



## New and Improved Schneider Arena Open for the Season

by Elizabeth Nako '15  
News Staff

CAMPUS EVENTS

On Friday evening, September 27, the celebration of the official grand re-opening of Schneider Arena took place. The multi-million dollar changes were revealed for the first time to supporters and the media. The arena, which first opened in 1973, began renovations last November.

Some of the changes made to this arena that sits 2,978 spectators include new scoreboards, a new press box, a new paint job, and new audio and video systems. Five new luxury boxes were also added, as well as six ticket windows and a ticket office.

The biggest change that students will be most excited about is the addition of a jumbotron which will allow fans to capture the replays and highlights of games. Finally, other notable "behind-the-scenes" renovations include a practice shooting room, conference rooms including smart boards, new offices for the coaching staff, and a players' lounge.

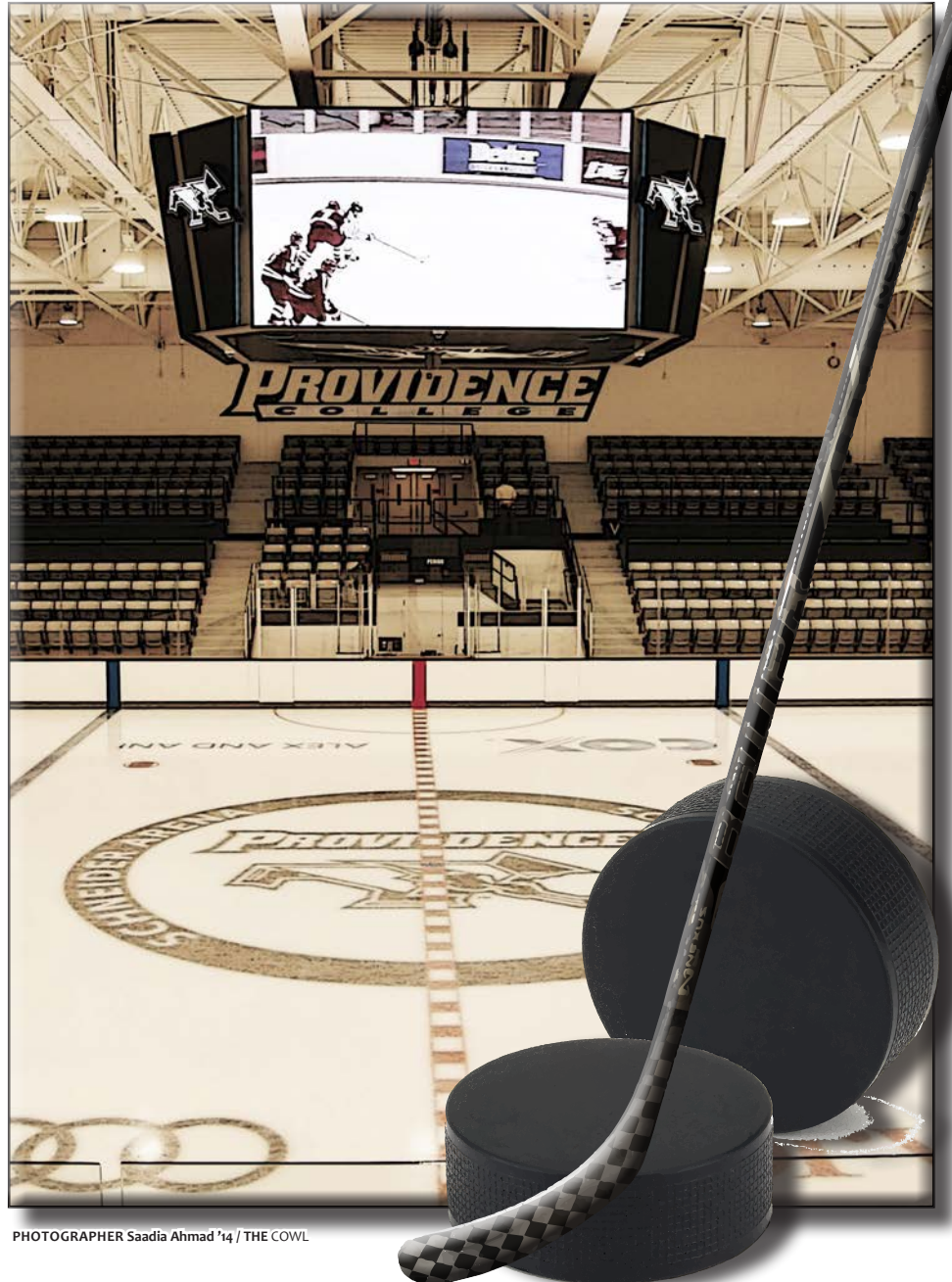
The celebration started at 5:30 p.m. with a special VIP reception

for donors to the renovation project. At 6:30 p.m., members of the public who held tickets began proceeding into the atrium and were greeted by members of the PC Cheerleading team. After checking in, every guest received a keepsake pennant in honor of the special evening. The first part of the event started with a cocktail reception that allowed guests to mingle and check out the new renovations; guests were in awe of the complete makeover.

Alumnus Paul Adams '71 (a classmate of Michael Ruane '71), remarked, "The beautiful new facility will be a wonderful tool for recruiting some of the best players in the country and [we] should all be very proud." Also during this time, the Clarke family provided high end silent auction items including Boston Bruins tickets and PC gift packs. Finally, Schneider Arena tours by members of the Friars Club and the Men's and Women's Ice Hockey teams were given to guests.

At 7 p.m., all guests gathered back in the atrium for the speaking program. Bob Driscoll, athletic director, welcomed all the guests attending the special evening.

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PHOTOGRAPHER Saadia Ahmad '14 / THE COWL



Photo courtesy of Blogspot.com

## Fr. Bruno, Master of the Order of Preachers, Comes to Campus

by Kathleen McGinty '16  
Asst. News Editor

CAMPUS EVENTS

Father Bruno Cadoré, O.P., Master of the Order of Preachers, visited Providence College this past Tuesday, October 1 as part of his current trip to meet with the brothers of the Province of St. Joseph. Fr. Bruno, the 86th successor of St. Dominic, met with members of Campus Ministry to listen to and converse with students about their faith at the College and what it means to be a member of the Dominican family.

"This is a unique experience on the Master's calendar...to hear

from you, the students," Father James Cuddy, O.P. remarked.

Fr. Bruno, a Frenchman elected to a nine-year term of office in September of 2010, began his journey of faith as a physician learning pediatrics in the eastern part of France.

"It was quite impressive for me to first study and face the human situation," he said, noting that he often tended to suffering children. Visiting a 10-year-old patient one morning to make a puncture in her back, Fr. Bruno began to question what real life is and where real life can be found.

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Providence College's Student-Run Newspaper Since 1935

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### Photography

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### Sports

Sports unveils a new feature on the history of Friar sports.

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# NEWS

## Class of 2017 Elects New Executive Board

by Meaghan Dodson '17  
News Staff

### STUDENT CONGRESS

Last night, October 2, the winners of the Freshman Student Congress election were announced.

John Hindley was chosen as the head of the freshman class and will serve as president for the 2013-2014 academic year. Hindley attests that he always felt a desire to be a leader and to serve others, and he aspires to be a voice of unity at Providence College. He hopes that by the end of this year all of the members of his class, despite coming from different places and backgrounds, will come to collectively identify themselves as Friars.

Vice President Gretchen Barrett will be the second in command as she works in tandem with Hindley to create a united freshman class. Barrett already has ample experience with leadership roles as she served as vice president on her high school's student council. She hopes to improve upon what she already feels is a great college and community, and she would like to tell all of the people who voted for her that they are "so fetch!"

Secretary Kristen Sauer plans on using the leadership and organizational skills that she developed as a high school class officer to facilitate and promote activities that will have a positive impact on PC students. Sauer understands the importance of communication between the students



The newly elected Class of 2017 Executive Board is ready and excited to begin working together.

and administration, and she plans to be the bridge that links these two groups together.

Pedro Alemán will round off the executive board as he will serve as treasurer. Alemán also has some expertise when it comes to running student government as he served as both president and treasurer of student council at his San Diego high school. He hopes to bring a spark of diversity into the atmosphere of Student Congress, and he already has several ideas, such as a T-shirt contest and a class barbecue, designed to foster class spirit.

Class Representative Jack Barnes shares Alemán's desire for more diversity; Barnes, who comes from a very diverse hometown, assures his classmates that he knows how much diversity can enrich one's college

experience. Politics is the family business as Barnes' father, Peter J. Barnes III, is a state legislator of New Jersey. Barnes hopes to follow in his father's footsteps by calmly resolving problems as they come, and he is eager to create his own legacy here on campus.

Zachary Acunzo is second of the five class representatives. Acunzo received his inspiration to become involved in student government from his brother, Alex Acunzo '15. Acunzo hopes to make a difference during his term as he utilizes his prior knowledge as high school vice president of both Student Council and Model Congress, and he wants to make sure that everyone has the opportunity to make these next four years memorable.

TJ Gianci is the third representative for the Class of 2017, and he is excited

to hear what his classmates want to see accomplished and to help transform these ideas into actions. Although Gianci was involved in his high school student government, he aspires to make an even greater impact in student affairs during his college career.

Class Representative Katie Fayen views her new office as a unique opportunity to get involved on campus and to foster more camaraderie among her peers. Fayen, like so many members of the Freshman Student Congress, considered her role in her high school student council to be a prominent part of her educational experience, and hopes that this new position will be equally gratifying.

Timothy Trocchio is the final member of the self-proclaimed freshman "dream team," and he is confident that his two years of experience as his high school's student council president will help the PC Student Congress convert its dreams into a reality. Trocchio aims to be the voice of all the students who would otherwise not be heard, and he already has ideas on how to improve security and sanitation in the campus dorms.

All nine of these students have been carefully selected by the members of the freshman class, and all nine of them promise to solemnly honor the trust that their peers have placed in them as they dutifully and enthusiastically fulfill their obligations to the PC community.

## Bruno: What It Truly Means to be a Friar

Continued from front page

As he treated this young girl, she declared that she would meet Jesus before he would.

It was then that Fr. Bruno believed that, "behind this so weak life...there was another life, something stronger, and maybe someone stronger." That experience, combined with meeting a Dominican, resonated with Fr. Bruno.

"This community seemed to find something true in the Gospel, and here I am," he said.

While the 87th Master of the Dominican Order worldwide visited the College to tell of his journey, Fr. Bruno also observed and listened to students' own stories of faith.

Lindsey Gilbert '14 transferred to the College last year after attending a school with little religious prominence, and was surprised at other students' reception of her upon her arrival.

"The people here [at PC] embraced me more than I expected them to," said Gilbert with tears welling in her eyes. "Being a part of the Friar family... it's one of the greatest things that's happened in my life."

For Joe Ferrara '14, a similar sense of welcome and belonging facilitated the growth of his faith.

"I felt a disconnect with my faith at home, my family, and my life here," he said, referring to his first few years at PC. After joining Campus Ministry, that changed for Ferrara. "Campus

Ministry allows me to feel at home with my faith."

Thus, through imparting their personal stories to Fr. Bruno, members of Campus Ministry attested to the College being what Brendan Kelly '15 called a "Catholic Disneyland."

Emily Goodnow '14 agreed. "It is like Disneyland," she remarked. "There's a lot of really happy people here."

Wanting to take advantage of what he stated was having "St. Dominic made present here in this generation," Fr. Cuddy allowed students to ask questions of Fr. Bruno.

Joe Graziano '14 inquired about the role of the Dominicans in the U.S. right now, to which Fr. Bruno responded that the order has one simple goal: "To go, to meet people and give them the Gospel as a treasure."

John Clarke '15 sought advice from Fr. Bruno as to what PC students can do to further the mission of the order either on campus, at home, or even after graduating. Fr. Bruno urged students to "help everybody understand that the truth of our faith is not a doctrine, is not a book...it is someone, and his name is Jesus. We need to go and reach those who don't believe and who are very far from everything. They're also seeking the truth."

Fr. Bruno also addressed the question of the relationship between



Father Bruno, O.P. talks about what inspired him to become a Dominican Friar.

Catholicism and liberal arts at colleges and universities.

"It's always an important question," he remarked, adding that they each work toward the same goal from one point of view. The goal being "to reach new knowledge and by this work, serve the world and humanity as a world where everybody can live," Fr. Bruno stated that Catholics run universities not to impose faith on

others but because "we are servants of the Lord and confident in the ability of human beings to serve the world."

Following Fr. Bruno's visit with Campus Ministry, Fr. Cuddy invited students to celebrate mass with Fr. Bruno in St. Dominic Chapel.

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## Bursting the PC Bubble

by Emily Kennedy '15  
News Staff

### Time Zone Switch Possible in Spain

A recent study has suggested that Spanish workers and the Spanish economy would benefit from leaving the Central European Time zone and moving to the Western European Time zone. A Spanish Parliamentary report has said the switch to Western European Time (WET) would improve worker productivity. This would allow Spanish workers to time their day around countries located in central Europe. The Central European Time zone (CET) they have used since World War II requires Spanish workers to wake up earlier relative to the amount of available daylight. Making the switch would be difficult for patterns of everyday life, but the productivity of the workers would improve.

### Europe Advocates for Independent Internet

Officials and critics in Europe have made calls for an independent Internet following exposures about the National Security Agency's Internet surveillance programs. Three technology companies in Germany have partnered to create a domestic email service they claim will be outside the reach of the NSA and other foreign intelligence agencies. The name of the service is called Email Made in Germany. Mikko Hyppönen, the chief research officer of F-Secure, a Finnish computer security company, said in June that Europe needs its own independent dot-com industry in order to better protect itself from US programs like PRISM, an Internet surveillance program run by the NSA.

### Killings in Iraq Escalate

An increasing number of killings in 2013 has led many to believe that Iraq is returning to civil war. More than 5,000 people are estimated to have died since the start of the year. On Sept. 29, a suicide bomber in Irbil, the capital of Iraq's Kurdistan region, killed six security force members and wounded an additional 30 people. Bombs exploded near Baghdad markets on Sept. 26, killing more than 20 people and injuring many more. A wave of car bombs and other attacks in seven Iraqi cities killed at least 58 people on Sept. 15. According to the UN, this year has been the most violent year since 2008.

### World Cup Construction Laborers Mistreated

An investigation into the expansion of Brazil's Sao Paulo airport in preparation for the 2014 World Cup has found that more than 100 workers have faced "slave-like conditions." Many workers were recruited from distant states and forced to live in makeshift camps waiting to be formally hired. The labor ministry seeks \$62,000 in fines. A civil lawsuit will likely ensue within 30 days.

### Winter Olympic Torch Now Lit

The Olympic flame has begun its 40,000-mile trek to the site of the 2014 Winter Games in Sochi, Russia. A group of actresses dressed as ancient priestesses participated in the ritual lighting of the Olympic flame at the games' birthplace in Greece. They used a parabolic mirror to light the torch, invoking the power of the Greek sun god, Apollo. The torch will travel by dog sled, hot-air balloon, and on Nov. 7, it will accompany two Russian cosmonauts into space (for safety purposes it will stay unlit) until it reaches Sochi on Feb. 7 for the Winter Games.

### Iranian President Phones Obama

Iranian President Hassan Rouhani has continued his efforts to restore ties with the United States by having a telephone conversation with President Barack Obama. The phone call represents the first exchange between the leaders of the US and Iran since the Islamic revolution of 1979. In the phone conversation, President Rouhani and President Obama expressed their mutual political will to rapidly solve the "nuclear issue." Rouhani said that Iran poses "no threat to the world" and that nuclear weapons have no place in Iran's security program.

## Congress Updates

by Kathleen Sullivan '14  
News Editor

### STUDENT CONGRESS

- Kristine Goodwin, vice president of student affairs, congratulated the Congress and student body for their assistance and hard work. She spoke about the difference between positions and interests, having those difficult conversations on campus, and affirmed her continued dedication to the Friar Four Pillars to Human Flourishing.
- Lauren Kelly '13, coordinator for the Providence College Smith Hill Annex, spoke to Congress about the variety of ways the PC and neighborhood communities have utilized the Annex so far. She is also seeking out new and different ways to use the resources at hand to create positive and effective change in an effort to gain more common ground between the communities.
- Provost Hugh Lena spoke to the Congress, noting that Father Brian Shanley, O.P. would soon comment on the events and results of the cancellation of last week's lecture. He noted the need to address important questions, such as questions of academic freedom and what that means to a Catholic college. He also stated the need for a clearer policy in regard to events at the College.
- New business included a recommendation regarding student involvement in the same-sex marriage discussion. Aherne explained that the Congress will appoint two students to help with the rescheduling of the event. He noted that the Cabinet will choose those people, and they do not have to be members of Student Congress. This piece of legislation was passed.
- Anish Agrawal '14 presented a bill regarding amendments to the Constitution of the Board of Multicultural Student Affairs, explaining that new clubs were being added, and a few name changes for already existing clubs were being fixed.
- Katie O'Donnell '14 presented a bill regarding the proposal of a pre-dental society at the College. She noted that the organization had taken a year to establish themselves more and done very well, and even attended a conference at Boston University. A representative from the club explained that this organization will help pre-dental students know what steps to take.

## The Industry of Prisons and Education System Failure

by Kathleen Sullivan '14  
News Editor

### LECTURES

The Office of Institutional Diversity presented a lecture by Dr. Marc Lamont Hill of Columbia University called "First Class Prisons/Second Class Schools: Education in the Age of Incarceration" in the Fishbowl on Wednesday afternoon.

Dr. Lamont Hill addressed the issue of mass poverty in the United States, noting the fact that within the "richest nation, richest empire in human history" we see so many homeless people.

He explained that there is a real tension between the progress the nation has made in contrast to where progress is still lacking in both school systems and prison systems. The prison population has increased ten-fold in the last 30 to 40 years, but the amount of crime has actually gone down.

Dr. Lamont Hill offers an explanation of this idea through the existence of a war on youth that engages people through a language of containment and blame rather than encouragement and love. He explained that the United States has not created a generation of criminals, but rather "widened and deepened the net" by criminalizing all kinds of behaviors in schools.

He asserted that the nation has created a market for failing schools that open the doors to school privatization

and created industries and jobs through the continued operation of prisons. This country has created criminalizing public policies against the homeless and taken away social programs that could help.

Dr. Lamont Hill believes that society needs to stop criminalizing poverty, social destitution, and young men and women in school. He explained that we must "look at this through a critical lens" and change the logic that supports the assumption that prisoners do not have stories worth telling. He asserts the "need to create a world where you don't need to be rich to be treated like a person."



Dr. Marc Lamont Hill addresses the failures of the school and prison systems in the U.S.

# PC Community Facilitates Dialogue and Call to Action

by Kathleen Sullivan '14  
News Editor

CAMPUS NEWS

Music was blaring in '64 Hall on Thursday evening as students and faculty filled the room to participate in a forum titled "Fighting for Academic Freedom," an event organized in response to the cancellation of Dr. John Corvino's lecture on gay marriage.

Nick Wallace '14, one of the organizers of the event, was the first to address the audience, and he started by thanking everyone in attendance, stating, "Because we are here, we have already won." He also noted how instead of being able to listen to a renowned scholar and philosopher at this time, the audience got him instead. He asserted that gay marriage is clearly a disputed issue on campus that needs and deserves to be discussed.

Wallace stated that the community has a right to be angry. He then asked the audience to close their eyes and exhale all the anger and angst. Noting ideas from the PSP 303 class that inspired the forum, he explained, "this is not a rally, sit-in, or protest," but an opportunity to allow the community to come together in an open dialogue. He opened the floor to the other organizers of the forum to state their reasoning for being there.

Matt Smith '16 spoke next to address the reasoning of why he was present that day. He explained that he was one gay student among many that were not honored or respected by the administration's actions, and he saw that as a violation of the Pope's call for respect of all people. Smith called for the need of the administration to prove they care and respect all students. He stated, "I need that proven to me with more than just words."

Jen Giffels '14 explained that she



SAADIA AHMAD '14 / THE COWL

The PC community gathered in '64 Hall to participate in a forum about #friarfreedom.

came to college "to have her answers questioned," and stressed that learning is about awareness. She stated that the College cannot pick and choose the viewpoints allowed on campus, and the College should not limit learning.

Emanuele Abbrancati '15 stated that on a personal level he felt the College took away his opportunity to learn about an issue that was very important to him, and as an adult he felt that he should be given the chance to form his own opinion.

Omar Terrones '16 believes that students should not be confined to a strict Catholic ideology. On this issue, he said, "Students were deliberately left in the dark," and that reveals that the students are not a priority for the administration.

Magali Garcia-Pletsch '13 mentioned how alumni were quick to act, as the Facebook response within the alumni group reached 400 members of the first day, and had since swelled to over 1,300 that day. She noted how proud she was

of the current students and faculty for their reaction, and encouraged them to keep up the amazing work. She said, "The PC network is here to support you. Remember, once a Friar, always a Friar."

Before splitting up into the small groups, Dr. Nick Longo, the global studies professor who teaches the Community Organizing class, noted the irony in all that had happened. At the early stages of planning, the faculty agreed that if Dr. Corvino's lecture had culminated with 50-60 students in Aquinas Lounge, "Dr. Arroyo would have hit the lottery. Look at us now." He offered his support for Dr. Dillon, and "the organizer" Dr. Arroyo for his courage and humble leadership. Both professors received standing ovations from all in attendance.

At that point all the students, alumni, and faculty participating split up into small groups throughout the Hall to discuss the issues brought about by the controversy while also

addressing the questions posed by the organizers on posters, including: "Why do we need to talk about gay marriage on this campus?" "How do we promote academic freedom?" and "What would an inclusive campus community look like?"

After about 25 minutes, the small groups reconvened to an open forum to address the last question of "Where do we go from here?" Students shared their personal stories of finding their home at PC, the feelings of isolation they felt in response to the cancellation, and support for each other, and then demanded reparations from the administration.

Colin Sheehy '14 encouraged the community to "support anyone who feels marginalized, and emulate love and positivity." Zach Gavry '14 challenged everyone to recognize fear in themselves and take steps to overcome it, as that "is the only way to learn respect."

Rebecca Mears, a student at Brown University, even came out to support the cause at PC. She encouraged students to keep up the good work and realize the next step is up to them. She said, "The world is watching, make that next step count."

PCTV provided live coverage for this event, and during the open forum section of the event, a group of PC students from Barcelona who were watching even called in by cell phone to show their support for the cause from abroad.

Nick Wallace delivered the closing statement to the program saying, "I'm proud to be a Friar today. Let's not stop, be academic, proactive, and fair about demands. Let's not stop here."

## Schneider:

Continued from front page

Driscoll reflected on the first time he saw the new arena completed, "As I walked through the door, [I was] absolutely blown away. We believe in miracles and miracles happened at PC. [We] want to thank every single one of you for making this happen."

Driscoll then introduced the next speaker, Women's Ice Hockey Head Coach, Bob Deraney. Deraney told the guests, "Fifteen years ago [when] I took this job, I dreamed of this day." Deraney explained how PC did not become co-ed until 1971, and not until the 1974-1975 school year did the school start a women's ice hockey program. Since the arena was built only for the men's team, the school was always trying to fit a second team in a building meant for one. Now the new renovations boast locker rooms catered for both the women's and men's teams.

After Deraney finished speaking, Driscoll introduced Head Men's Ice Hockey Coach Nate Leaman. Leaman was recruited to come to the College two and a half years ago from Union College. In a short time, the team has been ranked the top 15 in the country, with the best coach and an opportunity to win a championship. Leaman said, "No one wants to win a championship more than our team." Leaman acknowledged, "the renovations to Schneider Arena are a

good start to the program to help make the players the best in the country and have the best fans in the country as well." Leaman also thanked all those who made the renovations possible: Bill Leary, Chris Reilly, Bob Gorman, Fr. Brian Shanley, O.P., and all donors for their generosity.

Sara Clarke then spoke on behalf of the Clarke family to present The Penny Clarke Memorial Award. The award was presented to former PC hockey player Len Clarkin '65. Clarkin, who still plays in ice hockey leagues two to three times a week and regularly attends Friar ice hockey games, is described as "a true Friar in every way." On receiving this prestigious award Clarke commented, "[I] consider myself the luckiest guy around." A special plaque and framed jersey will be hung at the rink.

Fr. Brian Shanley, the last person to close off the speaking program, said a prayer to bless the arena. "This building is a blessing and I want to start off by thanking you." Shanley sees the arena renovations as a "rebooting of PC's hockey program." Shanley described, "I came here tonight with the biggest smile on my face. We now can win." After the speaking program finished, the ribbon cutting ceremony took place in which Fr. Shanley did the honor of cutting the ribbon. The night closed off with a live auction and an open skate time out on the rink for all guests.

The PC men's hockey program is looking forward to the upcoming season. Niko Rufo '17 describes the



SAADIA AHMAD '14 / THE COWL

Guests mingle and explore the newly renovated Schneider Arena on Friday evening.

renovated arena as "pretty unbelievable [and] definitely the best in Hockey East." Coach Leaman commented, "Outstanding, a dream come true.

[We] purposely played more games on the road last year. [We] are excited to start the season and definitely need student support!"

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## Bravery to Make Amends Is Needed for Effective Action

### *Political Parties Entrenched In Party Outlooks Leave Little Room to Form a Solution*

by Matt Santos '14  
Opinion Staff

SOCIETY

One could very easily say that Tuesday's midnight hour passed eventfully. My fifth load of laundry had just finished, an old friend from high school had texted me to catch up, and our national government shut down. The strange occurrence amid the normalcy of a late Monday evening and the early Tuesday hours seemed absurd. Is it a prank? Autumn's version of April Fool's Day instituted without our knowledge? No, sadly, it simply seems that once again party lines crippled our Congress from functioning.

As in many instances past, the current House of Representatives and Senate display a terrifying inability to come to agreement. Strict adherences to political parties and lack of cohesion leave me personally puzzled as to how these politicians can function in a society of different outlooks. Effective action cannot be taken without a bravery to make amends, work together, and perhaps do something which may be unpopular with one's political party. That courage seems generally absent.

I feel as though I am having déjà vu. This past spring semester, one of my later articles in *The Cowl* lamented a congressional gridlock which still hinders progress in Washington. If I remember correctly, and knowing myself, I believe I remained optimistic for the future, expressing some semblance of faith in these individuals



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to settle differences and be productive. Of course, several months later, the same issues posit federal employees in a difficult situation and leave the general public feeling uneasy. The silver lining that I thought I saw

turned out to be a slight farce.

One can hope (and again, I am betraying my eternal optimism here) that in the few days between this article's writing and publication that some change may come about.

Perhaps a further crisis and public outcry against this Capitol Hill paralysis will outweigh those who are resistant to compromise. And still, in all that seems frustrating, some lessons may be learned from this for us at Providence College.

Undoubtedly unanimous agreement, pure compromise, even a satisfying circumstance for each party involved are all quite difficult in regards to many issues. Frequently, with differing groups so deeply entrenched within their own outlooks, nothing can be accomplished. There is no communication, no action, and no progress to be had. As the US Congress has provided the model, things can sometimes shut down. Whether it pertains to communication or simple unity of purpose, things can shut down. Nobody wants this.

In the wake of a disappointing inability of politicians to do their duty to the nation, perhaps we may reflect as a community on that which led these individuals to ineffectiveness. We may see the way in which a lack of discussion, of awareness, of flexibility can lead to such difficulty. We may see how both parties involved within any debate of any kind should always strive for common ground. It's what we all deserve; it's what we all want. At the end of the day, in the macrocosm, we're all Americans. In our microcosm, we're all Friars. Together we want to thrive.

## Traditional Learning Will Only Take Us So Far

### *Fruitful Learning Occurs When Taking Charge of Our Academic Freedom*

by Jenn Giffels '14  
Senior Staff Writer

COLLEGE

Picture your ideal classroom. Does it look like a typical classroom at Providence College, with desks in rows, a blackboard at the front, a clock and a cross hanging over the door?

Let me ask it a different way: picture the setting in which you learn the most. Is it buried behind a \$200 textbook in the depths of the library?

While there is much learning that happens in this traditional setting, learning that I will never deny nor diminish, it will only take us so far in exploring and making changes in the world. When we take charge of our education, as we did last Thursday night at the Fighting for Academic Freedom event, an irrepressibly rich and fruitful kind of learning occurs.

I won't pretend that during the final planning meeting the night before the event I wasn't thinking about the unfinished homework I had due the next day. But have I not spent my whole academic career fulfilling the "good student" role? It was time for me

to challenge myself to create a space for my learning beyond the books and the tests.

Helping to plan this event was my chance to take my education to another level. Fellow organizers and I readily accepted the challenge of mobilizing PC's student body to come together at an event that would show the respectful yet angry power of the students.

We made decisions about who would open the event, who would give personal testimonies, how we would facilitate the small group discussion that was to occur, and what we wanted our principal message to be when all was said and done. We were the planners, the creators, the do-ers, engaging in active learning.

So what does this active learning look like?

On Wednesday night, it looked like a meeting of students on the fourth floor of Feinstein, eagerly bouncing ideas back and forth. Collaborating, organizing, planning. Energy, passion, commitment, and determination combined to serve as a force field preventing us from leaving the room until late that night.

On Thursday night it looked like

hundreds of members of the PC community gathered in one room, learning from each others' testimonials, erasing prejudices, taking the time to understand one another, engaging in respectful and fruitful debate, and discussing ways to move forward.

And the learning is still taking place. It looks like the Facebook group Fighting for Academic Freedom; it looks like *The Cowl* and Friarside Chats articles being written about the event and academic freedom; it looks like students planning other events on campus in the spirit of owning our education.

Active learning looks like the mobilization of PC students to force us to remember that this college should be about the students, first and foremost. As Emanuele Abbrancati '15 observes, "All members of the PC community are starting to feel the need for change."

I suggest this change can come with focusing on other ways of learning. Supplement the traditional methods of learning you are so used to with community engagement, student mobilization for a cause, real life skill building, discussions and debates over issues about which you are passionate, defense of the ideas in which you

believe, and a refusal to be submissive just because someone told you "this is how it is." Take risks, and realize you learn as much, if not more, from mistakes as you do from success.

People will caution you not to take risks, as Nick Wallace '14 explains, "People cautioned me not to take action [...] that my actions would follow me forever." The decision between action and passivity is a conflict we constantly encounter.

Don't be a passive learner. We all came to college for an education, and an education should help us to learn valuable skills that pertain to the real world, to develop a voice with which we can fight for things, defend ourselves, be heard, and make change. An education should force us out of our comfort zone and make us consider possibilities of which we have never heard before. An education should be an interactive process in which we are engaged in constant dialogue with each other, our professors, and our community.

Picture your ideal classroom. Picture the whole world, and stop at nothing less.

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#### Letter/Guest Submission Policy

*The Cowl* welcomes guest opinions 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 500 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 emailed to *The Cowl* office no later than 9:00 p.m. on the Sunday before publication. We do not print previously published articles. Email responses to cowlcommentary@gmail.com, and remember a guest submission is only an email away!

#### 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.

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# Watch, Read, Tweet, and Know the News

## As the Government Shuts Down Students Need to be Informed

by Kayla Fernandes '14 &  
Keely Mohin '14  
EIC & Associate EIC

EDITORIAL



All it took was a little spat over Obamacare, a lot of ideological differences, and one bold Congress to make the United States government shut down on Monday, October 1, 2013.

Some panicked over the news, some thought it hilarious, while others probably knew little, if anything, about the developing events. We're sure students at Providence College fell into all three of these categories. Perhaps some students' parents will be affected by federal employee furloughs, or maybe the more conservative students among us let out a sigh of

skeptic relief with the news that the Affordable Healthcare Act just might be defeated. But whichever side of the debate you fall on, we hope, in short, you fall on it.

A few short years separate us from the proverbial PC bubble and the "real world" (whatever that means). We'll transition from wondering what the IRS stands for to cursing its very existence come tax season, from contemplating cooking to being baptized by fire in the kitchen (sometimes literally). Now, we're floating between late adolescence and adulthood, and, as trite as it may sound, it's time to become informed and make determinations about the world around us.

Maybe you're a great defender of the GOP, maybe you're staunchly Democratic in nature. Just be something. Watch the news, read the news, tweet the news, just know the news—starting with the government shutdown.

# TANGENTS & TIRADES

## Get More Contact Paper

Ever since I arrived on campus, one of the first complaints I heard from my fellow McVinney residents was that there is not enough contact paper in the bathroom, specifically between the shower stalls. I haven't really noticed it (the stall I use is sheltered by the wall and a sheet of contact paper with a lovely fruit print), but apparently the actual barrier between shower stalls is a wall of glass that has been described as "lightly" frosted. I know we're all supposed to be comfortable around each other, but this takes floor bonding to the extreme. No one wants to worry about showering at the right time in order to avoid having someone in the stall next to them. Ladies, please talk to your RA if you need more contact paper. You can even start a contact paper fund in your hall and then designate someone to go out and buy it. The power is in your hands to fix this—don't be shy. Well, on second thought, when it comes to lightly frosted glass, being shy might be a good thing.

—Brianna Abbott '17

## Beware of the PC Plague

Welcome to Friartown, where news travels fast, and sickness travels even faster. It's been a mere month since moving in, and already the entire student body is coughing and sniffing all over the place, myself included. It's only September, people. We haven't even entered prime cold season yet. But thanks to the breeding ground for germs that we live in, the common cold has already swept campus like the plague. How did this epidemic spread so fast, you may ask? Well, let's examine our lifestyles, and we'll get to the bottom of it. To start, let's consider our living situations. You're all familiar with your communal bathrooms where everyone's germs collect and fester. Need I say more? Next, let's review our typical weekend routines. Something tells me that partying until 2 a.m. doesn't exactly strengthen our immune systems. Finally, factor in the number of people making out every weekend and spreading their tainted cooties, and you begin to understand how sickness spreads like wildfire around here. So, wear some rubber gloves in your bathroom, go to bed before dawn, avoid random hook-ups, and you just might be lucky enough to escape the PC plague.

—Jacquelyn Kelley '17

## Don't Forget Your Veggies

The healthiest food options that are available on campus every day are often overlooked. There is a new vegan section in Ray that serves green beans and other essential healthy foods that cleanse the body. However, when strolling through the salad bar, beets are often judged to be slimy and unappealing without regard for their nutritional value. But if you care about nutrition and your well-being, give them a try. Don't ask questions, just realize that beets have quite the healthy impact: they are considered to be one of the healthiest vegetables due to their high content of vitamins and minerals, making beets a great source of energy while also helping your mental health and so much more. Next time you dine, try to arrange a variety of colorful, vibrant fruits and vegetables on your plate. If you don't see the value or importance of your eating choices, try to switch up your eating habits and experiment a bit. Maybe you will sense the change through how refreshed you feel upon waking up in the morning or the bursts of energy you may experience throughout the day. Remember to keep this warning in mind as you wait in line for food, "A moment on the lips is a lifetime on the hips."

—Christina Moazed '15

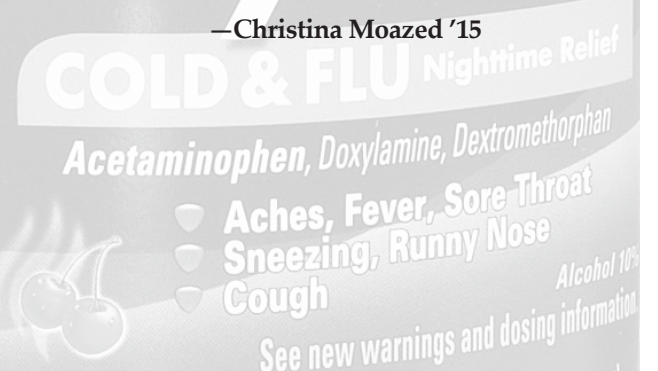
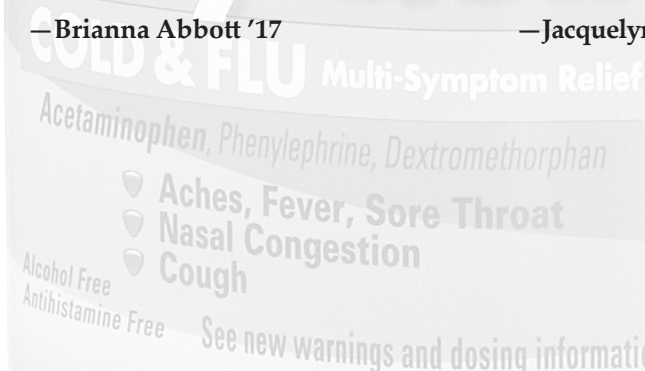


PHOTO COURTESY OF WWW.VICKS.COM

# Barilla Pasta's Anti-Gay Ideas Are Fundamentally Flawed

by Carolyn Walsh '17  
Opinion Staff

SOCIETY

If you are a pasta lover, you might want to put your fork down because I have some bad news for you. Your favorite carb dish is no longer just a food, but has now become politicized; the brand you buy at the supermarket now carries some political and social implications. You can thank Barilla's CEO Guido Barilla for ruining the innocent nature of your plate of spaghetti.

In a recent interview with the Italian radio station *La Zanzara* the CEO made anti-gay remarks that have received rightful and widespread backlash on social media and international news outlets. Many people around the world are now calling for a boycott of Barilla Pasta.

The most important lesson to be learned from the hot water that Barilla now finds itself in is that bigotry and good business simply do not mix. It is also a reflection of just how far-reaching our political culture has become. Our political and social values now affect nearly every decision we make, even our decision of what brands of

pasta we should buy at the store.

In the interview, Barilla proclaimed, "I would never do an advertisement with a homosexual family. If the gays don't like it, they can go and eat another brand. For us the concept of the sacred family remains one of the fundamental values of the company." Personally, I do not understand what pasta has to do with the sacredness of a family, and how it could be representative of one, but obviously, Guido Barilla does.

It seems like in this interview, Barilla is attempting to follow in the footsteps of Dan Cathy, Chick-fil-A's CEO, who in 2012 made a series of public comments opposing same-sex marriage. Cathy's comments prompted widespread backlash for the fast food company and negative media coverage by news outlets, much like what Barilla Pasta is experiencing right now.

What is even worse about Guido Barilla's comments is that they clearly ostracize the gay community. The message Barilla is sending

is, "My company does not find your family to be valid in any way. It's not that I have anything against you, per se. It's just an essential part of your identity that I reject. You don't like that message? I don't care. Go take your money elsewhere." Not only is he isolating and excluding gay people from his

company's message, but he is also putting his customers in an unfair position; he is forcing people to either not buy Barilla pasta, or to buy it and therefore accept and support his politics.

Barilla's marketing to the "traditional" family is also fundamentally flawed. The one-dimensional idea of the "traditional" family is dying quickly in these modern times. Attitudes are changing, and it would not be wrong to wager that most "traditional" families

will actually stand in solidarity with the LGBT community against companies that align themselves like this. Why can't we all just sit down together as a family and enjoy a plate of pasta?

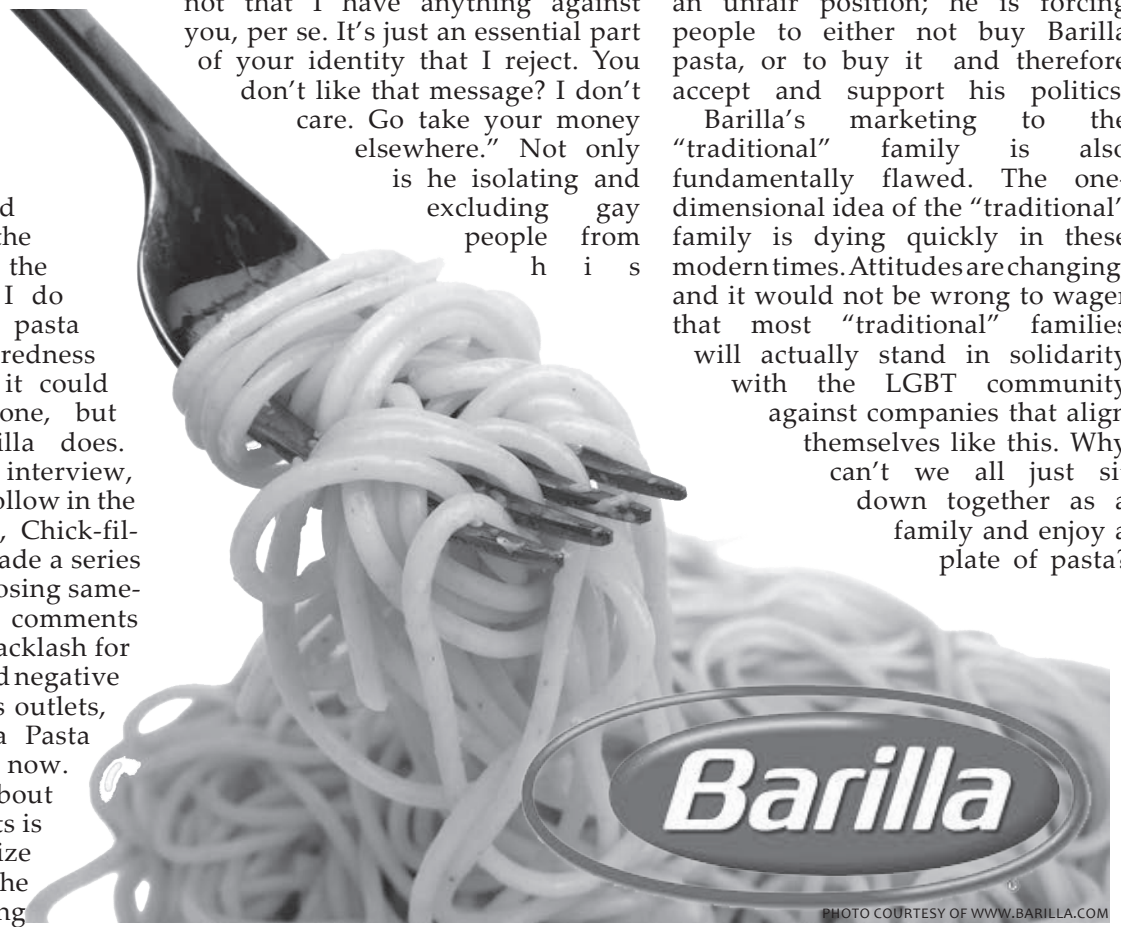


PHOTO COURTESY OF WWW.BARILLA.COM

## Faith Matters: Go After Noble Goals

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

CAMPUS

I recently read a story in the *Wall Street Journal* that struck me as odd. The article was entitled "The Slowest Generation" and revealed that the average finishing time in US marathons rose 44 minutes over the past 30 years. The reason? Among Millennials and hipsters, racing and competing against a clock simply isn't cool. An industry expert noted: "Many new runners come from a mind-set where everyone gets a medal and it's good enough just to finish."

Can that really be? Do young people not care about performance? Does competitive blood not course through the veins of this generation? Buh! That's not the case at Providence College.

My own experience of PC students reveals an extraordinarily high level of competition that manifests itself in various ways. Look how many of you are overly competitive when it comes to intramural athletics. (Not you, kickball players. You don't count.) And it was ever thus! My old PC roommates from nearly 20 years ago still give grief to the one guy from our house that never won a T-shirt.

The fierce ambition of Providence College students is also on display in the classroom and the library. Many of you obsess over grades and are concerned with academic rank. You'll spend hundreds of dollars on preparatory courses to squeeze out a few extra points on the GREs and LSATs. It's not enough for you simply to graduate; you want to walk across the stage with honor cords draped around your necks.

So which of these attitudes is the proper one? Is it just enough to finish the race, or are we obliged to push ourselves to the breaking point in the pursuit of victory? The answer is somewhere in the middle.

God has not made us for mediocrity. St. Paul urges us on like a Concannon Fitness Center instructor: "Do you not know that the runners in the stadium

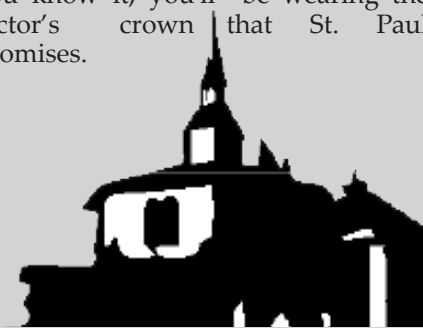
all run in the race, but only one wins the prize? Run so as to win." In athletics, in the classroom, and in life considered broadly, we ought to strive for excellence.

But there is such a thing as going too far in our efforts to come out on top. We may actually get what we set out to attain, but at what cost? Consider the story of Ty Cobb. He was consumed with becoming the greatest baseball player of all-time, and he came pretty darned close to getting there. But his single-minded pursuit made him vicious and bad-tempered on and off the field. And when he died, there was almost no one at his funeral. In the months before his death, this little old man lamented: "If I could do it all again, I'd do it differently. I'd have more friends."

The drive for superiority and the desire for competition can be great and useful things, but they can consume and destroy us if they are not informed by reason.

What does this look like in practical terms? Strive to be the best friend and community member you can be. Let no one outdo you in generosity. Fight well to grow in holiness and to act in accordance with the dictates of a well-formed conscience. Study as hard as you can, but don't forget the importance of watching Monday Night Football with the guys on your floor. Be involved with extracurricular activities, but don't do so many of them that you don't get to start your Civ reading until 3:00 a.m.

Determine which goals are noble and go after them. Determine which ones are trivial and let them go. Discover the right ways and the proper measure to expend your energy. Before you know it, you'll be wearing the victor's crown that St. Paul promises.



## Letter to the Editor:

### Philosophy Professor Thanks SHEPARD

I would like to express my gratitude to *The Cowl* for the cover story about SHEPARD. In light of the events of this past week, and as a faculty member committed to justice and tolerance, I also feel compelled to personally and publicly thank all of the students who are involved with SHEPARD here at Providence College. Your presence and contributions to this campus are valuable and valued, and affirm the importance of a continued dialogue about the meaning of community.

Dr. Licia Carlson  
Associate Professor of Philosophy

Got something to say?  
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# PHOTOGRAPHY

The Cowl 10  
October 3, 2013



SAADIA AHMAD '14/ THE COWL

**ABOVE:** Freshmen and sophomores are welcomed into the National Society of Collegiate Scholars during an induction ceremony featuring a keynote address from Mayor Angel Tavares.



GABRIELLE MENDEZ '17/ THE COWL

**ABOVE:** BOP sponsors Back to Coffeehouse, featuring an open mic and LaSalle pastries and coffee.



EMILY HURLEY '17/ THE COWL

**ABOVE:** The Career Education Center holds its annual Major/Minor Fair where faculty members of each academic department speak with students.



SAADIA AHMAD '14/ THE COWL

**ABOVE:** A Legacy Admission Information Day is sponsored by the College and brings in over a hundred prospective students to provide information on the college application process and give tours of the campus.

Compiled by Saadia Ahmad '14, Photo Editor



JESSICA ARTIGLIERE '17/ THE COWL

**ABOVE:** The Department of Political Science holds an information session for students interested in an Ecuador immersion trip.



EMILY HURLEY '17/ THE COWL

**ABOVE:** The College holds a One Month Countdown to the Friar 5K event, where members of the College community signed up for the race and customized trail mix snacks.



SAADIA AHMAD '14/ THE COWL

**ABOVE:** PC After Hours holds "A Night in Candyland" event where students play their favorite board games in life-size versions.



SAADIA AHMAD '14/ THE COWL

**ABOVE:** The Anscombe Society provides students with an ice cream social study break.



SAADIA AHMAD '14/ THE COWL

**ABOVE:** Providence College sponsors the first annual Resident Assistant Leadership Conference, bringing in students from such local colleges as the University of Rhode Island, Rhode Island College, Johnson and Wales University, Bryant University, and the Rhode Island School of Design.

# FIGHTING FOR ACADEMIC FREEDOM

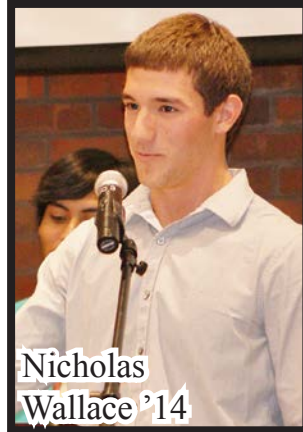
## #FRIAR FREEDOM



Magali Garcia-Pletsch '13



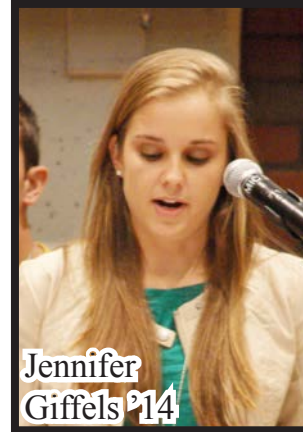
Omar Terrones '16



Nicholas Wallace '14



Emanuele Abbrancati '15



Jennifer Giffels '14

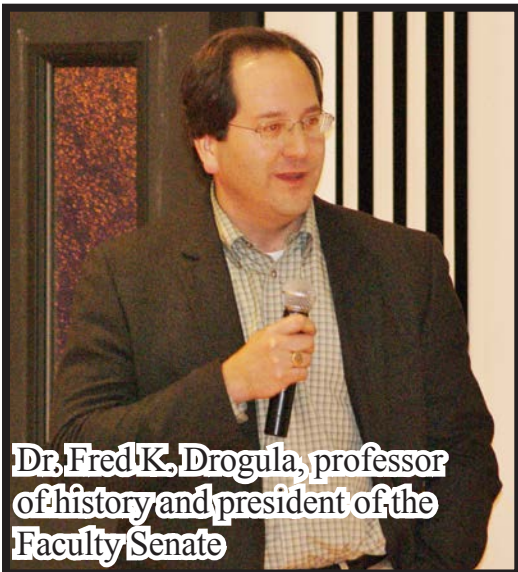


Matthew Smith '16



The community gives a standing ovation to Professor of Theology Dr. Dana L. Dillon and Professor of Philosophy Dr. Christopher Arroyo

On Thursday, September 26, 2013, over 400 members of the Providence College community—students, faculty, staff members, and alumni alike—gathered in '64 Hall to dialogue together about the recent controversy rampaging campus regarding the abrupt change in scheduling of Dr. John Corvino's lecture "The Meaning of (Gay) Marriage," which was to be presented at that very time. Following a series of short speeches given by some members of Dr. Nicholas Longo's Community Organizing class, the audience broke into smaller groups to discuss their thoughts and share their feelings on a more intimate level. Afterwards, individuals stood to share their group's insights, as well as to tell their own personal stories and the ways in which the decision affected them.



Dr. Fred K. Drogula, professor of history and president of the Faculty Senate



Friars from across the globe tune into the forum, which was livestreamed by PCTV, and some call in to share their thoughts and support.





## Providence Celebrates Hispanic Heritage Month

by Katie Puzycki '17  
A&E Staff

CULTURE

For those interested in culturally diverse happenings, Hispanic Heritage Month is the perfect time of year to celebrate those interests. Providence will continue hosting Hispanic-oriented activities until Oct. 18, and there will definitely be something for every taste. With events ranging from food, to art, to dancing, to film, you will certainly not be bored.

Considering the nation's ever-growing Hispanic population, it is very fitting to recognize and share in the culture. According to PewHispanic.org, the Fall River and Providence area has among the largest Hispanic origin groups in select metropolitan locations in the United States. Since 1980, the Hispanic population in the US has increased significantly, jumping from a mere 14.6 million people to approximately 52 million in 2011, as reported by theatlanticcities.com. This population growth is even more reason to become educated about the likes and customs of our neighbors, and to also expand our horizons.

The committee responsible for the city's festival has done an exceptional job of selecting events for this year's celebration, and an equally wonderful job at expressing the importance of being an anthropologically intelligent community that is accepting of other peoples. If you have yet to check out these exciting festivities, here are some that are sure to be worthwhile:

From Oct. 6-15 you can catch Chilean director Sebastián Silva's film, *La Vida Me Mata*, or *Life Kills Me*. The presentation of this movie is a part of the Global Lens film series, and will be shown at the Providence Public Library from 6-8 p.m. with free admission. The

story is about the unlikely friendship that develops between a grieving cinematographer named Gaspar and a slightly sociopathic young man named Alvaro. The two pair up to work on a low-budget horror flick, and along the way Gaspar slowly begins to learn from Alvaro. It is a poignant tale with hints of comedy. Also, do not fear if you are unable to speak Spanish; it will be shown with English subtitles.

Oct. 16 will be the perfect event for foodies everywhere. Sabor Latino is a culinary walking tour of downtown Providence, and will be making stops at Latin American eateries and food trucks alike. It is the perfect opportunity to try authentic Latin American food from some of the top places in the city—as good as Chipotle may seem, this stuff will have it beat by miles. Grab some empanadas, ceviche, or, for those feeling less adventurous, tacos and burritos. Those with a sweet tooth can try some flan, flourless chocolate cake, or churros for dessert. Make sure you come hungry and ready to eat! Participants must make a reservation.

The last day of this culturally crammed week will be the opening of San Antonio-based artist Vincent Valdez's collection *The Strangest Fruit*. Valdez, a graduate of the Rhode Island School of Design, is well known for his use of varying mediums and his quality of realism. The artist's works critique the political and social orders of society, and his newest display of paintings center on the persecution and oppression felt by many

of the Latino citizens in the United States today. This event will also include a symposium with the painter and two other experts on the topic to discuss the histories and influences of the artworks. Valdez's series will include 10 large-scale paintings, and will be hosted in the David Winton Bell Gallery at Brown University from 3:30 to 6:30 p.m.

All and all, this ethnically-packed month is the perfect tribute to the diverse Providence community. After all, Providence is historically known for being tolerant and accepting of people of all kinds since its foundation by Roger Williams in 1636. Be sure to stop by at least one of these events in this city that is full of cultural expression.



PHOTO COURTESY OF flamencodancer.eu

## JEWELRY ESSENTIALS

by Christina D'Adamo '16  
A&E Staff

FASHION

Small dorm rooms, cramped closet spaces: one might ask, where is the room for the clothes? Any fashionista can concur, packing for college is a challenge. Throw in the essentials and the result is a basic, quite simple, and uncomplicated wardrobe. How do you transform that basic look into something completely unique? Accessories, ladies, this is the answer to this fashion struggle. Jewelry can add the final touch to every look and add versatility to any wardrobe.

Selecting the right pieces can be tricky. While it can be tempting to splurge on the hottest trends, it is often best to stick to staple items. Mixing and matching basic pieces can create an entirely fresh look in just minutes. So gone with the old and in with the new! Highlighted below are the must-have jewelry pieces every woman should own:

Menswear-inspired watches are an absolute must. With an oversized and slightly boxy face, these watches make every woman look polished and

chic. Opt for a sterling silver or gold watch. Stay away from bright colored bands and choose more neutral tones such as white or black. High-end designers such as Marc Jacobs, Michael Kors, and Cartier are mastering this look. For more affordable, yet still durable wristwear, Fossil and Guess have a variety of selections.

When it comes to jewelry, it is all about layering. Play up that menswear-inspired watch even further with stackable bracelets. Add gold and silver accent pieces for a trendier look. Charm bracelets are a great way to personalize these everyday accessories. Jewelry designer Alex and Ani excels when it comes to this layering effect.

From studs to hoops, every girl needs a collection of earrings. For a minimal statement, circular studs are a great investment piece. Emily Current and Meritt Elliott from Ask a STYLIST recommend experimenting with pyramid, heart, and star studs for a fun and girly twist. Hoops, on the other hand, are a great way to add a rocker edge to any outfit. When picking hoops, stay away from chunky metals, warn Current and Elliott, and

select thin and dainty pieces. Whatever your ears desire, studs and hoops should be purchased in sterling silver and gold.

A statement necklace can do wonders, and with the wide variety of options available, there is something for everyone. When choosing a statement necklace, be bold, and opt for bright colored beads such as turquoise or yellow. Be daring and choose a necklace with studs and spiked chains. Anna James, fashion consultant from laurenconrad.com, recommends pairing a bold statement piece with a white T-shirt or neutral

dress. James also suggests keeping all other accessories to a minimum.

Whether purchasing jewelry now or in the future, it is important to keep these must-have pieces in mind. A closet full of expensive items is not necessary. Transforming any wardrobe to glam is simple. Toss on some bangles and throw on some earrings; reach for that statement necklace, and never be afraid to add some sparkle. But keep in mind; while jewelry can be a girl's best friend, no designer accessories can ever replace the ultimate accessory of confidence.



PHOTO COURTESY OF periwinkleboutique.com

## Disney Channel Throwback: Top 5 DCOMs

by Kelly Laske '16  
A&E Staff

TELEVISION

When flicking channels, landing on Disney Channel is not the same as it was back in the late '90s and early 2000s. Not only does Disney Channel currently lack its most classic television shows such as *Even Stevens* and *Lizzie McGuire*, but it almost never premieres new Disney Channel Original Movies, more commonly known as "DCOMs." In the '90s, Disney would release at least six DCOMs per year and this year they have only released one. Looking back, the movies oozed with corny jokes, bad acting, and predictable plots, but still to this day can be considered a guilty pleasure and are greatly missed. But the better, and highly debated, question is: what are the top five best Disney Channel Original movies?

Coming in at number five is *Johnny Tsunami* (1999), which stars Brandon Baker and is about a boy who loves to surf but goes to a school where everyone snowboards. The movie shows his journey of learning how to turn his surfing skills into snowboarding skills and what it took him to win the race at the end of the movie.

Unlike most of the other DCOMs that aired in this time frame, *Halloweentown*, starring Kimberly J. Brown, still airs every year around Halloween. Coming in at number four, *Halloweentown* is the story of a witch who wants to train her 13-year-old granddaughter to be a witch. Even though certain parts of *Halloweentown* scared a few, it is still considered a fan

favorite for its costumes and magic.

Being a part of *Zenon: Girl of the 21st Century* was every girl's dream, and even though it has been 14 years since it was released, many can still recite the lyrics to "Supernova Girl" (Zoom zoom zoom, make my heart go boom boom). From the neon, flashy outfits to the new lingo, every girl wanted to live in a world like Zenon's.

Almost making it to the top but landing at number two is *Smart House*, which was released in 1999. To this day, people still say their dream home is the mansion from *Smart House*. Starring Ryan Merriman, this DCOM is about a family who, after the loss of their mother, wins a computerized mansion. Things began to spiral out of control when Ben's father re-programs Pat, the computer, to turn into a substitute mother, and Pat turns becomes a psychotic guardian. *Smart House* was such a fan favorite because viewers imagined themselves living in that house.

After asking around, the DCOM that seemed to get the best reaction was *Brink!* Released in 1998, this film follows Andy "Brink" Brinker, played by Erik Von Detten, and his skating crew, "The Soul-Skaters," who enjoy skating together for fun around town and watching the sponsor team, "Team X-Bladz."

When Brink starts to realize that his family needs money, he secretly joins Team X-Bladz. Later, Brink realizes he misses his friends and enters a competition against the X-Bladz gang. Disney Channel movies will forever be a part of our childhood, and kids today will never truly know the Disney Channel we once knew.



PHOTO COURTESY OF fblisstreet.com

## An Education in Vegetables

by Marisa Urgo '15  
A&E Staff

FILM

Do you think you could go vegan for six weeks?

That is the question the Netflix documentary *Vegucated* asks. Three average New Yorkers agree to give up all animal products for six weeks, all while being followed by a camera crew. The first character we meet is Brian, an actor and bacon fan who prefers to get take-out. Then there is Ellen, a single mom of two who does stand-up comedy on the side. Lastly, Tesla is a college student who loves the food of her Peruvian culture but dislikes vegetables and beans.

At first, all three are interested in the health benefits of eating vegan. Eating a truly vegan diet means giving up all animal products entirely. That obviously means no bacon and steak, but most people do not realize that animal products are disguised in many foods. Certain types of beer are not vegan. Guinness uses dried fish bladder during their brewing process. Gummy bears, Jell-O, or anything with gelatin is not vegan because it is derived from animal protein. It was frightening to find out that some products people would think were animal-free were not, but it was actually more terrifying the other way around. Oreos are vegan. That is great if people trying to eat a vegan diet love the delicious taste of Oreos, but that begs the question: what is the cream made of? It is all sugar. That is not necessarily a bad thing

in moderation, but it is surprising no cream or milk products are used.

All three discover that they are losing weight and feeling healthier, but having a difficult time creating options for themselves. This is especially true for Tesla, the college student. Her father makes tempting meals that she cannot enjoy. Instead, she has to wait until her father is finished cooking in order to create her own vegan meals. All three participants also discover it is difficult to eat out. Restaurant menus might not be exactly clear about their ingredients and limited options make it even tougher to eat vegan.

There are plenty of benefits to eating a vegan diet. The film suggests that eating a plant-based diet lets your body obtain vitamins, minerals, and antioxidants to fight cancer and heart disease. Vegans decrease their chances of obtaining many diseases and also lose weight. Many vegans report just "feeling healthier." On the ethical side, eating plants, rather than feeding plants to animals and then eating the animals, makes much more efficient use of land and water and produces far less pollution. Eating less meat means fewer industrial farms and fewer animals subjected to harsh treatment. The film showed the ways animals are mistreated at farms for mass production and suggests that by eating a plant diet, vegans can avoid animals that are pumped with antibiotics and pesticides.

Eating a vegan diet may not be for everyone, but *Vegucated* teaches viewers exactly what is on their plates, enabling people to make healthier choices.

# Agents of S.H.I.E.L.D. Brings Marvel to Television

by Alanna Smith '14  
A&E Staff

TELEVISION

Last Tuesday, 12 million Americans gathered around their television sets to watch something extraordinary: the pilot debut of Marvel's *Agents of S.H.I.E.L.D.* The brainchild of Joss Whedon, the show is a televised branch of the Marvel cinematic universe. This franchise began in 2008 with the release of *Iron Man* and *The Incredible Hulk*, and continued with the release of two more *Iron Man* films, *Thor*, *Captain America: The First Avenger*, and of course, the \$1.5 billion-grossing *The Avengers*. The next film, *Thor: The Dark World*, will be released on Nov. 8 of this year, with at least four additional films to follow.

*Agents of S.H.I.E.L.D.* shares continuity with the films, which means that events of the film will affect those in the show, and possibly vice versa. One of the main characters of the show is Phil Coulson, an agent for S.H.I.E.L.D.—which stands for Strategic Homeland Intervention, Enforcement, and Logistics Division—who had a role in four films of the franchise, in addition to appearing in several Marvel One-Shots. Spoiler alert: Agent Coulson was supposedly killed in *The Avengers* by the villain Loki, and several lines of dialogue in the pilot suggest that the secret behind his mysterious survival will definitely play a part in episodes to come. Another movie character who graced the screen in the pilot was Agent Maria Hill from *The Avengers*, played by Cobie Smulders of *How I Met Your Mother* fame.



PHOTO COURTESY OF collider.com

The five main characters of the series, however, are new to the Marvel universe. They include Brett Dalton as Grant Ward, Ming-Na Wen as Melinda May, Chloe Bennet as Skye, Iain De Caestecker as Leo Fitz, and Elizabeth Henstridge as Jemma Simmons. As a team, they have a host of varied talents: May is a fantastic pilot, Ward is a black-ops specialist, Fitz and Simmons are scientists, and Skye is a civilian computer hacker.

The pilot had to fit in a huge amount of information: plot, setting, introduction to new and old characters. For the most part, it succeeded terrifically. The setting inside the post-*Avengers* Marvel cinematic universe was established with a brief introductory voiceover and some clips from the film, as

well as some clever quips between characters referencing Thor, Nick Fury, and “the Asgardian Mussolini” Loki. Agent Coulson’s return from the grave was explained away quickly with something about Tahiti, but as mentioned earlier, it was hinted that there is a deeper story to be told.

The plot was simple, but satisfying: a laid-off factory worker, desperate to support his family, agrees to be a test subject for a drug that mimics the Extremis formula from *Iron Man 3*. It grants him super-strength and other powers, but the longer it stays in his system, the more volatile and aggressive he becomes. Therefore, it is up to the new S.H.I.E.L.D. team to help him—or kill him—before he becomes a danger to the city.

The special effects of the episode

are worth noting. While not as frequent or flashy as those of the films, they were still extremely well-executed. Where some of Joss Whedon’s past shows like *Buffy the Vampire Slayer* or *Firefly* looked cheesy or low-budget, *S.H.I.E.L.D.* looked shiny and polished. The dialogue and jokes were also well done: witty and very self-aware. One of the pilot’s few flaws was that it was only able to introduce two of five new characters with any level of satisfaction. There was potential backstory fodder for all of them, so viewers can only hope that Whedon will continue to demonstrate his skill of developing characters and plot with equal finesse. The show airs Tuesday nights at 8 p.m. on ABC.

## EDITOR VS. EDITOR

This Week: Favorite Orphan Musical

### Tim Morris

**Favorite Orphan Musical:** *Oliver!*

**His Views:** As an eighth grader, I was cast as Mr. Bumble in my school’s performance of *Oliver!* For those of you who haven’t seen the musical, this character is the morbidly obese man in charge of the workhouse in which Oliver was born. It was cruelly ironic that the school’s director chose me for the role. I was as lanky then as I am now, and therefore most similar in appearance to Oliver Twist himself. Still, I swallowed my pride and came to enjoy rehearsing a scene in which Mr. Bumble kisses another female character. That was my first kiss—on a stage, nervous, and in front of hundreds of people. *Oliver!* was more than a musical about an orphan. For me, it was a rite of passage.

**His Views on Serena:** There’s a reason why ginger-phobia is so widespread, and that reason is *Annie*. The musical revolves around the singing and dancing of an orphaned girl who dreams of a sunnier tomorrow, whatever that means. The cast consists of a number of ridiculous characters. There is Miss Hannigan, the orphanage matron who hates children as much as she loves drinking. There’s also Oliver “Daddy” Warbucks, the billionaire whose relationship with Annie begins when his assistant rents her for the Christmas holiday. As all musicals go, however, the initial awkwardness of their pairing turns into inseparability. It takes an Amber Alert for Daddy Warbucks to realize that Annie is more than a redheaded Christmas decoration. Wielding the power of capitalism, he defeats the bad guys, adopts Annie, and marries his assistant.



PHOTO COURTESY OF altfg.com

### Serena Ambroselli

**Favorite Orphan Musical:** *Annie*

**Her Views:** I take no shame in admitting that for one entire year in my younger life, I watched *Annie* on a weekly, if not daily, basis. My mother was nothing short of concerned. Here I was, continuously professing my desire to be an orphan like Annie and to be adopted by an incredibly wealthy man referred to as Daddy Warbucks. To top it all off, I wanted a dog exactly like Sandy. What my mother failed to realize is that Annie is an irresistibly adorable and feisty curly-topped ginger—what’s not to love? Every girl wants to be Annie at one point or another. Sure, she had to endure the tyranny of Miss Hannigan at the beginning of her orphan life, but she really lucks out in the end and gets to live a lavish life from there on out. She is an inspiration to orphans everywhere!

**Her Views on Tim:** *Oliver Twist* may have a natural advantage simply for being British, but he lacks the aforementioned feistiness of dear Annie. He meddles in crime and consorts with professional pick-pockets; this is hardly a life that any young child would ever want to aspire to. There is nothing beloved about this boy and his strife. Perhaps the worst part about the tale of Mr. Twist is the end, which is unnervingly vague and inconclusive. Does he fall under the care of his relative, Mr. Brownlow? Does he become an independent, respectable London street rat? The world may never know.

# 10 Ways to Getting Healthier Skin

by Mary McGreal '15  
A&E Staff

BEAUTY

Oil is not the enemy. So many conventional skin and hair care products advertise an ability to banish acne and absorb oil; when used properly, however, oils provide and maintain moisture in the skin and hair. During the cold, windy months ahead, even using oil-based moisturizer products make a visible difference in the suppleness of your skin.

Raw honey makes a great facial mask. Leave it on for 10 to 20 minutes and then rinse off with tepid water. Buy raw, organic honey from a farmers market and support the local economy!

A few drops of jojoba oil distributed evenly through damp hair helps combat frizziness and dryness. Jojoba oil is not actually an oil, but rather a liquid wax that is similar to the sebum produced by the skin. This means it is a wonderful moisturizer, even for those with oily skin, because it can help regulate the skin's oil production.

Hair that is too oily? That can easily be remedied by a natural dry shampoo. Cornstarch or arrowroot powder is great for light to medium colored hair and cocoa powder is a quick fix for greasy brown or black locks. Grab a makeup brush and dust a light layer of the powder onto the trouble spots to absorb the excess oils.

Do not forget to exfoliate! Baking soda works well to slough away dead skin and keep healthy skin glowing. Just make a paste from a half dollar sized amount of baking soda and some water. Baking soda can be drying,

though, so do not use it too often.

Mix up a honey and sugar scrub by adding a bit of brown sugar to a spoonful of honey. Use it like a regular scrub. The best part is that it is completely edible!

The lips need care as well. Gentle exfoliation followed by a touch of natural moisturizer guarantees that your smile will shine, even if the sun does not.

Through the crisp scent of fall leaves, many are still longing for summer. Coconut oil will not help you travel through time, but it's aroma might bring you back to days at the beach. Coconut oil has a multitude of uses from a moisturizer for chapped hands to treatments for dry hair. A bit of coconut oil on a soft cloth is an easy way to remove eye makeup. However, be careful as coconut oil is comedogenic, which means it can clog your pores.

For the adventurous, the Oil Cleansing Method (OCM) is the way to go. Based off the principal that "like dissolves like," the OCM uses oils to clear away blackheads and smooth the skin. The OCM recommends gently massaging a blend of non-comedogenic carrier oils, as well

as a bit of castor oil, into the skin. Place a hot washcloth on the face to steam the pores open, then thoroughly wipe the oil away. The OCM may not work for everyone, but when it does it is a good way to cleanse and moisturize the skin. Like most things in life, the OCM is best done in moderation.

If you are not really a DIY type of person, there are lots of organic and natural brands to try at many different price points. Read labels and take control of what you are putting in your hair or on your skin.



PHOTO COURTESY OF huffingtonpost.com

# Gyllenhaal, Jackman Shine in Prisoners

by George Killian '15  
A&E Staff

FILM

As Hollywood shifts focus from the summer blockbuster season to the winter season, Warner Bros. hoped that *Prisoners* would be the one to top the box office, but it fell just short. Failing to captivate audiences for a second weekend now, *Prisoners*, a kidnapping thriller, only took in a little more than half of their opening weekend box office gross despite great reviews by viewers and the online critic database Rotten Tomatoes.

The story follows two families, one fathered by Keller Dover (Hugh Jackman), and the other fathered by Franklin Birch (Terrence Howard), as they deal with the surreal and tragic kidnapping of their two daughters on Thanksgiving in a fictitious county in Pennsylvania. The determination to find their little girls starts off honestly, but quickly deteriorates into madness as the days increase and their kidnapper is seemingly impossible to track. The difficult-to-read detective in charge of the investigation, played by Jake Gyllenhaal, works night and day, reaching dead-end after dead-end. The film is filled with some powerful acting moments by Jackman, Gyllenhaal, and Paul Dano, who plays one of the suspects.

What really makes this film stand out from other kidnapping thrillers that have come out of Hollywood is the realistic work done by director Denis Villeneuve. For Villeneuve, realism is not just something to

write about in a DWC paper, it is something that he made come to life to enhance the suspense of his latest thriller. Villeneuve made *Prisoners* unlike the cliché fast-paced thrillers that populate the silver screen. The conversation is not quick and sensational, with a dramatic score playing in the background, but instead the dialogue takes a normal and contemplative pace that makes the audience anxious.

The emotions of the families in their moments of pain and the fortitude of the detectives in their investigation

do not just come from the dialogue, but from the unspoken power of the acting. In addition to the realistic script of the movie, *Prisoners* is set in the cold and dying fall months, with cut scenes that make the pain of the family even more true with the solemn colors of late November.

With the recipe containing great veteran actors, a suspenseful and captivating plotline, and a unique way of using realism, one would think that *Prisoners* would not have fallen second place this weekend to *Cloudy With a Chance of Meatballs*

2, but unfortunately it failed to deliver. While the dialogue and scenes created were good, the movie ran too long. The audience may find itself determining the conclusion and waiting for the scene to proceed. The use of the suspenseful pause in dialogue became repetitive.

Overall, the acting done by Dano, Gyllenhaal, and most importantly, Hugh Jackman, made this suspense thriller stand tall, however, if I were you, I would wait until it comes out on Netflix.



PHOTO COURTESY OF shockmansion.com



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## The Games of Children

by Kiernan Dunlop '14  
Portfolio Staff

FICTION

Prudence sits in the park on a beautiful, sunny day. She smiles because today she is supposed to play hopscotch with her new friend John from school. Hopscotch, a game at which John is an expert, is something new for Prudence. The girl has, of course, heard of the game, but she wants to know more.

Prudence's older brother Christian has arranged their meeting out of concern for his sister's knowledge of playground games. Christian doesn't want Prudence missing out or being confused by what the other children are up to; it just wouldn't be fair to her.

Seeing John out of the corner of her eye, Prudence begins to wave enthusiastically. But all of a sudden, she is caught in a huge shadow. Her mother is looming over her. For most children, seeing their mother is not a scary occurrence. In fact, for most it is a happy one, but Prudence's mother, Hilda Lemming, is far from the normal mother. The white sweat suit she wears is two sizes too small, the elastic band seemingly seconds from bursting. The grimace on her face and her brown stained teeth are only a couple of the many contributing factors to her utter ugliness.

"Yes, mother?" Prudence whispers with the utmost respect.

"We're leaving," she growls, grabbing Prudence's arm and pulling her up from the ground. The little girl tries to protest, but she lacks the power to overcome her strong mother.

"But John is almost here!" she squeals, almost out of breath.

"I don't care, I've decided I don't want you learning how to play hopscotch. I taught you how to play jump rope. That was my favorite game growing up and it is the only game you are going to play."

"But Mom, I basically know the rules already and all the other kids get to decide what they want to play," the girl pleads.

"Well, I just don't think you were prepared to learn those rules, you're only a kid after all," Hilda huffs and drags her daughter back to the car.

Prudence is very disappointed; she has been looking forward to seeing John. They had even made the play date a month in advance (John has a very busy schedule for a fourth grader). Giving up, however, is not something this determined little girl is good at. Instead of accepting her mother's wishes, Prudence decides to do all she can to change the way her mother is raising her. First, she tells her brother about what happened and he makes sure all of their siblings find out. Then her father learns what

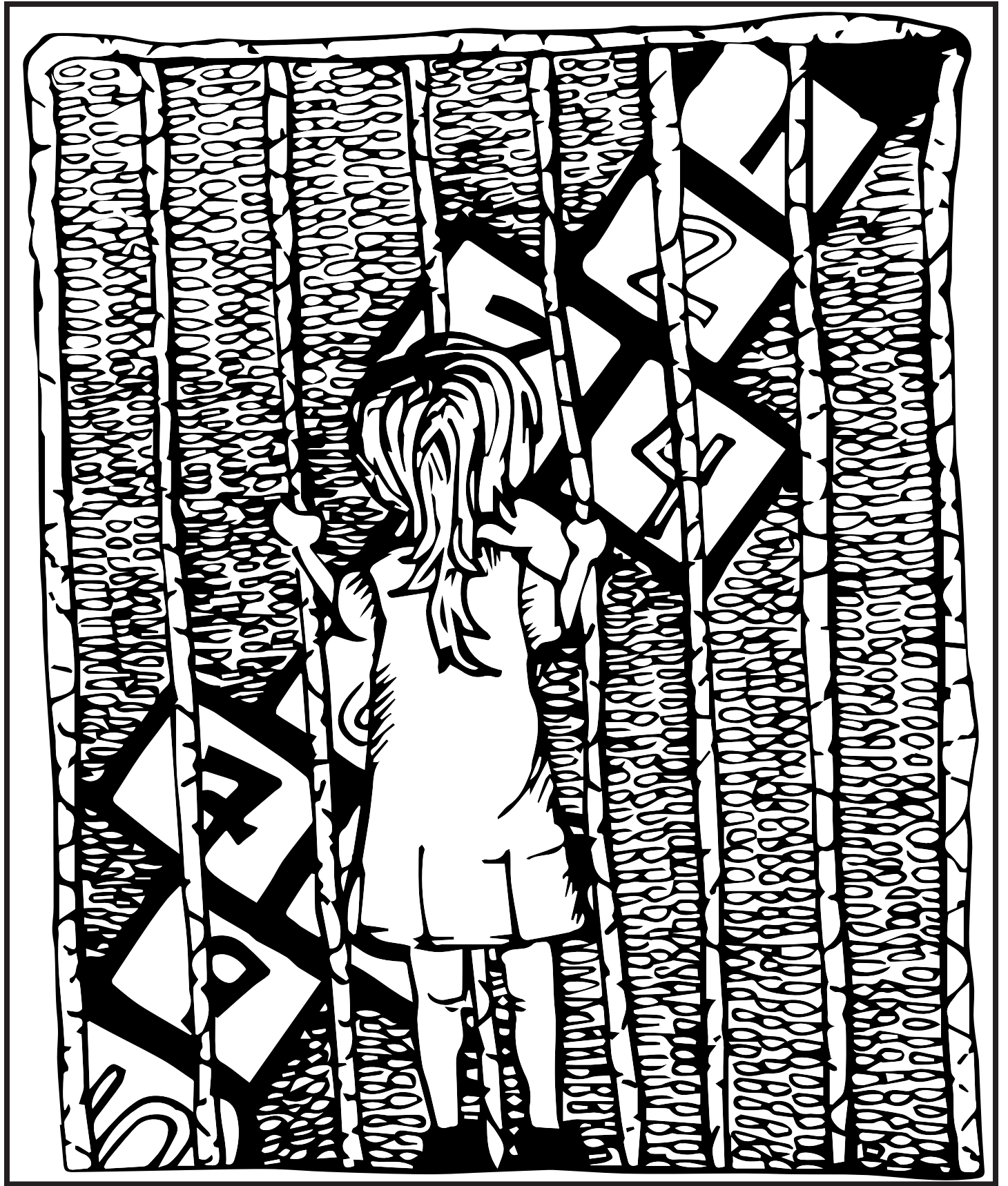


Illustration by Casey Lynch '14

happened and is visibly upset by the news.

All of this leads to the eight Lemmings sitting around the dinner table with important matters to discuss. Seven of them sit motionless, staring at Hilda engulfed her meal. They sit silently until she realizes something is amiss.

"What's the matter?" she grumbles with her mouth still full of food, some pieces falling to the table.

"You've treated Prudence unfairly," her husband states succinctly.

"Oh, this is about the park isn't it?" Hilda says, deigning to put down her chicken leg.

"Yes, you should have allowed

Prudence to play hopscotch. She is old enough to make the decisions about what games she plays."

"And Mother, just because I learn how to play hopscotch doesn't mean it's going to be my new favorite game. I really like jump rope and I won't stop doing it just because I learned about hopscotch," Prudence pipes in.

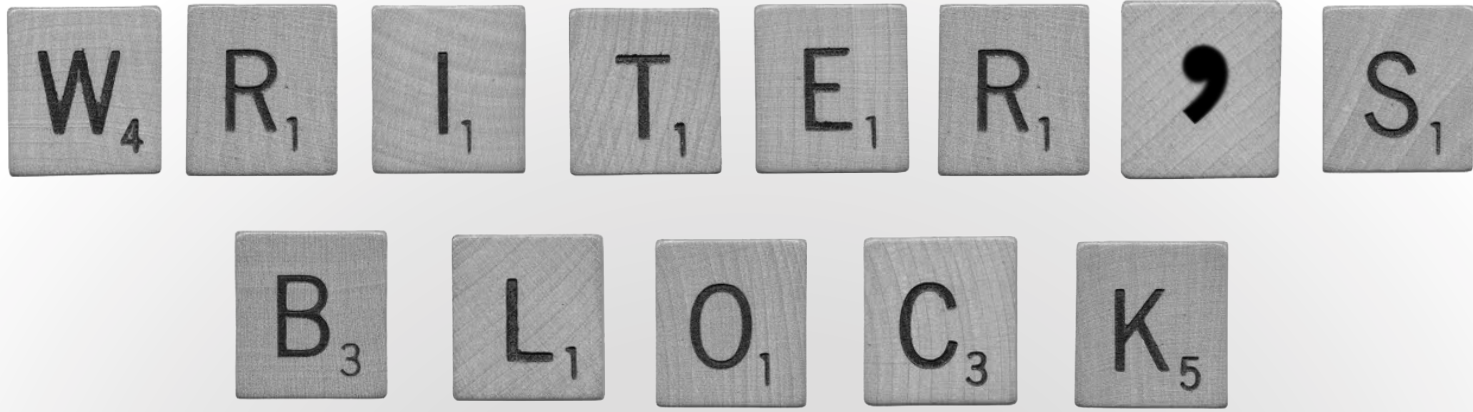
"Well, how can I be sure of that? It would just be easier if you just stuck with jumping rope," her mother states while staring at the untouched bowl of cheese-mashed potatoes.

Her siblings start to speak up and defend their sister, refusing to leave the table until she is really heard. They all express their disgust about

their mother's actions and Hilda begins to realize she is in a lose-lose situation. She will look bad no matter what she does (not that this isn't the case already).

"What if I let Prudence play with John and another boy who is currently learning how to double-dutch? Will that make everyone happy?" Hilda questions.

Prudence thinks, wondering why she is unable to play with just John. Isn't she old enough? Doesn't her mother trust her? She accepts her small victory, however, but the events of the day will remain with her. She has now seen the bars of her cage and won't forget it.



by Justin Fernandez '15  
Asst. Portfolio Editor

POETRY

Appalling:  
Raindrops pierce the ground  
Where we stood together as one;  
Bound, unbroken, and whole.  
Those memories, painted bright and  
Full of life, wash to muddled gray  
In the whirling squall.

Steadfast:  
We drive into the storm  
Drowning under the cascading falls.  
Blind and around the winding roads,  
The memories, like glass, have fogged  
But still on and on and on we go.

*Two writers,  
one line:*

*Appalling:  
Raindrops pierce*

by Emily Goodnow '14  
Portfolio Staff

POETRY

Appalling:  
Raindrops pierce  
At an angle,  
Striking the  
Small  
est  
Frag  
ment  
Of  
Sun.  
No  
Silver  
Lining  
Will encircle.

But the beams seep  
Through,  
Sail across the horizon,  
Swim into the souls  
Of survivors.  
Solace.



## Listomania

### Things You Hate Waiting For

1. The RIPTA
2. The last episode of *Breaking Bad*
3. Marriage
4. Chicken Nugget Day
5. A pregnancy test
6. Buffering
7. Godot
8. A moment here with you
9. Old people to cross the street
10. Long instrumental breaks while singing karaoke
11. Package room e-mails
12. PC-Secure to connect

## DUST JACKETS



*Amanda Brown  
Class of 2014  
Telepathy Major, Psychokinesis Minor*

Amanda was born in a normal town, to a completely normal family. Even from a young age, however, nothing about her was normal. She began to develop paranormal abilities, starting with mind-reading, and ending with psychokinesis by the time she was 12 years old. She developed her abilities in secret to avoid being whisked away by any secret government agencies. She was able to reveal her abilities to the world by the time she entered Providence College, as the Mutant Acceptance Act permitted those with special abilities to lead normal lives.

She is part of the College's new program designed to foster and control the abilities of mutants such as herself. Her other interests include chalk art, finger knitting, and handwriting analysis.

# Late Night Decisions

by **Melanie Souchet '14**  
Portfolio Staff

FICTION

We'd been here before: so tired we can't stand, but still struggling on in the light of too much to do and not enough time in the day to do it. It was quiet outside, and quiet in the small apartment bedroom too. I remembered what it was like when I moved in, how it all seemed so fresh and new. Now it smelled like coffee and ramen noodles, and had far too many posters on the walls and Christmas lights hanging above the windows. Fairy lights. That's what my mother used to call them. I preferred that phrase. It kept the lights from being restricted to Christmas, and it sounded nicer. Magical, even.

Magical intervention would have been welcome at the time. If some fairy godmother had come from on high and injected pre-calc directly into our brains, we would have been ecstatic. Pre-calc and every other subject this semester. But pre-calc was the only one we had together. Pre-calc was the reason we'd met, it was the reason we'd spent so much time together. I

never thought I'd be grateful to math for anything, let alone something as important as this.

When I'm tired, I tend to notice strange things. That night I noticed how the freckles on your face had multiplied since the last time I'd seen you. I knew you lived somewhere down south, where it was no doubt twenty degrees warmer and considerably sunnier. I guess you'd gotten some sun after all. "Do you want something to drink?" I asked abruptly. That was another thing about being tired. It deleted the brain-to-mouth filter. "I have like, five kinds of soda."

"Which one's the most caffeinated?" you replied. The question came out in an extended, exhausted groan.

"Uh...probably the Mountain Dew." "I'll take two of them. No, make that fifty. Just inject Mountain Dew into my veins."

"I think that will kill you." "To sleep, perchance to dream?" "No." I hit you on the head with a textbook. "Don't bring Shakespeare into this. My head hurts enough as it is."

"Sorry." "Apology accepted." I gave you the

Mountain Dew, as a way of letting you know that I really did forgive you. "I don't think I can take much more of this."

"Yeah, I vote we go another half hour and call it a night." I had never seen you that tired before. The dark circles looked more like bruises. You were wrestling with the Sandman and seemed to be losing. "At this rate, I'm going to fall asleep on your floor."

"Let's avoid that. I can't carry you down to your room."

"Because I'm too fat?" "Because you're twice my height or something. Hey, you know what I think?"

"What?" "We should go to spring concert together."

There was that sleep-deprivation-induced lack of brain-to-mouth filter again. Normally, I'd be embarrassed for even suggesting it. That night, I was stunningly calm. You were equally calm, to my great surprise. A bit surprised, sure, but not freaking out.

"And when you say together, do you mean in a together together sense," you asked, "or just a together sense?"

"I don't know." I shrugged. My grip

on my pre-calc textbook tightened in what I assumed were the vestiges of any embarrassment or nervousness I would normally feel. "You tell me."

You considered it. "I thought I was supposed to ask you out," you said finally.

"I'm impatient. Do you want to go?"

"Of course." You turned your gaze back to your calculus book and spoke casually. "But that's a few months away, so...practice date at the bakery? Saturday, if you're not too busy."

If I hadn't been so tired, I would have started stuttering and blushing. "I'm never busy Saturday."

"Awesome. I'll text you about times."

And that was it. We went back to studying, you left after half an hour, and I almost immediately went to sleep. I probably would have thought it was all a dream if it hadn't been for the text I received the next morning: "Still on for Saturday?"

I couldn't stop smiling as I sent my reply: "Duh. 4:00 work?"

It was the best sleep-deprivation induced decision I ever made.

## Tiffany & Earl

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



Dear Lost Soul,

I am unable to sympathize with you, since I've never experienced this dilemma myself. The trick is to pick a show with a credible longevity — something like *Keeping Up with the Kardashians*, a nice, wholesome, and family-friendly show that will last longer than most people probably want it to. If finding a new show fails, my suggestion to you is to get this thing called a social life. With it, the hours of your days will fly right on by as you enjoy the company of other human beings in the flesh.

For a TV recluse such as yourself, this may seem like a daunting task to pursue, but fear not! I believe there may be others like you out there: sad people who lived vicariously through some overrated show that consumed every aspect of their existence only to suddenly find themselves at a loss of having the will to live after the show ends. This is, frankly, pathetic behavior. You need to find normal people, befriend them, and do normal things with them.

Go venture beyond your living room and explore all the wonders that the world has to offer! Try to adopt habits that are good for your health and well-being; take a leisurely stroll through the park, check out the nightlife scene, find someone with no strings attached. Most importantly, stop forcing your television heartbreak into every conversation because, and I speak on behalf of everyone in the world here, no one cares.

Tiffany

## This Week: TV Blues

Dear Tiffany and Earl,  
My favorite TV show recently ended, and I have not been the same since that day. The show became a part of me, and now, I'm feeling empty. What should I do to move on? How should I fill the hours of my day?

Sincerely,  
Lost and Confused

Dear Bleary-Eyed Television Viewer,

As some corny, cliché, despicable, and lame philosopher once said, "From every dark day comes a brighter one."

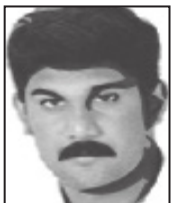
However, I am Earl and I am smarter than any philosopher. I created philosophy. I shed light onto darkness, better than any lame sun could.

So, heed my advice. It is time for you to enter the light. Leave your room, where you were laying in your bed with a laptop in your face. Go outside. See the sun! It is shining brightly off of the new Ruane Center (beautiful building, money well spent, Mr. Ruane).

Maybe try to make your own friends. Act like your favorite television character, if your own life is too pathetic to attract another's friendship (especially if you're Walter White: meth makes friends).

Can't make friends, even with your meth? You should grow facial hair. Look at me. I grew a killer mustache, and now my image, words, and 'stache have graced the pages of *The Cowl* for years, to the point where I am a greater fixture than anyone on campus (except our wonderful donors; Earl is struggling financially and could use a new building, Mr. Ruane).

Or, if you cannot do any of the above, might I suggest taking advantage of the stations of learning on campus (Ruane Center, anyone?). Make money. Become rich. And make friends through your money. And once you make your money, please remember mustached Earl who gave you the advice: Earl needs



EARL

# Black Pack on a Roll

## Rugby Wins 58-7

by Pat Shea '14  
Sports Staff

RUGBY

The Providence College Men's Rugby Team, otherwise known as the Black Pack, is back in action after a trip to the National Championship this past spring. In the past few weeks, the men of the Pack have beaten University of Rhode Island to maintain the Rhode Island Cup for the third consecutive season, squashed St. Anselm's College in their first league match, and recovered from a loss against St. Michael's College on the road in order to beat Merrimack College in Massachusetts this past weekend with a score of 58-7. Captains John Derry '14 and Matt Benedetto '14 had a great day contributing 38 of the 58 points scored by Providence College. Other players who got on the board were John Evans '15, Dave Chinappi '16, Ryan Sullivan '16, and the club's president Dave Calianese '14 who all had their hands in the team's victory over Merrimack.

Even after graduating, a large part of the club's starting 15 who helped make huge plays, Head Coach Michael Cox seems to still be able to find his key players and lead the team to success. "I'm proud of these guys," said Coach Cox after this weekend's match when asked about the graduation of some of his big playmakers. "I've always said that there's no such thing for this club as a 'rebuilding year,' we've had great success from great athletes in the past but we can always do better. These young men come from all different backgrounds but they share one thing, a desire to play rugby and a hunger to win."

It seems that Coach Cox is hungry for another league championship and run at Nationals, and with Assistant Coaches Hedley Marks and Andrew Stevick in charge this should be no problem.

Providence will be traveling up to Easton, Mass. to take on the Stonehill College Skyhawks this coming Saturday. While the Skyhawks have had a rough start to their season (1-2) they are looking for a big win against the Black Pack.

# Soccer Kicking into High Team Turnaround Has Been Impressive

by Veronica Lippert '15  
Sports Staff

MEN'S SOCCER

With the Big East opening conference play last week, the Men's Soccer season is half finished and Providence College is the surprise contender for the Big East crown. After a disappointing season last year and the loss of two of their top players, the Friars were chosen to finish seventh in the conference's pre-season coach's poll. Providence now sits second in the Big East with a record of 6-1-2. PC's 20 points through nine games is their best showing since 2007.

The Friars' quick turnaround can be attributed to many factors, but certainly one of the most important is the play of the freshman class, who have brought a much-needed infusion of offense to PC. The Friars mustered only 14 goals total last season, but this year they are on pace to more than double that with 16 so far, a number of them coming from freshmen. Julian Gressel '17 leads the team with four goals and was named Big East Rookie of the Week following the season's opening weekend. Dominik Machado '17 and Nick Sailor '17 have also contributed goals.

Upperclassmen also have been contributing to the Friars' suddenly potent offense. Fabio Machado '15 was named Big East Offensive Player of the week after contributing two goals to a win against Boston University. Transfer Markus Naglestad '15 has ball handling skill that has given him many good looks at the net, two of which hit the back of the

net. Wilder Arboleda '14 is the other Friar with multiple goals this season, notching two before sustaining an injury during the Ocean State Classic Final against Brown. Arboleda returned to the lineup against Seton Hall, but played less than a half. Arboleda was last year's leading scorer, and once he is recovered he should be a force for Providence.

The other major factor in the Friars' turnaround this season has been the health of goalkeeper Keasel Broome '15. Broome missed a large portion of last season after sustaining an injury against Michigan State. He returned in time to start conference play, but was not the same as the injury bothered him throughout the season. This year, his play has improved greatly with a goals against average of 1.16, down from 1.42 the season before. Broome has also recorded two shut-outs on the season.

Broome's improved play combined with greater goal support have earned the Friars points in all but one of their games. In their nine games, Providence has shown a knack for comeback wins. In four games this season, Providence has turned a one goal deficit into a win, the most recent in their conference opener against Seton Hall. Seton Hall took a 1-0 lead early in the second half off a penalty kick. Down 1-0, PC responded with chance after chance, scoring three goals to earn the victory.

The Friars have yet to record a win against a top-tier opponent, their best result being a 1-1 tie against Brown. Providence will get their chance Saturday against No. 14 St. John's.

# Who Will Win the World Series? Dodgers Athletics

October is upon us, which, for sports fans nationwide, means one thing: the MLB playoffs, where many of the greatest moments in sports history have taken place. It is in this post-season race that baseball heroes and villains are made; names such as Reggie Jackson, Willie Mays, and Carlton Fisk are forever celebrated for their outstanding performances, while names such as Bill Buckner and Steve Bartman live forever in infamy for their costly mistakes.

Currently, Boston and St. Louis, the winningest organizations, sit atop the American and National Leagues respectively. However, regular season standings seldom indicate the most likely winner of the World Series.

At the start of each series, each

team's record means nothing in a practical sense. What contributes to a team's post-season success is the momentum that it brings from the second half of the regular season. Since the Dodgers have posted the best record since the all-star break with a .689 win percentage, many have pinned them as the best team in baseball. Before the Dodgers can advance, however, they will have to knock off the Braves, who are tied with the Athletics for the third-best win percentage in the MLB (.593). The Athletics, another formidable team, face the Tigers, led by Miguel Cabrera, who recently won his third-consecutive AL batting title with a career-best .348 average in the ALDS. The Red Sox and the Cardinals face the winners of the wild-card play-in games. Expect to see a World Series between the Red Sox, led by slugger David Ortiz, and the Dodgers, led by ace Clayton Kershaw. The Dodgers win in seven.

Throughout the past few MLB seasons, teams that have had great Septembers have also had great Octobers. Last year, the San Francisco Giants pulled away from the Dodgers in September and went on to an easy World Series sweep; two years ago, the St. Louis Cardinals roared by the Atlanta Braves to win the wild card, and won a seven game classic over the Texas Rangers in the fall classic. This year, look no further than another team that has had a sizzling month of September: the Oakland Athletics.

It may have seemed unfathomable about 15 months ago, when the A's were just another average team, and the idea of October baseball in Oakland was merely an

afterthought. Since then, however, the A's have won back-to-back AL West titles, and have finished up this year with a 19-8 September. They carry this momentum into a rematch of a classic 2012 ALDS, which they dropped in five games to the Detroit Tigers.

It is more than just momentum that will propel the Athletics; their pitching staff is one of the best in the post-season. Bartolo Colon is presumably the team's ace, having won 18 games this year and having recorded an ERA under three. Grant Balfour saved 38 games this season, and will not have trouble shutting the door on any lineup. As far as their offense, not many household names are in the lineup, but third baseman Josh Donaldson,

first baseman Brandon Moss, and designated hitter Yoenis Cespedes pace the offense. All in all, the Athletics are built to win in October, and they will knock off the St. Louis Cardinals in six games to win it all.

-Joey Cicarrello '16



-Billy O'Brien '17



# Player in Friar History

## Men's Basketball: Lenny Wilkens

by DJ Anderson '16  
Asst. Sports Editor

HISTORY

Achieving post-season glory is the ultimate goal of any athletic program. In the history of the Men's Basketball Team, there have been a few moments where the program has tasted this success.

There were two cases in the early '60s where the team won the National Invitation Tournament (NIT); these were both huge moments for the school. The earliest was the tournament during the 1960-61 season when the Friars upended St. Louis 62-59 to win the title. This victory was a huge moment for the Friars, as it had only been three years since the school earned major college status in 1958.

This season was special for the Friars for many reasons. Mainly, this was the final year in the career of Lenny Wilkens '60, the first major star in the Providence basketball archives. Wilkens went out with a bang in the 1960 season. He was named a consensus second team All-American and the St. Louis Hawks drafted him sixth in that year's NBA draft.

During his career in Friartown, Wilkens averaged 14.9 points and 7.1 rebounds per game. His fantastic numbers while at Providence College, however, were not what he was

remembered most for in his basketball career. The second that Wilkens stepped on NBA hardwood he was an impact player. In his first season with St. Louis, he sparked the Hawks to an NBA championship appearance against the Boston Celtics.

Even though his team fell in that series, Wilkens had made it clear that he was a force to be reckoned with in the NBA. In his 15-year career in the league, Wilkens averaged 16.5 points, 4.7 rebounds, and 6.7 assists per game. He was also in the All-Star game nine separate times, finishing second in the Most Valuable Player race in the 1967-68 season.

Toward the end of his playing career, Wilkens also began to take on the role of player-coach for his teams. His coaching prowess was noticed around the league. As a result, he was made coach of the Seattle SuperSonics two years after retiring as a player. He coached for six different professional teams in his 32-year coaching career, finishing with a coaching record of 1,332-1,155. His 1,332 wins were the most in NBA history until the 2009-10 season, when Don Nelson passed this number.

Wilkens has been inducted into both the Providence College and NBA Hall of Fame. As the years pass and one generation of Providence College gives way to the next, the name Lenny Wilkens should never be forgotten in the minds of the student body.



Photo courtesy of findfreographics.com

# Editor's Corner: Bring Football Back

by Sean Bailey '14  
Sports Editor

PC FOOTBALL

This past Saturday I decided to take a break from work. I sat back on my big recliner, and flipped on the television. Being a sports junkie, I put on sports, and the sport of the day every Saturday is college football. This past week featured a heavyweight battle between Louisiana State University and Georgia. Immediately I could not help but envy those Georgia students; they were at the game, hollering and screaming with all of their friends after tailgating all day. Georgia red ran rampant through the stands, and I am still convinced that if I were to step onto my front porch, I would have heard the crowd's noise all the way from Athens, Ga. I longed to be a part of that massive student body. But it made me question for the millionth time: where is the Providence College football team?

Last year we had a lengthy article discussing the disappearance of the team and the humorous shirts that read "PC Football Undefeated." While these shirts are hilarious, and the jokes surrounding the non-existent football team generally are as well, it is time PC starts to consider its revival.

In doing so, the school would address several problems. One is the lack of school spirit. It has become apparent to me that Friar Nation only clears its throat for men's basketball and hockey. All other sports struggle to garner consistent support and promote Friar school spirit.

How much good would a football team do? If you turn on any college football game on a Saturday, one can see the camaraderie and school spirit that erupt from these games. Alumni are glued to their television sets on Saturdays. Students are awake and firing up their grills for a pregame tailgate. Black and white would

replace the frequency of Uconn or Boston College shirts around campus.

It would also attract a multitude of other students. Our college experience would be so much better with huge tailgates and Saturday night lights. The community of Providence would

be more interested in our school, not just our winter sports. It would introduce a younger audience to our school, those who are excited about going to the local college football game. And not to mention the revenue that having a football team could generate: Football is easily the most popular sport in America right now.

There are those who say that this is not feasible. How could it not be? Look at schools like Marist College, it carries a similar-sized student body, but is able to fund and march out a Division 1 team every week. What is holding us back from this?

Skeptics also point out the lack of football in the new Big East. While that may be the case, Providence could always be an independent team. By doing so, we would be able to establish games locally and grow a fan base before expanding into a conference. Think about the intensity of the PC and URI rivalry if both schools squared off in football! Or even Brown and PC! Those games would attract thousands. PC could travel up to UNH, BC, or even University of Maine all in a day trip. It would not be too expensive.

And like I said before, school spirit would increase ten-fold. Alumni would be proud to donate money to a football team. It would be a revenue maker.

So, PC, what is the hold-up? It is time to do the sensible thing and bring back football.



Photo courtesy of Gamedayr.com



## Same Place With a Face Lift Hockey Players Rave About Schnieder's Renovations

by Chris Szimanski '14  
Sports Staff

SCHNIEDER ARENA

Walking around the newly renovated Schneider Arena feels more like walking into a brand new building. The expansive addition that mimics Slavin Center and the brightened ice surface make a huge difference not only for the players who are lucky enough to call the arena home, but also for their faithful spectators. While on a tour of the facilities given by the players themselves at the grand reopening on Friday, September 27, one thing becomes quite apparent; there are no longer any excuses as to why our Men's and Women's Ice Hockey programs cannot make the next jump to elite status. This is a sentiment that is echoed by every single player asked about the amenities included in the new icon at the corner of Huxley and Admiral.

Initial reaction to the arena ranged from, "surreal," to "unbelievable,"

to "breath taking, tear jerking," and of course just plain speechlessness. In talking with the players, it is obvious that performing well enough over recent years to warrant the renovation is not enough, "No excuses anymore, we have to work harder," said Maggie Pendleton '14, the women's team captain.

Molly Illikainen '16 echoed Pendleton's sentiment, "I came to this program for the competition, and this provides a great incentive to perform better." With the added video scoreboard and brightened ice surface, there is also more incentive to work behind the scenes. Goaltender Nina Riley '14 shared the same viewpoint as Pendleton and Illikainen. "The weight room is incredible, it makes you want to put in the extra time, oh and the locker room is second to none too," Riley said.

Nick Saracino '16 had similar feelings to the ladies, saying, "The development side to the game is important now since we have a great [weight] room and an off-ice shooting

room. Our ability to run more exercises will make us better conditioned." This conditioning is important for both programs as Derek Army '14 and Illikainen each feel confident about national title aspirations. Army quipped, "Yes to the natty (national title), what would prevent it?" Army also made it a point to mention the new safety measures. "The new boards aren't backed by solid concrete and give some, and the ice is better with the new cooling system," he said. Recently drafted John Gilmour '16 acknowledged that despite everything in place for the players, they still need the fans' support, "This building will hopefully create a stronger passion for the program."

Based on the responses, it is easy to see why this is such an exciting time for the programs. With the men ranked in the top 15 and the women coming off a good exhibition win against Canadian powerhouse McGill, spirits are high in Friartown for hockey playing well into April.

Photo courtesy of Sarah Wacik '15

## Women's Hockey Opens Schnieder with Style Win Opening Game at Rennovated Schnieder 5-3

by Sarah Wacik '15  
Sports Staff

WOMEN'S HOCKEY

On Saturday evening, the Providence College Women's Hockey Team had the chance to play the very first game in the newly renovated Schneider Arena. The team did not disappoint its fans as it captured a 5-3 exhibition victory over the McGill University Martlets.

The Friars set the pace early in the game and jumped out to a 1-0 lead by the end of the first period thanks to a goal by Rebecca Morse '14. Her first goal of the season was an unassisted power play goal as a result of constant PC pressure in front of the McGill net. Last season, Morse was one of the three top scoring defensive players for the Friars.

The second period featured some solid play and a fair amount of last-minute scoring by both squads. The Martlets evened the score with less than five minutes remaining in the period, but the Friars responded in less than 90 seconds with another goal by Janine Weber '14G.

Shortly after, McGill took advantage of a breakaway goal due to a turnover at the PC blue line. However, PC got the final strike of the period when Brooke Simpson '15 scored on a penalty shot which resulted from McGill's slashing violation on Simpson's breakaway. This goal allowed Providence to gain a 3-2 advantage and shift the game's momentum back to the Friars in the final seconds of the period.

An early third period goal by Cassidy Carels '17 helped Providence maintain the momentum and proved to be a pivotal goal. Carels' effort extended the Friars' lead and virtually crushed the Martlets' chances for a comeback. McGill scored for the final time with 6:16 left,



Photo courtesy of Sarah Wacik '15

but Providence extended their lead once again on a hard fought goal by Brittney Thunstrom '17. In the end, the Friars secured a well-earned victory with both a strong offensive and defensive showing over McGill.

Throughout the season, the Friars will aim to improve upon their Big East fifth place finish and their conference record of 8-10-3. Overall, the squad ended the

2012-2013 season with a combined 15-16-5 record. This year, the team hopes to rely on forwards Corinne Buie '14, Haley Frade '15, Molly Illikainen '14, and Simpson. These players were among Providence's top five scorers during the 2012-2013 season. In addition, the Friars return an experienced backline including captain Maggie Pendleton '14 and also all three of

the team's goaltenders.

PC will begin its regular season play with an away matchup against Union College on Oct. 4 and 5. The Friars' first home series, a faceoff against Mercyhurst, will begin on Saturday, Oct. 12 at 2 p.m. and conclude on Sunday, Oct. 13 at 1 p.m.