

# THE LA ROCHE COURIER

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## SGA gears up for new school year



SGA President Henry Pinnix is eager to start the new year. © Dan Pasqua

by Dan Pasqua

In April, students elected junior Henry Pinnix as Student Government Association's (SGA) new president for the 2009-2010 school year.

As for his plans this year as president, Pinnix said, "I don't want to give away the goals just yet. We're trying to do something different. We're not really trying to change things, but we're trying to develop them more."

While the board's current plans are

still in the works, Pinnix said that SGA worked over the summer to improve the campus.

The organization, Pinnix said, helped renovate campus courtyards. This included landscaping, as well as adding benches and picnic tables.

Along with renovations, Pinnix said SGA also worked on going green over the summer.

According to the new president, La Roche has a contract with a new waste management company that provided new recycling receptacles and picks up

the school's recycling.

In another effort to go green, Pinnix said the cafeteria switched to biodegradable lunch boxes, silverware, and cups for both the dining hall and athletic departments.

Pinnix also explained that some issues from last school year overlapped into his presidency. One problem, he said, is student health care.

"We have a different contract now," he said. "That was due to a lot of students who had gotten sick last year, and they experienced difficulty over at UPMC Passavant with the health insurance that was provided."

Despite what the students' concerns are, Pinnix said that as president, his interaction with other La Roche students is important.

Along with this, he said he wants to encourage commuters to participate in college activities.

"I want them to get that full experience," he explained. "Because they don't live on campus, I want to make sure that they still receive the same enrichment as someone would receive if they did live on campus. That is a very important issue to me."

Many students aren't aware that they can voice their opinions at SGA meetings, according to Pinnix. The new president said these voices are his main concern, and that SGA encourages students to attend the organization's bi-weekly meetings.

Pinnix said he thinks motivation is key. "I think the best way is to inspire them [students]."

He added, "They are just as much of a voice as we are. I'd rather have the students say I'm doing a good job than the faculty."

## G-20 causes rough commute

by Rebecca Jeskey

Some La Roche students and faculty at La Roche College might have to reroute their commute as the G-20 Summit draws thousands of protestors and media to downtown Pittsburgh.

Vice President for Academic Affairs Dr. Howard Ishiyama said, "Classes will remain open, and we do expect students to attend their classes."

Ishiyama stated that the college decided against closing during the summit, because the majority of students live on or near campus. "We anticipate that the majority of student and faculty travel routes will not be affected by the G-20," he said. "The G-20 traffic safety plan was just released, and it appears that road closures will be limited to the downtown area."

Although he said he expects commuters traveling from the city to experience delays, Ishiyama said he did not ask that professors dismiss their attendance policies. He said, "I have simply asked faculty to be understanding of the difficulties some of our students may have in getting to class on time."

He added, "We do understand the realities of Pittsburgh traffic. For those living in the city or in other affected areas, it may take a little longer to get here," he said. "But everyone should be able to find a route to La Roche. I am sure that faculty will understand legitimate reasons for being late."

Commuter students, however, are

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## Babcock Boulevard closed until October

by Rebecca Jeskey

Last month the Allegheny County Public Works office announced that Babcock Boulevard will be closed for five weeks due to construction.

According to <http://www.alleghenycounty.us>, the construction is between Corporate Drive near McKnight Road and Corporate Drive approximately south of Fairfield Road.

Foley Excavating, Inc. President Mike Foley said the work is needed to create a set of new turning lanes for the Vincentian Villas on Babcock. He said, "In order to do that, there was a water line that had to be moved along with a new gas line. Now that those are done, we're doing work on the widening of the road."

According to Foley, the project will only last a total of four to five weeks and will not expand further than Babcock Boulevard. The roadwork should be completed by October 5. "This work only pertains to the entrance of Vincentian Villas," he said. "It's a small section of the road."

Foley said that the hours for construction are 7:00 a.m. to 4:00 p.m. He added that the site currently detours drivers. "Right now, they're being detoured through Corporate Drive, which goes around the site."

The detour, he explained, is only one-tenth of a mile longer. "It's pretty much not even an inconvenience," he said. "And they can always come down Duncan Avenue."

Although the construction site is close to La Roche College, Public Safety Director David Hilke said it does not change the route for ambulances. "It's no safety hazard," Hilke said.

## Students suffer embarrassing loss once again



Greg Ceravolo, a sophomore, grins as he retires David Day at the Student vs. Faculty softball game on September 18. Faculty won 17-14.

© Rebecca Jeskey

# Opinion

The La Roche Courier ■ September 25, 2009

## Life in the fast lane

### *Technology makes time fly*

by Steve Keller

It seems as though time is speeding up as our lives go on. But it's not; technology is just getting the better of us.

People often say that time is speeding up. An actual increase in the speed of time, however, is impossible due to the fact that there are only 24 hours in the earth's solar cycle.

When people say that life is speeding up, they are not referring to any astrological events; they are talking about the pace at which they live their lives.

According to an article which appeared on <http://www.bbc.co.uk>, a study during the 1990s determined in what city people walk the fastest. Professor Richard Wiseman of the University of Hertfordshire in England replicated the study in the 21st century.

The study found that, amazingly, people around the globe walk 10 percent faster than they did 10 years ago.

Wiseman said that technology partially drove the frantic pace of life. "We are constantly in touch with each other and getting back to people as quickly as we can," he said. "That's driving us to think everything has to happen now."

Many individuals are now so busy that someone invented TiVo so that they don't miss a TV show on the hundreds of channels they have.

When one considers how people spend their free time, it's obvious that technology plays a huge role.

People use cell phones in the car, at the pool, in the checkout line, elevators, in the bathroom, at church, and on dates, when they could spend that time conversing with someone face-to-face.

We spend our free time texting. When we're alone with nothing better to do, we delete old text messages or receive new ones. Meanwhile, we could talk to other real human beings, or let our brains get some much needed rest.

The cell phones that we, as a society, are almost permanently attached to, aren't evil. They do wonderful things: they make it easier to stay in touch; cell phones with global positioning systems have made maps nearly obsolete. During the attack on the World Trade Center on September 11, they made it possible for some people to be rescued and allowed others to say goodbye to loved ones.

Another advance in technology is the webcam. The webcam makes it possible for soldiers in Iraq and Afghanistan to see their children being born. On the other hand, it's a weapon in the arsenal of sexual predators, narcissists, and exhibitionists.

Dr. Janet Gates, a psychology professor at La Roche College, said that the communication advances of the last decade have profoundly effected people.

She said, "Technology is continually made to make life easier, and our attempts to keep up with Machine Time creates a greater chance for people to overwork."

Gates also explained that reports indicate worker productivity is on the rise in the business world. However, she said, "That means fewer people are doing more and more."

According to John McCrone of <http://www.stuff.co.nz>, people generally have more spare time when compared to previous decades.

However, he said, "Even our time off can now



© <http://www.nlc.state.ne.us>

feel like work crammed with a series of activities at which we must excel, which must be as impressive as they are varied."

McCrone said that the pressure of living in today's high-paced world prompts people to create something called the Slow Movement.

The movement originated with slow foods, which promotes food grown locally. However, it expands into many categories. There are slow foods, slow vacation spots, and even slow cities.

According to McCrone, a city must have a population under 50,000 to be considered slow. Along with this, it must have the right slow practices of cut noise and traffic, foster neighborliness, build green spaces, and support local shops and producers.

There are many changes that today's work and social habits create. According to Gates, children now start puberty as early as eight years old.

"There's a finite level at which we can operate, and we're reaching it," she said.

Additionally, McCrone said that time use statistics changed dramatically in the 1980s when more women joined the workforce.

During the 1980s, dual-income families became normal and, according to McCrone, gave people more leisure time.

However, McCrone suggests that people created leisure time by spending less time on household chores. The idea that people neglect their chores around the house may also suggest that it's another thing on their already enormous to-do lists.

Though recent technological advances are convenient to blame, people felt pressed for time throughout all of history.

In 1825, the middle of the industrial revolution, the German writer Johann Wolfgang von Goethe wrote, "Everything is now 'ultra'. No one knows himself any more. No one grasps the element in which he lives and works - young people are swept along in the whirlpool of time."

To demonstrate how the cry for calm has echoed through time, we must look no farther than Titus Maccius Plautus, a Roman playwright.

Plautus once said, "Who in this place set up a sun-dial to cut and hack my days so wretchedly into small portions."

It seems laughable that these people protested time's acceleration, since to our minds, those were simpler times. But the message still resonates that man always desired to do more than he can possibly achieve.

However, without his drive to succeed, man would not have come as far as he has.

## News

### LRC prepares for dreaded flu

by Alan Zahorsky

As a flu season emboldened by the H1N1 virus approaches, La Roche College increases its preparation through student education and preventative care.

The H1N1 virus, more commonly known as swine flu, is a variant of the flu that is most commonly found in pigs. However, it can occasionally mutate and infect humans as well.

While the virus itself is not as dangerous as other virus warnings in the past, such as avian flu and SARS, it is much more commonplace.

"This is happening. It is all over the place," said Don Treser, Director of Counseling and Health Services. "CMU has a couple hundred cases. A college in Washington has over 2,000."

H1N1's danger, however, is that it is a much more potent version of the flu due to the typical lack of exposure in humans. Fatalities occur from other infections that occur while the virus weakens the patient's immune system. An outbreak of swine flu in 1918 killed more Americans than in World War I, World War II, Korea, Vietnam, and Iraq combined.

Treser discussed how La Roche has increased preparatory and cautionary measures in order to minimize the chance of the virus spreading on campus. These measures include distributing more alcohol-based hand sanitizers around campus and cleaning areas where infection is more likely to occur, such as public restrooms.

These measures also include distributing more information about H1N1 so that students and faculty have an accurate understanding of how the virus works and how to protect themselves.

The most important lesson for students to remember is that the virus enters the body through the respiratory system: the mouth, eyes, and nose. Exposure can also happen if one touches an object with H1N1 on it and then touches his or her eyes, mouth, or nose.

One should make a conscious effort not to touch his or her face, as these subconscious efforts can result in exposure. Frequent hand-washing with an alcohol-based sanitizer also reduces the rate of exposure. Antibacterial soap, on the other hand, does not kill the virus, so it is much less effective.

These measures cover the physical aspects of preventing sickness. Treser recommends that students should also make sure to take care of themselves mentally if they become sick. "When you're sick, everything seems more difficult, more frustrating. We're holistic beings - mental, spiritual, emotional, physical. Being stressed out isn't going to make you sick, but it might take you

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Dr. Swine will see you now. © Krish Mohan



Ruth Blum, a senior, plays zoologist for a day in Thailand.

Photo courtesy Ruth Blum.

## Student spends semester at sea

by Susan Snow

Cuddling a baby tiger. Riding an elephant. Learning to surf. Getting a marriage proposal from a native in India.

Those were a few of the things Ruth Blum, a La Roche student, said she experienced during Semester at Sea (SAS) in the spring of 2009.

SAS is a unique study abroad opportunity. Students travel the world on The MV Explorer, the SAS ship, while earning college credits and stopping in major ports. The Institute of Shipboard Education, a non-profit organization, and the University of Virginia run SAS.

Blum, 21, from the Shaler/Allison Park area, is a senior graphic design major.

"I wanted to travel, and I didn't want to do a traditional study abroad program, because then I'd only get to go to one or two countries," Blum said. "I actually heard about it [SAS] on the news several years ago when they were caught in a storm in the Pacific. Instead of thinking, 'Wow, that sounds dangerous,' I thought 'That sounds really cool. I can go to school, I can travel the world.'"

### School at Sea

This fall marks the 100th voyage of the SAS program, and between 600-700 students set off each semester, according to the SAS media kit, available at [www.semestratsea.org](http://www.semestratsea.org).

"There were students from all over," Blum said. Some of the friends she made, she said, turned out being locals, either from Pittsburgh or students here.

Though SAS may seem like a vacation, it's still an academic

setting. Lauren Heinz, Assistant Vice President of Communications and Media Relations for SAS, said "Admission is competitive. The average GPA of our students is 3.25."

Blum said she had class every day on the ship. "We had A days and B days. We didn't get weekends," she said. "Everyone was required to take Global Studies. There was a huge range of classes that we could take."

According to Blum, the rooms were better than she expected.

"The staterooms were small," she said, "but we had stewards that came in and made our beds and cleaned our rooms everyday."

Of the food, she said, "It was cafeteria style. The night before we'd get into port, they'd try and make something that's ethnic."

According to the SAS fact sheet, the ship has the same kind of amenities as a regular campus: a library, computer lab, fitness center, and outdoor pool.

"You could go in the pool, you could sun yourself, you could hang out and do homework," she said. "It was great, because you're sitting out in the middle of the ocean with all the fresh air."

She added, "They had lights out a couple nights, so they turned all the lights off on the front of the ship, and you could just look at all the stars."

Aside from a few days of rough seas, Blum said, the only difficulty they experienced was leaving Morocco.

"We had to turn off the stabilizers, and turn really sharply going

## A story of survival

### Adjunct professor beats the odds

by Rebecca Jeskey

At first glance, it's not apparent that La Roche adjunct professor Wesley Semple's body has been to Hell and back.

The tall, slim 62-year-old body does not hint at the fact that doctors once pried it open for two major surgeries, including open-heart. That it's been the host of blood clots the size of cantaloupes. Or that it's survived the first stage of pancreatic cancer, an illness that projects a 5 percent survival rate.

After doctors at UPMC Passavant Hospital informed him four years ago that he had one of the deadliest cancers, Semple began six weeks of radiation treatment and chemotherapy. "Radiation really tires you out," he said. "Chemo really can make you sick, which it did."

Semple, who has taught geography at La Roche for over 30 years, discusses his medical history softly and nonchalantly. At times, he even smiles, his curled white mustache enhancing his widening grin.

"They [doctors] took out my gallbladder. They took out the first two inches of the pancreas and a section of the small intestine. They didn't want the cancer to spread," he said.

Semple said he did not know that this surgery would be followed by another. Five days later, he had trouble breathing, his stitches were loose, and blood drained out of him.

"The doctors went in, and they took out a blood clot the size of a cantaloupe," Semple said. "It was pressing on my lungs and diaphragm. That's why I couldn't breathe. It was two liters worth of fluid."

But a blood clot could not diminish Semple's sense of humor. "I didn't make that super serious," he said.

After doctors told him what they had found, Semple told them, "I can't do anything small. If I'm gonna do something, I'm gonna do it right. And I'm gonna do something big."

According to the La Roche professor, joking is therapeutic. "I always get these strange looks from people," he said. "But if you can't laugh at yourself once and a while, you have a problem. I joke with the doctors and nurses. I tried to get them to smile. I would use that as a

way of dealing with it. If you wanna make it serious, it can be serious. Which will do what? Create more stress. If you play with it, have fun with it, you can joke."

While smiling and tracing the white whiskers above his upper lip, he said, "I always joke with people. I'm never normal. I have this funny little mustache."

Semple explained, however, that laughter isn't the only remedy. Once he was in chemotherapy, he visited a cancer psychiatrist. "She made it easier to deal with the things that you're going through," he explained.

"When you get diagnosed with cancer, you feel like 'I can't do anything.' Sometimes you feel like you're not in charge, because the doctors will tell you when to do this, when to do that. When your treatment is. What's going to happen. I spent sometimes three to four appointments at Passavant Hospital in a day. I got to know the valet parking people. I was there every day," he said.

The role of Semple's psychiatrist was to teach him that, despite his health, he still had control of his life. "I literally wrote out all the details of how I wanted it if I died, so that my wife had everything," he said. "People think that's strange, but it shows you are still in charge."

Semple also learned to do what makes him happy. One example of this, he said, is when he spent \$100 on a fountain for his deck. "I sit out there on that deck, and I have that fountain running. The sound of bubbling water, it's sort of soothing and peaceful, and I can sit there and think, 'Oh, this is so nice. So glad I did it,'" he said.

According to Semple, he has to live like he'll die at any time. "Some people think, 'Oh, I should've done that.' And then the cancer is back and you're dying, and you think 'I should've done this.' You should do little things to make yourself happy. And there are so many little things I've done to make myself happy."

The little things, he said, include buying gifts for his wife, traveling, and gardening. "People always say that you should stop and smell the flowers, and stuff like that. Everybody should do that," he said. "You live for the moment."



Adjunct Professor Wesley Semple, with his trademark mustache, smiles as he continues to live for each moment. © Rebecca Jeskey

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# No smoking here

by Tim Hughes

When students returned for the fall semester, those who were tobacco users may have noticed the absence of their favorite smoking spots on campus.

Over the summer, La Roche assembled a committee to re-evaluate the college's smoking policy. The committee was a response to the Pennsylvania Clean Air Act, which went into effect the previous year. The primary concern was to evaluate all of the designated areas on campus and modify the college's existing smoking policy.

President of La Roche College Sister Candace Introcaso said, "Not all of the designated smoking areas were clearly marked."

The unmarked areas, Sister Introcaso said, often resulted in cigarette butts littering campus grounds. Another reason for the change, she added, was safety.

"There were designated smoking areas that were in high traffic areas of the campus and posed potential health threats to non-smokers, because of the secondary smoke," Sister Introcaso said.

According to the president, the campus committee suggested that the college established five designated smoking areas. These spots now include the west side of Bold Hall Circle, behind the college bookstore, on the north side of Bold Hall II, behind Peters Hall, and the loading dock behind the library.

Students who choose to light up outside of these areas, however, face consequences.

Colleen Ruefle, Vice President of Student Life and Dean of Students stated, "First, a warning will be given. Then, depending on the number of incidents and the severity, fines will be administered, followed by mandatory educational programs and/or community restitution."

The community restitution, Ruefle said, consists of picking up cigarette butts around campus. She added that these rules also apply to faculty members who smoke in non-designated areas.

Although the new smoking policy occurred with little incident, Corie McWilliams, a sophomore, said she feels hassled by the change.

"The designated smoking areas are somewhat of an inconvenience to smokers on campus," she said. "I don't feel they will drastically change any smoker's habits, but it is definitely more of a hassle to find a designated area."

However, smokers can ease their worries about the school becoming completely smoke-free.

Ever since the state passed the Clean Air Act, UPMC Passavant Hospital, adjacent to La Roche, now forces staff, patients, and visitors to stand on the side of Babcock Boulevard to smoke. However, Sister Introcaso said that such measures would risk the safety of student smokers.

The president, however, stated that even though the option to eliminate smoking areas from the school isn't in the near future, it is always a possibility.

She said, "There have been discussions about that option, though at this time, we are not considering becoming a smoke-free campus. However, we are open to student input on this issue and would revisit that option if requested. As the dangers of the health risks associated with smoking continue to rise, we will continue to educate our students on the dangers of smoking."

## Semester at sea

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out," she explained. "The ship was almost sideways, and the rocking and roughness lasted for half an hour. Furniture was literally flying and sliding across everywhere."

### Port of Call

The ship stops in ports for up to five days, and each semester the ports vary. Blum said on her trip, they visited the Bahamas, Spain, Morocco, Namibia, South Africa, Mauritius, India, Thailand, Vietnam, Hong Kong, China, Japan, Hawaii, Guatemala, and the Panama Canal.

Of those, she said her favorites were India and Japan. "India, because I did a lot of service projects and got to meet and work with a lot of the people," she said. "Japan, we were there during the cherry blossom season. It was beautiful, gorgeous."

"In India, I was legitimately proposed to by a local. I met him and started talking to him. Three days later, me and some of my friends went out to dinner and a movie with him and another guy that worked in the shop. He took me aside during the intermission, and he asked me to marry him," Blum said. "I was like, 'What? You what?'" Her answer, she said, was no.

According to the graphic design major, the trip changed her some. "I think it's made me more compassionate and understanding of other people," she said. "It's made me realize how good we have it here in the U.S."

She added, "In so many of the places we went, there was no running water. And if it did, you couldn't drink it from the tap. You had to boil it," she said. "The food was dirty, or there wasn't enough of it."

"People had so little. But the people in all the other countries, they were so much happier than Americans. They were always smiling, talking to each other, singing, and laughing."

Blum said she'd go again if she could. "We got to the Panama Canal, and we only had three days left. I wanted to tell the captain to turn the ship around, and go back around the world the other way," she said with a laugh. "It was definitely the best semester I've ever had, and one of the best four months of my life."



*Writer's Center consultant Anju Manandhar helps with a biology paper.*

© Maggie Kelly

## Writer's Center reaches 10-year mark

by Maggie Kelly

This year, La Roche College's Writer's Center celebrates its 10 year anniversary after initially opening in 1999.

According to English Professor Dr. Christine Abbott, the center's director, the Writer's Center has logged over 14,000 hours in one-on-one tutoring sessions with students speaking 60 different first languages. It has also trained more than 50 undergraduate students as peer consultants.

Abbott said campus wide writer's centers, or writing workshops, are not new resources for college students.

"Writer's centers began, really, with the influx of non-traditional students after World War II. The G.I. Bill gave them free tuition for four-year undergraduate school degrees," Abbott said. "And suddenly, there were students in colleges that weren't prepared."

The director explained that the need to establish a writer's center at La Roche came from the diversity of its student population.

"We just knew you couldn't expect to bring these many non-standard students into a small community like this, without scaffolding, without giving serious support," Abbott said.

La Roche, however, is not unique in having a writer's center.

"There are maybe 10 percent of the campuses who don't have some kind of a writer's center. Not necessarily a lab, a tutoring lab for all disciplines, but a center that is devoted to the strengthening of reading and writing

skills on the campus," Abbott said. "We opened it 10 years ago, so we were a good 50 years behind the eight ball."

The Writer's Center is a helpful resource for any student writing anything from a biology research paper to a lens paper in a literature class.

Abbott said, "Even our consultants are from other disciplines. We want writers, not necessarily English students."

The Writer's Center, Abbott explained, is not a place to go to simply rid a paper of all grammatical errors.

Their mission is to help students hone their own writing skills. Abbott said that consultants strive to be just that: consultants and not just tutors.

"Often we're perceived as a fix it shop, and we're always trying to fight that image," Abbott said. "We really, starting with the form itself, ask them [the students] to self-assess."

According to Abbott, the center has a series of events in store as a part of the Writer's Center Renaissance. These plans include a poetry slam for the end of the semester, as well as workshops for different kinds of writing.

Abbott said the Writer's Center also wants to sponsor a performance of Ariel Dorfman's play, "Speak Truth to Power," at the end of the spring semester.

"And while we are proud of what we accomplished," Abbott said, "we're not yet satisfied. We still have big dreams."

## Dreaded flu

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longer to get well," Treser said.

He added, "Pushing ourselves when we're sick only causes us to be sick longer, wear our bodies down, and just put other people at risk."

In the event that a student becomes afflicted with H1N1, Health Services recommends that the infected isolate themselves from normal activities, such as class and the dining hall. Students may also receive assistance at the Wellness Office at UPMC Passavant Hospital.

La Roche will also offer health services in order to assist recovery and ensure that basic needs are met. These services include food delivery, notification for professors and family, respiratory masks for those in close contact, and simply checking in on the student.

# Sports

The La Roche Courier ■ September 25, 2009

## David Day kicks off new season as head coach

by Joe Ziegler

David Day, Assistant Dean for Student Development is the new La Roche men's soccer coach.

In early August, Day accepted the position as head coach with prior experience. "Before I worked at La Roche, I worked at Penn State McKeesport, and I coached their club team while I worked there," Day said.

One of the people Day said he met at McKeesport High School was Ed Pupich, the current assistant coach of La Roche men's soccer team and former head coach of McKeesport Area High School's men's soccer team. Of his McKeesport Area High School experience, Day said, "I was the junior varsity head coach and assistant varsity coach from 2003 to 2006. Now, Ed is my assistant here, which is awesome."

"A lot of my official coaching experience is in McKeesport," Day explained. "It was a great experience. The only reason I stopped coaching there is because I changed jobs, and it became too difficult."

He added, "It was fun there. Over the summer, we did the NYSP sports camp." NYSP is the National Youth Sports Program sponsored by the NCAA.

Along with Pupich, a handful of other McKeesport coaches joined Day's staff. "We had good success, and we worked well as a team," Day said. "So when they asked me to be the coach here, I knew that I had three or four guys that could come and help, and jump in immediately. I feel that we have a very strong coaching staff."

Pupich, Rich Stover, Damon Marraccini, and Denny Wheeler



Coach David Day pulls in his men for a quick motivational talk.

© Joe Ziegler

worked with Day at McKeesport and now serve as assistant coaches for La Roche's men's soccer team.

Prior to coaching the men's soccer team, Day said he had experience with most of the team. "I know a lot of them, besides just being in school. La Roche has a club team called the International Gladiators. In the wintertime, they play in Harmarville. And the last couple years, I've gone and played, and quite a few of the guys have played on that team," he said.

According to Day, his approach to coaching the AMCC team is honesty. He said, "I've been real honest with them from the first day. I treat them like men. If they've got issues, they need to raise them with me. I want

it to be a fun experience. I want them to be successful, academically. In terms of the soccer stuff, in some regards, that's the easy part. They've just got to go out and play."

The team's current record is 1-3-1. With hopes of improving that in the future, Day said, "We've got to learn to play better as a team."

Day said coaching is now a major part of his life. "It's addictive," he said. "Every time I'm thinking about something, I'm usually thinking about soccer."

The new coach added that he is confident in his abilities. "I know people wonder whether or not I know the game, but I know the game," he said. "And I've always loved it."



Kayla Coyne steals the ball from Chatham player on September 11. La Roche won 7-0.

© Rebecca Jeskey

## Fight of the century

by Brian Fischer

The bell sounded. It was time for the eleventh round. Both fighters were bruised, beaten, and bloody. Their faces and jaws were swelled up like watermelons and both were ready to burst. Based on pure adrenaline and pride, the two combatants met again in the ring and pounded each other away. Up to this point, both fighters performed equally, and the fight remained a draw.

The divided crowd watched with anticipation and expectation for their fighter to hit that blow he needed to

end the classic fight. Poof. Smack. Snap. The sound of boxing gloves against human flesh. The blood and spit flying off each fighter's face, showering the ring, and even some fans in the front row, with their blood and spit. They didn't care. When this war ended, one of the competitor's records was going to have a one in the right column.

For up until now, both fighters were unstoppable and had perfect records. One being 31 - 0, and the other 26 - 0. The fight continued, as more punches landed and more

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## Controversy in the NFL

by Joe Ziegler

What do Brett Favre and Michael Vick have in common? Well, they are both quarterbacks, and they both generate controversy.

Brett Favre's and Michael Vick's presence in the NFL is, for very different reasons, one of the most discussed issues heading into the 2009 season.

Favre is a sure to be future Hall of Fame quarterback. But despite statistics proving Favre as being one of the most proven quarterbacks in the game today, he was also one of the most controversial off-season pickups for any team in the league.

On Feb. 11, 2009, Favre informed the Jets that he was retiring. Favre gave an emotional and tearful speech about leaving football. He said, "There are several things that went into decision. But most importantly, the most important thing was that physically, you know with my shoulder the last half of the year, it hampered the way I played."

Favre said, "I'm 39. I had several options [to have surgery], and to let it heal. How that would affect me in terms of playing, I had no idea. It wasn't something I was going to risk."

Amid speculation of a possible return, Favre informed the Vikings and fans that he would remain retired in late July. But less than a month later, on August 18, Favre came out of retirement and signed with the Vikings.

So the questions becomes: how

does a 39-year-old quarterback, who had surgery in the off-season and came out of retirement to play for a new team only four and a half weeks before the start of season, find success?

Should he still be in the league? Was retirement the right decision? Time will be the judge. The season will test Favre's shoulder, his age, and the quality of his off-season retirement.

Michael Vick was a controversial pickup for the Philadelphia Eagles for a different reason. Vick was released from prison in May 2009, after serving an 18-month sentence for his involvement in an illegal dog fighting ring. After leaving the league for over two seasons, Vick's controversy is both a question of performance ability, as well as the ethical issues surrounding his off-the-field conduct.

Initially, when Vick was reinstated from his NFL suspensions, he remained an unrestricted free agent. On Aug. 13, 2009, Vick signed a one-year contract with the Eagles for \$1.6 million. A condition of Vick's reinstatement into the NFL makes him eligible to play in week three of the 2009 season.

Vick arrived at Eagle's training camp with protestors on both sides. While some supported Vick and his return to the NFL, others bore signs and shirts that said, "Hide your beagles; Vick's an Eagle." Fans heavily protested both the Eagle's and Vick for the signing decisions.

see *Controversy*, page 6

# Controversy

*continued from page 5*

Regardless of his actions in the past, Vick served his sentence as judged by the state of Virginia, and NFL Commissioner Roger Goodell and he will play in the NFL this season.

Vick may also get a chance to play earlier than expected. Donovan McNabb, the Eagles starting quarterback suffered from an injury during the first game of the season. With only two weeks until Vick's reinstatement, the ability for McNabb to play with a broken rib, and the quality of the quarterbacks between him and Vick, are the deciding factors in Vick's potential playing time this season.

Amid the chaos and controversy surrounding Favre and Vick this season, both quarterbacks made the decision to return to the league. With Favre, the question is: Can an aged quarterback return from retirement and still perform at a competitive level? As for Vick: can he make a successful return to the league, stay out of trouble, and get his life and career back on track?

# G-20 Summit

*continued from page 1*

not the only ones that need to prepare.

Sociology Professor Dr. Azlan Tajuddin said he travels from Brookline to La Roche. According to Tajuddin, he worries that traffic will impact his commute. "With the Liberty Bridge closed, it's going to be impossible," he said.

An alternative, he said, is to take Route 51 to the West End Bridge and Interstate 279. Tajuddin said another option, one that takes twice as long, includes driving to the South Side of Pittsburgh to Monroeville.

From there, Tajuddin said he would have to travel to Butler or Wexford to get to La Roche.

"The college has not mentioned if we are allowed to take off, so of course I have to come. They have not given any indication if people living in the city should or should not come to work," he said.

Tajuddin explained that he does not want to cancel class, but is reluctant to deal with traffic.

"It's not that I don't want to come to work, but looking at the magnitude before us is something to consider," Tajuddin said. "I would like

to stay home if things get out of hand."

Things got out of hand, he said, when he sat in traffic during the city police memorial service last year. According to the sociology professor, the city was in chaos the day of the funeral. "This is all from experience. I was caught in the chaos," he said. "And that was just a small scale of things."

Along with Tajuddin, psychology Professor Dr. Barbara Herrington, who lives in Mt. Lebanon, said she anticipates heavy traffic. While Herrington reported that she does not have class the two days of the summit, she has to attend a department chair meeting that Thursday.

"It would be extremely foolish to attempt my usual route, because I expect traffic to be extremely dense," she said. Herrington said she usually crosses the Liberty or Fort Pitt Bridge to I-279.

With the summit attracting thousands of protestors and closing off all of downtown Pittsburgh, Tajuddin said he is uncertain that the city is able to host an event like the G-20 Summit.

"I fail to see how the city will be capable," he said. "I'm not sure if they can do something manageable."

# Fight

*continued from page 5*

blood spewed. Then, one fighter was rocked by a hammering left hook that took him to the mat only momentarily. Any normal man would have been knocked out for minutes, but not this man. Like a machine, he got up and began firing again with both arms. The fight wasn't over. Not by a longshot. It was March 8, 1971. Muhammad Ali and Joe Frazier. Only one place could present this nicknamed Fight of the Century: the world's most famous arena, Madison Square Garden.

Madison Square Garden's name dates all the way back to fourth president James Madison. Madison Cottage was built in honor of him, which turned into Madison Square in New York City.

Madison Avenue was added and eventually, the Madison Square Gardens were built and used for track cycle racing. Between 1879 and 1968, three separate buildings were constructed and replaced with one another under the name Madison Square Garden.

In 1968, the fourth arena was built and made history, by being the first structure of its kind built above an active railroad station. In 1991, \$200 million was spent to renovate and restore the Garden.

The arena arranges seating in six ascending levels and holds different capacity of fans for different events. For hockey, the capacity is 18,200, and for basketball 19,763. The Garden seats 20,000 center stage, and 19,522 end stage

for concerts. The floor space of the arena is 20,976 square feet.

When the round 14 began, Frazier had the upper hand in points, momentum, and confidence. Though both men's faces were as big as bowling balls, Ali was worse off than Frazier. Amazingly, Ali fought that round as if it were his first that night. He came out stinging, jabbing, and hooking.

The audience watched in awe at Ali's foot work, a technique of beautiful artwork. Frazier stood there, like a half-drunk punching bag, just waiting for the next blow to his body or face. He dominated the last few rounds because of the devastating hook he connected with in the 11th round.

But now, in the 14th round, Frazier's win was slipping away. Ali supporters believed he could still get his final round knockout and remain undefeated. As the bell ended the 14th round, the entire Garden gasped for one last breath and remained silent until the 15th and final round.

Over the years, the Garden has hosted historical sporting events such as 1994 NHL All-Star Game, 1998 NBA All-Star Game, 1999, 2003, and 2006 WNBA All-Star Games. On the basketball side, Madison Square Garden has hosted the NBA Finals in 1970, 1972, 1973, 1994, and 1999. The Garden hosted the Stanley Cup Finals in 1972, 1979, and 1994. Multiple NFL drafts were also held at the Garden.

In 2007 and 2008, National Lacrosse League's New York Titans played in the Garden. Many of WWE's more famous shows have also been held at the Garden,

including SummerSlams, Royal Rumbles, and WrestleMania's. Today, the Garden hosts about 320 events a year. It is the home of the NHL's New York Rangers, NBA's New York Knicks, and the WNBA's New York Liberty.

Ding. Ding. Ding. The crowd may have been more tired than Ali and Frazier from the seesaw battle, in which their emotions rode an imaginary roller coaster. Both men inched their way towards one another, maneuvering their bodies to land the perfect punch. Frazier stood crouched to stay away from the taller Ali, who had a farther strike range.

A few shots were exchanged, and then all were astonished. Frazier landed what some call the most destructive, disturbing left hook in boxing history.

The crowd went ballistic as Ali dropped to the mat. No one thought Ali would get up, even past the count of 10.

However, from some wicked, awesome form of energy and power, Ali ascended to his feet even faster than it took for him to get knocked down. Ali went back on the attack, whether by unconscious instinct, or fear of another devastating blow. He finished the round.

While the crowd had to wait for a final decision, they were hypnotized by the amazing classic they had just witnessed. Frazier won by the judges' decision, giving Muhammad Ali his first loss in his boxing career, a legendary feat.

Only one place could have held these two bulls and the fierce, blood thirsty crowd who witnessed live, the world's most famous arena: Madison Square Garden.



## SGA MEETINGS

September 29

October 20

November 3

November 17

December 1

Meetings are held in the Ryan Room beginning at 4 p.m. All are welcome.

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## Interested in writing, layout, or photography?

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

If you are interested in joining our staff, please contact editor Rebecca Jeskey: [courier@laroche.edu](mailto:courier@laroche.edu).

# Entertainment

The La Roche Courier ■ September 25, 2009

## No meat and no options

*LaRoche's cafeteria through a vegan's perspective*

by Devastasha Beaver

The school cafeteria: many of us venture there every day, sometimes anticipating, other times dreading what is being dished up.

Oftentimes, there is a decent selection of foods to choose from for the average student, or if all else fails, there is always the salad bar.

However, finding enough food is difficult for those who have food allergies, religious diet restrictions, or different lifestyle choices. In all of these situations, the ingredients used in the meals are vitally important.

As one who practices the vegan lifestyle, it is sometimes difficult to find something to eat in the cafeteria.

For those who are unaware, veganism is a diet that consists highly of vegetables, fruits, and grains, while rejecting the use and consumption of any animal products. This includes meat, dairy, eggs, gelatin, and animal stock.

Because of the decision to omit those elements from one's diet, it is crucial to know what is in the food being served. Often it is apparent with vegetable dishes that animal products are not used, thus they are vegan friendly. Nevertheless, there are other times that it is not so obvious.

For example, one day the cafeteria was serving rice pilaf, that seemed vegan friendly, but a cafeteria server revealed that it was made with beef stock. A student, whose religious beliefs forbade the consumption of beef, was unaware of this and grateful to have learned this before cleaning her plate. Still, she had taken a bite of the rice and was upset that the ingredients were not clarified to her before she asked for it.

Every day the cafeteria offers a vegetarian option, a dish that

contains no meat. Sometimes they are vegan friendly, but more often than not, the dish is smothered in cheese. This reduces the meal options to the salad bar and soup.

While the salad bar is accommodating and has several options to build a wonderful salad, the soups are often hit or miss. There is almost always a soup that contains meat, and one that does not; however, one must ask if the soup is made with animal stock or milk, as it is not always clear.

As a rule of thumb, soups that have a variation of the word creamy contain milk. It is not always the case, but more often than not it is. When the soups are indeed vegan, they are usually rather good. Two that are especially yummy are onion and artichoke, and vegetarian vegetable.

Despite the ever-available salad bar, there are days that are toast or lettuce-and-tomato-sandwich days. This is usually at the end of the week when the vegetarian entrée is covered in cheese, the soup has a beef base, and salad had lost its luster the day before.

On days such as these, the feeling of being cheated is prevalent. A lettuce and tomato sandwich is not worth the five or six dollars that it costs to eat in the cafeteria, nor is a lone salad.

For those with diet restrictions, eating in the cafeteria can be quite a challenge. Perhaps the cooks in the cafeteria could make two different vegetarian options: one that contains cheese and one that does not.

At the very least, they could post allergy and diet alerts for the food that is being served. La Roche is a diverse community; the food in the cafeteria should cater to the diverse needs of the students and faculty.



No Doubt performed at the Post-Gazette Pavillion this summer on June 12.

© Rebecca Jeskey

# Dear Maggie:

by Maggie Kelly

*Disclaimer: Advice will not work across the board for everyone, even though it can be helpful in gaining perspective on a problem. The following is meant to entertain and inform, but not to be taken as the only solution to the given problem. Talking to a counselor is something that there is no substitute for.*

**Dear Maggie:**

One of my dearest friends is really smelly. There really is no other way to put it. She just plain stinks. Some days it's like a body odor or sweaty smell, and then other days, it's that mixed with an abundance of perfume. I think it's Juicy Couture. I love her to death, and I don't want to make fun of her or stop going out in public with her. But it looks like it might come to that. How can I tell her she smells and to take more interest in her personal hygiene, without being mean?

- Friend of the Smelly Kid

**Dear Friend of the Smelly Kid:**

It seems as though you are in quite a stinky situation. Director of La Roche College's Health and Counseling Services Don Treser suggests talking to your friend about hygiene products or nonchalantly mentioning the ones you like to use. "The other person might get more interested in their own hygiene if encouraged by this type of conversation," Treser said. "If that doesn't work, it's the tough road of just being blunt and telling them." According to Treser, this needs to be done carefully. "It's because I like you and care about you that I'm telling you this, but you really stink.' Just kidding, don't say that. Use kinder and gentler words." Sometimes, when all else fails, honesty is the best policy. And I bet she'll thank you for it in the end.

## "Office Space" director releases fourth film



© <http://www.iwatchstuff.com>

by Mike J. McAllister

Mike Judge is a very talented individual. Since 1993, the writer/director/cartoonist/actor created two hugely successful animated shows: "Beavis and Butt-head" and "King of the Hill." He also directed three feature films: "Beavis and Butt-Head Do America," the cult favorite "Office Space" and the hilarious and astute "Idiocracy." This year he brought us the funny, but less successful "Extract."

The film focuses on actor Jason Bateman as Joel, an owner of a vanilla extract plant. When he suspects his wife (Kristen Wiig) no longer loves him, his best friend (Ben Affleck) talks Joel into hiring a gigolo to tempt his wife.

The deal is if his wife cheats on him, Joel can pursue another woman: a new temp (Mila Kunis). Little does Joel know, the new temp is actually a con artist who uses sex and her appearance to get what she wants.

Meanwhile, Joel deals with low morale and a quirky cast of employees at the workplace, as well as a lawsuit

from one of his good employees.

Although this is not Judge's best film, it's not bad. One problem with it is that there's nobody to relate to or even root for. Joel is a likable character, but it's hard to feel bad for him at times.

"Office Space" gave its viewers the chance to root for cubicle slaves as they broke free from the shackles and fought against the system. "Idiocracy" and "Beavis and Butt-Head" made us laugh and weep for the future at the same time.

"Extract" is not Judge's best film or even his most memorable; it lacks the ability for the audience to relate, as well as the quote-ability of his other work.

The film compares to Judge's "King of the Hill." It is not particularly hilarious, but it is well written and entertaining.

Also, Bateman, Affleck, and J.K. Simmons carry it with their fine performances.

With its flaws, there's still nothing to hate about it. "Extract" is funny and entertaining, so it does serve its purpose.

# What is your pet peeve?

*La Roche students and faculty tell the Courier what grinds their gears*



“People driving really fast through the parking lot.”  
- **Dr. Janet Gates**,  
*psychology professor*



“Hypocrites.”  
- **Leah Groves**, *senior interior design major*



“My pet peeve is wet socks. There is nothing worse than wet socks.”  
- **Brian Coupland**, *sophomore film video and media major*



“When it’s a beautiful day, and I see a young man in his car with the windows up and his motor running. It’s a waste of gas. I want to go up and ask him why he’s such a whimp.”  
- **Stan Maliszewski**, *math lecturer*



“People who can’t drive, especially in the snow.”  
- **Jason Horst**, *junior English education language and literature major*



“People. Because you know everyone, at least once a day, will piss you off.”  
- **Chrissy Harpley**, *sophomore criminal justice major*



“My pet peeve is when people don’t replace the empty toilet paper roll. That drives me nuts.” - **Sister Rita Adams**,  
*assistant director of teacher education and coordinator of special education*