



Making the most out of cold weather

By MIKE WEAVER

OUTDOORS CORRESPONDENT

During the cold winter months, I want nothing more than a hot sunny day. I miss the smell of fresh-cut grass, the sound of chirping birds, and the feel of fresh air.

Many spend the winter months isolated indoors, counting down the days until spring. However, you can still enjoy the outdoors. You can beat cabin fever through weekend get-aways, fun in the snow, or a relaxing nature hike.

Several resorts offer exciting slopes for skiing or snowboarding. Peak and Peak resort in western

New York contains over 20 trails for all experience levels. If you are skiing for the first time, you can practice on a small beginner slope. However, if you are an advanced skier or snowboarder, you can attempt tricks in Peak and Peak's terrain parks.

I recently went to Peak and Peak resort for a weekend with my friends. Aside from enjoying the thrilling slopes, I ate delicious meals in their restaurant, swam in their pool, and spent most of my time in the indoor/outdoor hot tub.

If you are unable to travel out of the state to enjoy winter fun, you can

find many activities nearby. Riding a sled down a snowy hill will never grow old. Walking back up the hill is great exercise; about 250 calories are burned from sled riding for 30 minutes.

Old Economy County Park in Baden boasts an enormous hill perfect for sledding. A few weeks ago, the park hosted its annual "Snow Shovel Riding Competition." Over 60 competitors of all ages participated in the event. At the wave of a flag, competitors steered their snow shovels to the finish line, hoping for the fastest time.

Wildwood Highlands, only a few minutes from La Roche College, offers an enormous snow tubing course. After tubing down the hill, a tow-rope assists you back to the top. Speeding down a hill on a sled, snow shovel, or tube is guaranteed to provide entertainment.

If you are not feeling adventurous, the outdoors offers the opportunity to enjoy fresh air and nature, even during the winter months. I enjoy taking walks in the woods at a park near my house. Winter is a very interesting season to view nature. The absence of colors outdoors creates scenery perfect for pictures. You can look for the footprints of animals

in the snow, search for wildlife, or breathe in the fresh air. In addition to viewing nature, you can test your firemaking skills, have a cookout, or build a snowman.

The key to making the most of your outdoor experience is to ensure that you dress warmly. By dressing in many thin layers, your body heat will be retained. Start with a base layer, and add layers of thin clothing. Depending on your outdoor activity, your outermost layer should be waterproof. By doing so, heat will be retained and you will stay dry.

In addition to warm clothing, be sure to keep your head, fingers, and feet warm. Insulated gloves and lined boots protect your hands and feet, keeping them warm and dry. If you dress appropriately for the cold weather, you will be able to spend more time enjoying the outdoors without risking hypothermia or frostbite.

The outdoors offers countless memory-making opportunities during all four seasons. Even though the weather may be cold, you can still take advantage of outdoor winter time activities. Start a sled riding or winter trip tradition of your own to avoid catching an unwanted case of cabin fever.



La Roche College on a snowy night.

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The view from the Father Peter Horton Lounge.

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Radio station back after two years of inactivity

By SARAH REICHLÉ

EDITOR-IN-CHIEF

After two years of being off the air, two students have revitalized the La Roche radio station.

The La Roche radio station is located in the Student Development office. Students, faculty, staff and guest can see the broadcasters through windows in the hallway outside of CC Square.

The radio station's President, Brandon Rodriguez, and Vice President, Eric Cosmides, tried to reboot the radio station last year but it failed due to lack of publicity, they said.

Rodriguez said after failing to get publicity he talked to Jeff Dailey, the Assitant Director of Student Development, David Day, the Director of Student Development, and Korryn Mozisek, a communications professor.

Rodriguez said there are 18 staff members and there are ten who consistently show up, Rodriguez said.

"We have a skeleton crew right now," he said.

Currently, the broadcasters typically just play music. Cosmides said, "They just do the song playing. We would like to have more people come in and actually do shows."



Eric Cosmides, left, and Brandon

Rodriguez, right, in the radio station.

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JUMP RADIO STATION PAGE 2

Clubs

The La Roche Courier - February 2015

La Roche introduces new honor society

BY DEVIN SHELLHAMMER

Many students are curious about the new honor society on campus, The National Society of Leadership and Success.

The NLSL is a nationwide honor society with the goal of shaping stronger leaders for the future. Members of the society have access to many perks such as a job bank just for members, a personal letter of recommendation from the society president, scholarships, and more. The newly founded La Roche College chapter has approximately 200 members. The Chapter President Demetria Coleman stated that the goal for the society this year is to have at least 50% of new members inducted.



Students at NSLS orientation.

© DEMETRIA COLEMAN

Here at La Roche, it truly is an honor society in its most basic sense.

In order to be invited to join the school's chapter, you must have a

GPA of at least 3.0. However, as with most rules, there is an exception to this. With a lower GPA, a student can still be invited if they have a La Roche College faculty or staff recommendation.

Once a student joins, they can begin working towards induction. There are four steps to be completed before induction. The student must attend an orientation meeting, three speaker broadcasts, three Success Networking Team meetings, and a Leadership Training Day. Once these steps are completed, the student will be inducted. The induction ceremony for the La Roche Chapter will take place April 21st with a time to be announced at a later date.

Date auction benefits children with cancer

BY RITA VINSKI

ENTERTAINMENT EDITOR

On Thurs., Feb. 12, about 20 students walked the runway to be auctioned off at the annual La Roche College Date Auction.

The Date Auction, organized by LAF and RHA, takes place every year during Sexual Awareness Week. The money raised from the event goes to a different charity or group.

This year, the money raised from the auction went to Kids with Cancer.

To be a part of the auction, students from all years were able to sign up, either by themselves or with a group.

They then walked the runway in apparel of their choosing to be auctioned off to other La Roche students.

Students were able to purchase tickets for different items that were being raffled off. Refreshments were

also provided.

The students and their "dates" then went on a semi-formal dinner at the school, which was organized by RHA and LAF. This way there is no cost and no commitment to worry about.

I never participated in the date auction before this year. Since my close friends are seniors, we decided to do it together as a group.

Upon entering the dining hall, we were greeted with refreshments including appetizers, drinks, and chocolate covered strawberries.

There was also a table with the items for the raffle and a place to give the money.

There was also music playing over the loud speaker.

In total, there were about 20 students, including individuals and groups that were participating to be

auctioned off.

I was quite shocked at the turnout of students that came to support their friends and buy fellow classmates; the dining hall was packed.

Together, dressed in cocktail dresses and heels, my friends and I walked the runway as a group and were bought by student for \$65.

While being on the runway was

extremely nerve-racking, it was a lot of fun and I made some wonderful memories with my friends.

As a whole, the date auction was a great way to put yourself out to the student body and meet new people. I met a lot of cool people and was glad to help a great cause, and help make awareness.



Desserts were provided for the dates.

© RITA VINSKI

RADIO STATION, FROM PAGE 1

The atmosphere of the radio station is laid-back and is flexible for students.

"It's low maintenance here at the radio station. You come in when you want. There's always an empty seat," Rodriguez said. "You can sign up for a time if you want to do a show. You could prerecord if you want to and then live stream if you're courageous enough. I know a lot of people don't like to hear their voice."

The radio station has been located in the Student Development office since about Jan. 15th, Cosmides said. They take song requests from people who walk in as well as through email.

On the website there is a link in which you can request a song. That request will then be emailed to the broadcasters.

Rodriguez said, "We also do music for LAF events." They charge \$0.25 for requests at these events and donate the money.

"We've got a couple international students asking about doing shows

Radio station revitalized after two years of being off the air

in their native languages and we welcome that," Cosmides said. Shows like that would diversify the station and make it appealing to other audiences, Cosmides said.

The room the radio station is located in has its positives and negatives.

The space is great for publicity. Professors have stopped and are aware of the radio station because of its location, Rodriguez said.

They said, the sound quality is bad for a radio station, however. Rodriguez said, "Anyone that opens the door automatically gets on the microphone."

Cosmides and Rodriguez said they have been considering alternative locations for their organization.

They looked into relocating to the Clubs or Organizations room on the third floor of Bold I.

They said if administration could get a wall built in their shared room in the Student Development office then their current location would be

perfect.

The radio station also struggles with their technology, they said.

"Our biggest problem right now is probably our hardware, our computer, because of its limited specification. It's kind of old," Rodriguez said. "It's hard for us to reliably continue playing music."

Cosmides compared using their technology to putting an apple on a toothpick. "We are trying to support a bigger operation on equipment that is insufficient."

The two core radio station members said they hope to purchase updated equipment next budget period and intend to fundraise.

Rodriguez said, "The monitor is usually going on and off."

Rodriguez and Cosmides said they plan on creating a sustainability plan for this on-again off-again radio station.

Cosmides said they would like to create a five-year plan so the radio station can continue after the pair

graduate.

"A big thing about clubs on this campus is they just rise up, people graduate, and then they fall apart," Cosmides said. "We want to make sure we can have something that is able to last because radio stations should not go off the air."

He added, "You don't see CMU radio stations turning off every two years."

"It should be something that is always on campus. It's like the Courier, almost. The Courier is a newspaper. It's always there. The radio station should be the same thing," Rodriguez said.

Rodriguez and Cosmides continue to add goals to their list. They said they would like to bring more people in and to keep publicizing their presence on campus.

They said they would like to make the organization more inclusive and less exclusive.

Science

The La Roche Courier - February 2015

Encouraging women to pursue science

BY SYDNEY HARSH
SCIENCE WRITER

Take a walk through the Palumbo Science Center at La Roche College. What do you notice? Look closely at the student population. Maybe look into a classroom or two. Do you notice that most of the classrooms are full of women who have a strong passion for science?

Many of the students involved in the sciences at La Roche are female.

"There are more women in science than men here at La Roche," chemistry professor Dr. Bozym said. "When you move up to faculty positions there are more men than women."

Dr. Gail Rowe, a biology professor, said, "There are more women in biology in the lower level [Bachelor's degree], but once you get to the higher levels [Master's or PhD degree] there are more men."

Dr. Rowe said, "If you go to a research lab, you will notice that most of the lab technicians are women

who all have men as bosses."

There are issues in stereotypes when it comes to women in science, Dr. Rowe said.

Reminiscing about her grad school years at the University of Pittsburgh, Dr. Bozym said women were pretty popular in the sciences. She said, "There were two women [faculty members] and the rest were men in grad school."

Dr. Bozym said we can help get more women interested in science by going to elementary schools.

"Your interest in science has to start young," Dr. Bozym said. "They have to be available to opportunities."

Dr. Bozym said she was not always interested in science. "After I realized that they wouldn't let women play baseball in the Major Leagues," Dr. Bozym said, "I was interested in science."

"My dad inspired me to become

involved in science. He was an environmental health and safety inspector for nuclear power plants," Dr. Bozym said.

Dr. Rowe's interest in science began young she said. "I have always been interested in science, but particularly the natural world," Dr. Rowe said.

"I always loved animals and wanted to become a veterinarian, so I thought I would go into biology," Dr. Rowe said. "But, I soon realized that I couldn't dissect anything without getting lightheaded, dizzy, and sick so becoming a veterinarian wasn't going to work out."

"Then one day I looked into a microscope at a piece of moss, just a little green leaf when you looked at it without the microscope. When you look into a microscope you could see this little world that was alive. That's when I knew I was interested in microbiology and the microbial world,"

said Dr. Rowe.

People who are interested in science have the ability to become involved in science, Dr. Rowe said.

"There's nothing gender specific about being involved in science," Dr. Rowe said. "However, teachers need to tell their students that it's OK, even if you get it wrong the first couple of times."

Both Dr. Bozym and Dr. Rowe said they have some advice for women who are involved in science. Dr. Bozym said you have to be self-confident, try not to be emotional, stick with each other, and most of all help each other out.

"I've seen women in science attack each other and we don't need any of that," Dr. Bozym said. "We need to support each other instead."

Dr. Rowe said, "You need to be willing to work really hard, but don't give up who you are because that isn't worth it."

Student represents La Roche biology department

BY MEGAN POLAND
ASSOCIATE EDITOR

A senior biology major represented La Roche College at a conference held by the Allegheny Branch of the American Society for Microbiology, or ABASM.

Jesse Marweg presented his research poster in a one-on-one setting to conference attendees on Nov. 7 and Nov. 8 of last year. The meeting took place at Lycoming College in Williamsport, Pa.

"Our annual meeting is very student-focused," Dr. Gail Rowe, a La Roche College biology professor, said. "We encourage students, whether it's graduate students or undergrad, to present the research they've done."

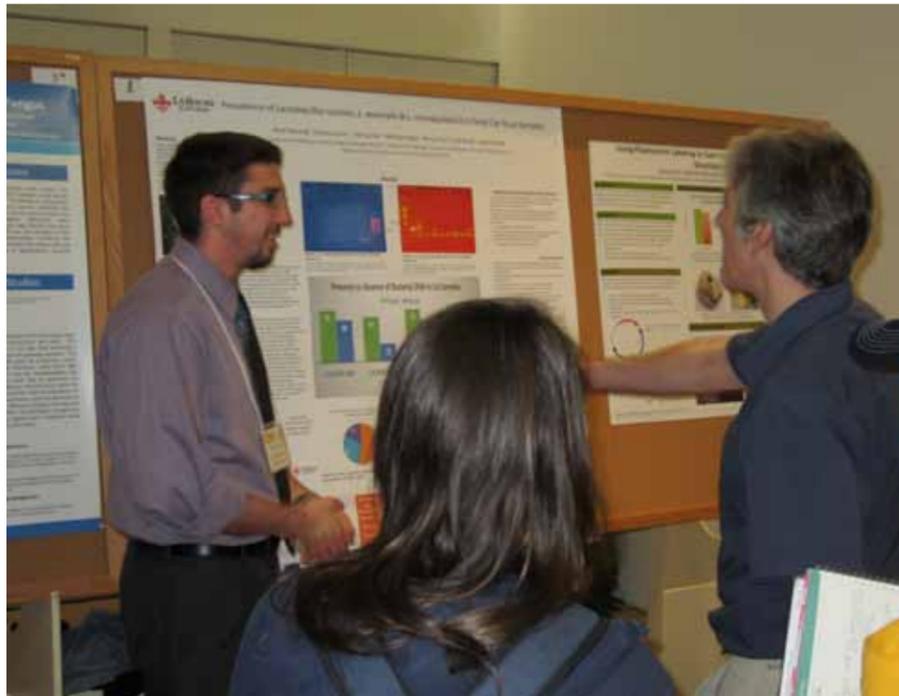
"Anyone who is a serious scientist needs to be able to talk about their research," Dr. Rowe, the councilor for the ABASM, said. "The student also gets experience making an oral presentation or the poster presentation, a skill that is also important."

Dr. Rowe said that presenting at a conference such as the ABASM looks great on resumes and takes science graduates up a notch.

"We were doing a broad look at the different microorganisms that are present in the microbiota of the gastrointestinal tract of felines," Jesse Marweg, a senior biology major, said. In other words, they analyzed the DNA in feral cat feces. Feral cats are cats that used to be domesticated pets, but now live in the wild.

"It was fun," Marweg said. "It was a great experience to be from a small school and go to a microbiology conference, get exposure, and do a little networking."

Marweg admitted, "It was a little bit nerve-racking trying to remem-



Jesse Marweg presenting his poster to ABASM conference attendees. © GAIL ROWE

ber all the facts."

He said there were about 30-50 posters set up around the auditorium in Lycoming College, where the meeting was held. "People just wandered around and would stop at different posters to ask questions," Marweg said. The senior said it made it a lot easier to present that way instead of presenting to a full auditorium.

The biology major said he was able to talk to keynote speaker Dr. John Stolz, a professor and the director of the Center for Environmental Research and Education at Duquesne University.

"He did research on fracking and the metabolism of arsenic, which is a poisonous substance," Marweg said. "It was pretty cool to hear him speak."

Marweg was able to gather his data through his BioSolve class, which is funded by the National Science Foundation. Graduates Deanna Carter, Leah Larkin, and Melinda Sager also contributed to the research.

"There's too much time involved in biology laboratory research for one student to accomplish that much," Dr. Rowe said. "But in a group they can do more."

Dr. Rowe said the goal of BioSolve is to give biology students the opportunity to publish their research. "A lot of students might do research but don't have enough data or it's not of enough quality that they could take it to a presentation," Dr. Rowe said.

According to Dr. Rowe, La Roche College introduced the BioSolve pro-

gram in 2008. The biology professor said that BioSolve is a two-semester course designed for upper-level biology students to do novel research—research that discovers something previously unknown.

Dr. Rowe said, "Some students who have taken BioSolve in their junior year have then gone on in their senior year to do additional research. That is the case with Jesse Marweg."

"It was a good experience by myself because sometimes it's just going to be me presenting my own work," Marweg said. "You need to practice being your own presenter."

"They're learning what it means to be a real scientist. They do everything a scientist would do from developing their own ideas, reading about it in scientific literature, giving presentations, and doing actual experiments," Dr. Rowe said.

"What people at Duquesne University, the University of Pittsburgh, Penn State University, or other institutions think of us matters when our students apply for graduate school or for jobs in their research labs," Dr. Rowe said. "It raises awareness about the quality of training our biology majors get."

Dr. Rowe said that having a program like BioSolve and having students present their research at conferences raises the La Roche biology department in the minds of area institutions.

"We are doing good research. We are offering extra opportunities to students that want to do the work," Dr. Rowe said.

The poster Marweg presented is hanging in the Science Center biology hallway.

Organizations

The La Roche Courier - February 2015

SGA checks items off their to-do list

By SARAH REICHLÉ
EDITOR-IN-CHIEF

From team building to community service to providing activities for the student body, La Roche's Student Government Association has been busy.

President Jessica Finke and Vice President Robert Patterson made goals at the beginning of the year and have been checking off their list.

Their goals consisted of creating more community service opportunities, enforcing community service in clubs and organizations, and getting commuters involved, said Finke.

Finke said, "When Rob and I were first thinking of goals we looked at La Roche's motto, 'to light through love,' and what better way to do that than to help others?"

According to Patterson, the SGA has participated in events hosted by SGA members' high schools. He said they helped out at a spaghetti dinner fundraiser that benefited a high school volleyball coach battling cancer.

"It's about being out in the community," said Finke. "We also held a 5K here during healthy La Roche week, which was sponsored by Student Government, and we raised money for the North Hills Community Outreach through that."

The SGA also helped hang banners at a church event.

As for trying to get commuting students involved, SGA hosted an event in which commuters were given free doughnuts and coupons for the dining hall. Finke said that if commuters could eat with other residents they would feel more integrated and would be given the opportunity to meet new people.

"We also expanded hours for entry into Bold so they could enter and go to the Bold Union Room when events were held," Finke said.

Finke and Patterson said their board members are pretty consis-

tent.

"For the most part they do their responsibilities and go above and beyond what I personally expect for their individual positions," Finke said.

Robert Patterson added, "Ricky George is the new Director of Activities and I think he is doing a great job with doing a lot of different stuff than Jess did last year instead of kind of piggybacking off of her. They hold the same events that were really popular but he has come with a lot of different ideas."

Because of the great dedication and one board member going above and beyond, the SGA president awards one SGA member with a gift card or small gift for their extra effort.

Finke said of board member Ana Paula, "Last year, Joe Dwumfour kind of revitalized Club MOSIAC and had some activities, but Ana has really done a wonderful job with that. I know she is a busy girl and she's really holding a lot of events."

Finke said there are times when board members get lazy.

"I mean working with any group of people you're always going to have people who occasionally will slack off. I mean we all do it. We are busy, we are college students, but for the most part our board has done a good job and I'm pretty proud of them," Finke said.

The SGA has attended two conferences so far this year.

Finke said, "Since I was on Student Government usually the goal is to attend one conference per year. So that being said we have attended two."

Since the majority of board members are seniors, another goal for Finke and Patterson is to focus on the younger members on the board.

Finke said, "I have noticed a big

difference from the beginning of the year to where we are now. The freshmen that are on the board, they are doing much more. Many more projects and they are starting to transform into leaders."

The younger board members have also been encouraged to attend leadership conferences, she said.

"Robby is taking a group to New Jersey at the end of the month for student government and leadership training," Finke said.

As for student body involvement, Patterson and Finke are pleased with attendance levels.

Patterson said, "I think it is always a struggle to get people to attend events. Especially because how small the school is and how many commuters there are, but we are pretty pleased with attendance."

Patterson and Finke said they love to give back to the student body and try their best to help in any way that they can.

Finke said, "If it is something we see as an issue and an issue among other students, we see that it is resolved."

The SGA board recently helped get the Bold Hall dryers fixed as well the water bottle refill station in Schneider fixed.

Patterson said, "It also helps to get feedback back from student body and board members."

Finke commented on how difficult it is to know what the student body likes and wants.

She said, "As the former Director of Activities you never know what the students want and you sometimes think, 'oh, they would really like this event' and it could be the opposite. But for the most part things pull through and we do have decent numbers of people attending events."

Finke and Patterson said the

cafeteria food is always a problem among students. They also said it is hard to help the student body when they complain about something and do not give reasons for their dislikes.

Finke and Patterson discussed wise words of David Day, the Director of Student Development. Patterson quoted David Day and said, "If you are going to complain about something you have to have a solution."

Patterson added, "Don't just cut something down and say it's stupid or wrong. Come up with a solution."

Finke further explained, "So if the issue is I hate the food: Well, what do you hate about the food? What do you want from the cafeteria?"

This semester the SGA board is currently working on their Student Government gift and planning a MDA muscle walk to raise awareness about muscle disease and fundraise for the cures to these diseases, Finke said.

The SGA gift is still in the works, said Finke.

Student Government gift has not completed their plans for last year's SGA gift. The plan was to have an outdoor basketball court behind the gym.

These plans are still in the process of being worked out, they said.

The SGA President and Vice President said they have other duties that take place behind the scenes.

Finke said, "We also do a lot that the students don't know about. We have to meet with the Board of Trustees and all sorts of people who are higher up in the college to discuss major issue."

This year, the SGA has approved some clubs including the Library Advisory Board, National Leadership and Success, and the Asian club.

Interested in writing, layout, or photography?

The La Roche Courier needs writers for news articles, feature stories, sports coverage, and entertainment. Photographers, illustrators, and page designers are always wanted.

If you're interested in joining our staff, please contact Sarah Reichle:
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Lent

The La Roche Courier - February 2015

What are you are giving up for lent?

BY SARAH REICHLER AND MEGAN POLAND



NAME: JUAN MANUEL DAMA BIANCHI
MAJOR: COMMUNICATIONS
AGE: 22
WHAT? NOTHING. NOT RELIGIOUS.



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NAME: SARAH VORSHECK
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AGE: 21
WHAT? GIVING UP DAIRY.

NAME: JESS FINKE
MAJOR: EDUCATION
AGE: 21
WHAT? I GAVE UP
SWEETS. I DON'T KNOW IF
I CAN EVEN DO IT.

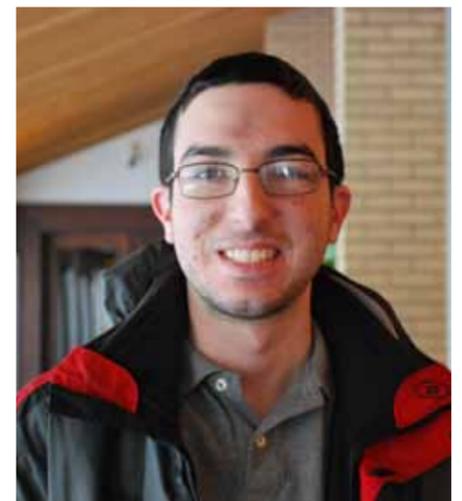
NAME: CHRIS MATONE
MAJOR: FILM
AGE: 21
WHAT? NOTHING.

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NAME: FEDERICA RIEDEL
GONZALEZ
MAJOR: GRAPHIC DESIGN
AGE: 18
WHAT? SODA.

NAME: OLIVIA NOGAY
MAJOR: COMMUNICATIONS
AGE: 22
WHAT? HAVEN'T THOUGHT
OF IT. I'M PROBABLY NOT
GOING TO GIVE STUFF UP
BUT I THINK I'M GOING TO
PRAY MORE.

NAME: ERIN DOUGHERTY
MAJOR: MAGAEMENT
AGE: 21
WHAT? I DON'T KNOW YET.




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