

CONNECTED

the LA ROCHE COLLEGE Magazine | FALL/WINTER 2017



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CONNECTED
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Award-winning mural designer Jim Kimak created La Roche College's new history wall, displayed inside the entrance of the Zappala College Center. Mr. Kimak, from Orangeburg, N.Y., has completed installations at Children's Hospital of Pittsburgh of UPMC, New York Presbyterian Medical Center and Madison Square Garden in New York City.





PHOTO: BECKY TURNER BRADDOCK

As you receive this issue of *Connected*, La Roche College will be in the middle of its 55th academic year, a milestone that underscores the powerful vision of our founding Sisters of Divine Providence and the commitment of our faculty, staff and benefactors. Their inspiration and support enables us to continue to carry out our mission of creating a community of scholars from the region, the nation and around the world.

In these pages you will find our 2017 Honor Roll of Donors, those individuals and corporations whose generosity allows us to provide much-needed scholarships and to improve College facilities and services, as higher education grows increasingly competitive. We are truly grateful for that support.

This fall the hurricanes that hit Texas, Florida, the Virgin Islands and Puerto Rico personally touched the La Roche community. We have more than 50 students whose families, homes and workplaces were directly affected by the devastation. As this tragic news reached campus, all segments of the College community responded by offering emotional support and mobilizing fundraising efforts to ensure that affected students are able to continue their studies at La Roche. Through on-campus events and social media appeals, more than \$40,000 has been raised to date, and donations are still being gratefully accepted.

Our cover story focuses on our interior design program, a prime example of the career-focused education that is the cornerstone of a La Roche degree. We are extremely proud of the program's history and reputation — and especially, of the many alumni who now hold key positions in architectural and design firms in the Pittsburgh area and beyond.

La Roche takes great pride in being a community of international scholars, believing that diverse backgrounds broaden perspectives and increase understanding. We now see that diversity extend to our athletic field, with our soccer team consisting of students from Spain, Saudi Arabia and Kenya, as well as the Virgin Islands. Soccer has proven itself as a great sport and a great unifier.

With winter upon us, we look forward to *Celebrate La Roche!*, our anniversary gala honoring 55 years of academic excellence and 25 years of the Pacem in Terris Institute. We hope you join us at the gala at the Omni William Penn Hotel in downtown Pittsburgh on Friday, April 20, and at several on-campus events through April 22.

Until then please be assured of our gratitude and continued prayers.

Blessings,

A handwritten signature in blue ink that reads "Sister Candace Introcaso".

Sister Candace Introcaso, CDP, Ph.D.
President
La Roche College



8



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FRONT AND INSIDE
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Clinical Nurse Leader Concentration Added to La Roche's MSN Program

La Roche College now offers a Clinical Nurse Leader (CNL) concentration to prepare master's degree students for advanced practice roles in all health care delivery settings.

Offered as part of La Roche's online MSN program, the concentration provides the skills that students need to manage and coordinate comprehensive client care. Students fulfill 42 credits online, along with 400 mandated hours of practicum in a health care setting. Upon successful completion of the program, students will be eligible to sit for the CNL Certification Exam offered by the Commission on Nurse Certification.

"The Clinical Nurse Leader program offers an advanced degree for nurses who want to stay practice-focused and contribute to the clinical leadership role," Terri Liberto, Ph.D., RN, chair of the La Roche Nursing Department, said.

The CNL is a leader in the health care delivery system, and assumes accountability for patient-care outcomes through the assimilation and application of evidence-based information to design, implement, and evaluate patient-care processes and models of care delivery.



The impacts of CNLs include:

- Reductions in patient falls
- Reduced incidence of ventilator-associated pneumonia
- Decreased prevalence of pressure ulcers
- Patient satisfaction, nurse satisfaction and retention, and physical satisfaction
- A decrease in the length of a patient's hospital stay

La Roche's MSN program builds on the knowledge and competencies of baccalaureate education. Graduate

courses focus on the development of scholarly, critical thinkers and leaders who develop the skills necessary to transform knowledge into advanced practice. The program offers three tracks: nursing administration, nursing education and CNL.

Apply online or contact the Office of Graduate Studies & Adult Education for more information: graduateadmissions@laroche.edu or **412-536-1260**.



La Roche Honors Poet-in-Residence

Students paid tribute to Poet-in-Residence Sam Hazo with a dedication in the Peace Garden in front of Magdalen Chapel.

The group, consisting of students from Dr. Hazo's non-credit course, "The Spoken Page," planted poet's daffodil bulbs in honor of the renowned poet and author. Pictured from left to right: Dr. Hazo, Mickey Bateson and English Department Chair Janine Bayer, Ph.D.

PHOTO: RYAN GEORGE

La Roche and Butler County Community College Form IT Partnership

Students from Butler County Community College (BC3) can now earn a bachelor's degree in information technology from La Roche College — without leaving the BC3 main campus.

Beginning in fall 2018, a new agreement between La Roche and BC3 will allow students to transfer up to 75 credits and complete a bachelor's

with La Roche's generous transfer credit policy, permits students to complete their bachelor's degrees in an affordable manner."

La Roche's information technology program prepares students for employment in a wide range of technical, computer-based occupations ranging from networking and database administration to help-desk solutions and web



degree in information technology. BC3 students will complete an associate degree in computer information systems, along with one additional semester of coursework, then transfer to La Roche to complete their final three semesters. Classes will be offered at BC3's main campus in Butler, Pa. The partnership will include a 45 percent discount on La Roche's per-credit tuition and a waived \$50 application fee.

Associate Director of Graduate Studies & Adult Education Erin Pottgen said, "La Roche is proud to partner with BC3 to offer an easy and convenient transition to students who are ready to take the next step in earning a bachelor's degree. This new program is ideal for students who not only want to avoid the process of transferring to a new school, but those who also want to save money through a discounted tuition rate. The discount, combined

administration. The program offers students the expertise to meet the technology needs of business, government, health care, schools and many other organizations. Additionally, students complete a management minor designed to provide a foundation in the functional areas of management in support of the information technology endeavor.

In addition to the information technology program, La Roche and BC3 offer a degree-completion program in psychology. The Colleges also recently established a joint admissions partnership, which grants admission to La Roche's leadership program to students enrolled in any one of 15 BC3 programs.

Please contact the Office of Transfer Admissions at **412-536-1260** or transferadmissions@laroche.edu for more information.



Campus Community Celebrates International Education Month

Throughout November students, staff and faculty celebrated La Roche's multicultural community during International Education Month.

"We are proud of our increasingly diverse and global community at La Roche. International Education Month was a great way for us to embrace our global identity and provide international students with a platform to share their cultures in a unique way," Assistant Director of Global Engagement Emily Markham said.

From Nov. 13 to 17, La Roche offered internationally focused programs and events, along with opportunities for the college community to explore various cultures. Activities included a Sushi cooking class, a food truck fest and Global Day, a celebration of La Roche's many cultures.

Alumnus Delivers Powerful Message to Class of 2021

This year's convocation speaker Adam Klickovich '10 dared freshmen to take risks and embrace opportunities.

"Seize opportunity," he told students. "Vision alone is insufficient. You must act. You will have many opportunities during your time here. Your ability and willingness to see them, embrace them, and act on them will determine your success here and elsewhere."

A graduate of the National Security Studies Program, Mr. Klickovich is the program manager for the National Cyber-Forensics Training Alliance's Cyber Financial Program. In this role he collaborates with academia, industry and government to neutralize significant cyber-crime threats to the financial services industry.

"I tried to take advantage of every opportunity during my time at La Roche, and doing so has paid great dividends in

my personal and professional life," he said.

As a La Roche College student, Mr. Klickovich received the Harlan Fiske Stone Award from the Department of Justice, Law and Security, and he was recognized in Who's Who Among Students in American Colleges and Universities. He also served as vice president of the Student Government Association.

"You must dare to risk comfort in order to realize your greatness," Mr. Klickovich explained in his address. "If you want to do so, then you came to the right place because La Roche seeks to enhance your mental, physical, emotional and spiritual development so that you can be the best global citizen for the world. We live in an increasingly interconnected world, so our actions can affect a larger population at a faster rate, which is all the more reason that we should act in a responsible manner with the welfare of all of humanity in mind."



Adam Klickovich '10 shares advice with new students during Academic Convocation in the Kerr Fitness & Sports Center.

"You will be called to lead through service to others," he added. "You will have critics. You will have doubts. Trust that if you do good for others, then you have nothing to fear."

Academic Convocation was held in the Kerr Fitness & Sports Center during Freshman Orientation.

Literary Society Announces 2017-18 Schedule

Pittsburgh area writers will lead a series of presentations hosted by the Literary Society at La Roche College from now until March.

Feb. 23

This presentation will explore "All That's Left to Tell," Daniel Lowe's debut novel about Marc Laurent, an American taken hostage in Pakistan, and a woman named Josephine who visits his cell every night. At first her questions are mercenary: is there anyone back home who will pay the ransom? But when Marc can offer no name, she asks him questions about his daughter that are even more terrifying than his captivity. As these stories build upon one another, a father and daughter start to find their way toward understanding each other again.

Mr. Lowe is a local author and writing instructor at the Community College of Allegheny County. He holds an MFA in fiction writing from the University of Pittsburgh.

March 16

Award-winning author Rosemary Hanrahan, M.D., will discuss how dreams can touch lives and bring people together, as they do in her first novel, "When Dreams Touch." Dr. Hanrahan's

experience as a physician, involvement with international and public health nonprofit organizations, and leadership in health, education and community development in Haiti were the inspiration for the book.

Dr. Hanrahan has received numerous awards for "When Dreams Touch," including the 2015 Eric Hoffer First Horizon Award for Superior Work by a Debut Author, a National Indie Excellence Award in Regional Fiction and the IBPA Benjamin Franklin Silver Award for Historical Fiction.

This year's lineup also featured comic book writer, artist and retailer Wayne Wise, who discussed the history and influence of Wonder Woman in October.

The 2017-18 presentations are free and open to the public. Each event is held at 7 p.m. in the Ryan Room of the Zappala College Center. Registration is not required.

Initiated in the early 1980s, the La Roche Literary Society provides a forum for scholarship and discussion on literature and other issues. For more information about the upcoming presentations, contact Sister Rita Yeasted '68 SFCC, Ph.D., at **412-536-1216** or **rita.yeasted@laroche.edu**.

AITP Receives Student Chapter Outstanding Performance Award

PHOTO: BILL FAIRBANKS

CompTIA Association of IT Professionals (AITP) recently awarded La Roche College's AITP chapter with the Student Chapter Outstanding Performance Award (SCOPA).

CompTIA presents SCOPA annually to student chapters who meet or exceed criteria measures through a points system in five areas: education, membership, public relations, meetings and association participation.

"Not only did we meet the expectations of the association, we exceeded those expectations in three of the five categories," Assistant Professor and Primary Faculty Adviser of La Roche's AITP chapter Michaela Noakes, Ed.D., said.

La Roche exceeded in the areas of public relations, meetings and association participation. Former AITP President Joseph Malachosky, current AITP Vice President Johnny Nicholson and Dr. Noakes gathered and submitted data and documentation to meet the criteria. This



Dr. Cristina Bahm, Angela Cisneros, Hemang Sharma, Mohammad Sohail, Jigar Prajapati, Antonio Munoz and Kenneth Swegman represented La Roche at the CompTIA AITP Region 18 Conference.

is the first time the College has earned this prestigious award.

The student chapter of AITP at La Roche offers opportunities for students to participate in networking events with local professionals,

develop their leadership potential, attend technical and social functions throughout the academic year, and compete in the AITP National Collegiate Conference. Dr. Michaela Noakes, Cristina Bahm, Ph.D., Professor Jane Arnold and Professor Jeffery Perdue are faculty advisers for the organization.

Business Honor Society Earns STAR Status

The Eta Psi chapter of Delta Mu Delta at La Roche College has earned STAR chapter status from the International Honor Society in Business for the third consecutive year.

STAR Chapters meet and exceed the society's standards for managing a chapter and its activities. Of the 300 chapters eligible each year, only a small portion meet the requirements for STAR recognition. This year La Roche was one of only 22 selected chapters.

Primary Adviser and Management Department Chair Michaela Noakes, Ed.D., said, "Delta Mu Delta membership is a result of La Roche's accreditation by the Accreditation Council for Business Schools and Programs (ACBSP). For the third consecutive year, we have achieved the prestigious recognition as a STAR status chapter."

Student membership in Delta Mu Delta is the highest academic honor a business student can earn. Upperclassmen with a grade point average of 3.5 or higher are eligible to join.

The organization promotes higher scholarship in developing business acumen and recognizes scholastic attainment in the business discipline. Student members become eligible for more than \$60,000 annually in scholarship funds to continue or extend their education, and network with some of the principal business employers.

La Roche has a range of programs within its management division, offering double majors to its students at no additional tuition requirement. Undergraduate offerings include accounting, finance, international management, information systems technology, international studies, management information systems, leadership, applied sciences and marketing.

The College's programs in management, finance, international management, accounting, marketing and management information systems are accredited through the Accreditation Council for Business Schools and Programs, a leading specialized accreditation association for business education.

Musician, Entrepreneur, College Professor — Dr. Rishi Bahl Finds Balance Doing the Things He Loves

BY VANESSA ORR | PHOTO: ABIGAIL McNATT

Rishi Bahl, Ph.D., is a man of many interests. In addition to being an assistant professor of marketing at La Roche College, he also plays in a well-known band, manages and markets a music festival, and recently started his own music label.

"I get bored really easily," the 30-year-old professor said, laughing. "When I'm not teaching, I'm writing music or touring, or working on my label. Right now those are my priorities. Otherwise, my time is spent with Netflix and my pillow."

Dr. Bahl, who holds a master's degree from the University of Pittsburgh and a doctorate degree from Duquesne University, joined La Roche College as a visiting professor in 2014. He turned down a job offer from Google to join the faculty.

"At the time, I wasn't sure if I wanted to go into academia or the private sector, but I'm glad that I chose the way I did," he said. "It's kind of funny, because my mom went to La Roche too. She studied biology/pre-med."

Now an assistant marketing professor, Dr. Bahl brings a real-world approach to the classroom. "I'm not a big test guy. I believe in theory plus action," he explained. "Half the class is lecture, and half is hands-on activities."

"We are actively doing marketing as opposed to doing it in a vacuum," he added. "A lot of people believe academia is far too esoteric, and I agree. I bring a more progressive approach to the classroom, emphasizing what is happening in marketing today."

Senior Nikole Scappe said she believes that Dr. Bahl's engaging lesson plans allow students to excel. "Dr. Bahl strives to motivate and engage students by

using the perfect balance of humor and professionalism," she said.

Abby McNatt, a junior, agreed. "Being that Rishi has outside experience in many facets, I value his opinion and advice," she explained. "He knows what he's talking about. He pushes his students to do their best and is honest with them."

Dr. Bahl also spearheads the Student Philanthropy Project, an initiative designed to connect La Roche students

Students create a GoFundMe page to help raise funds, as well as sponsor events on campus.

"The response has been unbelievable. We've been doing it for three years, and the money we've raised keeps increasing, and the events are becoming more invasive," Dr. Bahl said. "The students get really involved, and by having one foot planted in theory and one foot in real life, they are learning that life exists outside of academia. That's important, and so is

"This isn't just a hobby I do on weekends. It's something I take very seriously, and it's also given me a lot of marketing experience in the music industry. We don't have an in-house marketing firm."

— Dr. Rishi Bahl

with local causes and nonprofits in the community. He originally was introduced to the concept while earning his master's degree at Pitt's Graduate School of Public and International Affairs, where his class was assigned to identify a need in the community, choose several nonprofits that met that need, listen to presentations from each, and then vote on which would receive \$10,000 from the university.

The La Roche Student Philanthropy Project is similar, though the money is raised by the students themselves.

"I got the opportunity to revive and teach a nonprofit marketing course at La Roche that had been dead for about 20 years," Dr. Bahl said. "In the course students choose a cause that is very near and dear to them, and we hear presentations from three or four nonprofits and vote on the one we want to support. They do need to meet certain criteria. For example, it can't be a massive nonprofit. Great, big organizations don't need our \$5,000."

the fact that they are doing something positive not for themselves, but to benefit someone or something else."

The first-year students raised money for Off the Floor Pittsburgh, an organization that refurbishes furniture to donate to those in need. The second year's beneficiary was Angel Ridge Animal Rescue in Washington County, and this year's class supported Frankie's Friends, a cat sanctuary in New Kensington, Pa.

The class also hosts a "blue-collar" gala and approaches local businesses to provide money, goods and gift cards for baskets that are raffled off to raise funds. "Last year the students raised about \$6,000, which is amazing for a class of nine or 10 people," Dr. Bahl said.

Marketing + Music

It's not surprising that Dr. Bahl is able to teach students such a grass-roots approach to marketing: he underwent his own crash course in do-it-yourself marketing when he first launched his



band. "I started Eternal Boy when I was in college, and we wrote some songs and got some notoriety, and now we're a full-time band that plays about 120 shows a year," he explained.

"This isn't just a hobby I do on weekends," he added. "It's something I take very seriously, and it's also given me a lot of marketing experience in the music industry. We don't have an in-house marketing firm; we do it all ourselves."

The band tours extensively during the summer months and recently put out an album, "Awkward Phase." The three-piece pop/punk band recently finished a music video, and continues to promote its album with new content and touring the college circuit before going back into the studio next year.

"The band became such a big entity that I thought I should start a music festival," said Dr. Bahl, who created the Four Chord Music Festival three years ago. "It has grown exponentially. This past September we had 5,000 people!"

That success led Dr. Bahl to start his own record label, Four Chord Music, where he works with up-and-coming bands both nationally and internationally.

"My life is a weird amalgam of school, touring, the festival and the label," said Dr. Bahl, who in what little spare time he has, volunteers with animal rescue group Biggie's Bullies and attends Pittsburgh Penguins' games. "Animals are near and dear to my heart, so I try to volunteer whenever I can," he said. "I'm also a diehard sports fan — my first 'big boy' purchase was Penguins' tickets."

While this may not be the typical path of a college professor, Dr. Bahl said he appreciates the ability to balance the best of all worlds. "I genuinely love being at La Roche. It's such a great, welcoming community, and the staff and teachers really care about the students."

"Life is all about balance," he added. "You don't have to go to college, get a job and get stuck. Personally, I want to make sure that I'm using my time on the planet in the right way."

Performing Arts Students Take Byham Stage

PHOTO: ERIC ROSÉ

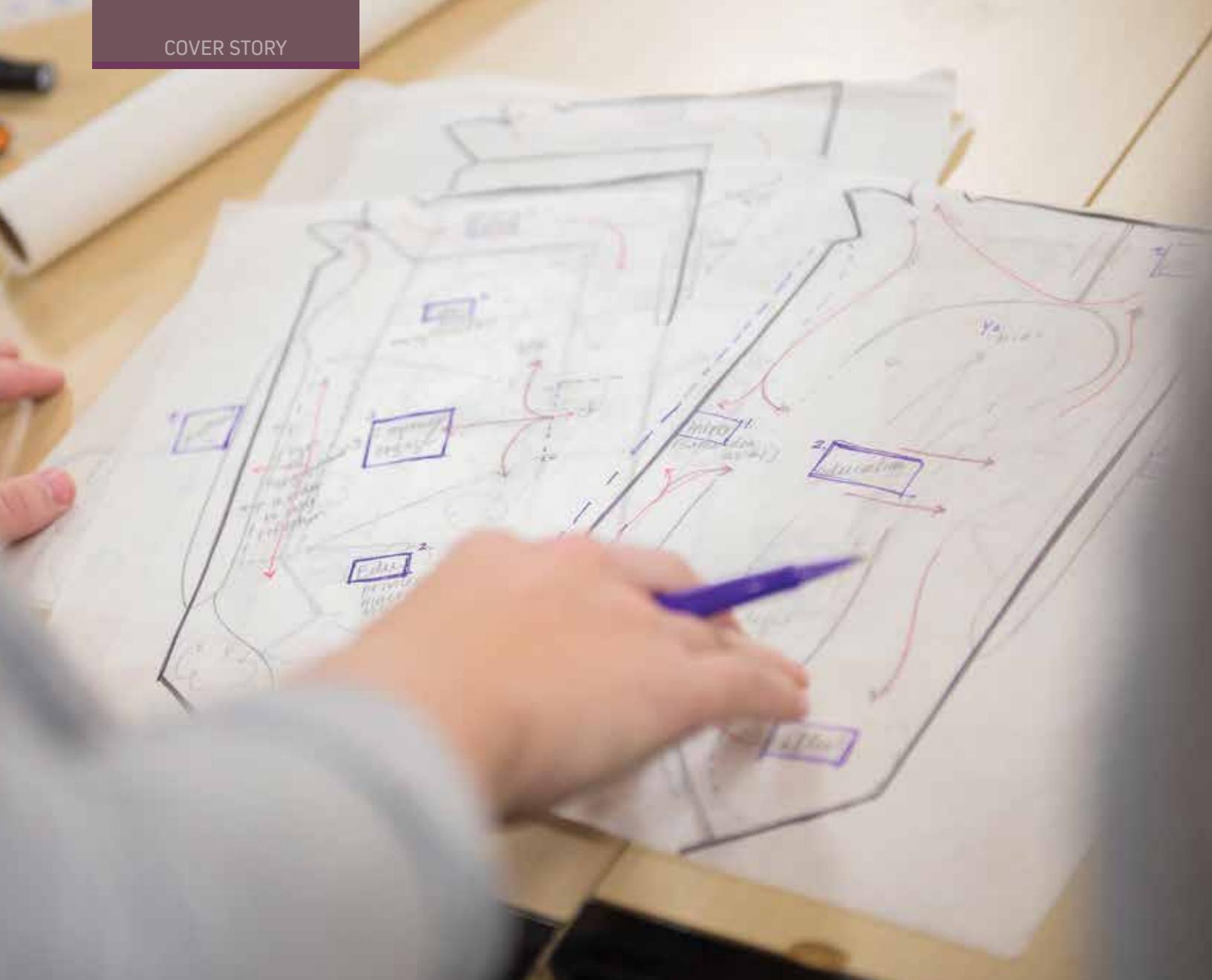
The La Roche College Performing Arts Department presented "The Messiah" at the Byham Theater on Saturday, Nov. 18.

Choreographed by Performing Arts Department Chair Maria Caruso, the ballet featured music by The Pittsburgh Festival Orchestra and Maestri Singers, under the direction of Thomas Octave.

Ms. Caruso, artistic director for Bodiography, adapted Handel's "Messiah," a work that was created in the absence of movement and dance, into a ballet. Ms. Caruso was driven by the challenge of accentuating one of the world's most celebrated Baroque oratorios and bringing lovers of ballet and "Messiah" together to experience a non-narrative ballet that focused on lighting the world through love.

For the first time since its premiere in 2015, the ballet was performed as a stand-alone, separating Ms. Caruso's Bodiography company from the La Roche student dancers. The company opened for the students, as a way to applaud their development over the past two years, with a performance of Ms. Caruso's acclaimed ballet "Lux Aeterna," which inspired her vision for "The Messiah."





Students in Interior Design Program Benefit from Industry-connected Faculty, Alumni

BY VANESSA ORR | PHOTOS: JAMES KNOX | RENDERINGS: FABIAN CARRAZANA '17

This past summer Brittany Craig, a senior design student at La Roche College, was one of only 13 students nationwide to receive the prestigious Angelo Donghia Foundation Senior Scholarship Award, which is given to promising interior design students in the United States. She is the second La Roche student to earn this honor; Julie Dulski, a 2009 graduate, received the award in 2008.

Ms. Craig and Ms. Dulski's achievements are more than theirs alone; they are part of a larger community of excellence cultivated in La Roche's interior design program.

"I was honored to receive the most recent Angelo Donghia scholarship, an award given solely because of the time, effort and opportunities the La Roche interior design program has provided," Ms. Craig, who received the \$30,000 scholarship, said. "The professors go above and beyond to assure that students' futures are as successful as possible."

"I appreciate the challenge of the program; standards are set high," she added. "With the help of our professors, we are able to push the boundaries and strive for success in and out of the classroom."

According to Associate Professor and Interior Design Department Chair Nicole Bieak Kreidler, Ph.D., there are a number of reasons why students in the program, and graduates of the College, excel in the industry.

"I think a large part of it is the unique mix of professors that we have within

Students Mikayla Ambler and Andrea Luciano document design solutions in their Senior Design Seminar II course.

the program; we've been around since the late '70s and nationally accredited since 1985 — that means that we have a large community of alumni throughout Pittsburgh," she explained. "They support our program in so many ways; by serving on our advisory board, by providing networking opportunities to students and by giving us the chance to expose our students to other professional design organizations in the city."

"With the help of our professors, we are able to push the boundaries and strive for success in and out of the classroom."

— Brittany Craig
Senior design student

Because the interior design program works in conjunction with the College's graphic design program, students also receive unique interdisciplinary opportunities. "This cross-pollination between the two design majors benefits students, as does the fact that they're in a liberal arts college," Associate Professor and Design Division Chair Lisa Kamphaus, MSIA, ASID, LEED-AP ID+C, said. "Our students also benefit from the College's socially conscious mission,



Senior Brittany Craig is one of 13 students nationwide to receive the Angelo Donghia Foundation Senior Scholarship Award for interior design students.

which encourages them to give back and get involved. They think more deeply when faced with problems within the discipline."

Senior Kelsey Lewis agreed. "One of the things that I appreciate about the interior design program is the way that they teach us to think," she explained. "We learn how to think critically about a problem while simultaneously evaluating possible solutions conceptually."

"People often think that interior designers just 'decorate' spaces, when in reality we are analyzing complex problems surrounding the interiors of the built environment and looking for innovative solutions that help the environment function in the way it was intended," she added. "I think that this way of thinking not only helps us in our potential careers, but also can translate into virtually every aspect of life."



Industry-connected faculty

As one of only two colleges in the area to be fully accredited by the National Association of Schools of Art & Design (NASAD), La Roche also has the distinction of achieving and holding Council of Interior Design Accreditation (CIDA) longer than any other Pittsburgh interior design program. Its instructors bring a wealth of knowledge to the classroom, and remain connected to the industry through networking and continuing education opportunities.

Ms. Kamphaus has been a professional member of the The American Society of Interior Designers (ASID) PA West Chapter since the early 1990s. She also is a LEED-accredited professional with ties to the Green Building Alliance. Dr. Bieak Kreidler is a member of the Sustainable Consumption Research and Action Initiative, and in 2009, started the schools' Sustainable Interdisciplinary Studies minor.

"We both bring a different perspective to the program; I am more research-focused and involved in academic organizations, so I see design through a different lens than Lisa," Dr. Bieak Kreidler said. "She is directly changing interior design as it is; I am looking at research about what will be happening a couple of years down the road."

"This difference in approach gives students a well-rounded perspective," Ms. Kamphaus said. "It also enables them to have access to professionals in both areas."

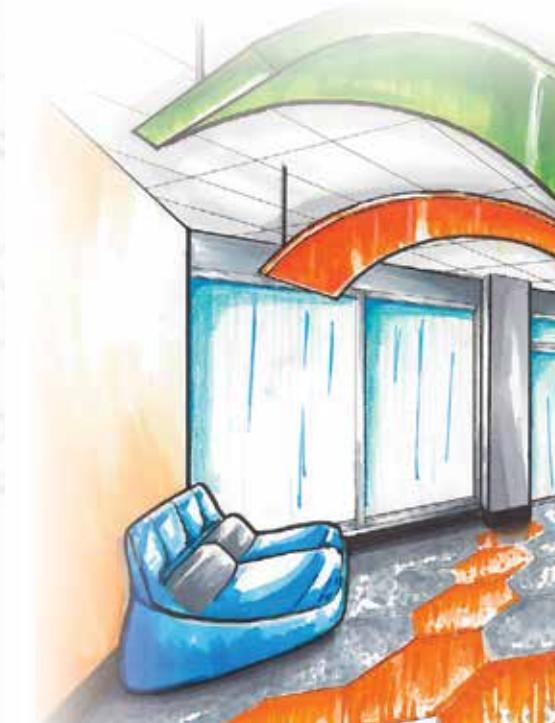
Numerous field trips throughout the semester expand students' access to a mix of professionals and career choices, and have included everything from attending the International Living Future Institute's Living Product Expo and Conference, to Interior Design Day at the Capitol with the Interior Design Legislation Coalition of Pennsylvania. A Tabletop Trade Show introduced students to numerous manufacturers' reps, and they also met manufacturers at NeoCon East and learned about the industry through visits to hardwood manufacturing plants, countertop building facilities and tile showrooms.

"Last fall the textile class took a trip to Bloomsburg, Pa., to see one of the only mills in the United States that still manufactures woven carpets," Dr. Bieak Kreidler said.

"It's always a pleasure to go on these field trips because people comment on how professional our students are; they always are well-received. They want us to come back year after year," Ms. Kamphaus said.

According to senior Mikayla Ambler, these types of connections are invaluable. "I think the faculty has a huge influence on our success because they connect us and provide us with so many networking opportunities, and they give us the ability to attend conventions and lectures of upcoming innovations and advances in design," she said.

Ms. Ambler added that she recently attended the Living Products Expo at the David L. Lawrence Convention Center to learn about 'living buildings' and the importance of sustainable design.





The alumni connection

In addition to meeting different manufacturers and suppliers, students also have access to a vast alumni network in the industry.

"Not only are many members of our advisory board former graduates, but we also hold a mentor mixer that enables students to talk to local design professionals," Dr. Bieak Kreidler said. "By the end of the evening, students have the professionals' business cards and phone numbers. It's a great way to make connections."

The chair of La Roche's board of trustees, for example, is Kathryn Jolley '81, ASID, LEED AP, an alumna of the interior design program. Principal of DRS Architects, a 27-person architecture, design and planning firm, she is an inaugural member of the La Roche Distinguished Alumni Circle and the first alumna to serve as board chair.

"We have graduates at many design firms in the city, which gives our students an excellent leg up," Dr. Bieak Kreidler said. "They know the reputation of La Roche design graduates and what to expect."

Alumna Jennifer Pavlik '03, a partner at DLA+ Architecture & Interior Design, gave the convocation speech at La Roche two years ago, and alumnus Greg Weimerskirch '90, an art director on the movies "Fences" and "The Fault in Our Stars", also gives back to the school where he got his start.

"What I love most about the design program at La Roche is networking with the design community in the city of Pittsburgh," senior Andrea Luciano said. "Starting freshman year, the program encourages students to go to outside events where they are able to meet professionals in fields related to their majors. Many of the people we meet are



La Roche alumni who are very happy to introduce us to more of their colleagues.

"From all these networking opportunities, I was able to obtain my first internship after sophomore year helping an architecture firm with real projects," she added. "I am now on my second internship that veers away a bit from actual interior design, where I help a small satellite office in Pittsburgh with marketing matters for master planning projects. Through these internships, I feel prepared to take on a variety of possible job opportunities."

Gaining real-world experience

In addition to teaching students conceptual aspects of design, the La Roche program also requires every student to participate in an internship, usually during the summer before their senior year.

"The internship is a required part of the program," Ms. Kamphaus said. "It helps keep them connected to the profession and serves as a springboard to help them see where they want to be when they graduate."

"We've had students work on movie sets, at different fabricators or doing visual merchandising at retail stores," Dr. Bieak Kreidler added. "Many of our students also work at the firms of professional or licensed architects."

While in school students go through a yearly review process that makes sure that they are on target to succeed. "Our program is a little different in that we accept almost every student that applies," Dr. Bieak Kreidler said. "But each student must go through a freshman review, sophomore review, etc., where we critique their progress and let them know what areas they need to work on, or if they might need to switch to a different major. That keeps the level of quality high."

She added, "Professionals within the Pittsburgh design community know that when they hire a La Roche graduate, they will have a well-rounded student who can hit the ground running."

La Roche Community Responds with Generosity as Hurricanes Devastate Caribbean

The hurricanes of fall 2017 brought unprecedented destruction to the Caribbean Islands. Dozens of La Roche students and their families have been harmed in the U.S. Virgin Islands and Puerto Rico.

The La Roche community is doing all that it can to support and encourage students whose communities have been ravaged, whose homes have been damaged or destroyed, and whose families have been left with nothing.

The campus community responded quickly, as faculty, staff and students banded together to raise funds and collect supplies to help storm victims. La Roche also launched an emergency



PHOTOS: RYAN GEORGE

appeal and shared it through social media to raise funds to support our students in their desire to stay in school over the next few months.

La Roche is grateful to its nearly 200 donors who have given more than \$40,000 to the Hurricane Relief Student Aid Fund.

laroche.givingfuel.com/relief

The La Roche community came together to support students from the U.S. Virgin Islands and Puerto Rico who were affected by the 2017 Atlantic hurricanes. Events included a community 5K, prayer services, a drive to collect supplies and a spaghetti dinner organized by the La Roche Marketing Club.

Above left: Students serve Candace Okello, director of diversity and inclusion, at the spaghetti dinner fundraiser. Above right: Robert Patterson '15 runs the 5K course on campus to support the Hurricane Relief Student Aid Fund.



Recent campus improvements include the installation of sidewalks along the main campus entrance. Phase two of the project will extend the sidewalks along Babcock Boulevard from the crosswalk at Duncan Avenue to the main driveway.

PHOTO: RYAN GEORGE

College Receives Major Grants

La Roche College is grateful for the support of its many benefactors, including alumni, parents, friends, corporations, foundations and government entities. Recent major grants include:

- \$30,000 from the Brooks Foundation, through The PNC Charitable Trusts. The grant will support La Roche's innovative STEM Discovery and STEM Savvy programs that introduce middle and high school students to STEM fields in a fun, informative and interactive way.
- \$222,000 from the Pennsylvania Multi-Modal Transportation Fund. This grant has enabled the College to install sidewalks along the main campus entrance road for the safety of students who use public transportation or walk to McCandless Crossing.
- \$1,000,000 from the Pennsylvania Redevelopment Assistance Capital Program. This future grant will go toward the total renovation of the second floor of the Palumbo Science Center, including all labs, teaching and student work spaces, and offices.

La Roche Recognized by U.S. News & World Report

According to U.S. News & World Report's 2018 Best Colleges Guidebook, La Roche College is a Best Regional College, a Best College for Veterans and a School with the Most International Students.

"These rankings by U.S. News & World Report demonstrate the high caliber of La Roche faculty, the rigor of our academic programs and the success of our students and alumni. As a liberal arts institution with a long history of preparing students for success inside and outside of the classroom, we are proud to be recognized for our academic excellence," Vice President for Academic Affairs and Academic Dean Howard Ishiyama, Ph.D., said.

La Roche ranks 19th on the list of Best Regional Colleges in the north. Schools listed as Best Regional Colleges focus almost entirely on the undergraduate experience and offer a wide range of liberal arts programs at the bachelor's level. The Best Colleges rankings assess

seven areas of academic quality: first-year student retention and graduation of students; peer assessment; faculty resources; admissions selectivity; financial resources; alumni giving; and graduation rate performance.

La Roche also ranks first on the list of Schools with the Most International Students in the North. These schools had the largest proportions of international undergraduates during the 2016-2017 year. La Roche had a 16 percent international population, with a student body representing 31 countries.

Additionally La Roche appears 13th on the list of Best Colleges for Veterans in the North. These top-ranked institutions make a college education affordable by offering benefits to military veterans and active-duty service members. Qualifying private schools had to be certified for the G.I. Bill and participate in the Yellow Ribbon Program.

Visit usnews.com/colleges to view the 2018 Best Colleges rankings.

Union of African Communities Honors La Roche

The Union of African Communities in Southwestern Pennsylvania (UACSWPA) selected La Roche College to receive the Education Award at the 2017 African Diversity Awards Gala.

The organization chose La Roche as the 2017 recipient for its efforts to value diversity, and for working to improve and strengthen academic excellence for immigrants and native-born residents alike.

UACSWPA President Benedict Killang stated, "La Roche College's great achievements and success have become a model and inspiration to our community members. We celebrate

and honor the College's efforts in contributions to diversity and inclusion in the Greater Pittsburgh area and Allegheny County."

The African Diversity Awards Gala was held at the Rivers Casino in September. Mayor of Pittsburgh Bill Peduto was in attendance, along with representatives from colleges, universities, businesses and organizations that have excelled in promoting equality and diversity across the region. Proceeds from the event were donated toward UACSWPA education funds, including the Nelson Mandela student scholarship fund benefiting African students, minority families, after-school STEM programs and other initiatives within the community and beyond.



Alumni Show Pride Through Giving

When alumni give back to their alma mater, it sends a powerful message to other potential funders and shows that La Roche is worthy of their support.

In the past four years, the annual amount contributed by alumni nearly doubled, and the number of alumni who gave an annual gift increased by 34 percent. The College thanks its faithful alumni for their goodwill and generous contributions.

How You Can Help

La Roche is a small college with a big impact, and with your gift, you can help students to experience a transformative education.

Whether you support the annual fund, scholarships, athletics or campus improvements, your gift is needed and will go a long way. To give a gift and to learn more, visit laroche.edu and select the Support Us tab. You also may contact Vice President for Institutional Advancement Mike Andreola at **412-536-1096** or michael.andreola@laroche.edu.

Global Problems, Global Solutions Explores Health Care as Social Justice Issue

Medical Director and Founder of Operation Safety Net

Jim Withers, M.D., delivers keynote address

PHOTO: RYAN GEORGE

This November La Roche College hosted its annual Global Problems, Global Solutions conference with the support of Brother's Brother Foundation and UPMC.

Global Problems, Global Solutions is a free, annual conference focusing on the progress, plans and initiatives related to the U.N. Sustainable Development Goals. The sustainable development agenda seeks to improve and examine global issues such as child mortality, disease prevention, education, environmental sustainability, equality, hunger and maternal health. Each goal has specific targets to be achieved over the next 15 years.

This year's conference theme centered on the topic of health care. Students, faculty and staff explored global health care through various student activities, panel discussions and volunteer opportunities.

"The focus on health care as a social justice issue is gaining attention across the country and around the world. Here in Pittsburgh, our region continues

to grow as an influential player in the health field, and has accomplished a great deal of work helping to shrink the health care gap among the underserved in our community," Assistant Director of Global Engagement Emily Markham said. "This conference brought attention to this important and timely topic and highlighted the ways in which Pittsburgh is making a difference locally, nationally and globally."

Jim Withers, M.D., medical director and founder of Operation Safety Net and the Street Medicine Institute, presented the keynote address, "Health Care: An Issue of Social Justice?" and received the La Roche College President's Medal.

Global Problems, Global Solutions was held during International Education Week, a joint initiative of the U.S. Department of State and U.S. Department of Education, which was developed as an opportunity to celebrate the importance of international education and student exchange worldwide.

Jim Withers, M.D. Keynote Speaker

Dr. Withers received his undergraduate degree at Haverford College and completed his medical school training at the University of Pittsburgh in 1984. His interest in service-oriented medicine grew through medical trips to Central America and India.

After finishing his medicine and chief residencies at The Mercy Hospital of Pittsburgh, he joined the full-time teaching faculty in the Department of Internal Medicine. His areas of special

Gwendolyn Hetrick helps to sort medical supplies at Brother's Brother Foundation in the North Side of Pittsburgh.



President Sister Candace Introcaso, CDP, Ph.D., presents Jim Withers, M.D., with the La Roche College President's Medal at the 12th annual Global Problems, Global Solutions conference. Dr. Withers received the award for his meritorious medical service, advocacy and dedication to the region's unsheltered homeless through the practice of street medicine.

interest have been domestic violence, wilderness medicine, international medicine and homeless health care.

In 1992 Dr. Withers founded Operation Safety Net (OSN), the first full-time, comprehensive medical service of its kind for the unsheltered homeless. Medical care is delivered directly on the streets, along the river banks and in the abandoned buildings of Pittsburgh, with full social service and housing follow-up. OSN has been recognized internationally and is being replicated or studied by cities throughout the world.

In 2005 Dr. Withers established the annual International Street Medicine Symposia (with current partners in North America, South and Central America, Africa, Australia, Europe and Asia) to foster collaboration in the care of those sleeping on the streets. There are now more than 100 street medicine programs globally. In 2009 he created the Street Medicine Institute to focus on helping communities establish Street Medicine programs, improve existing practice and create student learning opportunities in Street Medicine.

Dr. Withers is Medical Director of Operation Safety Net within Pittsburgh Mercy (part of the Trinity Health System) and on the teaching faculty at UPMC Mercy Hospital, as well as clinical assistant professor at the University of Pittsburgh School of Medicine.



First Grader Acts as Honorary Captain for Men's Soccer Team

On Oct. 7 the La Roche College soccer teams had a special guest on the sidelines. Leo Zambori, a first-grade student battling leukemia, served as honorary captain for the men's team for the second time.

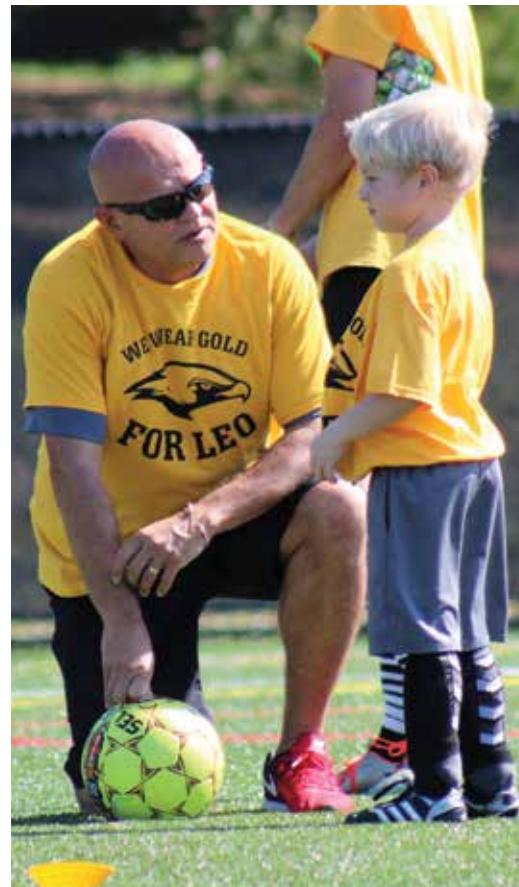
La Roche junior and midfielder Conner Hagins said, "Leo is an excited 6-year-old boy who has changed my life. He is the biggest Redhawk soccer fan we have and wears his La Roche gear with great pride."

Leo met Mr. Hagins in April 2016 when the men's soccer team visited the oncology ward at Children's Hospital of Pittsburgh of UPMC during the Cuddles for Kids second Kickin' it With the Kids event. Founded by Mr. Hagins, Cuddles for Kids is a nonprofit that has donated more than 85,000 stuffed toys, coloring books, reading books and more to children all over the world.

"Leo has taught us all that no matter how bad your day may seem, or how upset we might be over a loss, that it's really not that bad. Leo faces his treatment and leukemia with a huge smile on his face. You can't be in a bad mood when he's around," Mr. Hagins said.

In addition to naming Leo honorary captain, Mr. Hagins and his team put together a T-shirt fundraiser in Leo's honor. Members of the soccer team and Leo delivered the proceeds and Halloween activity bags to the Children's Hospital of Pittsburgh of UPMC Oncology Department, where Leo receives his chemo treatments.

"If we can help just a little bit by giving back to the Oncology Department, we can make a difference in the lives of Leo and other children dealing with childhood cancers," Mr. Hagins said.



Junior Conner Hagins Honored for Cuddles for Kids Charity

Conner Hagins, a junior at La Roche College, received the 2017 Charlie Vizzini Volunteerism Award for his service to the community.

At 10 years old Mr. Hagins founded the nonprofit Cuddles for Kids. Since its creation in 2006, Cuddles for Kids has donated more than 107,000 items or roughly \$500,000 worth of goods to children's agencies around the world.

"From a young age my parents have taught me that the littlest things go the longest, and it feels better to give than receive. Once I started Cuddles for Kids and saw the difference we were making in the lives of others, and that people and agencies depended on us, it was

something that I wanted to and needed to continue," Mr. Hagins said.

The annual award, named after its first recipient Charlie Vizzini, is given to someone in the 72nd Legislative District who has volunteered to make the community a better place.

"This award is not only for me but for my charity and all of the people that help Cuddles for Kids," Mr. Hagins said. "I could not do any of this without the support of my hometown and my new hometown, Pittsburgh."

Mr. Hagins brought his nonprofit to the La Roche community. This year alone Mr. Hagins teamed up



State Representative Frank Burns presents Founder of Cuddles for Kids Conner Hagins with the Charlie Vizzini Volunteerism Award.

with the College on initiatives benefitting the Ronald McDonald House Charities of Pittsburgh and the Children's Hospital of Pittsburgh of UPMC Oncology Department.



BY SARAH REICHLE '16
PHOTOS: CAITLIN THOMAS '09

SOCCER A UNIVERSAL LANGUAGE

Players from Around the World Find Common Ground On and Off the Field

Noam Chomsky, American linguist, continues to search for a universal grammar that could crack the code to understanding and connecting languages. But what if La Roche College students have found a way to do this without theories and research?

With a 16 percent international population, the La Roche campus is home to students from all over the world. And this year, the men's soccer team is home to 10 students arriving from Spain, Saudi Arabia, Kenya and the U.S. Virgin Islands.

The students all bring different styles of play, different traditions, languages and

personalities. Although a language barrier exists in some circumstances, the team fluently communicates the game of soccer.

"We speak the same languages here on the pitch. It doesn't matter where you're from. We understand each other with the ball," freshman Abdulrahman "Dee" Qumayri, of Saudi Arabia, said.

FAMILY

Soccer connects. Each year incoming soccer players make their first friends during preseason: their teammates. Despite the differences in nationalities and backgrounds, this year's team has helped each other overcome initial culture shock, homesickness and even social anxiety.

Pedro Anseude, originally from La Coruña, Spain, said, "After the first month, you start to feel like, 'I don't miss my family anymore.' I mean you do, but these guys really help me out. You don't think about it. You just live in the moment and enjoy the experience."

These experiences include keeping in contact during the off season, treating each other like family, and bus rides back after hard-earned victories away from their home turf.

Rashaun Simon, of the U.S. Virgin Islands, said, "Honestly, if I weren't playing for the team, I wouldn't have as many friends. They opened me up to more opportunities and a lot more people who I probably wouldn't have opened up to in the first place."

PASSION

Soccer is a personal journey for these students. They take the game seriously, grow individually and develop connections with each other along the way.

"Soccer gives me a chance to express myself," Dante Nicholas, originally from the U.S. Virgin Islands, said. "It lets me be free, I guess, because it lets me do whatever I want to do."

Each international student played soccer at a very young age. As a result their environments growing up shaped their views of the game.

In Abdullah Aljundi's hometown in Saudi Arabia, playing soccer was the only thing that brought all of the kids in the neighborhood together. Two other players, Mr. Anseude and Firas Abduljawad, had fathers who played

La Roche students from around the world share a common goal on the soccer field. Top: Ty Savochka, Dante Nicholas. Bottom: Jordan Smith, Austin Gorman, Abdullah Aljundi, Kyle Harett.

for professional teams. Mr. Anseude and his father played for Deportivo de La Coruña, and Mr. Abduljawad's father was co-captain of the 1994 Saudi Arabian national team, which qualified for the World Cup.

These students said that adjusting to America was a challenge, but that soccer helped them to find a common ground and navigate the La Roche campus. While playing soccer wasn't easy, it was familiar. Assimilating into American culture, on the other hand, was more difficult.

"I had culture shock in America, but not on the soccer field because when it comes to playing soccer, it's something I'm used to," sophomore Peter Kuir, originally from Kenya, said.

Mr. Anseude said his teammates helped him get used to the language, the culture and the different style of soccer, but ultimately soccer was something he needed to adjust to on his own.

"It's more about the years that you spend here. You get used to the game rather than actually just coming here with the attitude of 'I'm strong and fast,'" Mr. Anseude, a senior, said. "You have to play here to see how it is."

THE CONNECTION

Although the game of soccer is simple, the style of the game changes around the globe. This means the team struggles to get everyone on the same page at times.

For instance, teams in Spain only can use three substitutes, while American teams are able to substitute as many players as they want. Also in Spain, players have great technical skills, can execute close passes and are good with their feet.

According to Mr. Anseude and freshman Hugo Arroyo, the Saudi Arabian approach is similar to the way the Spanish play — they work the ball with more touches.

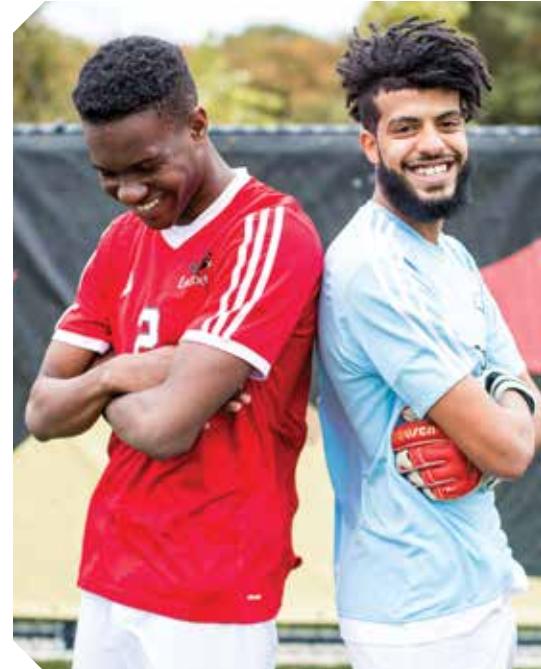
The style in Kenya is more aggressive. Mr. Kuir said Kenyans tend to do most things the way the British do, since Britain colonized Kenya up until 1963.

Soccer at La Roche, Mr. Anseude said, taught him to have a different outlook on

how to play the game. "You really have to think as an American. You have to figure out things as an American. You don't think in Spanish anymore. You think as an American," he explained.

Head Coach David Day said that the differences in style contribute to a larger formula for the team.

"The challenge is you want them to play with their own creativity and style,



but you want them to have some sort of master plan. That's the challenge of making it cohesive on the field," he said. "You have to get the Spanish guys to do things a little simpler, and you have to get the American guys to maybe do things a little bit more technically."

He added, "I'm English so I have my way of doing things too. I know what it's like to be away from home, and I know what it's like to be trying to play a different game. It's the same game, but it's different."

Coach Day said he doesn't think the athletes realize on a day-to-day basis what they're learning from each other, but he believes that the exposure to other cultures, customs and beliefs will have a long-term effect.

"People don't typically put themselves in those situations. I think it's really powerful for the students' lives," Coach Day said.



High Marks in Class, Low Scores in Golf

BY JIMMY DUNN

Above: Senior Ben Mullins is AMCC Player of the Year.

Right: David Wilson, Tom O'Toole, Ben Mullins, Tyler Booher and Patrick McCall earned the runner-up trophy in the AMCC Championship at Avalon Lakes Golf Club. The team shot the fifth best score in AMCC Championship history.

It's interesting how parents introduce their children, some at an early age, to an activity that will hold their interest and that they will come to enjoy.

That was the case with senior Ben Mullins. "My dad and my grandpap like to play golf," he said.

That particular threesome unknowingly set the tone for an 8-year-old neophyte who became quite proficient at chasing that little white ball around the local links.

After graduating from Mars Area High School, Mr. Mullins enrolled at La Roche College. He liked the size of the school. "It wasn't too big, and it was a good place where I could get a good education to prepare for my future, and also where I could play golf," he explained.

Golf, like no other sport, puts the emphasis on individual performance, but it also includes team play.

Mr. Mullins recognizes that aspect. "We pushed one another to get better," he said, "and it showed in our conference matches."

The steady improvement in his play saw Mr. Mullins making All-Conference every year. He played in 12 tournaments and averaged a 77.28 point scoring average.

The introduction to the sport that began at age 8 has come full circle now that Mr. Mullins is 21. As a senior, he was named AMCC Player of the Year while lowering his score average to 73.57. He also won the Grove City and Penn State Altoona Invitationals.

The Wildwood Golf Club is home for La Roche, and Mr. Mullins noted that "the program has grown there."

Holding down the number three spot on the team is David Wilson, a sophomore from Clinton, Pa., and a graduate from South Side Beaver High School.

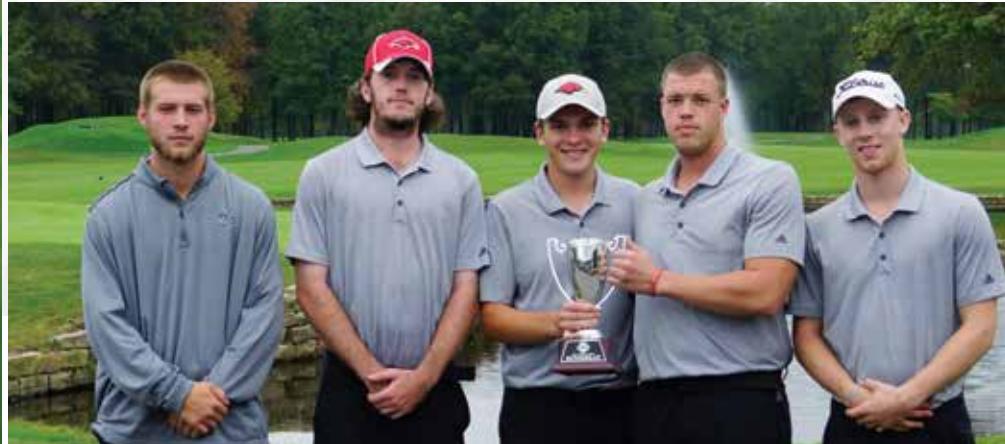
"I broke my arm playing baseball and lost interest in that sport," Mr. Wilson said. "I started practicing with the golf team and played with them all four years in high school. A friend, Drake Hoberek, also a La Roche graduate, put me in touch with Coach Tinkey. It was a good fit for me."

Another member of the team, sophomore Patrick McCall, was First Team All Conference last season and Second Team this year along with Tom O'Toole, who won the Mt. Aloysius Invitational and added stability to the team.

La Roche Athletic Director and Head Coach Jim Tinkey points with pride to Mr. Mullins. "Ben was without a doubt one of the best standouts that I've ever had," Mr. Tinkey said.

During his 20 years at La Roche, Mr. Tinkey has placed golfers on AMCC Golf Conference teams 46 times and has had eight golfers named Golfer of the Year in that same conference. He also has been named Coach of the Year three times.

Mr. Mullins never made an allusive hole-in-one. But he parred the course in two significant areas by shooting in the low 70s on the fairways and carrying a 3.9 GPA in the classroom. He'll graduate from La Roche this spring with fond memories tucked in the corners of his mind, recalling that he was able to balance academics and athletics with positive results.





Volleyball Brings Home AMCC Runner-Up Trophy After Terrific Postseason Run

The 2017 women's volleyball team became the first in program history to advance to the AMCC Championship Match. The Redhawks defeated D'Youville College and upset AMCC Regular Season Champion Penn State Altoona to set up a winner-take-all match against Penn State Behrend. La Roche pushed the Lions to five sets, and they came away just short as the AMCC's Runner-Up.

Laura Nath was named D3 Volleyball Hero of the Week, given to the individual with the top single-game performance in all of NCAA Div. III collegiate volleyball. Ms. Nath also was named to the AMCC All-Conference Team, along with Hannah Scott and Toni Torchia.

Cross Country Concludes Season at the AMCC Championship Meet

The La Roche men's and women's cross country teams competed in the AMCC Championships on Oct. 28 at Engola State Park near Buffalo, N.Y. The men's team placed sixth, and the women's team placed eighth.

Andrea Luciano concluded her career with 28:52 and a 25th place finish on the muddy 6K course. She, along with fellow senior Johnny Nicholson, were named to the AMCC All-Sportsmanship Team.

Selzer Named to AMCC All-Conference Team After Strong Freshman Season

The La Roche women's tennis team closed the 2017 season with two straight wins and a 4-7 overall record.

Rochelle Selzer was awarded a spot on the All-Conference Team after a fantastic freshman campaign. Ms. Selzer, who was named the La Roche Athlete of the Week earlier this season, was named to the AMCC All Conference Second Team at #2 singles. She led the AMCC with a nearly perfect 7-1 record at #2 singles and went 5-1 against AMCC Conference competition.



Anseude Breaks Single Season Goal Record, Men's Soccer Earns 11th Straight Playoff Appearance

Senior forward Pedro Anseude scored a hat trick on Oct. 14 against Pitt-BRADFORD to break the school's single season goal record. Mr. Anseude finished the season with 16 goals, passing Reuben Jolo '12 and Bryan Weimerskirch '15 who held the mark with 14 goals.

Mr. Anseude was named to the AMCC All-Conference Team along with junior Ximo Vicent and sophomore Ty Savochka.

La Roche finished the regular season in fifth place in the AMCC Conference. The Redhawks advanced to their 11th straight AMCC Tournament before falling to Franciscan University 2-1.



PHOTO: RYAN GEORGE

Ceravolo Scores 50th Career Goal, Women's Soccer Plays in AMCC Tournament Quarterfinals

The women's soccer team earned its fourth straight AMCC Tournament appearance and its 19th in the past 20 seasons. The Redhawks placed fifth in the AMCC's Regular Season Standings and advanced to the Tournament Quarterfinals before falling to D'Youville College 2-1.

Senior captain Vanessa Ceravolo became the fourth Redhawk to reach 50 career goals after scoring twice in a 5-1 win at Medaille on Sept. 30. Ms. Ceravolo closes her career with 53 goals and 119 assists. Both rank fourth on the school's all-time list.

Ms. Ceravolo earned a spot on the AMCC All-Conference Team for the fourth time. Joining Ms. Ceravolo on the All-Conference Team were juniors Marissa Johnson and Kerri Phyllis.



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FESTIVAL OF LIGHTS ALUMNI RECEPTION DRAWS MORE THAN 700 ALUMNI AND GUESTS TO CAMPUS

One of the most popular holiday traditions in the North Hills, Festival of Lights features crafts, Santa, games, fireworks and fun for all ages. The event is sponsored by McCandless Crossing and hosted by the College, the Sisters of Divine Providence and Providence Heights Alpha School. Each year the Office of Alumni Relations hosts a reception at the event for La Roche graduates to celebrate the holiday season with former classmates and their families.



STAFF AND ALUMNI GATHER IN D.C.

An alumni reception near the White House featured great food, drinks and panoramic views of the nation's capital in October. Alumni, staff and President Sister Candace Introcaso, CDP, Ph.D., spent the evening sharing stories and reconnecting.

LA ROCHE LAUNCHES VIRTUAL BOOK CLUB

Discuss fascinating books with La Roche alumni and friends — right from the comfort of your own home!

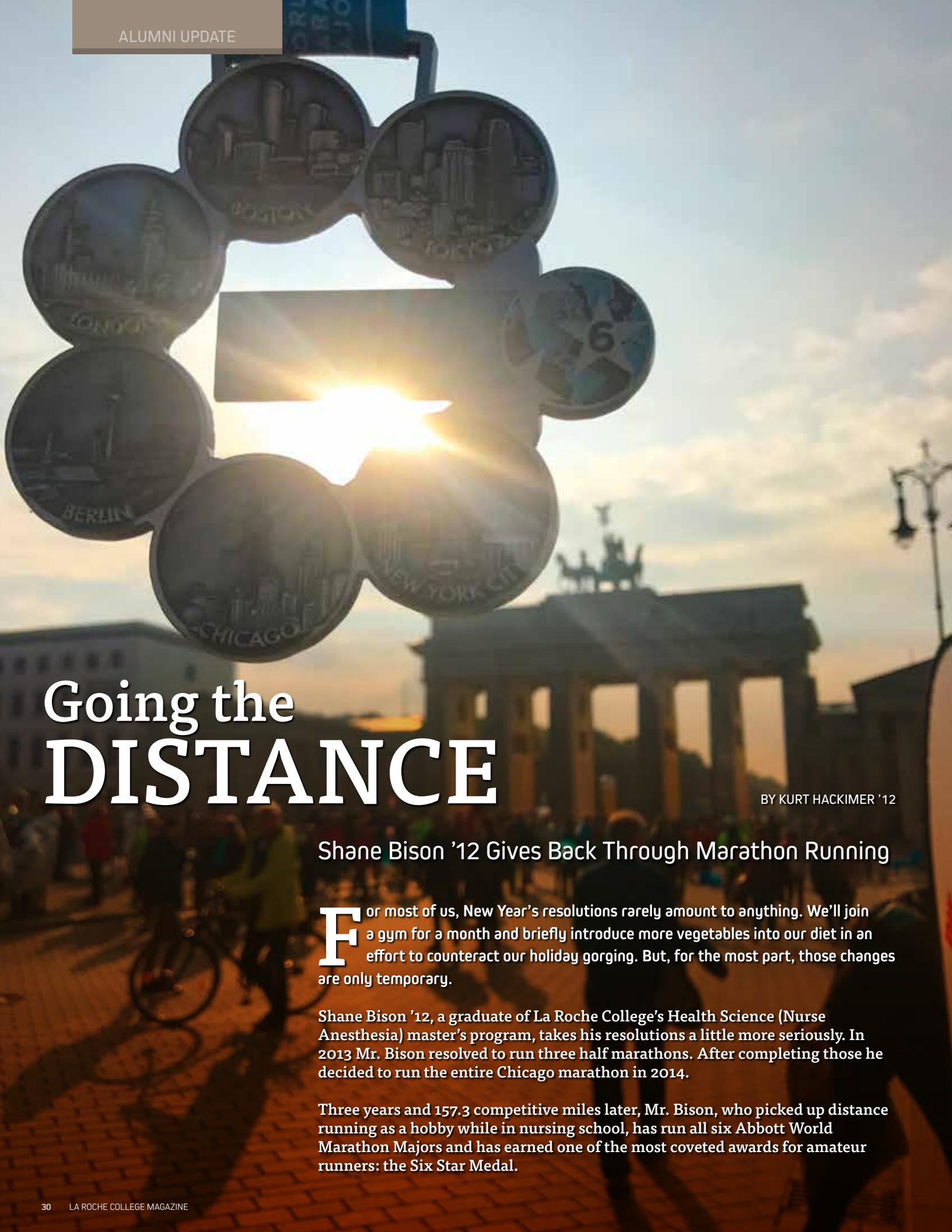
The club reads a book every two months, and participants share their thoughts in a private, online forum. The group is managed by PBC Guru, a professional virtual book club management company.

The virtual book club is a great way to connect with alumni across industries, generations and geographies. Sign up for free at pbc.guru/larache.



ALUMNI WINE AND DINE AT NARCISI WINERY

Alumni Relations hosted a wine tasting and dinner at the family-owned Narcisi Winery in Gibsonia, Pa. in November. Registrants met or reunited with other alumni while enjoying a complimentary wine tasting bar and buffet dinner.



Going the DISTANCE

BY KURT HACKIMER '12

Shane Bison '12 Gives Back Through Marathon Running

For most of us, New Year's resolutions rarely amount to anything. We'll join a gym for a month and briefly introduce more vegetables into our diet in an effort to counteract our holiday gorging. But, for the most part, those changes are only temporary.

Shane Bison '12, a graduate of La Roche College's Health Science (Nurse Anesthesia) master's program, takes his resolutions a little more seriously. In 2013 Mr. Bison resolved to run three half marathons. After completing those he decided to run the entire Chicago marathon in 2014.

Three years and 157.3 competitive miles later, Mr. Bison, who picked up distance running as a hobby while in nursing school, has run all six Abbott World Marathon Majors and has earned one of the most coveted awards for amateur runners: the Six Star Medal.



"When I went to Chicago, I didn't know anything about running," Mr. Bison said. "They had an expo before the race, and Abbott had their own booth set up with all of the medals from each of their six majors. Then they had one that involved all six, and it was the size of my head."

That head-sized award is only bestowed upon those who complete the annual races held in Tokyo, Boston, London, Berlin, Chicago and New York. When Mr. Bison completed his sixth marathon this past September in Berlin, he joined a club of only 2,414 runners who have won the Six Star Medal since the health care group Abbott introduced the competition in 2006.

In the past three years, Mr. Bison, a native of Shreveport, La. who now works as a certified registered nurse anesthetist in Carlsbad, N.M., has climbed the hills of Boston in sweltering heat and run the wet streets of London in the freezing cold. He has done it all not just for his own reward, but for the less fortunate.

The six major marathons consistently draw huge crowds — usually in the tens of thousands — so registration fills up quickly. Because there is such great interest in these marathons, participants are selected through a lottery system. Some runners have to wait years just for the opportunity to register for the race.

Fortunately for Mr. Bison, whose goal was to finish the six majors by his 40th

birthday, he was able to circumvent the arduous lottery process by dedicating his races to charity.

Mr. Bison has dedicated every race since his first marathon in Chicago to a different charitable organization. London in 2015 and Berlin in 2017 were for Sense Charities, which provides assistance for the deaf and blind. Boston in 2015 was dedicated to the Dana-Farber Cancer Research Institute, and to his friends and family who have battled cancer. New York in 2016 belonged to Team For Kids and Tokyo in 2017 was for the Ronald McDonald House.

Cramming six marathons into three years was not an easy feat. Mr. Bison trained constantly, sans month or two here and there to recuperate. He woke up at 3 a.m. and would run 10 to 20 miles before sunrise warmed the New Mexican asphalt. Mr. Bison monitored his fluid intake and his diet in an effort to elude "hitting the wall," which is running lingo for when an athlete depletes his or her supply of glycogen and experiences rapid fatigue.

But Mr. Bison said that the promise to raise money for these charities helped him push on and achieve his goal.

"My dream was no longer about me," he said. "It was about any amount of attention or discussion I could bring to a cause that could help others with difficulties [in their lives]."

While Mr. Bison was responsible for raising thousands of dollars to enter each race, he said that the majority of the donations came from his own pocket. He and his fiancée Cindy were able to turn his quest for the Six Star Medal into an opportunity to see the world and experience different cultures.

"We had never traveled anywhere outside of the United States," he said. "To us, they were extravagant vacations. We're from a little small town, so who goes to London? Who goes to Tokyo? It was really cool."

Mr. Bison was working in the surgical intensive care unit at the LSU Medical Center when he, at the recommendation of several coworkers, moved to Pittsburgh to complete La Roche's Master of Science program. Mr. Bison said that even though La Roche is not well known on a global scale like major universities, its reputation in the field of anesthesiology is strong.

"I had a lot of friends that went through the anesthesia program at La Roche," he said. "A lot of them stayed in Pittsburgh after they graduated."

Even though Mr. Bison has finished his grueling six-race schedule, he said he intends on continuing to push himself as an athlete. He is currently training for his first full Ironman Triathlon in April and intends to explore more exotic marathons, including a race along the Great Wall of China.

CLASS NOTES

La Roche alumni celebrate professional and personal achievements in life after college.

Tiffany Babinsack '16 will graduate with a Master of Public Administration from the University of Pittsburgh in April 2018. Her merit scholarship to the Graduate School of Public and International Affairs at the University of Pittsburgh has been renewed for a second year.

Sister Teresa Baldi '85 received her master's degree in elementary education, joined the Sisters of the Holy Spirit, began teaching and took perpetual vows. Today she lives in Butler, Pa. and works for three city parishes as a catechetical administrator.



Amanda Gilliland Barron '12 was married on May 16, 2017 and celebrated one year of employment at Hospitality Furnishings and Design.

Veronica Kirish Burnsworth '03, along with her husband Terry and daughter Valoria (age 2), announced the arrival of Terry Edward Burnsworth Jr. (TJ). Born on Oct. 3, 2016 at Heritage Valley Sewickley, TJ weighed 10 pounds, 8 ounces, and was 22 inches long.



Russell Bynum '79 and his wife Kathy received the Community Champion Award for their business, Bynums Marketing & Communications Inc., and their ongoing work in the church, community, mentoring programs, and in Haiti through Functional Literacy Ministry of Haiti Educational and Medical Mission.

Karen Ibinson Carlin '88 became the communications manager for the Kelly Strayhorn Theater in Pittsburgh's East Liberty. Previously she was the associate editor of the *Pittsburgh Post-Gazette's* Weekend Magazine and a copy editor.

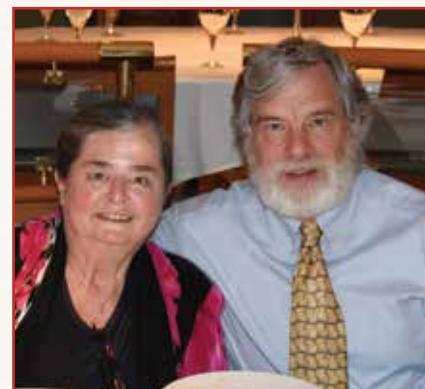
Stephen Catt '85 is the deputy director of education and workforce development for Advanced Robotics for Manufacturing Institute.

Kathy Mehr Chianese '85 received her master's degree in elementary education with an honors distinction in May 2017. She has been an elementary school teacher in Nevada's Clark County School District for three years, after being a substitute teacher for more than six years. Teaching is Ms. Chianese's second career; she formerly acted as a representative and studio manager for Harry Giglio Productions, a

major commercial photography and film production studio in Pittsburgh, Pa. Ms. Chianese resides in Las Vegas, Nev. with her husband Jim, sons Elijah and Jaden, and daughter Mariah, who recently graduated valedictorian from Veteran's Tribute Career and Technical Academy.

Katie Oswald Clark '04 gave birth to a son named Jacob Thomas Clark in June 2016. Ms. Clark works for an international industrial distributor that is headquartered in the Netherlands.

Kimberly Milnes Dice '12 started working at PriceWaterhouseCoopers, LLP. She married Nick Dice in June 2016, and the couple welcomed a baby boy, Jordan Benjamin, on Aug. 5, 2017.



James Dill '77 and his wife Marti celebrated their 40th anniversary with a vacation to Alaska in 2017. In three years he will retire at age 72 from Teledyne Technologies, after 36 years of service.

Christina DiMarco '14, an alumna of the La Roche Performing Arts program, has expanded her career throughout the East Coast. She is on tour with a production company, circus training, and instructing dance and fitness in many locations.

Michelle (Shelley) Draskovich '16 and Eric Sistek are engaged and will celebrate their wedding ceremony and reception at

La Roche in August 2018. The ceremony will be in Magdalen Chapel, followed by a reception in the Zappala College Center Square.

Julie Ference '16 is the nurse manager for the Allegheny Health Network Canonsburg Hospital's Emergency Department and a member of the Washington County Drug Coalition. Ms. Ference recently passed her Board-Certified Emergency Nurse test and is enrolled in La Roche's Master of Science in Nursing program.

Holly Gardner Frank '89 celebrated her 50th birthday in 2017. Since graduating from La Roche in May 1989, she moved to Columbus, Ohio to work in the financial services industry, married Stephen Frank, had two daughters and two sons, loved three dogs, owned a training/marketing consulting firm and earned her M.Ed. from the University of Illinois at Urbana-Champaign.

Mark Gahagenem, M.S. HRM '91 retired from Premier Inc. as a senior director of business analytics on Dec. 31, 2016.



Kelly Gerba '10 and **John Gallagher '16** married on Sept. 22, 2017. The couple met at La Roche in 2006 in front of Bold Hall, which is where Mr. Gallagher proposed last year.

Ginny Giles '04 launched a new consulting firm called Community Equip'd. The firm is specifically designed to serve small community-based nonprofits.

Jami Goodman '10 works for California Closets in Wexford, Pa., the winner of the Pinnacle Award in 2017.

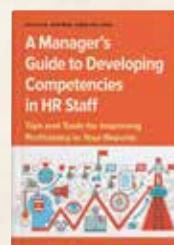


Brian Guernsey '87 is the chief CRNA at Pelham Medical Center in Greer, S.C. He has lived in South Carolina since 1993 and resides in Piedmont with his wife Cathlin.



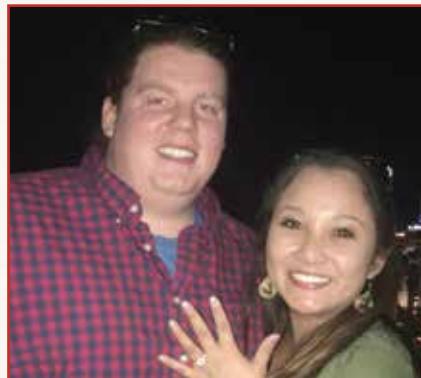
Betsy Haile '04 and her family welcomed a baby boy on Sept. 10.

Phyllis G. Hartman, M.S. HRM '90 released her third book, "A Manager's Guide to Developing Competencies in HR Staff," through The Society for Human Resource Management.



Ms. Hartman is an adjunct instructor and worked as a visiting professor in human resources (HR) at La Roche during the 2015-16 school year. She is the owner of PGHR Consulting Inc., an HR consulting company located in Pittsburgh.

Matthew Hooks '05 was promoted to senior manager, benefits and corporate programs for FedEx Supply Chain, headquartered in Cranberry Township, Pa. He is responsible for the day-to-day operations of the company's group benefits, retirement savings, and organizational awards and recognition programs for the supply chain's 12,000-plus employees located in both the United States and Canada.



Eugene LaBorde '14 and **Rachel Bachri '14** became engaged in April 2017 after meeting at La Roche in 2010. They will marry in June 2018.

Elizabeth Wogan Leland '71 lived and worked for two years in Great Barrington, Mass., and then moved to Charlottesville, Va., where she studied economics at the University of Virginia. She has been married to Richard Leland for 42 years, and they live in Burke, Va., a suburb of Washington, D.C. They have two daughters.

In 2014 Ms. Leland retired from a 32-year career as a regulatory economist/supervisory program analyst at the U.S. Consumer Product Safety Commission (CPSC), a federal government agency charged with the mission of reducing deaths and injuries associated with the use of household products.

Throughout her life Ms. Leland has been active in volunteer work, primarily in

coordinating and leading worship services for nursing home residents, and in forming and leading adult spiritual formation groups. Ms. Leland now volunteers as a teacher of English for Speakers of Other Languages.

Melanie Highbarger Lindner '12 passed the National Council for Interior Design Qualification (NCIDQ) exam. She has been at Hospital Furnishings and Design Inc. for more than three years and was promoted to an account manager.



Emily Ford Marko '01
wrote "Wide Awake: A 7-Day Visual Guide to Calm the Mind and Get the Sleep You Deserve," which was released

in early 2017. "Wide Awake" is a workbook-style book designed to help readers discover their unique sleep type. The book was Ms. Marko's answer to her personal struggle with sleep, and it was designed with her clients in mind.

Mark McIntyre '17 now works at ADP in the Health and Benefits section.

Robin Hurst Meldrum '04 married Angus Alexander "Sandy" Meldrum of Kilmacolm, Scotland on March 31, 2017 in Pittsburgh, Pa. They live in Glasgow, Scotland, where Ms. Meldrum earned her Master of Science in social work and continues to work as a children and families social worker for Fife Council.

Sandra Mervosh '91 now works as assistant professor of human resources management at Point Park University's Rowland School of Business.



William Michael '97
is the senior/lead hospitality interior designer for DRS Architects and serves as Steering Chair of the Hospitality Industry

Network (NEWH) Pittsburgh Region. NEWH is the premier networking resource for the hospitality industry, providing scholarships, education, leadership development, recognition of excellence and business development opportunities.



Sara Mincin '07 and Talman Charters '05 started a business called Outside the Box Labs. An education-based company, Outside the Box Labs specializes in learning about the world through the lens of science. The company offers after-school, science-oriented programs for children. Ms. Mincin and Mr. Charters are active in the community and aim to change the paradigm of education by offering cyber and home-school students access to quality, hands-on lab experiences beyond what most brick and mortars have to offer. This year they will partner with Go Ape in North Park of Allegheny County to make a community garden out of old wood from the treetop zipline course. They also plan to partner with La Roche to utilize empty lab space.

Kurt Mulzet '75 scored a hole-in-one at Green Meadows Golf Course in Volant, Pa. on July 23, 2017. He scored the ace on the 143 yard, par 3, 9th hole, using an 8 iron. The event was the 39th annual Duffer's Open. It was the first hole-in-one ever recorded at the three-day event, which began in 1978.



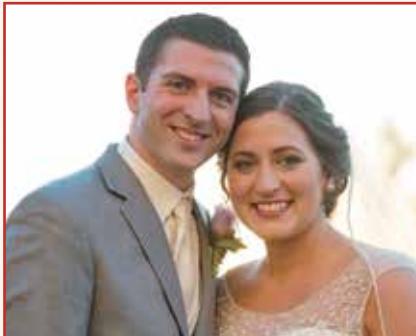
Elaine Lucas Murtha '97
retired after 45 years in health care. In January 2017 Ms. Murtha retired from St. Vincent's HealthCare in Jacksonville,

Fla., where she served as system director of medical imaging and radiation oncology for 12 years.



Amy Myers '04 married Shaun Mehr on July 1, 2017. She is the senior graphic designer of Ablak Holdings and its portfolio of companies, where she leads the design department and creates concepts for national promotions, local store advertising, email marketing and more. Ms. Myers also is a freelance graphic designer working with promotional and manufacturing companies in Pittsburgh, North Carolina and Virginia. Her husband Shaun is the maintenance manager at Edward Marc Brands, a Pittsburgh-based manufacturer, wholesaler and retailer of chocolate and ice cream products. The couple resides in the South Hills of Pittsburgh.

Ralph J. and Diana M. Perko '83 moved back to Pittsburgh after living in Northern California. Both are retired, have a granddaughter and enjoy traveling.



Anthony Pici '11 and Katherine Golebie '13 were married on Nov. 12, 2016.



Jennifer Popich '09 gained experience as a critical care nurse at a Level I trauma center and went on to obtain a BSN degree and national certification in critical care. After working four years at the bedside in several intensive care units, she started travel nursing in 2013. After traveling for nearly four years, she landed her dream job as a rotor-wing flight nurse for a major air medical service in Southern California. She currently is studying for her national certification in flight nursing.

Donna Reuss '80 completed the 200-hour certification to be a registered YogaFaith teacher at YogaFaith, one of the few Christ-centered yoga schools accredited by Yoga Alliance. Ms. Reuss has been teaching yoga for five years, focusing on seniors. She conducts outreach programs to support groups and wellness programs in her community and to local, regional and federal government organizations.

Fran Hunt Schumacher '87 is a patient service manager at Albany VNA Home Health. Her oldest son David married Carlie Smith in Danby, Colo. on Aug. 4, 2017.

Jess Seidl '16 accepted a third-grade teacher position at Our Lady of the Most Blessed Sacrament in Natrona Heights, Pa.



Steven Sokoloski '03 married Derick Stalker at the Union Trust Building in downtown Pittsburgh.

Rich Vareha '84 is the CFO of Turning Technologies, LLC, a Software as a Service company focused on engagement software for colleges and universities. He married Anne Vareha '86. Together they have three children: Olivia, Kaitlyn and Kyle.



Michael Williams '10 and Gretchen Speicher '11 married on Sept. 30, 2017 at Kearns Spirituality Center.

IN MEMORIAM

Nannie Carrington '83 on Jan. 1, 2017

Joanne Chamberlin '78 on June 8, 2017

Tony Czadankiewicz '72 on Oct. 6, 2017

Faith Thomas Martonik '94

on Jan. 5, 2017

Elyssa McCreight '07 on June 5, 2017

Edward A. (Tony) McTurner '89

on Oct. 20, 2016

Sister Hilda Prohaska '69 on June 9, 2017

William F. Scherfel Sr. '01 on Oct. 23, 2017

The College was saddened to learn that **Professor William ("Bill") Pearce** died of cancer in Fort Myers, Fla. on June 30, 2017.

Professor Pearce came to La Roche in fall 2001 and started the marketing major. A beloved, if often non-conventional teacher, Professor Pearce was devoted to his majors. Until he left La Roche for Geneva College in summer 2007, his students won competitions, secured internships that evolved into jobs and began careers for which he had prepared them well.

Professor Pearce is survived by his wife Bonnie, sons Bob and Brett, daughter Erin and six grandchildren.

SUBMIT YOUR CLASS NOTES!



Share your news with La Roche College and fellow alumni.

Submit announcements regarding career changes, promotions, marriages, births, volunteer service and other major life events at laroche.edu/alumni

Submissions may be edited for length and content.

A VERY FINE HOUSE

In the 1970s La Roche students celebrated a popular holiday tradition: making gingerbread houses. The activity was part of the College's German class and Language Club, in which the group traveled to Winter's Bakery in Pittsburgh.



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- President's Leadership and Scholarship Reception
- General Alumni Cocktail Party and Dinner



LA ROCHE COLLEGE MISSION STATEMENT

La Roche College, a Catholic institution of higher learning, founded and sponsored by the Congregation of the Sisters of Divine Providence, fosters global citizenship and creates a community of scholars from the region, the nation and around the world. The College integrates liberal arts and professional education in creative ways, empowering all members of our community to become lifelong learners, achieve success in their chosen careers and promote justice and peace in a constantly changing global society.

STAY CONNECTED!

