



## Students reveal how often they get high

By MEGAN POLAND  
ASSOCIATE EDITOR

Does La Roche College have reefer madness? A recent survey finds that 34 percent of La Roche students have tried smoking marijuana. One out of four students said they smoke marijuana at least once a year.

The Courier conducted the survey to determine how many LRC students have smoked marijuana and how many regularly get high. The Courier distributed 100 surveys to 55 women and 45 men in February.

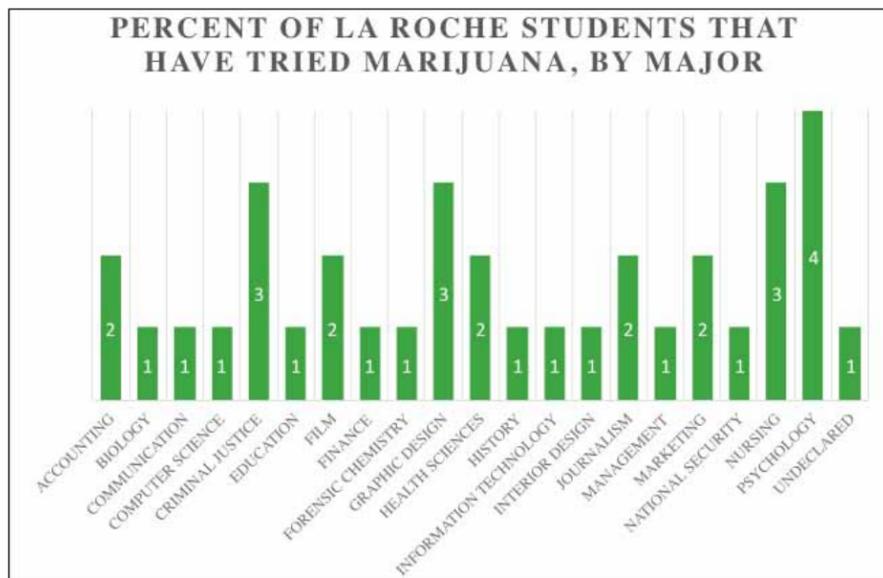
Since marijuana is illegal in Pennsylvania, sources' names will not be used.

The data from the survey comes from: 10 graphic design majors; eight communications, computer science and undeclared majors; six criminal justice and journalism & professional writing majors; five biology and psychology majors; four film, interior design, marketing and nursing majors; three health science,

history, information technology and management majors; two accounting, biochemistry, chemistry and finance majors; one biology with forensics, education, forensic chem-

istry, international management, liberal studies, math, national security studies and sociology major. The majors that have tried marijuana are listed in the figure below.

JUMP PAGE 10



## Slow down!

The speed bumps are back in action, accompanying warmer weather



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## Student body elects new SGA officials

By SARAH REICHLE  
EDITOR-IN-CHIEF

Seven votes made all of the difference to the newly elected SGA president and vice president.

Brandon Rodriguez, SGA president, and William Corley III, SGA vice president, won their positions by just seven votes. A total of 283 students casted their vote for the election.

Rodriguez and Corley said they both wanted to run because they wanted to be more involved with school events.

"It was something I aspired to do when I first came to college. At first it was kind of like 'hey, I bet I'll be president one day' and when this year rolled around it was actually an

obtainable goal," Rodriguez said.

He added that he was really secluded in high school and didn't have much to do with his school. Rodriguez further discussed why he wanted to run.

He said, "I wanted to have an impact on other people. I like when people look up to me. It gives you a

## Finals = stress

By SYDNEY HARSH  
SCIENCE WRITER

With finals right around the corner, student's stress levels begin to skyrocket.

Finals week is extremely stressful because all of our finals are in the same week, Jessica Seng, a sophomore biology with forensics major, said.

"I get extremely frustrated and nervous for a single test and usually stay up the entire night before. Back to back days of testing wears my sanity thinner than it already is," Seng said. "I understand that this is just the way college operates and thousands of people have done it before me, but it is not an ideal situation that I am forced into every semester."

Candace Tabrosky, a senior graphic design student, said she agreed with finals week being stressful.

"There's no way to get away from stress during finals week," Tabrosky said. "Deadlines don't stop for stress and your workload is tripled."

Seng said, "During finals week, things are very hectic with professors slamming you with projects they should have given you earlier in the year, last minute papers to write, and large sums of information you need to memorize for the final exam."

We shouldn't stress too much about finals week though, Veronica Russo, a sophomore finance major, said.

"Stressing doesn't help when it comes to work. In order to be successful," Russo said, "one must conquer one task at a time and take their minds off of all the other work that needs to be done. Stressing does nothing but shrink your ability to succeed."

For students at La Roche, time is another factor in the stress of finals week said Seng.

"I don't have the time to get as much studying in as I would like," Seng said, "let alone take some time to chill and relax for a few minutes."

Seng said, she listens to music when she studies because that's the only time she has to dedicate to leisure activities, such as listening to music.

JUMP PAGE 3

# Clubs

The La Roche Courier - May 2015

## Students reactivate AITP organization

BY MEGAN POLAND  
ASSOCIATE EDITOR

Two La Roche students reinitiated the college's Association of Technology Professionals chapter and have received positive responses.

Justin Bakow and Peter Biernesser took the steps to make the AITP chapter more active with the help of their now-faculty advisor, Michaela Noakes. Bakow, a junior, is the president of the chapter and Biernesser, also a junior, is the vice president.

"The chapter was already a thing here at La Roche before myself and Justin [Bakow] got involved. Over the last few years, we've been fairly inactive," Biernesser said. "With Justin leading the charge, myself in-

cluded, we brought this thing back to life."

The organization isn't just for Information Technology majors and minors, Biernesser said, but is open to anyone that's interested in the field or networking.

Biernesser said 13 students went to the first AITP meeting and that about eight others said they were interested but couldn't attend.

The chapter met for the second time on April 24, featuring guest speaker Chris Carmody. Carmody works at UPMC as an IT Executive and spoke about his experiences in the field.

"He's actually going to be teach-

ing in the Master's program that Dr. Archer recently got approved," Biernesser said.

Biernesser, who dual majors in Management Information Systems and Business Management, won a scholarship through an AITP essay contest.

"After doing some research on it, I found the direction I thought the prompt was asking and it seems that other people enjoyed it," Biernesser said. "It was about the future of 3D printing."

The AITP vice president continued, "I saw that they were printing artificial body parts for people like amputees and kids that were born

without limbs and wounded veterans. I thought that was awesome. Being that [artificial body parts] are so expensive right now, 3D printing can print them for next to nothing in comparison. It could be even one third of the cost."

Although he wrote a winning scholarship on 3D printing, Biernesser, who also has a minor in Information Technology, said he has never used one but would like to.

To find out more about the La Roche chapter of AITP, check out the Association of Information Technology board on the second floor of the Annex Building, or contact the faculty advisor, Michaela Noakes.

SGA, FROM PAGE 1



Corley and Rodriguez pose for their campaign posters.

© WILLIAM CORLEY III

with a lot of different clubs. I was intrigued by student government in high school, although I never did it and this year rolled around and I decided to go to meetings to see what it was like," Corley said. "As far as wanting to be in charge, I wanted to really make an impact and wanted to be a voice for the student body."

He added, "Being that our school is so diverse and seeing that there's

really not a person of color on the board I felt that by going for it, that I could be a face or a representation of our school's diversity."

Rodriguez and Corley have few starting goals. They said they would like to have a long term sexual awareness program, change the amount of print credits a student is allotted, and get the courtyard between the Annex Building and library renovated.

They said they would like to create a sexual awareness program that will go beyond the college's sexual awareness week in February.

The program "will be an ongoing conversation, letting the students know that the resources are there and letting them know they are available," the newly elected VP said.

The new leaders proposed a solution for the problem interior and graphic design majors face every semester. Graphic and interior designer majors tend to run out of print credits way before the semester is over.

"I personally know a lot of designers and they pay out of pocket so much for supplies and programs and stuff like that, and on top of that have to pay for print credits," Corley said. "They get 50 dollars a semester but one project could cost them fifteen, twenty or thirty dollars."

He added that design majors often ask their friends to use their print credits.

Rodriguez interjected, "Another problem with that is to get print credits from other people they have to get their user name and password, which is a security breach that shouldn't need to happen."

He continued saying some faculty members disagree with giving design students extra print credits because it is unfair to non-design major students.

Corley proposed a solution: "I think they should opt in to getting more up front instead of having to pay for it out of pocket," he said.

He elaborated his proposal by saying that every student should be able to pick the amount of print credits they want to have, just like how resident students choose their meal plans during room selection.

They said they plan to work on making this happen.

Rodriguez and Corley said they also plan on fixing up the courtyard that can be seen from the CAD labs underneath the library.

"As you can probably see, it's really overgrown and ugly right now," Corley said. "That's something I wanted

to do even before I considered running for vice president."

Corley said he pictures people eating out there and hanging out surrounded by nice plants and flowers.

Major issues that the SGA board is annually faced with include the cafeteria food, parking availability and the heating and cooling system.

Rodriguez said, "Pitt has a lot of variety of food but the quality of food here is better."

Corley and Rodriguez said that in order for the food to get better, students must voice their opinions explaining what they don't like about the food, as well as offering solutions to improve the menu.

Commuters continually complain about the lack of parking spaces.

Rodriguez stated, "There is actually a lot of parking spaces, behind the barn and there are spots up by the baseball field that go unused. I think it comes down to the matter if people want to walk or not."

Rodriguez and Corley said they plan to address heating and cooling issues by possibly having the system switched over sooner.

They said that students, faculty and staff need to be vocal when it comes to wanting to change something.

"What people need to realize with SGA, or even with real politics, is that nothing is going to change unless people want the change. So if, for example, I wanted to change the cafeteria food, I myself can't do that. I need students or I need people to be vocal and we need everyone to come together to form a combined goal for change and it's different than people just complaining about the food," Rodriguez said. "If they are vocal about why they don't like it, what they don't like about it and what else we could do. That's what inspires real change."

Corley stated, "Students do have a voice and if they can constructively criticize and offer solutions then things will change."

# Psychology

The La Roche Courier - May 2015

## How actions speak louder than words

By SARAH REICHLÉ  
EDITOR-IN-CHIEF

Psychology Professor Janet Gates said actions speak louder than words.

"Think about all of the different gestures that might indicate something," she said.

Nonverbal communication includes things such as facial expressions, eye contact, body movement, intonation and fluctuation of speech, she said.

"We are all pretty much tuned into nonverbal communication. It's something we do automatically. We're not even conscious of it," Gates said.

In order to explain the ways in which we read nonverbal communication, the infectious psychology professor provided visuals of different situations.

Similarly, psychologists use the same method to study the dynamics of body language and how much we can read into a situation without using or hearing words, she said.

Gates excitedly elaborated, "This is interesting because when psychologists have looked at nonverbal communication they have shown subjects, people that are participat-

ing in their experiments, pictures like this and from the pictures we are good at reading situations. People can estimate as much as well what is going on in situations as the people who are actually hearing the conversation."

Researchers have found that verbal communication carries less than 35 percent of the social meaning of a situation, she said.

"Facial expressions are usually the first thing that we notice about another person and there are so many facial muscles that it sort of makes sense to read a person's face to obtain a message," she said.

The child development teacher said, "Babies love to look at faces."

She added, "Babies are born with the ability to detect basic emotions."

They can detect each of the facial expressions that are universal. These include happy expressions; sad expressions; disgusted expressions; surprised expressions; angry expressions; and fearful expressions, she said.

"These are hardwired but there are different cultural patterns in terms of when they are expressed,"

she explained.

She gave the example from a Japanese cultural perspective.

"The Japanese people make a happy face even when they are telling you no," she said.

Eye contact and other gestures take on different meanings cross culturally as well, she added.

"The eyes are the windows to the soul," she said.

We often see people who wear sunglasses as aloof and intimidating, she said.

Gates added, in much of western culture, we view a person who does not give eye contact as untrustworthy, she said. But in other cultures it is rude and not acceptable to give eye contact to people of higher authority.

Emotions are universal unlike gestures that differ in meaning cross culturally.

She asked, "If emotions are universal then why is it hard to understand what another person is conveying?"

The vibrantly dressed professor said, "Sometimes our language and our body language are not the same.

In other words in a channel discrepancy, the verbal message does not match the facial expression or the body expression."

People defined as internalizers are good at hiding the emotions they are feeling. They have good poker faces, she said.

Externalizers are easy to read. Their facial expressions match up with their verbal communication and thoughts, she added.

Dr. Gates used the example of actors to stress the importance of nonverbal communication.

"Sometimes they don't rely on words," she said. Their body language expresses the message more than their words.

She further explained the importance of nonverbal communication, "Your brain is already picking up lots of this stuff, you're just not always aware of it. There is something called implicit memory and what it is doing is sort of unconsciously processing this stuff and if you make it conscious you can make it work to your advantage."

### STRESS, FROM PAGE 1

Dr. Liberto, a nursing professor, said stress is very harmful to our bodies.

Erin Dorsch, a mental health therapist in the office of counseling and health services on campus, said, "Too much stress in the short term can lead to headaches, stomach problems, changes in appetite, and changes in sleep."

"Short periods of stress can often be managed but long term stress can lead to chronic physical, psychological and social problems," Dr. Liberto said.

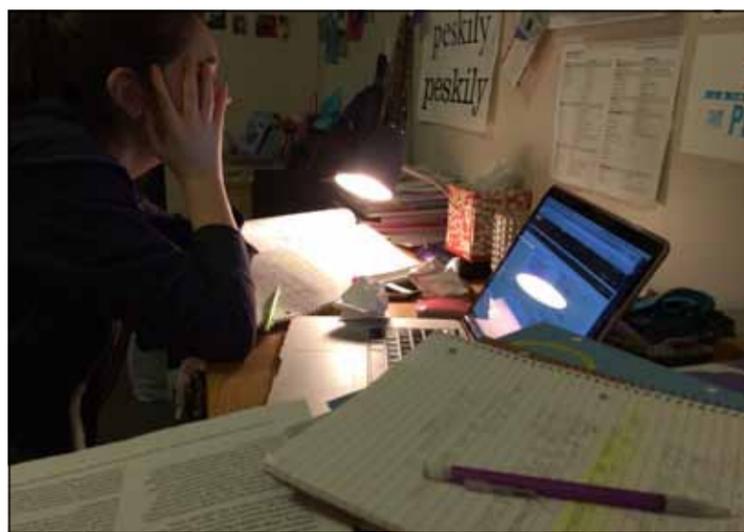
"Long term health problems from stress on our bodies lead to heart disease, high blood pressure, changes in appetite, anxiety, immune system issues such as ulcers, fatigue and sleeping problems," Dorsch said.

"I was just at the doctors the other day because I've not felt like myself for the last month and I had to figure out why before hell week," Tabrosky said.

She said hell week is designer's week, which is two weeks before finals week. She also said that hell

**"Common symptoms of stress include dry mouth, difficulty sleeping, concentration difficulties, headaches, changes in appetite, cold feet, clammy skin, and chills"**

- Dr. Terri Liberto



*A student stresses out over writing papers and studying for final exams.* © SYDNEY HARSH

week cuts out a lot of designing time that they should be given before finals, which creates a lot of stress.

"Stress is forcing me to be light-headed because I'm staring at a computer screen for excessive hours," Tabrosky said.

Some physiological responses to stress, Dr. Liberto said, are increased heart rate, blood pressure, breathing and metabolic rate.

"More common symptoms of stress," Dr. Liberto said, "include dry mouth, difficulty sleeping, concentration difficulties, headaches, changes in appetite, cold feet, clammy skin, and chills."

However, chronic stress can lead to depression, Dr. Liberto said.

Tabrosky said, "Stress goes hand in hand with depression, which forces the body to show negative sides. You don't want to eat, interact with

people, or do anything."

Chronic stress can also lead to anxiety and problems with social functioning, Dr. Liberto said.

There are a couple of different ways to cope with stress, Dr. Liberto said, such as a positive attitude, talking with friends, spiritual resources, progressive relaxation or guided imagery and exercise.

Dorsch said, "Some healthy ways to cope with stress can be to communicate your needs clearly to the people around you. If you are having a difficult time then ask for help from the people around you. Use your support network."

Dorsch also said to concentrate on the present and be in the moment because thinking about the future or the past can wait since they make our stressors feel even worse.

Seng said that if she were to give

one piece of advice about dealing with the stress of finals week, it would be to do as much as you need to do to make you feel comfortable and prepared.

"It is only as stressful as you make it on yourself; if you study properly throughout the entire semester, then everything would be a breeze," Seng said. "But we are all a bunch of lazy teenagers, so when stress hits the stress levels skyrocket."

Russo said that her piece of advice for surviving the stress of finals week is to breathe and paint your nails, even if you're a guy because she said she heard it helps regulate stress.

Another way to cope with stress, Dorsch said, is to understand that you are stressed out and let yourself be OK with the amount of stress you are attempting to tackle and to not to let the guilt get the best of you. She also said to be realistic about what you can achieve during finals week and the amount of work that you have to get done.

One more way to cope with stress is to regulate your meals everyday Dorsch said.

"Eat smaller meals each day several times a day, overeating or undereating will make you feel worse," Dorsch said.

Dorsch added that it is also important to make time to relax each day and exercise for 20 minutes, three times a week.

However, if the negative feelings or symptoms do not go away, it is important to seek counseling or help from a family doctor, Dr. Liberto said.

# People

The La Roche Courier - May 2015

## Basketball player scores 1,000th point

BY SARAH REICHLÉ  
EDITOR-IN-CHIEF

**T**he feeling never goes away," LaShauna Brothers said describing the experience of scoring 1,000 points.

Brothers, a senior basketball player at La Roche College, scored her 1,000th point on Wednesday, February 11, 2015, becoming the ninth Lady Redhawk to do so.

"I'm the ninth person to score 1,000 points and I'm third on the all-time leading scorers list here; that's what my coach told me," she said. She also scored 1,000 points during her high school basketball career.

She started playing basketball in fifth grade at New Castle. She said she does not know exactly why she started playing.

"I honestly don't even know. I literally just woke up and was playing. Seriously, it sounds crazy, but it's really the truth."

Brothers is a transitional player, playing both as a forward and a guard.

"I'm more so 15 feet to 18 feet shots and layups but I can shoot threes, too," she said discussing her best shots.

Demetria Coleman, Brothers's teammate, said she is "aggressive and determined to score." She added that Brothers is more on the offensive side and has averaged double digits every game.

Coleman's favorite memory with her fellow senior was winning the AMCC Championship, she said.

Brothers put up 32 points against Eastern Mennonite University in the first round of the NCAA Tournament. She started as a forward during that game.

"When we went to the NCAA tournament we ended up losing by one. I had a good game but it doesn't really matter because we still lost," Brothers said.

The self-described offensive player hit 13 of the 21 shots she took during the heart breaking loss in the first round of the NCAA Tournament. She also recorded nine rebounds.

Brothers said that the Lady Redhawks could have beaten Eastern Mennonite.

She said, "We lost by one."

She added that the referees were bad, even though she said she does not like to blame them.

Brothers elaborated further, "The



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*Basketball player LaShauna Brothers scored 1,000 points in her high school career and, now, her college career.*

announcers were even saying 'wow.' We did get cheated but there's nothing we could do."

The boys were not so lucky. Their conference record was 1-24, with a losing streak of 20.

"All I know is I couldn't be them," said Brothers. "But they are way better than what their record was."

She said she does not know why they did not have a better season.

"I don't know what goes on between their team just like they don't know everything that goes on between our team," Brothers said. "I just know the girls' team, we stick together."

The 21 year-old further described her team. "They are my family," she said.

The 5-7 New Castle native said her head coach, Kam Gissendanner, was caring.

"She has a lot of passion for the game. She played basketball, too," the sociology major added. "[Gissendanner] cares about you on the court and off the court."

Brothers said her coach would describe her honestly. "I mean whatever she would say about me would be the truth either good things or bad things," she said.

"I'm fun to be around, but everyone can have a good and bad side. But all around I'm a good person," she said.

Brothers quoted the saying 'don't

judge a book by its cover.' She said people may judge her by her appearance.

"I feel like a lot of people, before they actually know me, think I'm a mean person and that's not the case at all," she said.

Classmates of brothers described her personality.

Amanda Dugan, a sociology student, said, "She is pretty laid back and down to earth. I would say that she has a goofy side to her, too."

Kaitlyn Koontz, a sociology major and fellow classmate of Brothers said, "She is very outspoken when she needs to be. She is very bubbly and approachable it seems to me like she approaches life with a whatever happens, happens attitude."

Dugan added, "She has worked hard to get where she is today, and basketball has been a big part of her success."

Brothers is not one of the captains of the Lady Redhawks but she is a team leader.

"Everyone can be a leader. Everyone can lead in different ways," Brothers said. "I can explain or lead by example."

The senior said one of the reasons she majored in sociology was because of her drive to help people.

"I wasn't interested in anything else and I also like to sit around and help people with their problems. I'm interested in helping," the experienced basketball player explained.

She said it is sometimes hard to balance school and playing basketball during the season.

"It's time consuming being a student athlete. School does come first but you don't always want to abide by that," she stated.

She said having teammates in class with her makes the class more comfortable.

"She is also very shy and she does not like to talk in front of the class. You really don't even know she is in class because she doesn't talk much," said Koontz.

Dugan, a fellow sociology major, said, "Having class with her is always interesting, especially when she randomly chimes in."

She said she chose to attend La Roche College mainly because of basketball.

"It was a last minute thing. I was

playing basketball and I didn't know where I wanted to go. My coach freshmen year was calling me and everything and I kind of just made a decision. They made championships and won and that's what I was used to I high school," the sociology major said.

One of her biggest pet peeves on the court is when people are lost and don't know what they are doing, she said.

Brothers also admitted that she was a little nervous before some games.

The senior starter describes basketball as intense. She said, "You've got to have heart and at the end of the day you got to have fun. To me it's a fun sport, but I've been playing all of my life."

**"Everyone can be a leader. Everyone can lead in different ways. I can explain or lead by example"**

**- LaShauna Brothers**

Last year, she sustained an injury during regular season. She strained her hip flexor and was out for a couple games because of it.

She was a starter in her sophomore year, started on and off in her junior year and was a starter her whole senior year.

The Lady Redhawk said her favorite thing to do when she was 10 years-old was having fun being with her friends and family. Brothers has three sisters and one brother.

Her heroes are her mom and grandma, she said.

The 21 year-old elaborated, "They were single parents and they never gave up and just kept working hard."

She added that their support was very important to her success. "When you have support it makes everything easier," Brothers concluded.



# Faculty

The La Roche Courier - May 2015

## A peek into a science professor's brain

Meet Dr. Bozym, a chemistry professor at La Roche College — and an LRC alum.

BY SYDNEY HARSH  
SCIENCE WRITER

It's easy for Dr. Bozym, a quirky La Roche College graduate and chemistry professor, to describe a typical work week.

"I come in, check my email, respond to the 50 emails that I received since midnight, print out lecture outlines, review my lecture outlines, grade papers," Dr. Bozym said. "I also have my office hours where students can come in and get help. And then I go and teach."

She also said there are meetings that she has to go to throughout the day.

However, Dr. Bozym said that it's nice to have some peace and quiet throughout the day.

"For lunch," she said, "I try to hide somewhere while I eat my lunch."

She said the key to making it through her hectic day is trying to find the perfect balance and drinking a lot of coffee.

"It's really just trying to find a balance between making sure that I'm up to speed on what I'm lecturing that day and grading everything," Dr. Bozym said forgetting to upload the quizzes for that day on BlackBoard.

Kendra Seaman, biochemistry major, said, "Dr. B is pretty up to date on how she grades everything. She grades everything pretty fast."

Another student, Jess Seng, biology with forensics major, added, "Dr. B notices when her students put effort into her assignments, and grades them accordingly."

Even after working anywhere from 10-12 hours a day, she said, she brings her work home with her.

"Normally, I'll check my email a little after I get home and then after Stanley [her son] goes to bed," Dr. Bozym said. "Then, I'll work on papers, outlines, or anything that needs to get done for the next day."

Dr. Bozym said sometimes she has to work at a fast pace instead of a slow pace.

"The speed at which I work depends on the deadline. I am slowly making my way through seminar papers, but if I have something due I can hurry up and get it done," Dr. Bozym said. "And I have gotten many comments that I do get things completed and turned in quickly."

She said that she has to be prepared for her day by making priority lists and a list of due dates.

"I also try to get different people to help in different areas that they can help in, and if they are willing to do so."

You can't get overwhelmed, she said.

Dr. Bozym said, "You have to say, 'Alright this is what I have to do and this is how I'm going to do it and move on to the next thing.'"

You also have to know how to

**"You have to say: Alright, this is what I have to do and this is how I'm going to do it"**

- Dr. Bozym

work independently and as part of a team, she said.

Dr. Bozym said enthusiastically, "I like to work both independently and as part of a team because there is a lot of stuff that I could get done quickly and efficiently by myself and part of me likes to be alone."

An example of how she works independently, she said, is when she is doing her own coursework.

She said, "But it's nice to have someone who you can get feedback and ideas from and bounce those ideas off of."

Dr. Fujito, a friend, colleague, former teacher of Dr. Bozym and current chemistry professor at La Roche

College, said, "We pretty much do everything in the chemistry department together. Together we worked on our successful National Science Foundation grant; the design of a new B.S. in biochemistry, for which she is now the program director; we handle chemistry department student learning and program assessments together. It's to the point where I begin a sentence and she knows what I'm going to say before I get to the first comma, let alone the period at the end of the sentence."

Dr. Bozym said if she had to choose a certain type of work environment she would choose a work environment like La Roche's.

"I like this one where my boss leaves me to do what I want to do," Dr. Bozym said, "and he understands when Stanley is sick."

She said that her previous boss did not understand when her son was sick and that it was not fun to deal with.

If her boss was 100 percent wrong about something, she said, she would approach the situation in an understanding way.

"But I just got yelled at, so it

could go either way," Dr. Bozym said laughing. "I'd try to approach it as non-accusatory, if that's even a word. And go for understanding but that doesn't always work when the person is 100 percent behind what they think."

However, sometimes you come across difficult work situations, she said.

"I had a really hard time at Pitt because my boss wasn't understanding much, and Stanley was new, like 3 months or something," Dr. Bozym said. "He had just got all of his shots and he had a high fever and everything. So, I stayed home."

She said her boss sent her a bunch of emails and called her quite a few times regarding her absence.

"I got yelled at and she told me that my husband should be the one staying home, and that he needs to take off work and not me," she said.

She said with a situation like that one just keep your mouth shut and let it blow over. "So a lot of times I'll try to let it blow over because reacting when you're angry is probably not the best thing," Dr. Bozym said.

She said if she did not attend La Roche for her undergraduate degree she would not be where she is now.

Dr. Fujito proudly said, "As a student, she was very thorough, didn't miss anything during a lecture or in lab, and was always at the top of her game. As a professor, she is very thorough, doesn't miss anything when she lectures or designs lab experiments, and is always at the top of her game."

"I chose to go to La Roche because it was small like my high school and I got a lot of money because of my SAT scores," Dr. Bozym said. "So money was a determining factor."

She said La Roche opened up a huge window of opportunities for her.

"My professors by my senior year really knew my personality, knew my capabilities, they could push me and they knew that I needed to go to grad school. So, they were the ones to push me to go to grad school," Dr. Bozym said.

"It was difficult to go from a small school like La Roche to a big school like the University of Maryland for grad school because they don't think that small schools do a good enough education," Dr. Bozym said. "But, luckily there was someone on the committee who went to a small school for undergrad as well, so he thought that it was a great opportunity."

She was able to get a lot of opportunities while she was attending La Roche, she said, that prepared her for her future and where she is now.



Dr. Bozym earned her bachelor's degree at La Roche College, where she now teaches full-time.

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# Entertainment

The La Roche Courier - May 2015

## Bodiography students, dance majors, guests perform at annual Spring Gala

*Maria Caruso, director of dance at La Roche College, sponsored the event Friday, April 24.*

*Below, students of all ages from the Bodiography Center for Movement Contemporary Company performed Tchaikovsky's Danza dei Fiori, or Waltz of the Flowers.*



© MEGAN POLAND PHOTOS

*Right, Belle Voci provided music for the dancers. Craig Cannon conducted the choir during their performances of Laudate Pueri and I Will Be Earth. Belle Voci is a women's choir based in Pittsburgh, Pa.*



*Right, La Roche College dance majors Valerie Szypulski and Kaitlyn Tagliaferre perform to the Belle Voci choir singing I Will Be Earth. Belle Voci was the musical guest for the evening.*



Interested in Bodiography? Learn more at [www.bodiographycbc.com](http://www.bodiographycbc.com)

To learn more about Belle Voci, visit [www.bellevocipgh.com](http://www.bellevocipgh.com)

## Bestselling author talks about growing from failure, writing from the heart

BY RITA VINSKI  
ENTERTAINMENT EDITOR

New York Times Best Selling Author and Oprah Book Club pick Tawni O'Dell visited La Roche College to discuss the ups and downs of her writing career.

O'Dell explained that she didn't want to talk about the research process of writing.

"I want this to be purely entertaining and talk mainly about me," she said. "I won't talk about novel structure."

The Oprah reviewed author explained that she doesn't follow a certain writing structure or process; she just writes.

"This may be surprising but I have no idea how to write novels I just do it; I just write," she said.

O'Dell explained that one of the main reasons that she can write is because she has been a loyal reader.

"My entire life I have been a reader which is step one to being a good writer," O'Dell explained. "You also have to have a good imagination, be good with the written word, and just be a good storyteller."

The author added that her grandfather was a good storyteller and ex-

plained that's where she got the trait from.

Growing up, O'Dell said that she didn't fit in with the normal crowd.

"Growing up I felt that I didn't really fit in," she said. "I was kind of a nerd, all I wanted to do was read and I actually liked school."

O'Dell explained that she never felt encouraged to be smart.

When it came time to graduate, O'Dell explained she wanted to go to Northwestern University for the journalism program.

"My high school guidance counselor actually tried to talk me out of Northwestern because they didn't have a good football team," she said. "I didn't listen to him and went there anyway."

O'Dell thought that once she was at Northwestern she'd find her place.

"Once I got there, I was labeled a Western Pennsylvania redneck. They didn't understand me there; apparently I have a Western PA accent."

The author explained she learned that writers don't really fit in anywhere.

"Writers, artists in general don't fit

anywhere and we should fit in," she explained. "We are the people, the observers of everyone and a writer needs to observe the community as much as possible."

She added that people can't properly observe someone if they're too busy trying to fit in with a certain group.

After graduating, O'Dell said she realized that she hated journalism and fell towards writing books.

"I had some writing jobs at different papers in the area but I immediately started writing," she explained. "I started writing my first novel at the age of 22."

O'Dell explained that during the span of 11 years she wrote five novels and got many rejection letters.

"I have a box in my basement with about 200 rejection letters from my novels in it," she said.

The author explained she realized that she wasn't writing about what she knew, but what she thought people wanted to read.

"I was trying to write novels that would interest people," she explained. "I broke the number one

rule of writing: write about what you know."

After this realization, O'Dell wrote her first book, "Backroads."

"I went from getting rejection letters to receiving 14 letters from publishing companies wanting to publish me," she said. "I was somebody!"

From the success of her first novel, O'Dell said she gained acknowledgment from Oprah Winfrey.

"The night Oprah called me about my book, I almost didn't answer the phone," she explained. "When she said it was her I thought it was a joke."

After talking to Oprah about her book, O'Dell realized she had to re-read her own book, in order to answer these questions for her interview.

"She started firing all these questions at me about my book and I had no idea what she was talking about half the time," she said. "At one point Oprah asked me 'are you really the author?'"

JUMP PAGE 6

# Film Review

The La Roche Courier - May 2015

## Sinatra documentary unravels legend

BY LAUREN VILLELLA

In February 2015, the Sinatra family and Frank Sinatra Enterprises announced “Sinatra 100,” a celebration jam-packed with special events to mark the centennial of Frank Sinatra.

Sinatra is widely considered by critics to be one of the most defining and supreme entertainers of the 20th century.

“Sinatra 100” includes an exhibit, special movie, music and book releases, a centennial concert by Sinatra’s son, Frank Jr., and, most recently, a two-part, four hour documentary entitled “Sinatra: All or Nothing at All.” The documentary premiered on HBO on April 5 and 6.

For Sinatra fans, this lengthy and fantastic documentary is an undisputed dream. Filled with audio clips from Sinatra family members, film stills, family home movies and archival footage of interviews that Frank Sinatra gave throughout the years, it is hard for the viewer to not feel like they are watching a treasure chest of golden memories unfold.

Recently uncovered footage of Sinatra’s 1971 retirement concert in Los Angeles serves as the framework for the documentary. Though he did not really retire – Sinatra was too restless and loved performing too much to fit the mold of retiree – the concert provided Sinatra with the opportunity to sing 11 songs that he considered the most personal and

representative of his life and career. These 11 songs, including “That’s Life,” “Fly Me to the Moon” and “My Way,” serve as chapter titles for the documentary, which was directed by noted documentarian Alex Gibney.

The first two hours of “Sinatra: All or Nothing at All” faithfully retrace Sinatra’s beginnings in Hoboken, New Jersey, his rise to fame with the Tommy Dorsey band, his entrance into the cinema world and the impact that his enormous success had on his family life.

A true highlight of the first part of the documentary is audio clips from Sinatra’s first wife, Nancy Barbato, who is now 98. A famously private figure who has rarely spoken out publicly about the man she was married to for 12 years, it was enlightening to hear her reflections on their early life together and the births of their three children. She is candid about Sinatra’s roving eye, and reflects on encounters she had with the other women in his life, including actresses Marilyn Maxwell and Ava Gardner.

Part two of the documentary focuses on the Sinatra that more people today would be familiar with: the jokester lighting up Las Vegas with his “Rat Pack,” the irresistible charmer squiring the likes of Lauren Bacall and Mia Farrow; and the Chariman of the Board singing out his heart for ‘Old New York.’

The Sinatra that emerges in the documentary’s second half reminds viewers why he is nearly universally loved by one and all: he is the true embodiment of the American dream, a man who grew up near the docks of Hoboken, but went on to become an undisputed legend who ruled Hollywood and Las Vegas with a swingin’ style that will never be duplicated.

Viewers see clips of Sinatra and his Rat Pack pals Dean Martin and Sammy Davis Jr. enthraling crowds at the Sands Casino, and Sinatra laughing it up with the crème de la crème of the political and entertainment worlds. It is hard for the viewer to not wonder if anyone ever had it so good.

Sinatra’s alleged mob ties are given ample attention in the second half of the documentary, as are his relationships with the Kennedys and Reagans, all of which serve to heighten the appeal of a man who truly did have “the world on a string.”

The major cons of the documentary are that the individuals interviewed, including Sinatra’s three children, are heard but never seen, with only a ‘voice of’ caption to identify them. One would have like to have seen the individuals who were interviewed, as it may have added a more genuine, authentic feel to the documentary.

Additionally, the documentary

may have benefited from having a consistent narrator throughout, rather than several voices chiming in without notice; this may have given the documentary a more easily followed structure.

Nonetheless, when tackling a subject as famously multi-faceted as Sinatra, whose 82 years were filled with unrivaled success, devastating lows, incomparable style and timeless music, it is difficult to try to capture every major milestone and event that defined his life.

Gibney should be commended for covering as much of Sinatra’s legend as possible in his four-hour documentary, especially more hidden aspects that do not receive as much attention, like Sinatra’s fierce opposition to racial inequality. Gibney touched on all of the major points in Sinatra’s life, and imbued them with just enough insight to remind the viewer of what they already know, but to present it in an unfamiliar and refreshingly new light.

Few individuals in the history of American popular culture are as admired and revered as Frank Sinatra and, while the documentary does not shy away from his less-than-flattering sides, it is overall a celebration of an extraordinary artist who continues to thrill the world with his talent, class and first-rate style.

## “Boyhood” captures glimpse of memory

BY LAUREN VILLELLA

Few movies capture the essence of life as remembered by the human mind in snapshots and little glimpses, but “Boyhood” does not rank among them.

An unflinchingly honest and real film, “Boyhood” paints a portrait of the childhood and adolescence of Mason, a boy who must grow up with the pain of divorced parents, various situations of abuse and the desire to find freedom within himself.

What undoubtedly makes “Boyhood” particularly unique is its fascinating back story. It was filmed from 2002 to 2014 and followed no specific written script. Though perhaps unintentionally so, as the phenomenal actors – including Patricia Arquette and Ethan Hawke – changed throughout the years, their onscreen characters followed suit, and the reflected changes serve as stunning testaments to the realism of “Boyhood.”

“Boyhood” had an outstanding presence at the 2015 Academy Awards this past February, and it is

easy to see why. An excellent coming-of-age film of extraordinary measure, “Boyhood” infallibly reveals the complexities of human life reflected in the brief snapshots that form an intimate mosaic of the human mind.

There are several themes that reverberate throughout “Boyhood,” and perhaps the most harrowing of these is divorce. Divorce is depicted as a devastating domino effect in “Boyhood,” and viewers witness firsthand the financial and emotional struggles that befall Mason, his sister Samantha and their parents, Olivia and Mason Sr.

First and last the story of a family, “Boyhood’s” gritty realism is woven impeccably through every scene. As the film follows Mason from his childhood throughout his adolescence, the pain and instability that sprung from his parents’ divorce continues to have a destructive presence as his journey unfolds.

Viewers first see young Mason as a quiet child, grappling with gaps in seeing each parent consistently, par-

ticularly his part-time father. He also endures an abusive and explosive step-father, must adapt to a constantly changing home address and learn to make new friends in new schools. Viewers then see Mason morph into a middle and high-school student, an awkward adolescent who lacks proper parental guidance, but has a passion for photography. Mason sees things differently through the lens of his camera, and nurtures an emerging creativity no doubt shaped by the instability and struggle that rocked his early years.

By the film’s end, Mason is off at college in Alpine, Texas, ready to cautiously yet firmly blaze his own path. There is no question that he is hoping that, now that he has full grasp of the reigns, he can leave behind some of the pain that haunted him from factors he could not control.

“Boyhood” was nominated for six Oscars at the 2015 Academy Awards, but the only one of its nominees who was triumphant was Patricia Arquette, who took home the Best Sup-

porting Actress Oscar for her role as Olivia.

“Boyhood” has been met with generally fervent acclaim since its release, and it is likely to maintain its glowing status with critics in the upcoming years. “Boyhood” boasts an exceedingly unique and universal appeal that not even time can dull.

The film provides an insightful portrait of the struggles faced by many modern families today, and, through its snapshots and little glimpses of Mason’s life, depicts with astonishing accuracy the recollections of the human mind. “Boyhood” truly blurs the line between a movie being just a movie – that is, fake, fiction, not real – and a movie striking a chord that does not exist only on the celluloid.

Over a decade in the making, “Boyhood’s” gritty realism and cultural significance makes it timeless, and it has undoubtedly set a standard for future movies that attempt to convey the complexities of the human mind.

# Reflecting on the safety of traveling abroad

BY ALEXANDRA SETCHENSKA

After the events of the past year, many people may be reconsidering their desire for international travel. For those who watch the news closely, getting on a plane may now be a scarier ordeal. As the world seemingly becomes a more dangerous place to live in, perhaps we need to ask if travel is still worth it.

Many years ago, I went to vacation in Tunisia, Tunisia with my family. There, we rode camels on a scorching day, and bargained with a shopkeeper over the price of a drum. We also visited the Bardo National Museum. I do not remember everything about our trip to Tunisia—I was under 10 years old—but I will never forget the mosaics I saw in the museum. Large mosaics of Roman and Greek origin adorned the walls and floors. At the time, I wondered how anyone might have created such a thing. It speaks volumes to me now, how mosaics were able to intrigue me at that age, when all I wanted was to run around and own a pet camel.

On March 18, 2015, many years after our trip, terrorists attacked the Bardo Museum. At least 22 people were killed, mostly European tourists. The place that had created such lasting memories for me as a child, was now also a place of terror and grief. That others, like my family and I, had gathered to observe the beauty of the mosaics, only to be killed, is tragic and unfair.

I did ask myself, after this happened, whether travel is still worth it. If my family and I had never gone

to Tunis, that place would be completely unknown to me. The same can be said for all the other places I have been. In the end, I have concluded that nothing can replace the memories you create for yourself. There is more to travel than simply

experiencing new things; travel can shape you as a person, even as you are surrounded by a completely different culture. There is nothing like hearing a different language

spoken around you, or looking upon the pyramids near Cairo, instead of seeing them on a picture.

Travel provides a wonderful opportunity for us to be global citizens. You can bring your experiences to people that may have only heard of your country. People from other countries are always interested in learning about you and where you come from. Part of La Roche's motto is to "embrace the world," but how can you truly embrace it if you do not know it? How can you truly embrace it, if you have not shaken hands or shared a meal with someone outside of your own country?

In the end, we should not give up our right to experience the world. If you are ever able to travel, take that opportunity. La Roche offers its students wonderful opportunities to travel with their unique Study Abroad program. Their previous trips include England, Italy, Paris, and Guatemala. The program is included in the cost of tuition, so it is up to you to take advantage of it, and start experiencing the world.

**"In the end, I have concluded that nothing can replace the memories you create for yourself."**

O'DELL, FROM PAGE 3



Tawni O'Dell signs a copy of her book, *Coal Run*, for a La Roche student.

© RITA VINSKI

O'Dell said she proceeded to go on Oprah's show to talk about the book.

"I got to be on her show, I got to meet her and have lunch with her and I got to have a book discussion with people from her book club," she said. "At one point during the show, Oprah turned to me and said 'you are a writer!' She's so passionate about writers."

From being an "Oprah Pick," O'Dell went from 13,000 on Amazon to 1.

"She showed my novel to tons of people that probably wouldn't have read it," she said. "I hope that many have continued to read my books."

O'Dell was on the New York Time Best Seller list for ten weeks and made it to number two.

From being on Oprah, O'Dell was

# Travel

The La Roche Courier - May 2015

## Summer to-do list

BY MIKE WEAVER

OUTDOORS CORRESPONDENT

Warmer weather is finally upon us. You can hear the birds, smell the fresh cut grass, and enjoy the warm sunshine during the summer months. Make the most of your summer by spending it outside. Countless activities are available for exercise, sports, and relaxation.

Daily walks outdoors are good for your health and well-being. Around Pittsburgh, countless parks provide beautiful nature trails. Fresh air and the relaxing atmosphere of nature is peaceful and therapeutic.

Ohio Township Community Park, only a few minutes from La Roche, offers a nature trail which spans well over two miles. The trail guides you up and down the slopes of the park, and signs are posted with directions and types of trees in the area.

By walking for only 30 minutes, you can travel well over one mile. Find a local trail, or make one of your own. By incorporating a brisk walk into your day, you will clear your mind and improve your exercise habits. Set a few goals for yourself, such as running a mile or two without stopping. Your endurance will eventually build, and you can continue to set and achieve fitness goals.

Aside from a walk in the park, the outdoors offers a limitless concourse for sports. Choose a sport you wish to play, and develop a league with your friends. Sports such as tennis, soccer, football, basketball, and Ultimate Frisbee are great for exercise.

Every Tuesday, for example, I play tennis with my friends at a local high school. Not only do we improve our skill and exercise, but we make new friends in the process. Eventually, we plan to play other sports, such as basketball and soccer. Blueberry Hill Park in Wexford provides three

baseball fields, a football field, and a sand volleyball court. Bring your sports equipment and spend a day learning and improving your skills.

Finally, spend some time relaxing outdoors. After a day exercising or playing sports at a local park, spend your evening by the lake or in a hammock. Visit your local outdoors store, such as Dick's Sporting Goods or Field and Stream, browsing through the items in stock.

Seek help from an experienced fisherman to learn the basics of fishing. Purchase a tent and spend a night camping outdoors. Build a fire for cooking hot dogs and making S'mores. A peaceful evening spent by a fire or fishing by a lake provides the opportunity for making countless memories.

In your spare time, I suggest you develop a summer to-do list. You can refer to the list over the next few months. Choose activities both new and familiar to you. Whether you choose to take on the outdoors individually or with others, you will, without a doubt, have a pleasant experience.

This summer, I plan to run in a 5k race, skydive, and go on a kayaking, camping, and fishing trip. Tailor outdoor activities to correspond with your interests, and you are guaranteed to enjoy yourself. Introduce your friends to new found activities, and encourage others to join you in your outdoor adventures.

Nature is a place full of new adventures. Take advantage of every opportunity to spend time outdoors. Turn off your television and computer, and enjoy the warm weather. Make the most of the warm summer months by exploring new activities to improve your fitness, make new friends, and enjoy the sights and sounds of nature.

reunited with her 9th grade English teacher that always inspired her to keep writing.

"She reunited us on her show and we've kept in touch ever since," she said.

After the success of "Backroads," O'Dell published four more novels with a fifth coming out in 2016.

"I think the empty nest thing is working for me," she said. "Since my kids are all grown, I can actually write and write and write."

O'Dell said that "Backroads" was introduced to a producer that wanted to transform it into a movie.

"I wrote the screenplay for it," she said. "I would have never thought to write a screenplay for it but I was approached four years ago by Michael Ohoven and said that he'd direct it only if I wrote the screenplay."

In the process of writing the screenplay, O'Dell explained the biggest struggle was compressing the story together.

"You're basically taking a 450 page

novel and turning it into 110 page script," she said. "You have to eliminate a lot."

With the script done, the author explained it has been a four year process to get the financial backing for it.

"Apparently, from what Michael said, we have the financial backing now but the director is being a diva about the movie's needs," she said. "So I don't know if it'll ever actually get made."

O'Dell came to be at La Roche through Sister Rita Yeasted after hearing her speak at an English conference.

"It took us two years to get her here," she said.

Yeasted explained that O'Dell's books have taken her on many rides through the stories of the characters.

"There's nobility in many of her stories," Yeasted explained. "Her characters survive and we learn from them struggling."

# Weather

The La Roche Courier - May 2015

Students from a journalism course wrote the following weather reports on April 16.

BY SARAH TURNBULL

Welcome to Pittsburgh, the city where you can experience all four seasons in one week.

The weather in Pittsburgh continues to show its bipolar tendencies by switching from summer to fall in a grand total of two days.

Earlier this week, Pittsburghers were spoiled with sunshine, blue skies, and birds chirping. Now the city resembles Britain 99 percent of the time. The beautiful spring weather has shifted to cool, dreary, and rainy. It's like listening to Katy Perry before switching to Linkin Park.

Although it's not all bad. It could be worse. It could be like the time when upstate New York had a blizzard in May. At least rain is cleansing. Snow just makes a mess.

Rain has a rejuvenating quality. It helps clean all the pollution out of the air, makes the flowers grow, and washes people's cars. But too much of it just drains you of energy.



© SARAH REICHLÉ

BY SARAH REICHLÉ

Where the awning ends on this dreary drizzling 48 degree day, one will see various things: people racing to buildings and those without hoods try to find something to shield their heads and umbrellas start sprouting outside of doors like flowers; birds chirp and fly through mists of rain and shake off their wet feathers; flowers are damp and feel like wet pieces of paper and touch screens on phones are frozen by rain droplets and beds are way more comfortable; inside buildings, time passes slow and inside cars, drivers adjust the speed of their wind shield wiper blades and heat and air conditioning are not needed; people are relaxing, binge watching Netflix or reading books and everyone's anticipating summer, waiting for that next sunny day to enjoy Rita's Italian ice and if the Pirates played there would be rain delay documentaries on. Spring has taken full effect in Pittsburgh.

BY MEGAN POLAND

The weather in Pittsburgh today is the kind you hate in the summer but appreciate in the spring: a cloudy day with a steady, light rainfall. After a long, cold and bitter winter season, rain is a blessing in disguise. Dead plants are watered back to life—April showers bring May flowers rings true—and cars are miraculously cleaned of dirt. Groups of young students with their hoods up walked home from school with an extra pep in their steps and smiles on their faces despite being in the rain. With an average temperature of about 50 degrees, blissfully ignorant college students wore shorts and open-toed shoes, hopeful for a rare warm and dry day; to their credit, the sun was shining early in the morning. Pittsburgh weather is known to be unpredictable. However, there is one guarantee with the weather: Pittsburgh experiences the full force of all four seasons.



© SARAH REICHLÉ



© SYDNEY HARSH

BY SYDNEY HARSH

As you look outside you try to prepare yourself for the sprint you're about to do from building to building. Thinking about how you're going to try and salvage that newly bought spring outfit you bought the other day. There are puddles beyond puddles of rain that you begin to make a plan that avoids every puddle, every worm, and every raindrop. You think to yourself there's no way I can make it without getting drenched from head to toe. You begin to think maybe I should just head back to my room, get comfy, and binge watch Marvel's Daredevil on Netflix. But then you look down at your hand, remembering that you have that critical paper due in 10 minutes. You decide to suck it up, brace yourself, and make a run for it. Those are the thoughts of the La Roche College community on this rainy Thursday afternoon.



© GARRET LANGER

BY GARRETT LANGER

"A good travel has no fixed plans and no intent on arriving," Lao Tzo. Watch people run to their cars. As the drops strike them as the rain falls. Quickly they open the doors, and pull themselves in. Normally during nice weather the windows will fall and music can be heard drift from the opening. When it rains windows will be up and the music will be quite. You see the mist coming off the cars ahead of you as you drive, and the road will have a shimmering coat. As you drive the rain will make its constant clicking sound; only interrupted by the sound wiper blades moving back and forth. However, just as night will turn to day, the sun will break through the clouds, and the wipers will stop, the mist will stop, and coat disappears. But all of the subtleties will be missed as they hurry to get out of the rain.

BY SHELBY NOVAK

We have traded in our ice scrapers for umbrellas. Today, however, was not a good day to leave your umbrella or hooded sweatshirt at home.

People can be seen scurrying for shelter, trying not to get wet, standing under the roofs of buildings.

One thing for sure is it's never easy being out on the road when it's raining. With a few drops of rain people tend to forget how to drive.

Wipers frantically sweeping back and forth. Tail lights gleaming through the smeared rain drops on your windshield.

There's something about a rainy and gloomy day that makes you want to stay in bed all day.

It seems like rainy days are good for two things, cuddling and a free car wash.

Cuddling up in blankets, with your pet by your side, as you watch your favorite movie...now that is a perfect rainy day.



© SARAH REICHLÉ

The survey results find that psychology, criminal justice, graphic design, and nursing majors have the most students that have smoked marijuana.

Although 34 percent of students said they had smoked marijuana, that doesn't mean they'd still be willing to. Out of the 34 students that admitted to smoking marijuana, nine of them no longer smoke.

Three nursing majors and one national security studies major cited job drug testing as the reason they no longer smoke marijuana. Another student said another reason made her quit.

"I no longer smoke due to a bad experience," a health science major, who spent over \$100 a month on marijuana, said. "Someone put ecstasy in my weed."

The other four students said they stopped smoking because they didn't enjoy it or because it is illegal.

The survey asked students about their marijuana smoking habits, including how often they get high. Out of the 25 students that smoke marijuana, 24 percent confessed to smoking marijuana daily. Twenty-eight percent said they smoked a few times during the week, four percent said they smoked only on weekends, and 12 percent admitted they got high a couple times a month. Thirty-two percent of students said they smoked occasionally throughout the year. The figure to the right shows how many, and how often, LRC students smoke marijuana.

"People smoke way more than they booze on this campus," an accounting major said. He said he smoke marijuana a few times a week.

Students were also asked about how old they were when they first smoked marijuana. The ages of when students first smoked range from 10 years old to 19 years old. The most common ages were 18 years old and 16 years old, which seven and six students wrote, respectively. The figure to the right shows in detail what age students were when they first smoked marijuana.

There are many ways to get high, including: smoking joints or blunts; smoking out of a bong or other water-based pipe; smoking out of a metal or glass pipe; smoking out of a vaporizer; and consuming edibles. According to survey results, half of LRC's marijuana smokers prefer joints or blunts.

Thirteen percent of student smokers said they prefer to use glass or metal pipes and bongs to get high. Eleven percent said they prefer edibles to smoking and five percent listed vaporizers as their favorite method. Eight percent of students said they preferred a method not listed: responses ranged from smoking out of a can to smoking out of anything that will get you high. A chart on how students like to smoke marijuana is provided below.

The survey asked students if their parent(s) or guardian(s) know that they have smoked marijuana. Fifteen students confessed that their parents know about them smoking marijuana. One psychology student said her father is one of the people she smokes marijuana with.

Since marijuana is illegal, those who smoke may have a fear of the police catching them smoking or

with possession of marijuana. Four students revealed that the police have caught them for marijuana possession. These four students have two things in common: their parents know about their smoking habits and they all spend over \$100 a month on marijuana.

An important part of smoking marijuana is your location and who you're getting high with. The most popular answer, according to 20 students' survey results, was smoking marijuana with friends. Seven students said they smoke marijuana the most at parties, while five students said they prefer to smoke alone. Four students said they would rather smoke marijuana with their significant other and one student responded with the option of other.

Students should consider whether or not they would want to become romantically involved with some-

one that smoked marijuana. The majority of students said they would not romantically date someone that smoked marijuana, with 42 percent controlling the vote. Thirty-one percent said they would date a marijuana smoker, and 27 percent responded that maybe they would date someone that smoked have gotten high themselves.

Survey results revealed how much money students spend on marijuana in about one month. Eighteen students responded that they spend less than \$40 a month and three students said they spend about \$40 to \$100. Four students responded that they spend over \$100 on marijuana.

"I'm happy enough to save my money for important things," said a graphic design major. The GD major said that she's never smoked marijuana.

The 66 percent of LRC students that said they've never smoked marijuana provided reasons why. Fifteen students cited health reasons.

An 18-year-old film major attributed asthma as her reason for not smoking. A communications major said that smoking marijuana wouldn't be beneficial for his athletic career.

Seven students said they've never smoked marijuana because it's illegal. One biology student said that she doesn't smoke because of her religion and culture.

"My parent would disown me," a 19-year-old management major said.

Forty students said they've never smoked because they find it unappealing.

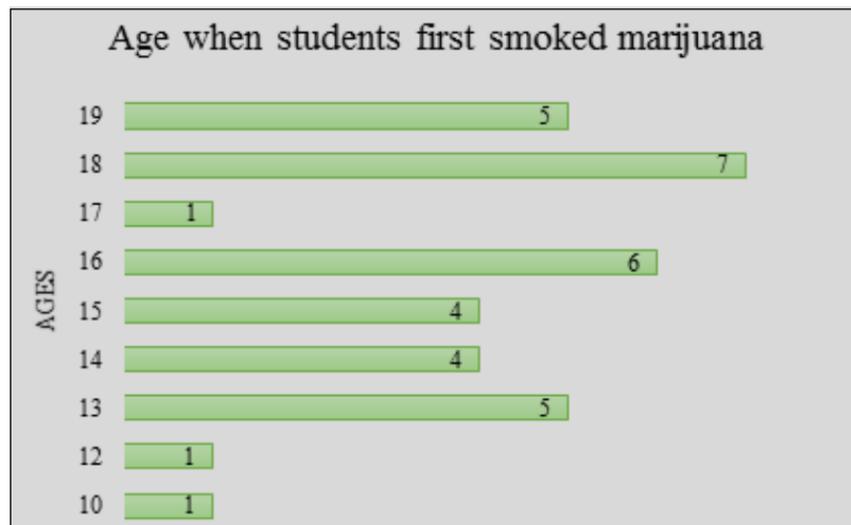
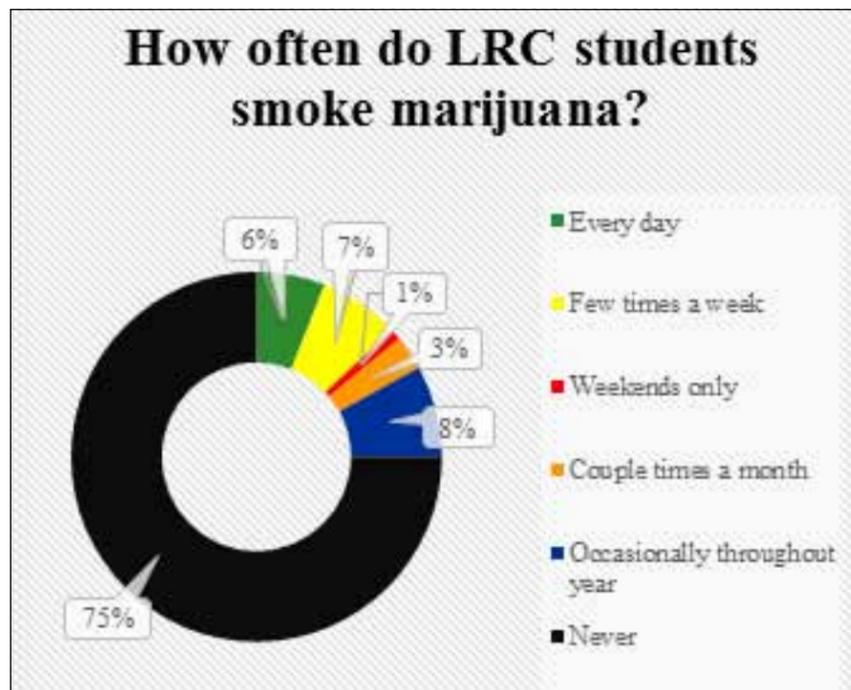
An undeclared major said, "I'd like to be able to tell my grandchildren I've never done drugs."

"I'm fine with the way my life is going," said a criminal justice major. "I don't need an escape from it."

It's possible to support marijuana without smoking it. One student that does not smoke said that legalizing marijuana could be beneficial.

"While I do not smoke, there is a great market and possible capital gain from supplying and growing marijuana, if legalized," a communications major said.

A sociology student said that although she believes smoking marijuana can lead to other drug use, legalizing marijuana may end that problem.



# The La Roche Courier

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# Events

The La Roche Courier - May 2015

## Wage gap becomes reality for graduates

By KIMBERLY ALAND



© KIMBERLY ALAND

On Tuesday, April 14th, the American Association of University Women (AAUW) hosted an equal pay day event at La Roche College.

Peggy Schmiedecke, one of the college's admissions counselors, said she organized the event to inform students about the wage gap between males and females, specifically when the gap exists one year after graduation in the same major or career path.

According to AAUW, there are many factors that contribute to the fact that women make less than men. One example from AAUW's pay gap literature notes that women often choose careers with lower salaries, such as teaching or social work, where men are more likely to pick fields that pay more, such as engineering and computer science.

Jalyn Evans, a graduating senior and sociology major said she didn't know much about the pay difference between the sexes. Evans said, "After receiving AAUW's information and their fact sheet, I think it's astound-

ing. It just shows that we are so unaware of the inequality that still exists between men and women."

While AAUW noted that women are making 78 cents on average for every dollar that their male counterparts are making, their fact sheet exposed the real reason for the event: "Even after controlling for factors known to affect earnings, such as occupation, college major, and hours worked, a 7 percent pay gap persists between male and female graduates just one year after graduation." This is called the graduating pay gap, according to AAUW.

Breanna Wong, a sophomore English education major, said that while she also learned a lot about the pay gap, it doesn't discourage her. "It's something I'm going to have to fight for and show that I am worthy of being paid more," she said.

But what can these students do to fight for equal pay and reduce that unexplainable 7 percent gap? Schmiedecke said that change is often based in politics. "I believe that one of the ways to make a change is

to make your Congress know when there are acts on the floor of the Senate and to vote for them to let your voice be heard," she added.

The president of the North Hills - McKnight AAUW branch, Linda Tozier agreed with Schmiedecke. Tozier said, "AAUW has a lobby core of volunteer AAUW members who live in the greater D.C. area who, twice a month, go in and lobby senators and legislators for women's issues." She added that AAUW has been really has been pushing for women's activities and rights since they were founded in 1881 and that politics has been one of their main platforms for exposure.

Heather Nicotra, a 2012 La Roche graduate and marketing and management major, said that she experienced pay inequality at her first out-of-college career as a teller for Citizen's Bank. She said that a male coworker who was hired at the same time as her for the same job made nearly \$10,000 more than she did. Neither of them had banking experience, Nicotra said; he made more because he was a man.

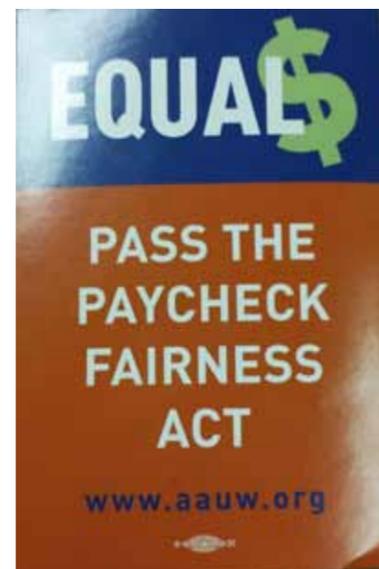
Nicotra said "It's kind of frustrating. We were both bankers, but I also had extra abilities. I had more sign-off power. So, I was doing more work and had more authority than he did, but he was still making more." One of the worst parts, she said, was that she had worked hard to earn a bachelor's degree, where this man only had an associate's degree.

These sorts of scenarios happen too often and women need to realize that they need to negotiate, said Schmiedecke. She said that even just awareness could help them have more earning potential which is why she had coordinated the equal pay

day event.

When asked about if there was any fear about entering an unequally paid work force, Wong stated that she wasn't afraid of the inequality, but instead she was concerned. She stated, "I am worried about not being paid the same. I want to promote and work on making more equal pay between both sexes."

AAUW President Tozier gave a final piece of advice to female college students entering the workforce, "When you go in, know how to negotiate for your starting pay. Make sure you are being paid fairly." While this seems fairly straightforward, it isn't always easy for women said Tozier. She noted that Schmiedecke hosts AAUW Smart Start workshops that focus on providing women with the skills to negotiate their pay and how to be more assertive in the workplace.



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