire time.

Hulu's original series "Castle Rock" is a horror drama that incorporates dark comedy whenever possible. The two seasons of the series connect to the same story, but in different times. It is a mix of references to Steven King novels, including "Misery," "Shawshank Redemption," "Carrie," and more. It even contains some of the actors for King movie adaptations, including Bill Skarsgård ("IT") and Sissy Spacek ("Carrie").

Prime Video, a streaming platform with 26 million U.S. subscribers, also intricately weaves

dark comedy through its original movie, "Blow the Man Down." In this story, two sisters attempt to cover up an accidental murder while simultaneously uncovering their small fishing town's deepest secrets. The story contains elements of musicals while weaving together murder, prostitution, and unwelcome attention.

Another genre that Prime Video produces frequently is action. "Hunters" is a controversial original series that follows a group of Nazi hunters through 1970s New York. Al Pacino and Logan Lerman take on lead roles in this action-filled series. Together, with an unlikely group of assassins, they hunt down former Nazis hiding in the U.S., while simultaneously trying to stop a fourth Reich. The series is full of action, fight scenes, and general intrigue for anyone willing to look past the questionable inspiration.

"The Pale Horse" is another action, adventure, and mystery series on Prime Video based on the story by Agatha Christie. The limited series follows a detective as he looks for a murderer and a man who knows more than he should. With only two episodes, it will keep you on the edge of your seat until the very end. It makes you wonder, was it all in his head or does everything come with a price?

With the use of cable falling, a higher demand for video streaming services has risen. But not everyone knows which is the right service for them.

Kelly, continued from page 7

The scholarship was founded in 1973, according to the AAUW. It was initially a \$100 scholarship that was awarded to a senior female who displayed financial need and academic achievement.

"The money was not necessarily just for education, but people could also use it for what was needed," Yeasted explained, noting that early recipients sometimes used the funds for other necessities, like childcare.

When Kelly died in 1988, the scholarship was renamed in her memory. The AAUW gave two \$500 grants that year.

"They named it after her because of the work she had done for so many returning women," Yeasted said. "She was a remarkable woman and they really did it because of her work with women's issues."

Now, the grant is worth \$2,000 and is still awarded to a female senior at La Roche.

According to Yeasted, returning women students were the traditional recipients of the grant. But it's now expanded to include traditional students as well.

"It was often given to a returning student, but we have so few returning women now because most women are finishing their degree before they get married," Yeasted explained. "They still have a heart for those women who have kids, like single mothers. But that doesn't mean those are the only ones who are considered."

The annual holiday greens sale hosted by the AAUW raises money for this scholarship.

Love Story, continued from page 13

stayed. Rania was a determined person. If she wanted something, she got it.

After two months of trying to convince her dad to let her go to America, he finally accepted. With no means of directly contacting her soldier, she called his parents and told them that she was coming. His parents, filled with joy, told her that she could come live with them until he comes back. Rania never wanted to leave her family, but she couldn't stay either. She packed up her life, put it in a suitcase, and headed towards her future.

A month had passed since she had arrived, but no word from

her soldier. After a bit of time, Rania's mom got a phone call. It was him. His mission was over and he wanted to speak to Rania. Her mom told him that she had moved to America to be with him. "That is the best news that I have ever heard in my life," he said as he rushed to hang up. He called his parents and told them to get ready because a big wedding was in order. It's funny how an instant can change your life, what's funny is that we don't know it at first.

Survey, continued from page 1



© JULIA FELTON

In a survey, nearly 80 percent of students said they learned less in online classes during the spring semester than they would have in the classroom.

easy. Two commuters and six residents selected okay. Seven commuters chose somewhat or very difficult, while fifteen resident students said it was somewhat or very difficult.

Three respondents who were residents last year have opted to commute this year.

Students also revealed the most difficult aspects of moving to remote learning in the spring.

The most common struggle was communicating with professors and campus resources, a problem 25 percent of respondents experienced.

The second was understanding technology and having professors understand technology. Almost 24 percent of students selected that option.

Twenty percent of students said they struggled to find an appropriate work space.

Eleven percent found the lack of socialization to be their biggest challenge.

Four students identified all of those categories as difficult for them.

Remaining students wrote in other difficulties, ranging from a lack of motivation from themselves and their professors to a lack of one-on-one class attention.

Regarding the easiest part of moving to online instruction, about 63 percent of students chose access to technology. No students selected that option as the most challenging aspect of their transition.

About 18 percent said finding an appropriate workspace was easy, while 11 percent said they found the lack of socialization easy.

Nine respondents – or 16 percent – reported that leaving campus made it difficult for them to meet basic needs, including food and a safe place to stay.

Students also reacted to the return to campus this semester.

Thirty respondents said they felt the university communicated with students clearly about the expectations and restrictions in place for a return to campus. Six percent said La Roche didn't communicate well. The rest said the college communicated somewhat clearly.

Students had mixed responses regarding the covid-19 related restrictions on campus this semester.

Forty percent classified the restrictions as "just right."

Nearly 15 percent deemed them "far too restrictive," while almost 24 percent dubbed them

"somewhat too restrictive."

About 15 percent called the restrictions "somewhat too loose." Approximately seven percent said they were "far too loose."

"I believe the restrictions are very strict and unrealistic," Gracie Crim, a senior criminal justice major, said, specifically noting that it's hard to expect resident students not to visit other dorm buildings. She said that was "the number one complaint" among other students she knows.

Students also had mixed reactions to the quality of hybrid and online classes this semester. Only one respondent was taking all of their classes in person.

About two-thirds of students said they would be taking more courses in-person this semester if they had the choice.

Fifty-four out of 55 students surveyed had at least one online class this year. Thirty-three of them said they'd be learning more in in-person classes. Two of them said they were learning more in the online format.

Forty-seven respondents are currently taking one or more hybrid courses. Fifteen of them said their hybrid classes are less valuable than entirely in-person courses. Four deemed them more valuable. The remaining 28 students said they're roughly equivalent to in-person courses.

"There could have been more in-person classes, because it's harder to be engaged in a class whenever you are online at home," Cami Contestabile, a sophomore biology major, said. "I am more productive whenever I am physically in class."

"There could have been more in-person, because it's harder to be engaged in a class whenever you are online at home. I am more productive whenever I am physically in class."

-Cami Contestabile

Covid Testing, continued from page 4

population of students, staff, and faculty. They also offer on-demand testing for students who think they might have symptoms, or have been in contact with someone who tested positive.

According to their covid-19 dashboard, as of October 9, Penn State has provided, at no cost, 22,275 tests through random testing, and 14,962 tests through their on-demand option.

The University of Pittsburgh, in Oakland, is following similar protocol. According to their covid-19 dashboard, they tested about 10 percent of incoming students at the beginning of the semester. Since August 12, they have performed 3,922 tests.

The Families First Coronavirus Response Act states that health insurance providers should not require any copayments for a covid-19 test. The same goes for those with coverage from Medicaid and CHIP.

Despite this, it is sometimes difficult to find a free test if a person is not exhibiting symptoms or if they do not have a doctor's order. If a person is having difficulty acquiring a test, they can purchase one from a private companies. This is how many universities are able to provide tests.

Penn State University uses the company Vault to acquire their tests. Vault provides FDA approved saliva tests for individuals and corporate entities. An individual test costs \$150. Vault offers bulk pricing, but Penn State University – having already performed over 30,000 – has spent millions of dollars on testing.

Other companies, like Pixel and Let's Get Checked, offer at home tests for a slightly lower price, \$119. Once you complete the test, you can file a claim with your insurance company.

As 2020 progresses, there are more opportunities to get tested for covid-19. However, there is room for improvement. According to Johns Hopkins, Pennsylvania has given the least amount of tests of any state, proportionally.

Their data shows the number of tests performed per 100,000 people in each state. Pennsylvania has performed 16,134 tests per 100,000 people while North Dakota, at the top of the list, has performed 83,189 tests per 100,000 people.

Despite these challenges, CVS at McCandless Crossing is still the best place for a La Roche student to get a test. McCarthy encouraged students with any questions regarding covid-19 testing to contact pandemicsafetyofficer@laroche.edu.

Playlists, continued from page 10

just such a fun and happy song. Once again, it is explicit, but do not let that steer you away from it.

Meghan Trainor's "Another Opinion" contains a very different feeling than the rest of the songs in this suggested playlist. This one is perfect to play when you are happy because it is basically saying to everyone else, I am proud to be me. It is a song that just lets you be yourself, and it contains a very nice message. I suggest even simply looking up the lyrics to this song, because it is sure to resonate with you.

"Boyfriend" by Mabel is an upbeat song that will definitely put you in a happy mood, especially if you listen to it with your friends. It will make you want to dance, and sometimes dancing is definitely better with a group of friends, especially if you can relate to the lyrics like most girls, and a lot of boys, are able to.

The Sad Mood

Although this song's title feels like it belongs to a different playlist, Kishi Bashi's "I Am the Antichrist to You" belongs in this mix. The backtrack, vocals, and lyrics will bring you nothing but sad feelings, while also making you want to sing along. It is written by someone saying that they are no

good for you. That being said, no matter the reason you are sad, you will be able to relate to this song. Look up the lyrics while you listen, and soon your sad mood will be completed with this song.

Troye Sivan's "The Good Side" was recently popularized by Netflix's "13 Reasons Why." This song is set to an acoustic guitar, and it sets the mood for you to sadly dance throughout your room. In no time, you will be singing along and feeling every word of it. Even if you are feeling happy, this song is a great one to listen to. It allows you to feel like you are in control, even if deep down you are not.

"Great One" by Jessie Reyez stands out from the other songs in this playlist because it sounds much happier than the rest of them. But this is not the case as soon as you listen to the lyrics. Between Jessie's belting and her heartfelt words, she shows that life is pointless without people in it. This song always makes me want to tell someone I care about that I love them and am happy that they are in my life.

"From a Cage" by Hailey Bonar was actually featured in the same movie that "I Am the Antichrist to You" was featured in. However, it brings about a much different

feeling than that song because of the singer. This song makes you want to feel happy, but as soon as you listen to the lyrics, you will feel very different. Give it a listen for yourself, because there is not a way to describe the sadness and joy that this song contains.

The Mixed Mood

Sometimes, you are not really feeling any mood in particular. These songs are suggestions that can work with any of your moods. The songs are a mixture of feelings, from making you want to dance, to making you laugh because the lyrics are comical.

MAX's "Acid Dreams" always makes me want to get up and dance when I am listening to it. When it comes up on my shuffle, I always listen to it, no matter what, because it makes me happy. It is not necessarily a happy song, but it does present a feeling that everything will be okay.

"Vampire" by Dominic Fike is a song that makes me laugh when I hear it, no matter what mood I am in. The song sounds so serious, and yet when you really listen to the lyrics, it has a playful mood to it. The song focuses on, like the title suggests, vampires and how the protagonist of the song does not seem to realize

she is surrounded by them at the party. The narrator knows what is happening, and he wants to escape, which can be a metaphor for life if you really think about it.

Shoffy and Sabrina Carpenter's "Tricky" presents a sadder mood that contains happy elements. The lyrics to this song present people who are not happy, and yet they accept who they are and move on. The melody of the song is very catchy, while the lyrics contain a deep sadness in each word. No matter who you are, I suggest giving this song a listen.

"Plans" by 88rising and NIKI & Vory is an explicit song that will make you want to spend time with your friends having fun. This song will make you sing and dance along, no matter what you are doing. If you are in a sad mood when you listen to this song, it is sure to make you crack a smile.

Note: Although only three "playlists" were created, these songs can fit into a wide range of categories. They may also make you feel a different way than I felt when listening because there is no right way to feel about particular songs.

Voting Editorial, continued from page 2

tion in the world – out of 162 countries – based on factors like rule of law, security and safety, movement, religion, expression and information, and regulation of business.

American citizens aren't forced into a term of mandatory military service, which is required in 26 countries, ranging from Switzerland and Norway to North Korea and Iran.

According to Business Insider, America is one of the countries with the lowest tax rates.

Yet when it comes to going to the polls on Election Day, some Americans act like it's asking too much.

Really, voting is the least you can do.

It's your civic duty. But it's also your sacred right.

Is your time really too precious to dedicate a few minutes to casting a ballot? I think not. And if you really can't squeeze in a drive

to the polling place, mail-in ballots are now an option for every registered voter in the commonwealth. You don't even have to pay for postage.

Really, there's no excuse not to vote.

Recently, I've heard some people arguing that their vote doesn't count, that it's not worth it.

That couldn't be further from the truth.

It was a mere 537 votes in Florida that gave George Bush an edge over Al Gore in the 2000 election. It's possible that we see small margins again this year, meaning each and every vote could be consequential – particularly in a swing state like PA.

It's imperative to remember that the rights we hold so dear were costly – and we have to remain vigilant to keep them.

As President Ronald Reagan said, "Freedom is never more than one generation away from

extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."

It's up to us to protect those freedoms by showing up to vote. It's how we make our voices heard. It's how we have a say in our government.

Be an educated voter. Learn about the candidates. Research their platforms. Understand the issues America is facing and how each candidate proposes to solve them. Vote for candidates whose ideals and visions match your own. Vote for candidates who will secure freedom, liberty, justice, and all the freedoms that make America the "shining city on a hill," as Reagan called it.

When you cast your ballot, don't underestimate the magnitude of your vote.

As Sam Adams said, "Let each citizen remember at the moment he is offering his vote that he is not making a present or a compliment to please an individual – or at least that he ought not so do; but that he is executing one of the most solemn trusts in human society for which he is accountable to God and his country."

Covid Update, continued from page 4

students forced to quarantine are generally related.

La Roche is coordinating with the Allegheny County Health Department in regards to quarantine orders, McCarthy said.

McCarthy reiterated in her email to students that the university will take disciplinary action against students not abiding by the school's covid-19 rules.

Regarding the enforcement of such rules off-campus, McCarthy said, "We rely on our students to communicate with us and we are grateful that students have been open and honest."

For updated information regarding La Roche's covid-19 case count, visit the school's online dashboard at <https://www.laroche.edu/COVIDcases/>.



"Freedom is never more than one generation away from extinction."

-Ronald Reagan

Election History, continued from page 3

The sharp political contrast may follow local geographic lines. Urban areas, like Allegheny County, tend to sway Democrat. Rural areas, like Washington County, favor Republicans.

“There is a harsh divide between rural and urban areas around here – although it softens a bit once you get to the suburbs which tend to be a bit more mixed,” Forrest said.

Part of that divide could be attributed to ethnic and racial differences in their populations. Forrest said that urban areas tend to be more familiar with “inter-ethnic and mixed racial lifestyle,” while rural areas have a “more homogenous demographic.”

Another factor could be economic disparities between rural and urban areas.

“This urban versus rural juxtaposition reflects changes in both the cities and the rural areas,” Forrest said. “The cities became much more ethnically and racially diverse, well-educated, and politically tolerant. The rural areas still have not recovered from the decline of the mining and manufacturing industries, and they have lost population, while remaining under-funded in terms

of educational opportunities and business investment.”

Those differences impact voters’ choices on election day.

“[Rural voters] may be more open to Republican efforts to blame previous Democratic administrations for their economic malaise,” Forrest said.

Demographic breakdowns can provide some indicators of how certain groups will vote, but that’s not an exact science.

“Political science studies make clear that this is a complex question and it is not always easy to assume that any single group will vote along historical lines,” Forrest said.

According to Forrest, Jews and Catholics have been known to vote for liberal candidates. But this year, Catholics may vote Republican, as Supreme Court Justice Ruth Bader Ginsburg’s death has left an opening on the Supreme Court. President Donald Trump has nominated conservative Judge Amy Coney Barrett, a practicing Catholic.

“There are some more religiously-oriented Catholics who might be tempted to support Republican candidates due to their effort to reverse *Roe v. Wade*

through recent Supreme Court nominees,” Forrest said, in reference to the Supreme Court case that legalizes abortion, which the Catholic Church opposes.

Forrest said Hispanic-Americans will likely lean more Democratic – though he noted that Cuban-Americans in Florida tend to sway “overwhelmingly Republican.”

He also cited some polls that suggest Black voters will likely cast their ballots in numbers not seen since former President Barack Obama’s elections. They’ll likely support Biden.

As far as age-based demographics, Forrest said, it’s hard to predict whether the youth vote will show up at the polls in sufficient numbers to determine the outcome.

“Elderly voters are much more reliable voters,” he said. “They do not form a coherent voting bloc, however, and their support for a particular party varies from one state to another.”

As the election nears, Pennsylvania will be an important state to watch. With 20 electoral votes, Pennsylvania remains a swing state.

“Pennsylvania has been a

swing state for nearly 200 years, although the types of political divisions have changed over time,” Forrest said, noting that the religious and economic divisions of the 19th century have recently been replaced with more geographic divisions.

Philadelphia and Pittsburgh – and, to a lesser extent, Erie and Harrisburg – are likely to vote Democratic. Rural counties will likely vote Republican.

Forrest urged voters to exercise their voting rights and turn up at the polls. Voting matters, he said.

“Pennsylvania could be the state that determines the outcome of the November 2020 election, and it is plausible that just a few hundred votes – possibly including yours, and that of a few dozen students – could actually determine the outcome,” Forrest said.

Elections have been won on small margins before, he noted. The 2000 election, in which President George W. Bush was elected, was decided by a mere 537 votes.

For those planning to vote, Forrest said issues like democratic norms, rule of law, racial equality and health care will likely be major factors.

Colorful Creations



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Students, including sophomore Anthony Provident, used sidewalk chalk to decorate the sidewalks behind Bold Hall.

Maher, continued from page 7

ence with Catholicism, as well as reading the Hebrew and Christian Testament.

“I think because I grew up with Catholicism, I just fell in love with the prayers,” Maher said. “It’s really the words of the prayers that attracted me.”

Along with the words, Maher was drawn to certain paintings, like Caravaggio’s “Death of the Virgin,” and Mantegna’s “The Dead Christ.”

“Every poet or artist has their own field that they tend. And mine has to do with visual art and memory,” Maher said.

When asked how she came up with the other specific themes behind these poems, she reflected on a time where she was in a writer’s workshop with the late poet, Stanley Plumly.

Maher said: “Stanley Plumly said that you have to write about the things that either scare you, or that you don’t know how to say. A lot of the poems that took the longest to write were those about growing up. Or, memories about living with depression and struggling through that before I got help. So much of (my poetry) has to do with things that I am not particularly comfortable with, but it’s a way of getting control and processing those events. Some people do that through music, others do that through visual art but, for me I knew it was poetry.”

Since the age of 20, Maher knew she had wanted to be a poet. Her “aha” moment came to her as a junior in college when her contemporary poetry professor brought in visiting authors.

One was then Robert Kelly, a prolific poet from New York. Maher remembers that he looked like an ordinary middle-aged man, perhaps a bit scruffy.

“I remember when he started to read,” Maher said. “He read a poem about standing at the edge of a river after his death, writing the story of his life. An angel stood off near his shoulder, watching, and the pages—once he wrote them—flew away up into the air. I was just mesmerized. It was as if someone had lit my veins on fire. I knew, that’s what I wanted to do with my life. But I didn’t know how.”

Maher’s writing process usually involves writing down a few words associated with an image or memory, and going from there. But Maher says that, every time she sits down to write, she has to press through an inner voice that says her writing will not be good enough.

“(Writing) is like getting into cold water. You just get in and the temperature gets warmer and warmer and it gradually starts to feel better. You just have to push through that dread and anxiety,” Maher said.

She had been working on the “Bright Air Settling Around Us” off and on for decades, as a project that she would return to whenever she had free time. When all of her daughters went off to school, she focused on finishing the manuscript. She finished in late summer of 2018 and submitted it to publishers. Her manuscript was picked up by Main Street Rag Publishing, a press in North Carolina, in April of 2019.

Maher said that having a book published takes persistence. For years, she submitted manuscripts, only to have them met with rejection. Eventually she learned to focus on reading and writing, and not dwell on rejection.

Maher said: “(Rejection) is a horrible feeling, at least I felt that for a long time. And then, like an old mule, I got used to going my own way and not caring about what others thought. (With) anyone in the arts, you take the rejection and just dust yourself off and keep going.”

Who gets published and who doesn’t is often a matter of persistence, Maher said, especially when it comes to young writers. When one first starts out in any position, it may be easy to simply give up after a failure, but trying again and working hard is what yields true results.

And when you are a writer, with the kind of passion that

flows through your veins, it may be hard to simply begin. But when a writer finds their fire and is wondering what to do now, Maher says to start absorbing as much knowledge as you can.

“Read as much as you can,” Maher said. “You have to immerse yourself in the works of other poets and writers, because classes will only get you so far. Your biggest form of training is going to come from a lifetime of reading others’ work.”

For Maher, reading is what keeps her motivated and inspired.

Maher said, “The reason why I read is first for a delight, but the second is, I want to learn how to be a better person. Reading novels, poetry, drama, and nonfiction teaches me how to be human. Reading has been a wonderful friend to me, and it has deepened my understanding of what it means to be a human being at this time and in this place.”

Seeing and reading what others create gives other writers the courage to begin, to keep going, and to finish.

“There is literally no subject that is beyond the reach of poetry,” Maher said. “Whether it’s bliss, joy, eroticism, violence, or grief, poets address those experiences. Poets tackle all kinds of subjects, but how they do it—for me at least—I have to read and listen to find out.”

Sisters of Divine Providence Motherhouse



© SARAH HEFFERIN

Hockey, continued from page 12

in a time where nothing is happening.”

The team themselves grows every single day, both in skill and in friendship with one another. Zalakar said that it’s extremely

important to build those connections as teammates; he would help encourage that last year by hosting group outings, such as bowling.

“One of the things I wanted

to do was make it fun,” Zalakar said. “Instead of just showing up, I wanted this year to make it more than just games.”

The inline team plays Tuesday nights at the RMU Sports Com-

plex and are always looking for support. To find out more about the team and to get future updates, visit them on Facebook at <https://www.facebook.com/lru.rollerhockey>.

Meet the Team

The Courier is proud to introduce some of the members of the LRU inline hockey team



NAME: Ryan McGuire

MAJOR AND YEAR AT LA ROCHE: Senior marketing major
POSITION: Forward/Defense

HOCKEY EXPERIENCE: I have been playing hockey since I was 10. I played ice hockey throughout elementary school, middle school, and high school and I am also a middle school ice hockey coach for my old school district.

FAVORITE NHL TEAM: Die hard yinzer so obviously the Pens.
FAVORITE NHL PLAYER: Sidney Crosby and Patrick Kane

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: I would say come on out and just have fun we have all different types of skill levels and all are welcome. It’s a great group of guys and it isn’t too time consuming.



NAME: Garret Berner

MAJOR AND YEAR AT LA ROCHE: Senior marketing major with a minor in finance
POSITION: Defense

HOCKEY EXPERIENCE: 4 years of organized deck hockey and first year of organized inline.

FAVORITE PART OF THE INLINE TEAM: Getting to play with my friends every Tuesday in a low pressure setting where we can just go out and have fun.

FAVORITE NHL TEAM: Pittsburgh Penguins
FAVORITE NHL PLAYER: Jake Guentzel

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: Just go for it, it’s competitive yet relaxed so you can have as much fun as you let yourself have.



NAME: Anthony Hefferin

MAJOR AND YEAR AT LA ROCHE: Freshman Business Management Major
POSITION: Goalie

HOCKEY EXPERIENCE: 9 years experience
FAVORITE PART OF THE INLINE TEAM: Being able to continue to play the game of hockey and being able to make new friends.

FAVORITE NHL TEAM: Pittsburgh Penguins
FAVORITE NHL PLAYER: Phil Kessel

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: To do it. It’s accepting of all skill levels and everyone is there to have fun and make friends.



NAME: Tyler Bowman

MAJOR AND YEAR AT LA ROCHE: Senior Marketing and Management major

POSITION: Offense; I mostly play Left Wing or Center. I enjoy Playing Center, because I've been doing very well with taking Faceoffs.

HOCKEY EXPERIENCE: This is my first season of playing on a organized roller hockey team. I have been playing Dek Hockey for about 7 years now. This past Christmas, I asked for a pair of Roller Blades, and I have been working very hard at learning how to skate and combine my previous hockey experience.

FAVORITE PART OF THE INLINE TEAM: Watching everyone's playing styles and skills. As a beginner it's very important to get the mental reps of watching the more advanced guys skate and play. It drives me to keep practicing and getting better. I also really enjoy playing the sport with my friends and seeing how we are all getting better. My favorite memory so far, was watching Garret Berner play as our back-up goalie for our own game, and he made an amazing cross crease save on a 2-on-1.

FAVORITE NHL TEAM: Pittsburgh Penguins.

FAVORITE NHL PLAYER: Sidney Crosby

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: If someone as amateur as me, can get out there and do it, then it's definitely worth trying to play! You will get the experience in playing competitively, while also having fun with the team. Keep working hard and practicing on your own, but you gotta have fun while doing it.

NAME: Evan Whalen

MAJOR AND YEAR AT LA ROCHE: Senior studying interdisciplinary (graphic design, photography, marketing)

POSITION: I usually play goalie and have been since 7th grade but I'm playing on defense for La Roche because I wanted to skate out again.

HOCKEY EXPERIENCE: Since 6th grade, mostly played for my high school Seneca Valley, got asked to play for Pittsburgh Bandits for three years over the summers of high school era.

FAVORITE PART OF THE INLINE TEAM: I enjoy getting to know everyone on the team! We all have different backgrounds and study different majors at La Roche, but it's always fun to share the rink with the boys, we all go out to have a good time and happen to score a couple goals while doing so.

FAVORITE NHL TEAM: Pittsburgh Penguins

FAVORITE NHL PLAYER: Marc-Andre Fleury because he was the one that inspired me to give goaltending a try and he was always an amazing role model to look up to, I cried the day he got traded.

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: Give it a shot! I wasn't even considering playing freshman year until my roommate started playing, and I've been on the team ever since, even after my roommate transferred after first semester.

NAME: Cade Poston

MAJOR AND YEAR AT LA ROCHE: I am a Junior and my majors are Finance and Accounting

POSITION: Forward

HOCKEY EXPERIENCE: I have been playing hockey for 13 years but that was ice hockey. I started playing ice hockey at age 7 all the way up through high school. In high school I won a New York state championship my senior year. This is my first year playing any inline hockey.

FAVORITE PART OF THE INLINE TEAM: just being able to play hockey every week. I don't have that many memories yet except for scoring my first two goals in inline this year on the same shift.

FAVORITE NHL TEAM: Pittsburgh Penguins

FAVORITE NHL PLAYER: Sidney Crosby

IF YOU KNEW SOMEONE WHO WAS DEBATING WHETHER OR NOT TO JOIN THE TEAM, WHAT ADVICE WOULD YOU GIVE THEM?: I would tell a person that they should just join because it's so laid back. You can play the games you want to play, and it's not that big a deal if you have to miss a game. Also you don't have to be that experienced to join. Overall it's fun to just hang out and play some hockey every week.

Knight, continued from page 10

with ... For me, like I was a Disney kid too, so I grew up with "Lizzie McGuire" and "Even Stevens" and the old Disney Channel movies like "Brink!" and "Moto-crossed" and that kind of stuff. But for me like usually when I'm trying to use TV or movies to kind of escape, typically I'm watching newer stuff. There is such fantastic television that's happening nowadays what with all the different platforms that we have available to us. I've been re-watching "Peaky Blinders" lately. My brother has never seen it so we are going back through that, which has been fun to watch him watch it because the whole show is insane. I'm usually looking for new stuff, but if I have to go back to the old stuff, I usually like all of the old classic Disney animated movies. So like "Cinderella," "Beauty and the Beast," "The Lion King, Mulan," "Hercules," and all that good stuff.

You already mentioned that you love that people are turning to these Disney shows. But how does it make you feel in particular that people are turning to your characters? How do you feel that these people are keeping your characters alive to this day, are they still alive to you?

I think so, I mean the entire reason that I got into acting was as a means of escape. And I know that doesn't probably sound like the healthiest thing in the world, and it's probably not. But there is an old quote from I think it's like Humphrey Bogart or someone, a very prominent actor back in the 40s and the 50s. But basically he said, 'nobody got into this business because they had a good childhood.' And I think that's probably fair for most people in the entertainment industry, especially people on the acting or in front of the camera side. It's fun to play pretend and not be yourself for a little bit. So in between action and cut, my problems are no longer my problems ... And I get to take on someone else's problems and be them for a little bit. So for me, acting is like my therapy. And I have always used TV and movies as an escape like we were talking about. The greatest thing I think that I get from acting is to know that I am giving someone the ability or the opportunity to laugh when they need a good laugh or to cry when they need to cry. So it's been wonderful. And I think that in regards to the characters staying alive, my process in regards to acting is very much of tapping into different parts of myself. So I think everybody has lots of aspects to their personality and it's just kind of playing with the ratios of anger,

jealousy, or pride, or any of those things. And you kind of change the balance of it and that kind of gives you someone different ... Christopher is probably infinitely more talented than myself, but it was fun to pretend to be a rock star for a little bit.

I'm curious to know what you consider to be the turning point in your career, like is there a specific moment that you felt that yes, this is it, this is where the transformation is happening?

I mean I think that the first big step was definitely the Disney show, "Sonny with a Chance" ... We shot the pilot and then everybody kind of goes away for like four or six months ... and then basically I was in Texas with my family and I got a call saying that they are picking up the show, but they're just not picking up my option. So I was fired from the show, and it made total sense because they were completely changing the entire dynamic of the show. So originally, I was cast to play a kid named Stewart, and Stewart was this goody two-shoes from Michigan. And the entire dynamic of the characters, like Tiffany's [Thornton] character Tawni was totally different, Demi's [Lovato] character Sonny was totally different, the entire kind of relationship dynamic was different. And they figured out after they'd seen the pilot and everything that it probably just wasn't going to work. So it made sense for them to make that change ... I somehow got them to write me in as a new character, and that character was Chad Dylan Cooper. So I ended up getting lucky enough to get back on the show with all the people that I had such a great time with. And it probably worked out for the best because Chad was a much better character. In regards to transformation, I don't think I've hit it yet.

I want to know how you are staying positive because we are all going a bit crazy. Any advice you can give us?

I was actually on a backpacking trip through Southeast Asia with my siblings when all this happened, which put an interesting spin on things. So we were in Thailand as everything started to get a little crazy, this is in February. And then we went from Thailand to Vietnam and then Thailand kind of blew up with coronavirus ... We were kind of like running away from it. Eventually we ended up in Bali, and then they locked the country down and they canceled our flight, so we were stuck there for a little bit. Which actually sounds a lot cooler than it was. Because I mean being trapped in Bali seems

like an ideal place to be trapped. However, once it starts getting tough to get food and everything is closed and you're locked in a hotel and things like that it gets a little tricky. So then I was just staying positive by running around and trying to work out. I was with my brother and sister so that was great, and then once we got home I've been trying to make sure that I've been running ... So I've been focusing on trying to make better habits ... So you know drinking less, eating better, working out, and running. I've been playing a lot of guitar and trying to get better at that. I've been trying to find things that I enjoy and maybe I'm not good at so that I can get better at it. Seeing yourself progress at something I think is probably the best way to cope with all this craziness. Because you get to get inside your head, focus on something, and then see yourself getting better. That's what I've been doing.

On that note, I was curious to see how Chad Dylan Cooper compared to Christopher Wilde would deal with this pandemic? Where are they quarantining and what would you always find in each of their houses?

Let's see, Chad is—what's funny is that they both live in Los Angeles.

They might run into each other you know.

Yeah, well I think Christopher is down in Malibu, so he's a little drive towards the coast. I think Chad is probably more inland just because of the studios and where work is. So I think Chad has probably got a pretty nice place in the Hills. He's been a successful TV actor so he's doing ok. He's probably got a nice spot and he is hanging out there. He is probably not following the rules of quarantine, he is probably inviting over people.

What about Christopher, is he following the rules, wearing the mask?

He is following the rules. He's got a private beach. I don't know what the technical laws are, but he is probably out surfing and writing a bunch of music in the studio and being very productive. And living probably a much happier existence not running around and being chased by paparazzi and things like that. So, if he is just stuck at home he is safe and he can actually get some work done.

I've always wanted to know, if you could have only played either Chad or Christopher, only one, who would you have picked to play?

Chad. Just because it's a TV show so I get to work for longer.

So it's totally selfish, I get to go to work every week as opposed to, I think we shot "StarStruck" in, I think it was like four weeks ... so it was like a month that I got to work. And then on the Disney show it was 26 weeks out of the year that I was working. Plus they had good press stuff. So just because I like being busy, I'd have to say Chad. But if they made a TV show where I got to play Christopher Wilde, I'd still pick Chad because that's just really fun to be a jerk!

In 50 years from now, when people hear the name Sterling Knight, what is the first thing that you would want them to think of?

Kind. But hopefully, I'm still working, and directing, and producing things. If that's what is in store for me then great. If not, the nice thing is that I've never been one to really tie up myself to my work. All the credit for that goes to my mom and my dad. I know lots of people kind of get wrapped up in their identity being what it is that they do for a living. I think it's important, especially for kids at school, to know that what it is that you decide to do for a job does not define who you are. The thing that I would most like to be known for is being kind. But if there were some Oscars or some Golden Globes or some Emmys, I wouldn't be too upset.

What is a character that you aspire to play someday, your dream role?

I've always been interested in the actors that get to do biopics ... I don't think that I'm mentally prepared to do that yet. I thought I was a few years ago, and then I thought more about it and it's just too scary. So I would like to get to the point where I would feel confident enough to do that, to take on something as significant and important as portraying someone who is a real person ... But I also would love to do more action stuff.

Since you said you would want to play, when you're ready, to play someone in a biopic, who would you want to play?

I would love to play Leonardo DiCaprio ... There was a young Marine Corps sergeant and I read his story, and I was just so blown away with his life and if anybody was to do a story about him, I would love to have the honor of taking that on. But, I don't know. I mean anybody I look like, sign me up.

I want to know more about what your future plans career-wise are for 2021. Do you have anything in sight, anything in mind?

No, nothing so far. I'm work-

ing on some stuff with some friends of mine that I've worked with who are much more accomplished writers than myself. So hopefully, if we can get a good script together and a good pitch package, I'd love to get into producing. There is some other stuff that's kind of all preproduction in the works that I might be able to act in. Again, everything is kind of on hold right now so we will see ... I'm still auditioning and still taking meetings, doing what I can to win the job. It's just a constant grind ...

I want to know what happens

when the camera shuts off and the real Sterling comes on. How would you unwind after a long shoot? Your ideal day off plans, who are you with, where are you, and what are you eating?

Typically I am by myself. I like decompressing alone. I did a movie that was really difficult called "Landmine Goes Click," and that was in a foreign country. It's always cool when you are shooting on location because your friends and everybody are back home, so all you have is your cast and your crew. I was with primarily a crew that didn't speak

English and wasn't staying at the hotel, and I was just by myself. When that happened I kind of really enjoyed taking the time by myself to just eat some food. Usually like a burger or some sort of chicken, I'm a big meat head.

What's the best way to cheer you up? An instant way to get Sterling to smile, what's the first thing a person has to do?

I usually like dad jokes. I'm a fairly solitary person, so usually the best way to cheer me up is to leave me alone and let me kind of go through it. And then when I'm ready I'll come say hi and we'll

just pretend it never happened.

The interview ended and I was left star struck. However, this time I was star struck by Knight's humble nature, kind demeanor, and his ability to make the person talking to him feel at ease. The future may seem uncertain to all of us at the moment, but I am certain of one thing—until Knight's smile brightens our screens again soon, he will forever continue to illuminate some of our fondest childhood memories.

Magdalen Chapel



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