



O P E R A T I O N :  
**REDHAWK**

LA ROCHE COLLEGE ★ ORIENTATION 2005

## Dear New Student,

You are beginning a new phase in your life, one that will help you lay the foundation for your future. We are thrilled that you have decided to pursue your education at La Roche College, and we want to welcome you into the La Roche family.

Your mission, if you choose to accept it, is to take advantage of every opportunity that comes your way during Welcome Days and the weeks to come! Our orientation program is designed to help you meet new friends, get to know staff and faculty and learn more about La Roche College. Friday's programs are designed for both you and your parents, and we hope you'll persuade them to attend.

As a new student, you are expected to participate in the events planned during Welcome Days. **Some of the events are mandatory and are marked on the schedule (with a \*).** Take the next few days to get acquainted with your new home. If you have questions, don't hesitate to ask the orientation leaders that will be very visible on campus in the next few days. Or, you can call the Office of College Activities at 412-536-1044.

Again, welcome to La Roche College. We look forward to getting to know you in the coming days and months.

Sincerely,

**Colleen Ruefle**  
*Vice President for Student Life &  
Dean of Students*

**David Day**  
*Director of College Activities*

# Earn Your La Roche Loot During Welcome Days!!

## What is La Roche Loot?

La Roche Loot is a special kind of currency given out to deserving new students during Welcome Days events.

## How do I earn La Roche Loot?

You can earn it by showing up early for events, answering questions, meeting College administrators and generally getting involved. Welcome Days orientation leaders will hand out the “bucks” at their discretion.

## What can I use it for?

You can use La Roche Loot to purchase items like a Sony Playstation 2, a DVD player, a CD player, soda, sweatshirts and much more at an auction scheduled for Tuesday, August 30.

# Friday, August 26

## ★ RESIDENT STUDENT CHECK-IN • 9:00 a.m. - 1:00 p.m.

### *Kerr Fitness and Sports Center*

Meet with staff members from the Office of Residence Life. At this time, you will sign a room and board contract. You will also receive a key to your room and your mailbox. In addition, representatives from our Health Services staff, our counseling staff, and many other areas of the College will be available to answer questions.

## ★ Phone/Cable TV service

Your telephone and voice mail have already been activated. You will receive your access number for your campus phone extension, and you will be able to meet with a representative. Basic cable TV is provided in your room. If you would like to upgrade your cable TV package, you can do so at this time. It is important to consult with your roommates about this, because you will be responsible for collecting any additional fees for upgrades.

## ★ Internet Access

The college has a number of computer labs on campus, and you have access to the Internet in your residence hall room. New this year, the college has teamed with Comcast to provide broadband Internet service to each residence hall room. There is no service fee for this service. There will be a representative from Comcast during check-in to answer questions.

## ★ Email Access

During registration, you will receive a set of College policies regarding computer use, and you will be required to sign a contract indicating that you will abide by these regulations. Once you do so, you will receive your La Roche e-mail account information and password. You can also direct any questions to staff members from the Office of Information Technology, especially if you plan to bring a computer onto campus.

## ★ Local Business

Several local businesses (including banks) will be on hand during check-in should you need to open accounts, receive information, or want to speak to someone.

## ★ Parking/IDs

### *Bold Hall*

After going through all the necessary steps in the Kerr Center, students should proceed to Bold Hall to receive their College ID and parking permit. All students are required to have a college photo ID card. For residents, this doubles as an electronic security card that will provide you with access to your residence hall. If you are planning on having a car on campus, you will need a parking permit, which can be obtained anytime during the semester. General parking is free on campus. We do offer "preferred parking" outside the residence halls for \$100.00 a year. Preferred parking is limited and is offered on a first-come, first-serve basis. You may also pick up information on safety and security issues on campus at this time.

# Friday, August 26 *(continued)*

## **Move-In**

Once you have finished checking in, it's time to move into your new room. Student Orientation Leaders are available and willing to help you move your belongings into your rooms.

### ★ **Lunch with the President** • 11:30 a.m. – 1:30 p.m.

*Cantellops Art Gallery (located in the Zappala College Center)*

You and your family are invited to a complimentary lunch with Sister Candace Introcaso, CDP, Ph.D., president of La Roche College, and a number of College officials, including: Colleen Ruefle, vice president of student life; Howard J. Ishiyama, Ph.D., vice president for academic affairs and dean of graduate studies; and Lonnie Nolker, president of the La Roche College Student Government Association (SGA).

### ★ **Commuter Student Check-In** • 12:00 p.m. - 1:00 p.m.

*Kerr Fitness and Sports Center / Bold Hall*

Commuter students will receive photo ID cards, parking permits and computer passwords. You can also get more details about meal plans and lockers.

### ★ **Academic Convocation\*** • 2:00 p.m.

*Kerr Fitness and Sports Center*

Sister Candace Introcaso, CDP, Ph.D., president of La Roche College, will address students, staff, faculty and parents to mark the official beginning of the academic year. Lonnie Nolker, president of the Student Government Association, will also recite the College's honor code.

### ★ **It's Time to Get Started\*** • Immediately following Convocation

*Kerr Fitness and Sports Center*

This session will give you and your family the opportunity to review the details of the Welcome Days Program. You and your parents will be able to meet with orientation leaders and hear more about college life at La Roche.

### ★ **Cookout with Live Music** • 5:30 p.m.

*Bold Thruway (Rain site: Cantellops Dining Hall)*

Say goodbye to your family and then come and join us for dinner. Here, you'll get acquainted with other new students. As a special treat, we'll have a local performer, Kwasi and the Islanders, to entertain you.

### ★ **La Roche Luau!** • 8:00 p.m.

*Outside Mahler Hall*

We may not have an ocean, but we do have sand and tiki torches! Come and pretend that you're on a tropical vacation. No shoes necessary.

# Saturday, August 27

★ Continental Breakfast • 9:00 a.m.

*Cantellops Dining Hall*

Student ID required.

★ Gamesapalooza\* • 10:00 a.m.

*Arnold Baseball Field (rain site: Kerr Fitness and Sports Center)*

Meet on the baseball field for a morning of games and team-building exercises. Plenty of prizes. It's a La Roche tradition and a great opportunity to continue Operation: Redhawk.

★ Lunch • 12:00 p.m.

*Cantellops Dining Hall*

Student ID required.

★ Making College Count\* • 1:00 p.m.

*Zappala College Center Square*

This informative session will provide college freshmen (and new students) with an inside look at the decisions and choices that await them in college. Take this early opportunity to recognize your potential.

★ THE COLLEGE EXPERIENCE\* • 2:00 p.m. - 4:00 p.m.

*Various locations (see below)*

These are a series of half-hour workshops that run concurrently throughout the afternoon and address various areas of college life. They are all being held in the Annex Building (AB). The Office of Student Life developed these sessions based on suggestions from upperclassmen who were able to reflect on their experience at their freshman orientation.

**Please Note: You are required to attend four of these eight sessions.**

## Finding Yourself and Others at LRC • AB 310

As you begin your college career, you will be meeting many new people from all over the world. Hear from students who have adjusted to the challenge and how they have learned to appreciate each other's differences. This could be especially helpful to students who are sharing a room with people from different countries.

## **Understanding Drugs and Alcohol:**

**Use and Abuse** • 2:00 p.m. & 3:00 p.m. • *AB 311*

Get some important information about the dangers of alcohol and drug use from La Roche counselor Don Treser.

## **Just ‘Cause We’re Dating**

**Doesn’t Mean We’re Mating** • 2:30 p.m. & 3:30 p.m. • *AB 312*

Hear about dating at college, including situations you should avoid.

**I Got a Parking Ticket. What Now?** • 2:00 p.m. & 3:00 p.m. • *AB 313*

Security issues are important for anyone who attends college. Ann Curtis, director of public safety, will offer advice on how to stay safe on campus.

**“Mountains Beyond Mountains”** • 2:00 p.m. & 3:00 p.m. • *AB 314*

Even if you haven’t started the book that is part of the College’s summer reading program, you can still learn what you need to do to be a part of the semester-long discussion on this fascinating book.

**Project EASE** • 2:30 p.m. & 3:30 p.m. • *AB 312*

Learn about La Roche College’s on-line resource for rescheduling, transcripts, checking grades and more! This session will give you an intro on the general use of Project EASE.

**Feeling Blue?** • 2:30 p.m. & 3:30 p.m. • *AB 311*

As a college student, you may find yourself feeling depressed or homesick at times. You’ll be adjusting to an entirely different life. Get some tips on ways to work through these obstacles and more readily adjust to college.

**Spirituality 101** • 2:30 p.m. & 3:30 p.m. • *AB 316*

This thought-provoking discussion, led by Fr. Peter Horton, our campus minister, is about religion and its role in college life.

★ **Freshman Fun Facts** • 4:00 p.m.

*Zappala College Center Square*

This interactive session will give you an upperclassman’s perspective on life at La Roche College through a unique role-playing game. You’ll also get the chance to meet with orientation leaders, resident assistants and other staff members at La Roche College who will address any questions you may have following your first day on campus.

★ Dinner • 5:30 p.m.  
*Cantellops Dining Hall*  
Student ID required.

★ Target Shopping Trip • 7:00 p.m.  
*Van leaves from Wright Library Circle*

Now that you're getting settled in your room, you've probably discovered a few things that you still need. Catch a shuttle to Target to pick up a few of those necessities! We'll bring you back in time for the Casino Night!

★ Casino Night • 8:00 p.m.  
*Cantellops Dining Hall*

Join the Orientation Leaders as they deal up a night of fun and prizes for you. We'll play Blackjack, Texas Hold 'Em, Roulette and the Slot Machines! There will be plenty of prizes for those in attendance. Don't miss it!

★ Club Bold • 11:00 p.m.  
*Bold Hall Union Room*

La Roche's newest addition, the new and improved Bold Union Room, will open its doors for the first time tonight. Join us to dance the night away!

## Sunday, August 28

★ Morning Mass • 9:00 a.m. and 10:30 a.m. • *Magdalen Chapel*

★ Brunch • 11:30 a.m. - 1:00 p.m. • *Cantellops Dining Hall*

★ Commuter Student Meeting • 1:00 p.m.  
*Ryan Room/Zappala College Center*

Commuter students will get an overview of the services available at La Roche College.

★ Resident Student Floor Meetings • 1:00 p.m.  
*All Residence Halls*

Resident advisors on each floor of each residence hall on campus will meet with all students on their floor.

★ **Operation: Redhawk** • 2:00 p.m.

*Zappala College Center Square*

The team with the most wins! Most what? Well, you have to show up and find out while you discover what's what at La Roche, where students attend class, and the location of several important offices.

★ **Tour of Pittsburgh** • 4:00 p.m.

*Bus leaves from the Wright Library Circle*

Join us to see the sights and sounds of the Steel City!

★ **Dinner** • 4:00 p.m. - 6:00 p.m.

*Cantellops Dining Hall*

Student ID Required.

★ **Welcome Back Foam Dance Party** • 6:00 p.m.

*Outside Bold Hall*

Mingle with upperclassmen as they return to campus, and join in the fun of the foam party! Enjoy free pizza, soda and music. It's sure to be a great time!

★ **Welcome Back Mass** • 9:00 p.m.

*Magdalen Chapel*

Fr. Peter Horton, our campus minister, begins the school year with prayers and his own special blessings during this liturgy.

## Monday, August 29

★ **Back to School Blowout** • 11:00 a.m. - 3:00 p.m.

*Bold Thruway (Rain site: Kerr Fitness & Sports Center)*

Join faculty, staff and students for a welcome back cookout lunch! We'll have games and music, too!

★ **Grand Opening of the Bold Union Room** • 6:00 p.m.

*Bold Union Room*

Join members of LRC's Student Government Association and college officials as we officially open the newly remodeled Union Room. Light refreshments will be served.

★ **Open Mic Night** • 8:00 p.m.

*Bold Union Room*

Get your act ready and be a part of La Roche history! For the first time, we'll open the mics to students for music, poetry readings or story telling.

## Tuesday, August 30

- ★ **Mass of the Holy Spirit\*** • 11:00 a.m.

*Magdalen Chapel*

Fr. Peter Horton and the Most Reverend Donald Wuerl, STD, Bishop of Pittsburgh, will celebrate mass and offer a special blessing for the class of 2009.

- ★ **Get a Grip\*** • 7:00 p.m.

*Zappala College Center Square*

Take hold of your college career and learn about various organizations you can join on campus. You will be introduced to campus leaders from clubs, athletic teams and school organizations. Find out what suits you best. Then, use all that La Roche Loot to bid on great prizes like a DVD player, a Playstation 2 and lots of other items.

- ★ **Drive-In Movie and Pizza-thon** • 9:00 p.m.

*Bold Thruway (Rain site: Kerr Fitness and Sports Center)*

Join us for a movie under the stars and pizza from several local pizzerias. You'll get a chance to vote for your favorite pizza and find out who has the best deals. The event is free. Bring your blankets. We'll provide the popcorn (and the pizza!).

## Wednesday, August 31

- ★ **Work Study Job Fair** • 11:00 a.m. - 1:00 p.m.

*Zappala College Center Square*

If you're work-study eligible, this is one program you won't want to miss! Various La Roche administrative offices will be on hand with their work-study job descriptions. It's the easiest way to find an on-campus job!

- ★ **Reggae Night** • 9:00 p.m.

*Bold Union Room*

Join us for an evening of Reggae Music. Light refreshments provided.

# Thursday, September 1

★ Say What Karaoke • 9:30 p.m.

*Zappala College Center Square*

Get those vocal chords in shape for one of La Roche's most popular events. Judges will be on hand to vote for the top performance. A cash prize will be awarded to the finalist!

# Friday, September 2

★ Retro Dance • 9:00 p.m.

*Zappala College Center Square*

Come and dance the night away to music from the 60's, 70's, 80's, 90's and today! Choose your outfit accordingly! The event is free, and refreshments will be served.

# Upcoming Events

★ The La Roche Cup • September 3 & 4

Come out and support the Redhawk soccer teams at the LRC Soccer Field. The women play at 11:30 a.m. on Saturday, followed by the men at 4:30 p.m. On Sunday, the men kick-off the action at 2:00 p.m., and the women take the field at 4:30 p.m.

★ Pittsburgh Pirates vs. Chicago Cubs • September 4

Tickets are on sale to see the Bucs in action as they play the Chicago Cubs. Tickets are \$5.00 and on sale in the College Activities Office. Transportation will be provided to and from the game. The van leaves at 11:45 a.m. The first pitch is at 1:35 p.m.

★ Kennywood Park (*Labor Day, No Classes*) • September 5

Today, the roller coaster capital of the world is our destination. Tickets are on sale for just \$10.00/person. Transportation will be provided. The bus leaves at 11:15 a.m. from the Wright Library Circle and leaves the park at 10:00 p.m. You must buy your tickets in advance from the College Activities office. Space is limited.

★ Activities Fair • September 8

Stop by the College Center Square today to learn more about all of the clubs and organizations on campus. You'll even get to join a few if you'd like! The event will be held from 11:00 a.m. to 1:00 p.m.

### ★ Gateway Clipper Cruise • September 23

One of the most popular events of the fall semester is the annual cruise on the Gateway Clipper. The event runs from 11:00 p.m. to 2:00 a.m. Tickets will be on sale September 6<sup>th</sup> in the College Activities Office.

### ★ Midnight Madness • October 21

Help us kick-off the Redhawks' basketball seasons tonight as the men's and women's teams take the court for drills, three-point shot contests and the ever-popular slam-dunk contest! Audience participation required!

### ★ Family Day • October 22

Make sure you invite your family to join us for our annual Family Day. There will be a tailgate at the men's and women's soccer games. Then, invite your parents to dinner in the Cantelops Dining Hall and finally, join us for the first ever Night at the Races, where we'll bring the excitement of being at the track to La Roche!

## Important Information

### ATM

The College's ATM is located in the Zappala College Center across from the information desk. It is operated by Dollar Bank.

### Bus Transportation

Port Authority Transit (PAT) provides regular bus service to campus. There are stops on Duncan Avenue, Babcock Boulevard and at UPMC Passavant Hospital. For a detailed bus schedule, please check the brochure rack outside of the College Activities Office in the Zappala College Center.

### Commuter Meal Plan

This service is provided to commuter students so that they may create their own meal plan. At the beginning of the semester, a commuter student may deposit money into an account to be used at the Cantelops Dining Hall. The College will give you a bonus credit equal to ten percent of whatever you have deposited. For more information, please contact Dining Services.

### Computer Services

The College is equipped with a host of computer labs. Students have free access to them. Please check class schedules for open times. To use the computer labs, you must have a La Roche College computer login and password. If you did not receive one during orientation registration, you may obtain it at the Office of Information Technology, Providence Hall Room 140. Your college ID doubles as a security key card that will grant you access to the labs.

## Health Services

La Roche College has established a partnership with UPMC Passavant Hospital, which provides routine non-emergency care to students at no cost. Regular business hours are Monday through Friday from 8:00 a.m. to 3:30 p.m. If you require medical attention at another time or on the weekends, you should go directly to the emergency room at the hospital. When possible, please utilize the service during regular business hours.

Health care services provided outside of regular business hours must be billed as emergency service to your own insurance provider. For more detailed information on our health services, ask a counselor for a brochure.

## Mail Services

When you enroll at La Roche College as a new resident student, you will receive a mailbox and a mailbox key. That mailbox will be your student mailbox during your entire time at La Roche College. At the end of each academic year (prior to summer break), you will be required to return your key to one of the following locations:

- **Office of Residence Life (located in Bold Hall)**
- **East Campus Mail Center (located in Wright Library Room 103)**
- **West Campus Mail Center (located in Providence Hall Room 010)**

If you do not return your key at this time and you require a replacement key at the beginning of the fall semester, you will be required to pay a \$25 fee before Mail Services can issue you the replacement key. If you lose your key during the school year, you will be required to pay a \$5 fee for a replacement key. You are not permitted to give or loan your key to any other person for any reason. This is a security violation and will result in disciplinary action.

Resident student mailboxes are located in the lower level of Wright Library. Students may pick up their mail daily after 2:00 p.m. So that all incoming mail will be received and distributed in an efficient manner, personal mail and packages should be addressed in the following manner.

**Jane Smith (student's official registered school name)**  
**La Roche College**  
**East Campus Mail Center**  
**BOX # \_\_\_\_\_ (4-digit mailbox number must be entered)**  
**Pittsburgh, PA 15237**

The College maintains a log of all packages or certified mail sent to students. The log includes the recipient's name, telephone number and the date the package or certified letter was received. Upon receipt of such items, Mail Services will call the student requesting them to pick up the item. The student must sign for the item at the time of pickup. Postage stamps may be purchased from a postage machine located on the lower level of Wright Library. Outgoing mail may be placed in the mailbox located at the entrance to the College Center.

## **Prayer Room**

For students of the Islamic faith, a prayer room has been established on the third floor of Bold Hall. The room is open 24 hours a day.

## **Recreation**

If you like to play pool, you'll find a pool table in the Zappala College Center Square, in the Union Room in Bold Hall and in Schneider Hall. Sticks and chalk are available in the Office of College Activities.

The Union Room in Bold Hall is designated as a game room. In addition to a TV and the pool table, there are also video games. The Union Room is open to all students.

## **Residence Hall Access**

Resident students have access to residence halls on campus via their College ID, which doubles as an electronic key card. If you are a commuter student and you want to visit a friend in the residence halls, you can gain admittance using the intercom system. Outside each hall is a call box that dials directly to the room. You will need to know your friend's campus extension.

If you are attending an event in the lounges of the halls, you may pick up a temporary pass at the information desk, located in the Zappala College Center (ZCC). To get your temporary pass, you will need to present your College ID. Make sure to obtain your pass before 9:30 p.m.

## **Security Escort Service**

The Office of Public Safety at La Roche College provides security escorts upon request. To request such an escort, call x-1111 from any campus phone or any red emergency phone.

## **Shuttle Service**

During the winter months, the College provides shuttle service between the East and West Campuses. The College will publish a more detailed schedule with times and locations later in the fall.

## **Vending Machines**

Soft drink machines are located in the lower level of Wright Library, the Palumbo Science Center (near the Chapel), the lower level of Providence Hall, Ketteler Hall (ID Department), the Annex Building and all four residence halls. Snack machines are located on the lower level of Wright Library, the lower level of Providence Hall and in the residence halls.

# Important Phone Numbers

Academic & Career Advising .....	412-536-1130
Admissions .....	412-536-1271
Athletics.....	412-536-1001
Bookstore .....	412-536-1140
Campus Ministry.....	412-536-1050
College Activities .....	412-536-1044
Counseling Services.....	412-536-1051
Finance Office .....	412-536-1029
Financial Aid .....	412-536-1120
Registrar.....	412-536-1076
Residence Life .....	412-536-1195
Security Officer on Duty.....	412-536-1111
Switchboard .....	412-367-9300
Wright Library .....	412-536-1058
Writers' Center.....	412-536-1230

# Hours of Operation

## Cantellops Dining Hall

### WEEKDAY SCHEDULE

#### Continental Breakfast

Monday, Tuesday, Thursday & Friday: 7:30 a.m.-8:00 a.m.

Wednesday: 7:30 a.m.-11:00 a.m.

#### Breakfast

Monday through Friday: 8:00 a.m.-9:00 a.m.

#### Lunch

Monday through Friday: 11:00 a.m. to 2:00 p.m.

#### Continental Lunch

Monday through Friday: 2:00 p.m.-3:00 p.m.

#### Dinner

Monday through Friday: 4:00 p.m. to 6:00 p.m.

#### After Dark

Monday through Thursday: 6:00 p.m. to 8:30 p.m.

### WEEKEND SCHEDULE

*Weekend Brunch: 10:30 a.m.-1:30 p.m.*

*Dinner: 4:00 p.m.-6:00 p.m.*

### **Bookstore**

Monday through Thursday: 10:00 a.m. to 6:30 p.m.

Friday: 10:00 a.m. to 4:00 p.m.

### **Computer Labs**

Monday through Friday: 7:30 a.m. to 1:00 a.m.\*

Saturday: 7:30 a.m. to 8:00 p.m.

Sunday: 12:00 p.m. to 1:00 a.m.\*

*\*You must be in by 11:00 p.m. to stay until 1:00 a.m.*

### **Wright Library**

Monday through Thursday: 8:30 a.m. to 12:00 a.m.

Friday & Saturday: 8:30 a.m.-4:30 p.m.

Sunday: 1:00 p.m.-12:00 a.m.

### **Kerr Fitness & Sports Center**

Monday through Thursday: 8:30 a.m.-10:00 p.m.

Friday: 8:30 a.m.-8:00 p.m.

Saturday: 12:00 p.m. to 6:00 p.m.

Sunday: 3:00 p.m. to 9:00 p.m.

### **Zappala College Center**

Monday through Friday: 7:15 a.m. to 10:30 p.m.

Saturday and Sunday: 7:30 a.m. to 10:00 p.m.

### **Magdalen Chapel Liturgies**

Monday through Friday: 12:10 p.m.

Sunday: 9:00 a.m., 11:00 a.m. & 9:00 p.m.

## ★ Orientation Leaders ★

Paulette Beadling • Ashley Blair • Amanda Blake • Dana Brandi • Melanie Burcin  
David Clarty • Rachelle Courson • Kristina Dice • Philip DiRenzo • Dan Farrell  
Kevin Fuhrer • Amy Gieraltowski • Zack Hull • Korey Johnson • Leigh Ann Judkins  
Jenessa Kaldorf • Damond Knight • Jacqueline Kostraba • Lindsay LaRocco  
Andrea Laurion • Massimo Lista • Joe Marks • Mia Marroncelli • Samer Naccouzi  
Kelly Nagy • Lonnie Nolker • Tracey Nugent • Eunice Park • Amy Pennington  
Eric Reidmiller • Tarrah Rinehart • Jenn Roberts • Melanie Roczko • Jeff Saporito  
Krysten Schoeb • Andrea Smith • Beth Snyder • Nicole Swartz • Nina Taylor  
DJ Trischler • Steven VanUtrecht • Terese Walkiewicz • Bonnie Wenzel • Katie Williams

## ★ Welcome Squad ★

Robert Bennett • Courtney Ceponis • Tom Chimenti • Brittany Coker  
Christopher Cox • Crystle Critcher • Paul Dalton • Valerie DelCorso  
Shannon Feeny • Becky Galie • Miv Hewitt • Abby McCready • Katie McCurdy  
Laura Mickey • Vanessa Moro • Cassandra Pasquale • Amanda Pelkey  
Dana Percell • Jamie Reynold • Jennie Roth • Amy Saly • Ahmad Samad  
Jamie Smith • Brittany Spencer • Tamie Starcher • Arika Steele • Sarah Trischler  
Tim Walsh • Elizabeth Williams • Corrie Yanko

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