



How Much About *Your* Campus?

Shedding *Light* on the Role of Cocaine at Providence College

Do You Know



by Amanda Garganese '13
News Staff

CAMPUS NEWS

That powdery white substance that has been seen at parties lately is probably not leftover sugar, and sniffing students might be up to more than just seasonal allergies. Fall not only brings in a new season and a new school year, but recently it has also brought in an increase in drugs both on and off campus, according to PC Security.

Some students have reported seeing casual drug use at parties as of late. Providence College has never been known to have a large drug scene, as the College usually sticks to its *Princeton Review* number one ranking in hard alcohol, but it seems as if the College is breaking into the realm of party drugs.

Students have been taking their partying to the next level, using various substances such as cocaine, ecstasy, the novelty drug "bath salts" which is a form of cathinones that give off the same effect as cocaine or amphetamine, and other various "designer drugs." The drug scene seems to have emerged at the College around the time of the spring concert last semester when guest Avicii performed at Schneider Arena. Students took the rave theme a little further than just wearing neon spandex, and a significant amount of attendees were on MDMA, or the pure form of ecstasy known as "Molly." The experimental drug use led to a number of transports to Rhode Island Hospital on the night of the concert.

Some students interviewed felt uncomfortable and surprised to find out that people were using cocaine and other drugs at parties. A smaller percentage of those students felt ambivalent about being in close proximity to cocaine and felt that as long as they were not on the drug, they did not care what other students were doing.

When asked about the appearance of drugs in the Providence

COCAINE/Page 6

The Double Life of Dr. Hyde

by Kathleen McGinty '16
News Staff

FACULTY PROFILE

With the sound of what he calls his "whispering piano solos" playing softly in his office, discussing his own college experiences, and love of the outdoors, Professor Mark Hyde of the Department of Political Science may come across differently than his students expect.

"I'm really not as hard in class as I appear," said Hyde lightheartedly, "and I don't really mean it when I yell at them."

Since he was 25 years old, Hyde has been a professor of political science at Providence College, instructing courses in empirical political analysis (required of all political science majors and minors), public program evaluation (a class focused on methodology), and American politics. Upon coming to the College immediately after completing graduate school, Hyde was not much older than his students.

"I had more in common with the students than the faculty when I first started," he stated. That may still be the case.

Hyde, who grew up in the small mill town of Ware, Mass. has always been interested in political science. He entered his freshman year at Williams College in Williamstown, Mass., as a declared political science major and continued on to receive his master's degree and Ph.D in political science from Michigan State University in East Lansing, Mich.

During his undergraduate years, Hyde had what he calls the

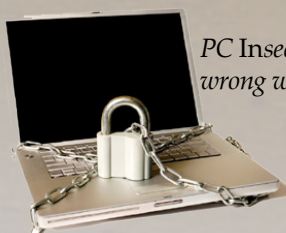
HYDE/Page 3

UNDER THE HOOD

Providence Colleges Student-Run Newspaper Since 1935

News	2
World	7
Commentary	10
Roving	13
A&E	15
Portfolio	20
Sports	26

Commentary



PC Insecure: what's wrong with our Wi-Fi?

Page 10



Portfolio

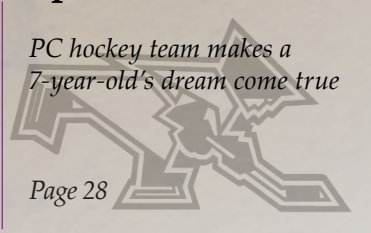
Check out our new feature: Tweets from History

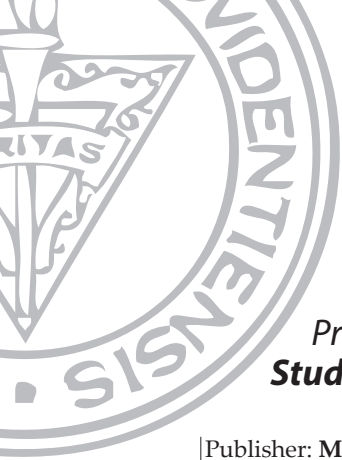
Page 21

Sports

PC hockey team makes a 7-year-old's dream come true

Page 28





Providence College's
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Corrections:
 Last week, *The Cowl* reported that Providence College is the only Dominican College in the Western Hemisphere. In actuality, the College is the only college run by Dominican men in the United States. In the article *How About Them Apples*, players who fail to complete their degrees will not keep the MacBook Pros he or she received.

The Cowl is a proud member of the Associated Collegiate Press.

Editor's Desk

What We Are and What We're Not

This past week has been a time of significant self-reflection for the editorial board of *The Cowl* regarding our mission and identity as a media organization. We wish to communicate who we are to the community. But first, let's discuss who we are not.

We are not an agent of Student Congress. Many student newspapers do not enjoy this luxury. As a result, they are hesitant to publish unflattering articles about their own student government.

We are not an agent of the faculty. When a world news article is composed, a political science or economics professor does not review it. They do not offer their own views, which would introduce faculty bias in a student newspaper. We do our own investigation, fact-checking, and composing.

We are not an agent of the administration. The Dominican Fathers have been kind enough to grant freedom of the press to *The Cowl* since its inception in 1935. Never in our experience has the administration ordered us to refrain from publishing an article. We are thankful for this. We have a mutually agreed-upon advisor who serves as a mediator between *The Cowl* and the administration. Past advisors, along with the publishers, have guided *The Cowl* through turbulent times in past years and augmented our strength and quality as a publication. We are thankful for this guidance.

We are self-taught writers, graphic designers, businessmen, and full-time students who learn from each other and those around us. *The Cowl* is one of the few organizations at Providence College where autonomous learning, the heart of a liberal arts education, exists. We polish our own skills and choose our own path, recognizing that, while we operate and learn independently, we are still very much a part of PC. Our skills and decisions impact our community despite our independence. We respect the power of the written word.

Our mission is to deliver news, entertainment, education, and discussion to the Providence College community—our students, faculty, staff, administration, alumni, and subscribers. We deliver news with integrity, entertain respectfully, educate autonomously, and discuss *freely*.

This last point is crucial because we are open to publishing all opinions. We have published articles which contained student quotes criticizing *The Cowl*. We consistently publish guest commentaries which contrast the views of our own writers. We publish *all* opinions whether they are critical or supportive of *The Cowl*. We are, and always will be, an open and free forum for discussion.

Our identity is ambiguous. *The Cowl* does not have one solid identity. We have staff members, but our staff members are not *The Cowl*. *The Cowl* is not just our paper. It is your paper as well. It is your news, education, entertainment, and discussion. You make up *The Cowl* just as much as the staff members. We just do the grunt work of putting it together. Thanks for reading!

Arman & Dara

Campus Calendar

	Fri 5	Sat 6	Sun 7	Mon 8	Tues 9	Wed 10	Thurs 11
	Partly Cloudy 75° 59°	Rain 72° 48°	Rain 52° 46°	Partly Cloudy 58° 44°	Sunny 60° 47°	Partly Cloudy 63° 47°	Sunny 61° 47°
	12:00 p.m. Body Pump, Peterson Group Fitness Studio 3:00 p.m. Women's Soccer vs. Marquette, Glax Field	12:00 p.m. Women's Field Hockey vs. Syracuse, Lennon Field 4:00 p.m. Women's Ice Hockey vs. Bemidji St., Schneider Arena	1:00 p.m. Women's Volleyball vs. Stony Brook, Alumni Hall 1:00 p.m. Women's Soccer vs. University of Southern Florida, Glax Field	HAPPY COLUMBUS DAY FROM ALL OF US AT THE COWL!	4:00 p.m. Washington Semester Information Session, Slavin 112 5:00 p.m. Taste of Asia, McPhail's	10:00 a.m. Notetaking Workshop, Library 223 11:00 a.m. White-out Wednesday, Raymond Hall	5:30 p.m. Oxfam Hunger Banquet, '64 Hall 8:30 p.m. Vice Presidential Debate, Moore II

Letter Policy

The Cowl welcomes guest commentaries and letters to the editor from members of the Providence College community and outside contributors.

All submissions must include the writer's name, signature, a phone number, and an e-mail address where he or she can be reached. Letters should be no more than 250 words in length and will be printed as space permits. Guest commentaries should be limited to 700 words in length, and only one will be published per week. The Cowl reserves the right to edit articles for space and clarity. Submissions must be delivered, mailed, or faxed to The Cowl office no later than 5:00 p.m. on the Monday before publication.

Mail submissions to The Cowl, 1 Cunningham Square, Providence, R.I. 02918; fax to 401-865-1202; submit online at www.thecowl.com; e-mail to thecowl@providence.edu; or hand deliver to The Cowl office in Slavin G05.

Tiffany & Earl Note

The Tiffany & Earl feature in Portfolio is a satirized account of Providence College. Both the question and answers are purely works of fiction. Tiffany & Earl are anti-heroes whose comments ultimately satirize the stereotypes they each represent.

Accuracy Watch

The Cowl is committed to accuracy and carefully checks every article that goes into print to ensure that the facts are presented clearly and truthfully. If you find an error in any article, please e-mail the Editor-in-Chief at thecowl@providence.edu. Corrections will be printed as necessary.

Advertising

Contact The Cowl with advertising requests and questions at cowlads@providence.edu or, if necessary, via telephone at 401-865-2214. Visit www.thecowl.info for rates, publication dates, and other information about advertising with The Cowl.

Subscriptions

Subscription rate for a weekly issue by mail is \$100 per year. Send payment to The Cowl, 1 Cunningham Square, Providence, R.I. 02918; make checks payable to The Cowl. Student subscription is included in tuition fee; issues are available around campus on Thursday nights.



Student Congress Discusses Club Appeal Process

by Matthew Daniele '15
News Staff

STUDENT CONGRESS

Providence College's 63rd Student Congress gathered on Tuesday, October 2, to hear new amendments proposed by the Committee on Clubs and Organizations. The proposed legislation would refine the appeal process clubs need to go through in order to gain an official status. The meeting was headed by Vice President Amy Balfe '13, because President Justin Gomes '13 was out due to personal work.

The Class of 2013 kicked things off by announcing that three forums are being held for the student body in order to revise the College's mission statement. They will be hosting Senior Night on Oct. 19 in order to collect money for the Get in Touch foundation for breast cancer prevention. The Class of 2014 reported that they sold approximately 411 class rings, the profits of which will go into funding Junior Ring Weekend. No class in the past 10 years has sold over 400 rings.

Student Life unveiled their plan for a new Friar food truck which would be selling food like pizza, chips, and coffee at sporting events. Legislative Affairs reported issues on SAKAI with the freshman elections. The polls opened

an hour late, but the deadline was extended by an hour to compensate. Approximately 300 students had already voted on the first day.

Next, Congress hosted Patti Goff, director of the Career Education Center, as a guest speaker to publicize the tools and events that are available for new students to use in the Career Education Center (formerly Career Services). The name was changed by Goff to better represent the fact that they do much more all four years of college rather than just get students jobs senior year. She hosted a Q&A to receive feedback on ways to improve accessibility to PC students. Goff stressed how much they put feedback into consideration, like the new name and location, so as to make the Center more mainstream in Slavin. Many upcoming events listed from the CEC were oriented towards liberal arts majors, which students felt are often left out of the opportunities, she said. Goff not only challenged liberal arts students, who feel they are not able to be helped by their services, but guaranteed they will give students the direction they need towards a career.

Finally, Congress went straight to two pieces of new business, as there was no old business to discuss. Amendment No. SCA-63-02 was proposed by Meghan Keating, chair of the Committee on Clubs and Organizations. The

amendment would handle the appeal process proposed clubs must go through in order to receive recognition by the school. After maintaining proposed club status for two consecutive semesters, the group is reviewed by the Committee on Clubs and Organizations and Student Congress to be given a recognized student organization status.

If the club fails to gain recognized status, they must petition to stay on the proposed club list for two extra semesters with the following criteria: the group must elect an executive board of entirely new students with no prior experience serving on it, they cannot request allocations in their second term as a proposed student organization, the committee on Clubs & Organizations will evaluate the organization after the second semester of the second term, and Congress will vote on whether it has been approved. If the club is not approved by

either the CCO or Congress, they must wait an additional two academic years before appealing again.

The second piece of legislation was Amendment No. SCA-63-03, also introduced by Keating, which specifies the manner in which the proposed student organizations will appeal for recognition. The Committee will use a point system that will aid in their reviews, and will be determined by the chair at the beginning of each academic year. This would help future committees sustain the appeal process in evaluating clubs. Also, added to the constitution was the condition that recognized clubs must be involved in at least one service-related activity every semester and report that activity to the Committee.

The meeting was adjourned after questions were asked of Keating about Amendment No. SCA-63-03.

This Week In Congress

Old Business:

There was no old business.

New Business:

-SCA-63-02, which concerns the appeals process for student organizations who have not been recognized.

-SCA-63-03, which specifies the manner for the appeal process.

HYDE: Professor Has Taught At PC Since He Was 25

Continued from front page

"traditional kinds of fun that most freshmen and sophomores have," playing sports and immersing himself in the social aspect of college.

"I was concerned more with life experiences than I was with my academic career," Hyde said. "I used to ride around on [my motorcycle], get in difficult situations sometimes...I'm not sure how much I should tell you about that," he added laughingly.

Yet Hyde admitted that he got in trouble with his motorcycle and lost his license, granting him a memorable experience after his freshman year in college. Traveling to Yellowstone National Park to work for the summer sans motorcycle, Hyde was forced to hitchhike alone back to Massachusetts, a trip that took him about a month.

"That was an interesting experience," Hyde remembered. "I met a lot of interesting people who gave me rides."

Following his freshman and sophomore years in undergraduate school, Hyde buckled down and began to dedicate himself to his studies.

"I became a little more serious about my academic work and really began to enjoy it," he said. With his interest in the field of political science growing, Hyde knew that he wanted to stay in college. Becoming a professor seemed to Hyde like the perfect way to do so, and PC appealed to him more than any other the job offers he received

in New England, where he wanted to return upon completing his graduate studies at Michigan State.

In addition to his passion for political science, Hyde enjoys spending his time outside of the classroom riding his bicycle, hiking, going to the beach, and rehabilitating old cars and trucks. This past summer, he worked as a ranger at a wildlife refuge on the Martha's Vineyard island of Chappaquiddick, helping to maintain the refuge's trucks. Hyde said he enjoyed the time he got to spend both outdoors and on the beach.

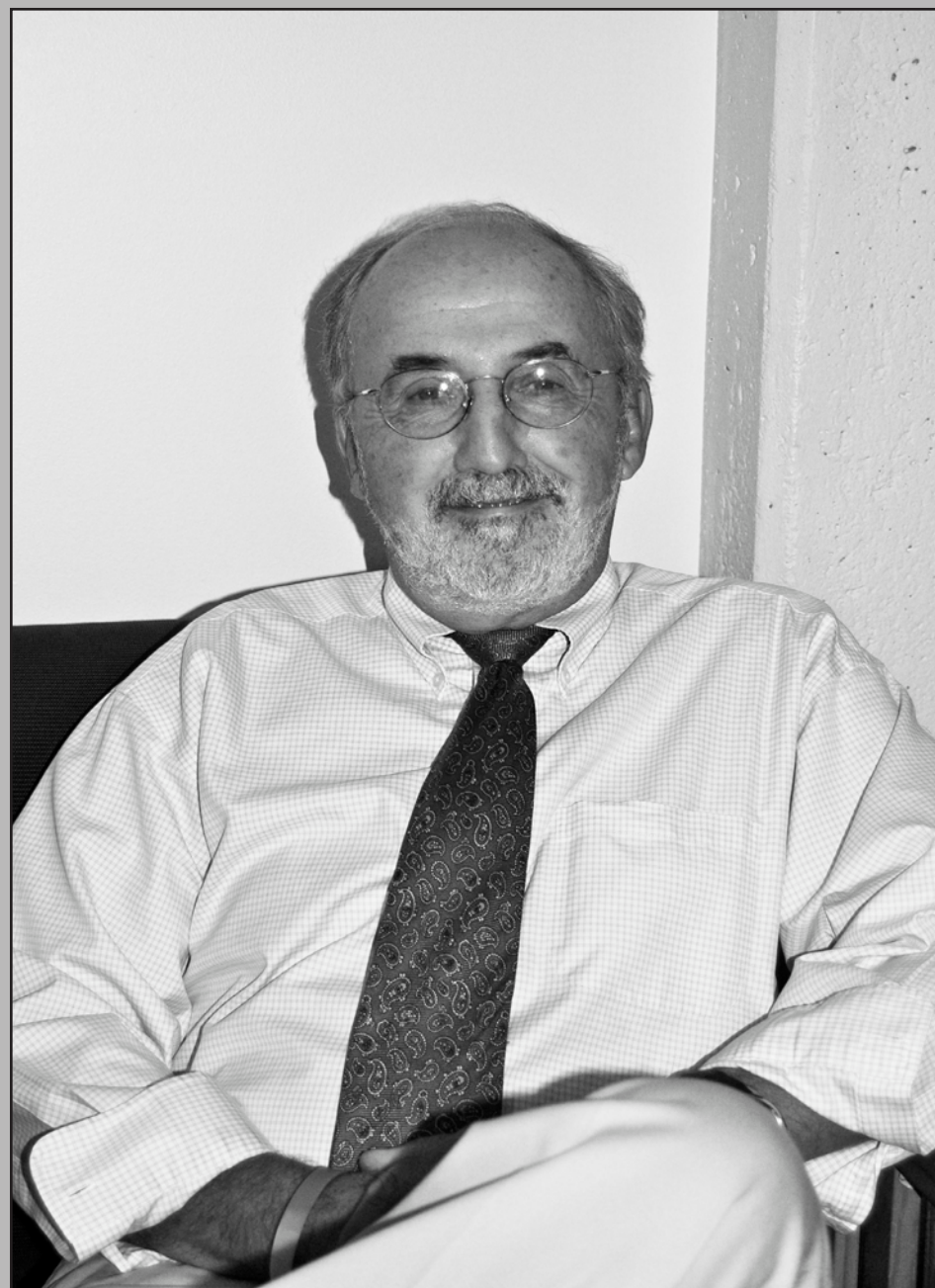
Yet now that the academic year has commenced and Hyde has returned from Martha's Vineyard, two other sources of enjoyment have been restored to Hyde, the first being reconvening with his colleagues.

"[My colleagues], are great and interesting people," said Hyde. "You can't ask for more than that, to have colleagues at work who are bright, interesting, and willing to talk."

The second? Working with his students.

"I really like watching my students grow up over four years...watching them mature, graduate. Then I keep in touch with a lot of my former students, so it's fun to see what they're doing."

Thus, Professor Hyde must not really mean it when he yells at them.



MORGAN PEKERA '15 / THE COWL

Dr. Mark Hyde has a variety of hobbies and is well known for his Empirical Analysis class.

Class of 2015 Hosts Forum on JRW

by **Andres Taborda '15**
Asst. News Editor

CAMPUS EVENTS

In response to the Student Congress meeting on Sept. 25, in which the conflict between Junior Ring Weekend (JRW) and the College's study abroad was discussed, the Class of 2015 held a public forum this past Tuesday to discuss the future of JRW.

Tim McGrail '15, president of the Class of 2015, called the forum to order with all other class officials and a substantial amount of students present. In attendance were also Justin Gomes '13, president of Student Congress, Kristine Goodwin, vice president for student affairs, Steve Sears, dean of students, and Mark Caprio '14, president of the Class of 2014.

McGrail handed the podium over to Goodwin shortly after the forum commenced. She then delivered the administration's message to the class as well as their stance on the situation.

The College currently holds an 80:20 ratio when it comes to study abroad, meaning that 80 percent of students who go abroad their junior year do so in the spring semester, while only 20 percent go abroad in the fall semester. Goodwin explained that this was more than likely due to JRW being held in the fall semester and members of junior classes not wanting to miss out on this

longstanding Providence College.

"Everyone tells me how huge this event is and, as the vice president of student affairs, I want every student to go," said Goodwin. "If it is such a big event, why should we make a student choose?"

Goodwin also responded to comments about the issue at hand being solely related to alcohol by saying, "I swear to you this has nothing to do with the alcohol problem."

The College's administration has decided to take no action on the Class of 2015's decision. As Goodwin clearly said, "We don't have a horse in this race."

The real problem addressed at the meeting was regarding housing. With Dore Hall potentially shutting down as a residence hall and the increasing size of classes, the College would find itself in a predicament for housing students.

Gomes showed a PowerPoint presentation that detailed the different options the Class of 2015 had to plan their JRW. The first option would be to move it to the first semester of senior year, which would avoid all conflicts previously described. The second option would be moving JRW to the spring semester of junior year, and the final option would be to keep it the way it is in the fall semester of junior year. Repercussions that come with options two and three are that the College could be faced with putting a cap on study abroad, and there would be a problem with housing. This could lead

to overcrowding or assigned housing, rather than the students selecting where they want to live. Basically, as explained at the forum, housing would become more of a bed availability system rather than a choice system.

In a lively debate between officers and members of the class, points were brought up regarding the financial burdens of holding JRW and Commencement Week in the same year. They also discussed choosing what semester to go abroad solely on the date of JRW and thoughts about a cap on the spring study abroad backfiring on the College.

In an email from Molly O'Donohue '15, secretary of the Class of 2015, all members

of the class were given the options and asked to participate in an online voting method to make the decision of when JRW will take place.

McGrail said he hopes for over 50 percent participation, but if that is not achieved, the class officers will go with whatever results they receive.

When asked what he would like to see happen, McGrail said, "I am impartial on this matter. I want the members of our class to get online and vote, and I want us all to make this decision."

Voting ends on Thursday, October 4, and the class members will be notified no later than Friday, October 5 on what the final decision is.



Members of the Class of 2015 met with Dean Goodwin to discuss JRW.

MORGAN PEKERA '15 / THE COWL

Who Was Fr. T. S. McDermott, O.P.?

The Cowl's series on Providence College's history continues this week with a look at the life of Fr. T.S. McDermott, O.P., the namesake of McDermott Hall.

by **Jackie McCarthy '14**
News Staff

PC HISTORY

McDermott Hall is home to five floors of Providence College's male underclassmen. As one of the three buildings that surround the Aquinas Quad on the upper (West) campus, McDermott is in a convenient location. It is in close proximity to Raymond Hall, Phillips Memorial Library, Albertus Magnus Hall, Harkins Hall, and the Slavin Center. McDermott residents get the best of both worlds as they experience the life of single-sex living, as well as being directly across the underclassmen females living in Meagher Hall.

The resident hall was named for Reverend Terence Stephen McDermott, O.P. Fr. McDermott was a native of Thrall, Iowa and graduated from the University of Iowa and the Dominican House of Studies. In 1906, McDermott entered the Dominican Order. He was ordained a priest in 1913 at the Catholic University of America in Washington, and, shortly after, joined the army as an Army Chaplain during World War I. McDermott became Rev. Meagher, O.P.'s, successor to the position of Prior Provincial of St. Joseph in 1930 and held it for 25 years, becoming the only Dominican to hold the position for six consecutive four-year terms.

During his lengthy position as Provincial, Fr. McDermott also worked to develop Dominican foundations in the Midwest, giving back to his home region, although he was only head of priories east of the Rocky Mountains.

After serving his time as Prior Provincial, Fr. McDermott was elected the temporary leader, or Master General, of the Dominicans. This post is considered the second most influential position in Rome after the Pope. He is the only American to have ever held this position.

While Fr. McDermott was an influential figure in the Dominican order, he was also an influential figure on the Providence College campus. Fr. McDermott "led PC through 25 years of growth and development," according to archived documents on the dedication of McDermott Hall. His guidance resulted in the expansion of the faculty and curriculum, and the addition of five buildings to the PC campus.

Just as Fr. T. S. McDermott had a long and changing career in his time as a Friar, so has McDermott Hall. It started as a facility used for classrooms and departmental offices; it was changed to an all-male dorm, then a coed dorm, and now it is an all-male dorm once again. Fr. McDermott died in April of 1963 at the age of 76 at Lenox Hill Hospital in New York, but his memory lives on in McDermott Hall.

Cowl Puzzler

Things From Chickens

GESG	□ □ ○ □ □
CFK	□ □ □
TYPTA	□ □ □ □ □
CDRISSKTUM	□ □ □ □ □ ○ □ □ □ □
HIHSGT	□ □ □ ○ □ □
EETF	□ □ □ □
RESPAMNA	□ □ □ □ □ □ □ ○
NETSEDR	□ □ □ □ ○ □ □
SASGAUE	□ □ ○ □ □ □ □

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Things From Ducks

Q A O L B G Q Y O Z B D P E V	BREAST
A V D E N X G A R L F K C P U	CONFIT
A N I N R E Z C I O Z A C X Y	CZERNINA
N Y T T I X D V I O E O Y N K	FAT
Y V B M P G E E W D X F S L N	FOIE GRAS
Q U L A A R G T S H E T A P F	LIVER
G T Z V M R D U E S N D J B L	ORANGE
I C K C A O E R T D E M I R L	PATE
Y A G S O H T D U A J R B E M	PEKING
O O O D K T S U O D F T P A S	PRESSED
N C U R I I A C R R E A G S H	ROASTED
N P B F A P O K T S K S W T F	TURDUCKEN
X C N L L N R E J L K H N U F	
H O K S U U G N N R J C Y V P	
C P E K I N G E E I Y V H V A	

Freshman Student Congress Election Results

by Christine Rousselle '13
News Editor

STUDENT CONGRESS



SAADIA AHMAD '14 / THE COWL

(From left) Aaron Golding '16, Julie Bash '16, Kelley Garvey '16, and Zachary Harvey '16 are the newly elected officers of the Class of 2016.

The Class of 2016 elected their new president, vice president, secretary, treasurer, and class representatives on Oct. 2 and 3 on SAKAI.

Elected president was Zachary Harvey '16, an economics major from Castleton, Vt. Harvey, who said he was "humbled" by his election to office, says that he hopes to improve safety on campus, particularly with Huxley Avenue. Harvey hopes that through his position he will be able to install some sort of traffic light system, with a push-button "walk" and "don't walk" sign.

Class of 2016 vice president Kelley Garland '16 is from Wantagh, N.Y., and is currently undeclared. She ran with Harvey as an unofficial ticket. Providence College was her first choice school, and said that being elected vice president was "such an honor." She comes into this position with prior experience leading clubs

in high school, and she said that she hopes to unify the school.

Elected secretary after running unopposed, Julie Bash '16 is a native of North Reading, Mass., and comes into the position with four years of secretarial experience in high school. Bash is currently undeclared. She hopes to inform her fellow classmates about the inner goings-on of Student Congress and wants to be fully connected with the class.

Treasurer Aaron Golding '16, a native of Bridgewater, N.J., is a finance major. He hopes that he will be able to host lots of on-campus events for his classmates.

Andrew Moses '16, Shane Fitzgerald '16, Bryan Wenke '16, Ryan Walsh '16, and Christopher Mackin '16 were elected as class representatives.

NEWS

i n b r i e f

by Micaela Cameron '13
News Staff

CAMPUS NEWS

PC Hosts Latin American Film Festival

The College got a view of Latin America this weekend at the 20th annual Providence Latin American Film Festival (PLAFF) at the Ryan Concert Hall in the Smith Center for the Arts. Six films were shown over the course of the three-day festival. The films ranged from documentaries to films in Spanish with English subtitles. On Friday and Saturday, the films *Pelotero* and *La lucha de Ana* were shown with the directors holding discussions afterwards.

Liquor Offenses Outnumber Drug Offenses 6:1

How safe is our campus? The College's annual Security and Fire Safety Report for 2012 was made available to all faculty and students on Friday. The report shows reported crime on and adjacent to campus as well as information about the College's safety policies. It includes information from 2009 through 2011. In 2011, 355 liquor law violations and 56 drug related violations were reported as a disciplinary referral.

Did Your House Get a Sticker?

Those of you who live off campus should be careful; you might be getting a "scarlet letter" on your house. The College was alerted about the Providence Police Department's intentions to crack down on loud parties. According to the "public nuisance ordinance," off-campus houses that have five or more rowdy people are in danger of violating the law. If the police have to break a party up, the house will be decorated with a sticker that shows others that the house violated the ordinance. Be careful who you party with!

McPhail's Glow Party a Little Dim

The reputation of McPhail's was once again put to the test this past weekend with Friday night's glow party. Despite strict fire code enforcement at the Class of 2013's senior night, many students still attended the party on Friday. However, according to some students in attendance, the former glory of the famous McPhail's glow parties was nowhere to be found.

Want to build your resume? Pick up an application for *The Cowl* in Slavin LL04!



Self Defense Class Enters Seventh Semester

by Kathleen Sullivan '14
Senior News Writer

SAFETY AND SECURITY

The ladies at Providence College have an opportunity to learn how to better defend themselves in dangerous situations over the next few weeks. Sergeant David Marshall of the Office of Safety and Security is leading a Women's Self Defense class on Wednesday nights from 7-8 p.m. in the Concannon Conference room. The fee for the class is \$30 and is refundable if one attends over half of the eight classes. There are still about 10 open spots in the class.

The first week of the program began with a lecture by Marshall on the overarching topic of safety and why the class is important. The following weeks will consist of guest instructors giving lessons on different methods participants can utilize to protect themselves from attackers. The guest

instructors include a professional boxer, Jarrid Tillinghast, and a ju-jitsu instructor, Samantha Demers. Deputy Chief Paul Shanley of Brown University, the brother of Fr. Shanley, O.P., teaches the participants martial arts, and retired state trooper, Officer Delaney, teaches the students about date defense. Date defense includes methods that can be used in situations where the attacker is not a stranger, and what to do if put in an uncomfortable or dangerous situation while on a date.

Marshall explained that each instructor leads two classes, one of which is held at PC. The other is held at an off-campus location. These field trips include a visit to a boxing ring and a ju-jitsu studio. The focus of all the classes is to provide the students with techniques that will allow them to get away from an attacker.

"They are taught to strike and get away. They aren't going to be boxing for twelve rounds," Marshall affirmed.

Different techniques that the classes will touch upon include how to throw a punch "without breaking your wrist," how to use your weight against the attacker, what particular parts of the body to strike, different stances, gaining a sense of awareness, and personal space in relation to reaction time.

Some of the most important and essential lessons this class emphasizes is to be aware of your surroundings and to combat the "it won't ever happen to me" mentality because the danger is real. He explained that the lessons taught in this class are so important off campus too. Whether "at home, at the mall, downtown, or as an adult," it is important "to know how to get the person to stop and get away." Marshall explained that this class is about gaining a realistic confidence in the face of an attacker. It is understood that participants will not remember every move taught in the class, but as long as they know at least one technique that

they are comfortable with using, that is a success. "It's about having these avenues that they didn't have before." He added, "It's a good way to interact with security."

This is the seventh semester that the Women's Self Defense classes have been running since its creation as a student project, and between 350 and 400 female students have participated in the class. This is a small budget endeavor with invaluable benefits for the participants and, Marshall added, "promos for the instructors." This program has also caught the attention of other local schools, such as Roger Williams University, Brown University, Salve Regina University, and Bryant University. Marshall has been in contact with the Office of Safety and Security for those institutions in hopes of spreading awareness and giving young women the knowledge and techniques they need to protect themselves from harm.

Ask PC: Politics

"Who do you think won the Oct. 3 debate?"

"Romney. I think that he stood up for himself. Only in this country do you have to apologize for past success. I think we're due for some real change."
-Brendan Collins '13

"The President."
-Nicole Fillion '13

"I don't think there's any winning in a debate. There are certain areas where one had stronger arguments than the other."
-Anthony Rosenbauer '14

"I don't think anyone did. I think that there was a poor moderation job. He had no control."
-Nicole Sadoski '13

"I think Romney did."
-Kerry McCrossen '16
Kasey McCrossen '16

"No one. I think Jim Lehrer did a poor job as moderator and the debate suffered."
-Anthony Cherry '14

"President Obama, because he actually gave straight answers and Romney did not."
-Bomi Docanto '14

"I'm not well informed enough to state my opinion."
-Kate Ryan '14

COCAINE: Drug Being Spotted Around Campus

Continued from front page

College party scene, the Office of Safety and Security responded that they have noticed an increase in student usage of ecstasy and designer drugs. The Office of Safety and Security also cautioned students to be aware of their drinks being unknowingly compromised. There have been incidents in the past in which students have had substances slipped into their drinks. Part of the issue regarding the party scene is that students are aware of what is going on but are just apathetic to the situation.

The Core Alcohol and Drug Survey, founded by the US Department of Education, is intended to survey the drug and alcohol usage and attitudes of college students. The most recent survey of PC students was reported in 2011. According to the survey, 86.5% of students consumed alcohol in the past year, 79.9% of the students consumed alcohol in the past 30 days, 75.7% of underage students consumed alcohol in the past 30 days, and 60.7% of students reported binge drinking in the past two weeks. Although these statistics are not surprising, the drug usage statistics are lower than expected. 36.5% of students have used marijuana in the past year, and 18.3% of the students are current marijuana users. Only 7.1% of students admit to

having used an illegal drug other than marijuana in the last year, and an even less 3.6% of students admit to being current illegal drug users.

These numbers are relatively low in comparison with other institutions and in relation to the amount of student observant drug usage recently. The most frequently reported drugs used in the past 30 days were as follows: marijuana 18.3%, cocaine 1.7%, and amphetamines 1.0%. A whopping 84.1% of students indicated that they would prefer not to have drugs available at parties they attend.

When PC students were compared with a group of students from 118 other universities on drug usage, they were relatively below the mark. Providence College students scored a 1.7% usage of cocaine in the past 30 days compared to a 1.5% in students from other universities, a 1.0% of amphetamine drugs compared to a 3.0% in outside students, and a .9% of designer drug usage compared to a 1.1% in other students. When surveyed on drug usage over a lifetime, the College racked up a 4.0% usage for cocaine, while outside students had an 8.2%, a 3.8% compared to a universal 11.9% for amphetamines, and a 2.4% compared to a universal 7.4% for designer drugs.

Support your Friars!

Sunday, October 7 **Saturday, October 13**
Women's Soccer vs. USF **Men's Soccer vs. PITT**
1:00 p.m. - Glay Field 1:00 p.m. - Glay Field

Friday, October 12
Men's Ice Hockey vs. Sacred Heart
7:00 p.m. - Schneider Arena

LATE NIGHT MADNESS
9:30 p.m. - Alumni Hall



What is RefWorks?

Drop by the Library
Wednesdays in October
to find out.

10/10 & 10/17
3:00-5:30pm



WORLD

PCSpeaks: Students Discuss Study Abroad

by Becca Larrivee '13 and Lynnzie Marinaccio '13
World Staff

INTERNATIONAL STUDY

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• This week, from Oct. 1 to Oct. 5, Providence College celebrates International Education Week, in recognition of the many diverse opportunities that come with international study, both within this country and abroad. From Monday's Education Abroad Fair to Tuesday's International Meet and Greet, this week has been filled with ways in which students and faculty can enrich their knowledge of our global society.

• Study abroad is an increasingly popular educational path at Providence College, with 308 students last year participating in fall, spring, summer, and full-year programs in more than 25 different countries, making 41% increase from the previous year. This year, the school expects a 20% increase in the number of students who choose to study abroad. In honor of International Education Week, we embarked on the challenging task of sharing some of the experiences of the senior class's returned study abroad students in a one page article. While each returned student could easily fill a book with his or her stories and pictures, this compilation briefly reflects some of the highlights of a few of those students' trips.

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My study abroad experience in Geneva, Switzerland was more than I ever could have anticipated. I loved getting to know the city and becoming a part of its international community. Witnessing international diplomacy firsthand was amazing! Spending time in the UN and various NGOs opened my eyes to the kind of work I hope to do in the future.

—Jenn Bell



Studying abroad in Cape Town, South Africa was easily the best decision I've made at PC. Where else can you swim with sharks, pet cheetahs, and waddle around with penguins!?!?! I can't wait to go back.

—Grace Schierberl



Studying abroad is truly a one-of-a-kind experience. During my time abroad, I became fluent in another language, travelled throughout Europe, experienced new cultures and made friends from all over the world that I hope I'll have forever. My one regret is that I didn't study for a full year. I wish I could've had more time. My only advice is that NOT studying abroad is a mistake—if you have the opportunity, go! It will be the greatest four months of your life.

—Olivia Jelenik



People often laugh at the idea that travel can change you. They think you're coming off as pretentious or as if you're trying to sound cultured and intelligent. And before I went abroad that's exactly what I thought. And then I went on semester at sea, where I traveled through 14 different countries, exposed myself to a variety of our world's cultures and fell in love with the wonders that our planet has to offer. I came back home, and I realized that I had been changed in countless ways. My abroad experience allowed me to get a sense of the poverty in the world and how we all have a responsibility to combat it. It also illustrated to me the beauty and the adventure that can be found in faraway destinations. There is no doubt in my mind that my time abroad was the most important few months of my life and it has put me on a path that I want to walk on for the rest of my life.

—Nate Holterman



Studying in Ireland was, undoubtedly, the best time of my life. Exploring my cultural heritage, while also meeting extended family members, brought my experience full circle. I recommend studying abroad to everyone. The experiences you will have are irreplaceable.

—Pat Bonner



"Popcorn Lung," an Insidious Threat

by Ben Remilard '13
World Staff

DOMESTIC

If you have ever felt a debilitating weakness in your lungs after eating a bag of popcorn, then you may be suffering from a respiratory problem known as "popcorn lung," where scar tissue and inflammation block the airways in your lungs. Chances are, however, that you needed to eat about two bags of popcorn a day for a decade to develop this problem. That is exactly what Wayne Watson did.

Watson was recently awarded \$7.2 million for his exposure to diacetyl, the artificial flavoring used to give popcorn its buttery taste. Watson claims that on a good day he now only has "about 53% lung capacity." *ABC News* reports that the condition is commonly found in workers at popcorn manufacturing plants, with workers dying or needing lung transplants because of the high amounts of diacetyl they were exposed to. *ABC* reports that workers recently settled a lawsuit in their favor, proving the risks of the chemical.

Among the companies sued were Gilster-Mary Lee Corp., The Kroger Co., and Dillon Companies Inc. Watson claimed that companies never warned consumers that diacetyl was dangerous. *Yahoo.com* reports that the flavoring has also recently been linked to Alzheimer's. Pop Secret and Orville Redenbacher, two titans in the popcorn world, have announced changes to their formulas as a result of the case.

The Cowl stopped by McPhail's, Providence College's best source of

free popcorn, for some questions.

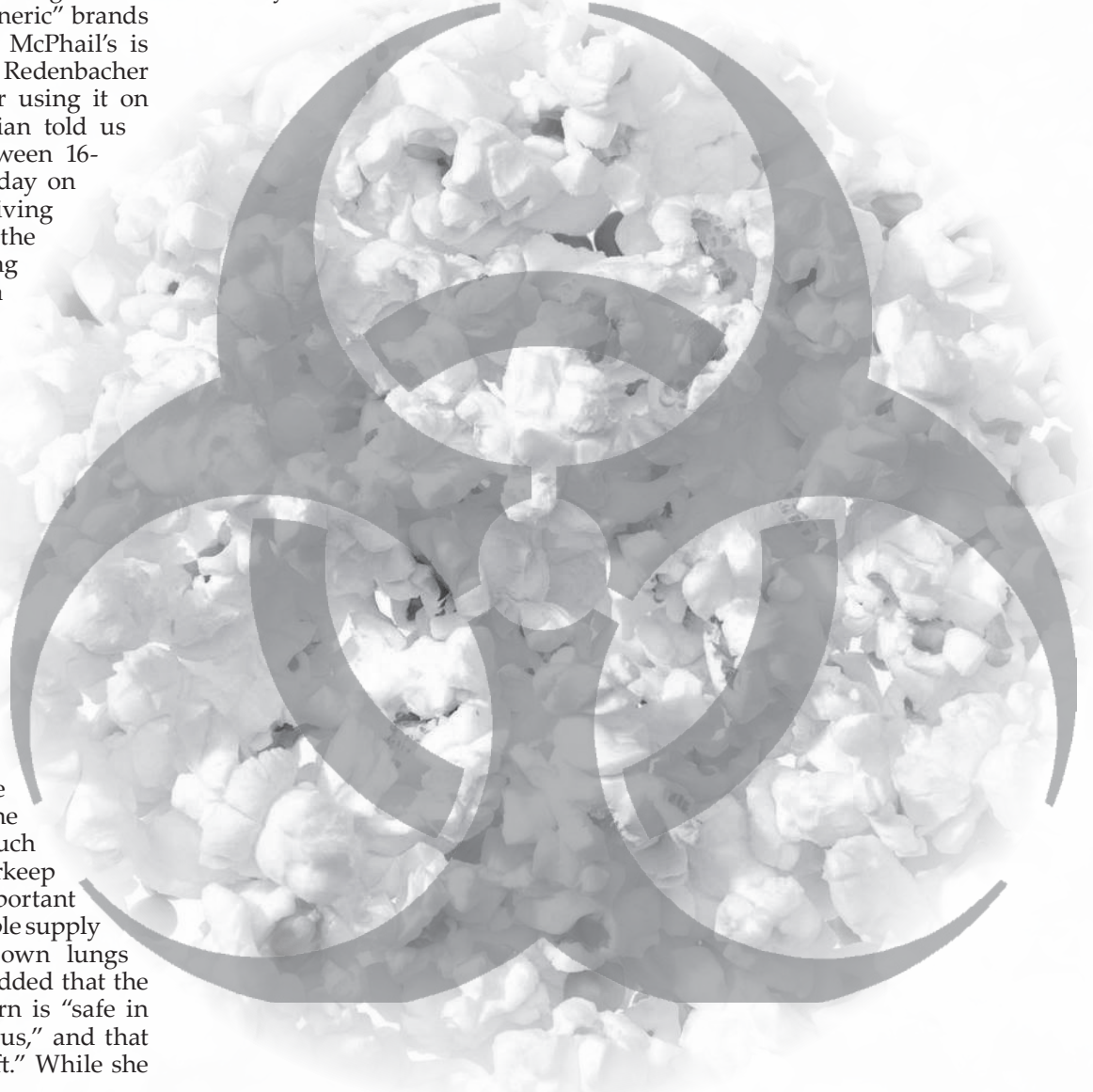
Emily Hanoian, a senior who works at McPhail's, informed us that the bar uses Orville Redenbacher, one of the brands that will be changing its formula due to the ruling. While they have used other "generic" brands of popcorn in the past, McPhail's is "sticking with" Orville Redenbacher for the time being, after using it on and off last year. Hanoian told us that the bar makes between 16-20 bags of popcorn per day on average, and has been giving out free popcorn since the bar opened in 2002, adding that free popcorn is "a McPhail's staple."

Having only worked at McPhail's for about a semester, Hanoian said that she has not yet felt any negative effects due to her proximity to too much popcorn. She told us that she does not know of anyone who complained about popcorn lung-like symptoms while either working at or attending a McPhail's sponsored event in the past. Although she was concerned over the newfound risks of too much popcorn, this selfless barkeep responded, "It's more important that students have an ample supply of popcorn" than her own lungs become damaged. She added that the results show that popcorn is "safe in moderation," "it's delicious," and that she has some "every shift." While she

does understand the danger she puts herself through at work, Hanoian will continue serving the PC student body all the popcorn they can eat.

With Orville Redenbacher stating that they will be

changing their formula within the next year, Hanoian stated that the new changes should make popcorn a safe and enjoyable experience for everyone once again.



Protests Erupt in India over Nuclear Plant

by Conor McGinley '15
World Staff

INDIA

The Kudankulam Atomic Power Project is nearly operational, but it is far from being received with open arms.

The massive nuclear plant, located in the southern Indian state of Tamil Nadu, will be able to produce two gigawatts of electric power, enough to power thousands of homes and businesses. However, it will also produce an immense amount of concern for the inhabitants of the surrounding area. With the horror that was the Fukushima nuclear disaster of Japan still fresh in their minds, the people of southern India fear the possibility of a safety failure, one that has the potential to affect nearly one million people.

Those opposed to the project refuse to sit idly by. Every day, thousands of people flock to the rocky shore of the Bay of Bengal, and stand steadfast in the murky water as Kudankulam looms in the distance. With hands clasped, protesters form what has come to be called a "water strike." Refusing to withdraw from the premises, they hold picket signs, look towards the sky, and say hopeful prayers. The majority of these protesters identify with a group known as The People's Movement Against Nuclear Energy. Founded in 2003, this collection of Indian citizens has dedicated years to stop the construction of Kudankulam and preserve the bay area that they call home.

Nuclear power has been a source of debate since its conception in the early

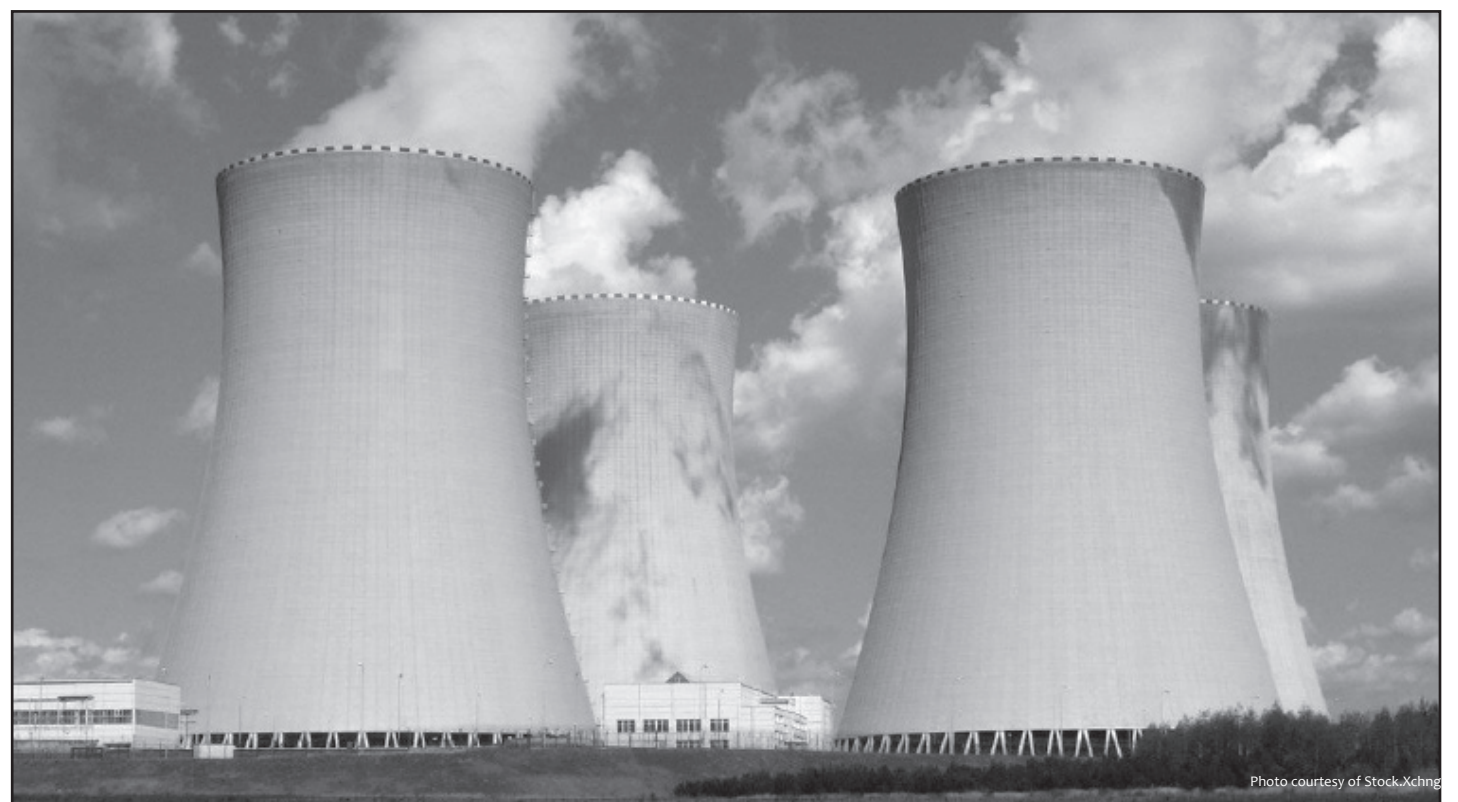


Photo courtesy of Stock.Xchng

1940s. Undoubtedly, it has had its fair share of mishaps. From Chernobyl to Three Mile Island, history has given us reason to respect the damage that this energy can create. Yet despite the fierce exploits of protesters, there is no preventing the project's completion. Recently, the National Disaster Management Authority declared that Kudankulam, along with the rest of nuclear plants in India, are completely safe. Although not enough to quell the fears of the local populace, this declaration from the NDMA brings a much-needed sense of security to the scientific community, and makes it certain that the plant will become fully

functional without a hitch.

This project will undoubtedly supply much-needed energy to southern India as well as decrease the likelihood of devastating power cuts in the area. However, for many, nuclear energy is not the only option. Many members of the People's Movement look to the success that wind power has had in Tamil Nadu to refute the need for the plant at Kudankulam. There are currently eight windmills that churn within the grounds of the plant itself. Producing 2,000 megawatts of energy, the windmills' tranquility offers a stark contrast to the turmoil created by the nuclear project. Wind

energy is an increasingly popular form of alternative energy and certainly comes with less baggage than an atomic alternative. Yet the consistency of nuclear energy is unparalleled, causing it to be an invaluable means of energy production.

The Kudankulam Nuclear Power Plant is set to open before the end of October. Despite the projects inevitability, the People's Movement Against Nuclear will not stop fighting for what they believe in. And in the days, weeks and hours that lead to this event, the protesters of Tamil Nadu will continue to brave the unsettled waters in hope of peace of mind.

BUSINESS IN THE WORLD

Blood in the Water:

Tech Corps Square Off in the Courtroom

by Iryna Bocharova '14
World Staff

BUSINESS

Tech giants Apple and Samsung have been playing legal battleship in 10 countries for almost a year and a half, trying to “sink” each other’s tablet and phone sales. Until this week, despite Samsung’s promise to appeal the verdict, Apple had more reasons to celebrate the trial results since it was awarded over \$1 billion in restitutions in the US on August 24, 2012. The jury stated that Samsung violated a number of Apple patents like “bounce back” scrolling and tapping to zoom. The deadlock on the tablet patent issues, however, was broken this Monday, October 1, with the US court decision to lift the temporary sales ban on Samsung Galaxy Tab 10.1. As *Reuters* suggests, Samsung may benefit from

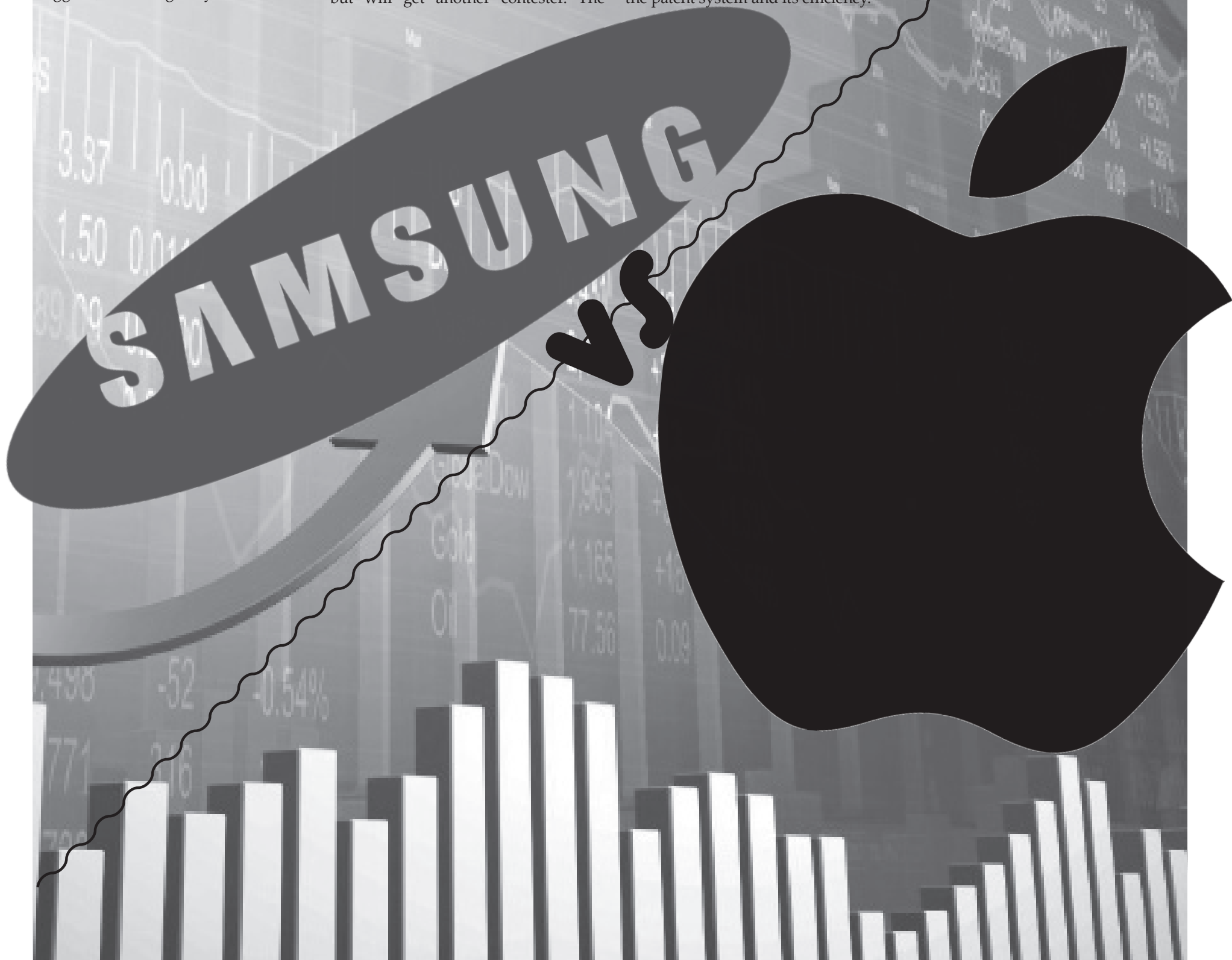
the ruling in the near future when the holiday shopping season begins.

Besides the South Korean tech giant, Apple also has legal feuds with Motorola Mobility Holdings Inc. and HTC Corp., which, like Samsung, make phones running Google’s Android system. Observers often comment on those trials as “Google cases” or “Android wars.” If Apple has such an urge to attack Google’s Android operating system, why is it not suing Google directly? According to legal experts’ opinions expressed in *The Wall Street Journal*, “It is easier to prove damages against a company that sells devices to consumers, as opposed to Google, which gives handset makers Android for free.” In addition, Apple has a chance to offset one possible defeat with multiple gains by suing a number of hardware makers.

In the future Apple may end up weakening Android OS positions, but will get another contender. The

current legal developments may put the Windows Phone 8, which will be released before the end of 2012, into the spotlight. Microsoft developed an original mobile OS for it and should be able to defend it with solid patents. If it chooses to offer its OS to smartphone companies, they may prefer it to the Android OS challenged in the lawsuits. Meanwhile, Apple may choose another target for its legal attacks—Amazon.com with its Kindle Fire device running Android OS.

As the Apple-Samsung case persists for months, Richard Posner, one of the judges involved in the Apple-Samsung hearings, comments, “Judges have difficulty understanding modern technology and jurors have even greater difficulty.” Unfortunately, the US Trademark and Patent Office may have the same problems. The long-term court cases fought by the smartphone companies raise serious questions about the patent system and its efficiency.





PC INSECURE: Wi-Fi Fails Students

by Jenn Giffels '14
Commentary Staff

CAMPUS

"PC-Secure stinks." I kid you not, my friend just grumbled those exact words as I went to begin this article. That often repeated comment is precisely why I decided to write this.

We waste so much time waiting for the Wi-Fi to restart, we spend more time doodling in our notebooks than doing homework. When a few tired students trudge their way to the lounge on a Sunday night to finish homework, the last thing they need is for the Internet connection to refuse to work.

I'll even give you the benefit of the doubt and assume you're not a procrastinator, in which case you're sitting in the library bright and early on a Saturday morning, all your Civ papers spread out and a vanilla latte in hand. You open your computer to look up just exactly what Hegel's theory on antithesis, thesis, and synthesis is again, and you're greeted by an exclamation point over the Internet signal. Don't tell me you're not frustrated.

Now what do you do while the Internet connection frolics in wonderland for a while and then follows the yellow brick road a little ways? I for one often turn to my phone; text and check pointless posts on Facebook for 10 minutes until the Internet decides to rejoin me.

Work on another assignment while I wait, you say? Well let's see. For Spanish I need the online dictionary, for Theology I need the online textbook, for Global Economy I need to stream the podcast and upload my post to Sakai, and...well, you get the idea.

Practically all of our assignments require at least some use of the Internet. Even plugging in an ethernet cable (which is available only in dorms) does not always work.

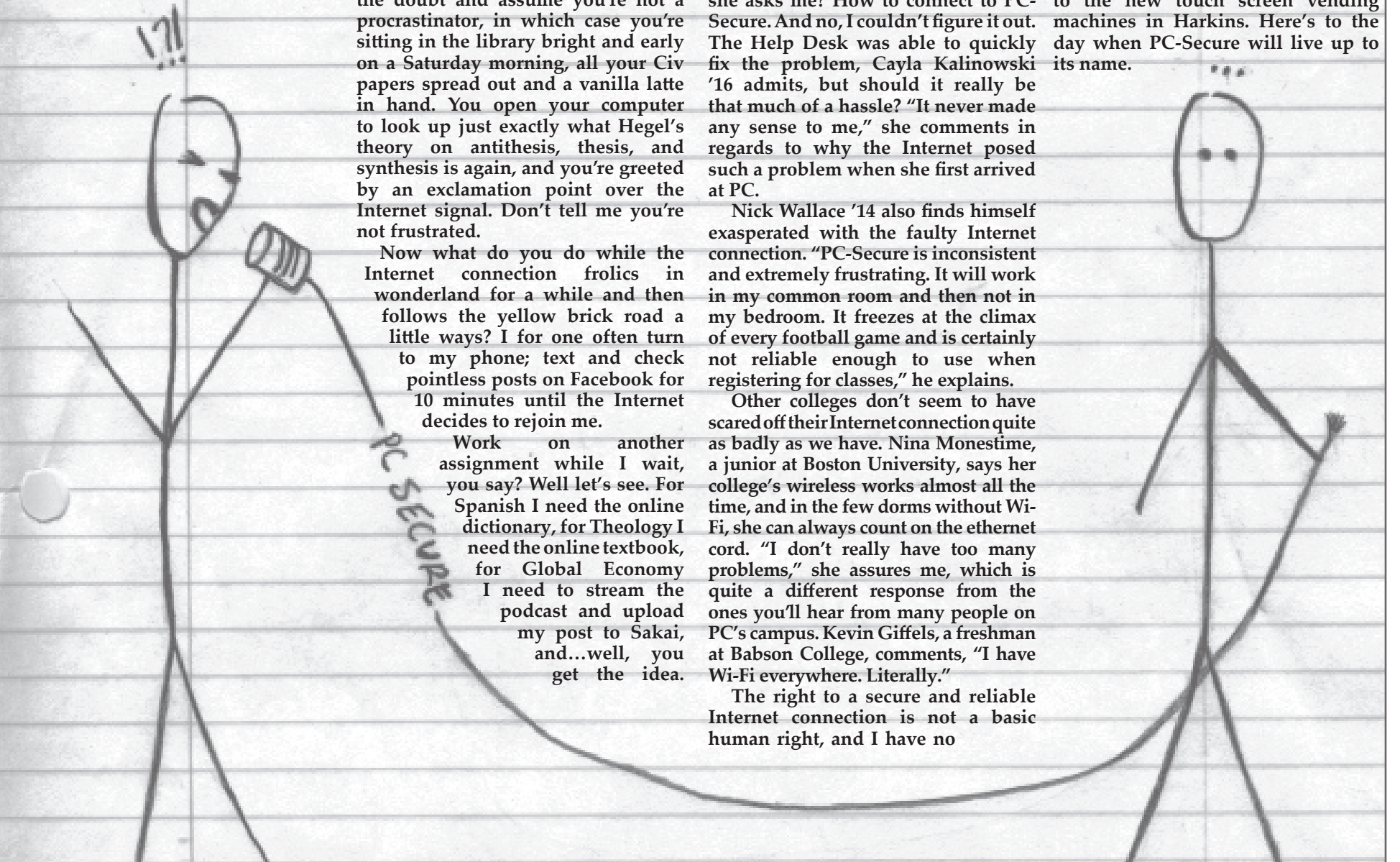
The first week of the semester I visited my freshman friend in her dorm, expecting to serve as an infinite source of upperclassmen wisdom for her and her friends. The first question she asks me? How to connect to PC-Secure. And no, I couldn't figure it out. The Help Desk was able to quickly fix the problem, Cayla Kalinowski '16 admits, but should it really be that much of a hassle? "It never made any sense to me," she comments in regards to why the Internet posed such a problem when she first arrived at PC.

Nick Wallace '14 also finds himself exasperated with the faulty Internet connection. "PC-Secure is inconsistent and extremely frustrating. It will work in my common room and then not in my bedroom. It freezes at the climax of every football game and is certainly not reliable enough to use when registering for classes," he explains.

Other colleges don't seem to have scared off their Internet connection quite as badly as we have. Nina Monestime, a junior at Boston University, says her college's wireless works almost all the time, and in the few dorms without Wi-Fi, she can always count on the ethernet cord. "I don't really have too many problems," she assures me, which is quite a different response from the ones you'll hear from many people on PC's campus. Kevin Giffels, a freshman at Babson College, comments, "I have Wi-Fi everywhere. Literally."

The right to a secure and reliable Internet connection is not a basic human right, and I have no

plans to petition the UN to include it in its Universal Declaration of Human Rights. As one of almost 4,000 undergraduate students at the College, I do think we are a large enough audience to ask for a little better. If it is a money issue, I will politely direct one's attention to the considerable chunk of change we all pay to attend this school and then to the new touch screen vending machines in Harkins. Here's to the day when PC-Secure will live up to its name.



Early Decision Betrays Mission of PC *The Program Privileges the Already Privileged*

by Michael Hagan '15

GUEST COMMENTARY

Two weeks ago, Providence College announced its new early decision admissions program for prospective students of the Class of 2017. In a short write-up by Liz Kay for PC News, the program is praised for giving to "students who truly want to attend Providence College...an opportunity to show that and commit early." Kay goes on to write enthusiastically about the competitive edge early decision applicants will have in the admissions process, "admission officials expect to accept a higher percentage of students who make the early decision commitment—up to 70 percent," and that "even using conservative estimates...early decision could yield...nearly 18 percent of the incoming class."

There exists, though, a darker story that PC News fails to report.

There is a shameful reality about this new admissions program that the President's Cabinet does not want you to know if, at best, overlooked, or, at worst, embraced. There are dangerous consequences that put the College at risk of stumbling in its climb to achieve regional, racial, and social diversity that the administration either is hiding from us, or fails to see. The new early decision program will grant a competitive advantage to wealthier applicants for whom enrollment at a first-choice institution is not contingent on total awarded financial aid.

The evidence of the College's guilt of preferential treatment for the wealthy is not written into PC News, nor is it written into any initiative of the school's strategic plan; instead, the writing is on the wall, or walls, if you will. The writing is specifically on the walls paid for by a robust capital improvements budget. It is cut into meticulously trimmed lawns around campus. The words are spoken when Fr. Shanley, O.P. once explained to people that he wants to be in the same sentence with Notre

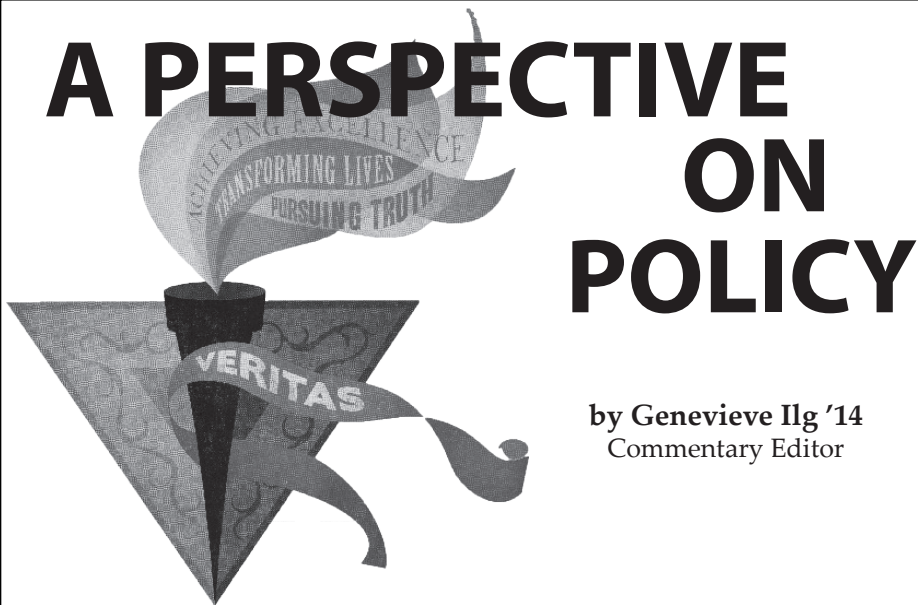
Dame, Georgetown, and Holy Cross when people talk about really good Catholic schools. Providence College is pushing to move up in the higher education world. Our school offers far too dynamic of an academic, spiritual, and social experience to just lie in the shadow of South Bend and Chestnut Hill.

The guilt is not in this admirable and ambitious goal; it is in the means by which we are trying to move towards it. By adopting a program to help ensure that nearly a fifth of incoming students are affluent enough to commit to a school before considering the dollars and cents, it takes away acceptance letters from applicants who do not have the luxury of assured tuition.

The case is often made for the merit of early decision that schools use it to avoid dipping too far into their waiting list when some early action and regular decision accepted students inevitably choose another school. Yes, having to accept larger quantities of students and then having to pull large numbers from a waiting list just to fill spots does make a college appear

less competitive, but early decision is by no means an ethical solution to this problem. Accepting binding applications merely manipulates statistics to shine a better light on the school. Is that faint light worth the dark ethical shadow with which it is inseparably tied?

The College will not become a nationally recognized flagship of Catholic higher education in the United States until it widens its geographical reach to harvest the best and brightest from not just New England, but around the country. Early decision will disproportionately represent Northeastern applicants most familiar with PC. The College must exemplify Catholic social ethics in all it does. Can alumni donate in entirely good conscience to an institution that gives preferential treatment based on wealth instead of merit? Early decision is unjust, manipulative, and unbecoming. It betrays the mission and strategic plan. As Friars, may we put an end to it by fall of 2013.



A PERSPECTIVE ON POLICY

by Genevieve Ilg '14
Commentary Editor

Kudos to Science Majors, Bio Department

Biology, chemistry, and biochemistry majors at Providence College have it the hardest. As freshmen, they are expected to juggle Civ, calculus, and two science courses. They have approximately nine additional hours of class time a week for labs, which are taught in conjunction with the courses' lectures. For the Class of 2016, biology, chemistry, and biochemistry majors have a 15-credit course load, which is equivalent to the course load of an upperclassman taking five three-credit courses (the standard). For the rest of the article, I will refer to the biology department, since my experience has been with that department, but note that students earning biology majors aren't alone. While sitting among these students in Fr. Nic's Introduction to Biology course for majors, BIO 103, I realized how admirable it is for a freshman to kick off his PC experience with the biology department—one of the strongest and most saturated departments at PC.

A few freshmen have approached me before and after lecture inquiring as to how they could thrive at PC. To have an upperclassman sitting near you could be intimidating; I am, by virtue of being in my third year, a more seasoned and organized student. And after I answered their questions, I simply explained my predicament. I took honors bio in my freshman year of high school, and it has been five years since I discussed amino acids, five-carbon sugars, and kinetics. Unlike me, there are students fresh out of high school that jumped right into research and are well ahead of the curve.

For the second year now, nearly 20 freshmen were invited to take the Phage Hunters course, a new, alternative biology lab to collect, isolate, and annotate the DNA of phage—viruses that feed off bacteria and hold promise for the treatment of antibiotic-resistant diseases. PC was able to offer Phage Hunters because of its membership in the Science Education Alliance (SEA), created four years ago by the Howard Hughes Medical Institute (HHMI) to enable undergraduate educators to present innovative courses and programs. Phage Hunters, also known as the National Genomics Research Initiative, is the SEA's first such program, and 40 colleges and universities nationwide have taken part. The laboratory course is taught by Rev. Nicanor Austriaco, O.P., associate professor of biology, and Dr. Kathleen A. Cornely, professor of chemistry and biochemistry, who provide the freshmen with the opportunity to undertake hands-on research in a

laboratory—an experience usually restricted to upperclassmen and graduate students.

PC has the reputation for placing students in post-graduate programs at the country's finest institutions (Brown Medical seems to be a popular placement as two sophomores gained early admission to the medical school last semester), while also providing students with undergraduate research opportunities that take them to international conferences. This is due in part to the College's institutional affiliations and strength of its faculty. (For example, Dr. Pellock, O.P., and Fr. Nic, who are both teaching freshman biology, earned their Ph.D.s from MIT. Dr. Perdue, a new adjunct instructor teaching a third section of BIO 103, got her doctorate from Cornell.)

The rigor of our program speaks to that. For example, an average accelerated bachelor's of nursing degree program requires Anatomy and Physiology 1 and 2 and Microbiology. At most universities, Anatomy and Physiology is taught at the 100 level without a General Biology prerequisite, and Microbiology usually requires one semester of General Biology. At PC, Microbiology and Anatomy and Physiology are all upper level courses—courses in extremely high demand.

After having casual conversations with both students and faculty in the biology department, it is clear that PC is having a difficult time staffing the curricular demands of the students within the department. For example, my lab is a double lab, and we have to share our materials while conducting our experiments. Others tell me it's nearly impossible to get registered for particular upper-level electives that are essential for certain postgraduate programs in the allied health and medical professions. It is evident that the biology department is growing at a rapid rate, and with the team we have here, I have no doubt that adjustments will be made to accommodate its dedicated students.

The Department of Health Policy and Management (HPM) will always be my first love, but I have gained an incredible amount of respect for the freshman biology majors over the past few weeks. Between lab, assignment deadlines, Phage Hunters for some, and with research opportunities and honor society inductions abound, I'm still amazed as to how they do it, and how my friends in the program have survived.

From Big Screen to Small Campus: *Mean Girls Exist at PC*

by Kaylee Miller '13
Commentary Staff

CAMPUS

Please forgive me while I state the obvious: girls are mean. Whether it involves a boy, a friend group, or a club, girls can get very nasty towards one another. And why? When you think about it, we are all thrown together on this campus with a common goal in mind: to get a great education, make great memories, and prepare ourselves for the real world. Yet, we concern ourselves far too much with the little things in life, ultimately breaking up ourselves and one another.

If any girl has gotten through a semester, let alone a month without dealing with some drama, I commend you because that feat seems almost impossible to me. Whether it be clothes, roommates, or plans for the weekend, there is always something that we are nitpicking at one another with. As I am preparing for graduation in the spring, I'm realizing I am sick of all of the constant drama. We don't deserve to do this to ourselves, and we don't deserve to do it to each other.

One example in particular comes from my own personal experience. If two girls in a group of friends get in an argument, it is likely that the rest of the group will feel obliged to side with one person or the other. Perhaps that is human nature, perhaps we are channeling our inner Darwinian

elves to find that there is power in numbers and it is survival of the fittest. But that is not the way that we should let our emotions play out. When two people come into conflict, the group should be willing to help rather than preparing to add more fuel to the fire.

This is not just a cue I am taking from *Mean Girls*. As hysterical and edifying as that movie is, this is something that I have come to find over my three years at PC. I have loved the people that I have met and gotten to spend my time with, but there is also a good number of people that I have lost touch with and feel very disappointed about. I can't say that I hold a grudge against anyone, but I wish that many of these dramatic, negative, and pointless conflicts had never occurred. There have been far too many tears and feelings of abandonment over the years than I ever would have wished to experience. But maybe this is the point of college after all: finding out who you are and who you want to spend your time with. I encourage everyone to gain a true sense of self and work towards meeting and spending time with the people who mean the most to you. There are so many people who I wish I could have met sooner in my college experience, and I am finding now that I might have been too afraid or too self-conscious to get involved with the clubs that pushed me towards meeting them. Get to know your likes and dislikes, do not be manipulative or vindictive toward others, and always remain true to yourself.

TANGENTS & TIRADES

Keep the Faith

Have you ever tried to recall memories from before your birth? Or wondered the possible life forms your spirit may have possessed prior to your current life? Some people claim that they remember their past lives as different people throughout history. While humans are unable to recollect memories derived from life before birth, this leads me to believe that life after death will attribute to the reincarnation among transcending spirits from one physical body into another physical form of life. Furthermore, I believe that our spirits do not grant individuals the ability to associate the different life forms we acquire. While our physical bodies are not able to last infinitely, I do proudly have faith that our spirits remain fervent and strong.

—Christina Moazed '15

Today Is Perfect to Affirm

This weekend, I received the greatest, kindest gift I have ever been blessed with. For my 21st birthday, my roommates and friends compiled a scrapbook filled with affirmations. From my direct roommate to friends I haven't spoken with since freshman year, I was warmed and overjoyed with each kind compliment. It made me realize the importance of the spiritual rejuvenation that comes with telling others how much they are appreciated and loved. It doesn't need to happen around a special occasion. In fact, embrace today as the perfect opportunity to affirm, well, anyone. Who knows? Maybe your kind words will come back around to find you later.

—Emily Corr '13

Please Recycle

Seeing a plastic bottle or a piece of paper in the trash bothers me. They are the most obvious items to be recycled. I'm not extreme when it comes to going green, and I often do this too, but where we can help, I think we should. It's probably just a matter of us being too lazy to take the hike to the trash room. Remember the recycling procedures have changed in Rhode Island. We now use a "single bin system." We are able to recycle both plastic and paper in any bin, regardless of the "paper only" or "plastic only" labels. Do your best to recycle, please. Mother Nature thanks you.

—Kelly Sullivan '15

To Achieve Human Potential Speak Up in Class

by Beatriz Forster '14
Commentary Staff

CAMPUS

When Virgil and Dante reach the gates of the Inferno in *The Divine Comedy*, they pause to behold the somber words: "Abandon hope all ye who enter here." There are people wailing and shouting. They're causing total cacophony because of the pain elicited by rejection of the Truth and thus of God. Directly between Heaven and Hell is Limbo, which is an extremely undesirable destination because it's neither the site of the Beatific Vision nor the total repudiation of God's love. Instead, it's a twisted, ambivalent antechamber. Virgil explains to his pupil that Limbo is reserved for those who were indifferent during their earthly lives. The very essence of this new state of existence is perpetual envy of those who are stably in Paradise or Hell.

Whether you're right about a position you take or not, it's preferable to have an opinion and to defend it. Specifically, something that especially irks me is when people don't participate in class. I don't know if you're going to Hell or not, but the point is that having and living by certain values matters. It makes a huge difference if you ask and answer questions during class because of what an education connotes. The prominent twentieth century philosopher Josef Pieper distinguished between an education and mere training. He explained that an education nurtures the whole man, body and soul, while training only addresses man's corporal, mechanical capabilities.

So why does it matter if you open your mouth in class or not? Certainly, you're still receiving the education for which you're paying so much? Maybe not. You see, life is so much more than "just showing up." We're not just inert beings who absorb material lectures

in class so that we can regurgitate the information on tests and in papers. We could be, and there's no doubt that it's much easier to just show up, sit down, listen, take notes, and leave day in and day out. The problem is so much greater than just losing participation points—we're losing life points because we're diminishing ourselves as human beings by assenting to the proposition that we're shiftless animals unable to produce a creative thought.

Some classes lend themselves better to participation and discussion than others. I can't imagine a math class being very controversial, but the learning of skills still matters—it must, or else what are you doing sitting around listening? Perhaps you need the math class for a future career you plan on pursuing, so it matters that you approach the class like a thinking human being who asks questions, makes comments, and realizes that once you cultivate indifference, it's a tenacious weed to eliminate.

The reason why liberal arts colleges exist, or at least the justification behind their founding during the Middle Ages, was to educate a human being who possesses both body and soul. The rationale was that after you had completed grammar, rhetoric, logic, mathematics, geometry, music, and astronomy, you were ready to ask and answer the big questions in life. You were ready to respond to what we're doing here, where we're going, and how we'll get there. In other words, you were finally prepared to study philosophy and theology. The very essence of the medieval universities was question-asking by students, who would have a back and forth with their masters. We don't necessarily always have to do the same nor should we each hope to achieve St. Thomas' stupendous accomplishment of producing the *Summa Theologica*, which contains scores of questions and answers. What is certain is that we shouldn't have a "whatever" attitude because the stakes are simply too high.



by Fr. James Cuddy, O.P.
Campus Chaplain

Why Don't We Do the Right Thing?

One day last week, I woke up, sprang from my bed like it was on fire, and greeted the morning sun with uncommon enthusiasm. The day I had been waiting for had finally arrived: the steel beams were being fitted into the new Ruane Center.

You might think that's strange, but anyone who doesn't admit that they like to watch thousands of pounds of steel being carefully placed with pinpoint precision is just lying. It's awesome. In no time at all, the construction site gets transformed. The beams frame the whole structure and the casual observer gets his first glimpse of what the final product will look like.

So that morning I jumped out of bed, grabbed a quick breakfast, and—channeling my inner Bob the Builder—made my way over to the work site. The experience was everything that I expected, but something curious caught my eye. There, hanging on the fence, was a warning sign that read: Danger! Do Not Look Directly at Weld! And next to these words of admonition was a drawing of something that looked like a supernova, suggesting to bystanders that a misguided glance towards the construction area might be fatal.

After taking a moment to consider whether "weld" was a real word, I wondered about the warning. I probably wouldn't have stared at the unnaturally bright light if the sign wasn't there, but the ominous injunction

seemed, to me, to be a dare. Knowing that it probably wasn't in my best interest, I stared hypnotically into the flying sparks that emerged as the beams were being inseparably joined.

Walking away later, with retinas intact and satisfied by the show, I began to think about my cavalier disregard for the sign. It occurred to me that we do that kind of stuff all of the time. Life is filled with proper warnings, and we know which things we ought to do and which things we ought to avoid. And yet we ignore the signs. We avoid those things that are good for us. (I have a pair of twice-worn running shoes to attest to that.) And then we do those things that are bad for us. (Witness the priest looking directly at the welding.) And the worst part is that we know better! But knowledge often fails to translate into action. Even when we try and try again, we often continue to fall. And if that's all there was to it, how depressing life would be.

But thanks be to God, he does not leave us alone in our lowliness. St. Thomas Aquinas reminds us that Christ is our best and wisest friend, and this friend sees us in our struggles. This friend knows us better than we know ourselves and offers us his grace. And that grace is enough to save us and help us to do what we could never do on our own. And that's enough to make us spring out of bed each day with confidence and joy, whether new steel is being installed or not.

The Debate Continues: Sex and College Life

by Stelliana Chalkiadakis '13

GUEST COMMENTARY

By starting with the phrase "sex is awesome," Emily Corr again cons her readers into assuming that she understands their side of the issue and even stands with them. Unfortunately, she goes on to nullify the idea that sex is so great later with some narrow understandings of this intimate relationship between two people.

Corr assumes that nobody is having meaningful sex outside of marriage ("because it is so great, it should mean something"). It seems that as an outsider to the world of intimacy, Corr is relegating it all to the realm of "one-night stand" or "hook-up." Instead of claiming, "Marriage is the right place for [sex]," we should be fostering the communication and comfort level necessary for safe sex, good sex, and consensual sex. This isn't to mention the fact that not all Americans are allowed to marry, which means that Corr has restricted them from the sacrosanctity of sex for

a lifetime. Homosexuals have the same right to fulfilling sex that heterosexuals do, and to say otherwise is to condemn over four million Americans to a life barred from a certain level of deep and fulfilling intimacy with their partners.

Corr then mentions some of the risks of the birth control pill, assuming that those stats will cancel out my stats about the necessity of comprehensive sexual education and the important part that sex plays in many relationships. Unfortunately the Pill, like all medications, may have some side effects and risks. For comparison, some of the side effects of ibuprofen as listed on WebMd are throwing up, depression, problems with eyesight, hearing problems, heart attack, abnormal heart rhythm, chronic heart failure, stroke, stomach ulcer, kidney failure, etc. These side effects do not keep many of us from using ibuprofen because its benefits, like the Pill's, outweigh the risks.

Instead of vilifying the Pill, we need to understand the many reasons why someone (both married and unmarried) may use it, beyond their basic peace of mind on the subject of pregnancy. Its applications are wider than simply

birth control (though a woman or couple's desire to use the Pill as a family planning device both within and outside of marriage should be respected). Much acne is the result of unstable hormones—a problem solved by birth control. Birth control protects against dysmenorrhea (painful premenstrual symptoms so serious that they interrupt daily activity), bone thinning, ectopic pregnancy, cysts in the breasts and ovaries, irregular periods, and ovarian cancers, as noted by WebMd.

Corr's information on contraceptives is irrelevant, though, if her argument is that sex should occur only within the confines of marriage. The Guttmacher Institute notes that contraceptive use is higher among currently married women than among never-married women (93% vs. 82%), a number not addressed by Corr's article. Birth control will be an important part of many women's lives, and it is their right to have all the information.

Corr's signorance of these applications and benefits points to the problem that I mentioned two weeks ago: we need comprehensive sexual education. The Guttmacher Institute has found that 95% of Americans will have sex before marriage. It seems clear that our focus

should not be on abstinence but on safety and the fostering of healthy relationships (from which everyone can have the committed, love-filled, respectful sex that Corr mentions only married couples can have). Just because a couple is having sex within a marriage does not mean that they are having fulfilling sex. Information on the female orgasm and anatomy, how to have safer sex, the value of learning how to say "no," and positive body image are some precursors to a happy and healthy sex life.

Interestingly enough, Corr completes her article with an ironic admonition: "Don't judge others, because you never know what storm they've been forced to walk through." I would urge her to do the same. The assumption that abstinence is the best choice for everybody hints at deep judgment, simply displayed in her very next sentence: "People who chose to be sexually active are not immoral in any way, but that doesn't mean that I am going to let them tread in those dangerous waters while I fully know there is another incredible option just waiting for them [emphasis my own]."



PROVING PHOTOGRAPHY

Which PC professor would make the best US president?



"Dr. Hyde—he's the man!"
Meryl Ertelt '13



"Dr. Hyde—it is better to be feared than loved."
Hannah Howroyd '13



"Dr. Devine—he understands the American people."
Josh Cuddy '13



"Dr. Cammarano—because he's my capstone professor (brownie points?)"
Gabriella Carbone '13



"Dr. Reid—with age comes experience."
Raymond Oliverio '15



"Dr. Goodrich—because he's the president of Faculty Senate (extra credit?)"
Vincent Golemme '13



"Dr. Grzebien—he knows his stuff and is always smiling."
Matt Iorio '16 and Ryan Casey '16



PHOTOGRAPHY

The Cowl 14

October 4, 2012

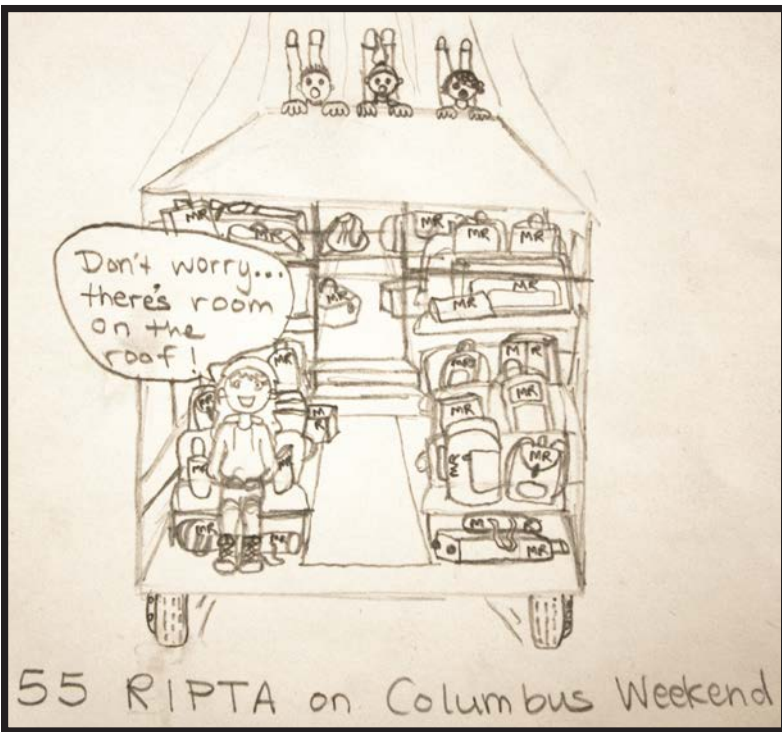
Compiled by Saadia Ahmad '14, Photo Editor



ABOVE: SAADIA AHMAD '14/ THE COWL
The newly elected officers and student representatives for the Class of 2016 will be sworn into Student Congress this upcoming week.



ABOVE: SAADIA AHMAD '14/ THE COWL
For the first presidential debate, the College Democrats, College Republicans, and BOP sponsored a "Road to the Future USA" event in McPhail's on Wednesday night, showing a screening of *The Ides of March* before tuning into the first of three debates for the presidential election. There was also an absentee ballot and voter registration drive.



by Julia Christ '13



ABOVE: JESSICA HO '14/ THE COWL
This past Tuesday, October 2, the International Student Organization held its International Meet and Greet Dessert Night as part of International Education Week, providing the campus community with the opportunity to enjoy cultural treats and play trivia games.



ABOVE: BECCA BROPHY '13/ THE COWL
The Career Education Center held its annual Major/Minor Fair this past Wednesday, October 3, with representatives among students and faculty providing information for each of the College's academic departments.



ABOVE: SAADIA AHMAD '14/ THE COWL
The College held a Legacy Admission Information Day this past Saturday, September 29, inviting the children and relatives of alumni to learn more about PC and the general college application process.



ABOVE: SAADIA AHMAD '14/ THE COWL
The College was introduced to Silent Disco this past Saturday night, in which headphones were provided for listeners to choose one of two DJs to tune into. The event was sponsored by BOP, BMSA, PC After Hours, Residence Life, and WDOM.



once upon a time.....

by Mary McGreal '15
A&E Staff

MUSIC

Once Upon a Time, there was this show...

It has been almost a year since ABC's *Once Upon a Time* first aired. This past Sunday marked the beginning of the show's second season, watched by approximately 11 million viewers. Last October, however, no one seemed to expect that the show would gain the following that it did. Penned by the writers of *Lost*, television critics and watchers expected it to flop—how could anything live up to *Lost*? I watched the show's first episode with a similar mindset. After faithfully watching every single part of *Lost*'s six seasons, I hoped that *Once Upon a Time* would be a fifth as good as its predecessor.

Well, the show huffed and puffed and blew my expectations away. I may be a college student, but I am a kid at heart. The show appealed to the part of me that missed sitting down to watch *The Wonderful World of Disney* with my family every Sunday night. For those of you unfamiliar with *Once Upon a Time*, here is a quick plot summary to bring you up to date.

The series is set primarily in a small town called Storybrooke. The residents of the town are far from ordinary. They are fairytale characters, forced

from their world and cursed to live on Earth in stasis and amnesia for 28 years. That is, until, a woman named Emma Swan shows up, lured by the son she gave up for adoption years before. Her son, Henry, tries to convince the skeptical Emma that the curse is real—and that she is the only person who can break it. As the first season progresses, it is revealed that Emma is the daughter of Snow White, and that Henry's adoptive mother Regina is actually the evil queen who laid the curse on the town.

It may sound slightly unbelievable on paper, but the premise certainly works on screen. The show utilizes the "flashback" method made popular by *Lost*, paralleling the Earthly lives of the characters with relevant events from their lives in the fairytale world. The writers twist the source stories just enough to make them new and interesting, but they leave plenty of nostalgic tidbits and references to both classic Disney films and *Lost*.

I will try not to drop too many spoilers for those of you who have yet to watch it, but season one ended with a bang. Suffice it to say, magic was released into the "real world." The premiere episode of the second season on Sunday was a pretty solid follow-up to that finale. We got to see tearful, joyful reunions between some of our favorite characters, as well as some not-so-friendly actions towards the "evil queen" Regina. We were also

introduced to some new (yet familiar) characters, such as Sleeping Beauty, Prince Phillip, and Mulan. Swirling rumors suggest that more new faces will show up, including Captain Hook, Aladdin, and Sir Lancelot.

If you have not already scoured the Internet for *Once Upon a Time* episodes before finishing this article, I strongly suggest that you do. It is a must-watch for both Disney and *Lost* fans. It blends strong female characters with lots of action to appeal to everyone. And, most importantly, it is a lot of fun.

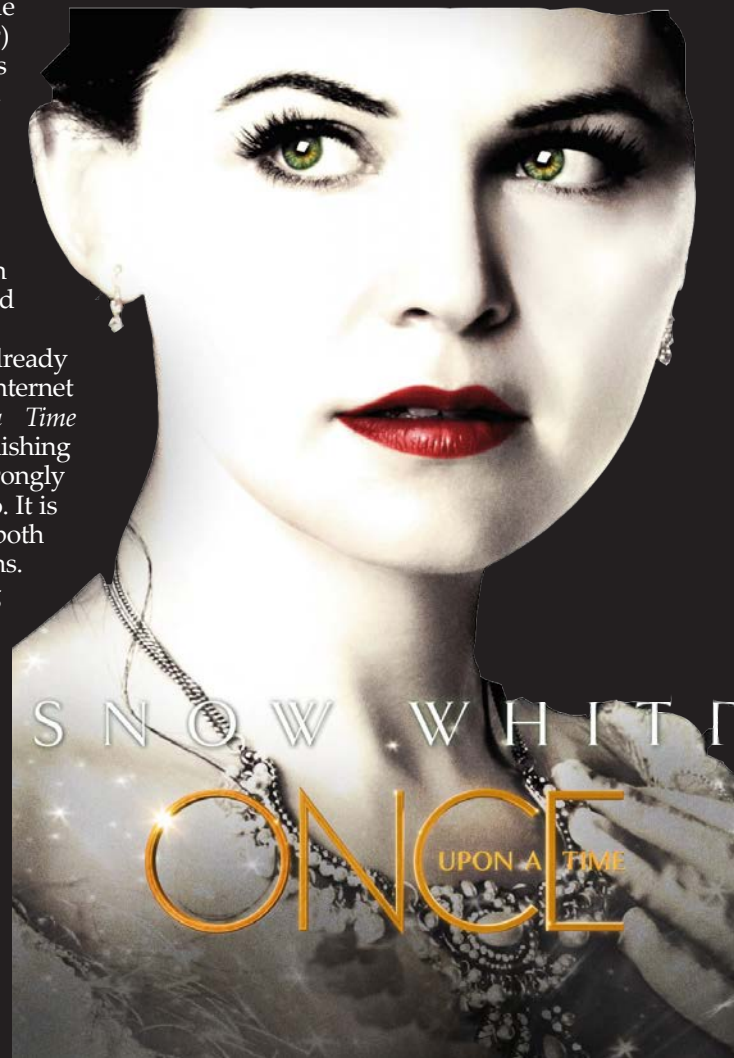


PHOTO COURTESY OF <http://www.impawards.com>

MUMFORD & SONS: BABEL

by Mary McGreal '15
A&E Staff

MUSIC

Last week, almost three years after the release of their first album, *Sigh No More*, Mumford & Sons released their sophomore album, *Babel*. The English folk rock band toured this past summer, stopping in Providence in early August. In anticipation of the release of their album, new music was showcased on the tour. Mumford seems to have decided not to stray far from its roots as a folk group, which is understandable, given their great commercial success since the release of their first album. *Babel* obviously had a lot to live up to, and, in my opinion, it did quite a good job of it. I have never played an instrument and could not carry a tune, but that being said, I think I have the band's musical formula down. With some exception, most of their songs start out slow, and sometimes soft, and rise into a grand, toe tapping, hand clapping crescendo. Not that there is anything wrong with having a formula, because if it is not broken, why try to fix it? *Babel* delivers 12 solid songs in the same vein as *Sigh No More*. My favorite song off the new album is "I Will Wait." It has high energy and optimism, working its way into an enthusiastic refrain: "And I will wait, I will wait for you." Other songs that caught my

attention were the sentimental "Babel" and "Lover of the Light," which advises the listener to "love the one you hold."

Unfortunately, one of my favorite Mumford songs does not make an appearance on *Babel*. Called "Home," it can be found with a quick YouTube search. It strays from the abovementioned "formula," offering up gentle lyrics and calm instrumentals. Although there is no "Home," on the album, there is "Holland Road." The

connection between the two is that a certain Holland Road is mentioned in a cameo of sorts at the beginning of "Home." The band more than made up for its omission of "Home" with the inclusion of "Holland Road." For those hungry for a bit more Mumford, the deluxe edition of the album includes the bonus tracks, "For Those Below," "The Boxer," Mumford's take on the Simon & Garfunkel song, and "Where Are You Now?" As my friend said, *Babel* is one of those albums you might have to listen to a few times in order to fully appreciate it. I have to say I agree. The

subtle nuances of each song might not be clear on first listen, but with time, *Babel* is bound to become standby favorite of many.

Don't Miss:

- "Babel"
- "Lover of the Light"
- "I Will Wait"
- "Not With Haste"
- "Holland Road"



PHOTOS COURTESY OF <http://static.nme.com>



Street Spotlight

by Haley Webster '14
A&E Staff

FEATURE

Just a quick walk up from Kennedy Plaza, Westminster is one of the hidden gems of the DOWNCITY area. The road is flanked with old brick walkways and curtained by stringed lights that make the street glow each and every evening. The combination of small boutiques, historical buildings, and looming financial buildings make this pocket of downtown a wanderer's paradise. Its location near Thayer Street, Kennedy Plaza, and the State House also make this spot key for people-watching.

Small Point Café

This little eatery is tucked among the mix of high-rise corporate buildings and quaint boutiques that encase Westminster Street. The cozy ambiance makes this coffee shop the perfect place to duck in for your favorite caffeinated beverage or a baked good that will most likely be as big as your head. If you are not into gorging like me, then you will still find Small Point the perfect place to fly through some reading, hammer out a paper, or just watch the characters that wander up this beautiful street. The tempting aroma of the fresh baked goods and roasted coffee will force you into settling down in one of the window seats. The prices are college-student affordable and are extremely reasonable for the high quality (and fair trade) coffee that they are constantly brewing. If

you go mid-day, be prepared to wait in a 10-15 minute line, but do not fear, as the twisting line is well worth the wait. Try the pumpkin latte and you will not be disappointed.

Clover

Clover features a unique blend of casual and sophisticated menswear and womenswear that breaks the mold. You will not see these brands or quality at Providence Place. While some of their items are what some would call "an investment" (\$50+ for a top), their jewelry and accessory selection makes Clover the perfect gift-buying destination. The store is spacious and stark white, providing a relaxing and refreshing shopping environment. If you can get past the prices, then Clover is the go-to for adding pieces to your fall wardrobe.

Symposium Books

Ever notice how there is not a big-name bookstore in dear old Prov? That is because Barnes and Noble just cannot compete with places like Symposium that offer a different type of experience for bibliophiles. You will not walk in and get flanked by a cardboard display of *The Hunger Games*, but you will find books on topics like the Kennedy Conspiracy and the best bike paths in Spain. Sort through the compact mixed stacks of reasonably priced treasures, and you will surely leave with a few eye-openers to break up the monotony of your required course readings.

Let's Rant

by Sarah Dombroski '13
A&E Editor

This Week: Politicians Turned Personalities



Let me preface this with the fact that I love SNL, and I love Tina Fey more. Tina Fey as Sarah Palin was pure, comic genius: a script that wrote itself, if you will. However, what I find less-than-kosher are pictures of the President of the United States emerging from the ocean in his swim trunks all over *People Magazine*. This is no fault of the President, but the crossover from pop culture phenom to presidential candidate is getting too blurred. I am not speaking about politics, but about the political circus. Candidates turned celebrities are launched into this tide pool of cynicism and criticism based on concerns about everything but politics. I don't understand it. Yes, the future leader of our country should be judged, but should there be a picture montage of a family vacation splayed across every newsstand and blog? A waste of ink if I do say so myself.

Not only have politics, albeit unwillingly, co-mingled with the rich and famous, but celebrities have come knocking on the White House door. From reality-show starlets to Hollywood heavy-hitters, everyone seems to realize the lucrative aspect of hitching their train to a star, but how appropriate are celebrity endorsements in a presidential race? Is it even appropriate to know who Chuck Norris is planning on marking off on his ballot? Granted, the support of a celebrity could mean big money for a presidential campaign, but does it cheapen the reputation of the candidate? Some celebrities, like Kid Rock, were of a similar mindset until recently.

During the last presidential race, Rock stated that celebrities should keep their political opinions to themselves. In an interview with *CMT Insider*, Kid Rock remarked, "I truly believe that people like myself, who are in a position of entertainers in the limelight, should keep their mouth shut on politics, because at the end of the day, I'm good at writing songs and singing. What I'm not educated in is the field of political science. And so for me to be sharing my views and influencing people of who I think they should be voting for...I think would be very irresponsible on my part." Rock is now singing a different tune. Recently, Kid Rock rocked out to "Born Free," Romney's official campaign song, at the presidential candidate's final Michigan rally before the state voted on Feb. 28.

Frankly, I feel that John Mellancamp's worst moment in his career was when he got political, the same can be said of Bob Dylan, Paul Simon, and the Dixie Chicks (lol.) The bottom line is, stick to what you know. Politicians who gravitate too near to the spotlight are bound to get burned, and the same can be said of celebrities who try to hop on the campaign trail bandwagon. Be careful, because you may end up having to write George W. Bush a formal apology letter and never have a good single again (lol).

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by Sarah O'Brien '15
Assistant A&E Editor

CLUB

With Late Night Madness fast approaching, students are eagerly anticipating dance groups that will be performing. Of course, there is the annual BMSA versus BOP dance-off, as well as numbers from Dance Club and Dance Team, but this year there will be a new group taking the court. Meet the Motherland Dance Group, made up of about 30 members who celebrate the African culture through dance.

Though not yet an officially recognized club of Providence College, the Motherland dancers have been meeting regularly to fulfill their goals for this year and to spread the word about their mission. They cite this undertaking to be "to build a community on campus that appreciates African culture, through social activities that engage students in issues of Africa and the African Diaspora." Co-creators Jermoh Vainga Kamara '15 and Precious Ansaah '15 expressed a feeling of nostalgia for the inclusion of cultural celebration throughout their high school years, and decided that they had to take advantage of a chance to establish this at PC.

"When I was in high school, we had international shows. I felt this was missing on campus, and last year I didn't feel completely fulfilled. I've been dancing since I was a kid, so it's a part of me," said Ansaah. "We created this group to embrace and showcase

aspects of the African culture."

The group emphasizes that anyone can join; members do not have to have an African heritage. Only two members of the group are, in fact, international students. "Motherland is open for everyone, and any background is welcomed with open arms," said Kamara, the head organizer of the group. "We would really love to have a diverse mix of people involved."

Branica Galeana '15 does not feel out of place, despite her non-African roots. "I see the group as a chance for me to learn to dance, and as a way to branch out. I've made new friends who make it enjoyable," said Galeana.

Another unique aspect of the group's inclusiveness is that every member has the opportunity to give input on choreography. The result is a dance number that includes dance styles and techniques crossing a broad range of cultures throughout Africa. Taiwo Adefiyiju '14 is excited to be a part of this innovative dance club. "I'm happy to show people that there is a lot more to African culture than they may think," said Adefiyiju.

This student-run group has had an intensive practice schedule so far, rehearsing almost every day of the week in the Smith Center for the Arts. They owe much of their success so far to support from several members of faculty. "We are sponsored by Elena Yee and Dr. Oliver from the music and theatre department. Steve Sears also helped a lot. We really appreciate their assistance in getting us started," said Kamara.

The group's main goals for the

future include becoming an official club, gaining more participants, and initiating a cultural show to be held each year. "We envision a huge talent show of sorts at PC. We would love to collaborate with groups like OLAS, Asian Am, Afro Am, and Gaelic Society to pull this together," said Kamara. "A lot of colleges have something like this already, so this would be great to add at PC, especially with the new diversity initiative."

Motherland also has plans to exhibit their dances at events such as African-American Society's annual fashion show and WDOM's spring concert. The group also hopes to become heavily involved in community service, since creating a sense of community is what

their mission is centered around. Through their service work and expressive dances, members hope to shatter some stereotypes that may be held by students as well. "Just because our skin is dark, doesn't mean we're all the same," said Ansaah.

Look for their number during Madness on Oct. 12, during which about ten of the group's members will perform. This will mark the group's first performance at PC, and they are excited to introduce themselves to the student body. Kamara, wearing a homemade shirt decorated with African fabric, summed up Motherland: "We love our culture. This group is about embracing who you are."



PHOTO COURTESY OF Jermoh Kamara '15

EDITOR vs. EDITOR

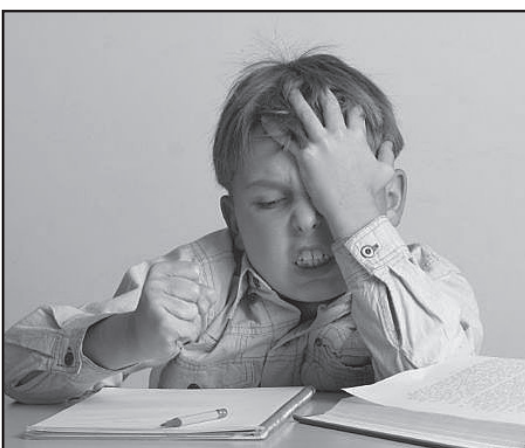
This Week: Favorite Way to Spend Columbus Day

Sarah O'Brien

Favorite Way to Spend Columbus Day: Writing a Civ Paper

Her Views: Last year, I spent Columbus Day weekend rather suitably—shipping...up to Boston, that is (to find my wooden leg). This Monday, I will not be gracing the 01801 with my presence. Instead, I get to embark on a different journey: the writing of a Civ paper. Pretty sure Christopher would be in full support of my spending hours staring at my computer screen and pondering the development of western civilization. Luckily, I LIV for CIV. Got a DWC tattoo over the summer, though I won't say where. I'm probably naming my future children Niña, Pinta, and Santa María. I spend weekend evenings debating the philosophies of Descartes and Hume over red cups...Kant say I remember all of these discussions, but they were definitely as deep as the ocean blue (which Columbus sailed in 1492). You may think you have exciting Columbus Day plans—visiting your family, or whatever—but if you're not writing a Civ paper, you are *not* living life to the fullest. Be jealous.

Her Views on Dombroski: Apple picking? *Apple picking?* For those of you who aren't aware, this activity involves the picking of apples. (Not to be confused with Apple® picking, which involves the buying of a Mac or iPhone.) People go to farms and pluck their own apples, when they could easily go down the street and pay half the price for none of the effort at Shaw's. Yeah, it's *cute*. If you're, like, seven. Gonna break out those pigtaileds on Monday, Sarah? Who would want to spend a day at a dirty, smelly farm doing manual labor, all for a few apples? I'll be honest—I would. Call me, maybe? We could play Apples to Apples after, and make an apple pie, and OMG I CAN'T WAIT.



Sarah Dombroski

Favorite Way to Spend Columbus Day: Apple Picking

Her Views: Apple picking is an American pastime. Anyone who does not enjoy apple picking is un-American. Bold statement, but true. Apple picking yields fruitful memories and actual apples (pun intended). Picture this: gleeful children running through an orchard carrying bushels on bushels on bushels of apples, and vendors lining up along the gravel parking lot vending apple fritters and such. Does that not just SHOUT fall?! Flannels, denim, boots, these are a few of my favorite things... along with happiness, which is one of the main components of apple picking.

Her Views on O'Brien: Sarah wrote a "satire" on "Civ essays" in order to find some way to get around fighting over apple picking. I mean, her other idea was sleep...so...no, that was a low blow. Sarah, I cannot technically debate a fake topic, so alas, this much be a draw. Although I give you points for creativity and style, content-wise, I must say you are just not up to par. No sane human being would ever seek out a Civ essay, and revel in wordsmithing the heck out of it. Except for maybe you, or me...

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Under the Stars

by Melanie Souchet '14
Portfolio Staff

FICTION

We met by pure chance on a warm summer midnight. I, once again, couldn't sleep and had gone to the park as I often did when insomnia hit. He was sitting on one of the swings. I'd never seen him there before. The first thing he said to me wasn't "hello" or "what are you doing out here so late?"

It was this: "You know, a lot of the stars we're looking at are probably dead by now."

I told him point-blank that the sentence was probably the strangest pick-up line I'd ever heard. He laughed and said he liked me already. I didn't like him at first, this interloper on my nighttime aloneness. I came out to this playground to watch the stars and reflect, not to have my privacy invaded by a complete stranger. To his credit, he respected my need for space for the first week or so. Then one night he showed up with two cans of soda and casually informed me that he preferred Marvel comics over DC comics. The ensuing debate probably should have had me hating him even more. But it didn't.

I actually missed him when he didn't show up the next night. I said

so when he appeared again. The way he smiled, you'd think that I had just told him Santa Claus was real after all.

His name was Gabriel Teague. He was my age, with an obscene amount of freckles and hair so red it outshone the stars. That was its natural color, he claimed, and I believed him. Gabriel didn't have the patience for hair dyes. He didn't even have the patience to match his socks. "Who looks at your socks anyway?" he questioned. "Like, really stops to examine your socks and say, 'Hey, those don't match?'"

"I do," I retorted. "I like socks."
"Well, you're weird, McGee." It didn't matter to him that my first name was Rachel; to Gabriel, I was always McGee. "The sort of weird that doesn't care if a man matches his socks or not. The world needs more people who don't care about the similarity of sock colors."

We shared notes on sleep deprivation, on bands we both liked. It was a nice friendship, unmarred by my usual frustration with humanity as a whole and with his apparent lack of friends aside from me. I started sleeping better after I met him, though I didn't let my newfound desire to actually lie down and rest cut into our nightly meetings. I wouldn't have let anything do that.

For a while, I thought he was like me: plagued by insomnia and a fractured

circadian rhythm. He'd never corrected me, probably because the truth was much more complicated. The only reason I found out was that he showed up one night wearing sunglasses, with a bandage on his hand from the blisters. He apologized for lying to me. "Deliberate withholding of the truth is still lying," he said numbly. "Don't try to argue otherwise, McGee."

Gabriel called it vampire disorder, but the medically correct term was Xeroderma Pigmentosum. The inability of the DNA to rebuild itself after being exposed to UV light. He told me that he couldn't go outside during the day for extended periods of time, and he sometimes had to wear sunscreen indoors lest any of the light sources inside give off UV light. He told me that he'd already beaten off skin cancer once. He was 12 at the time. The growth had been caught early and removed, but there was always the fear in the back of his mind that one day it would come back. He didn't tell me that most people who had the disease didn't live past early adulthood. I figured that out on my own.

"I mean, I know it could be worse," he added. "A hell of a lot worse. I could be dead right now, yeah?"

"Yeah."
"And I can't really say it's been the worst experience. I have seen some damn nice meteor showers. And who

hasn't wanted an excuse to become nocturnal?"

"I guess."
"And if I didn't have it, I wouldn't have met you."

The thought gave me some pause. "Am I really worth...?"

"Yeah. You really are, McGee."
I wasn't sure how to respond at first. Fortunately, he kept talking.

"Did you know there are places in the world where there's six months of darkness?" It was one of the few times that Gabriel didn't make eye contact with me as he spoke. "The north and south poles. There's complete sunlight for the other six months. You could alternate between the two locations and never see the sun again. I wouldn't have to worry about whether it's safe to go out or not. I mean...it'd be colder than the deepest circle of hell, but I think it'd be worth it."

I nodded. "I'd go with you," I said. Gabriel was apparently stunned speechless at first. "You would?" he asked quietly.

"Yeah. I would."
It wasn't quite an "I love you", but for us, it was good enough.

A Twitch Upon the Thread

by Justin Fernandez '15
Portfolio Staff

We were born without vision.
Our eyes never saw the New York Skyline
Shining with bright hope from across the river.
We never saw the great rise and fall
Of the mountains of Galicia,
That pave the forested path to Saint James.
We never saw the great plantations
That our grandfathers' father, built on
Foreign shores, in another time; in another place.
We never saw the Atlantic's waves
Kiss the coast's dusty lips with the passionate brush
That carried us off to a new life; to a new world,
Darkened with these unsatisfying illusions
Of lust and longing that filled our lungs.

We were born into this world with
The expectations of expecting
Blind men and women to see. So instead,
We now wander through cracks and crevices;
Live in caves, and grope around in the dark for
Vain direction. Mised, we wander into
The nests of vipers and cobras, and fall to
Their venomous fangs of lies and deceit,
Buried deep within our feet, always pulling us down
And filling our mouths with blood and dirt.
But still we pick up and move forward;
Connected by this line of thread sewn
Into our bleeding hearts, we can feel your touch.
So with a little twitch upon the thread,
We get up and wander once again.

We were born without any vision;
Immune to the illusion of reality,
But victim to the touch of man;
Destined to a search for something more
Than blind meanderings in the dark,
Like a rolling stream through the mountains,
Passing 'round and around the sides
Before finally reaching the bottom.
And so, at the bottom of the viper's den,
We grab hold of this long thread sewn deep
Into our hearts, and follow the great pulls
And slight tremors, until at last we see the end.

Story

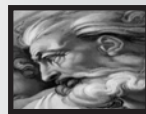
by Elizabeth O'Neill '16
Portfolio Staff

I am not what I do
or what I have done.
I am not my past,
I am not my present.
I am a story.
I am a story tattooed upon my arms,
over bruises and scars,
a story etched across my face
over yesterday's smudged makeup,
a story sewn into my skin
over pale flesh.
I am a million words,
I am a million pictures,
I am a million melodies,
I am a million tragedies,
a million tears,
a million mistakes,
a million heartbreaks.
I am a story.

Tweets From History



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AdamsApple
@Only_God a'ight pops #obedience



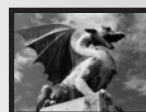
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@Only_God Imfao...watch this bro
@EveNYou how do you like d'em apples? #reddelicious



EveNYou
@SlitherineLover OMG yes tasty...take a bite
@AdamsApple. #yum



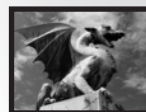
AdamsApple
@EveNYou tastes like heaven...woah I'm #naked



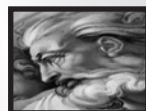
SlitherineLover
@Only_God @AdamsApple @EveNYou fruit comes before the fall #suckers



Only_God
#facepalm... @AdamsApple @EveNYou enjoy work and labor pains



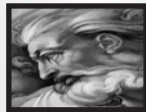
SlitherineLover
hahahahaha #ParadiseLost #sorrynotsorry



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@SlitherineLover you too slimey. time to slither
#handicapspace



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MUSIC And Lyrics...

Art

by Amanda Brown '14
Portfolio Staff

*There's a painting
Hanging on the wall.
It says that I'll be free someday
But someday is not now
And it won't be for a while, a while, mmm,
mmm.*

*The art of staring
Is closing your eyes,
With waiting comes time.
But in time, in time
I'm barely alive,
Barely alive.*

*I am walking
Through subway cars.
The city lights fill my head*

*And they say
That you're gone
And will be for a while, a while*

*The art of staring
Is closing your eyes,
With waiting comes time.
But in time, in time
I'm barely alive,
Barely alive.
As I stare at this painting
On the train wall,
I see all the lights
And hear all the sounds of your
Voice
And this old piano
Playing a song that will never be found.
If my breathing's so shallow then why is my
heartbeat so
Loud.*

*The art of staring
Is closing your eyes,
With waiting comes time.
But in time, in time
I'm barely alive,
Barely alive.*

Photo courtesy of ChestDrummer.com

Tiffany & Earl

*Making PC an emotionally stable place one
letter at a time*



Dear Patty,
It's time for a little invention. Brainstorm some believable, chic femme fatale names and own them like a Longchamp shoulder tote. Let's jump right into it, shall we? Your best home friend is Lizzie. There are three other girls in your clique—Veronica, Heather, and Jamie—but Lizzie is your favorite because she always lends you the best minis to accentuate your curvaceous backside. I've given you a prime jumping point, Pats, and it's time to let that creative mind wonder. Think of looks, siblings, parents, extracurricular activities, houses, colleges, net worth, worst physical features, which ones you "accidentally" made out with at those "so lame" Friday night high school parties. Create a world, if you will, and stick to it. The first thing you need to do when you get off that train is pay four hotties to take a photo with you. Hang it in your dorm room. You're golden.
Yours always,

Tiffany

This Week: Fearing for my Friends

Dear Tiffany and Earl,
I've made some really good friends at PC so far. But all of them keep talking about how excited they are to catch up with their high school friends over Columbus Day weekend. I don't have friends from high school, and I'm afraid my new college friends will forget me when hanging out with their old BFFs. Do they not treasure our blossoming friendship like I do? How do I make sure I don't lose them?

Yours truly,
Paranoid Patty

Dear Wallflower,
I think if you are so ineffectual that your friends will forget you when they don't see you for three days, you simply aren't large enough. Think about it. Right now, you have no distinguishing characteristics. If you work out and bulk up, you'd become "that girl with the amazing musculature." Soon after, you leverage that into "that hot girl with the enormous muscles." Then "that striking paragon of beauty" and finally "That Being Which Is Before All Else, Supporter of the Dome of the Sky, Atlas, She Who Endures and Surpasses, the Rock of Ages." It's pretty cool, and you can totally put your deadlift on your resume. "Hello, future employer. Did you know I can smash your desk to smithereens with my finger? Ask me about my deltoid measurements!" Instant popularity.
Your enormous friend,



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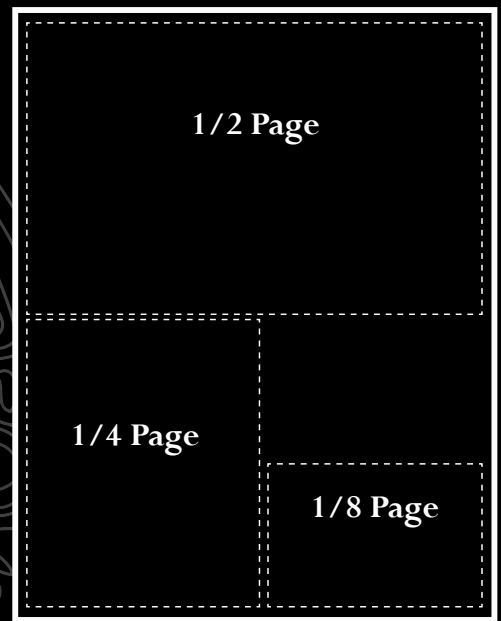
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Fall	Spring
September 6	January 31
September 13	February 7
September 20	February 14
September 27	February 28
October 4	March 14
October 18	March 21
October 25	April 4
November 1	April 11
November 8	April 18
November 15	April 25
November 29	May 2

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... See you on Thursday!

Who Will Win the NL CY Young Award This Season?

R.A. Dickey

Besides Johan Santana throwing the franchise's first no-hitter back in June, Mets fans have not had much to celebrate in a while. R.A. Dickey intends to change that. The CY Young Award is the highest pitching award one could receive, and Dickey appears to be leading the race. The last Met to win the award was legend Dwight Gooden in 1985. The CY Young winner is rarely a guaranteed choice. With the likes of Gio Gonzalez, Matt Cain, and Johny Cueto, this race will be no different. However, the stats do not lie; R.A. Dickey should win the NL CY Young this year.

Dickey is among the top three in ERA, WHIP, and has the most strikeouts in the National League. As if you need any more evidence, he has the second most wins in the entire league at 20. Every knowledgeable fan can tell you that wins do not mean anything, but when that pitcher is on the Mets, it means a great deal. This is the exact same case of "King" Felix Hernandez who won it in 2010 with a measly record of 13-12. In fact, Dickey is responsible for roughly 28% of the Mets victories. Dickey is also second in the league in innings pitched.

With all things considered, R.A. Dickey is the clear favorite for CY Young. Mets fans rejoice.

-James Kirby '15

Craig Kimbrel

Many argue that the CY Young should be awarded to starting pitchers only. However, this year an exception should be made due to the fact that one closer is having a year yet to be seen by anybody. No, this closer is not fireballer Aroldis Chapman of the Cincinnati Reds; this closer is Craig Kimbrel of the Atlanta Braves. With a fastball in the high 90s and an unhittable slider, he is on his way to equaling the success of closing greats Mariano Rivera and Trevor Hoffman. Kimbrel, while pitching a miniscule ERA of 1.02, has struck out almost half the batters he has faced this year, leading to his astonishing strikeouts per nine innings rate of 16.5. No pitcher has ever come close to striking out the percentage of hitters that Kimbrel has, not to mention that Kimbrel's batting average against, .123, is the lowest ever by any pitcher with a minimum of 50 innings pitched. One final stat that should sway voters is that Kimbrel's WHIP is a ridiculously low 0.65, meaning he lets roughly one runner on base every two innings. He has only blown three saves this season, making him one of the most reliable and most shutdown closers not only in recent memory, but in major league history.

To paraphrase ESPN baseball analyst Jayson Stark, R.A. Dickey, Clayton Kershaw, Gio Gonzalez, and even Chapman are having great seasons, but none of them can be characterized as "unparalleled" or "historic." These two words are just the words to describe Kimbrel's season, and two reasons why he should be the NL CY Young winner for 2012.

-Joey Ciccarello '16

In the Spotlight

Men's Soccer: Soccer's struggles continued this week, as the Friars dropped a tough match against nationally ranked Marquette. The team will look to regroup on the road, with a match set against Columbia for Saturday.

Women's Soccer: The women entered the week on their first losing streak of their season. The Friars finished the week with a 1-1 record, dropping a tough match at Georgetown 1-0. The team rebounded nicely, with a clutch win against DePaul 1-0. Freshman Lauren Elia '16 netted the lone goal for the Friars, who square off against Marquette Friday at 3 p.m. at Glay Field. The week continues with a match against USF at 1 p.m. on Sunday, in what will be the last game at Glay Field.

Field Hockey: PC had a tough week, losing both of their games. It started with a 4-2 loss against number five UConn. Then PC had to turn around and square off against Dartmouth at home. This affair unfortunately ended with a 3-1 loss for PC. The Friars will look to rebound against Syracuse Saturday at noon at home, before traveling on Monday for a game against Vermont.

Cross Country: The Women's Cross Country Team took sixth place in the recent Paul Short Invitational, with Sarah Collins '16 placing in third in the Gold Race. Shane Quinn '15 finished in eighth in the Men's Gold Race.

In the News

Running the Good Race: On Saturday, Liam Sullivan '15 and Dean Sears finished first and second in a 5K memorial race in Providence. The race was in honor of Steven K. Latimer, a young man who died in a shooting in Providence. This race was to raise awareness of the violence which takes place in Rhode Island. Sullivan, a member of Student Congress, was one of eight Friars to run in this race.

Quick to the Podium: Sarah Collins '16 has added hardware to her dorm room, capturing the Big East Women's Cross Country Athlete of the Week. She clocked a time of 20:23 in a 6K race, good enough to earn her second place in the Paul Short Invitational. Her time helped propel the Friars into third place in the Invitational.

Recruiting Trail: Men's Basketball has added their first piece to the 2013 Recruiting Class, confirming a commitment from Rodney Bullock, a 6-7 forward from Virginia. Bullock rejoins high school teammate Josh Fortune '16 on the Friars.



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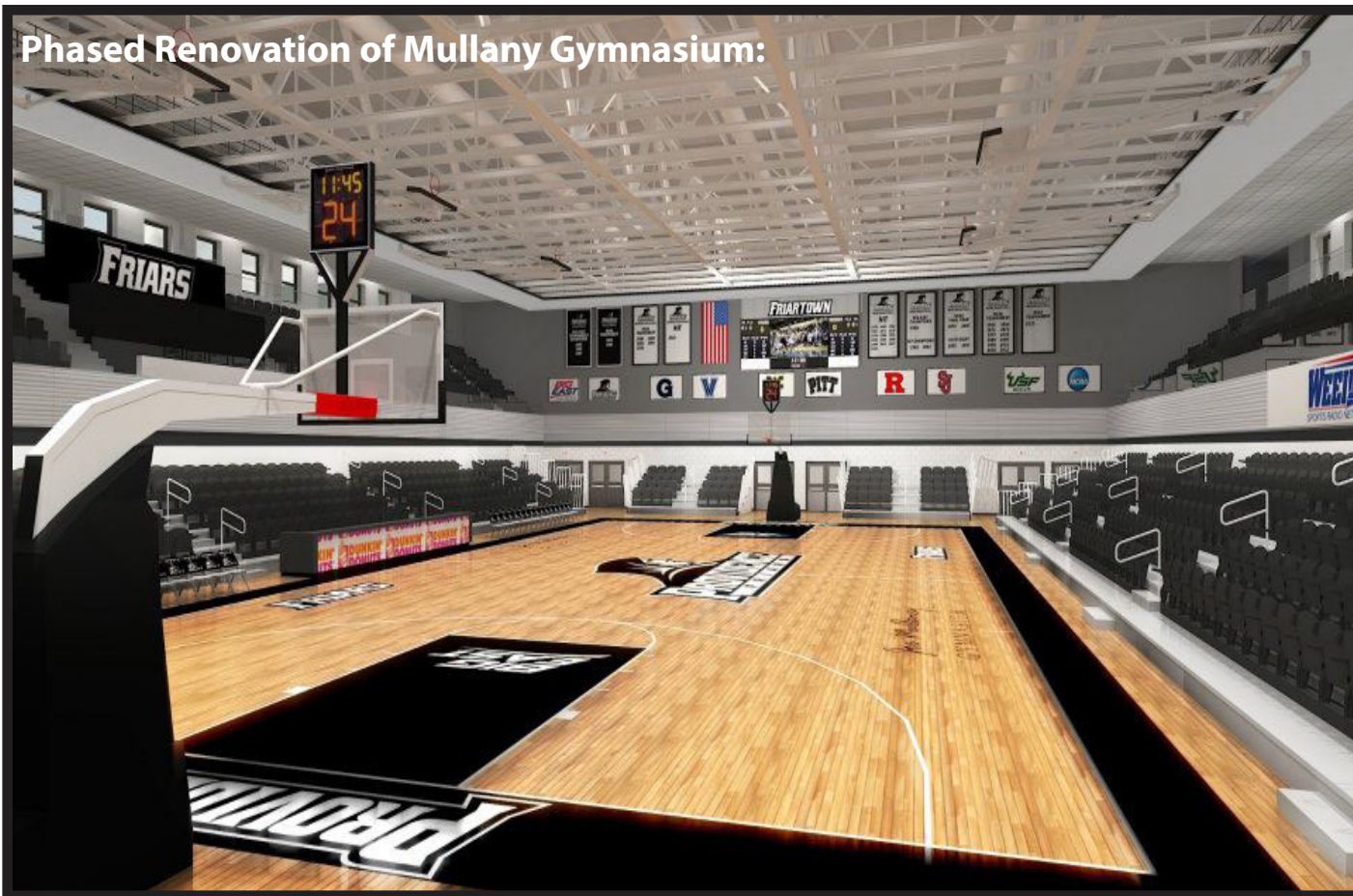
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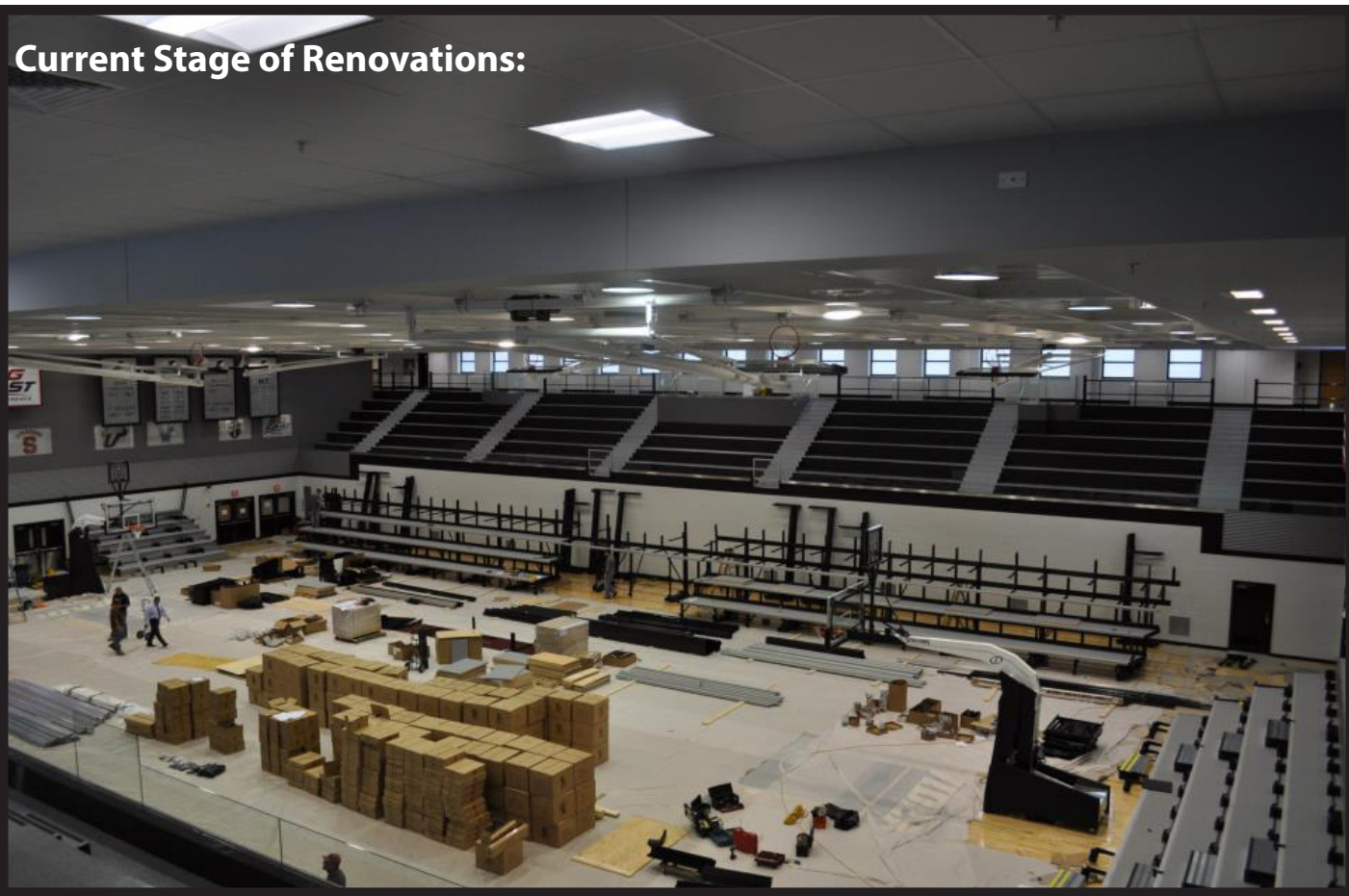
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Repeat after Me:

Cross Country is Worth the Second Look

by **Bridget Stack '13**
Sports Editor

COLUMN

Repeat After Me: Cross country is worth a second look. In actuality, it is worth the first glance. The Providence College Track and Field and Cross Country teams are the best on campus. Want to argue with me? Just look at the facts: every year, both the men's and women's teams make the Big East Tournament—if only we could say it was a surprise. Also, runners from both teams consistently make the NCAA tournament.

Why is it that this sport is overlooked when talking about Providence athletics? It may not be the easiest sport to watch, but

it is easily the most successful team in the history of Providence College. There is more than enough proof of this. Three former Friars made the Olympics. The *Olympics*—the highest level of sporting competition that exists. There is even a current Friar, Emily Sisson '14, who competed in these past Olympic Trials. What other sport can boast that fact?

Cross country comprises runners from multiple countries: Australia, Ireland, and New Zealand. These runners find their way to Providence College, compete versus the best runners that are currently enrolled in college, and win. People may argue that cross country is not a sport, that it is only running. In fact, that is the opposite of the truth.

The women's cross country team has members that run a five

kilometer race—slightly over three miles—in just over 17 minutes. To break that down for you, that is around a 5-minute mile. The leader on the men's squad completed the eight-kilometer race in a little over 24 minutes. That is a just under a five mile race, with the pace being 5:27. Let's see any other athlete do that.

Running may not be the most glamorous sport, nor is it one that is often spotlighted, but Providence College should be proud to boast some of the best runners in the world at the collegiate level. So, once again, repeat after me: cross country is worth a second look.

thecowl.com

Field of Dreams

by **Sean Bailey '14**
Asst. Sports Editor

OPINION

The other day I was doing what I do best when faced with a paper; I went on Facebook and shamelessly stalked my own life, half looking for inspiration, half enjoying recent memories made. In my perusing, I came across pictures of my vacations to Cape Cod. For those of you who are perhaps not from New England, the Cape is New England's accessible version of the tropics. Looking through pictures, I reminisced on times at the beach and great seafood restaurants. However, the most cherished memory of my years of visiting the Cape is, without a doubt, going to the Cape Cod Baseball League games.

The set up of the Cape league contributes significantly to the league's charm. It consists college baseball players from a diverse range of colleges, from the University of Oregon to Boston College. These kids are amongst the best, seeking the Cape league to gather looks from Major League Baseball scouts who scour the games in search of the next superstar. Alumni from the Cape league include Jason Varitek, Nomar Garciapara, Mark Teixeira, Billy Wagner, and former PC baseball player Lou Merloni to name a few. There are 250 Cape League players currently among the ranks of professional baseball.

The players are set up with a host family, which takes in the player for the summer. The towns they move to are small and quiet three-fourths of the year, but come summer, they become bustling centers of tourism, of which these players become the epicenter.

They all work summer jobs, ranging from fried seafood eateries, to manual labor on the Cape. Then they lace up their cleats at night, taking on other towns' teams.

Games are free, and many families and college kids flock to them after a long day at the beach. There are friendly faces at every corner at these games.

Who can be mad at the games? The lights sit serenely in the summer air. The neatly-combed field with brown dirt melding into the infield's grass looks too peaceful. No major stands, just small bleachers set up for fans, but most fans bring their own lawn chairs or blankets to lounge on. The atmosphere is a high school game, with most of these fields set up at middle and high schools. But it is pro level competition. Did I mention that games are free too? While Fenway is one of the most incredible places to catch a baseball game, it is one of the most expensive day trips you could make. Not to mention the crowds, the traffic, and the headache that accompanies planning and going to a game. Going to Cape games captures all the excitement of high-level baseball, for free.

The teams play a full season, playoffs included, before the players are required to return to school. Each season has a whole new cast of players, keeping the game above the individual. No oversized egos poison the Cape or tarnish its clean image. They all have something to play for as they search for their big break with Major League scouts.

All this makes Cape Cod Baseball the Northeast's Field of Dreams.



SPORTS

The Cow 28

October 4, 2012

A 7-Year-Old Hockey Star The Newest Member of the Friar Hockey Team Is Battling Cancer

by Sarah Wacik '15
Sports Staff

HOCKEY

The Providence College Men's Hockey Team introduced a new player on Sept. 20. This newly "drafted" Kevin Rich, a seven-year-old boy from Mansfield, Mass., has struggled with Acute Lymphoblastic Leukemia and other illnesses throughout his childhood.

Team Impact is a non-profit organization that carefully matches children facing life-threatening diseases with college sports teams. This program allows a child to form new friendships and create a positive environment for moral support during his or her recovery. Currently, Impact has over 3,000 participants including children, families, student-athletes, and coaches in the northeastern area. On this special afternoon, Rich was warmly welcomed into his new Friar family at Schneider Arena. At the induction ceremony, captains Tim Schaller '13, Kyle Murphy '13, and Myles Harvey '13 presented Rich with an official PC team jersey, complete with his favorite number, 17, on the back. Once he was officially a member of the team, Rich's

fellow Friars proceeded to show their new teammate around Schneider Arena and the players' locker room.

As the season progresses, this new teammate will continue to make an impact on the team, not on the ice, but off. The relationship between Rich and his new teammates is two-fold: Rich will teach the team what perseverance and strength are, while the team will show Rich what it is like to be a member of a winning team.

Head Coach Nate Leaman explains that the team first became aware of Team Impact during the final regular season game against the UMass Lowell River Hawks. On this day, the Friars were moved by a young boy named Nick, who was present outside of their locker room and performed a ceremonial puck-drop before the game. The Friars saw this child every time they saw the River Hawks, and upon investigation, learned that the Providence College Women's Soccer Team had adopted a child named Julia Castagna through the program at Team Impact.

After the season, Coach Leaman got in contact with Jay Calnan, the CEO of Team Impact, in order to help the Friars become involved in this organization. In August, Team

Impact contacted the men's team and announced that a hockey enthusiast and grandson of an alumnus would be a fantastic match for the Friars. Nine players were selected to be a part of a leadership group that would specifically aim to make Rich feel as welcome as possible to the Friars.

Before this meeting, the team learned about Rich's struggles with illnesses, especially his battle with leukemia, which is the most common form of cancer discovered in kids. In addition to cancer, Rich also experienced two bouts of pancreatitis and four months of vocal cord paralysis. This brave young boy was diagnosed with leukemia in Sept. 2009 and endured a two-month stay in the hospital. He lost 10 pounds in 10 days at one point because he was unable to eat or drink anything. After he returned home, Rich was required to meet with doctors and undergo steroid, antibiotic, and chemotherapy treatments.

Today, Rich's prognosis remains positive as he continues to grow stronger and transition back into a normal life filled with school and sports.

This season, the men's hockey team looks forward to creating a deeper friendship with Rich. Coach Leaman explains, "We

want Rich to be involved as much as possible. The team can learn as much from Rich as Rich can learn from us." Rich's presence at team events will continue to each the players that they should appreciate their health and hockey careers.



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