



POOL SHARK



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Arturo De Janon Rabat concentrates on the cue ball during a game of billiards in College Center Square.

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 she 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 Eshenbaugh, club budgets totaled \$4,685.

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Game on!

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 Bougher, a senior studying Communications who previously took a course in game studies at La Roche College.

Bougher 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 an in-depth knowledge of games and gamification, and how this understanding has particular relevance in the fields of producing,

“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

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,” said

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.



*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

Memorial



© MEGAN JOHNSON

After the act of violence at the Tree of Life Synagogue, the La Roche College community came together to honor the 11 victims.

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 now feel that randomness means anything can happen.

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 peo-

ple 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 short sighted. 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 as 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.

Students

New car club is revving up at La Roche

BY JULIA FELTON
EDITOR-IN-CHIEF

The 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.



© JULIA FELTON

Campus Car Society President Luciano Vizzoca drives a Mazda CX-5.

"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

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Student finds, collects historic treasure

BY SARAH HEFFERIN
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 society has come. Kavala collects not just to collect, but to remind people of what life had been like before.

"With houses and businesses sprouting up everywhere it is becoming more apparent that the old Allegheny county of small towns and farms will be replaced by suburbs and shopping malls," Kavala said. "Not too many people look back and think about how far we have come compared to several generations ago and I like to collect artifacts that will remind people of this."

To find these artifacts, Kavala must search some very unique places to find them. With his metal detector, he hunts for them deep in wooded areas, along train tracks, and on beaches. Collecting these artifacts takes a lot of patience, and sometimes walk-

ing off the beaten path is where the true gems lie.

"Treasure hunting' as I like to call it requires a lot of patience as most of the time you will not find anything. For instance, whenever I go metal detecting 95 percent of the time I find garbage like nails and pop cans," Kavala said. "Often times I am hiking one or two miles through the woods or down a creek to get to the location that I need to go."

There is a lot of special equipment involved with treasure hunting because of the time commitment and potentially treacherous locations. 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

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© COURTESY OF KEVIN KAVALA

This is a small sample of Kevin Kavala's extensive historic collection.

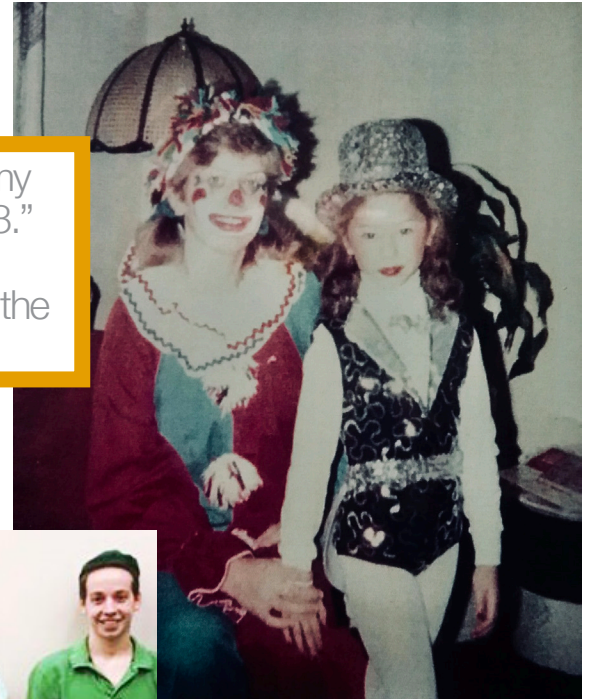
Man on the Street

Entertainment Editor Sarah Hefferin shows La Roche College's Halloween spirit

"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

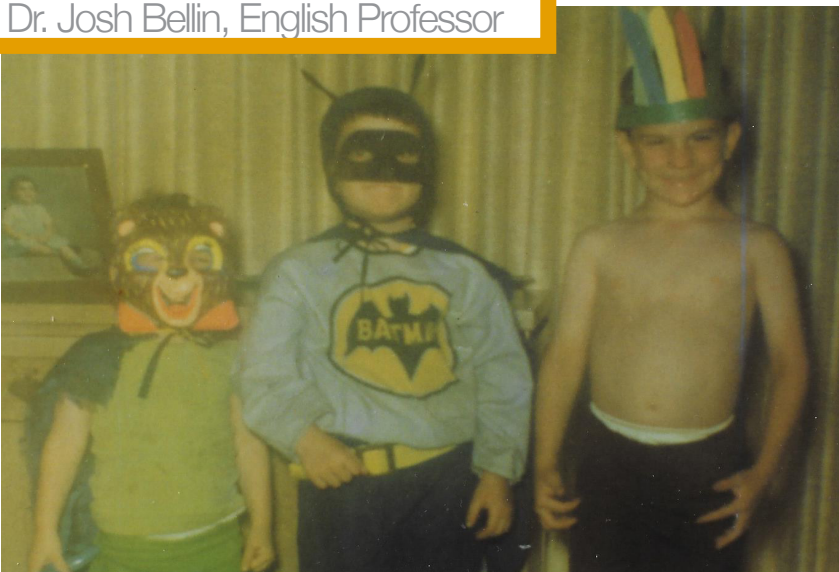


"I couldn't decide whether to send my childhood Batman costume with my siblings or my (sort of) grown-up Snow Miser with my wife (as Heat Miser), so I sent both!"
- Dr. Josh Bellin, English Professor



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

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



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.

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Diversity

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 empowered. I want them to feel that they're valued and that they're 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. She said, "Even if you aren't sure if it is or not, report anyway and that's a conversation we could have."

Okello said that she will collaborate with a 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 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 those things, 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 reporting, 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 competency, 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," she said.

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

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© JULIA FELTON

(Left to right) Thao Le, Duc Bui, and Anh Le volunteer to teach students a new language during International Education Month.

Faculty

La Roche College psychology department welcomes new professor

BY MINA HOLLAND
ASSOCIATE EDITOR

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's 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.

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© MINA HOLLAND

Mary Shuttlesworth is the newest addition to the psychology staff.

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As I See It...

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 one to throw the first swing, but I told myself that if anyone ever did, I'd accept the invitation. The only type of fight I ever got into were 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 true, after all, 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 round baby face makes me resemble more of a high schooler than someone on the cusp of adulthood. If I walked down an alley in the dead of night, I'd be the one getting jumped. So in my case, the stereotypical thought about women is right: I am weak and non-threatening.

Well, this lady wanted to fight. Somehow, somehow, I wanted to fulfill that desire. The best way to get into a fight, without getting into legal trouble, is to kickbox. Throwing punches, kicking at things--what else could a girl want?

I didn't choose to do this because I thought I'd be great at it. One chooses to do this because they want to make an effort to try something that, as much as they imagined it, never saw themselves doing. For once, if only for a brief moment, I wanted to feel powerful. Doing this proves that girls can be ladies, but ladies can fight, too.

Kickboxing is a sport that's captured male interest for years. While women are also entering the ring, the sport recently entered exercise culture. It is now a popular cardio and strength routine, attracting more and more women to step up to the bag. Despite its popularity as simply a way to workout, 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 they want 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 spa to relax rather than 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.

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 perfection with small, sharp winged eyeliner.

She walks casually up to one of the bags that hang from the ceiling, twice her size. For a moment she regards it, contemplating, and then delivers a roundhouse kick to the bag that sends it swinging. The sound of her foot connecting with the leather echoes in the otherwise empty room, and she turns around with a grin and says, "Hope you're ready to work."

I'm ready to give it my best, but, in all honesty, not sure if I'm going to survive. Lexi opens her duffel bag and pulls out her boxing wraps--long strands of cloth that tighten around the palm and wrist for support, to keep the wrist from bending while punching. Once those are in place on both hands, she hands me a pair of Everlast gloves. The material is smooth vinyl, and I have to shove my hands past all of the padding inside until they fit comfortably.

With the gloves on, I at least look like a kickboxer. I'm not wearing anything special--only leggings, tennis shoes, and a tank top, but it doesn't matter. The wraps and gloves add an effect like no other. Already I feel like a badass. Either I'm going to end this session completely embarrassed, or I'm going to surprise myself. But at least the gloves look cool.

Kickboxing has two parts: the physical and the mental.

Like any physical activity, it's exhausting. There is the burning in the muscles, the sweat clinging to the skin, sliding down the forehead and into your eyes. But it isn't just about throwing punches and incorporating a kick every now and then. What they don't tell you, is that you have to be fast--impossibly fast.

"You never stop moving," Lexi tells me, bouncing on her feet. "Even when you're at the bag, your feet should never be still."

It makes sense, because if I was in a ring, I wouldn't be standing there

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.

My footwork drags more than it moves. I never find the correct rhythm; mine resembles more of a bunny attempting hopscotch than the smooth gliding it is supposed to be.

Lexi watches, fighting back laughter. 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, straights, 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 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.

Certainly, 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.

Often people 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.

Sparring brings a different type of attention. If your mind isn't in the fight, then you're going to end up

SEE KICKBOXING, PAGE 11

SOFTBALL SMILES



© RYAN GEORGE

Lexi Strasser, Brandi Clyde, Kayla Ordos, Kadysha Schoonmaker, Rory Bretz, Rachel Kesner, Kelly Denk, and Sammie Hunter support La Roche College softball.

Sports

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 in swimming, 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. She was a state runner up in the 500 meter freestyle as well.

Cooper went on to attend Michigan State College, becoming a Big

10 finalist in swimming and a Big 10 tournament final MVP in water polo. Growing up, her favorite athlete was Summer Sanders. Currently she enjoys watching Caleb Dressel and Katie LeDecky.

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 LaRoche 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 RacerXAquatics. She also is the assistant soccer coach for her youngest son in the Pine Richland School District.

Congratulations, Erika Cooper!

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

FUN AND GAMES



© RYAN GEORGE

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

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 quarterback 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 make more moves in the off-season. But, that's not the Steelers way. They never make big moves in trades.

Bell. In fact, the Steelers have handled it well, at least when it has come to his contract negotiations. But in the years before when he got caught with illegal drugs, he should have been benched more.

It is reported that Bell spends his time partying in Florida. Anyone who does that seems like he probably just doesn't want to play football. He just wants money.

There have been talks this year of Antonio Brown and Ben Roethlisberger not getting along. Are they just getting unlucky and not following through on passes or does AB only care about his stats? A few analysts, journalists and radio hosts who cover the NFL have mentioned that AB doesn't have the best attitude; he's egotistical and a narcissist. Of course, there is no real proof of all that, but some actions have indicated such. Last year he threw a Gatorade container at a bench. He had an absolute meltdown with the press this past summer. He criticized the media for being on the players too much. He even showed up to training camp in a helicopter. If he doesn't want to be annoyed, maybe he shouldn't look so much for the attention? Also, a

To sum up the Steelers season, it has been okay, but the drama needs to stop. If there's one thing that is consistent with championship teams, they lack drama. They stop all drama from happening with their players.

To sum up the Steelers season, it has been okay, but the drama needs to stop. If there's one thing that is consistent with championship teams, they lack drama. They stop all drama from happening with their players.

As a Pittsburgh fan it's hard to admit but the New England Patriots constantly succeed. They treat the game as work and, for players who mess around, it is handled immediately by the coach or management. This is what the Steelers were previously known for. Unfortunately, they have lost their way in this regard over the past couple of years.

No drama is the recipe for success. Everyone knows about Le'Veon

month ago there was a report he had been called by the police three different times. One of the allegations stated he had money and a gun stolen from him, so he threw a couch out a window which almost hit and killed a baby. AB said the allegations were false. Since then, there hasn't been much follow-up about this.

It's quite annoying for the star of the team, the best wide receiver in the league, and most likely future hall of famer to bring this much drama.

The Steelers have one of the most talented offensive teams in the league. The defense needs to get better to support them. The drama needs to end.

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."



© COURTESY OF KEVIN KAVALA

Kavala uses these tools to find hidden treasures for his collection.

FALL FESTIVITIES



© RYAN GEORGE

David Wilson, Suzanne Remaley, and Riley Polacek paint pumpkins in College Center Square to celebrate fall.

Campus Car Society, continued from page 4

driving schools to spearhead a program that would help students—particularly international students—get their drivers' licenses. "It's a pretty overwhelming situation. If we could help them during that process, I think that would be awesome," Vizzoca said.

Vizzoca added that he would like to offer classes on how to buy a car. He said these classes could help ensure that first-time car buyers pay a fair price at the dealership.

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.



© COURTESY OF KEVIN KAVALA

Kavala found these fossils of ferns (left) and crinoid stems (right).

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.
- Doyle said she cancelled the

Whatever Floats Your Boat event that she had planned.

- Public Relations Chair Rebecca Franks said she wants to highlight one SGA member a week on the group's Instagram account.
- 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.



"I don't want it to just be a car club. I want it to actually affect the community."

Luciano Vizzoca

Kickboxing, continued from page 8

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 headspace, 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. Throwing 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

slide awkwardly, and I shuffle backwards instead of gliding. I trip over myself. I mix up my hook and my straight, trying to choose within seconds which is better. A moment of sudden understanding and physical

Well, this lady wanted to fight. Somehow, somehow, I wanted to fulfill that desire. The best way to get into a fight, without getting into legal trouble, is to kickbox. Throwing punches, kicking at things--what else could a girl want?

prohess doesn't fall over me, not 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, I 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, refusing to be deterred by my clumsiness. We move around the room in circles, keeping our sparring restricted to practicing our 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 never thought could be. But the exhaustion and pain is worth it. At that point I decide that, even if I would never make it as 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 PowerPoints 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 that if you do what is called Distributive 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, and 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.

Markham added, "The dining hall is getting into it, as well. One day a week, they'll feature a different region

of the world."

The month will end with a Global Problems, Global Solutions conference. For students enrolled in LRX classes, this particular event could count for credit in class.

"There will be a service activity related to that and anyone who's in the current border conflict class will get

the immigration experience credit," Markham explained.

According to Markham, they also hung flags in CC Square that signify each country represented at La Roche.

Markham said this month's theme is particularly pertinent to La Roche, given the college's mission. "It fits right in with who we are at La Roche," she added.

She also noted that cultural awareness is important for daily life. She said, "We have an increasingly global society. No matter what you do moving forward, chances are you're going to interact or engage with someone that is from another culture. The ability to be more culturally aware and globally aware can only benefit you in the future and set you apart from others."

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

"If every student can leave the month learning one new thing about the world and the many cultures that are in it, I'd call that a success," Markham said.

She urged students to continue thinking globally after this month. She suggested that students go on study abroad trips, join clubs with cultural focuses, learn a language, or become more aware of La Roche's diversity.

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'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.

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 Feature 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.

"I would include as the criteria for the winner that it reflects the care and openness that Jimmy Dunn showed for others and his spirit of hard work and lifelong learning," Ritter added.

The contest is open to the entire La Roche student community. Contest entries must be 2,000-2,500 words. And 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 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.



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Rishi Patel (left) and Ryusuke Kobayashi (right) participate in a language learning event during International Education Month.