La Roche College's new gaming degree is real-world preparation

By Sarah Thomas
Contributing Writer

La Roche College has introduced a new game studies certificate and minor to its available programs of study this semester. The opportunity is extended to those students already enrolled as well as those looking to gain new skills.

Those seeking to enroll in the certificate or minor program may enroll now, with an Introduction to Game Studies course available in Spring 2019.

Broadly, the program is not focused on programming or design, but explores how the traditional aspects of playing a “game” have the potential to transform regular tasks.

“I found the game studies course very interesting,” said Allie Bouger, a senior studying Communications who previously took a course in game studies at La Roche College.

Bouger continued, “I’m graduating soon, and I feel like what we learned will stick with me after graduation.”

A certificate in game studies offers students the opportunity to use and understand games and gamification in relation to a broad range of applicable fields.

The game studies minor provides students with in-depth knowledge of games and gamification, and how this understanding has particular relevance in the fields of producing, writing, designing and creating games.

“There is a really big need in the workforce for people who have these skills, and this certificate, or minor, will really stand out on a resume.”

—Dr. Jeff Ritter, Ph.D., department chair of communications, media and technology

Jeff Ritter, Ph.D., the department chair of communications, media and technology.

The field of gaming and gamification is gaining increasing real-world relevance. Companies such as Starbucks, Deloitte and Nike famously use aspects of gamification when training employees and in engaging customers.

Additionally, with the development of augmented and virtual reality, the principles of gamification may grow to possess strong relevance in tech circles.

Both the game studies certificate and minor have the potential to add skills to those already working in their field, as well as students integrating the program into their existing educational goals.

Games, gamification and game-based learning are explored in respective areas of the program, and their principles are often used in business and education.

“For example, retailers may have employees play a stop-loss game that teaches them methods to identify shoplifters,” Ritter said.

SGA attends conference, plans goals

By Julia Felton
Editor-in-Chief

Student Government Association (SGA) is preparing for better communication and upcoming events, while working towards personal goals.

Executive Vice President Allison Bosworth said she and other SGA representatives attended a student government conference. That conference gave Bosworth ideas she said plans to implement on campus.

“One thing we want to start implementing is student interaction,” Bosworth said. “I want to challenge each member to every day go out and talk to someone new and ask them if they have any issues or anything they’d like us to work on.”

Bosworth also said that she and SGA President Brittany Premick plan on encouraging student involvement during elections next semester.

Bosworth said that contact information for each SGA member will soon be available to all students.

According to Bosworth, SGA will soon be releasing a survey to gauge student concerns, which SGA could address.

Though SGA did not host an event during Breast Cancer Awareness month, they donated money to support Dr. Nicole Kreidler, an interior design professor fighting cancer.

Bosworth recommended donating a $120 Blue Apron gift card, which would provide a week’s worth of meals for Kreidler’s family.

“I think it’d be great if we, as a club, would make a donation on her behalf,” Bosworth explained.

The SGA board voted unanimously in favor of the donation.

Lauren Ranalli, director of student activities, said she plans to implement a student appreciation week next semester.

“I thought a good thing that could become a tradition could be student appreciation week, where we take a whole week to market SGA, do things specifically for the student body,” Ranalli explained.

Ranalli suggested partnering with sports teams, offering giveaways, having open forums, or hosting events in CC Square.

“It’s a way to get them to know us and appreciate us,” Bosworth said, noting that this would enhance SGA’s presence on campus.

According to Bosworth, SGA will participate in other events this semester—including a winter formal dance, a highway clean-up, and the Festival of Lights.

SGA also approved club budgets.

According to Financial Vice-President Ryan Ehrenbaugh, club budgets totaled $4,685.

See SGA, Page 10
The La Roche Courier honors our fallen brothers and sisters.

Joyce Fienberg  
Richard Gottfried  
Rose Mallinger  
Jerry Rabinowitz  
Cecil Rosenthal  
David Rosenthal  
Bernice Simon  
Sylvan Simon  
Daniel Stein  
Melvin Wax  
Irving Younger

“I have made you and I will carry you; I will sustain you and I will rescue you.”  
Isaiah 46:4
LRC professor reflects on local tragedy

By Jeff Ritter
Professor

I am going to write this while raw, angry, sad, and despairing. It may not be in the Courier for weeks, but I want to let you know what this is like now because surely many of our community will experience this kind of trauma, it is becoming so pervasive in our country. A great hurt has been done to my community, my neighbor­hood, my people and my brethren. It isn’t in isolation and it was based on hate. And hate doesn’t grow in isolation.

When these things happen we feel powerless. A great amount of our freedom and joy in life is taken away. Where once we saw a room of people, we feel fear. Where we once felt at home, we feel at risk. Where we once felt our lives were predictable, we feel at home, we feel at risk. Where we once saw a room of people, we feel fear. Where we once felt our freedom and joy in life is taken away. Where once we felt our lives were predictable, we feel powerless. A great amount of trauma, it is becoming so pervasive in our community will experience this kind of trauma, it is becoming so pervasive in our country. A great hurt has been done to my community, my neighbor­hood, my people and my brethren. It isn’t in isolation and it was based on hate. And hate doesn’t grow in isolation.

Americans have been ponder­ing what to do at times like this for many years now and no solution has been reached really. We have com­munity counseling and we have the ubiquitous and now heavily derided ‘thoughts and prayers’. Kind words are nice. Expressions of concern are welcome and helpful. A chance to talk and grieve and even moan and cry is good.

As a person used to action, making things happen, being active, it repeats in my mind like a mantra - what to do, what to do?

I know a few things. If you know someone who is in pain, has fear, feels threatened and puts that fear and pain on the other - the one they feel is hurting them - the one at the other end of the equation on the to­tal BS zero sum game - talk to them. It’s not others hurting them, or taking from them, or ruining their chances at success. It’s them. It may be their circumstances, bad luck, bad habits, parents or childhood - those can all be overcome with persistence and hard work. We know that. That is finally a real fact we know because there are living, breathing examples all around us, Scratch almost any person who is content, happy and satisfied and you will find hardships overcome, not blame ascribed.

What else, what else, what else? Check your facts. Don’t be manipu­lated. Look it up. And don’t be afraid.

If you’re here, at this college, in classes, with great peers, faculty, staff, friends, new and unknown, you’ve got the world on a string my friend and don’t need to hate or blame anyone. Your chances of being successful at anything you want to be success­ful at are a mile high and ten miles wide. You are as on top of the world as anyone has ever been. This com­munity, of strength, love, knowledge, wisdom and work, is here for you and on your side. If you feel that a politi­cian is offering you more by telling you who to be afraid of and that he alone can solve all your problems and that there are bad people coming and that the past is greater than the future, turn your hat around, pull your socks up and walk away fast - you are being taken for a ride to a place not of love, but of hate. Not of wonder and joy, but of jealousy and greed, not of the enormous heart pouring out wel­coming to anyone who needs help, as­sistance, a kind word and respect for who they are, but of shallow selfish­ness and vanity.

Politics is, as they say, complex. But it shouldn’t be anymore complex than looking at a person and listening to them and asking yourself - are they kind? Are they a giving, helpful per­son? You don’t need to look at party labels or affiliations to discern that. It is shown in words and deeds. As to taxes, the Supreme Court, our deep divides over many, many issues - it doesn’t have to be this way. Most peo­ple can agree on compromises and studies into deliberative democracy show that most people can agree on issues when they learned the facts ob­jectively. Facts they didn’t know and the real reason others disagree with them. Not to hurt them, but because it makes sense and is better for every­one. Long term. Sustainably. Every­one wants to solve problems, but not everyone is greedy, selfish and short­sighted. That’s part of the manipula­tion that divides us and makes us fear each other.

There was a shooting at a high school in the United States yesterday morning, of course. There is always another one. I don’t know anything about guns and don’t want to talk about guns because it is almost a lost cause against a gun lobby and the pol­iticians who take their money, and the people, not most gun owners, who are against more regulation because they have been manipulated by clever people. But I do want to talk about love for each other, concern, civility and hope. Take it at your own. Make it your life to be nice, kind, thought­ful and here for others. And you’ll be happy and content. No matter what. I guarantee it.
New car club is revving up at La Roche

By JULIA FELTON
Editor-in-Chief

T he Campus Car Society is a new club geared towards gearheads. Luciano Vizzoca founded the club this year to bring the school’s car enthusiasts together. “I was inspired by my passion for cars,” Vizzoca said. “I wanted to meet other students that also had that passion.” Vizzoca said his love for cars began when he was in middle school. He explained, “It started in seventh grade for me. My dad came home from work and said he found this ‘65 Mustang. We went to go check it out and I just fell in love with it. After that, I just became a car guy.”

Now, he said he wants to share his passion with the La Roche community. Vizzoca said he hopes to see the club grow. “I would encourage anyone who likes cars and actually wants to meet people in the car world [to join the club],” he added.

Though the club is still in its beginning stages, Vizzoca said he’s already making plans for future Campus Car Society events. “I want our main focus to be on events around Pittsburgh, like Cars ‘N’ Coffee, World of Wheels, and the Pittsburgh Auto Show,” Vizzoca said.

World of Wheels and Pittsburgh Auto Show are annual car shows in Pittsburgh. Pittsburgh Cars ‘N’ Coffee is a local group of car enthusiasts that meets every other Saturday for a car cruise. Vizzoca cited Pittsburgh Cars ‘N’ Coffee as an example of what he wants his club to emulate. He said, “They have a really nice community of car people. I wanted that for college students.”

Vizzoca emphasized meeting fellow car enthusiasts on and off campus. “The car world’s all about networking, so the more people you know, the more cars you’ll be exposed to,” he said.

In addition to taking his club to car events, Vizzoca said he wanted to bring cars to campus. “We want to have a few meets on campus,” Vizzoca said, noting that this probably won’t happen until spring. He also said he would like to bring speakers to campus. Though the Campus Car Society strives to help car enthusiasts bond over cars, Vizzoca said he wants to do more than enjoy cars. “I don’t want it to just be a car club,” Vizzoca said.

“I want it to actually affect the community.” Vizzoca said he wants the club to focus on fundraising and helping charities. He said he also plans to create programs to help members of the La Roche community experience cars. Vizzoca said he plans to contact local charities.

See Campus Car Society, Page 10

Student finds, collects historic treasure

By SARAH HEEFFERIN
Entertainment Editor

In the time of pirates sailing the seven seas, X marks the spot meant treasure. Each voyage brought home a giant wooden chest, filled to the brim with jewels and gold. But that was a myth. Many fail to realize that treasure, the treasure of history, is in our very backyards. For La Roche student Kevin Kavala, finding that treasure—the treasure of history—is his passion.

Kavala is a junior information technology major at La Roche College. He transferred in from CCAC, and has a part time job. Kavala lives life doing his normal activities, but what many would be surprised to know is, he loves collecting antiques. “I started collecting antiques when I was 6,” Kavala said. “My father has a passion for history and collecting antiques, so I guess it rubbed off on me. Frequent trips to antique stores and history museums also spurred my interest in preserving the past.”

For every birthday, Kavala explained that he would also receive money from his parents, which he would then go and spend at antique stores. From such an early age, he became enamored with the thought of preserving the past.

Kavala collects anything he thinks is interesting, whether that be a fossil, or arrowhead. He finds all eras of human history intriguing, and gravitates towards artifacts that he feels tell a story. “With the world moving forward, advancing in technology and ideas at such high speeds, people fail to notice how far we have come,” Kavala said. “I personally carry around emergency supplies to last you a day or two, in case you get lost or injured.”

Kavala always carries special equipment and provisions to keep him safe against the environment. “Some of the locations you may be hiking to will be remote, so it is vital that you take food, water, and emergency supplies to last you a day or two, in case you get lost or injured,” Kavala said. “I personally carry around about 20 pounds of gear, with half of it being emergency supplies or water, and the other half digging and recovery equipment.”

Kavala takes special care of every relic that he finds, often keeping them for long periods of time until they are ready. When he is satisfied with the restoration, he donates each one of them.
Entertainment Editor Sarah Hefferin shows La Roche College’s Halloween spirit

“Man on the Street”

“My first Halloween!”
-Sarah Hefferin, Sophomore

“Here is a picture of my mom and I from 1983.”
-Julie A. Makuta,
Executive Assistant to the Dean of Students

“I couldn’t decide whether to send my childhood Batman costume with my siblings or my (sort of) grown-up Snow Miser with my wife (as Heat Miser), so I sent both!”
-Dr. Josh Bellin, English Professor

“Me (age 7) and my little cousin Kirsten (age 3) trick or treating on Halloween as a witch and Cinderella!”
-Amanda Workman, Freshman

2017 La Roche Halloween Party Costume Contest Winners
Sarah Futigami, Maura Fallone, Halle Mathison, and Eric Onofrey

Interested in joining our staff?
The Courier is always looking for new writers and photographers.

Contact Julia Felton for more information on writing for the Courier.

Julia.Felton@stu.laroche.edu
La Roche implements new initiatives to boast diversity and inclusion

By Julia Felton
Editor-in-Chief

La Roche is implementing two new initiatives to promote diversity and inclusion on campus. A bias incident reporting system and an inclusion council will strive to make La Roche a more inclusive community. Director of Diversity and Inclusion Candace Okello said she wants students to feel empowered and included.

“I want those who live and work here to feel like they are welcome. I want them to feel safe. I want them to feel that they’re valued and that they’ve affirmed here,” Okello said.

The school has already implemented the bias incident reporting system. Okello said, “The bias incident report is to provide an opportunity for students who have been impacted or have witnessed some type of bias incident or hate crime to have an effective way to report those incidents. We don’t want people to be suffering in silence or feel as though they are experiencing things and nobody’s responding to them.”

Students can now report bias incidents and hate crimes online. “On the La Roche website, under Diversity and Inclusion, there is a whole page that’s titled Bias Incident Reporting and there is a form that you can fill out. That form will come directly to me,” Okello said.

Okello said the website also offers explanations of what a bias incident is. “For students who are unsure about whether they should report an incident, Okello encouraged them to report it. She said, “Even if you aren’t sure if it is or is not, report anyway and that’s a conversation we could have.”

Okello said that she will collaborate with the bias response team to decide how to respond to specific situations. “It could be disciplinary. It could be an educational response. It could be a resource response. It could be counselling,” Okello explained.

According to Okello, students can submit forms with their names on them or anonymously. If students do not put their names on the reports, Okello said she will only share names with the bias report team.

“We want you to know that you are heard,” Okello said. “We want you to know that we care and we are concerned about what you’re experiencing. If we’re saying that we’re a safe, inclusive campus, we want to make sure that that is exactly what we are going to be. If you are experiencing something, we want to know that so we can make sure that we are taking the proper steps to respond to that.”

In addition to bias incident report, La Roche will soon be forming an inclusion council. Okello said this council will be made of students, faculty, and staff who want to lead the discussion on diversity. “It really is about us trying to broaden the diversity and inclusion conversation, because it has been kind of narrow in terms of the way we’ve talked about it. I think an inclusion council will broaden it to include a conversation about more identities. Having more voices at the table is critical to that process,” Okello explained.

The President’s Office already sent out an e-mail explaining the formation of the inclusion council. Okello said that e-mail already generated interest among students.

“For them, it was kind of empowering to know that somebody cares and wants to know how to best serve them,” Okello said.

According to Okello, the inclusion council will be open to anyone. She said, “I wouldn’t exclude anybody from that council. Ultimately, students are the ones truly being impacted and so we absolutely don’t want to begin to make decisions without understanding truly what people are experiencing.”

Okello said this council could serve in a variety of purposes. She explained, “It could be a change in practices, a change in policy. It could be more educational opportunities or co-curricular opportunities for people to get engaged in response to what we’re seeing.”

Regardless of the measures the inclusion council takes, Okello said she believes that allowing students to engage in these conversations is important. “Just their presence on that council to be able to provide a different perspective is pretty powerful in itself,” she added.

Okello also encouraged students to strive for inclusivity in their daily lives. “To move towards cultural competeny, the first step is always self-awareness. I’m asking students to be reflective about their perceptions, about their bias or prejudice, and making an intentional effort to change that or to work through that,” Okello said.

Okello said she hopes these initiatives will improve the campus atmosphere. She said, “I want us to be a socially just campus. When we talk about diversity and inclusion, I want it to be inclusive of all identities. I want us to say that we truly are serving all people.”

College celebrates International Education Month through November

By Julia Felton
Editor-in-Chief

The Office of Global Engagement is hosting events to celebrate International Education Month in November. International Education Week occurs annually during the week before Thanksgiving. Though La Roche used to participate in that, Emily Markham, assistant director of global engagement, said the college expanded it to a month long affair.

“It’s a way for our students to showcase different aspects of their own culture and share that with other people,” Markham said. “It’s a way to celebrate the many cultures we have here.”

Markham said these events are open to all students—international and domestic alike. “Don’t be afraid to share your own culture. Just because you’re not born in a different country doesn’t necessarily mean you don’t have a culture to share. We certainly encourage all students to participate.”

The Office of Global Engagement is hosting an array of events, including coffee from around the world, a global trivia night, a food truck festival, and a social media campaign.

Markham said the Office of International Student Services, the Spanish Club, and the Saudi Club are also helping with events.

Markham said they will be bringing back events they’ve hosted in prior years.

“The Global Snapshot day is one that we’ve done annually for the last few years. It highlights the many different cultures we have here on campus. It’s a way for students to bring in something sweet from their culture.”

Markham said, adding that the event is also open to faculty and staff. This event will be held in CC Square on November 13. According to La Roche’s website, this event will allow students to taste international deserts, learn fun facts, and experience virtual reality.

Markham said they are also incorporating new events, like 10 Minute Language Lessons. “The idea is that you are exposed to a new language during International Education Month.”

See International Education Month, Page 11

(Left to right) Thao Le, Duc Bui, and Anh Le volunteer to teach students a new language during International Education Month.
The La Roche College Psychology Department received a new professor in the Fall 2018 semester. Dr. Mary Shuttlesworth fulfilled Dr. Janet Gates' position after her retirement as the Spring 2018 semester ended. The position puts pressure on any new psychology professor replacing Gates. Shuttlesworth said that she has a big position to hold up.

“So far, I have big shoes to fill. It seems Dr. Gates was very well-liked by students and other faculty here, too,” Shuttlesworth said. She added that she was excited to teach Developmental Psychology at a level of expertise. Shuttlesworth said the reason she came to La Roche College was its small atmosphere. “I like that it gives me the opportunity to connect with students and interact with students,” she added. Shuttlesworth said she has worked with and done research with children, and that college students are different from experiences with children. “College students present their own challenges,” she said.

Shuttlesworth said she has been teaching full time since 2012, and part time since 2006, 12 years of complete experience. “I taught at Mount Aloysius College before, so it’s a couple hours from [Pittsburgh] east, in the Altoona-Johnstown area,” she added. Teaching is part of Shuttlesworth’s life, though she has many other traits that make her likeable to students. Shuttlesworth’s upbeat personality, even through 8 a.m. classes, help her and her students get through the day.

“I’ve just always been that kind of extroverted, kind of high-energy person, so that goes along with having high levels of energy, so I have a hard time sitting still,” Shuttlesworth said. She noted that she likes to be active and doing things all the time.

Shuttlesworth said the reason she presents her extroverted personality to students is because that was the best way she learned when she was in college. “My favorite professors were the ones who really seemed to care about what they were teaching, and the ones who had a lot of energy and enthusiasm for their topic, and so I try to mirror that as much as possible,” she said.

See Shuttlesworth, Page 11

Mary Shuttlesworth is the newest addition to the psychology staff.
La Roche student tries kickboxing

BY DANIELLE DiNATALE
CONTRIBUTING WRITER

Students in La Roche College’s creative nonfiction writing class had an unusual assignment: Do something they’ve never done before and write a story about it. What follows is one of those stories. We invite you to read this and the other stories that will appear throughout the semester...  

Professor and Courier Advisor Ed Stankowski

I always wanted to punch someone in the face.

In fact, the idea of getting into a fight appealed to me more than it should. I’d never be able to throw the first swing, but I told myself that if anyone ever did, I’d accept the invitation. I’m sure I’d be the one getting knocked out into the wrestling matches with my brother on our living room floor.

Girls have spent centuries reinventing their image, separating themselves from the delicate, fragile vision that society pictured for them. It’s time to throw all that away. The women can do whatever they want and be as accomplished as men. But even today, there is still the lingering expectation of women to be docile and submissive.

I am far from intimidating. Besides being a girl, I stand at 5’1, and my rolls of fat in the area that has boxing bags. Happens to be the only gym in the area that has boxing bags. Walking into a spa to relax rather than place a sleek feel—as though you are at the center of attention. The gym is still the lingering expectation of women to be the center of attention, the gym is an intimidating place. Luckily, the boxing area is in a room set off from the main gym. Inside, the laminate wood floor is polished, and the doors are made of glass, which allows anyone to look inside. Mirrors coat every wall, so it’s possible to see your body at every angle.

My instructor’s name is Lexi. One would never suspect her to know how to kickbox, or to have grown up practicing it. She stands at 4’11, her curly light brown hair pulled back into a ponytail, and her makeup blended to light brown.

She walks casually up to one of the bags that hang from the ceiling, twice her size. For a moment she regards it, then offers me a pair of boxing gloves. I’m ready to give it my best, but, I’m not sure if I’m going to survive. Lexi opens her duffel bag and pulls out her boxing wraps—long strands of cloth tied around the palm and wrist for support, to keep the wrist from bending while punching. She no one else in the room to judge. I feel silly, even when there is no one else in the room to judge.

Kickboxing is a sport that’s captured male interest for years. While women also enter the ring, the sport recently entered exercise culture. It is now a popular component strength routine, attracting more and more women to step up to the bag. Despite its popularity as simply a way to work out, it remains, at its core, a way of self defense. For many women, the workout is great, but the skills of self defense are tools that women wear in their arsenal.

LA Fitness is the type of gym that attracts those looking for a classy workout experience. Its bright lighting and modern interior gives the place a sleek feel—as though you are walking into a room that women who work your body to its limits. It also happens to be the only gym in the area that has boxing bags. For someone who doesn’t like to be the center of attention, the gym is an intimidating place. Luckily, the boxing area is in a room set off from the main gym. Inside, the laminate wood floor is polished, and the doors are made of glass, which allows anyone to look inside. Mirrors coat every wall, so it’s possible to see your body at every angle.

The kicks, however, are another story. For someone who can’t even walk on a low stone wall without having her arms out for balance, not falling over proved to be difficult. After an hour of practicing each of them, I determine that while I most likely would eventually be able to perfect the side kick, the roundhouse would take me much longer than a week to learn.

Kickboxing does not afford such a luxury. When the gloves are on, you are all in: body and mind.

When on the bag, a boxer has to focus on their technique and their breathing. They have to pay attention to their footwork if it isn’t natural to them, and constantly be switching positions around it. There is no way for the mind to wander with everything that needs attention. If anything, it’s hard to be focusing on every detail at once.

Sparring brings a different type of attention. If your mind isn’t in the fight, then you’re going to end up waiting to be hit in the face. I’m the type of person who routinely trips on flat ground and falls up and down the stairs. So for me, this poses a challenge. It’s getting the rhythm right that’s the issue: everything needs to be light and quick, so that your feet barely touch the ground between movements.

Lexi watches, fighting back laugh
ter. Finally she shakes her head, “Okay, we’ll work on that later. Let’s move on.”

I know what that means. It’s the moment I’ve been waiting for: the punching and the kicking. However, my lack of swiftness is about to become a hindrance rather than a problem I can ignore.

The speed doesn’t stop with your feet. Every punch has to be quick and still land a hard impact, no matter the style. There are four types of punches: jabs, straight, hooks, and uppercuts. After learning the punches, there are three basic kicks: the front kick, the side kick, and the roundhouse. While doing all of these moves correctly is hard enough, there is the added fact that a boxer must also focus on their breathing. With each hit or kick, a boxer releases a sharp, quick breath, pushed out not from the lungs but from the diaphragm. This puts more power into your punches and kicks. Still, I hesitate. I feel silly, even when there is no one else in the room to judge.

“I felt awkward when I first started,” Lexi tells me, walking to the bag next to mine. “The more you do it, the more comfortable it will be.”

I trust her advice, and so I buckle down. Eventually, I’m used to the sound of my breathing, and I notice that it does make a difference to my spectacularly weak punches.

The kicks, however, are another story. For someone who can’t even walk on a low stone wall without having her arms out for balance, not falling over proved to be difficult. After an hour of practicing each of them, I determine that while I most likely would eventually be able to perfect the side kick, the roundhouse would take me much longer than a week to learn.

Certain, this is a sport that is as much about power and speed as it is about technique. I didn’t have any of that, but every time I landed a hit, a surge of adrenaline went through me. That was the moment that I understood why some people are always ready for a fight. Punching things is increasingly satisfying the more you do it.

People often say that exercise is a way to decompress and let your mind wander after a stressful day. It’s a way to be alone with your thoughts and have time for yourself. Kickboxing does not afford such a luxury. When the gloves are on, you are all in: body and mind.

When on the bag, a boxer has to focus on their technique and their breathing. They have to pay attention to their footwork if it isn’t natural to them, and constantly be switching positions around it. There is no way for the mind to wander with everything that needs attention. If anything, it’s hard to be focusing on every detail at once.

Lexi Strasser, Brandi Clyde, Kayla Ordos, Kadysha Schoonmaker, Rory Bretz, Rachel Kesner, Kelly Denk, and Sammie Hunter support La Roche College softball.
Staff member inducted to high school hall of fame

By Jordan Smith
Sports Editor

Student Development Administrative Assistant Erika Cooper was recently inducted into her high school’s Hall of Fame. She was honored during the 11th class of candidates at Sylvania Northview High School, Sylvania, OH.

Her former swimming coach nominated her for this award. The presentation was made a few weeks ago at Sylvania’s last home football game where the ten inductees were given a medal of honor during the halftime. The following day at a special luncheon, they were presented with a plaque.

In her remarkable high school career, she was known best for her distance freestyle, where she held a national high school record for a few years in the 400 meter freestyle, where she held a national high school record. In her remarkable high school career, Erika Cooper was known best for her distance freestyle, where she held a national high school record. She was a state runner up in the 500 meter freestyle as well.

After completing college at Michigan State, she obtained a Master’s in Athletic Administration at the University of New Hampshire. She moved with her family to the Pittsburgh area three years ago. She has been at La Roche for the last year and a half. “I like working with students and the energy that comes with it. I enjoy the environment of learning and becoming independent and making good choices,” Cooper stated.

In her free time, she coaches her two younger boys who are in a swimming club called RacerX Aquatics. She also is the assistant soccer coach for her youngest son in the Pine Richland School District.

Congratulations, Erika Cooper!

Steelers hindered by team drama, lack of discipline

By Jordan Smith
Sports Editor

At the time of publication, the Pittsburgh Steelers are currently sitting in first place in the AFC North with a 4-2-1 record. They have won the last 3 games with 9 games left to play.

Big Ben still looks like a top quarter back in the league. Every year it is talked about that he will go on a big decline. Year after year, he proves people wrong. He may not be able to pass out of the pocket as well as he used to, but he still gets the job done.

James Conner has been one of the best stories to come out of Pittsburgh -- a guy who beats cancer and gets drafted by the Steelers in the third round to become a star in the NFL. Out of 7 games so far, Conner has rushed over 100 yards four times. He is averaging 4.72 yards per carry and has 9 touchdowns so far. Clearly, he has been a good replacement for Le’Veon Bell… maybe even better.

Overall, the defense needs work. That’s been said for a few years. The linebackers and secondary lack skill and depth. The organization needs to draft better, and maybe even move more moves in the off-season. But, that’s not the Steelers way. They never make big moves in trades.

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No drama is the recipe for success.

Fun and Games

Austin Doody, Jordan Smith, Eduard Torres, and Kathryn Lamb take a break from studying with an outdoor game.

© Ryan George
Kavala, continued from page 4

his historically significant finds to appropriate museums.

Kavala has found a multitude of different items, but some have stood out as some of the most unique and historical. He once stumbled upon a chunk of a cannonball while walking along a beach, and a handmade railroad tool along train tracks.

"I found a large chunk of a 32 pound cannonball on a beach along Lake Erie which could very well be from the U.S.S. Lawrence or the U.S.S. Niagara," Kavala said. "(They) were the only ships during the Battle of Lake Erie to use 32 pound cannonballs during that battle."

However, Kavala argues that the railroad tool is the more intriguing of the two finds.

Kavala said: "The coolest thing I've found locally was along an old stretch of trolley tracks next to Pine Creek. The tracks were originally laid down during the early 1900s, and were meant to connect Pittsburgh to Butler. Along the tracks, next to an old forge somebody had made from bricks, I found a railroad tool that somebody had made out of several railroad spikes. Hammer marks where somebody had beaten the spikes into shape are still visible as well as the creator's name who had etched it into the tool's handle."

Unfortunately, the piece fractured, which he believes is the reason it was left behind. But, Kavala still considers this to be a major part of the history of the early 1900. It further illustrates the gap in simple technology from then until now:

"I believe that this tool is an important piece of local history as it shows the ingenuity of our grandfathers and great grandfathers and that they lived in a different world than we do today," Kavala said.

Too often, smaller artifacts are overlooked and people fail to realize their impact on society.

"I feel like the past needs to be preserved and enjoyed by everyone," Kavala said. "And because iron rusts and wood rots, it is a race against time to find these relics and restore them before they are too far gone."

Campus Car Society, continued from page 4

While the club is primarily designed for car enthusiasts, Vizzoca explained that he wants to involve as many people as possible. He said photographers, for example, may want to join them to photograph cars.

Ultimately, Vizzoca said he wants the Campus Car Society to be a group that benefits La Roche.

"I want students to be proud of being part of Campus Car Society," Vizzoca said.

SGA, continued from page 1

In addition to SGA's overall goals, individual members are working towards their own objectives:

• Jennifer Kardos, director of community service, says she is working to implement an SGA-sponsored food pantry on campus.

• Abby Doyle, director of green initiatives, said she wants to improve recycling. "Right now, we don't have recycling bins in every classroom, so we want to figure out why we don't and what would be a solution," she explained.

• Ranalli said she hosted a pumpkin painting event in CC Square.

• Director of Resident Affairs Alexandra Mroczkowski said she hosted take-out nights. She also held a Motivational Monday event, during which she gave out cups and warm beverages.
with a bloody nose and teeth knocked loose. Instead of focusing on the proper form, the boxer has the task of watching the opponent and trying to predict their moves. They analyze the other person’s weaknesses, and at the same time make sure that they haven’t left themselves open.

“I don’t want to punch you in the face,” I say to Lexi as she faces me, sliding into her form.

“You won’t,” she says confidently. “We’re not actually fighting each other. But pay attention. You can still get hit.”

It’s easy for me to get in the head-space, because I like my teeth in my mouth. But it’s hard to try and guess what the other person will do next when also trying to plan your moves. Thrusting a punch or kick and hoping for the best is the easiest way to lose. It’s all about thinking on your feet and making the best decisions in the moment.

Luckily for me, this isn’t about winning or losing, just practicing. My feet prowess doesn’t fall over me, even when I try my hardest.

At one point, Lexi swings a hook towards me and I duck, dropping low and then popping back to my stance.

“Nice!” She pauses for just a moment in acknowledgement of my miraculously well performed move. I think that maybe I’ve gotten the hang of something after all this time. Then Lexi throws another punch, raise my glove to block my face, and somehow the glove knocks into my mouth nose, causing me to jolt backwards.

“I don’t even have to hit you,” Lexi says, bent over with laughter. “You’ll do it to yourself.”

So much for that. I regain my senses, refused to be deterred by my clumsiness. We move around the room in circles, keeping our sparring rhythmic. No matter what you do, punches. By the end, I am sweating and tired, the adrenaline worn off. I know that when I wake up tomorrow morning, I will hurt in places that have never felt sore and that I could never have thought could be. But the exhaustion and pain is worth it. At that point I decide that, even if I would never choose to be a professional kickboxer, I could definitely get used to something like this.

In terms of success, I learned plenty from this experience. I wasn’t the best kickboxer out there, but I proved to myself that I could at least participate in this activity for fun. I’m far from ready for a fight—I’d still lose if anyone ever decided to attack me. But the point was not to suddenly become a street fighter ready to take on anyone who looks at me the wrong way. I accomplished with this the one thing I always wanted: to feel powerful. Standing at the bag or even sparring, I felt confident and ready to face whatever came my way. It is a feeling that every girl should have, especially when stepping into a man’s world.

Shuttlesworth, continued from page 7

In the multiple psychology courses she teaches, Shuttlesworth said she wants the students to feel comfortable enough to connect with her.

“There’s lots of ways to connect with students, but I think one of the things that students want is someone who seems approachable, someone who’s maybe not intimidating, someone they can talk to about whatever is going on,” she said. “I do try to create, within the classroom, a climate where students can feel comfortable talking about things.”

Shuttlesworth noted she feels that, in her Adolescent Development class, everyone participates in discussions.

“Sometimes, that means we kind of get outlandish and off the wall kinds of things, but I think we have a productive discussion,” she said.

Shuttlesworth said the most important thing students need to remember in her classes is what she writes on the board, rather than PowerPoint documents, because she said PowerPoint can be accessed outside the classroom, but class discussion notes cannot.

Shuttlesworth said that it’s important that students participate and take notes in order to excel in her courses. She added that studying every night helps students retain information.

“Psychology Department have basic research on how people learn things, and one of them is called the Spacing Effect,” Shuttlesworth said. “We know if you set up the task called Distributed Practice, which is breaking [studying] up over several days, you’re actually going to remember that better in the long term, compared to if you try to cram, you might remember it for an exam, but you might not be able to retain it for much longer.”

Shuttlesworth added that she is not hesitant to help and encourage struggling students.

“I would say, attend class. To me that seems pretty basic, but it’s worth mentioning. So, attend class and ask questions if you don’t understand the material.”

International Education Month, continued from page 6

you can go from table to table and learn basic greetings and phrases in a different language,” Markham explained.

She said other new events include a food truck festival and trivia night.

As International Education Month continues, Markham encouraged students to participate in cultural events.

“I do not want to leave a single day of the month with nothing,” Markham said.

One of the events is the “Learn a New Language” event where students can learn how to speak one new language after the other.

The event is particularly pertinent to La Roche, according to the Pittsburgh Post-Gazette, “Old or young, rich or poor, black or white, Mr. Dunn transcended differences and left his conversation partners with a sense of importance.”

Stories submitted to the Jimmy Dunn Writing Contest will focus on some aspect of life at La Roche College, or the life of your community or workplace. So, you can write about an interesting person, an intriguing location, or some object you find compelling.

“The deadline for submission is Wednesday, November 21 at noon. Email your submission in a Word file to Professor and Courier Advisor Ed Stankowski at stankoe1@laroche.edu. Stankowski then will forward your submission to the contest judge.”

The Courier hosting contest

The La Roche Courier is sponsoring the Jimmy Dunn Feature Writing Contest. The contest is the brainchild of Communication, Media and Technology Chair Professor Jeff Ritter.

“The purpose,” Ritter said, “is both to encourage more students to write for the Courier and honor Jimmy Dunn’s work and life and let his family know we recognize his contribution to our community.”

Ritter said he is sponsoring this contest as a way to honor Jimmy Dunn, who died July 21. Although he wasn’t a staff member or a student here, Dunn was a gregarious and warm fixture on campus. He also covered La Roche College sports for the local print media.

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The Courier will announce the top five winners in its first issue of 2019, with the top prize earning $500. And those top five stories will appear in the Courier throughout the Spring 2019 semester.

Read more at courier.laroche.edu