



Veterans share what it means to serve

By SARAH REICHLÉ
EDITOR-IN-CHIEF

Three veterans centered their speeches around healing and service at an annual panel that took place on the 240th birthday of the Marine Corps.

Veterans Jimmy Dunn, Father Tom Dansak and Patrick N. Hodge spoke about their experience with the healing process and their inability to leave service.

Jimmy Dunn discussed his recent battle with cancer. He expressed to the audience that there are other types of battles that people fight every day and gives words of wisdom on healing.

“You know combat brings casualties, I saw it with my own eyes in Korea. And then I saw men start back on the road to recovery through the healing process,” Dunn said. “Personally I am still involved in a healing process from an event that happened to me ten months ago. It wasn’t military related but, take it from me, it was life-threatening.”

Dunn had been diagnosed with lung cancer around this time last year, he said. He became short of breath while tying his shoes, making his bed, and doing other similar activities. He immediately contacted Dr. Patrick Reilly, a pulmonologist at UPMC Mercy.

His appointment led to a series of



From left to right: Patrick Hodge, Father Tom Dansak, and Jimmy Dunn.

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tests: a chest x-ray, a CT scan, a pulmonary function test, and finally to a PET scan. He said, “It [the PET scan] was very similar to an MRI and if you have been through an MRI, you

know how uncomfortable that can be.”

The PET scan was completed on a Friday afternoon at Magee Women’s Hospital in Oakland, the Korean vet-

eran said.

“At 8 o’clock the following Monday morning, Dr. Reilly called me to

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Gandhi: the lawyer

By SARAH REICHLÉ
EDITOR-IN-CHIEF

Mahatma Gandhi, an international human rights figure, the forerunner of civil disobedience, and a peaceful fighter of injustice, was shaped through his years in South Africa as a lawyer.

“Now, Gandhi, some people think of him as a fighter against injustice, which he was. Some people think of him as a peacemaker, which he was. So here is this incredible character, who is both a passionate peacemaker and a passionate fighter for justice,” Rajmohan Gandhi, Gandhi’s grandson, said.

He continued, “And you might say he was unusual. Even strange, even bizarre because he said when he was fighting with the British he said ‘you will fight the British but you will love them. You will fight to get rid of British rule, but you will love them.’ It was almost an insane prescription, but he got away with it. He is a fighter and he is a peacemaker.”

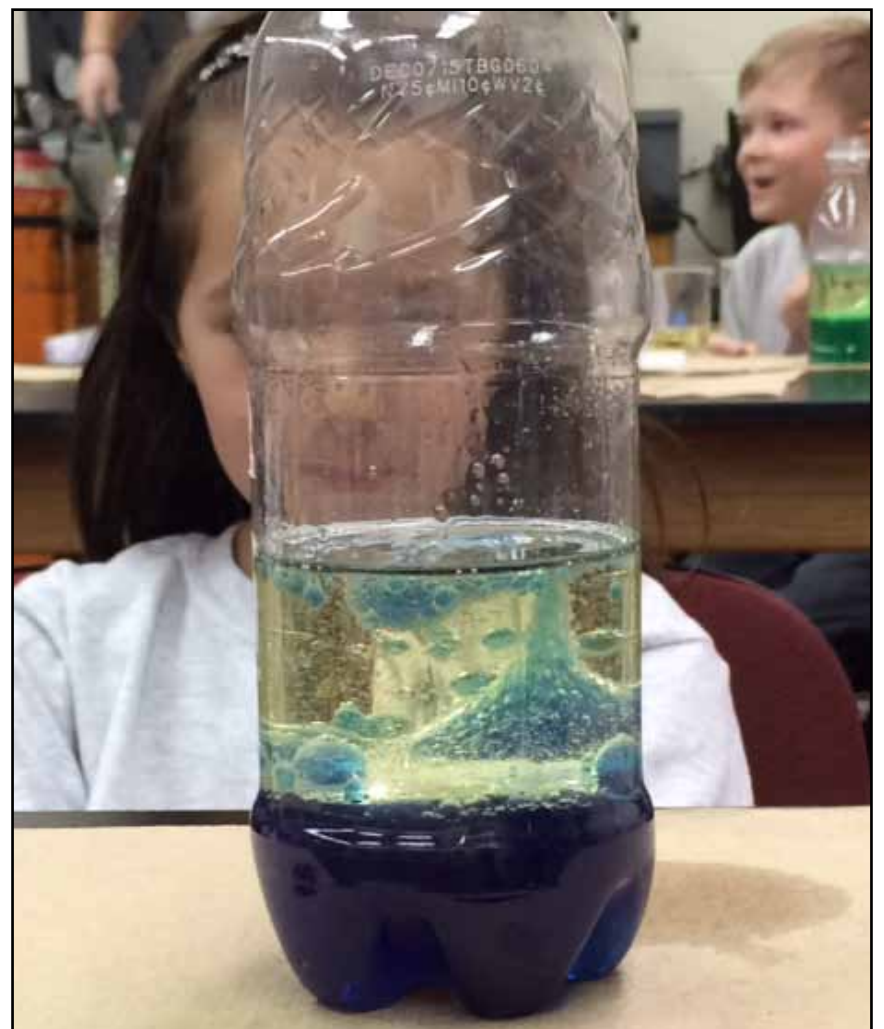
Duquesne University hosted an open forum in which Rajmohan Gandhi, Gandhi’s grandson, and Dr. Charles R. DiSalvo, professor at West

Virginia University’s College of Law, answered questions about Gandhi’s life before and during his acts of civil disobedience.

Gandhi began his professional career as a lawyer in South Africa in 1893. Dr. DiSalvo brings recognition to Gandhi’s life as a lawyer in his book *The Man before the Mahatma: M.K. Gandhi, Attorney at Law*. He believes his time as a lawyer in South Africa shaped his future as a peacemaker.

Dr. DiSalvo said, “When he gets to South Africa, he enters into a jurisdiction that was a very rough-and-tumble place as far as the law goes. The legal profession was not of very high quality, it was a rough-and-tumble of a place and he’s basically a private practitioner, he’s not at a firm where he could carry somebody’s bags for a long time before he takes the frontline. So he’s called upon to engage in some, to use some skills that he hadn’t used very much before, so in South Africa as a lawyer

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See page 6 to read about a simple, but complex science experiment.

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Faculty

Biology professor to retire in spring

Dr. Robert McBride is retiring from his teaching position at La Roche after 13 years

BY SYDNEY HARSH
ASSOCIATE EDITOR

With years of teaching experience under his belt, it is hard for Dr. Robert McBride, biology professor, to say farewell to the La Roche community.

Dr. McBride said he plans on retiring from teaching at La Roche College in May.

"I'm going to really miss my colleagues and students when I depart from La Roche," he said. "However, I do not want to forget the journey that led me to this great position."

The professor said his journey first started when he applied to Illinois State University.

There Dr. McBride said he earned a Bachelor of Science degree in biology, a minor in chemistry, and a Master's degree in biology.

"Many years later," he said, "I applied to the doctoral program in the department of physiology and biophysics at the University of Illinois."

The professor said he was offered his first full-time teaching experience at Illinois State.

At Illinois State, Dr. McBride said he taught a course that is similar to our human anatomy course here at La Roche.

"I was hired at Illinois State to lecture when one of the faculty members got a fellowship," he said. "They didn't have time to advertise for the teaching position, so my thesis committee recommended me to the department chair."

Reminiscing about how many students were in each class, the professor said he had more than 240 students in his lecture class at Illinois State.

"Students here at La Roche think that 20 people in a class is big, but in reality a lecture class with 240 students is huge," Dr. McBride said emphasizing the word huge.

However, he said, there was only one thing that he didn't enjoy about teaching a large lecture class.

"The only bad thing about having 240 students in lecture is that I never got to know the students like I do here. Students would say hello to me on campus, but I had to assume that they were in my lecture class," the professor said. "There were just too many students to get to know at one time."

After he taught at Illinois State for a year, Dr. McBride said the department chair asked him if he wanted

to do a three week summer teaching position.

He said he thought about it because it would give him more teaching experience, as well as money.

"It was at Pontiac State prison, which was about 30 some miles off of the disappearing Route 66. Route 66 at that time was being converted into an interstate highway. I would drive up there every morning, three hours a day, five days a week, for three weeks," the professor said.

The course Dr. McBride said he taught was a course designed like our life science course here at La Roche: a core class for non-majors.

The course was the first science class offered to the inmates, he said.

The next path the professor said he took was applying to several institutions for more teaching experience.

"I ended up teaching at Danville Junior College, a community college now known as the Danville Area Community College," Dr. McBride said. "I taught there for four years in the math and science department."

His Master's Thesis committee at Illinois State University said they encouraged him to apply to graduate school and earn a doctorate degree.

"The people on my thesis committee told me to ask myself if I wanted to teach at a

community college for the rest of my life," he said. "They kept telling me that I should apply to graduate school because I wasn't married at the time and didn't have a family to take care of."

However, the professor said funding for higher education in the mid-70s was really bad.

"The pay I was receiving at the community college wasn't worth it. So, I thought to myself if I was going to be poor and be a student again, now is the time to do it. That's when I decided to go back to school," Dr. McBride said.

In the summer of '84, he said applied for many post-doctoral research positions.

"I found one that I really liked at the University of Rochester Medical Center. It was in the adult pulmonary and critical care unit," the professor said.

"Today," Dr. McBride said, "I always joke with my graduate students about how they would never let me near the patients at the University

of Rochester Medical Center because I was the only Ph.D. in the critical care unit. However, the clinicians there gave me a really interesting perspective on how clinicians do research compared to Ph.D. research."

Overall, he said he had a really great experience at the University of Rochester Medical Center.

He stayed there for seven years the professor said.

In the spring of 1992, Dr. McBride said he began his journey at La Roche College.

"I had interviewed with a lot of different schools in '92 because they were interested in my five years of teaching experience," he said.

The professor said most of the time people have no teaching experience when they first come out of a doctoral program.

Dr. McBride said there were many schools, large and small, where your job depended on getting grant money.

"I didn't really want to live off of 'soft-money,'" he said. "So, when I had the opportunity to interview here at La Roche, I was thrilled."

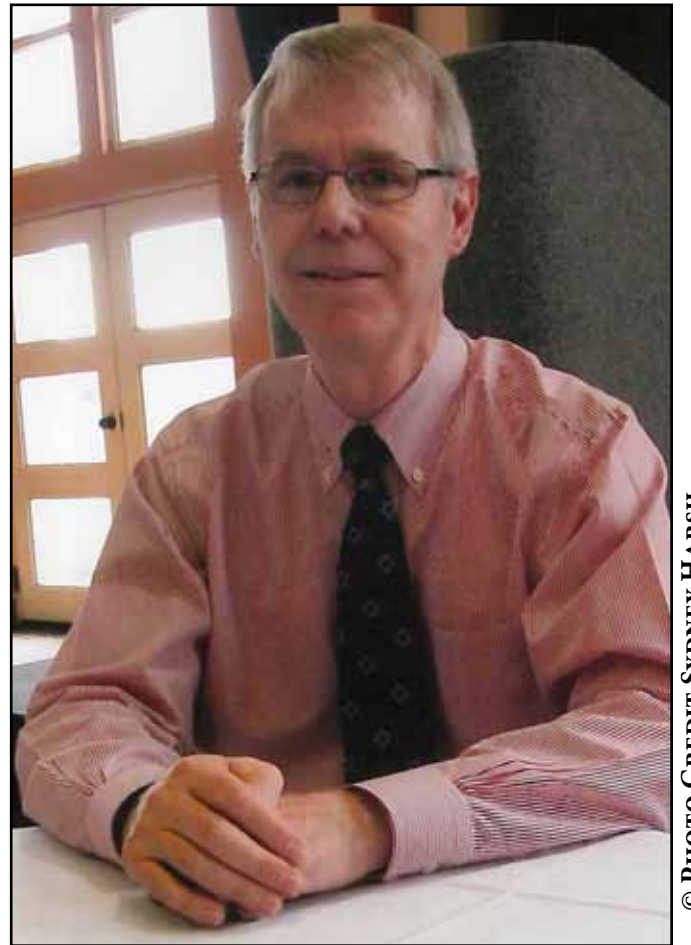
"I will never forget this part about coming to La Roche: the flight from the University of Rochester to Pittsburgh," the professor said cheerfully as he reminisced.

The flight was 30 minutes, Dr. McBride said, but it took him much longer because there was a blizzard in Rochester.

"I got to La Roche very late. I thought to myself that this is going to be a disaster," he said.

The professor said he had to drive to the school, but he didn't know his way around Pittsburgh at the time.

"There were all of these beltlines when I was following the route to get to La Roche. I crossed Route 19



La Roche College hired Dr. McBride in 1992.

© PHOTO CREDIT SYDNEY HARSH

The pay I was receiving at the community college wasn't worth it. So, I thought to myself if I'm going to be poor and be a student again, now is the time to do it.

- Dr. McBride

I didn't really want to live off of "soft-money."

- Dr. McBride

and went further east and then there was another Route 19," Dr. McBride said. "I didn't know where I was. It was almost like I was traveling the twilight zone of Perry Highway and McKnight Road."

When he finally got here, he said, they rushed him in to give his presentation and then to meet the president. The professor said he wasn't here very long, and was not given the opportunity to impress the members of the board.

"I was shocked about a week later when I was offered the job," Dr. McBride said. "I almost fell off my chair because I thought to myself that was probably the worst interview I have ever done."

In August, both Dr. McBride and his wife moved to Pittsburgh, he said.

The professor said he then started teaching in the biology department, teaching health science classes.

Dr. McBride said he is going to miss the faculty in the science department the most.

"The quality of the faculty in the science department here at La Roche is one of the best kept secrets of the

La Roche community. You have chemists and biologists who have graduate experience and are well published at various fine institutions," he said. "Also, all of us work really well together, so I'm really going to miss my colleagues when I depart."

Designer finds comfort in LRC community

After a successful career, Todd Hoffman is happy to leave an impression on a small college

BY MEGAN POLAND
EDITOR-IN-CHIEF

Todd Hoffman, assistant to the department chair of graphic design, revealed that he does more than his job title suggests.

Hoffman, who has been working at La Roche College for one year, said he is involved in many of the initiatives and programs in the graphic design department.

"Immersion was one that we recently wrapped up. We also have a lot of gallery shows that I help set up," Hoffman said. "I'm involved with a lot of the ideas on the way the department moves forward with some of the purchases in terms of photo equipment or some of the things that graphic design students might require."

Hoffman continued, "Additionally, we have a dedicated print center and a lot of the student work goes through there. It's a great value to them; they have two terrific printers that are professional grade. I make sure to manage the work study students that handle the work and also do a good bit of it myself."

The Assistant to the Department Chair of Graphic Design said that his favorite thing about La Roche is the students and being able to help

them.

"I love to be involved in the project work that they do," Hoffman said. "That charges my batteries."

Hoffman said his favorite project at La Roche has been Positive Space, an annual event for both graphic and interior design majors held in March. He said he enjoys helping getting the event launched and making sure that everything goes according to plan.

"The final presentation in the gallery is really something to see," the soft-spoken staff member said.

However, he hasn't been in an administrative role his entire career. Hoffman listed his credentials, which included being the art director for WPGH, Pittsburgh's Fox-affiliate, as well as the art director for Hoban Karlovich, an ad agency that no longer exists.

Regarding Hoban Karlovich, Hoffman said, "It was kind of exciting when I was there. I won two ADDY awards and a regional AIGA award."

The designer said he worked as the creative director for a family-run agency called CO2, located in Carnegie; he worked there for 10 years.

After that job ended, Hoffman said he taught Adobe Illustrator and

Photoshop, as well as a concept development and an art direction class at the Art Institute of Pittsburgh.

"Then, after that, I worked with a contractor for the city of Pittsburgh. They needed someone to redesign or redevelop the city of Pittsburgh website. We rolled it into a content-management system that allowed the stakeholders of each of the departments to be able



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Hoffman has won a regional AIGA award and two ADDY awards.

Hoffman, pictured below reloading printer paper, takes his responsibilities seriously.



to change the content on their own," Hoffman said.

After that project, he said he got back into the advertising business with the company Flying Cork Media, but the job did not last long.

"It was kind of a rude awakening that the advertising world can be a bit rough. We lost some key clients; it was a very short-lived job," Hoffman said.

After doing freelance work, Hoffman said the opportunity at La Roche came by.

"I wanted to get back into an environment that was a little bit more nurturing and had a bit more heart to it. I didn't want to get back into advertising," Hoffman explained his decision in applying for the Assistant to the Department Chair of Graphic

Design.

"I think I'm very lucky with this particular department. I think everyone here gets along very well. I always feel included. We're incredibly busy all the time. I think they really do value your opinion and that really makes me feel appreciated and valued," Hoffman said. "When department meetings roll around, I think they really do intend for me to participate. It's not like I'm just an element that's expected to be administrative only. This particular job really has its hands in a bunch of different areas."

The designer said that, although he doesn't do it much anymore, he used to be an editorial cartoonist. He said he drew cartoons based on both local and national politics.

Faculty secretaries open up about job

BY SARAH TURNBULL

They're the first people we see when we walk into the faculty offices. But how well do we really know these members of the La Roche community?

Faculty secretaries Mary Ellen Adams and Barbara Bencsics gave an interview on Friday, Nov. 6 about their experiences as faculty secretaries at La Roche College.

Mary Ellen Adams said, "I wanted a job with a Catholic institution. That was very important to me."

A typical work day involves receiving lots of people and materials, Adams said.

"Having to serve so many people

is a challenge," Adams said. "But I like to organize, and this job gives me lots of opportunities to do that."

Adams has worked at La Roche for 12 years. So how does she handle the tougher aspects of her job?

Adams said, "The most important part of my job is having a good attitude with all the different people and responsibilities. I'm very fortunate. I've had many different types of jobs, and I got to where I am today with the help of God."

So what is Adams' greatest accomplishment?

"Motherhood. I have three children and 10 grandchildren," Adams

said.

Barbara Bencsics also discussed her experiences working for La Roche.

Bencsics said, "I've been here for 10 years. I chose to work at La Roche because my kids were smaller, and I wanted a flexible part-time job. I like dealing with the students because I see my kids in them."

Like Adams, Bencsics said that her typical work day includes lots of administrative tasks that can be challenging.

"The most challenging part of my job is having lots of interruptions," Bencsics said. "Staying calm and al-

ways smiling is really important."

And she's not the only member of her family who's embraced La Roche, Bencsics said.

Bencsics said, "I got to where I am today by divine intervention. The college has become a huge part of my family life. We go to Mass here, and my sons did a tuition exchange through La Roche."

So what is Bencsics' greatest accomplishment?

"I'd have to agree with Mary Ellen," Bencsics said. "My two kids are my greatest accomplishment."

International

LRC explores the world in a week

International Education Week opens students' eyes to different cultures

BY SARAH REICHLÉ
EDITOR-IN-CHIEF



Students pose in front of posters with information about Puerto Rico and Brazil.

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SARAH REICHLÉ



The winning photo of the first annual International Education Week Travel Photo Contest.

© PHOTO CREDIT
CELESTE REED

La Roche College celebrated International Education Week with a multitude of events and engaging activities.

Preparation for the big week started back in October, said Ariella Itangishaka, SGA Director of Multicultural Affairs.

The week consisted of two main events led by Itangishaka. On Monday, Nov. 16, Desserts from Around the World Day was held. Students from all over the world baked and brought in famous sweets to share with everyone in CC Square. Global Day, which was hosted on Wednesday, Nov. 18, focused on the clothes and information on different cultures, Itangishaka said.

Students set up informative tables containing posters, as well as items from their country. Countries such as Africa, Saudi Arabia, Brazil, Puerto Rico, Kenya and others were represented.

Angel Sanchez talked to people about Puerto Rico at his table.

He said, "Puerto Rico is currently a commonwealth of the USA. Most people don't even know that."

Sanchez also said that it is home to one of the most beautiful fish in the world. He added that his favorite

part about Puerto Rico is the weather and the beaches.

Participation for the two events was an issue according to Itangishaka.

"There was a really good mix, but I don't feel like a lot participated," she said.

Although participation was down among volunteers to help out with the week, students learned a great deal about culture and tolerance.

"It [International Education Week] helps me to be more aware of all of the cultures around the world and it helps me break stereotypes," Sanchez said.

Other events included Study Abroad photo contest, guest speakers from the Peace Corps and quizzes delivered to students through email.

The International Education Week Travel Photo Contest had 43 submissions according to Nicole Gable in an informative email.

Gable announced the winner via email, as well. Celeste Reed won the prize of a \$100 Visa gift card. Reed submitted a photo that she took while flying over the Swiss Alps on her way to Greece last March, during her Study Abroad+Study USA trip.



An information table on Kenya and its culture in CC Square.

© PHOTO CREDIT SARAH REICHLÉ

Writers' Center works to improve ESL program

BY SARAH TURNBULL

The Writers' Center (WC) will team up with Student Academic Support Services (SASS) and the English as a Second Language program (ESLP) to develop a training series that would help peer tutors work more effectively with international students.

Dr. Christine Abbott, head of the WC, said, "I can't help but feel that we can do better, and one place to begin heightening our stan-

dards is with our growing population of ESL students and the peer tutors who support them."

According to Dr. Abbott, WC tutors receive ongoing training through biweekly staff meetings, reflective journaling, and one-on-one sessions. SASS tutors, on the other hand, only receive a one-time training program.

"We want to address this discrepancy by creating a training series

that can be delivered in an ongoing manner to both WC and SASS peer tutors who support our international students," Dr. Abbott said.

Last spring, Abbott said, she began a conversation with Susan Amaro, head of the ESL program, and Dr. Linda Jordan Platt, head of the writing program. They discussed how they might develop a training package that would help ESL peer tutors work more effectively and professionally with the growing number of international students. They also invited Diana Peterson, coordinator of academic counseling and tutoring, to join the project.

However, Dr. Abbott said, challenges remain.

Dr. Abbott said, "ESL students also need highly specialized assis-

tance to understand the linguistic demands of academic English. Another familiar challenge ESL tutors face is represented by the question of 'Who's holding the pen?' in a tutoring session. This is a question that points to a tutor's struggle for balance in knowing how much help to give during a session."

Nevertheless, Dr. Abbott says that their training materials and methods will address how to establish and maintain this balance contextually according to the specific needs of individual students.

So when can the school expect to see this program implemented?

Dr. Abbott said, "We are developing materials this semester and hope to initiate training in spring 2016."

I can't help but feel that we can do better, and one place to begin heightening our standards is with our growing population of ESL students and the peer tutors who support them.

- Dr. Abbott

Stay toasty during outdoor endeavors

BY MIKE WEAVER
OUTDOORS CORRESPONDENT



View from Father Peter Horton Lounge, December 2014

© PHOTO CREDIT SARAH REICHLE

It is finally time to pack up your summer belongings and prepare for a chilly winter. However, cold weather does not mean that the outdoors should not be explored. In fact, viewing nature in the winter allows you to see it in a unique, bare state. Although the conditions may be chilly, I offer a few suggestions to stay warm in the winter.

First off, dress in layers. Each layer serves a particular function in keeping you warm. Begin with a base layer, which is intended to manage moisture. Your base layer should consist of wool, polyester, or silk. These materials disperse moisture to outer layers, where it may eventually evaporate.

Avoid wearing cotton as a base layer, as it retains perspiration. A base layer can be a wide array of clothing types; choose the design and type that best matches your outdoor activity and temperature.

In order to retain heat in frigid temperatures, it is imperative that you insulate your body. Purchase a polyester or wool sweater to provide warmth. Fleeces such as Polartec WindPro are designed to retain heat while keeping you dry. Similar to your base layer, insulation layers are available in different weights.

For example, lightweight fleeces are available for high activity in mild climates, while expedition weights are designed for low activities in cold climates. Construct your insulation layer depending on your activity.

Your outer, or shell, layer should consist of materials to protect you from outdoor elements. Shell layers should be large enough to easily fit over other layers. Many different types of shell layers are available for all winter activities. Consider shells with waterproofing, insulation, and

breathability, depending on your activity. Head to your local outdoors store, such as Dick's Sporting Goods or Dunhams to prepare your apparel for the chilly climates.

In addition to wearing layers of clothing to keep you insulated, it is imperative to protect your extremities. Simple occurrences may ruin your outdoors experience. Nothing is worse than suffering from wet shoes or socks in frigid weather. To prevent your extremities from the cold, wear waterproof shoes or boots, and wear extra socks. By doing so, you will keep your feet warm and dry. In a similar way, consider purchasing waterproof gloves to keep your hands dry.

I also suggest you keep extra clothing on-hand. In the event your socks get wet, you may simply change them for a dry pair. Nothing will ruin an outdoors experience than being unprepared or cold from a simple misfortune.

While visiting an outdoor store, be sure to pick up packets of hand and feet warmers. Once activated, place them in your gloves or boots to provide hours of warmth. If you are feeling adventurous, you can make your own hand warmers. Fill a fabric pocket with rice or barley and sew it tight. Heat them in the microwave for 30 seconds before placing them in your boots or mittens.

Cold temperatures does not require you to sit inside all winter. Instead, dress in warm, comfortable layers and enjoy the winter weather. Take a simple nature hike at a nearby park or engage in a weekend ski or snowboard getaway. Stay warm outdoors and reflect on memories made with your friends or family this winter season.

Residents engage in recycling competition

Bold Hall I wins contest and pizza party

BY SARAH REICHLE
EDITOR-IN-CHIEF

Mahler Hall and Bold Hall I duked it out over pizza, all while joining the green side.

Cassie Johnson, SGA Director of Green Initiatives, hosted a recycling competition among the residence halls. The goal of the game was to fill the most recycling cans within a week. The theme was Star Wars.

The Director of Green Initiatives said, "The first night I went and emptied Mahler's, they were saying like 'oh we have so much stuff we've basically already won' and I said keep going, keep recycling."

One of the nights, Johnson said, Bold Hall I residents couldn't fit their bags into their designated recycling bin and were writing Bold Hall I on their bags.

Competition between Bold I and Mahler ran high. Mahler was ahead of the game, but Bold Hall I swooped in and took the victory, a pizza party in their building.

Almost 25 bins of recyclables were collected during this competition.

The idea originated from Eco Club. Eco Club members were throwing around a lot of ideas and suddenly one person suggested a recycling competition, Johnson said.

They thought of the Star Wars theme by brainstorming and googling green slogans. They found one with Star Wars and trees and agreed that it was perfect with the movie coming out, Johnson said.

She added that she thought it might draw more interest than a plain sign would.

At first, Johnson encountered some communication issues. "At the

beginning, like on Monday, there were some issues where I needed to make sure that maintenance was not emptying the bins," the senior said.

After communicating with maintenance that problem was solved.

Johnson worked alongside her RA, Ana Paula Teixeira, to jumpstart this program.

It kicked off with an information session on a Sunday, November 15. The competition ran from November 16 – November 20.

"We had a kick-off event, which was an RA even for Ana, to kind of give a little info session of what all was going to happen in the competition," Johnson said.

Johnson sent out emails with details of the competition. Throughout the week, she kept everyone updated on the standings by using a light-sabers leaderboard.

Each bin was placed within each dorm building. Johnson said in an email, "Each dorm has been equipped with a blue recycle bin with a Join the Green Side Flyer attached to it with the name of your dorm."

The bins were very easy to locate. Johnson said the competition went better than she thought it would. Participation was up and bins were overflowing.

"The first night I went to empty the bins, Mahler's was overflowing and all over the place," she said.

Johnson hopes to do another recycling competition next semester. A commuter recommended getting nonresident students involved next time.



The contest's logo.

© PHOTO CREDIT CASSIE JOHNSON

Science

Alpha students take on college chemistry

BY SYDNEY HARSH
ASSOCIATE EDITOR



Dr. Bozym teaching the Alpha students about chemistry.

Two schools came together as one to show partnership and togetherness in education, as well as a relationship with the Congregation of Divine Providence.

Every year, usually in November, La Roche College welcomes the Alpha students.

This year the Alpha students had the opportunity to visit different areas of the College such as the nursing labs, Kerr Fitness Center, education department, design department, and chemistry labs.

Each department taught the students something new; however, many La Roche College students overheard some of the Alpha students spreading the word to one another about 'Lamps Alive' with chemistry professor Dr. Rebecca Bozym.

"I am surprised every year when the Alpha students come over," Dr. Bozym said with excitement. "They know terms, interactions, molecules, and environmental impacts all at such a young age!"

"Lamps Alive' was a simple lava lamp experiment that noted the differences between oil and wa-

ter, and how they do not mix," she said. "The students poured vegetable oil into a water bottle, and then we hypothesized what would happen when we poured water on top of the oil."

The professor said she explained to the students how oil and water don't like to be around one another.

"The experiment also introduces a topic I teach my General Chemistry students - density," Dr. Bozym said. "We predict where the water would go - stay on top of the oil or fall below - but what they don't know is that they are actually discussing density."

She said that it is fun to see how excited the Alpha students get when their predictions come out to be true.

"Then to add some fun to the experiment," the professor said, "the students added some drops of food coloring to their water bottle."

Dr. Bozym said the Alpha students made yet another hypothesis about where the food coloring would go: the oil or the water.

Adding the food coloring led to a great discussion about water solubility, she said.

"Finally, to make the lava lamps bubble, the students added a few pieces of Alka-Seltzer tablets. As the tablets bubbled up to the surface they carried the dye colored water with them," the professor said. "The reaction from the students was hilarious."

Dr. Bozym said the experiment was important for a few reasons.

"First of all it helps them understand the interplay between everyday molecules," she explained. "Oil and water are used a lot in cooking; we discussed how dish detergent helps to clean up the grease and oil as well."

The professor said she continued to explain by talking about oil spills and how waterfowl become water-soluble when they land on oil.

"It was 5th grade that was discussing endangered animals in their science class and I asked them the reasons as to why they are endangered. They understood that a large part of those reasons were due to humans," Dr. Bozym said.

However, she said they also dis-

cussed our reliance on fossil fuels and its contribution to global warming.

"We were able to take a rather simple experiment, with simple household items, and relate it to more difficult scientific occurrences out in the world," the professor said enthusiastically.

After the experiment concluded, Dr. Bozym said she explained to

joying it even when it gets more difficult."

The professor said getting children involved in science early can also help make a difference in their lives.

"It is good to expose the students to being wrong and to having difficulty. Once they learn it's OK, they realize that they can make it through," Dr. Bozym said. "A lot of



The Alpha students with their finished 'Lamps Alive' experiments.

some of her current students at La Roche why it is important to get children involved in science at a young age.

She said with tons of passion, "If you show kids early on how to problem solve, how to think critically, and how to approach problems, it will give them the skills to succeed in science/math and not get frustrated and want to quit."

The professor said she tells her son, Stanley, to question everything; once they start questioning everything, you tap into the natural curiosity of a child.

This becomes natural to them, Dr. Bozym said.

"Also, as I have noticed," she said, "kids want to know how everything works. It is natural for them to try and understand why things occur. If you show them they can find these answers through science, I would think they would be more apt to en-

kids are used to getting what they want, and when they don't the world ends for them. But, if you start early, kids will get used to dealing with failure and know that it is a part of life."

However, she said it's not always easy to get children to understand science at such a young age.

"We have to make the topics simple to understand, not too overwhelming, and use something that they can relate to. People understand things more if they can apply it to their everyday life," the professor said. "It is also great when you can use items that they see at home. This way they notice that science is not something to be 'scared' of, or to shy away from because it's 'hard' - they see it everywhere!"

Another key aspect of teaching children science is to show support, Dr. Bozym said.

"We have to show them that science is hard, but very rewarding. We can do this by applying it to their lives on a daily basis. And also by having more programs and educational experiences throughout the year that are fun and rewarding," she said.

The professor said she continues to get positive feedback from parents at the Alpha school. Many of the parents told her that their child has not stopped talking about the experiment, Dr. Bozym said. She also said that she got feedback from the principal who said it was their favorite experiment yet.



Dr. Bozym taught the Alpha students a lesson they won't soon forget.

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Physician discusses how to be happy

BY LAUREN VILLELLA

A practicing physician and forthcoming author presented “Finding Your Life’s Purpose,” a discussion about positive psychology and the route to a happy life.

Dr. Sanj Katyal, M.D., is a radiologist in Pittsburgh. He said he previously gave a speech at La Roche College about the science of happiness.

La Roche College’s Psychology Club sponsored Dr. Katyal’s discussion. Lee Markowitz, Ph.D., is the advisor for the Psychology Club. He introduced Dr. Katyal to the audience of psychology, child and family studies, criminal justice and undecided majors.

Markowitz said Dr. Katyal graduated from NYU School of Medicine and has training in positive psychology from the Wholebeing Institute.

“He’s working on a book with a long title, but it’s basically a manual for optimal living,” Markowitz said. “He’s going to share his insights here based on research on how to live a happy, meaningful life.”

Dr. Katyal presented in Power-Point format the history of positive psychology, common positive psychology myths and practical tips for optimal living. Dr. Katyal said positive psychology began as a new area of psychology in 1998.

“Positive psychology focuses on human flourishing,” Dr. Katyal said, “rather than just alleviating distress.”

Dr. Katyal said positive psychology is a topic the public is going to hear more and more about in upcoming years. He noted that positive psychology has a presence in a wide array of professions, including the

© PHOTO CREDIT LAUREN VILLELLA



Dr. Sanj Katyal, above, is an expert in the positive psychology field.

business field.

The need for research in positive psychology and a better understanding of what makes us happy, Dr. Katyal said, is apparent in today’s world. He said that conditions like anxiety and clinical depression are at all-time highs.

“We live in a world with amazing things right now,” Dr. Katyal said, “and yet, I just read an article yesterday on the epidemic rate of suicide in colleges. It’s horrendous, but that’s where it’s going.”

Dr. Katyal said the major point he wanted to impart to the audience is that we all share a similar purpose.

“I’m going to try to convince you that we all have essentially the same

purpose,” Dr. Katyal said, “and that’s to develop our highest potential.”

Dr. Katyal said studying positive psychology and human flourishing is significant because happiness is a universal goal. He noted that most people admit they want to be happy, but are unsure of what it means to be happy.

“Happier people live better lives,” Dr. Katyal said. “They’ve got superior physical and mental health, they make more money, they’ve got better relationships, they generally are more productive in whatever work they’re doing.”

Dr. Katyal addressed the concept of hedonic adaptation, a hindrance to happiness. He said hedonic adaptation is a common principle that refers to a person becoming used to the positive things in his or her life.

“What that creates is a vicious cycle,” Dr. Katyal said of hedonic adaptation. “We have desire, we attain that desire...then we heed even more intense desires or new different desires to get happy.”

Pleasure and leisure, Dr. Katyal said, should be viewed as little rewards received along the journey to happiness.

“Pleasure and leisure shouldn’t be the goal of life, because it’s a never ending goal, it’s never satisfied,” Dr. Katyal said. “There will always be somebody that’s richer, better-looking, living a better life or driving a better car than you.”

Dr. Katyal said we find meaning in

our lives when we use our potential to benefit other people and causes.

“It turns out that purpose is really critical to living the kind of life that we all want to live. Having a strong sense of purpose ensures that we live longer, better and happier lives,” Dr. Katyal said.

Dr. Katyal addressed common positive psychology myths that have emerged throughout the years.

“Positive psychology does not mean positive thinking,” Dr. Katyal said. “It’s not just walking around, smiling, giving yourself positive affirmations.”

Dr. Katyal also said the popular mantra from coaches to quit one’s job and follow one’s dreams is misguided advice.

“What’s not so popular to tell people is whatever work you’re doing, do it better than anyone else,” Dr. Katyal said. “Always give your best effort, invest constantly in your personal professional growth, become really indispensable to whoever you’re working for.”

Dr. Katyal advised the audience to write down three things every day that ignite gratefulness to help create well-being. He also spoke of the benefits of meditation.

“Meditation’s going to become something like brushing your teeth eventually,” Dr. Katyal said. “The research that keeps coming out about that, it’s just tremendous research.”

Dr. Katyal is the author of the forthcoming “The Book I Wish I Had Read Twenty Years Ago: A Manual for Optimal Living.” He said it will be published next year.

Student presents class research at conference

BY MEGAN POLAND

EDITOR-IN-CHIEF

A La Roche biology student presented scientific research on cat fecal samples at the Allegheny branch of the American Society for Microbiology’s annual conference.

Matt Coppola, senior, presented research from last year’s biosolve course.

Coppola said biosolve students were testing cat fecal samples for different bugs; they have been doing this for the past seven years. He said that there was weird data between the primers he and another student were using; even though they were testing for the same organism, they both received different results.

“They had a bunch of positives where I didn’t, so it was like ‘what’s going on here?’ I dove into that a little bit and tried to figure that one out,” the biology student said.

However, Coppola said he still has more research to do before he figures out the problem. Despite this, he still presented his research among students and renowned scientists alike.

“It was rough; I’m digging through cat samples and other people were tagging motor proteins and watching stuff happen in a cell

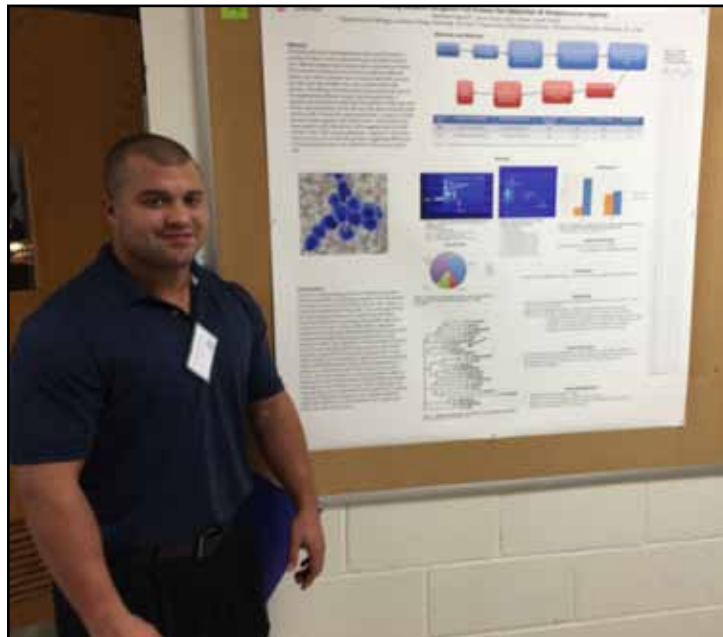
with microscopes that are probably more expensive than the entire science building. It was humbling,” Coppola said, “but at the same time I’m learning how to do stuff old school, where other people are just pushing buttons. I know the basics and it’s always good to build off of that.”

Coppola said that he got to meet Dr. Briana Burton, a scientist he dubbed “the Brad Pitt of biologists.” He said that she was the one who told him it was useful to know how to do lab work without state-of-the-art technology.

“She’s in a bunch of books that I’ve read and she’s leading on motor protein research right now. She did a presentation on some unpublished work that she’s doing, which was—if you’re a science geek—pretty interesting,” the biology student said.

He said his interest in science

© PHOTO CREDIT GAIL ROWE



The poster Matt Coppola presented is on display in the second floor hallway of the Science Center.

started out with wanting to know how things worked. However, instead of looking at the bigger picture, Coppola said that he started looking at science more closely in smaller glances and that eventually led him to biology.

Coppola studied at Duquesne

University before transferring to Mercyhurst College, where he graduated with a degree in nursing.

The nurse said that Mercyhurst College is ten times the size of La Roche. However, he liked that La Roche was close to home and that he would be able to have a personal relationship with professors.

“Learning old school lab stuff can be really frustrating,” Coppola said. “It’s nice to be able to go find a teacher.”

His major is biology with a minor in chemistry and molecular biology.

He said he plans on attending medical school next year and ultimately wants to earn a Master’s degree. Coppola said he is interested in diagnostic medicine, as well as virology and immunology, and that he wants to work in a research lab.

ASM’s Allegheny branch hosted their annual conference at the University of Pittsburgh-Greensburg on Nov. 6-7.

People

Veteran journalist shares tips on storytelling

BY LAUREN VILLELLA



Doug Oster has worked for various media outlets, including KDKA, the Pittsburgh Post-Gazette and the Pittsburgh Tribune-Review.

You should all be writing interesting stories, you should all be telling interesting stories. It's all around you. It's just wanting to find it.

-Doug Oster

A veteran journalist shared his time-tested golden rules for journalistic success and his passion for gardening with La Roche College students.

Doug Oster, 56, spent 17 years writing about gardening for the Pittsburgh Post-Gazette as its backyard gardener. He said he is now the home and garden editor for the Pittsburgh Tribune-Review.

"Making a job change at 56 is traumatic, but wonderful," Oster said.

Oster, clad in custom-made floral print Sloggers boots, said he entered the journalism field through photography. He said, however, that his true passion is writing about gardening.

"I've been a photographer my whole life," Oster said, "but then my passions turned to writing about gardening. And as the businesses changed, the Post-Gazette wanted me to do more time taking pictures and less time gardening, and I wasn't

interested in doing that."

In addition to being a seasoned journalist, Oster said he has a radio show on Sunday mornings on KDKA. He is also on KDKA TV every Thursday morning and is the author of five garden books.

Oster imparted to the audience the vital knowledge he has acquired through his various professional pursuits in writing, photographing, video editing and blogging.

The Emmy-Award winning producer said a crucial rule journalists must remember is to correctly spell all of the names in their stories.

"It doesn't matter how beautiful your story or outline is, this is everybody's one chance to be in the paper, or online or whatever it is," Oster said. "And if their name is misspelled, the story is worthless."

Oster, the father of a La Roche alumnus and husband of a current student, advised recording all inter-

views to ensure complete accuracy in the reporting of facts.

"The quotes are 100 times better when they're recorded," Oster said. "No matter how fast you can write, nobody can question your quotes when you have it on tape."

Oster stressed the importance of listening to interviewees and letting the story unfold naturally. He said he likes to chat casually with people before he interviews them in order to put them at ease.

"Part of this whole thing is dealing with people, is getting people to like you, getting people to trust you," Oster said. "And trust is a really important thing."

Oster credited the internet and social media with helping him to expand his audience and fan base. He said he was able to create a blog and produce his own gardening videos with the advances of technology.

"I have one goal when I'm doing my social media: to get them to find me," Oster said.

The award-winning videographer advised the audience to stay current with new technology and social media trends.

"You should be taking pictures, learning how to make videos, learning how to cut videos," Oster said. "Every different way that you can tell a story, you have to learn how to do it so that you're a marketable commodity when you step out of this door."

Oster also encouraged the audience members to alter their regular thinking patterns to uncover new stories.

"You should all be writing great stories," Oster said. "You should all be writing interesting stories, you should all be telling interesting stories. It's all around you. It's just wanting to find it."

The fun part of a journalist's job, Oster said, is acquiring new information that he or she is able to pass on to other people.

"Make it special," Oster said of the audience members' work. "If your stuff is special, people are going to read it. And put your personal brand on it, your personal style, your personal look of what you're writing about."

Oster segued into his own particular brand of gardening. He said he is interested specifically in organic gardening and teaching people how to avoid cancer-causing garden chemicals.

"Gardening is a very personal thing," Oster said. "It's dependent on so many different things. Every gardener and garden is different."

The influence of Martha Stewart, the September 11 terrorist attacks and the 2007 economic collapse changed everything about gardening, Oster said. Two reverberations of the terrorist attacks and the economic collapse, he said, was the desire for self-sufficiency and learning

to work with fewer resources.

"It's both science and art," Oster said of gardening. "In my case it's probably more art than science. I'm inspired by the art part. Art is what you make out of it."

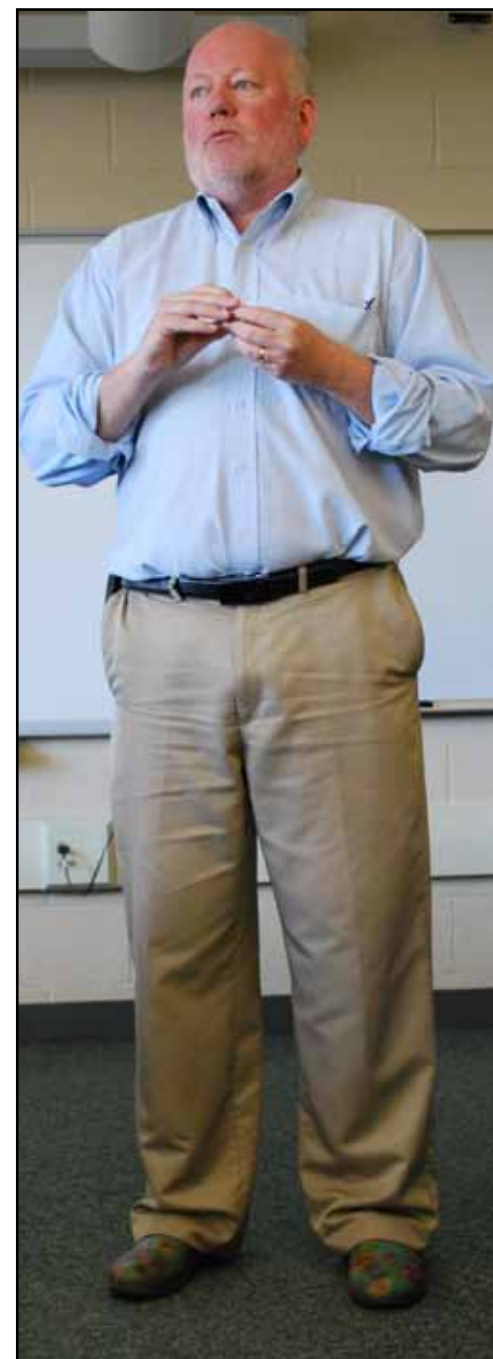
Oster said he first started writing a garden column before he came to Pittsburgh, when he was a director of photography at a small paper in Ohio. He said his two and a half years at the Ohio paper was the best time in his life before acquiring the Tribune-Review job.

"Through your career, things are going to change on what your passions are," Oster said.

Oster wrote, produced and hosted "The Gardens of Pennsylvania," a documentary that highlighted some of the most unique gardens throughout the state. The "Gardens of Pennsylvania" won Oster the Emmy Award for Outstanding Documentary in 2009.

"An Emmy was the furthest thing from my mind," Oster said.

Oster spoke to a group of journalism students at La Roche College on Thursday, November 12.



Doug Oster, above, sporting his favorite floral print shoes.

© PHOTO CREDITS SARAH REICHEL

Gandhi, the human person, continued from page 1

he learns how to write, and he learns how to negotiate.”

Dr. DiSalvo discussed two events that Gandhi experienced in South Africa. His initial experiences there were very unwelcoming to say the least.

Gandhi had been beaten on a train after refusing to give up his seat to a white passenger.

“He is eventually asked to move so that a white person can sit where he was seated and he refuses. And the white person starts beating him and he refuses. And he continues to be beaten and he refuses. And eventually the passengers inside the carriage say something. And this white person stopped,” Dr. DiSalvo said. “In a way that was Gandhi’s first victory in South Africa.”

Another incident occurred in a courtroom in Durban.

Dr. DiSalvo said, “Gandhi goes into the courtroom and he sees there

He is eventually asked to move so that a white person can sit where he was seated and he refuses. And the white person starts beating him and he refuses. And he continues to be beaten and he refuses.

- Rajmohan Gandhi

are two sections: one for lawyers and one for the public. So he sits in the section for lawyers and the judge sees this, and mind you Indians are very disfavored in Durban, and they are particularly disfavored in the courts. And there had never been a lawyer of Indian descent in South Africa.

“So this Indian shows up and he’s sitting in the lawyer section and the judge sends the clerk over to say to this fellow ‘come here’ and the clerk takes him aside and says ‘what are you doing in this court?’”

The clerk then tells Gandhi that the judge did not want him to sit in the lawyer section. After this little altercation, Gandhi goes back and sits in the lawyer’s section anyway.

Dr. DiSalvo said, “The judge basically says ‘didn’t you get the message and what are you doing with that turban on, too? Out!’ And so Gandhi got up and left. He wouldn’t take his turban off. Wearing a turban was a sign of respect; he didn’t understand that it wasn’t allowed in a courtroom.”

These moments led Gandhi to stay in South Africa and he learned the craft of being a lawyer, he said.

During the forum, the audience saw a short documentary about Gandhi. The documentary touched upon the first time Gandhi got on the stand to cross-examine a person. He was unsuccessful.

“We saw in the video, the story about his first time in court as a lawyer and he just fell apart when he had to do a cross-examination. And then when he goes back to India after having practiced law for twenty years he can speak to crowds of thousands for hours without notes,” DiSalvo said.

“If he had been the physician that he wanted to be, rather than the lawyer that he did become we wouldn’t be sitting here today.”

Rajmohan Gandhi added, “He was nervous, he was timid, but in South Africa he found this purpose as a result from being thrown from the train and the other problems he and others were facing.”

He believes his grandfather’s work in South Africa enabled him to become the successful, nonviolent protester that he was.

Rajmohan Gandhi said, “I think this is just worth noting for those of us who may sometimes be nervous or diffident, timid, that if we find a purpose, the timidity and the nervousness goes. We are living for something much more than for ourselves so we don’t worry about whether we are successful or not.”

Passion is needed to be successful, once you have passion everything falls in place according to Rajmohan and the legacy of Gandhi.

“But the most important thing I think that practice of law did for Gandhi was this: it turns him into a public person, someone who can think in public, and speak in public and act in public, someone who could lead others in public,” said Dr. DiSalvo.

Dr. DiSalvo tried to capture the evolution of Gandhi in his book from a person who separated his beliefs with his profession to a man that comingled his beliefs with his profession.

“He starts off practice with a very, very clear separation between his profession, what he does for a living on this end and what he believes, what is spiritual and moral and political beliefs are on the other end,” Dr. DiSalvo said.

He added, “And then in the second stage of his practice, he becomes a part-time civil rights leader and these values start to overlength. And then finally in the last stage of his career as a lawyer, there is a complete unity between his spiritual moral political beliefs and his professional activity. They are of one piece at that point.”

The author of *The Man Before The Mahatma*: M.K. Gandhi, Attorney at Law used his research and thoughts on Gandhi to advise the audience of lawyers, judges, attorneys, pre-law students and pre-law faculty advisors.

He said, “So for me the lesson for us lawyers in particular is that there ought to be some kind of reflection on our part as to whether the work we are doing is consistent with, reflects, and advances our deepest spiritual and moral values. I think that’s the call that Gandhi makes to us over the decades.”

Besides learning about Gandhi’s beginnings as a lawyer, the forum provided everyone with the opportunity to learn more about his per-

sonality through the memories of his grandson.

Gandhi had a good sense of humor. Rajmohan Gandhi recounts his favorite memory of his grandfather.

“So I was going from 10 to 12 and he was going from 76 to 78, when he spent a good deal of time in New Delhi, in the capital of India, where my father was a journalist, newspaper editor, and where I was going to school. So during this period I often saw him,” the biographer said. “The traditional customary way in which Indian children used to, and

sometimes still, show their respect to their grandparents is to stand before them and bow respectively so that the grandfather can, with his hands, bless the head of the grandchild. So when I did that to him and instead of a caress on the head, what I got was a good thump on my back, which was his way of showing his affection, and although he was in my eyes a very old man and he was also fasting and he was thin, his hand had considerable power, which I remember.”

Rajmohan Gandhi said his grandfather never really advised him in words but with his actions. One advice he remembers annoyed him at the time, but he drew upon it to always be legible and intelligible.

He said, “I would sometimes write to him using a lead pencil and he once wrote back saying an old man can’t read what lead pencil writes, write in ink to me if you want to write letters to me.”

Rajmohan Gandhi said he observed his grandfather being civil and friendly to people who were unhappy and abusing him. Although he was civil and friendly, Rajmohan Gandhi said he always stood his ground.

He said, “He didn’t put that in so many words to me, but that is what I personally learned from him from my encounters.”

Rajmohan Gandhi talked about how Gandhi struggled to find time for his family after he took up all of India as his family. He said that his grandfather never said that family came first.

“I don’t say that he was right; I don’t say that he was wrong, just historically he did not say that. Family meant a great deal to him but looking at it historically, if Gandhi had been a family first man, he could not have done what he did,” he said.

Rajmohan spent time with his grandfather towards the end of his life. He often accompanied his grandfather to his daily prayer meet-

ings.

“Gandhi was assassinated as he was walking towards his prayer meeting,” Gandhi’s grandson said.

“So Gandhi had this practice at 5 o’clock every afternoon, there would be a multi-faith prayer meeting open to the public. And this multi-faith

A young Hindu extremist killed Mahatma Gandhi on his way to his daily prayer meeting on January 30, 1938.

prayer meeting had verses from different religions,” he said.

He added, “He was a very practical man and he didn’t want participants at his prayer to be tired or bored so after twenty minutes or so Gandhi would also speak to them. We are talking about the last months of 1947 and the first month of 1948, India’s become independent, partition has taken place, killings have taken place and Gandhi is trying very hard for Hindus and Muslims and Sikhs to learn to live together, if possible to forgive each other, if possible to assist each other.

“I was often present at these 5 o’clock prayer sessions. I was often walking with Gandhi to this spot, sitting near him, facing the congregation along with several others. Not every day, but often I was with him at 5 o’clock.”

Rajmohan Gandhi said that his grandfather would often read verses from *The Quran* and this was met with great resistance. He said he remembers even as an 11 or 12 year old observing people who were very hostile to these readings. Gandhi’s grandson said he even thought to himself what he would do if the angry men would attack his grandfather.

“On the day he was killed, I was not with him,” he said. “I was not put to the test.”

Mahatma Gandhi was assassinated on January 30, 1948, by a young Hindu extremist.

“Gandhi’s assassination calmed India for forty years, and the Hindu-Muslim question was in some ways resolved for forty years. It has come up again in more recent years,” said Rajmohan Gandhi.

“So Gandhi’s battle, he asked the whole world to learn to fight and to learn to love. And he asks the whole world to treat even people you don’t like, historically, they may be your foes or your ancestors’ foes but you’ve got to learn to live with them.

His basic understanding of why we should love people is because we are all in the same boat. We live together whether we like it or not.

“Gandhi the lawyer was also Gandhi the human being, the conscious who felt he had to face and confront these tremendous challenges,” he said.

Gandhi was much more than the public, anti-war activist.

This forum took place at Duquesne University on Thursday, November 5.

Family meant a great deal to him but looking at it historically, if Gandhi had been a family first man, he could not have done what he did.

- Rajmohan Gandhi

Veterans' Day

Veterans honored at annual panel, continued from page 1

inform me that the PET scan showed cancerous nodules in my left lung. Those two words cancerous nodules triggered an immediate response in my mind first of shock then of denial."

"I don't believe this! This can't be true! There must be something wrong somewhere here," I thought to myself. But no, the frightening news was accurate. I had lung cancer. Wow, what a wake-up call that was. Dr. Reilly wasted no time. He pursued aggressively. Within a week I met with a thoracic surgeon by the name of Omar Awais," he said.

Dunn had the surgery on December 19, 2014, at Mercy Hospital, where he was born 83 years ago, he said.

Although Mercy took thorough care of him, Dunn said he still struggled to fight off negative thoughts and feelings.

Dunn said, "Negative thoughts such as: 'Will I ever get better again?' or worse yet 'Will I have a recurrence of this cancer?' caused me to have nagging doubts and the negative thoughts, such as that, caused a conflict. It was like having a mental collision into an imaginary brick wall. And on that conflict came the challenge, 'Why me lord? Why me?'"

"But then after some additional soul searching I came to realize that the answers to all of my questions, all of those whys pointed to one source, a loving and understanding God, who worked through the caring and qualified professionals that I trusted. They listened and responded to my needs, still another blessing when you think about it. And how that same healing and loving God works in our lives but if and only when we let him and trust in those who truly love us," he added.

It was like having a mental collision into an imaginary brick wall. And on that conflict came the challenge, "Why me lord? Why me?"

- Jimmy Dunn

Dunn gave advice about healing and learning to trust God no matter what battle or struggle one may face.

Father Tom Dansak added to Dunn's wisdom about God. He also added to the panel the idea that true happiness comes from helping others.

"As Jim was saying sometimes God intervenes, I got a letter from the military archdiocese in Washington, D.C. They are the people who look for chaplains for all branches of the services," said Father Tom.

He and seven other priests from his graduating class met to talk to representatives from The Roman Catholic Archdiocese for the Mili-

tary Services about entering the service. Father Tom initially was interested in joining the service to avoid the transfer policy for priests present in the diocese of Pittsburgh in 1977.

When he went to discuss his options, he asked the representative chaplain what was the most interesting thing that happened to him. The representative told Father Tom that a helicopter fell on him. The helicopter broke his shoulders, but he survived the accident.

Father Tom was ordained in 1972 and went into the service in 1977, he said.

"I began a career that was supposed to last for three years. That's all I was released for, and every time I came home to the bishop, I would always visit, and he would say to me do you like it and I'd say yes and he'd say stay a little longer," he said. "And 30 years went by, and then I had to retire because I had reached the maximum time I was allowed to stay in the service."

Father Tom said, "People ask me 'do you miss being in the service?' I say I miss the energy of being around some of the finest young people that America has produced. I met them there."

He said he gained tremendous respect for his country and the men and women serving.

After his thirty years of military service, Father Tom said he ended up spending five and a half years at the state penitentiary.

"When I left the navy I ended up working, believe it or not, five and a half years at the state penitentiary and I began to realize that what was missing in the lives of many of the people who I was working with there as inmates was the thing that the military had given to so many young

men and women: a structure, a vision, a sense of honor, a sense of commitment, a sense of duty," he said. "And the thing that I appreciated most was that my thirty years in the military has taught me that I am not in it for just myself."

The military chaplain added, "Those who live for themselves only, without any sense of dedication to a cause, to a group, to a nation, to anything, miss something very beautiful in life. Miss something very beautiful because the meaning of life is not found in satisfying oneself as much as it is in sharing with others."

Father Tom further discussed selflessness by elaborating on the principles of camaraderie and esprit de corps.

"We spoke always in the military with the word camaraderie, esprit de corps. It's a beautiful thought. One of the things that most people learn in the military is to trust the guy or gal

next to you and if you could not trust them, the thing falls apart because that whole structure is based on the ability to trust the guy or gal you're going to battle with," he said.

He continued, "One of the things that I appreciated most is the fact that when something bad happened I was amazed at how people rallied around because of that comradery and that esprit de corps, you couldn't beat it anywhere. It was a great experience."

Retired Air Force veteran Patrick N. Hodge further defined what service means to veterans.

"That sense of service we've been

and teaches at his parish as a substitute, he said.

He said, "I cannot leave service. It's in my blood. It's just the way it is. I think a lot of us, most of us are like that. We get frustrated when we get out of the service because service isn't expected. Civilian service is not respected."

Father Tom talked about the many service men he encountered and he said he keeps in touch with many of them. He said they have learned a lot from their service and have become successful, professional people.

He said, "The experience I have had with my sailors and my marine

I cannot leave service. It's in my blood. It's just the way it is. I think a lot of us, most of us are like that. We get frustrated when we get out of the service because service isn't expected. Civilian service is not respected.

- Patrick N. Hodge

hearing about, that doesn't leave it, only gets fired up when you're in the military and you're blest to have a career and blest to live a long life after your military service," Hodge said.

Patrick N. Hodge told his story by holding up numerous pictures, depicting key moments in his military career.

He said, "I was just a typical Caucasian lower middle class kid. I started out in junior high at the top of the top class and ended up in high school at the bottom three quarters. High potential. Low achiever."

He joined the air force in 1966. In 1967, he arrived in Vietnam mainly to fix radios, as well as planes, he said.

He ended his career in the military in 2004, almost making full colonel, he said. After he left the military he felt frustrated without service to do.

Hodge said, "As a Roman Catholic, service is built in, right? You feel it, and once you go through the military you miss it."

Because of this, Hodge joined the Catholic Church and he also joined the Knights of Columbus.

He is not as involved in the Knights of Columbus anymore because he is busy with his family but he volunteers at the VA in Aspinwall

buddies lets me know that there are good people who care about everything that happens, not only in their communities but in their nation as well."

Jimmy Dunn and Patrick N. Hodge, as well as Father Tom, are examples of people who are dedicated to helping people, whether through wisdom or through volunteer work.

"Stephen Crane wrote a poem that went something like this: a man looked out to the universe and said 'I am alive,' and the universe responded 'well, that doesn't create a sense of obligation in me.' The gist of that is all of us owe something to something. We are not in it for ourselves and to expect that everybody is in it for me, well that was foolishness," said Father Tom.

Veterans dedicate their lives to protecting all of us. They also continue their service long after they leave the military.

"I am a priest, as I said, and when I left the navy I started a custom and I will use that custom for every veteran that I bury. When I stand at the casket at the end of the service, I tell the congregation I too am a veteran and I stand at attention and salute that casket 'rest in peace shipmate,' they deserve it," Father Tom said.

Those who live for themselves only, without any sense of dedication to a cause, to a group, to a nation, to anything, miss something very beautiful in life.

This event took place on November 10, 2015. It was the fourth consecutive veterans' panel held at La Roche College.

Entertainment

How Pittsburgh celebrates the holiday season

By RITA VINSKI

ENTERTAINMENT EDITOR

Now that Halloween is over and fall is beginning to close its doors, the holiday scene is being set.

Pumpkin spice is being traded for peppermint and gingerbread; ice rinks are opening their doors and Christmas shopping has begun.

With the holidays rolling in, the city of Pittsburgh and La Roche College have begun to announce their yearly traditions. Here are a few to help bring in the season.

The first on this list happens right here at La Roche College.

Every year, La Roche holds its annual Festival of Lights. During this event, there are a variety of activities for both adults and children.

For the adults, there's a craft show located in Zappala College Center from 3pm-9pm. Different artists and crafters from all over Pittsburgh come to show off their works and sell them.

Down in the Kerr Fitness Center are different booths and activities for kids. Different clubs get together to have tables as part of their semester community service event. These clubs include SGA, RHA, Sigma Tau Delta, and many more.

Some of these activities include, decorating cookies, writing letters to Santa, a bounce house, and meeting Santa himself.

Kids can also meet the Pirate Parrot and Iceburgh the penguin.

An ice sculpting contest will take place outside the Zappala College Center, as well as, carriage rides around the campus.

Admission is free for both the kids' activities and the craft show; there are food trucks throughout the evening from different vendors to provide refreshments. These include "North Park Lounge" and "PGH Taco Truck."

The evening ends with a fireworks display.

Besides La Roche, there are many different things to do in Pittsburgh to bring in the holiday season. One of these things is ice-skating.

There are two popular rinks to choose from that are great for skating with friends, or the whole family.

The first rink is located in North Park in McCandless.

Starting in November, this outside skating rink is open six days a week, Tuesday through Sunday.



PPG Place skating rink and preview of windows for the PPG Place Winter Garden



© PHOTO CREDITS RITA VINSKI

There are three sessions to choose from during the week; these hours vary depending on the day.

Skate rentals are available as well as a concession area. Admission for adults is five dollars for residents and six dollars for non-residents.

North Park Skating Rink is open from November to late February, weather permitting.

The next popular skating rink is located outside of PPG Place in downtown Pittsburgh.

Open from November 20th to February 28th, this rink presented by MassMutual is a great way to bring in some holiday cheer.

Families can skate around a gigantic Christmas tree and listen to the sounds of the holidays. Special events also take place on the rink that are open to the public to see.

Admission for daily and weekend skating is eight dollars for adults and seven dollars for kids and seniors. Skate rentals are also available for four dollars.

Besides the skating rink, PPG Place also holds its yearly Winter Garden.

This area located in the PPG Building is beautifully decorated

with Christmas greens and flowers. The Winter Garden also plays host to the yearly event, "Spirits of Giving from Around the World."

This event decorates the winter garden with life-size Santas and paintings from all over the world. There's also a spectacular display of gingerbread houses and a train exhibit.

Seasonal music is also played by a variety of local musicians.

Admission for this exhibit is free and no reservations are needed; just come and enjoy! The display is up from November 20th to January 7th.

For people that have a green thumb, Phipps Conservatory has a beautiful display of Christmas flowers for all ages to enjoy.

From the end of November to mid-January, lovers of flowers and other greenery can see all types of Christmas arrangements decorated with holiday lights.

Hours vary each day and admission is \$15 for adults and \$14 for students and seniors.

For any Kennywood fans, the park amusement park is open during the holiday for its annual "Holiday Lights" event.

Families can come and enjoy the beautiful lights display all over the park, including a the "Holiday Lights Show" that takes place at The Lagoon.

"Sounds of the Holidays," is held at the Kennywood Garden Stage for people that enjoy the sounds of Christmas music. Local choirs and dance groups perform throughout the evening.

Other activities include a tree lighting ceremony, writing letters to Santa, shopping for holiday gifts, pictures with Kenny the Kangaroo and Mr. Claus, cookie decorating, and so much more!

For those that still want the thrill of Kennywood rides, specific rides will be open throughout the park.

Kennywood's "Holiday Lights" begins on November 27th, and is open every weekend until December 27th, with weather permitting. Admission is \$17.99 for adults and \$15.99 for seniors.

Tickets can be purchased at the gate or online.

Finally, for those who have a love for theater, Pittsburgh offers two wonderful performances to celebrate the holiday season.

The Pittsburgh Ballet puts on its yearly production of "The Nutcracker." Viewers are welcome to come and watch the Sugar Plum Fairy and the Dancing Snowflakes float across the stage to the sounds of Tchaikovsky.

During intermission, kids have the option of a photo opt with the Sugar Plum Fairy.

Performances start December 4th and run through December 27th. Ticket prices start at \$28 and can be purchased at the box office or online.

Student discounts are also available.

For those who enjoy musicals, The Pittsburgh CLO puts on "A Musical Christmas Carol."

This family favorite allows viewers to journey with Ebenezer Scrooge as he goes from money hungry to a giving man with a love for Christmas at the newly renovated Byham Theater.

The musical runs from December 4th to December 23rd. Tickets start at around \$25 and can be purchased online or at the box office.

Are you interested in joining our staff?

The Courier is always looking for new writers and photographers.

Contact either Sarah Reichle or Megan Poland for more information on writing for the Courier.

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Pittsburgh kicks off holiday season with its 55th annual Light Up Night

BY LAINEY STANDIFORD

Pittsburgh didn't disappoint the crowds who gathered on Friday November 20 to kick off the holiday season with ceremonial tree lightings and special guests at the 55th annual Light Up Night. The craziness ensued as crowds descended into the heart of the Burgh for concerts, food, and for plenty of opportunities to begin Christmas shopping.

There was no shortage of activities and things to do as the night grew darker and lights from around Pittsburgh began flickering on as time passed. The ceremonial tree lighting at PPG Place was lit at 5:30pm as spectators looked on, only a little disappointed.

Unfortunately, unlike last year's Light Up Night, the newly expanded PPG ice-skating rink wasn't open because the weather was too warm. That's what a crisp 48 degrees does to the ice.

The vice president of Highwoods Properties, Andy Wisniewski said, "The melting has created voids in the subsurface ice, making it unsafe for skating or using the Zamboni." Their hopes are to have the ice rink open and ready for the November 21 mascot skate. The PPG ice rink will stay open through February, welcoming over 68,000 skaters in the course of four months.

If one wandered around long enough, they may have stumbled upon a crowd gathered in the neighborhood as adults and children waited impatiently for the Highmark Unity Tree Lighting, with special guest Mr. McFeely.

For those who don't know, Mr. McFeely was the mailman with the catchphrase Speedy Delivery on Mr. Roger's Neighborhood. Mr. McFeely led the crowd in a rousing rendition of Won't You Be My Neighbor before the tree was finally lit.

Of course, the obligatory ooo's and aaa's from the crowd sounded as the countdown ended and the tree was lit in full force. It can be found on the corner of Penn Avenue and

Stanwix Street.

The tree can be found on the edge of the building leading into the square. After the tree was lit, there were rooftop fireworks to accompany the show, as a band marched on stage to elicit energy from the crowds.

As per usual, the People's Gas Holiday Market and the BNY Mellon Seasons of Lights display took the main stage in Market Square. The Holiday Market contains more than 30 vendors, all-ranging from different crafts to cultural food. Either way, one is sure to enjoy it somehow! The Holiday Market is open daily from now until December 23.

The BNY Mellon Seasons of Lights display is definitely one to see in the dark. The lights are synced to music that performs a show about every half an hour. It incorporates common carols heard throughout the season, and some renditions done by Trans-Siberian Orchestra play in the background as the lights dance.

To end the night, there were plenty of concerts around Pittsburgh, but none so big as the singer JoJo. She performed on the BNY New Music Stage, on the Roberto Clemente Bridge. JoJo sang some great classics, like Get Out and Too Little Too Late. She also sang plenty of songs off of her new album, III.

The finale that Pittsburghers enjoy the most was, of course, the Zambelli Fireworks Show. The show was fired off of the Andy Warhol Bridge, as onlookers from the concert stood on the bridge opposite. Zambelli never fails to disappoint, and this year was no exception. The show lasted 25 minutes, and had an outstanding performance synced to Christmas carols in the background.

Pittsburgh's 55th annual Light Up Night surely didn't fail to disappoint anyone, with there being plenty of things to do for everyone. We can only hope that next year, Pittsburgh will continue to try and top one of the best times of the year.



Left, singers performing on the Roberto Clemente Bridge. Above, Light Up Night attendees watch the famous Zambelli fireworks show.



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Be sure to read *How Pittsburgh celebrates the holiday season* on the previous page (pg 11) to find more seasonal activities to do in Pittsburgh this year.

Literary Society's 2015-16 season launches with evening of heartfelt, expressive music

Father Peter Horton came home to La Roche College for a night full of music and laughter

BY LAUREN VILLELLA

Father Peter Horton returned to La Roche College to present "Faith in the Footlights," a discussion about American musicals that epitomize spirituality.

Father Horton served as La Roche's campus minister for 19 years and is now the pastor of St. Winifred's Church in Mt. Lebanon.

The La Roche College Literary Society sponsored "Faith in the Footlights." The evening featured live performances by four parishioners of St. Winifred's Church. Father Horton described the performers as "incredible, gifted people of faith and people of talent."

Billy Hartung, who Father Horton said has been on Broadway, performed two solo numbers. His daughter, Elizabeth Hartung, 15, performed two solo numbers and participated in two duets. Elizabeth said that she is a sophomore at Mt. Lebanon High School and has 10 years of vocal experience.

Michaela Isenberg, 16, performed two solo numbers and participated in two duets with Elizabeth. Michaela said that she is a sophomore at Bethel Park High School and has 11 years of vocal experience.

Diane Falvo, the director of liturgy at St. Winifred's Church, served as the piano accompanist for the evening.

Sister Rita Yeasted, Ph.D., began "Faith in the Footlights" with a brief introduction. Sr. Rita is the chairperson for the Literary Society's planning committee.

Sr. Rita said of Father Horton, "He is the expert on Broadway musicals and he uses them in his sermons many, many times. I share his love of musicals so this is a real treat for me."

Father Horton expressed his love of musicals to the audience and shared his fondness for the selected songs.

"I do have a deep love for Broadway theater and theater in general, and for films," Father Horton said. He said that he served as the entertainment critic for the Pittsburgh Catholic for 22 years.

"I think our journey can be expressed in so many ways through song and particularly in the Broadway idiom," Father Horton said.

Father Horton recounted how a music appreciation teacher, Sister

Clarence, sparked his interest in musicals when he was 12.

"One day," Father Horton said, "she brought to class the original Broadway cast recording of 'Camelot' and that was it. I was hooked, because I couldn't believe you could tell a story with song."

Elizabeth and Michaela performed the first song of the evening, "The Human Heart." The song comes from the musical "Once on this Island."

Father Horton recounted that he had first seen "Once on this Island" with his cousin in New York. He said that it was a rainy day and in an effort to pass the time, the two decided to see a show.

"It's a show about social justice, it's a show about true love. For me it was a show I never forgot, and it's a show that touched me very deeply," Father Horton said.

Father Horton expressed his fondness for "The Human Heart." He likened the song's message to one that is commonly found in the Gospels.

"I have not found a song that expresses love as deeply, as beautifully as this," he said. "It's about a heart full of love, and I think that song so beautifully conveys that."

Elizabeth Hartung performed the second song of the evening, "What it Means to be a Friend," from "13: The Musical."

The succeeding number, "On My Own," held a special affinity for Father Horton because he said it comes from one of his all-time favorite musicals, "Les Miserables."

"It is one of the beautiful statements of what it means to be alone, to have a broken heart," Father Horton said of "On My Own."

"No One is Alone," a song from the musical "Into the Woods," also struck a powerful chord with Father Horton. He said that Stephen Sondheim, the song's lyricist, is his favorite composer.

"I think the man can do no wrong," Father Horton said of Sondheim. "I think he has deep insights into the human heart, the human psyche and he writes stuff that is different."

Father Horton described the background of the song, saying that Sondheim wrote it as a reflection of his relationship with his mother after his parents divorced.

"This is a very powerful song about being rejected, but also coming together with those who truly love you," Father Horton said.

Songs from "A Chorus Line," "In the Beginning" and "Flora the Red Menace" rounded out the evening.

"Faith in the Footlights" took place on November 6 in the CC Square. It was the first of three presentations planned by the Literary Society this year. The succeeding two presentations will be held in February and April 2016, respectively.



Billy Hartung, a Pittsburgh-born dancer and actor, performing at the event.



Elizabeth Hartung, left, and Michaela Isenberg, right, performing "A Little More Homework To Do" from "13: The Musical."

Father Peter Horton, right, holding a gift Sister Rita Yeasted presented to him after "Faith in the Footlights." Snoopy is one of Father Horton's favorite characters. Father Horton showed the audience that ice skating Snoopy plays music and spins around in a circle.



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LAUREN VILLELLA

I think our journey can be expressed in so many ways through song and particularly in the Broadway idiom.

- Father Peter Horton

Documentary exposes inner musings of big screen acting legend Marlon Brando

BY LAUREN VILLELLA

He's not as dead as we think he is. Eleven years after Marlon Brando's death he is speaking to audiences again, this time from the grave, in a new documentary about his life.

"Listen to Me Marlon" is told almost completely in Brando's instantly recognizable voice. The documentary's framework consists of extensive audio tapes that Brando privately recorded throughout his life with the intention that his family would one day release them publicly.

Film critics widely regard Brando as one of the finest actors of all time. He remains revered today for his triumphant portrayals in films like "A Streetcar Named Desire," "On the Waterfront" and "The Godfather."

The tapes feature Brando's thoughts on method acting, his alcoholic parents, the burdens of fame and his special love for the island of Tahiti. These and a wide array of other topics continue to be of supreme interest to the late actor's legions of fans and admirers.

Brando's voice is at times tired and pensive on the tapes, giving viewers a keen sense of his simultaneously enthralling and exhausting life. His insights provide film critics with the most intimate portrait yet of this re-

nown actor whose off-screen life was riddled with strife and turmoil.

The documentary begins with news coverage of the tragedy that haunted Brando and his sizable family in 1990. Brando's eldest son Christian shot and killed his half-sister Cheyenne's boyfriend at his father's Hollywood Hills home.

The event completely marred

Marlon Brando is known for his roles on the big screen in "The Godfather," "A Streetcar Named Desire," and "On the Waterfront."

Brando's twilight years, compounded even further when Cheyenne committed suicide five years after the incident.

The documentary is effective in starting out on a grim note. The footage of Brando losing his composure before reporters and at Christian's trial reminds viewers of the stark contradictions that defined his life.

Brando enjoyed massive success and acclaim in his heyday and won two Best Actor Oscars. He became a 1950s cinematic symbol for rebellion. Two decades later, he cemented his legendary status with his portrayal of the patriarch of a mafia family in "The Godfather."

"Listen to Me Marlon" devotes a satisfying amount of

time to Brando's golden side. Its bleak beginning, however, signals to viewers that this is first and foremost the story of a man destroyed by factors he could and could not control.

The documentary weaves clips of Brando's now-classic films from his 56-year career. Brando's screen test for his first Hollywood movie and footage of him on the set of "On the Waterfront" are among the most compelling.

Brando's thoughts on method acting, the style of acting widely popularized in the 1950s, are particularly enlightening. Method acting requires an actor to fuse his own personal emotions with the fictional qualities of the character he is portraying.

The tapes reveal the influence that Stella Adler, an early method acting coach, had on Brando. He also discusses his belief that everyone is acting all the time, but for some people acting happens to be their occupation.

"You bring a part of yourself to every character," Brando says, "but some parts are closer to us than others." He brings a unique universality to his "On the Waterfront" character Terry Malloy, saying, "Everybody feels they could've been a contender."

Brando's reflections on acting and life in general provide the documentary with its most intriguing insights.

You bring a part of yourself to every character, but some parts are closer to us than others.

- Marlon Brando

The occasional angst in Brando's voice makes it clear that he grappled with audiences' need to see him on-screen, and his own desire to escape the perils of fame.

"No matter what I say or do, people mythologize me," Brando says in the documentary.

"Listen to Me Marlon," directed by Stevan Riley, carefully navigates the mythological waters. The documentary pays homage to Brando's towering stature as an acting legend, while also exposing the torment that lay beneath his golden exterior. It is easy to believe that Brando would have taken pride in this documentary.

In a long and storied career, "Listen to Me Marlon" may be Brando's finest screen moment. He emerges as a supremely talented and anguished soul, and uniquely human in his flaws. Posthumous perfection is a rare feat, but for Brando the impossible was never far out of reach.

Marlon Brando died in 2004 of respiratory failure at 80 years old.

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Alumni

English alumni return to share job experience, advice with current students

BY MEGAN POLAND
EDITOR-IN-CHIEF

La Roche English majors mingled with successful graduates of the program and learned the different routes their degree could take them.

Nine English department graduates introduced themselves to the group of students and explained their current, as well as past, jobs. The alumni also informed students about the extracurricular activities they were involved in during college and how it helped them get a job.

After the introductions, students had the chance to meet and socialize with the alumni they found most interesting.

The English honors society, Sigma Tau Delta, hosted the event on November 5.



One of the best things about La Roche is how helpful the professors are. If you work hard and want to succeed, they will work hard to help you succeed.

- Heather Paholich, '05

Senior engineering writer, Bechtel Marine Propulsion Corporation



Everyone tells you you're going to fail every day. Everyone tells you that in English.

- Joseph Ziegler, '11

Senior Associate, Sommer Law Group, P.C.



- Natasha Garret, '96

Director of International Student Services, La Roche College

Listen to faculty. They have a lot of experience...I owe a lot to the faculty here.

- Becky Jeskey, '11

Copywriter, La Roche College Office of Marketing and Media Relations



The most valuable skill [I learned] was actually just picking up confidence in myself.

- Ray Pefferman, '05

Public Affairs Officer, Bechtel Marine Propulsion Corporation



Studying what I loved lead to a career.

- Joanna Lewis, '05
Manager of Education & Training, ERT



I never experienced education like I had here.

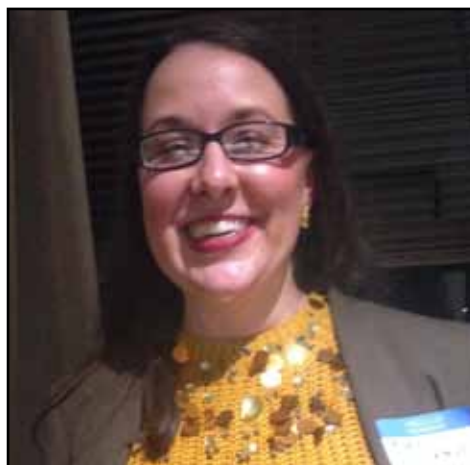
- Brian Duermeyer (left), '04

English teacher, Shaler Area School District

Why do something you hate? You may struggle a little bit more doing something that you love, but you love doing it. That's where a lot of the emotion and passion comes from.

- Mike DiVittorio (right), '05

Staff writer, The Daily News



Listen to your professors. Listen to each other.

- Ellen Horn, '09

Lead-Communication, American Eagle Outfitters