



**NEW NAME.  
SAME  
MISSION.**

# CONNECTED

the LA ROCHE UNIVERSITY Magazine | SPRING/SUMMER 2019

IN THE MOMENT ...





## 54TH COMMENCEMENT

The Class of 2019 processes from Zappala Campus Center to the Kerr Fitness & Sports Center on Saturday, May 11.





PHOTO: BECKY THURNER BRADDOCK

This issue of *Connected* celebrates an exciting moment in La Roche's 56-year history: We are now La Roche University!

What began as a college for religious women in 1963 with seven students in its first graduating class is now a university offering 66 undergraduate programs of study, six master's degrees and one doctoral degree. More than 14,000 alumni live in every state in the U.S. and in 65 countries around the world.

Of course these statistics provide just a snapshot of the University's rich heritage. The real story of La Roche is told most vividly through the lives of our students, alumni, faculty and staff who make a difference in the world every day through commitments to their careers, families and communities.

This defining moment for La Roche is a time to reflect on the drive and determination of our founding sponsors, the Sisters of Divine Providence, and a moment in which to be grateful for all that their vision was and has become. I can't help but think those Sisters would marvel at how La Roche continues to be energized by and responsive to the shifting challenges and needs of our world. I know they would be pleased — and I think humbled — to watch each member of the La Roche community find a unique way to serve others in the pursuit of social justice, peace and compassion.

This defining moment also is a time to be profoundly grateful for the many friends who have supported our mission and founding vision through these six decades. We wouldn't be where we are today without you.

At 56 La Roche seems forever young. May our Provident God continue to bless this University and every member of the La Roche community.

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



# CONNECTED

the LA ROCHE UNIVERSITY Magazine

SPRING | SUMMER 2019

## ACADEMICS

- 2 Class of 2019 Includes First-Ever La Roche University Graduates
- 4 Redhawk Ready
- 8 Students and Faculty Bring Music to Campus
- 10 Students Awarded Scholarships to Martha Graham Dance School
- 10 La Roche to Host Teaching Conference This Fall

## COVER STORY

- 12 La Roche College Becomes La Roche University

## CAMPUS NEWS

- 18 Sister Candace Introcaso Celebrates 15th Year of Presidency
- 18 Renovations to Palumbo Science Center Underway

## MISSION & SERVICE

- 22 A Career of Service
- 24 Welcoming Party
- 25 Cruise for a Cause
- 25 Redhawks vs. Steelers in Basketball Fundraiser

## ATHLETICS

- 26 Athletes to Watch
- 34 Sports Update

## ALUMNI

- 36 Sci-Fi Author Cadwell Turnbull '09 Draws Inspiration from His Hometown
- 38 Distinguished Alumni
- 40 Homecoming Weekend

## CLASS NOTES

- 42 Alumni Celebrate Achievements

## FROM THE ARCHIVES

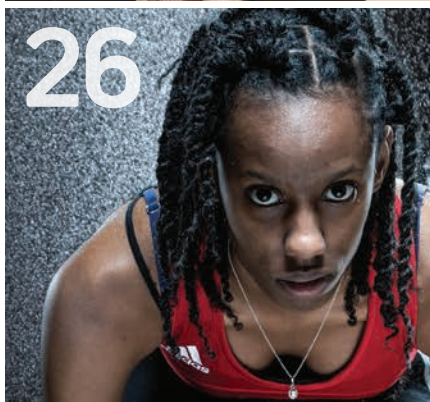
- 46 La Roche Then and Now



# 4



# 36



# 26

### CONNECTED MAGAZINE CONTRIBUTORS

Editor  
Brady Butler, M.S. HRM '16

Managing Editor  
Becky Pasqua '11

Creative Director  
Greg Kemper '99

Writers  
Hilary Daninhirsch  
Danielle DiNatale  
Julia Felton  
Jimmy Finley, M.S. '19  
Kurt Hackimer '12  
Sarah Hefferin  
Rachel M. Landau  
Vanessa Orr  
Sarah Reichle '16

Graphic Designer  
Sue Mazur '84

Online Magazine Production  
Mel Latal, Dave Siroki

### UNIVERSITY OFFICERS

Sister Candace Introcaso, CDP, Ph.D.  
*President*

Howard J. Ishiyama, Ph.D.  
*Vice President for Academic Affairs and Academic Dean*

Michael Andreola, MBA, CFRE  
*Vice President for University Advancement*

Colleen Ruefle, M.A.  
*Vice President for Student Life and Dean of Students*

Robert A. Vogel, M.S. '14  
*Vice President for Business & Finance/CFO*

James E. (Chip) Weisgerber, Ph.D.  
*Vice President for Enrollment Management*

### ADDRESS CHANGES

Please report all address changes to:  
Gina Miller '77  
*Executive Director of Alumni Relations and Academic Dean*  
gina.miller@laroche.edu  
412-536-1085

La Roche University does not discriminate on the basis of race, color, national origin, sex, disability, age or religion in its programs and activities. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

- Vice President for Student Life & Dean of Students: 412-536-1069
- Coordinator of Accessibility & Compliance: 412-536-1177
- Associate Vice President for Human Resources: 412-536-1115

For further information: 1-800-421-3481.

### TALK TO US!

Send your comments and suggestions to:  
*Office of Marketing & Media Relations*  
La Roche University  
9000 Babcock Blvd.  
Pittsburgh, PA 15237  
Phone: 412-536-1300  
Email: brady.butler@laroche.edu

### FRONT COVER PHOTOS:

Jim Judkis  
Caitlin Thomas '09

INSIDE COVER PHOTO: Mel Latal

## Class of 2019 Includes First-Ever La Roche University Graduates

**C**elebrating its first commencement as a university, La Roche conferred 391 degrees and honored the Class of 2019 on Saturday, May 11.

Retired U.S. Navy Captain and La Roche Distinguished Alumna Cynthia Piccirilli '79, M.D., delivered the commencement address and received an Honorary Doctorate of Public Service.

Dr. Piccirilli provided the graduating class with a commemorative coin and encouraged them to show gratitude, serve others and assume love as a guiding principle.

"Gratitude will keep you grounded and give you a generous heart, and service will give meaning to your life," she said.

La Roche conferred two doctoral degrees, 53 master's degrees, 239 bachelor's degrees and nine at the associate level.

During the ceremony the La Roche Woman of Providence Award was presented to Sister Agnes Vogel, CDP, whose life of service, as part of the mission of the Congregation of Divine Providence, is a compelling example of God's Providence made visible.

The University also presented the President's Award for Leadership and Scholarship. This award is given to an

undergraduate student who exemplifies the values and characteristics of the La Roche mission statement, who has an exemplary academic record, and is an effective leader on campus, in the workplace or in the community.

The 2019 recipient is Ryan Norkus. One of 17 students nominated for the award, Mr. Norkus graduated with a Bachelor of Arts in criminal justice and a cumulative GPA of 3.79.

*Top left to right: President Introcaso awards diplomas to the graduating class. Graduates proudly pose with their La Roche University diploma covers. Bottom left to right: Sister Agnes Vogel, CDP, accepts the Woman of Providence Award. Ryan Norkus receives the President's Award for Leadership & Scholarship.*





President's Award for Leadership and Scholarship  
Ryan Norkus, Criminal Justice

Woman of Providence Award  
Sister Agnes Vogel, CDP

## 2019 Commencement Speaker Meet Cynthia B. Piccirilli

Cynthia B. Piccirilli was born and raised in Altoona, Pennsylvania, where she was one of six children and surrounded by a large extended family. She graduated summa cum laude from La Roche University with a Bachelor of Science in biology.

During college she was a young member of the Sisters of Divine Providence, and after graduation and additional religious training, she taught high school science and math. She soon realized medicine was her other calling.

In 1984 she became a commissioned officer in the United States Navy, and in 1988 she graduated with a Doctor of Medicine from the Uniformed Services University of the Health Sciences, Edward F. Herbert School of Medicine. Dr. Piccirilli completed her surgical internship in general surgery, followed by residency training in neurosurgery at National Naval Medical Center in Bethesda, Maryland. She graduated in 1995, becoming the first woman

to complete training in a military neurosurgery program.

Following residency she was stationed as a staff neurosurgeon at Naval Medical Center Portsmouth in Virginia. She served in a variety of roles including: department chair of neurosurgery, president of the Executive Committee of the Medical Staff and specialty advisor for neurosurgery to the surgeon general of the Navy. She also was an active member of the Craniofacial Board.

Augmentation assignments took Dr. Piccirilli to Okinawa, Japan and Landstuhl, Germany, where she provided neurosurgical care; in 2003 she deployed to Kuwait with a Navy fleet hospital in support of Operation Iraqi Freedom. Dr. Piccirilli was recognized by her peers as a master clinician at Naval Medical Center Portsmouth. She is a diplomate of the American Board of Neurological Surgery.

In 2016 Captain Piccirilli completed her naval career and honorably retired with more than 31 years of dedicated



service. She was a three-time recipient of the Meritorious Service Medal and a recipient of the Joint Service Achievement Award.

Dr. Piccirilli received the Professional Achievement Award from La Roche University in 1996. In 2000 she was selected as a member of the inaugural group of Distinguished Alumni of Altoona Area High School, and in 2013 she was an inaugural member of the La Roche University Distinguished Alumni Circle.

Dr. Piccirilli resides in Chesapeake, Virginia, with her spouse of 18 years and her mother, for whom she provides home care.

*It's the quintessential Catch-22: you need experience to get a job, but how do you get that experience without having had a job?*

*The solution: **an internship.** Internships are vehicles for networking, for developing practical on-the-job training, and for further honing skills and interests.*

# Redhawk Ready!

BY HILARY DANINHIRSCH | PHOTOS: MEL LATAL



## JORDAN SMITH

With his lifetime love of Pittsburgh sports teams, perhaps it was destiny that Jordan Smith, a junior from South Fayette, would intern with the Pittsburgh Pirates.

Mr. Smith, who is majoring in marketing and management with a minor in finance, interned in the ballpark operations department this past semester. Primarily he worked with the guest experience manager and collaborated with the Human Resources Department.

Some of his duties included speaking at the annual Grand Slam Training, which is attended by 3,000 employees, helping to manage trivia games and ensuring that new employees were outfitted with their uniforms.

"One of the biggest advantages while being in college is the ability to network and be given these opportunities," he said. "Overall it's a good experience to see what your work life is going to be like when you're done with your education."

This was not Mr. Smith's first internship rodeo with a sports team; he previously interned with the Riverhounds and is in a

sports marketing position with the University of Pittsburgh's Media Relations Department. He also holds an internship with La Roche's sports information director in which he works the games, calculates statistics, helps announce and sets up the field.

"I think doing a bit of everything leads you to more opportunities," Mr. Smith said.

Despite sometimes working 30 hours a week at his internships, Mr. Smith manages to balance a full course load. In addition to interning in his dream field, Mr. Smith said he has learned other invaluable skills, including time management, sports writing and public speaking.

"I've had to speak to groups of more than 100 people. It helps me get out of my comfort zone," he said.





## CHRISTIE ADAMIAK

Two was the magic number for Christie Adamiak, a junior, who completed an internship with LGA, an architectural firm, last summer and recently interned with a kitchen design firm, BKG Design.

Working on both sides of the coin — commercial and residential — has given the interior design major clarity about what she likes, and what she does not like, about her future profession.

As an interior design intern with the architectural firm, Ms. Adamiak worked in the materials and finishes library.

“This was very helpful to me because at school we work with computer programming, rendering on AutoCAD

and creating floor plans. I hadn’t gotten a whole lot of experience with reps and ordering products before interning,” she said.

The architectural internship exposed her to the project management aspect of the field, something that she hadn’t known existed but sparked her interest.

After undergoing formal interviews for these positions, Ms. Adamiak said she views preparation as essential. “The

interviews made me prepare more by looking at my strengths and weaknesses. They asked me questions that caught me off guard, which was good practice, but I handled myself,” she said.

Ms. Adamiak overcame other challenges while on the job. “There were definitely projects I was given I didn’t know how to do. Everyone I worked with was great, so I was able to ask for help and have them teach me,” she said.

## MORGAN WARD

Morgan Ward is a senior majoring in film, video and media; her career goal is to work post-production on independent films. More specifically, she has her eye on A24, an up-and-coming indie studio based in New York.



Ms. Ward learned the ropes through an internship at an independently-owned film company called Dump Star, which focuses on marginalized groups such as the queer community and people of color.

At Dump Star Ms. Ward assisted in collecting grant money for the films she

helped produce during her internship. She also operated cameras and worked with actors. One of the films was accepted into a Pittsburgh-based film festival.

She said, “It’s very gratifying to see a lot of hard work lead up to something that I am proud of.”

Ms. Ward said she was drawn to the low-risk nature of the internship and the feeling that it was okay to ask questions.

“It gives you the chance to work alongside industry professionals without the fear that if you mess up, you’re going to get fired,” she said.

## NOAH BORLAND

It's one thing to see a laboratory instrument in a classroom and to read about it in a textbook; it's quite another to use the instruments in a real-life work setting.



That is one of the beauties of Noah Borland's internship with Gateway Analytical, a pharmaceutical analytics chemistry company. Mr. Borland, a senior chemistry major, had the opportunity to apply his knowledge working with equipment in the pharmaceutical's lab.

"As of now I've done instrumentation check-ups and observations of other

scientists' projects, and practiced some samples myself," Mr. Borland said.

Through these experiences Mr. Borland has learned about the different types of instrumentation and what to look for when using them to conduct specific tests.

"I have been able to apply all of the book knowledge I have learned about these

different types of instrumentation and get practical, hands-on experience," he said. "An internship is one of the best ways to familiarize yourself with what is happening in your field. In the classroom you learn techniques and what everything means when you're doing an experiment, but with an internship, you get hands-on application of what you'll be doing on a day-to-day basis."

## Bridging the Gap between College and the Real World

**O**ne thing that differentiates La Roche from other universities is how early the career development process starts.

"We present to incoming students at academic orientation, where we introduce the idea of understanding the process," Rebecca Rosswog, M.S., HRM, assistant director of student academic support services and coordinator of career development, said.

Freshmen work on self-assessments to help them understand their strengths and weaknesses, and they explore occupations that align with the self-assessment results. The focus starts so early because that is when the biggest impact can be made, such as making informed decisions about a major.

Although only about 20-25 percent of incoming freshmen have decided a major, Ms. Rosswog said she prefers that students enroll as undecided; otherwise, they may not be as interested in self-exploration.

Internships can help bridge that gap.

Ms. Rosswog said that internships are a factor of higher impact learning, which she defines as "experiences that allow students out of a classroom to apply content knowledge to real work situations." Completing an internship early on in an academic program gives students a chance to either dive into the field, or consider another one.

Ms. Rosswog added that internships give students more than resume ammunition.

"Internships allow students to connect with professionals in their field and start building a network. A lot of employers are going through internship programs as a pipeline to full-time hire," she explained.

Another positive impact of engaging in an internship is the process of locating one, which can mirror a real-life job hunt. La Roche offers a career service network that houses a La Roche-specific job board.

"The students are responsible for actively going out there and finding experiences. We're not a placement office," Ms. Rosswog said. "Even for the majors that have required internships, we have partnerships with employers, but we don't ever directly feed them into an opportunity."

# GET SOCIAL.



*Follow La Roche University on social media to get a daily glimpse of life as a Redhawk!*



**@larocheuniv**

*Check out the latest events, contests and moments on campus.*



**facebook.com/larocheuniversity**

*Stay up-to-date on campus news, events and spotlights.*



*See our student and faculty takeovers, and get a behind-the-scenes look at activities and events.*



**LA ROCHE  
UNIVERSITY**

# STATE CHAMPS



Students and Faculty Bring

# LIVE MUSIC

to Campus

BY KURT HACKIMER '12  
PHOTOS: ABIGAIL McNATT '19



**L**a Roche University does many things. It attracts students from all over the world to form a small but diverse campus. It allows students to interact freely with a core group of dedicated professors. And it continues to produce career-ready graduates who are best for the world.

But does La Roche rock?

Thanks to the La Roche Concert Council, the answer is a resounding yes.

Two years ago students Abigail McNatt and Allison Bosworth formed the La Roche Concert Council, advised by marketing professor and off-the-clock punk rocker Dr. Rishi Bahl.

After convincing La Roche administration of the virtues of a concert planning committee, the group booked its first act, pop-soul singer MAX, in April 2018. While the first show was successful, this year's spring concert, featuring internationally renowned pop-punk band State Champs, was an absolute smash.

"The first year went pretty well — there were about 400 people inside of the gym," Dr. Bahl said. "But this year was a complete home run. There were 800

people in attendance, and you couldn't move inside."

"It was almost surreal to be able to see how many people actually came, and a good percentage of the attendees were La Roche students," Ms. McNatt said. "It was amazing."

While the concerts have been a financial success for the school, the project's real value comes from the skills students learn, which all starts with Dr. Bahl's expertise.

Dr. Bahl is not the average college professor. The youngest teacher on La Roche's staff, Dr. Bahl said that he does not subscribe to the old pedagogy of college. His classes are project-based, up-tempo and interactive. The focus is on experiences, not exams.

In addition to being an associate professor at La Roche with a Ph.D. in integrated marketing from Duquesne University, Dr. Bahl has been a mainstay in the Pittsburgh punk-rock community for years. His band, Eternal Boy, has been playing music together since 2003 and has toured in Asia, Europe, Australia and everywhere in between.

The punk-rock veteran also has run his own record label and annually promotes the Four Chord Music Festival, which

for the past five years has brought some of the biggest names in pop-punk to perform in Pittsburgh.

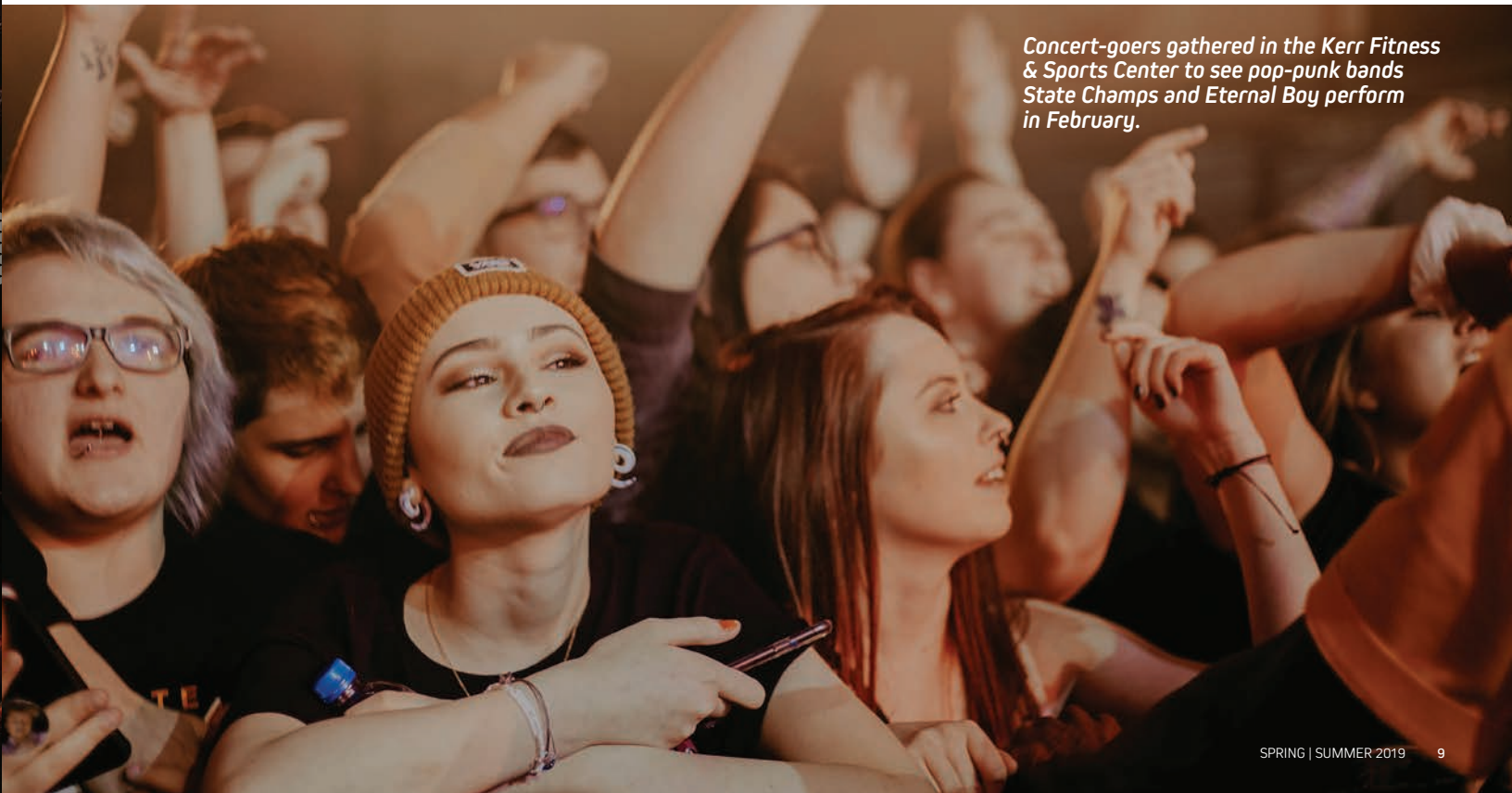
While Dr. Bahl and the Center for Student Development handled some of the larger scale operations, the students did the vast majority of the concert planning.

Ms. McNatt, a marketing major, and Ms. Bosworth, a design major, formed what Dr. Bahl called a "lethal combination," as they conducted market research to determine what kind of acts to bring in, designed flyers, decided ticket prices and organized the day-of-show operations. From the top down to the bottom, the students created the show.

"It's pretty much the most interactive and application-based thing that you can do on campus," Dr. Bahl said.

Ms. McNatt said that the success of the State Champs show should encourage students of all backgrounds to join the council, particularly marketing and design majors.

"It's an experience that you won't get at too many places, especially at a small university," Ms. McNatt said. "It's something that you can put on your resume. When I'm looking for a job, the council is my competitive advantage."



*Concert-goers gathered in the Kerr Fitness & Sports Center to see pop-punk bands State Champs and Eternal Boy perform in February.*

## Students Awarded Scholarships to Martha Graham Dance School

Performing arts students Kyra Bracey and Renee Simeone received partial scholarships for intensive study at Martha Graham Dance School in New York City.

"Dance education scholarships are a testament to incredible talent. In the arts many institutions cannot afford to offer such resources, thus a dance scholarship is a testament to the institution seeing a future with a dancer," Performing Arts Department Chair and Bodiography Founder Maria Caruso said.

Ms. Bracey, a senior, and Ms. Simeone, a freshman, will study at Martha Graham Dance School from June 24 to Aug. 7.

"Receiving this scholarship gives me the platform to progress in a different way of moving and will expand my technical vocabulary," Ms. Bracey, originally from Charlotte, North Carolina, said. "La Roche has granted me connections to people in higher places that assist me in the development of my career post-graduation."

Both Ms. Bracey and Ms. Simeone dance as trainees in the Bodiography Contemporary Ballet Company. Through the Bodiography Trainee program, the students had the opportunity to work with Virginie Mécène of the Martha Graham 2 Company during a residency in January.

"The Martha Graham Company inspires me, and being a recipient of this scholarship is an incredible honor," Ms. Simeone, a

Pittsburgh native, said. "Without Maria Caruso and the Dance Department at La Roche, I would not have had this opportunity to connect with the Martha Graham Company."

Accredited by the National Association of Schools of Dance, The Martha Graham School of Contemporary Dance is the longest continuously operating school of dance in America. Students come from around the world to study at the Martha Graham School of Contemporary Dance. Eighty-five percent of the Martha Graham Dance Company members trained at the Martha Graham School.



## La Roche to Host Teaching Conference This Fall

Higher education professionals and graduate students are invited to attend the Conference on Teaching and Learning in Higher Education on Nov. 15, 2019.

The conference will focus on fostering discourse on student-centered techniques, strategies and approaches. There will be three types of sessions featured: poster sessions, presentations and round-table discussions. Teaching faculty, professional staff and graduate students are encouraged to submit proposals and attend.

"The conference will provide an arena for higher education professionals to share

best practices for working with students. Ideally attendees will walk away with some strategies that they can implement in their own classrooms right away," Dr. Mary Shuttlesworth, conference co-director, said.

Sanj Katyal, M.D., founder of the Positive Psychology Program for Physicians and president of Optimal Life Imaging Group, PC will serve as the keynote speaker. Dr. Katyal authored the Amazon Bestseller "Positive Philosophy: Ancient and Modern Wisdom to Create a Flourishing Life," and has lectured extensively on the science of well-being and happiness.

Dr. Katyal obtained a bachelor's degree with university honors in chemical and biomedical engineering

from Carnegie Mellon University, a doctorate in medicine from New York University School of Medicine, and certifications in positive psychology and positive psychology coaching from Whole Being Institute.

Dr. Lee Markowitz, conference co-director, said, "The conference should be beneficial to everyone involved in higher education teaching, including faculty and professional staff."

To register or for more information visit: [laroche.edu/teachingconference](http://laroche.edu/teachingconference).

Early registration ends Aug. 31.



# GRADUATE PROGRAMS

- MASTER of SCIENCE in:
  - ACCOUNTING
  - HEALTH SCIENCE (NURSE ANESTHESIA)
  - HUMAN RESOURCES MANAGEMENT
  - INFORMATION SYSTEMS
  - NURSING (*Online*)  
Administration | Clinical Nurse Leader | Education
- MASTER of EDUCATION  
with Autism Spectrum Disorder Endorsement Certification  
with PreK-8 Special Education Certification
- DOCTOR of NURSE ANESTHESIA PRACTICE (*Online*)

***Classes begin Aug. 26***

[laroche.edu/graduate](http://laroche.edu/graduate)



**LA ROCHE  
UNIVERSITY**

ZAPPALA  
CAMPUS CENTER



# La Roche College Becomes La Roche University

BY VANESSA ORR  
PHOTOS: JIM JUDKIS THIS PAGE | PHIL PAVELY PAGE 14, 15





**F**or more than a half-century, La Roche College provided students with a high-quality education that reflects its Catholic heritage and its mission of creating a world of compassion, justice and peace. And while its commitment to the ideals of its founders, the Sisters of Divine Providence, is as strong today as it was when it opened its doors in the 1960s, one thing has changed.

### **La Roche College is now La Roche University.**

On March 26, 2019, La Roche officially received word that it had been designated a university by the Pennsylvania Department of Education. This is a goal that the College had been working toward for many years.

“You build on your past when going forward,” Vice President for Academic Affairs and Academic Dean Howard Ishiyama, Ph.D., said. “When I talk about La Roche gaining university status, I think of our strong connection to our past, and I hope that our students realize the great history and traditions begun by the Sisters of Divine Providence so many years ago.”

### **A BRIEF HISTORY**

La Roche College was chartered on June 27, 1963, and ground was broken for its first building, the Wright Library, in 1966. In 1967 the first class of seven female students graduated — all members of the congregation of the Sisters of Divine Providence.

“Today, some 14,000-plus alumni later, our students live in every state and in 65 countries around the world,” Dr. Ishiyama said. “They work in all types of jobs and come from all walks of life. It’s been an incredible journey from what was once simply an apple orchard and a vision in the eyes of the founding congregation of what might someday be.”

There were many milestones along the College’s journey, which Sister Candace Introcaso, CDP, Ph.D., president of La Roche, highlighted in a recent speech announcing the new designation. In 1970 the College became co-ed, and in 1987 the capital campaign to build the Campus Center was completed. The Pacem In Terris program was established in 1993.

In 2013 the College celebrated its 50th anniversary with a Year of Jubilee, highlighting the commitment of the entire campus community to education and service.

### **WHAT UNIVERSITY STATUS MEANS**

La Roche’s new status didn’t come easily — or quickly.

According to Dr. Ishiyama the idea first originated in 2012 at a community-wide planning session. “We asked everyone there what short-term, mid-term and long-term actions or initiatives they wanted to see the College take to move forward,” he explained. “What was surprising was that the concept of university status kept popping up. Up until that point, we had thought about it, but it never really gained traction until we saw the community interest across the board. It was obviously an important step in our advancement.”

Dr. Ishiyama said there are a number of reasons why university status matters. In addition to allowing for the growth of new degree programs, it also reflects the quality and diversity of La Roche's academic offerings. Equally important, it makes La Roche more attractive to students and faculty, and increases the visibility of the institution both domestically and abroad.

"University status will definitely help in international recruitment because in some countries, the word 'college' means secondary education; not post-secondary," Sister Candace explained. "People who are thinking of sending their sons or daughters to the U.S. for higher education wouldn't even look at colleges because of this misconception; it was hard to make inroads in these areas.

"It also allows those of us at La Roche a certain sense of pride and achievement in what we've accomplished,"

.....  
*President Intracaso and Vice President for Academic Affairs Howard Ishiyama, Ph.D., pose with students after La Roche unveils the temporary university sign at the campus entrance.*

she continued. "The excitement in the students when I made the announcement was palpable. It was almost like being at a sporting event, with students chanting 'LRU! LRU!'"

Sister Candace added that she's already been contacted by alumni from all over the world who were just as thrilled to learn of the new designation. "It was wonderful to hear from so many people who recognized how far we'd come and who were excited about our bright future," she said.

In order to become a university, La Roche had to apply to the Pennsylvania Department of Education. A college must meet certain criteria for approval, including having a broad range of academic programs in liberal arts and the sciences, and show a demonstrated commitment to graduate education by offering a minimum of five graduate degrees.

"This stamp of approval is not granted lightly," Dr. Ishiyama said.

La Roche's academic offerings include 66 undergraduate programs of study,

six master's degree programs and one doctoral degree program.

"We've been in the business of providing graduate education for almost 40 years; it is not new to La Roche," Dr. Ishiyama said, adding that the university recently expanded its offerings to include a Doctor of nurse anesthesia practice and a Master of Science in information systems. "In addition to expanding our offerings in health- and technology-related fields, we're also looking for opportunities in the areas of science, business and design, which are all very strong programs at La Roche."

Dr. Ishiyama estimates that the university will add another four graduate programs in the next five years, and also will consider launching four new athletic programs within the next four years. This summer La Roche will embark on a multimillion-dollar renovation of the Palumbo Science Center to create a state-of-the-art science facility on campus.

This fall La Roche also will launch programs as part of its new Lifelong Learning Center.



“The Lifelong Learning Center will give us the opportunity to address the desires of the growing population of senior retirees and others in the North Hills who are looking for academic enrichment and enhanced experiential learning opportunities, whether that’s through a formal class setting or lectures and performances,” Sister Candace said.

### MAKING THE CHANGE

While becoming a university took a number of years, La Roche wasted no time in sharing the new designation. Students who completed their program of study in May 2019 graduated with a degree from La Roche University.

“Students who came in to earn a college degree left with a university degree, which could help put them in a better position as they apply for graduate school,” Dr. Ishiyama said. “It also can help students applying for positions in the workforce, particularly if those jobs are outside the Pittsburgh region, where La Roche is not as well known.”

The college seal and logo already have been updated to reflect the new

.....  
*Students, faculty and staff celebrate after President Introcaso officially announces university status to the campus community on March 26.*

designation, and plans are underway to change everything from business cards to stadium signage.

“There are a lot of moving parts,” Sister Candace said, adding that it may take two or three years to make updates. “Eighty different organizations needed to be notified of our name change, and we have so many connections in the community — it’s not going to happen overnight.”

Still, while some things change, others remain the same.

La Roche will continue to offer more than \$10 million in merit-based

scholarships each year. Tuition and fees, which are already 20 percent lower than the average cost of other private colleges and universities, will remain competitive. More importantly La Roche’s mission will remain unchanged.

“For more than 50 years, La Roche College educated students to be lifelong learners in an increasingly diverse and global society,” Dr. Ishiyama said. “As La Roche University we will continue in this mission and in sharing our core values of inclusivity, integrity, determination, compassion, inspiration, justice and peace.”



# WHAT DOES UNIVERSITY STATUS MEAN TO ALUMNI AND STUDENTS?

*After 40-plus years, it'll take a while to get used to saying 'La Roche University.' I've grown a lot over those years, and so has La Roche to meet the needs of today's students, fields of study and careers. I'm proud of La Roche's progress and to call La Roche my alma mater.*

— Mike Mlinac '77

UNIVERSITY STATUS REINFORCES LA ROCHE'S POSITION IN PREPARING STUDENTS TO SUCCEED ON THE GLOBAL LEVEL. WITH BECOMING A UNIVERSITY, I DON'T SEE LA ROCHE GETTING AWAY FROM WHAT MAKES IT UNIQUE: HIGH-QUALITY EDUCATION, COMMITMENT TO EXCELLENCE, SMALL CLASSROOMS, A RICH EDUCATIONAL ENVIRONMENT WITH DIVERSE CULTURES AND GLOBAL IMPACT.

—JEAN-PIERRE NSANZABERA '04

WHEN I HEARD LA ROCHE COLLEGE WAS GOING TO BECOME LA ROCHE UNIVERSITY, I WAS PLEASED FOR THE STUDENTS THAT THEIR EDUCATION, AND THE STAFF'S CAREERS, WILL BE GIVEN A HIGHER LEVEL OF CREDIBILITY WITH THIS ELEVATION IN STATURE.

—JOSH HAAS '03

I THINK IT WILL MAKE THE COLLEGE BE MORE KNOWN THROUGHOUT THE STATES. I ALSO THINK IT WILL CREATE MORE OPPORTUNITIES ON THE CAMPUS.

—MICAH HILL, FRESHMAN

WHEN I HEARD THAT THE COLLEGE HAD RECEIVED UNIVERSITY STATUS, MY FIRST THOUGHT WAS, "FINALLY THE COLLEGE IS BEING RECOGNIZED FOR THE OUTSTANDING EDUCATION OFFERED TO THE STUDENTS FROM ALL AROUND THE GLOBE." WE ARE A SMALL, QUIET PLACE. MANY PEOPLE HAVE NO IDEA OF THE OUTSTANDING BACKGROUNDS AND STRENGTHS OF OUR PROFESSORS BECAUSE THEY DON'T SEEK THE LIMELIGHT. I AM SO VERY GLAD TO SEE LA ROCHE BEING RECOGNIZED IN THIS WAY.

— GINA MILLER '77

*University status reflects the growth of La Roche into a broad spectrum of major courses of study as well as the multiple master's programs. These diverse areas are a draw to more students including international students. It clearly sets La Roche apart from community colleges and other undergraduate technical schools.*

— Joyce McAleer '04

I'm very excited that La Roche is becoming a university. It shows that the college is growing and more people want to come here. I'd say I'm even more excited that I transferred now because I can be a part of the La Roche family.

— Alexander Ricardi, Sophomore

I THINK THE PRESTIGE THAT COMES WITH THE UNIVERSITY LABEL WILL ATTRACT MORE GOOD STUDENTS. AND I'LL BE LOOKING FORWARD TO GETTING LRU MERCH!

— ANTHONY PALASUSKI, SOPHOMORE

I think it's exciting. I've heard talk of the college growing for years, so seeing the school take a leap and have tangible growth is incredibly cool to see.

— Benjamin Middleton, Junior

ACHIEVING UNIVERSITY STATUS WILL LEAD TO THE DEVELOPMENT OF NEW GRADUATE PROGRAMS, WHICH CONSEQUENTLY ENCOURAGES DRIVEN STUDENTS AND PROFESSIONALS TO COMMIT TO SUCH A GREAT INSTITUTION.

— JONATHAN MANCUSO '14



\*Student quotes first appeared in the special edition bulletin of *The La Roche Courier*, published on March 26, 2019. The student newspaper was the first publication to report La Roche's transition to university status.

**L**a Roche's longest-serving president, Sister Candace Introcaso, CDP, Ph.D., has led the university to an impressive revitalization that includes expanded academic and athletic programs, renovated campus facilities and a commitment to global education.

## Sister Candace Introcaso Celebrates 15th Year of Presidency



*Far left: President Introcaso announced to the campus community the College's transition to university status on March 26, 2019.*

*The renovation of the outdoor athletic complex was completed in 2014. In 2016 La Roche named the facility the Baierl Athletic Complex in honor of trustee and benefactor Lee Baierl and his family.*

*As a symbol of its Catholic identity and heritage, La Roche acquired The Saint John's Bible Heritage Edition, a signed limited-edition reproduction of the first handwritten and illuminated Bible in 500 years, during its 50th Jubilee year in 2013.*



*La Roche launched its semester in Rome program in spring 2018. The program eliminated the economic barrier many students face when studying abroad for a full semester by keeping the cost to study in Rome the same as the Pittsburgh campus.*



*Under President Introcaso's leadership, La Roche significantly expanded its undergraduate and graduate programs, and added its first doctoral degree program, Doctor of Nurse Anesthesia Practice.*



*The sale of the under-utilized west campus property in 2007 led to what is now an asset for recruitment: McCandless Crossing, a town center offering employment, internship opportunities and entertainment — all within walking distance.*

## Renovations to Palumbo Science Center Underway

BY DANIELLE DINATALE

**T**he Palumbo Science Center is being renovated this summer to include new state-of-the-art laboratories, classrooms, common areas and faculty offices.

One of La Roche University's key strategies is to support the needs of the region through educational programming. La Roche's fastest growing academic division is the Division of Natural and Behavioral Sciences. With enrollment in STEM majors having increased by 70 percent over the last 10 years,

renovations are required to ensure the successful outcomes of students in the sciences.

In order to expand the areas of health care, technology and science programming, the University committed to a multimillion dollar investment to renovate the Science Center. The modern design will encourage a sense of community and reflect the most effective learning environments in today's educational era.

The renovations will be completed by January 2020.

SAVE  
THE  
DATE



---

MONDAY, SEPT. 16

---

WILDWOOD GOLF CLUB  
ALLISON PARK, PENNSYLVANIA

---





# AROUND CAMPUS

@larocheuniv





Redhawks give a glimpse into campus life on social media.



AND ON **Instagram**

# A Career of Service

*A nursing degree and a religious calling led Laurel Houck '94 to serve the global community.*

BY JULIA FELTON

**F**ulfilling La Roche University's mission is a goal that one alumna has taken beyond her college years.

After graduating with a Bachelor of Science in nursing in 1994, Laurel Houck has used her education to serve the global community. As a medical liaison for South East Asia Prayer Center (SEAPC), Ms. Houck currently travels the world to provide basic medical care to the poor. Her work with SEAPC has taken her across the world to places like Kenya, Laos, Thailand, Nepal, India, Myanmar, Mexico, Cambodia and Haiti. Ms. Houck participated in 16 medical mission trips — and she has two more planned for this year.

SEAPC's services operate on four main platforms: health care, microeconomics, parenting and education.

"We go into a village, orphanage or church and do basic exams, diagnosis and treatment," Ms. Houck said. "This includes a lot of teaching on hygiene, dental health and nutrition. Although what we do seems limited, we are able to solve short-term issues and provide teaching on how to maintain health," she said. "And of course, this plants the seeds of faith in Jesus."

For Ms. Houck, the most rewarding part of her career is connecting with her patients.

She said, "When a patient who has nothing and who doesn't even speak the same language or understand the same cultural norms has a health issue resolved, it is wonderful. But even more when that person puts their trust in me and is able to find commonality, it is the most fulfilling experience ever."

One memorable moment, she said, occurred during a trip to Kashmir, India, when a desperately poor woman offered her six Kashmiri eggs — equivalent to a week's worth of food for her family — in a threadbare sack.

"No matter how much money I ever make, it will never compare to that precious gift," Ms. Houck said.



*Laurel Houck '94 operates a clinic in the small town of Pelgram in Kashmir, India, during a medical mission trip with SEAPC.*

Though Ms. Houck said she believes SEAPC makes a difference now, she hopes to help the organization do even more. "We want to build the medical team, adding physicians, nurses and related health professionals, so that we can accomplish more and perhaps add more trips each year," she said. "The second goal is finding a funding stream that will cover at the very least medicines, and hopefully partial travel expenses."

After working with SEAPC for eight years, Ms. Houck said medical mission trips keep her job exciting and invigorating. For her, this career is more than work; it is a religious calling. She said, "The very last thing Jesus said before He ascended into heaven after His resurrection was to heal the sick. As part of the Great Commission to tell the world about Him, I take this very personally. He gave me a skill set and gifts; I am expected to use them to be His hands and feet."

Ms. Houck added that she could not endure the often strenuous conditions of her work without faith. "Using personal finances, staying in rough accommodations, eating strange food, being hot or cold, away from family, out

of my comfort zone — none of this would be possible without faith," she explained.

Right now Ms. Houck is working on a project that is near and dear to her heart: saving a nursing school in Kashmir, India. A government mandate will close the school unless it is rebuilt to new standards. "They need \$15,000 for the foundation, which might hold off the government, and an additional \$180,000 to complete the work," she said.

Her bond with the students there, she said, motivates her to help save the school. "These students worked with us in Kashmir last year, and they were amazing helpers," she said. "I fell in love with these girls and with the light the school brings to a very dark place of violence and war."

As Ms. Houck reflected on the path that led her to this life of serving others, she traced it back to her La Roche education. "Having a nursing degree has equipped me to serve in a leadership role. And in some places in the world, it is within my scope of practice to function in an autonomous role in provision of direct care," she said.

# Welcoming Party

## Students Experience Border Life

BY DANIELLE DINATALE

**T**he 2019 Spring Break Service Trip introduced students to border and refugee life.

Ten students made their way to Harlingen, Texas in March to assist volunteers at La Posada Providencia and Catholic Charities Humanitarian Center and provide refugees with necessities for 24-hour travel.

After Immigration and Customs Enforcement brings people who are cleared to enter the United States, those who show up have nothing but the clothes that they are wearing. Their shoelaces often are cut because they had previously been in detention. Students provided shoelaces, clothing, toiletries and baby formula, as well as sorted donations.

Steve Benson, coordinator of Campus Ministry for Service, said that the group prepared refugees for wherever they were headed, whether it was Miami or Philadelphia.

“It wasn’t much, but it was really just to hold them over for the next 24 hours as they headed to family members,” Mr. Benson said.

Every year Mr. Benson decides the focus of the service trip and the location. He said that he thinks it is important to address burning issues. With refugees and the border being a hot topic in the media, and La Roche’s connection with La Posada Providencia, the trip to Texas was a natural choice.

“I heard a poet talk about how he’d lived at the border in Texas all his life. He said a lot of people have an opinion on immigration and on the border, but most of them have never been there,” Mr. Benson said. “I thought that was a really good point. We want to have an educated opinion, and the best way to do that is to experience a little bit of border life.”

Students experienced multiple insights that challenged their opinions on the border and those who have crossed illegally.

“We went to a federal courthouse and saw about 50 people in cuffs and shackles be adjudicated for crossing illegally. It was pretty powerful,” Mr. Benson said.

Through service experiences Mr. Benson said he hopes that students learn the importance of service in their lives.

“Service is not just a standalone thing. It has ties and connections to lots of areas of students’ lives, including their education,” he said. “What we’re doing on a service trip — even if it’s only a couple hours in our local community — the skills we’re using and the things we’re learning are applicable inside the classroom and vice versa.”

The service trips not only provide learning experiences; they shift the students’ views of reality.

Chloe Harvey, a senior, said, “What surprised me most on the trip was seeing the conditions that the immigrants were living in, but I did not see one person crying. I did not experience anyone being rude to me. Everyone was extremely grateful and happy regardless of their situation.”

During the trip students wrote in journals and reflected on their experiences in the evenings. The common reaction, Mr. Benson said, was empathy and a desire to do more to help.

“All of your experiences prepare and shape you in some way for your future life. I think this experience definitely cultivates that empathy and a sense of need to serve your local, national and global community,” Mr. Benson said.

PHOTO: BABIN THAPA





PHOTO: RYAN GEORGE

## Cruise for a Cause

### Student Club Hosts Benefit Car Show

**T**he Campus Car Society raised money for the Leukemia & Lymphoma Society by hosting a car cruise in the commuter lot on May 4.

“When we started the club I wanted to do something with charities and something good for the community,” Luciano Vizzoca, the society’s president, said.

Mr. Vizzoca’s father, a lymphoma survivor, influenced his interest in charities. His dad also was nominated by the Leukemia & Lymphoma Society as

2019 Man of the Year. This competition spans over 10 weeks, and candidates raise money for the society in honor of local blood cancer survivors. These candidates compete with each other across the country, and the person who raises the most funds is named Man of the Year.

With his dad as a candidate, Mr. Vizzoca said he knew that his club could partner with the society to help raise money.

While his dad was an inspiration to support the Leukemia & Lymphoma Society, Mr. Vizzoca also had the opportunity to sit down and have dinner

*The car show attracted community members and their pets to campus.*

BY DANIELLE DINATALE

with a high school student who had lymphoma. Mr. Vizzoca said that he met the student through one of his father’s coworkers. Most of the dinner, he said, was spent taking their minds off of the sickness.

“It’s very intense what they go through, and he’s still going through treatments,” he said.

The car cruise brought people together from different areas, including individuals from outside of Pennsylvania. Any type of car was welcome to the cruise.

## Redhawks Face Off Against Pittsburgh Steelers in Basketball Game Fundraiser

**F**aculty and staff competed against Pittsburgh Steelers players during a charity basketball game on April 26. The event benefitted the Leukemia & Lymphoma Society and took place in the Kerr Fitness & Sports Center. The Steelers won 85-72.

PHOTO: RYAN GEORGE



# ATHLETES TO WATCH

PHOTOS: MARKETING & MEDIA RELATIONS

Students learn.

Athletes win.

La Roche Redhawks  
do both.

Meet the student-athletes  
who sweep every field and  
contribute to the success of  
their teams.

#### CAREER HIGHLIGHTS:

Two-year starter for the women's cross-country team. Placed seventh at the La Roche Invitational.

#### WHAT SHE LIKES ABOUT RUNNING CROSS COUNTRY:

"What I love most about cross country is my team. We are a family and are here for each other outside of races and practice. If it was not for my team, I am not sure if I would have stayed in the sport."

#### GOALS FOR THE FUTURE:

"I plan on teaching English in South Korea before going to law school."

#### WHY SHE CHOSE LA ROCHE:

"I chose La Roche for my major, the professors and because I would be able to meet people from all around the world in small class settings."

#### HOW RUNNING CROSS COUNTRY ENHANCED HER COLLEGE EXPERIENCE:

"Playing a sport has made me more involved on campus. It also helped me make new friends."

# SEIRRA ANDERSON

Senior | Criminal Justice Major | Los Angeles, California

## CROSS COUNTRY





**ALONDRA  
GONZALEZ**

Freshman | Accounting Major | Chippewa, Pennsylvania

**SOCCER**

**CAREER HIGHLIGHTS:**

AMCC All-Conference Third Team. Starter as a freshman. Ranked seventh in the AMCC with seven goals and eighth in the AMCC with 17 points.

**WHAT SHE LIKES ABOUT PLAYING SOCCER:**

"I like playing soccer competitively because of the friendships I have made on the team. Playing soccer helps me stay on top of things, and it helps clear my mind."

**GOALS FOR THE FUTURE:**

"My goal is to become a certified public accountant."

**WHY SHE CHOSE LA ROCHE:**

"I chose La Roche because of the small campus size and atmosphere. I also like that the campus is located in an area where there is a lot to do."

**HOW PLAYING SOCCER HAS ENHANCED HER COLLEGE EXPERIENCE:**

"Soccer has enhanced my college experience through all the amazing friendships I have made on the team. It always gives me something to look forward to."





**AUSTIN**  
**GORMAN** LA ROCHE

Junior | History Major | Ambridge, Pennsylvania

**SOCCER**

**CAREER HIGHLIGHTS:**

Three-year starter at goalkeeper. Helped the Redhawks to the AMCC Playoffs in all three seasons.

**WHAT HE LIKES ABOUT PLAYING SOCCER:**

“Playing soccer allows me to compete at a high-level and tests both my team and me to achieve success.”

**GOALS FOR THE FUTURE:**

“I aspire to further my soccer career while challenging myself to grow as both a player and person. I also want to earn a bachelor’s degree in history/education and become a teacher.”

**WHY HE CHOSE LA ROCHE:**

“La Roche grants me the opportunity to continue my soccer career, and it offers excellent courses for my degree.”

**HOW PLAYING SOCCER HAS ENHANCED HIS COLLEGE EXPERIENCE:**

“Playing soccer at La Roche has made me better on and off the field. Meeting new teammates, coaches and teachers here helped me to succeed and transform into the person I am today. Networking and making friends through soccer and the University has led me to find jobs and gain references for the future.”



# PATRICK MCCALL

Junior | Finance Major | Elizabeth, Pennsylvania

## GOLF

### CAREER HIGHLIGHTS:

Three-time AMCC All-Conference. Won the Penn State Behrend Invitational. Placed fifth at the AMCC Championships.

### WHAT HE LIKES ABOUT PLAYING GOLF:

"I grew up playing golf. It's something I've always known, and it's a sport you can play your whole life. I love the competition around the game, and it has taught me many valuable lessons."

### GOALS FOR THE FUTURE:

"My goal after graduation is to get a job with my degree, whether it be in the insurance industry or investment banking, while also traveling as much as possible."

### WHY HE CHOSE LA ROCHE:

"I chose La Roche because of the small campus feeling, and I loved the area. It is far enough from home, but close enough for me to go home when needed."

### HOW PLAYING GOLF HAS ENHANCED HIS COLLEGE EXPERIENCE:

"Playing golf has helped me stay active within the school and has given me opportunities that otherwise wouldn't have been available."

**CAREER HIGHLIGHTS:**

AMCC All-Conference Second Team  
#6 Singles. Starter as a freshman.  
7-2 singles record.

**WHAT SHE LIKES  
ABOUT PLAYING TENNIS:**

“I like playing tennis because it is an escape from reality. When I step on the court, I forget all about the stress of school. I also love the supportive environment I have with my team and coach. We stick by each other through all the ups and downs both on and off the court.”

**GOALS FOR THE FUTURE:**

“I’m not positive about my career path, but I am leaning toward production. I would love to work in the film or television industry, but I am open to exploring other options in the field.”

**WHY SHE CHOSE LA ROCHE:**

“I chose La Roche because of the small class size and the location. It was far enough from home, but not too far.”

**HOW PLAYING TENNIS  
HAS ENHANCED HER  
COLLEGE EXPERIENCE:**

“Playing tennis has helped me form unbreakable bonds. I met some of my best friends through tennis, and we have become a family. Being involved in a sport has made me much more social on campus and has had a positive impact on my experience at La Roche.”

**ALEXANDRA  
MROCKOWSKI**

Sophomore | Communications, Media & Technology Major | Forest Hills, Pennsylvania

**TENNIS**

# BETHANY NULPH

Freshman | Undeclared | Saxonburg, Pennsylvania

## VOLLEYBALL

### CAREER HIGHLIGHTS:

Starter as a freshman. Helped the Redhawks advance to the AMCC Tournament Semifinal.

### WHAT SHE LIKES ABOUT PLAYING VOLLEYBALL:

"I love the competitive atmosphere and how supportive the team is."

### GOALS FOR THE FUTURE:

"I hope to find what I'm meant to do in life and succeed in that career. I want to build a loving family and live in a nice home with a lot of dogs."

### WHY SHE CHOSE LA ROCHE:

"I chose La Roche because of the small and beautiful campus. I knew I wanted to stay close to home while also playing volleyball. La Roche was perfect for me."

### HOW PLAYING VOLLEYBALL HAS ENHANCED HER COLLEGE EXPERIENCE:

"Playing volleyball has given me friendships that will last a lifetime and has shown me that hard work pays off whether it's on the court or in the classroom."

**CAREER HIGHLIGHTS:**

Freshman starter for the men's cross-country team. Placed seventh at the La Roche University Invitational.

**WHAT HE LIKES ABOUT RUNNING CROSS COUNTRY:**

"The sport demands equilibrium of the body and mind to compete at the fullest potential. Each race is a psychological battle to push myself to greater heights and enables me to see meaningful results both on the course and in my work ethic."

**GOALS FOR THE FUTURE:**

"Next season I strive to compete on par with the top runners in our conference. After graduation I am committed to pursuing a master's degree in public affairs."

**WHY HE CHOSE LA ROCHE:**

"I chose La Roche because of the small college environment and serene campus. I have had the pleasure of meeting amazing teammates, friends and faculty who all are supportive and inspirational."

**HOW RUNNING CROSS COUNTRY HAS ENHANCED HIS COLLEGE EXPERIENCE:**

"Running cross country has enhanced my college experience by teaching me the only excuse I have is myself. The motivation to take responsibility is a testament to my passion as a runner and aspiring graduate student."

**NEAL  
SHAH**

.....  
Junior | Political Science Major | Phoenix, Arizona

**CROSS COUNTRY**



## Women's Lacrosse Welcomes New Head Coach

La Roche University announced Lisa Evans as head coach of the women's lacrosse program.



Women's lacrosse will start as a club sport this fall, but Ms. Evans plans to grow the team to compete as an official AMCC team in the fall of 2020.

"My vision is to provide a well-rounded student-athlete experience for our players while creating a team that will compete for AMCC championships and eventually NCAA tournament berths," Ms. Evans said. "I look forward to bringing my passion for this sport to the team, our beautiful campus and the entire La Roche community."

Ms. Evans has been involved in the sport for over two decades. Over the past 10 years, she coached an NCAA Div. I team at Duquesne University, serving as head coach during the 2016-17 and 2017-18 seasons.

As head coach Ms. Evans helped Mid-Fielder Carlee Braverman earn a spot on the Atlantic 10 All-Rookie Team. Her teams were recognized as Intercollegiate Women's Lacrosse Association (IWLCA) Zag Sports Div. I Honor Squads for having team GPAs of 3.0 or higher. Nine of her players also earned Zag Sports Div. I Academic Honor Roll accolades for GPAs of 3.5 or higher.

Ms. Evans enjoyed a standout collegiate career prior to joining the coaching ranks. She played attack for the nationally ranked University of Pittsburgh Panther club team. She captained the team for three years and ranked top three in scoring all four seasons.

Originally from West Chester, Pennsylvania, Ms. Evans currently resides in the South Hills of Pittsburgh with her husband Owen.



## Women's Basketball Ends Season in the Semifinals

The Lady Redhawks won their eighth AMCC Regular Season Title in the past nine years.

As AMCC Regular Season Champions, La Roche hosted the AMCC Conference Tournament, where the team fell to Hilbert College in the tournament semifinals.

Coach Kamela Gissendanner earned her third AMCC Coach of the Year award. Jenna Cole was the AMCC's leading scorer and was voted AMCC Player of the Year. Ms. Cole also was the fifth women's basketball player to be named to the D3Hoops All-Region Team.

Dajsa Anderson was named to the AMCC All-Conference Third Team.

## Alumnus Named Men's Head Soccer Coach

La Roche University recently promoted Nick Russo '10 to head coach of the men's soccer program.



Mr. Russo served as assistant coach for the past three seasons, guiding the team to postseason appearances. He also helped nine Redhawks earn spots on the All-Conference Team.

"Mr. Russo was the epitome of a college student-athlete," Director of Athletics Jim Tinkey said. "He's always been an intense and natural leader, and I'm thrilled to have one of our own take over the program."

Mr. Russo was the varsity head coach at Shaler Area High School for three seasons and has been a part of Beadling Soccer Club for the past 11 years, serving as the director of coaching the past two years. With over a decade of coaching experience, he has guided two Beadling teams to state championships.

"I'm excited to continue the winning tradition that David Day and Ed Pupich have built over the past 10 years at La Roche," Mr. Russo said. "I thank Jim Tinkey, Sister Candace Introcaso and the Athletics Department for giving me the opportunity to lead my alma mater."

As a student Mr. Russo was a four-year starter, team captain and All-Conference player. After graduating he continued his soccer career, training and playing on an English semi-professional team. He ended his career with the Kansas City Comets of the Major Indoor Soccer League.

## Redhawks Advance to Fourth Straight Championship Game

The men's basketball team won the AMCC Regular Season Title for the second year in a row. The team advanced to its fourth straight AMCC Tournament Championship game, and it lost to rival Penn State Behrend in a thriller at the Kerr Fitness & Sports Center.

The National Association of Basketball Coaches awarded Coach Hermie Carmichael the Div. III Great Lakes Coach of the Year. He also received the AMCC Coach of the Year award for the third time.

Zach Gould was recognized as the AMCC Player of the Year and a member of D3Hoops' All-Great Lakes Region Second Team. Tyler Frederick and Mr. Gould were named to the AMCC All-Conference First Team, and RayQuan Phifer was named to the All-Conference Second Team.

~ 2019 ~

LA ROCHE UNIVERSITY

**SUMMER SPORTS CAMPS**



# **BASKETBALL**

**JULY 29 - AUG. 1**

*BOYS AND GIRLS GRADES THREE TO 10*

CONTACT: [hermie.carmichael@laroche.edu](mailto:hermie.carmichael@laroche.edu)

.....

# **SOCCER**

**JULY 8 - 12 AND 22 - 26 / AUG. 5 - 9**

*BOYS AND GIRLS AGES FOUR TO 16*

CONTACT: [miguel.lozano@laroche.edu](mailto:miguel.lozano@laroche.edu)



# Aliens and Islanders

Science-Fiction Author  
Cadwell Turnbull '09  
Draws Inspiration from  
His Hometown

BY KURT HACKIMER '12 | PHOTO: PHIL PAVELY



**T**en years ago, after meeting with a college recruiter at his high school in St. Thomas, Cadwell Turnbull '09 decided to leave his home and head to Pittsburgh to pursue a degree in professional writing at La Roche University.

"I was coming from the Virgin Islands, so I was used to a small place," Mr. Turnbull said. "I figured that if I was going to school, I should go somewhere that would make me feel like I'm at home."

Mr. Turnbull completed his degree and then earned a Master of Fine Arts in creative writing, and a Master of Arts in English from North Carolina State University. A speculative fiction writer by trade, Mr. Turnbull has had several stories published in sci-fi and fantasy publications.

On June 18 the Virgin Islands native took the next step in his writing career when his first book, "The Lesson," was released through Blackstone Publishing.

And it all sort of happened by accident.

"When I was completing my MFA, I did not think that I could make a living in writing," Mr. Turnbull said. "I'd written short stories for class and for myself for a long time, thinking that I'd see what happens from there. It kind of accidentally happened that I started to write a novel."

While pursuing his MFA, Mr. Turnbull, who has been fascinated with science fiction since he watched "Star Trek" with his mother as a child, started writing stories about an alien species called the Ynaa who colonized a sparsely populated island in the Caribbean. With each story, Mr. Turnbull introduced new characters: regular people, living their daily lives under extraordinary circumstances.

Before long Mr. Turnbull had essentially created his own universe, weaving an intricate web of individual storylines that organically began to coalesce into a broader, more substantial narrative. It wasn't long until Mr. Turnbull's professors told him that his short stories were evolving into a novel.

"The idea of writing a novel was intimidating," he said. "I didn't know if I could actually finish one. It wasn't until my agent read my manuscript and asked me, 'When could I get it done?' that it became real."

In his naiveté the young writer told his agent that he'd need only six months — a remarkably quick turnaround — to turn his collection of short stories into a full-fledged novel. Nevertheless Mr. Turnbull met his deadline and, after some revisions, the manuscript was shopped to publishers.

While many other science-fiction authors, from Ray Bradbury to Octavia Butler to Ursula K. Le Guin, have tackled the issue of colonialism in their novels, none have approached the issue from the eyes of Islanders.

---

***"I worked with [La Roche] students on their writing projects, and it made me think about my own writing. It gave me a good, varied writing perspective that I now apply to the work I do."***

— Cadwell Turnbull '09

---

"I chose the Virgin Islands because it's a place that has had many flags," Mr. Turnbull said. "It used to be Danish, was acquired by the U.S., parts of it are British, parts Spanish. It seems like an interesting place to have aliens arrive."

In his story the Ynaa are aliens that have taken human forms. They are an advanced species, able to cure previously fatal human ailments and revolutionize technology. But the Ynaa's kindness comes at a cost. While cooperating with the Ynaa yields many advantages, disobedience is met with rash and violent consequences.

"The Lesson" follows three families, all of whom are dealing with their own everyday hardships, as they live under the increasingly unstable alien regime. Following the death of a young boy at the hands of an Ynaa, the citizens of the small island prepare for

a bloody revolt against their previously peaceful overlords.

"The way that I designed the Ynaa, the aliens in the book, was that they are very benevolent but prone to violent outbursts," Mr. Turnbull said. "This is an accurate description of how colonialism acts in the Caribbean. The Virgin Islands have had many flags and is used to being under the thumb of some presence."

If this plot sounds vaguely familiar, it's because Mr. Turnbull used his own observations of society as the basis for his novel.

World history is driven by ruling classes; seemingly trustworthy leaders who promise prosperity to regular citizens as long as they do as their told. Of course, as history has shown, these leaders do not always have society's best interest in mind.

"Cycles of violence have deep roots and, when you see an act of violence or behavior of dominance, you should acknowledge that these actions are taught," Mr. Turnbull said. "If a culture responds to threats with violence, they also teach other cultures to respond to threats with violence."

Mr. Turnbull's unique perspective, as well as its all-black cast of characters, played a significant role in attracting interest from not only Blackstone Publishing, but also television station AMC, which has optioned the rights to a potential television show based on the novel.

The author said that his experience at La Roche, particularly his studies in professional writing and his time helping students at the Writers' Center, had a profound influence on his growth as a writer.

"I worked with the students on their writing projects, and it made me think about my own writing," he said. "It gave me a good, varied writing perspective that I now apply to the work that I do."

Mr. Turnbull returned for a reading at the Writers' Center reunion held during La Roche's Alumni Homecoming celebration in April.



# CELEBRATE LA ROCHE!



# DISTINGUISHED ALUMNI 2019



The Distinguished Alumni Circle, established in 2013, honors graduates for their outstanding professional achievements and dedication to community service. In April 2019 La Roche University inducted 13 distinguished alumni during its Celebrate La Roche Gala at the Westin Convention Center in downtown Pittsburgh.

**Jeremy (Shane) Bison '12**  
*Certified Registered Nurse Anesthetist*  
Main Street Anesthesia

**Francine Irakoze '07**  
*Program Officer*  
Save the Children Canada

**Andrea Peck '00, Ed.D.**  
*Assistant Professor*  
Education Department  
La Roche University

**Francis Feld '97, DNP**  
*Certified Registered Nurse Anesthetist*  
UPMC Passavant

**Robert Kopley '86**  
*Deputy Sheriff (Retired)*  
Allegheny County Sheriff's Office

**Suzanne Platt '90**  
*Clinical Consultant*  
BD Becton, Dickinson and Company

**Sister Donna Marie  
Gribschaw '74, CDP**  
*Provincial Councillor*  
Sisters of Divine Providence

**Scott Moffat '01**  
*Patrol Officer*  
Allegheny County Police Department

**Jennifer Popich '09**  
*Flight Nurse*  
REACH Air Medical Services

**Brandon Hassett '07, Ph.D.**  
*Research Faculty/Postdoctoral Research Fellow*  
University of Tromso  
The Arctic University of Norway

**Jean-Pierre Nsanzabera '04**  
*Senior Systems Engineer*  
UPMC Information Services Division

**Donna Reuss '80**  
*National Security Supervisory  
Program Specialist (Retired)*  
Federal Emergency Management Agency

**Dana Olwan '01, Ph.D.**  
*Assistant Professor*  
Department of Women's  
& Gender Studies  
Syracuse University

# Alumni Celebrate Homecoming Weekend

More than 320 alumni and guests gathered on campus to reconnect, network and celebrate their time at La Roche.



## MASS AT THE MOTHERHOUSE

Alumni, guests and general attendants celebrated Mass with former campus minister Father Peter Horton in the Mother of Divine Providence Chapel.

### Save the Date

PRESENTATION  
WITH GREG  
WEIMERSKIRCH '90  
» NOV. 1

Greg Weimerskirch '90 will showcase his life as a production designer and art director. Possible topics include the world of production design, a comprehensive history of film, and his most recent work with Tom Hanks on the set of "A Beautiful Day in the Neighborhood."



©collider.com



## ALUMNI ATHLETIC GAMES

Former La Roche soccer and lacrosse players competed in alumni games at the Baierl Athletic Complex.



## WRITERS' CENTER REUNION

Alumni and faculty celebrated the 20th anniversary of the Writers' Center. The event featured a reading from Cadwell Turnbull '09.



## NURSE ANESTHESIA REUNION

Graduates of La Roche's Master of Science in Health Science (Nurse Anesthesia) reconnected and reminisced.



*Save the Date*

## FESTIVAL OF LIGHTS ALUMNI RECEPTION » DEC. 6

Join La Roche University at the annual Festival of Lights event to take in the holiday spirit. Reconnect with friends and classmates, and make some new ones this winter.



## COCKTAIL PARTY AND DINNER

Among food and drink, alumni gathered in the Zappala Campus Center to celebrate their alma mater and university status.



# CLASS NOTES

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

**Tiffany Babinsack '16** received the Incline's Who's Next: Community Leaders & Activists Award. She is a program coordinator at Tobacco Free Allegheny and works to change community norms surrounding tobacco.



**Shay Badolato '13** became engaged at Lake Tahoe on March 5, 2018.

**Carol Bertram '91 MSN** joined Howard Hanna Real Estate Company as an associate broker in 2018. She received the Excellence Designation Award for being a multimillion-dollar producer in sales and listings for the company.



**Priscilla Bordogna '06** gave birth to her first child, Sawyer Bordogna, on Oct. 30, 2018.

**Anne M. Bowers '10** joined the Nursing Regulation Division of the National Council of State Boards of Nursing in Chicago, Illinois, as a research scientist.

**Jeff Bragg '83** and his wife Loren welcomed their great niece Josephine 'Josie' Ann Kosko into the world. Mr. Bragg is due to become a grandfather this summer.



**Haley (Bristor) Campbell '14** and her husband welcomed new baby Evelyn Ryan Campbell on Oct. 18, 2018. Evelyn is the first grandchild for Ms. Campbell's parents but the 18th grandchild for her husband's parents.

**Anastasia Carling '16** and **Jacob Straub '18** became engaged in January 2019.

**Patricia (Barrett) Daube '66** and her husband Donald Daube Sr. are blessed with six grandsons and two granddaughters. Her oldest grandson, Donald III, graduated from La Roche University in 2019.

**Mary Dieter '71** retired after more than 35 years of serving as the chief financial officer at four nonprofit organizations: La Roche, Sisters of Divine Providence, Sisters of St. Francis of the Providence of God and Sisters Place.



**Andrew Graham '11** became engaged on Jan. 18 at The Wizarding World of Harry Potter at Universal's Islands of Adventure.



**Denny Hemphill '81** and his Pickleball partner won the gold and silver medal at the state championship in Pennsylvania in Pickleball. He works at Slippery Rock University.



**Lina Hixson '90** earned her Ph.D. in nursing from Penn State University in 2016. She is the RN to BSN program director at Waynesburg University.



**Louise Kissing**

**Hall '78** has two textile art pieces touring in Studio Art Quilt Association (SAQA) exhibitions: Textile Posters and Shifting Tides. Her piece, "Pardon Snowden," is part of the textile posters exhibition and is on the 2017-20 tour in Australia. Her second piece, "Atomic Atoll," was accepted into the Shifting Tides exhibition and will tour the West Coast, Alaska, Hawaii and Canada from 2019-21.



**Shannon (Schmitt) Lima '07** started her own children's clothing line, Pickles N' Roses, named after her grandmother. Pickles N' Roses is available in Buy Buy Baby, Bed Bath & Beyond, Zulily and children's boutiques across the country. Ms. Lima, her husband and their two daughters moved back to Pittsburgh after living in New York City for 10 years.

**Sara Makin '13** released her second book "The Happy Entrepreneur: Eliminate Stress & Kick Ass in Business" in November. It became an internationally best-selling book within two days of its launch. Ms. Makin was named to the list of Empowering Women in Philanthropy by Inspiring Lives Magazine for the work she has done in Makin Wellness, a premier therapy and coaching center in Pittsburgh.

**Sue Mazur '84** was the lead graphic designer and a copy editor for a book written by renowned Pittsburgh architect Louis D. Astorino. The book, "A Pencil in God's Hand," tells the story of the design and construction of the Chapel of the Holy Spirit, a project initiated by Pope St. John Paul II. Mr. Astorino is the only American architect to design a building in the Vatican. His Pittsburgh projects include PNC Park, UPMC Children's Hospital and Three PNC Plaza.

**Jean-Pierre Nsanzabera '04** was a finalist for Junior Achievement of Western Pennsylvania's Inspiring Success Award. He also was named Immigrant Community Advocate by GlobalPittsburgh in February 2019.

Mr. Nsanzabera was one of 39 foreign-born entrepreneurs, professionals and immigrant champions honored at the immigrant entrepreneur celebration and award ceremony event in December 2018.

He also received two awards in 2019 from VMware for demonstrating significant contributions to the community and a willingness to share his expertise with others.

**Andre Parker '18** works as a worship coordinator for Memorial Park Church.

**Michelle Plan '09** celebrated her first year of being a travel nurse. Ms. Plan gained her nursing experience at UPMC Presbyterian Hospital on a medical/surgical trauma unit and in the post-anesthesia care unit at UPMC Magee Womens Hospital. Her first travel assignment was at VCU Medical Center in Richmond, Virginia. She completed her fourth contract at Newton-Wellesley Hospital of Massachusetts General located outside of Boston, Massachusetts.

**Tanea Preston '13** is a single mom serving in the AmeriCorps program at Greater Johnstown Elementary School. She implemented a program called Student of the Month, which recognizes students who are great leaders in and out of the classroom. She also works as a program director of the YMCA of Greater Johnstown.

**Nancy (Miller) Radick '84** proudly watched her daughter, Heather Elizabeth Radick, graduate from La Roche University on May 11, 2019 with a major in English language and literature, and a minor in professional writing.



**Cody Hutchinson '16** and **Holly Yurek '16** became engaged on Dec. 8. The couple met during preseason for soccer and volleyball in 2012.



**Jude McCurdy '84** became a member of the board of directors for the Marie Mambu Makaya Foundation, with the mission of helping the orphans of Congo and to see the Foundation succeed.

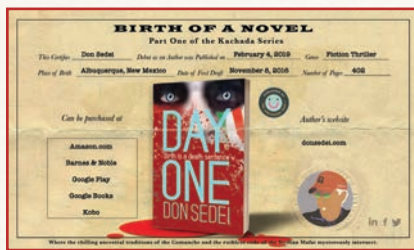
**Joseph Kelsch '17** teaches sixth to eighth grade science at Our Lady of Fatima School in Hopewell, Pennsylvania.



**Dana (Brandi) Rakes '07** and her husband Aaron Rakes welcomed their third child, Luke Joseph Rakes, born on March 10, 2019. He joins big brothers Jack (3) and Grant (21 months).



**Meghan Susi '10** and **John Susi '10** welcomed their daughter Mira Rosemarie Susi on Dec. 10, 2018. They live in Ross Township.



**Don Sedei '72** had his first fiction thriller book, "DAY ONE: Birth is a death sentence," published. It is the first book in a three-part series.

**Clyde Smith '18** is the nursing manager for Dignity Health Mercy San Juan in Carmichael, California. He manages a new psychiatric Crisis Stabilization Unit (CSU) that focuses on keeping psychiatric patients out of the emergency department for long-length stays.

**Caren Sobier '03** was promoted to director of student employment at Georgetown University in March 2019.

**Steve Sokoloski '03** now works as a program manager for Highmark Health. Previously he was as an account executive at Comcast Spotlight.

**Les Stearns '93** celebrated 34 years with II-VI Incorporated. He is a senior sales manager in the photonics segment. He resides in Florida with his wife and two children.

**Kessete Teweldebrhan '91** earned a Distinguished Service Gold Medal Award, three trophies, a golden necklace and a Buluko Gabi on Dec. 13, 2018. He was officially invited to go to Addis Ababa to be honored for the contributions to the development of the anesthesia and surgery disciplines in Ethiopia. He also was named to the Araia Seb or Aude Seb list in Ethiopia, equivalent to Who's Who in America.

**Rachel Whitligner '15** was promoted from junior graphic designer to graphic designer for the Pittsburgh Pirates. Ms. Whitligner also is a freelancer for Echo, a research, technology and coaching consultation group that works with prominent health care and business clients such as Philips, MSA, UPMC and Westinghouse.

**Drew Yeskatalas '11** was promoted from systems administrator to information security engineer at Clark Hill PLC, an international law firm with 26 offices, including in Dublin and Mexico City. As the firm's information security engineer, he is responsible for implementing solutions to prevent cyber attacks, as well as performing forensic analysis during and after any potential incidents. He also is in charge of finding, testing, validating and ultimately remediating any and all system vulnerabilities, internal penetration testing and corporate security policy design.



**Jesse Zafiratos '06** is the head men's soccer coach at Penn State Brandywine. He helped lead his team to a National Championship in 2018 and was named Philadelphia Inquirer Small College Coach of the Year. In three short seasons his career record is 50-10-3, along with winning three straight conference championships and the 2018 National Championship.

## IN MEMORIAM

**Marjorie "Marge" Backus '86** on Oct. 17, 2018

**Jane (Parrish) Cwiklinkski '99** on Jan. 28, 2019

**Barbara "Bunny" Lowrie '96** on Jan. 3, 2018

**Barbara Martchek '88** on Feb. 4, 2019

**Joyce Marie McAneney '05** on Nov. 17, 2018

**Patricia McGivern '81** on Feb. 15, 2019

**Raymond P. Roesch '76** on Sept. 27, 2018

**Connie (Amoroso) Stemm '85** on Nov. 27, 2018

**Patricia Vincent '91** on Jan. 17, 2019



## Poetry Corner

In honor of National Poetry Month, La Roche hosted a poetry contest on Instagram. Students submitted entries on Instagram, and English faculty selected first, second and third-place winners. Student Kathleen Kenna, an English: literature major, was the writer of the first-place poem below.

“A Confession with  
Remembrance of  
my Pagan roots”

by Kathleen Kenna

On a Sunday  
I do not  
Go to church.  
But I go  
Outside to hear  
The bells ring.

The wind today  
Blows my way  
Bringing the sound  
Of the ringing  
Closer to me.

If I pray  
My own way:  
    with smoke,  
    by moonlight.

Maybe the angels  
Will not mind  
my absence from  
the communion line.

*Faculty feedback: “A poem of quiet resistance, with a beautiful simplicity of language and specificity of imagery that build to a confident conclusion.”*

## 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/classnotes](http://laroche.edu/classnotes).



## MISSION STATEMENT

La Roche University, a Catholic institution of higher learning, founded and sponsored by the Congregation of the Sisters of Divine Providence, fosters global citizenship and creates a community of scholars from the region, the nation and around the world. The University integrates liberal arts and professional education in creative ways, empowering all members of our community to become lifelong learners, achieve success in their chosen careers and promote justice and peace in a constantly changing global society.



**LA ROCHE  
UNIVERSITY**

Enaging Minds. Embracing the World.

# La Roche Then and Now



1967  
"Diffusion"



1963

The University did not own any of its own buildings. All business, education and library study were done in buildings owned by the Sisters of Divine Providence

1963

The undergraduate majors were: biology, English, German, history, Latin and theology. Two degrees were offered: Bachelor of Arts and Bachelor of Science in education

1963

182 students, 82 full time and 102 part time

## ENROLLMENT

1,443 students full and part time

2019

## STUDENT NEWSPAPER



"The Courier" started in 1994. This year marks its 25th year

2019

## BUILDINGS

The University now owns several buildings: The John J. Wright Library was the first building built, and the other buildings are Magdalen Chapel, Peters Hall, Mahler Hall, Schneider Hall, Bold Hall, Huber Academic Center, Zappala Campus Center, Palumbo Science Center and Kerr Fitness & Sports Center

2019



## MAJORS & DEGREES

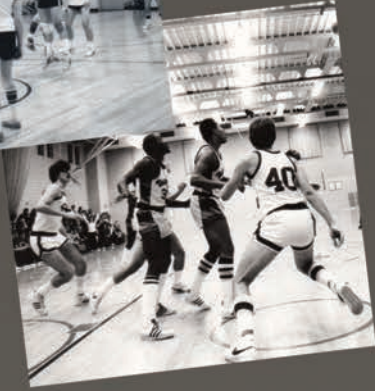
Today the University offers more than 50 career-focused majors, 20 minors, six graduate degrees and one doctoral program

2019



**1965**

Aug. 4  
Seven religious graduates



**1963**

There were five classrooms in the basement of Ketteler Hall



**1970**

**1970s**  
Red Devils



**MASCOT**

**CLASS ROOMS**

**ENTRANCE**

**1963**

Ketteler Hall was the first gym where basketball, volleyball and other sports activities took place

**ATHLETICS**

**GRADUATION**



Redhawks  
**2019**

Athletic facilities include Kerr Fitness & Sports Center and Baiert Athletic Complex

**2019**



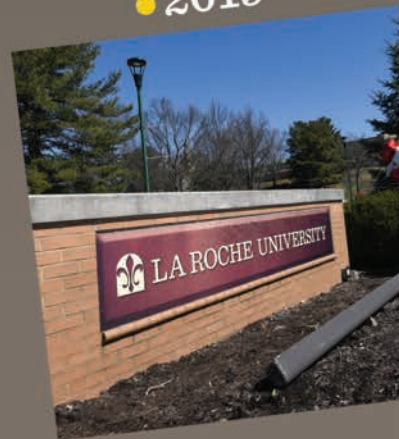
28 classrooms  
**2019**

**2019**



May 11  
239 Graduates

**2019**





9000 Babcock Boulevard  
Pittsburgh, PA 15237

Non-Profit Org.  
U.S. Postage

**PAID**

Pittsburgh, PA  
Permit #884



**FOLLOW  
LA ROCHE  
UNIVERSITY  
ON INSTAGRAM  
TO SEE WHAT'S  
HAPPENING ON  
CAMPUS EACH DAY!**

 **@larocheuniv**