

CONNECTED

the LA ROCHE UNIVERSITY Magazine | FALL/WINTER 2020

A photograph of two young women, likely nursing students, smiling warmly. They are wearing red scrubs and have stethoscopes around their necks. The woman on the right has a circular patch on her scrubs that reads 'LA ROCHE UNIVERSITY' and 'DEPARTMENT OF NURSING'.

New Entry Level MSN PROGRAM

A Win-Win for Students,
Health Care Facilities

IN THE MOMENT ...





FRESHMAN DAY OF SERVICE

Students sort medical supplies at Brother's Brother Foundation on the North Side of Pittsburgh as part of The La Roche Experience's Freshman Day of Service event in October.



PHOTO: BECKY THURNER BRADDOCK

We begin every academic year at La Roche University with inspiration, opportunity and gratitude. And although our mission of promoting peace and justice in the Catholic tradition remains the same, the ways in which we pursue our mission continue to expand.

Each year La Roche responds to the needs of local, regional and global communities through new academic programming and service-learning endeavors. In this issue of *Connected*, you will read about our latest efforts to provide opportunities for students to promote their skills, confidence and awareness to become responsible, global citizens.

In the fall we announced our Entry Level Master of Science in Nursing Program, Pennsylvania's first prelicensure master's program in nursing. The new program not only addresses an ever-growing need for nurses in today's health care industry, but presents new career opportunities to those who hold a bachelor's degree in any field.

We also reached a new milestone in how we serve our local communities. Through a partnership with Vincentian, La Roche established Western Pennsylvania's first intergenerational residency for college students and seniors. Those who participate in the program live and volunteer with seniors, form meaningful relationships and serve a growing demographic in our very own neighborhood. Another unique service initiative was our Freshman Day of Service. It was a humbling experience for me to witness more than 200 of our students proudly offering their time, talents and skills to serve multiple organizations across the Pittsburgh community.

The La Roche campus continues to be a place where, year after year, students truly reach across political, cultural and economic divides. It is a place where the accomplishments of our faculty, students and alumni illustrate our legacy. It is a place where the values of our founding congregation, the Congregation of the Sisters of Divine Providence, inspire all of us as we look forward to the future.

And as we look forward, we do so with gratitude for our donors. This issue of *Connected* features the names of individuals, corporations and foundations whose loyalty and support in the past year position us for continued growth and success. For each of them, we are most grateful. It is their support that also allowed the University to commit to a multimillion dollar investment to renovate the Palumbo Science Center. In January we will unveil new state-of-the-art laboratories, classrooms, common areas and faculty offices, for which the excitement on campus is infectious. We pray that our Provident God will continue to bless La Roche and all who support us in our efforts.

Blessings,

A handwritten signature in blue ink that reads "Sister Candace Introcaso". The signature is written in a cursive, flowing style.

Sister Candace Introcaso, CDP, Ph.D.
President
La Roche University



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FALL | WINTER 2020

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FRONT COVER PHOTO: Jim Judkis
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*Lights!
Camera!
Action!*

Marketing Professor Produces Romantic Comedy

BY JULIA FELTON

A La Roche University marketing professor is sharing his passion for movies after writing, producing and acting in his own romantic comedy.

Professor Joe Puglisi and his business partner David Petti operate Little Italy Productions, LLC, which gives them the opportunity to explore every aspect of filmmaking.

Mr. Puglisi said he began acting in 2012. He started as an extra and gradually took on larger speaking roles. Eventually he and Mr. Petti became frustrated with continuously auditioning for positions that weren't a good fit for them. "We were frustrated as actors that most of the roles we auditioned for were either mob members or zombies," Mr. Puglisi said. "We felt we could do something different, and we could write a romantic comedy."

That was the initial inspiration for "That's Amore." But once they started writing the script, Mr. Puglisi said he

felt like they were creating something meaningful. "As we got into it, we really felt that we had some great ideas, and it would be something enjoyable for the Pittsburgh audience — and hopefully for a national audience," he said.

As Mr. Puglisi and Mr. Petti penned "That's Amore," they decided to create characters that would emulate their own lives. Mr. Puglisi said, "When we wrote the film, Dave [Petti] and I wanted the parts that we would play to be ourselves. Dave plays the role of a dentist, and I play the role of a college professor — that's what our occupations are."

Though they wrote the original script together, Mr. Puglisi credited Mr. Petti for writing the final screenplay.

Pulling from his real-life occupation, Mr. Puglisi filmed a classroom scene at La Roche. He said, "La Roche has been very helpful in supporting this film. We decided to film a classroom scene at La Roche and to have some La Roche students as extras in the film. It just seemed like a natural thing to do."


Mr. Puglisi said he was glad to be joined by a talented cast and crew for the film. Tammy Pescatelli, a comedian and actress, and Barbara Russell, a local Pittsburgh actress, starred alongside Mr. Puglisi and Mr. Petti.

"We were blessed with a great cast and a great crew," Mr. Puglisi said. "Having good people was the key."

Even with a talented crew, Mr. Puglisi admitted that it was challenging to write and produce a movie for the first time. "There were a lot of unfamiliar areas to us, so there was a big learning curve," Mr. Puglisi said, adding that they had to navigate issues ranging from hiring a cast to upholding legal standards.

Mr. Puglisi said he and Mr. Petti were responsible for producing the film, but they had some help with the finishing touches.

"We hired some very good people to do the editing, the colorization, the music and the sound. We didn't have the skills to do all of that," he explained.



Mr. Puglisi said he also turned to the La Roche community for help with “That’s Amore.” Assistant Professor Pat Connolly and a group of graphic design students helped design the film’s graphics. Mr. Puglisi also hired three La Roche students as interns to help market the movie.

After working on “That’s Amore” for over three years, Mr. Puglisi said he’s proud of the film he created.

“There’s always that feeling of accomplishment when you see the final product of something that was really challenging to produce. The few times we’ve had people view the film during its finalization, you could tell they really enjoyed the film, and they thought it was a great work of art. There’s a lot of satisfaction in that,” Mr. Puglisi said.

Despite the challenges of creating the movie, Mr. Puglisi said the process also has been enjoyable. “I do like being in front of the camera,” he said. “Then the behind-the-scenes was more of the business aspect of filmmaking, and I enjoy that, too. I consider myself a businessman, so I found some satisfaction in that.”

Mr. Puglisi said that after writing, producing and starring in this film, he hopes he can be an inspiration for others. He said he wants people to see that anyone can achieve a major goal, like making their own film, if they set their mind to it.

Now he said he’s excited to share his creation with an audience. Mr. Puglisi said, “The film centers around four Italian-American characters who face some conflict and adversity, but find love and friendship. We wrote something that would appeal to everyone. We wanted to make a feel-good movie — something where

people could leave the movie and feel good about what they’ve seen.”

Mr. Puglisi and Mr. Petti were featured on WQED’s Filmmaker’s Corner program in late December in anticipation of the film’s release.

The “That’s Amore” release will be hosted at the Strand Theater in Zelienople, Pennsylvania. The film will play on Feb. 7-9, and on Feb. 14 the Strand Theater will feature “That’s Amore” as well as a cast panel.

Updated information, along with a trailer and cast information, is available on the “That’s Amore-Feature Length Film” Facebook page.



TechTIPS leader George Rukavina helps a student with his laptop in the Wright Library.

Students Respond to Technology Requests on Campus

BY SARAH HEFFERIN

Students majoring in technology-related fields now have the opportunity to provide hands-on assistance to classmates, faculty and staff through TechTIPS, a new student-run help desk at La Roche University.

The volunteer help desk provides the training and experience that students need to secure paid positions through TechSOLVE, a student-run help desk that assists the Sisters of Divine Providence community and Providence Heights.

Michaela A. Noakes, Ed.D., assistant professor of information technology, follows a two-step process to select sophomores and juniors as team members for the newly launched TechTIPS Help Desk team, with the potential opportunity to become part-time paid employees on the TechSOLVE team at the Motherhouse.

Dr. Noakes said, “Students are required to first demonstrate aptitude in both the computer hardware and networking courses. Upon selection they serve the La Roche community as a volunteer on the TechTIPS Help Desk, further honing their technical and professional development skills. Working on the TechTIPS Help Desk creates a bridge to potentially becoming members of the TechSOLVE team. These hands-on initiatives for our students prepare them to succeed in securing a help desk or networking position in a business setting upon graduation.”

In a collaborative effort with Director of Information Technology Terri Ballard and her team, students receive their

work requests through Laird Cole, online learning faculty support and technology coordinator; the established TechTIPS voicemail number; or the TechTIPS email account. As the team leader for the TechTIPS Help Desk, junior George Rukavina then creates a trouble ticket for tracking purposes and subsequently assigns the work to a team member.

Mr. Rukavina, an information technology major, said that the help desk is an overall learning experience for everyone.

“When students assume their new role, they actively serve as a technical resource to the La Roche community,” Mr. Rukavina said. “This process allows the technicians to get real troubleshooting and problem-solving experience. Meanwhile the people who receive the help learn something about technology as well.”

As the team leader of TechTIPS, Mr. Rukavina oversees communications with clients and technicians. He said this experience will help him in his career after La Roche.

“I believe my time with TechTIPS has helped me gain experience in a real face-to-face setting. Before I started these skills were only something I learned about in the classroom,” he said. “Working as a technician has allowed me to sharpen those skills — both social and technical. Employers want to know that you have had experience in the field, and I believe that this volunteer experience is something that will make me stand out in the crowd.”

Words for Charity Awards Professional Writing Student Highest Grant

Senior Danielle DiNatale received the Benevolent Quill grant from Words for Charity.

Words for Charity allows anyone to read or write for a cause by publishing or purchasing a short story. Ms. DiNatale participated as a writer, submitting her story “Ghost Stories” in support of Newborns in Need, a charity organized to help take care of premature, ill or impoverished newborns.

She won the highest grant award of \$2,000 for raising the most monetary donations through the sale of her short story.

“I was overjoyed and proud to know that my story helped Newborns in Need,” Ms. DiNatale said. “I felt like I had contributed to an important cause and helped the world in a small way.”

“Ghost Stories” centers around Margo, a teenager who enjoys spending time away from peers and parties. In the story Margo spends time in a cemetery reading her work aloud to the dead. During one occasion she meets an unsuspecting guest.

To read “Ghost Stories” visit wordsforcharity.org.



Expanded Programs Offer New Opportunities to Students

BY DANIELLE DINATALE

La Roche University added four minors to its academic offerings: photography, graphic design, history of visual arts and international studies.

“The introduction of the photography minor was driven largely by student interest after students took our first digital photography course,” Andy Schwanbeck, assistant professor in graphic design, said. “Photography is a universal medium that serves an important role in communication as well as artistic impression. Including the minor in the Design Division allows us to add valuable learning opportunities for our design majors, and for any student on campus with a sustained interest.”

The photography minor is useful to students outside of graphic and interior design, including students who are studying marketing,

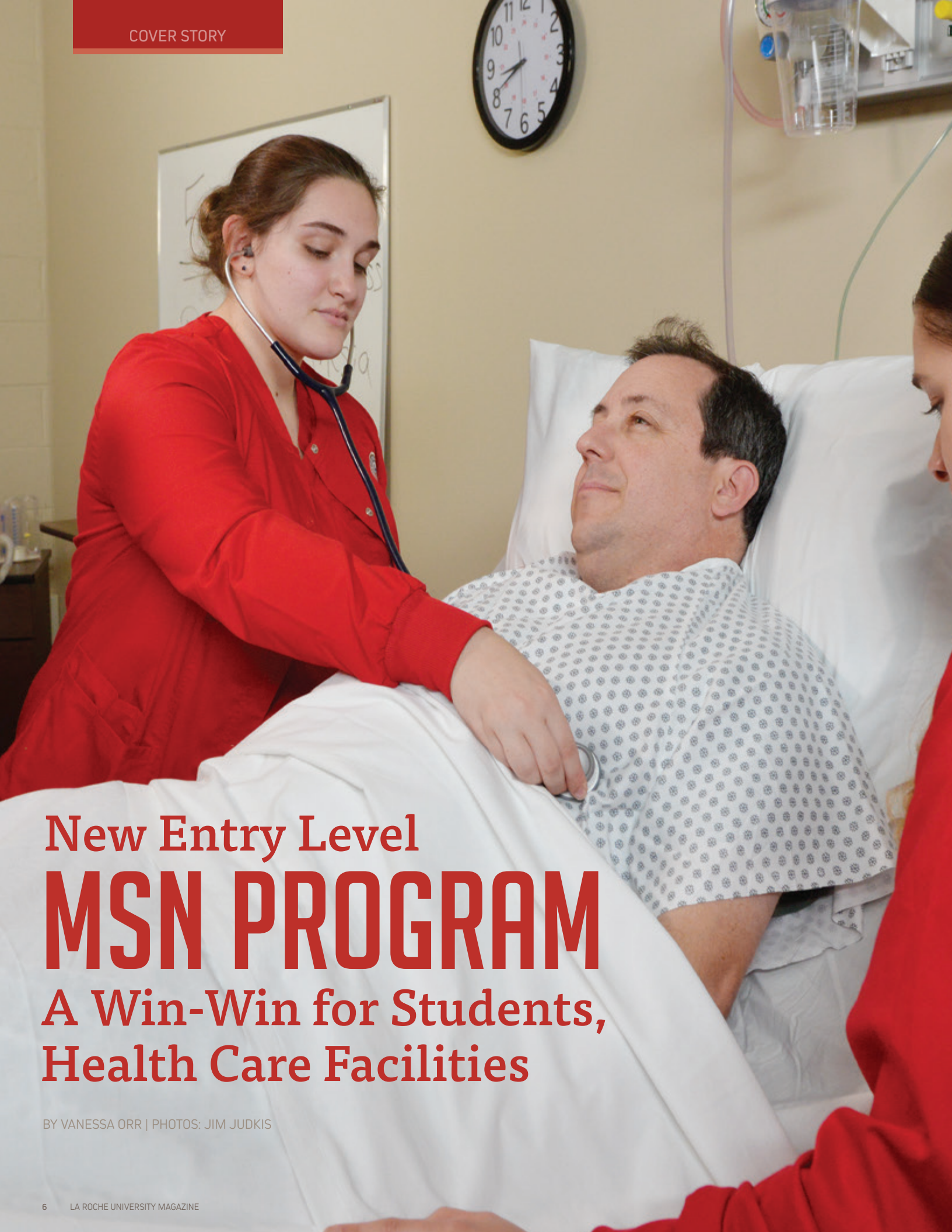
communications, media and technology, and professional writing.

“The Design Division instituted the photography minor to provide a practical mixture of artistic and commercial experiences to students interested in the development of photographic skills: camera operation, digital editing, composition strategies, and creative, artistic and aesthetic sensibilities,” Lisa Kamphaus, design division chair, said.

The graphic design minor provides students with an introduction to graphic design, focusing on fundamental design principles, essential software knowledge and critical design thinking skills. As for the history of visual arts minor, the program aims to enable students to engage with visual art across multiple creative disciplines and understand the role that they have played in shaping history.

The University also introduced the international studies minor. This program is meant to prepare students for career opportunities in different fields, such as international business, public services in international areas of government and diplomacy, and international governmental and nongovernmental organizations.

“The international studies minor is part of the new and modified international studies program. It provides students with an interdisciplinary area of study that helps them discover the international system in both local and global contexts,” Azlan Tajuddin, Ph.D., department chair of sociology and international studies, said. “It also offers a meaningful discourse in social, cultural, political, economic and environmental changes occurring within a rapidly globalizing world.”



New Entry Level **MSN PROGRAM** A Win-Win for Students, Health Care Facilities

BY VANESSA ORR | PHOTOS: JIM JUDKIS



Graduates with a bachelor's degree in any field can earn a master's degree in nursing at La Roche University in as few as 20 months.

Western Pennsylvania needs nurses, especially those with advanced degrees. College graduates who are unemployed or underemployed need more stable careers, which often means going back to school to earn another degree.

The new Entry Level Master of Science in Nursing (ELMSN) program at La Roche University provides the perfect solution, enabling graduates with a bachelor's degree in any area to earn a master's degree in nursing in as few as 20 months.

Rosemary McCarthy, Ph.D., associate vice president for academic affairs and dean of graduate studies & adult education, said there was a need for a prelicensure master's program in nursing, the first of its kind in Pennsylvania.

"There is a great need for nurses across the country, especially since there is a large population of nurses who plan to retire," she explained. "While there are many nursing programs in the Pittsburgh area, ours hones in on second-degree students, based on workforce studies that show a large population of these graduates not working, or being unsatisfied in jobs that are not related to the field in which they graduated.

"Our accelerated program allows a student with a bachelor's degree to achieve a master's degree in five semesters," she continued. An added incentive is that students enrolled in graduate and professional degree programs have access to additional guaranteed loan borrowing, compared to students pursuing a second undergraduate degree.

Terri Liberto, Ph.D., associate professor, chair of nursing, and co-chair of education and nursing, said that hospitals not only need more nurses — they are looking for nurses with advanced degrees.

"A recent Institute of Medicine report recommended advanced degrees for nurses at bedside, so we designed a program that provides all of the

essential knowledge that an entry level program does, but also includes the information needed for a master's degree without specialization in nursing, including leadership, communication and nursing theory," she said.

After graduation students are prepared to take the National Council Licensing Exam for Registered Nurses (NCLEX-RN) and enter the profession as MSN-qualified nurses without specialization. For students who do want to go on to earn specialization after working in the field, the program establishes a foundation for post-master's degree certification programs including clinical nurse leader, nursing administration and nursing education.

The ELMSN program is approved by the Pennsylvania State Board of Nursing and is pending accreditation by the Accreditation Commission for Education in Nursing.

How Does it Work?

The accelerated, 77-credit ELMSN degree is a hybrid program, with approximately 40 percent of courses taught online, and the rest in the classroom or in La Roche's brand-new simulation lab, which opens in 2020 and is specifically designed for this degree.

"We are very excited about the SIM lab, which will feature seven low- to mid-fidelity simulation beds and two high-fidelity simulation beds," Dr. Liberto said.

The SIM lab's programmable simulator will provide students with a variety of opportunities to practice assessment skills and critical thinking before dealing with live patients. Low- to mid-fidelity simulators are used to teach vital signs assessments, wound care and more; high-fidelity simulators can be programmed with abnormal breathing or heart sounds, different sized pupils or more complex conditions, which require students to make educated decisions about what protocols to follow.

"The simulation lab experience allows students to develop critical thinking and decision-making skills prior to the practice setting," Dr. McCarthy said. "This will give students the necessary skills to feel comfortable once in the clinical environment."

The ELMSN program is enrolling students now for its first class, which will commence in May 2020. Students can enter at three points during the year: May, August and January.

"A student's bachelor's degree can be in any field, though there are certain prerequisites for the program," Dr. McCarthy said. "Students with a health science degree may already have the required science courses and may be accepted immediately, while students without these prerequisites will need to take the courses prior to being accepted."

Once students graduate and pass their licensing exams, the workforce will be waiting. Nurses with an ELMSN degree will have the skills and qualifications necessary to work in bedside roles in hospitals, clinics, rehabilitation centers, long-term care facilities, schools and more.

"There is a definite need for nurses with master's degrees. Hospitals with magnet status, for example, prefer to have a certain number of nurses with advanced degrees, so this makes our students very marketable," Dr. McCarthy said. "In addition studies show that nurses with advanced degrees have improved patient outcomes. This degree gives our graduates the competitive advantage for employment after graduation, and in many cases, hospitals offer a differential for having a master's degree, so they may make more money."

"In the last five to eight years, we've had a 100 percent job placement rate," Dr. Liberto added. "Students in our current nursing programs are being hired before graduation."

Visit laroche.edu/elmsn to learn more about the ELMSN degree.

The ELMSN program will offer a new simulation lab for students to practice assessment skills and critical thinking.



Pulseless
Paro



Students, Seniors Learn from Each Other Through Students in Residence Program

BY VANESSA ORR | PHOTOS: JIM JUDKIS

When junior Jessica Hannes first moved into Terrace Place at Vincentian as part of La Roche University's Students in Residence program, she didn't know what to expect. As Western Pennsylvania's first intergenerational residency for college students and seniors, the pilot program was sure to be a learning experience for everyone involved.

"The biggest surprise for me was how willing the residents are to try new things," she said. "The stereotype about the older generation is that they just want to stay at home, but the people here are willing and eager to participate, whether that's going to an event at La Roche or providing volunteer service.

I can't believe the sheer amount of residents here who are active in the community.

"Living here, I feel myself coming out of my bubble. The program pushes me to be more friendly and more energetic, and to be open to having friends who aren't my age," she added. "Some people my age can't see being friends with people in their 70s, but having friends of different generations is awesome."

The Students in Residence program offers La Roche sophomores, juniors and seniors the opportunity to live and volunteer with seniors at Terrace Place, a new independent living community for individuals 55 and older. Participating students receive free room and board in exchange for spending six hours a week or more with residents, providing

technology assistance, organizing events, helping with light housework and creating opportunities to socialize.

Natasha Ngandwe, a senior majoring in health science, started a weekly Zumba class, and arranged for a Painting with a Twist event that was so popular that Terrace Place has added a second date.

"The most rewarding part about intergenerational living is exchanging experiences," she said. "When I teach Zumba, I am able to give them what I was taught in exchange for them letting me know the benefits it has on their bodies. My goal is to always maximize on their talents.

"By helping our seniors, we also help ourselves," she added. "They let me know if I'm doing a good job. They don't know

Ricardo Serrano-Perez, Jessica Hannes and Natasha Ngandwe are the first La Roche University students to participate in Western Pennsylvania's first intergenerational residency program for college students and seniors.





*Natasha Ngandwe
hosts a weekly
Zumba class
for residents
at Vincentian's
Terrace Place.*



Ricardo Serrano-Perez spends time with Vincentian residents by hosting game nights, cultural presentations and finger-painting.

how much that means to me. They give me the support I need to keep going. I want them to remember me by the difference I've made in their lives."

Creating a Community

The partnership between La Roche and Vincentian grew out of discussions between Sister Candace Introcaso, CDP, Ph.D., president of La Roche, and Vincentian President and CEO Nick Vizzoca.

"I met with Sister Candace a while back about intergenerational programming in terms of classes and events, and we spoke about how over in Europe, they embrace the concept of having

students and seniors live in the same communities and learn from each other," Mr. Vizzoca explained. "We had a new development, Terrace Place, and as the months went on, we knew we wanted to do something similar: to create a lifelong learning center."

Sister Candace, who spent time researching university-based retirement communities while on sabbatical, said, "By 2030 almost one quarter of the population will be 65 and older, and as an educational institution, it is incumbent upon us to pay attention to our local community and form rewarding connections. This program is rooted in our mission, and there is a lot

to be gained in quality of life for both our students and Terrace Place residents.

"This presents an opportunity for sharing between generations, and there is such richness in learning each other's stories, especially for students who may not have had this growing up," she added.

It took about a year for the concept to come to fruition, and to choose the right students for the pilot project.

"We looked for the same types of students who serve as resident advisors — those with leadership qualities, who are outgoing, responsible, conscientious and engaged, and who would be willing



to connect residents with programming on campus as well as to create original programs,” Sister Candace said.

This year there are three students at Terrace Place, though the goal is to have two students on each floor for a total of six during each school year.

“The students are fantastic with our seniors. You see them playing cards, walking outside together or just talking,” Mr. Vizzoca said. “Social isolation is a big issue for students and for seniors, and we were hoping to create interaction in a social environment, where they would put down their phones and just have conversations.”

“It’s so important to disconnect from devices to engage in human interaction,” Sister Candace said, agreeing. “This goes for seniors as well. It’s good for them to disconnect from TVs and get out of their apartments, and to have a reason to interact with the younger generation that has so much to share.”

Ricardo Serrano-Perez, a fifth-year accounting major, grew up with his grandparents in the Virgin Islands, and was hoping for a similar bonding experience.

“I thought it would be nice to share their experiences—to talk to them about what they used to do, and what life was like for them,” he said. “I love to hear their stories, and I definitely relate



Jessica Hannes engages residents through conversation and crafts.

because I grew up hearing my grandparents’ stories.”

Mr. Serrano-Perez has arranged a number of cultural presentations and game nights, and also introduced finger-painting, which he said the residents really enjoyed. “There’s a woman who I play checkers with once a week, and a lot of times I just strike up a conversation when I’m down in the common area doing homework,” he said. “A lot of people here miss seeing younger people and talking to someone our age.”

Mr. Vizzoca said the residents were excited to welcome their younger neighbors.

“They were thrilled to have the opportunity to interact with the younger population, and it also provides a sense of security — for themselves and their families — to have a 22-year-old on site if mom or dad needs anything,” he said. “I think it’s been a big success, and I hope it will catch on not just with Terrace Place, but potentially on other campuses.”

“It’s really neat to learn about the differences in the generations together,” Ms. Hannes said. “Some of their families live far away, so they don’t see them as often, and we are a friendly face. If they have problems or issues, or if something great happens, they tell us. We’ve become extended family.”

New Officers and Members Join Board of Trustees

The La Roche University Board of Trustees elected two officers and welcomed two new members at its May 2019 board meeting. The first official board meeting for the new officers and members was Oct. 25, 2019.

“Each board member brings valuable experiences and a genuine interest in La Roche. These perspectives will be critical to advancing the University’s vision as we strategically address the opportunities and challenges ahead of us,” Sister Candace Introcaso, CDP, Ph.D., president of La Roche, said.

OFFICERS



Bradley J. Franc, Esquire
Chair

Mr. Franc joined the La Roche University Board of Trustees in April 2010. He served two terms as vice chair from May 2015 to May 2019, before being elected chair in May 2019.

As director of Houston Harbaugh, P.C., Mr. Franc works extensively with private business owners and closely held businesses to strategically integrate their business and estate planning objectives.

For many closely- and privately-held business clients, he serves as outside general counsel and advises on key initiatives such as business and strategic planning, commercial transactions, corporate governance, and estate and succession planning.

Combining his legal experience with his experience as a former certified public accountant at an international CPA firm, Mr. Franc also advises on federal and state tax issues.

A frequent lecturer and author on closely held business and tax topics, federal and state tax issues, and estate planning, his articles on tax provisions have been cited by the Supreme Court of the United

States. Mr. Franc also has appeared nationally on Bloomberg Television and Fox News websites for his business, tax and succession planning advice. He also has been published in *U.S. News & World Report*.

Mr. Franc is the creator of The Succession SolutionSM, a customized program to assist closely held businesses in their transition into the next generation. In May 2019 he published his book, “The Succession Solution, The Complete Guide to Transition Planning.”

Mr. Franc received his J.D. from the University of Pittsburgh’s School of Law and his Bachelor of Science from Pennsylvania State University.

consultative, participative leadership style with high integrity and a positive teaming approach. Throughout her career Mrs. Harris has worked successfully in multiple businesses such as: PPG Industries, Carnegie Mellon University, Digital Equipment Corporation, PNC and GlaxoSmithKline.

As a former human resources director for GlaxoSmithKline, Mrs. Harris led the delivery of HR interventions for research and development, both in England and the U.S., contributing to the attainment of business goals. She also led the learning and training delivery services team across all client groups in England and the U.S., as well as the delivery of employee relations across all business segments in the U.S.



Ernestine Harris '03, M.S. '10
Vice Chair

Alumna Ernestine Harris joined the La Roche Board of Trustees in October 2016. She was elected vice chair in May 2019.

Mrs. Harris is a human resources leader and coach with a broad-based business perspective anchored in partnering with business leaders to align the people strategy to business objectives. She is known for driving results through a

Previously Mrs. Harris was board president of the Pennsylvania Organization of Women in Early Recovery (POWER); vice chair of Goodwill Industries board of directors Southwestern Pennsylvania; board member of the African American Chamber of Commerce Foundation; on the National Adoption Center board of directors; and chair of the trustee board at St. Paul’s Baptist Church.

Mrs. Harris was named the Health Care Business Women’s Rising Star and a Woman of Excellence by the *Pittsburgh Courier*. She received four Multicultural Marketing Diversity Awards throughout her tenure at GlaxoSmithKline. Mrs. Harris also received the Distinguished Alumni Circle Award from La Roche.

She has a Bachelor of Science in business management and a Master of Science in human resources management from La Roche.

MEMBERS



Mary Elizabeth Fisher Albaugh

Mrs. Albaugh is the founder and chief executive officer of Betsy Fisher Inc., an upscale women's boutique located on Connecticut Avenue in Washington, D.C.

She earned a Bachelor of Science in foreign service, with a focus in international affairs from Georgetown University's School of Foreign Service. Mrs. Albaugh is a member of the board of directors of Freedomworks Inc.



Lyle D. Albaugh

Mr. Albaugh is the founder and president of Higher Admission Inc., an online tool enabling families to compare costs of higher educational institutions to determine affordability.

He serves as chief operating and financial officer of Betsy Fisher Inc. Mr. Albaugh previously was employed as a securities and contract lawyer at Morrison & Foerester, and in the audit department of Deloitte.

He earned a Bachelor of Science in accounting from Georgetown University's McDonough School of Business and a J.D. from the University of Pennsylvania Law School. Mr. Albaugh is a veteran of the U.S. Marine Corps, where he achieved the rank of sergeant.

For a complete list of the La Roche University Board of Trustees, please visit: laroche.edu/board.



La Roche Celebrates Faith Night at PNC Park

La Roche University was the presenting sponsor for this year's Faith Night at PNC Park. Coaches and players from the Pittsburgh Pirates shared how faith has touched their careers in baseball and in life overall. President Intracaso spoke about La Roche's faith-driven roots and thanked those who chose to speak about their faith with the Pittsburgh community.

La Roche Gives Back at Freshman Day of Service

BY JULIA FELTON | PHOTOS: PHIL PAVELY

La Roche Experience (LRX) classes encourage freshmen to live out La Roche University's mission with a day of service.

This year LRX introduced the new Freshman Day of Service, which was hosted on Oct. 18. Approximately 230 La Roche students served the community at 12 locations: North Park Trails, Latodami Nature Center, North Hills Community Outreach, St. Paul's Methodist Church, Light of Life Mission, Brother's Brother Foundation, Tree Pittsburgh, Eden Hall Campus food bank garden, Garfield Community Garden, NHCO Bellevue Community Garden and Providence Family Support Center.

Coordinator of Campus Ministry for Service Steve Benson said he tried to find service projects that would relate to La Roche's mission. "I try to keep an eye toward several different justice issues that align with the U.N. sustainability goals and the University's mission — particularly immigration justice, food justice, human trafficking awareness, racial justice, justice for women and care for creation," Mr. Benson said.

Mr. Benson added that students were able to choose from several service options. He said he wanted to make sure students could select an event that they would enjoy. "I hope

Freshmen volunteered at 12 locations across Pittsburgh as part of The La Roche Experience in October.

students take away that service isn't a dirty word and possibly find something they like and are passionate about," he said.

Though LRX had always required students to participate in a service event, this is the first year it has been one coordinated affair. Natalie Rugg, Ph.D., director of the LRX program, said the Freshman Day of Service brings more depth to the course's service component. "In the past students had always done it on their own," Dr. Rugg said. "They wrote a journal, but that was the end of the story. Now we're trying to make it a whole comprehensive program."

Dr. Rugg said she hopes this new system for service learning will encourage students to debrief about their experiences with other students and LRX professors. "Ideally students could talk about the feelings that come with giving back," she said. "Having that conversation afterward will bring everybody together and let them talk about the bigger purpose."

Mr. Benson said the post-service discussion is an integral part of the learning that comes from the service learning cycle. He said, "I'm hoping that we can help cement some of these ideas that there's a cyclical nature to service and learning. It's possible for them to apply what they're learning in the classroom — not just LRX, but any class — to serving the community, serving people in need, and serving justice. They can take what they're learning here, and apply it to helping people. There would be things they learn in the field from the people they're serving that they can bring back to the classroom or their future careers."



Student Madeline Riccardi participated in the Freshman Day of Service, planting trees with Tree Pittsburgh. She said her work with Tree Pittsburgh was closely connected to what she's learning in her LRX class.

"In LRX we have been learning about the U.N. Global Sustainability Goals, and this directly relates to that. One of their goals is to plant more trees and other plants that can allow for life on land to improve not only for people, but also for animals," she explained.

Dr. Rugg said she also was excited to offer more opportunities for students

to volunteer in the larger community, noting that most service learning opportunities in past years were offered on campus. "I think that having the sense of who your community is and being a part of that community is really important," she said. "Going back to the mission of La Roche, that's who we are."

While this day of service is important, Mr. Benson said the program also is designed to encourage students to continue living out La Roche's mission of serving the world throughout their lives. He said, "I'm hoping that through

the experiences and a solid debrief, there might be some interest generated in serving further."

For Ms. Riccardi, that goal was achieved. "I would love to participate in a similar event within the community in the future," she said. "I feel really accomplished. We worked really hard to plant as many trees as we could, and it was really fun. Knowing that I took an active, direct and hands-on part in planting over a dozen trees is amazing. I feel that the area really benefited from it."





Students Aline Mizero, Nya Roberts and Marietha Chitegetse Kanyana assist Malakai Whipple, 5, during an adaptive swim class in the Providence Heights swimming pool.

Students Make Splash Through Service Learning

BY DANIELLE DINATALE & SARAH HEFFERIN

This past semester the Office of Mission and Ministry partnered with faculty and students from La Roche University's exercise and sports science program to host an adaptive swim class for children with disabilities.

The swim class, which is part of the kinesiology course that students fulfill for credit, serves a variety of communities in the Pittsburgh area, including children from Western Pennsylvania School for the Blind and the spina bifida community. The children's ages range from 18 months to 14 years.

"Swimming is wonderful. Physically it has a great impact on the children's bodies because it helps strengthen and stretch their muscles.

For children who have mobility issues, it gives them an opportunity to be free to move in the water," Sister Elena Almendarez, CDP, director of mission and ministry, said.

The class provides a hands-on opportunity for students to volunteer with the pediatric disability community and allows students to learn in a different way than they do in the classroom. Students assist the children for one hour by playing games with them, teaching them to swim or simply by holding and moving them in the water.

"For most of the students and even myself, this was a brand new experience," Assistant Professor of Health Sciences Emily Shimko, Ed.D., said.

"Being in an environment where everyone was differently abled in the same setting teaches students to think outside the box, develop patience, evaluate themselves, and determine what their own personal strengths and weaknesses are."

Dr. Shimko said she believes that it is critical for service learning to have an academic component.

"Community service is great, but it isn't the same as service learning nor is volunteerism or internships," Dr. Shimko said. "Service learning not only has a reciprocal benefit to the community and the student — it has that academic component as well."

The students prepared for the class through assigned readings, TED Talks and a disability implicit association test to evaluate their personal thinking.

“We had students think about the strengths they had in common with the children, but we also recognized that there would be challenges and validated their nervousness,” Dr. Shimko said.

Despite any apprehension, Sister Elena said that she has seen the students’ confidence build with each swim class.

“Initially the students didn’t know what to expect, and they weren’t sure what it was going to be like to be with children who were somewhat fragile. I’ve seen that apprehension and anxiety drop considerably,” Sister Elena said. “I am so proud of our students. It’s not just obligatory service, it’s service that’s inspired and compassionate.”

Jeremy Dioses, a junior, said the class has taught him how to meet each child’s unique needs.

“I’ve always enjoyed helping others,” Mr. Dioses said. “What I have learned through this class is that each child has their own needs, and I am able to adapt.”

The class not only provides an outlet for the children, but also an opportunity for their parents to build a community. Lindsay Bennett, master writer tutor for La Roche’s Writers’ Center, attends the program with her daughter Grace.

“For kids with special needs, it’s really hard to find activities that are suitable for them, especially for children like Grace who are on the very severe to profound end of the spectrum,” Ms. Bennett said. “This is one of the few activities that I found outside of school that she can

enjoy, and I feel good about her participating.”

Ms. Bennett said that she and her daughter have built relationships with others that they wouldn’t have met outside of the program.

“I also get to interact with other parents,” Ms. Bennett said. “It is really important for me to have those connections — to be able to sit and spend time with people who know what it’s like to have a child with special needs.”

For more information email elena.almendarez@laroche.edu or emily.shimko@laroche.edu.

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Top and bottom left: Sophomore Cassidy Nouse supports Angelina Kodic, 11, as she moves through the water.

Lindsey Hansel, 8, learns to swim with help from junior Meghan Haynes.



Strong Values, Supportive Environment Breed Success On and Off the Field

BY VANESSA ORR

There are many benefits to being part of a team, from the camaraderie of fellow athletes to the life lessons learned both on and off the field. For the student athletes involved in any of La Roche University's 14 varsity sports, there's an added benefit: being a member of the most supportive team of all.

"It's a real family atmosphere here at La Roche. We stress to athletes that we're all in this together," Jim Tinkey, athletic director and men's golf coach, said. "We are very concerned about who these kids are when they walk out of here. We want to prepare them as adults to be ready to take on the world."

"It's a blessing to be an athlete at La Roche," said junior Jay Novak, who has played on the Redhawks baseball team for the last three years. "Not only are there a lot of nice people in athletics — from the coaches, to the people in the athletic department, to your own teammates — but everyone is willing to help you along the way, whether you need help in the classroom or on the field."

Lessons for Life

While every team wants to win, there are far more important concepts being taught to student athletes.

"We talk about our ideals every day, and we expect our athletes to follow certain standards and rules that include showing respect, being supportive, putting the team first, being on time, communicating and no excuses," Kam Gissendanner, head women's basketball coach, said. "We want them to be good people, no matter who they are or where they're from, both on and off the floor."

"We do our best to drive these points home every day in a multitude of ways,

from team bonding exercises to a leadership academy within our program," she added.

Students do face challenges, especially when it comes to keeping up with classes, sports and a social life.

"I think the biggest challenge is time," Coach Gissendanner said. "Players see their friends and roommates go to a party on a Thursday night, and they know that they have to be at their workout at 6:30 a.m. But one big benefit is that they get to bond with 13 or 14 other girls who are handpicked to get them through their four-year journey. That's huge."

Jenna Cole, a senior who has played on the Redhawks women's basketball team for the past three years, said that learning how to prioritize is a valuable skill.

"I like the balance that basketball brings to my life. I have to keep on track, and get things done before practice, so it keeps me organized," she said.

"I'm learning skills that I can take into real life, like punctuality, respect and working hard," she added. "I have to meet certain standards, and that will make me better when I graduate and get a job. I'll be able to use everything from my experience here — except the shooting basketballs part."

Former Head Baseball Coach Chase Rowe believes that being held accountable for their day-to-day actions helps athletes prepare for life beyond the university.

"Sports provide a super competitive environment, and it's up to these kids to determine their own personal level of success that will lead to team success,"



he said. "Preparing every day for a sport prepares them for a job. You can't get complacent; you have to try to grow every day as a person. When they leave here in four years, they'll know they did everything they could do to be the best they could be."

It is this type of work ethic that has led to the athletic program's success, with the baseball team winning six conference championships in a row, among other honors. This reflects well on the University, and it increases student morale.

"I was at a volleyball game last night, and the kids were cheering so loud in the gym, you couldn't hear the person talking next to you," Coach Tinkey said, who added that like many small Div. III schools, La Roche sometimes struggles to get people in the stands, but overall, the student body and the community are very supportive.

"We see a lot of participation from La Roche students, and the athletes from all of the teams also do a great job of supporting each other," Ms. Cole said.



"It means a lot to me to be on a Div. III team, and I think it also means a lot to La Roche; it shows that strong-willed, determined, hard-working students go here."

Having a Div. III team assists the University with enrollment and diversity, according to Coach Gissendanner. "And having a winning team gives students something to look forward to," she added. "Everyone, from the students to the faculty and staff, want to be part of something exciting."

Win or lose, what student athletes take away from the game may be even more important than what they put into it.

"We spend a lot of time in the Kerr Fitness & Sports Center. Blood, sweat and tears are literally shed in that gym," Coach Gissendanner said. "But when I see those students walking across that stage in the Kerr Fitness & Sports Center four years later, there is no better feeling to me. We spend so much time there, yet it seems like it's over in the blink of an eye. Seeing them cross that stage is better than any championship ever, any game ever; it is what this is all about."



Baseball



Last spring La Roche baseball defeated Penn State Altoona 6-0 to win its seventh AMCC title in program history for the sixth consecutive year, earning an automatic bid in the NCAA tournament. The Redhawks concluded their season at the NCAA Regionals after being defeated in 10 innings 6-4 by Adrian College.

Recent graduate Joe Professori was named to D3Baseball's All-American First Team for his stellar play at second base. Mr. Professori joins the coaching staff as an assistant for the 2019-20 season. Five Redhawks earned spots on the first all-conference team and four made third team all-conference. The team went 16-2 in conference play and 30-15 overall. The Redhawks finished their regular season on a six-game win streak.

Women's Bowling

The women's bowling team's inaugural season kicked off in October with a game against Mt. Aloysius. Head Coach Diane Jones led the team with Assistant Coach Ashley Howe-Yorio. The Redhawks' home venues this season are Perry Park Lanes and Playmor Lanes. La Roche won its first and second matches of the season against Penn State Altoona at the Altoona Quad Invite in November. Junior Alyssa Smith currently leads the team with 22 total strikes on the year.

Women's Soccer

The women's soccer team was short of making the postseason but made significant strides with its young core. The team went 4-5-1 against the conference, missing the playoffs by only half a game to Franciscan.

At the beginning of the season, the Redhawks lost one of their key offensive pieces, junior forward Allesandra Perri, to injury. At the time Ms. Perri went down against Medaille in September, she was the team's leading goal scorer with three goals.

The team's younger players stepped up in Ms. Perri's absence. Freshman forward Ashley Mineard led La Roche with seven goals and 16 points in her first year. Sophomore forward Piper Claypool scored the game-winning goal in a 1-0 overtime battle with Mt. Aloysius to lift LRU to its first conference victory of the season. Ms. Claypool finished with three goals total on the year. Freshman forward Heaven Butler tacked on four goals, including two in a 6-0 victory over Hilbert College.

In net junior goalkeeper Isabelle Orange was named the AMCC Defensive Player of the Week twice. She recorded 65 saves and four shutouts in 15 starts with a .793 save percentage. La Roche women's soccer was the only team in the nation to shutout undefeated offensive juggernaut Pitt-Greensburg in the final game of the year in a 0-0 tie. Senior defender Jessie Nakamura received All-Conference Second Team nods.

Underclassmen scored 17 of the Redhawks' 20 goals this year; La Roche's offensive producers will be back next season.



Women's Volleyball

The women's volleyball team made the AMCC playoffs for the sixth straight season under Head Coach Nicole Bajuszik, posting a 5-5 record in conference play.

The Redhawks were stellar at the Kerr Fitness & Sports Center in 2019. The team finished with 7-3 record at its home venue, winning four of its last five matches. Senior setter Bailey McDonald was one of the best all-around players in the conference. In AMCC action Ms. McDonald averaged 5.38 assists per set (first on team) and 2.79 digs per set (third on team). She had a career-high 39 assists in four sets in a 3-1 victory over Penn State Altoona in October. Ms. McDonald was selected to the AMCC All-Conference Third Team.

At the net junior middle-hitter Ingrid Spear proved to be the most difficult blocker to get past in the conference. She led the AMCC in total blocks (87) and was second in D-III in solo blocks (53). The junior also finished second on the team in total kills (173). Ms. Spear was selected to the AMCC All-Conference Second Team.

Men's Soccer

The men's soccer team made the AMCC playoffs for the 13th consecutive year after a miraculous mid-season turnaround. The Redhawks started their conference schedule with a 1-4 record, getting outscored by their opponents 14-7 in those five matches combined. With their backs against the wall, the men managed to win four of their last five regular season games, securing the fifth seed in the conference playoffs. The Redhawks fell in the opening round to the Franciscan Barons by a score of 3-1 in November.



The team's top offensive producers were senior midfielder Firas Abduljawad and junior forward Kyle Harriet. Each finished the season with seven goals, and Mr. Firas tacked on four assists. Mr. Firas made program history and finished his career eighth in career goals (19), sixth in points (56) and fourth in assists (18). For his performances this year, Mr. Firas was named to the AMCC All-Conference Third Team.

Senior goalkeeper Austin Gorman was solid in net for the Redhawks all season. In 18 starts Mr. Gorman recorded 3.5 shutouts and 108 saves with a .750 save percentage. He finished his four-year tenure second in program history in career shutouts (9.5), cementing himself as one of La Roche's top goalkeepers to ever play at the University.

Cross-Country

The men's and women's cross-country squads raced in six regular season invitationals and the AMCC Conference Championship in 2019. Freshman standouts Cara Rodgers and Andy Domasky led the team.

Both runners improved significantly throughout the season and were the Redhawks' top finishers in all seven races. Ms. Rodgers' best 6k times were at CMU and Mercyhurst. She ran a 24:36.19 at CMU and a 25:54.10 at Mercyhurst. In her first three races of the season, Ms. Rodgers did not run below 30 minutes in a 6k.

Mr. Domasky's progression is a similar story. He ran his best 8k race at the AMCC Championship, finishing with a time of 29:09.2, which was more than 30 seconds faster than his second-best race this season. The men finished the event fifth overall out of nine teams, three places higher than last year's finish.

Ms. Rodgers and Mr. Domasky won La Roche's 5k tri-meet against conference schools Pitt-Greensburg and Mt. Aloysius. Both students were dubbed AMCC Runners of the Week.

Women's Lacrosse

La Roche women's lacrosse will compete at the NCAA Div. III level beginning in 2020. This season the Redhawks will compete as a club team and are scheduled to scrimmage six opponents under Head Coach Lisa Evans.

Coach Evans brings years of coaching experience to the newly developed program, coaching for the Div. I Duquesne Dukes as an assistant from 2009-15 and as head coach from 2016-18. She also played at the collegiate level with the University of Pittsburgh Club Team, where she captained three of her four years and ranked top three in scoring all four seasons.

Women's Tennis

Women's tennis missed the conference postseason by one spot after finishing their season with an overall record of 3-8 (AMCC: 2-6). The Redhawks proved they were able to win close contests after defeating Juniata and Pitt-Greensburg each by one match (5-4) in their last two home matches of the season.

Junior Allie Mroczkowski posted a perfect 4-0 record at fourth singles in conference play, after switching to the position midway through the season. Freshman Alexandra Jaksec was impressive in her freshman campaign, finishing with an overall second singles record of 6-3 (4-2 in AMCC action), the best overall singles record on the team.



Men's Golf

The men's golf team finished its season fourth in the conference, shooting a team average of 337 strokes per invitational. At the final tournament, the AMCC Golf Championship at the Avalon Lakes Golf & Country Club in Warren, Ohio, the team finished fourth overall, shooting a combined score of 690 over two days of play.

The Redhawks' top competitor this season was senior David Wilson of Clinton, Pennsylvania, who finished 10th at the conference championship and 13th overall individually, averaging 81 strokes over nine invitationals. Mr. Wilson's best performance was at La Roche's first invitational back in August at Pitt-Bradford, when he shot 75 strokes and tied for fourth overall. He earned a spot on the AMCC Men's Golf All-Conference Second Team.



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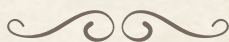
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In Honor of the Class of '72
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Answering the Call

Pacem In Terris Alumna Reflects on College and Firefighting

BY KURT HACKIMER '12 | PHOTO: SEBASTIAN BÖTTCHER

In 2002 Queen Rania of Jordan came to Pittsburgh to deliver the keynote speech at La Roche University's graduation ceremony. While she wished all of the students well, including the 25 Jordanians graduating from La Roche's Pacem In Terris Institute, she singled out one graduate, Azeh Atout '03, M.S. '04, not only for her academic prowess but her bravery.

As a student at La Roche, Ms. Atout became involved with the Peebles Volunteer Fire Department located near campus. The Jordanian, who underwent an 88-hour training course over the course of 11 weeks to become a certified firefighter, did not have a car and would literally run from campus to the station to answer calls.

Her dedication to firefighting, despite her commitments to school and her lack of family in the United States, helped earn her the station's Firefighter of the Year. In addition to that honor, the state senate and Queen Rania each honored Ms. Atout with awards of their own.

"You always want people from your home country to support you because that's where your roots are," Ms. Atout said. "Americans have opened their arms wide for me, but it's always nice to know that, back home, there are people who are proud of what I did over here."

Ms. Atout first became interested in firefighting when she became a resident assistant at La Roche. One of the prerequisites for assuming that position was to take a course in basic fire safety from the local VFD. Only after the course was finished, Ms. Atout wanted to do more.

"I wanted to give back to the community, but I also wanted to do that outside of college," she said. "Firefighting was something that helped me immerse myself and fully live an American life."

Coming from a foreign country, Ms. Atout espouses the importance of finding "anchors" — friends and relationships that help one open up in an unfamiliar environment. While she developed several of these relationships at La Roche, her most important anchor was the fire department.

"They became my family," Ms. Atout said. "They hosted birthday parties for me. They celebrated my graduation. To the fire chief, Bob Jeke, I was like his third daughter. Anything that I needed was always available."

Before she came to America, Ms. Atout was raised in the peaceful Middle Eastern city of Amman. Her parents were loving, but tough.

Ms. Atout said that academic achievement was not an option. Success was mandatory.

Her parents' tough love is what separated her from other high school students when it came time to apply for La Roche's Pacem In Terris program in 1999. Founded in 1993, Pacem In Terris offered students from war-torn and developing countries the opportunity to study at La Roche. Ms. Atout, then only 18, was one of 13 students selected from thousands of other applicants to move to America and study at La Roche.

Ms. Atout still speaks highly of her experience at La Roche, saying that she was "astonished" by the quality of the professors who teach there and stay there for years. But she said her biggest takeaway from La Roche and Pacem In Terris was the diversity.

"Aside from a good education, I was immersed in a community where so many people have come from areas of conflict," she said. "And you bring them together — different languages, looks, ethnicities — and we all pursued the same thing. We tried to better ourselves."

After completing her undergraduate degree, Ms. Atout earned her master's in human resources management from La Roche, during which time she met her husband, Nayan, on a flight from Pittsburgh. In 2005 they moved to Chicago, where Ms. Atout worked in the fast-paced world of corporate America for six years.

Now she spends most of her time raising her two children Leila, 8, and Adam, 2, in Chicago. But even now, 20 years after Pacem In Terris brought her to America, the lessons she learned at La Roche continue to influence her choices. For instance, her daughter Leila's school focuses heavily on multicultural learning and prefers that the parents of their students carry multiple passports.

"I go into Leila's school, and there are 15-20 different languages being spoken at the same time," Ms. Atout said. "That's the environment that I want for my daughter, and I could only know that was a priority for me because of Pacem In Terris."

Ms. Atout isn't fighting fires or working her way up the corporate ladder anymore, but she is involved with several nonprofits and volunteers frequently at her daughter's school.

On Air

Kristen Buccigrossi '09 Rises to Radio Stardom

BY KURT HACKIMER '12

Would Garth Brooks drink out of a cowboy boot?

Kristen Buccigrossi '09, Y108 radio host and La Roche University alumna, asked this and more serious questions to Mr. Brooks in a one-on-one interview earlier this year.

The interview was a career-defining moment for the long-tenured media professional. Securing an exclusive interview with the godfather of country music is a rare feat. But for Ms. Buccigrossi, it represented the culmination of more than a decade of hard work and loyalty to her craft.

"I am still shaking over the experience, but it was just one of those moments where I realized that the years of work that I put into this were worth it," Ms. Buccigrossi said.

For the past year, Ms. Buccigrossi can be heard throughout Western Pennsylvania on the Y'd Awake Morning Show, airing from 5 a.m. to 10 a.m. on Y108, a popular Pittsburgh country music station.

Alongside acclaimed host Stoney Richards and producer Cowboy Curt, Ms. Buccigrossi provides pop-culture insights and introduces popular topics culled from social media. In addition to her on-air tasks, Ms. Buccigrossi is responsible for creating a large portion of the written content for the radio station's website.

Before becoming an on-air radio personality, Ms. Buccigrossi started at the absolute bottom of the ladder at Entercom, the media company that owns Y108 in addition to 234 other radio stations. Her tenure with the company began 11 years ago working as an intern while still a junior at La Roche.



"I was the person going to concerts handing out T-shirts, putting temporary tattoos on people, hanging banners and doing all of the grunt work," Ms. Buccigrossi said.

"College is a long, exhaustive process, but once you're through with it, the world is at your fingertips. Embrace all of the moments that you can because once you get into the adult world, it is a crazy ride."

— Kristen Buccigrossi '09

Eventually Ms. Buccigrossi was hired as a part-time promotions assistant. She held that job until 2018, when she received her break after one of the radio personalities left for another station. Vice President of Programming Mark Anderson recognized Ms. Buccigrossi's

years of effort by promoting her to her current on-air role.

"My boss knew my personality and knew that I was able to handle the position," Ms. Buccigrossi said. "He had seen me interacting with listeners at our events and thought that I needed to get behind the microphone and was ready for the opportunity."

A native of Lower Burrell, Pennsylvania, Ms. Buccigrossi spent two years at Penn State New Kensington before transferring to La Roche in 2007 after visiting friends on campus. The developing radio host fell in love with the intimate campus and thought it would be a good time to make a change.

"I loved the idea of the small-knit community, and I loved the fact that it took me five minutes to walk to class," Ms. Buccigrossi said. "Anytime I had a question, I knew a teacher would know my name and answer me right away."

Ms. Buccigrossi used La Roche's then-newly revitalized media program as a launch pad to catapult herself into the world of broadcast media, something she had been dreaming of since she was a child listening to B94, admiring the local radio personalities.

The radio host said that she utilizes the skills that she learned at La Roche every day, particularly from the professional writing program, and urges college students to appreciate their college experiences — both socially and academically — as beneficial.

"College is a long, exhaustive process, but once you're through with it the world is at your fingertips," Ms. Buccigrossi said. "Embrace all of the moments that you can because once you get into the adult world, it is a crazy ride."

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LA ROCHE
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ALUMNI NEWS AND EVENTS

BY SARAH HEFFERIN

A BEHIND-THE-SCENES LOOK AT “A BEAUTIFUL DAY IN THE NEIGHBORHOOD”

» FRIDAY, JAN. 24



Hear alumnus and speaker Greg Weimerskirch '90 discuss his time as art director for the movie, “A Beautiful Day in the Neighborhood,” starring Tom Hanks. See how his work helped the world of Fred Rogers come to life. Register at laroche.edu/beautiful.

CLIMBING MOUNT EVEREST

» FRIDAY, MARCH 20

Climb to new heights with Jeff Sradomsky '96 as he talks about his recent experience climbing Mount Everest. Preregistration is encouraged. Space is limited. Register at laroche.edu/climb.



ALUMNI HOMECOMING CELEBRATION

» SATURDAY, APRIL 25

Save the date for La Roche's annual alumni homecoming celebration on Saturday, April 25. Homecoming will feature reunions for alumni of La Roche's nursing, science and leadership programs, as well as a reception for the Class of 1970.

The keynote event includes a dinner for all alumni and an induction ceremony for the 2020 Distinguished Alumni Circle Award recipients. Other activities include morning hikes in North Park and the annual alumni soccer game.

For a complete schedule of events and to register, visit laroche.edu/homecoming.



ORDER YOUR PERSONAL COMMEMORATIVE BRICK

All alumni can purchase a commemorative brick with their own personal inscription, leaving a lasting legacy on campus. Visit laroche.edu/bricks for more information.

SUPER!!!



INTRO TO CARTOONING CLASS

Alumnus and professional cartoonist George Broderick '79 hosted an Intro to Cartooning class at La Roche this fall. Mr. Broderick has worked as a professional in comics since 1982 and has written stories for both Marvel and DC Comics. He also handled both scripting and editing on the "Lost in Space" and "Quantum Leap" comic books for Innovation Publishing, and editing on "Lost in Space: Voyage to the Bottom of the Soul" for Bubblehead Publishing.



LAX ALUMNI VS. VARSITY TEAM

Alumni traveled by plane and car to return to their home turf to compete against the student varsity team and to offer coaching and support. Both teams played a competitive game, with the alumni team coming away with the victory.



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UNRAVELING THE LIE: INSIDE THE MIND OF A MODERN-DAY MINDHUNTER

Supervisory Special Agent Robert Ambrosini spoke on what it takes to be a modern-day mindhunter. As a member of the FBI Behavioral Analysis Program for more than 21 years, he discussed common misconceptions, how to spot deception and separating fact from fiction.

CLASS NOTES

La Roche alumni celebrate professional and personal achievements in life after college.



Jeff Bragg '83 and his wife Loren welcomed their granddaughter Sadie Ann Lestor into the world on July 25.



Tim Coyle '93 completed his third Ironman competition in Cambridge, Maryland on Sept. 28, 2019. He also competed in the 2019 Ironman Lake Placid Finisher on July 28, 2019, with an official time of 12:57:24.

Sylvia Good '94 has her own business, G&S Consulting, and provides one-on-one career transition and resume development assistance. She also conducts group training and development programs related to career transition, leadership skills and performance improvement.



Marta Sauret Greca '08 built a six-figure media business. MEDIA, formerly known as Popinvasion, is a Pittsburgh-based creative media agency that produces and promotes media internationally. With more than a decade of experience, she teaches other entrepreneurs with her coaching and public speaking so they can achieve income growth while living and loving their lives.



Leeanne (Smollen) Carlucci '15 married Benjamin Carlucci on Sept. 1, 2019.



Katie (Balbach) Foster '03 and Jay Walton were married in Cancun, Mexico on June 8, 2019 with close family and friends attending, including La Roche alumni.

Hanna Cushing '95 landed her dream job designing the interiors of private jets for HondaJet in North Carolina.

Andrew Graham '11 was promoted to associate art director for Aerie's digital marketing team in May 2019.



Sister Donna Marie Gribshaw '74 and **Sister Maria Fest '65** traveled to Korea and visited five of the 11 sisters who studied at La Roche. From left to right: Sisters Hanna Nanok Park '09, Donna Marie Gribshaw, Martha Insook Yang '06, Rose Eunsook Kim '04, Maria Fest, Susanna Sunyi Jeong '12 and Teresa Youngjeom Kim '06.

Michael Hassett '11 successfully defended his dissertation and earned his Ph.D. in public policy from the University of Maryland, Baltimore County in August. His research focused on how the perception of training and development opportunities within the federal workforce influenced both work engagement and turnover intention.



Laurel Houck '94, BSN

announced her first published novel, "The Girl with Chameleon Eyes." Her second book, "Love is a River," will debut in March 2020. Published by Inkspell Publishing, both books are young adult paranormal romances with a backdrop of historical fiction and cross over to the adult reader.



Tom Interval '97 and Sonya Passi are engaged to be married this spring at the Cosmopolitan Hotel in Old Town San Diego. Mr. Interval also celebrates his eighth year in business working as a full-time magician and magic instructor.



Sarah (Yoho) Magoc '10 and her husband Steven had their first son Maxwell on Dec. 3, 2018.

Andre Parker '18 is a master's degree student in the Writing for the Stage and Screen program at Point Park University.

Jeffrey Piccirilli '85 celebrated the 15th year of Ordination to the Ministry of Word and Sacrament in the Evangelical Lutheran Church in America in October.



Cody Hutchinson '16 and **Holly Yurek '16** were married on Sept. 28, 2019 at Phipps Conservatory. The couple met when Mr. Hutchinson played soccer and Ms. Hutchinson played volleyball at La Roche in 2012.



Paul Koniski '05 is now a father to Grayson John Koniski, born on July 20, 2019.



Dawn (Stauffenberg) Pletcher '86 founded the charity Goodies for Our Troops in Wellsboro, Pennsylvania and celebrated 14 years of shipping year-round care packages to troops and veterans.

Sue Mazur '84 is now an adjunct faculty member at Eastern Gateway Community College in Ohio. She teaches professional writing and communications courses.

Dan Pasqua '10 started a new job as a software test engineer for SemanticBits, a software solutions company headquartered in the Washington, D.C. area specializing in the design and development of digital health services.

Kayla Sabo '16 is now a front office assistant at MedExpress to gain experience within a medical office setting.

Jeff Saporito '07 published his first book, "Uffish Thoughts," on Oct. 17. The book is a collection of humorous and inspirational essays and stories about living life. It is available via Kindle and in paperback, and is published under the name Jeffrey James.



Lisa (Adkins) Schimigel '03 is a full-time realtor at RE/MAX Select Realty in the South Hills of Pittsburgh and Washington county. She is happily married and has two sons.



Clyde Smith '18, MSN moved to Sacramento, California in 2019 after traveling to Africa. He is the crisis stabilization unit manager for Dignity Health Mercy San Juan Medical Center.

Robin Witt '05 works at The Better Institute in Warrendale, Pennsylvania. She will launch a new therapist-led support group for women of newborns and infants. The group is designed to help mothers in a supportive and nonjudgmental way, and discusses topics such as: self-care, intimacy after childbirth, building a tribe and more. Members may join in person but also virtually from the comfort of their homes via Google Hangouts Meet.

Jesse Zafiratos '06 was named the new head men's soccer coach at Rosemont College.

Lauren Serecin '96 is moving to Portland, Oregon, to begin work at an architectural and design firm. Ms. Serecin worked for more than 12 years as a design manager at Klawiter and Associates in Los Angeles, California.



IN MEMORIAM

Evelyn Bunja '82 on Feb. 4, 2018.

Anthony Checca '84 on Dec. 16, 2017.

Sherry Lynn (Burt) Costello '95 on June 21, 2019.

Cathy Sue Cox '19 on July 2, 2019.

Mary Fell '82 on May 11, 2019.

Paul D. Fetchin '90 on Jan. 26, 2018.

Terry Gillespie '91 on March 3, 2018.

Daniel B. Hargrove '85 on Feb. 17, 2019.

Jacqueline "Jaci" Lee Jones '78 on June 2, 2019.

Barbara Martchek '88 on Feb. 4, 2019.

Florence Paulson '70 on April 30, 2018.

Stanley Rutkowski '72 on Oct. 23, 2019.

Sister Mary Suba, CSSF '72 on July 31, 2017.

Sister Carol Tenerovich, CDP '69 on June 24, 2019.

Paul Warden '77 on Sept. 20, 2016.



SUBMIT YOUR CLASS NOTES!

Share your news with La Roche and fellow alumni.

Submit announcements regarding career changes, promotions, marriages, births, volunteer service and other major life events at laroche.edu/alumni.

LA ROCHE UNIVERSITY

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