



Ruane Center for the Humanities Dedication

by Kathleen McGinty '16
News Editor

CAMPUS EVENTS

With the sprinkling of holy water on its brick exterior and the cutting of the white ribbon displayed before its main entrance by Father Brian Shanley, O.P. and Michael A. Ruane '71, the Ruane Center for the Humanities received its official blessing and dedication this past Saturday, October 5. The dedication ceremony, part of St. Dominic Weekend celebrations, not only signified Providence College's commitment to the liberal arts but also honored the building's benefactors and featured two-time Pulitzer Prize-winning author, historian, and lecturer David McCullough as this year's keynote speaker.

"I feel to the depths of my being that this emblematic building is not only a step in the right direction for Providence College, but for our country," said McCullough

in his keynote address, referring to the College's dedication to the liberal arts and the humanities.

According to Dr. Hugh Lena, provost and senior vice president for academic affairs, the dedication ceremony marked "a watershed moment" in the history of the College.

"A Providence College education prepares a student to be someone," he said, noting that it endeavors to provide students with a liberal arts education and to direct students toward leading lives of meaning and purpose.

Now, with the Ruane Center serving as home to the Development of Western Civilization (DWC) program, the English and history departments, the Liberal Arts Honors Program, and the School of Arts & Sciences, Executive Vice President Father Kenneth Sicard, O.P., expressed his desire for the building to further facilitate this facet of the

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PC Meets Germany at Oktoberfest

by Elizabeth Nako '15
News Staff

CAMPUS EVENTS

On Friday, October 4, the Board of Programmers held its annual Oktoberfest event in McPhail's from 5 p.m. to 8 p.m. Oktoberfest is a 16 day event that takes place in Munich, Bavaria, Germany. It is the world's largest fair and occurs every year from late September to early October. BOP recreated this world-renowned fair in McPhail's with German-themed decorations and authentic figurines. The event included free food and a \$5 admittance fee for all students 21 and over who wanted to participate in the beer tasting event, which included German crafted and imported beers.

The Oktoberfest event was sponsored by two of the BOP committees—the Social Committee and the Diversity Committee. Both committees worked hard to re-create an atmosphere similar to the actual Oktoberfest in Germany.

Gracie Agresta '15, member of the social committee, and Irma Babaic '15, member of the diversity committee, both talked about the planning that went into this event. BOP ordered the food for the event from Redlefsen's

Rotisserie and Grill in Bristol, R.I. This is a small-town European-style restaurant that primarily focuses on German food. Some of the dishes served at this event included bratwurst, Knackwurst, Burenwurst, Sauerbraten, and German potato salad.

The event also included live entertainment by The Mad Bavarian Brass Band. The members of the band, dressed in traditional Bavarian style, proved to be a big hit among the students. They performed German waltzes, marches, and polkas. The band had performed at PC for an event two years ago, so it was easy to get in contact with them again. Babaic said, "The band was very interactive. [They] came down from the stage during the night to sing and dance with us."

The highlight of the evening for folks 21 and older was the beer tasting event. BOP worked with McPhail's to get the beer for the event and was able to get 12 different all-authentic German beers. Some of the German beers included Weihenstephaner, Spaten, and Paulaner. The event included American brand beers as well, such as Sam Adams. Students of age had the opportunity to taste each different type of beer and were then given sheets to keep track and rate each one they tried.

BOP was only expecting 50 people



ANNA WIECIORKOWSKA '14 / THE COWL

Students dance alongside the musicians during Oktoberfest in McPhail's this past Friday.

to attend Oktoberfest, but instead had approximately 200. Agresta said the success of the event was most likely because of lots of advertising, especially through social media like Instagram, Twitter, and Facebook. Agresta said they started advertising very early, and she felt the event was well executed: "[The] atmosphere is

very similar to that of Oktoberfest in Germany, and everyone is socializing and having a good time." As was evident from how packed McPhail's was on Friday evening, the students seemed to have a good time. "[It is] like Europe, but in McPhail's!" remarked Greg LaTorre '14.

Ruane:

Continued from front page

College's mission. He stated that he hopes the community finds the building "a house of human knowledge and a pathway to truth."

Dr. Vance Morgan, director of the DWC program, suggested that the Ruane Center might be on a trajectory to achieve just that.

"The early returns are wonderfully positive," said Morgan. Within this first month of classes, Morgan's colleagues claim to have led some of the best seminars of their careers in the Ruane Center, which he attributed to the setup of the classrooms, equipped with movable furniture, digital whiteboards, and televisions.

Fr. Shanley thanked Ruane and his wife Elizabeth as well as Edward Scanlon '55 and his wife Andree for their generous donations that rendered the almost \$20 million Ruane Center financially possible.

"We hope that the Ruane Center for the Humanities will cause you to better understand and enjoy the humanities as young adults," Ruane imparted.

McCullough's keynote address illuminated a similar theme, capitalizing on the necessity of a liberal arts education.

"I believe strongly that history isn't about memorizing dates or quotes," McCullough asserted. "History is human. History is about people... There is no excuse for anyone making history boring." Noting that reading influences us more than we realize, he also stated that we are all products of our family, friends, teachers, and even



PHOTO COURTESY OF PROVIDENCE COLLEGE

Michael A. Ruane '71, his wife Elizabeth, and Fr. Brian Shanley cut the ribbon at the dedication.

people we have never met.

Saturday's celebration also honored faculty and alumni who have served and continue to serve the College community.

Fr. Shanley and John F. Killian '77, chair of the Board of Trustees, bestowed the Veritas Medal upon Ruane. As the 16th recipient of the Veritas Medal, Ruane expressed his gratitude toward receiving the College's highest honor. He stated that he felt privileged to receive an honor of such great distinction that "embodies all of the principles of Providence College" and signifies the "continuation of a wonderful partnership."

Seminar classrooms also received names in honor of Providence College

professors, named after whom Fr. Shanley referred to as the "titans of the Liberal Arts Honors Program and the Development of Western Civilization Program."

Following the ceremony, McCullough revealed in a media conference his advice to students currently pursuing a liberal arts education and underscored what he believes to be the value of the humanities.

"Pursue it with your whole heart and soul because you'll never ever regret it," he said. "If you can graduate knowing how to express yourself in writing and on your feet, you will be well ahead of your contemporaries."

Ruane Center Fun Facts

There are 181 rooms.

About 4,203 tiles comprise the corridor floors.

64 steps stand between the lowest floor of the building and the roof.

There are 206 doors and 475 windows.

There are about 172,618 bricks.

More than 400 tons, or 800,000 pounds, of steel are contained within the building.

The tower measures 49'-9".

The Thomas Aquinas statue weighs 800 pounds.

Artist Sylvia Nicolas, who created the stained glass windows in St. Dominic Chapel, sculpted the St. Thomas Aquinas statue.

Nine coats of arms are displayed on the building's exterior.

About 90 PC faculty members teach almost 2,400 students in the building.

60 percent of the traditional, day school student population is enrolled in at least one course that is held in the Ruane Center.

The tower seminar room contains views of nine campus buildings.



Bursting the PC Bubble

by Emily Kennedy '15
News Staff

Pollution Rates Soar in Beijing

The US Embassy in Beijing issued an emergency alert over high pollution rates. Smog readings in Beijing overnight on Oct. 4-5 were at the highest level of "severely polluted," and were beyond the maximum level of 500 around Tiananmen Square. The particulate matter in the air was 10-20 times higher than what is considered "safe air." The US Embassy warned people to remain indoors and keep all windows and doors tightly closed. Many researchers have found that smog in northern China has led to people dying 5.5 years earlier, and another study found that in 2010 1.2 million people died early from air pollution, which ranked behind diet, blood pressure, and smoking.

Ocean Water Melts Ice Sheets and Caps

A study found that "subglacial meltwater" contains warmer ocean water that is causing a higher rate of melting and may be threatening the entire Antarctic ice sheet. Researchers used satellite sensors to discover huge channels of warm water flowing under the ice sheets where previous predictions had led scientists to believe the water was instead being sent out to the ocean. As warmer summers continue to inhibit the creation of new sea ice in the Arctic, experts estimate that the Northern Ice Caps will collapse before 2017. On Sept. 16, ice cap shrinking hit an all time low of 24 percent coverage, according to the National Snow and Ice Data Center. The previous record for the fastest rate of Arctic Ice decline was broken on Aug. 27, when satellite images showed that the Ice Cap shrank to an area a little larger than the state of Texas.

OPCW Curbs Chemical Weapons in Syria

The United Nations says that the international team of experts has begun destroying Syria's chemical weapons supply. A team from the Organization for the Prohibition of Chemical Weapons (OPCW) has disabled weapons including missile warheads, aerial bombs, and mixing and filling equipment. Following the United Nations Security Council's resolution and Syria's compliance with the UN treaty on chemical weapons, experts from OPCW entered Syria on Oct. 1. This is the first time the OPCW will attempt to remove chemical weapons while a war is still ongoing, and seven of the 19 chemical weapons sites are declared by the government as active combat areas, said Syria's Foreign Minister Walid Muallem.

Swiss Activists Secure Income for Adults

Switzerland has voted to give all adults a guaranteed monthly income of \$2,800. Grassroots organizers were able to collect the 100,000 signatures required to force a referendum on the proposed initiative. This is the latest move by Swiss activists who are pushing for reforms in the wake of the European financial crisis.

China Endures Typhoon Fitow

Typhoon Fitow made landfall in eastern China early on Oct. 7, causing heavy rain and power outages. Hundreds of thousands of people along the coast were evacuated ahead of the storm, which had winds up to 90 mph. Chinese state media reported on Oct. 7 that at least five people had died and four were missing. In late September, Typhoon Usagi killed dozens of people in southwest China, particularly impacting Guangdong province. The storm was the most powerful typhoon of 2013 so far.

Boat Carrying Refugees to Italy Capsized

A boat capsized on its way to a tiny Italian island that is the target destination of many asylum seekers from Africa. At least 300 people drowned or are presumed dead after a boat carrying around 500 asylum seekers capsized. The boat began its journey in Libya and most of the passengers are said to come from Eritrea and Somalia. The Italian prime minister, Enrico Letta, said there needs to be a tightening of the rules to halt the influx of migrants to Italy to reduce these sort of problems. Integration Minister Cécile Kyenge called for looser, less strict immigration laws. In July, Pope Francis visited the island where he met 50 migrants who had recently landed there. On Oct. 3 he described the deaths of the refugees as "a disgrace." A representative of the Pope blessed each body bag that was recovered.

Fundraising Friars: Fighting Breast Cancer

by Jackie McCarthy '14
News Staff

STUDENT PROJECTS

The values of the Dominican Order are the foundation that Providence College was built upon. Service in the community is of high importance to the Order and, by extension, the College. This emphasis on service is reflected in PC life inside and outside of the classroom. The Organizational Theory course offered at PC demonstrates this emphasis.

The Organizational Theory course is held every semester through the business department with the goal of raising funds for a charitable organization of the students' choosing by way of their own methods. This semester, the group of eight students and two "course designers" (the professor and the teaching assistant) have decided to raise funds for the American Cancer Society, focusing on breast cancer awareness. The group includes Alex Acunzo '15, Chris Booker '14, Mike Gannon '14, Frandy Matos '13, Jill Monaghan '14, Allie Motta '14, Pat Smith '14, Moira Sweeney '14, course instructor Dr. Tom King, and teaching assistant Bianca Coppola '14.

The team's plan for action is to raise \$10,000 to \$12,000 by the end of the semester, and they are well on their way to doing so. The group raised \$2,000 in their first week alone, and will use

this initial amount toward organizing more fundraising events. Their theory is that they will have to spend money to get money back. The group will be contacting a T-shirt company to have shirts made to sell on campus. They are also thinking of hosting an event at the Smith Hill Annex in the near future. The group has gone door-to-door pitching their cause to make donation collections. The team also wants to fundraise through athletic events and food donations.

The group has created a blog that explains their mission and plans for the rest of the semester. It can be found online at orgtheoryinfiartown.wordpress.com. On the site is a list of upcoming and potential events, frequently asked questions, blog posts, and a link to donate to their cause. "This project has bonded us as a team," Booker said "We chose to raise money for this organization because it is something we all care about and resonates with us."

The project is appropriate this time of year as it is Breast Cancer Awareness Month, and there will be many events to benefit this cause. Support cards will be sold in Ray Dining Hall Oct. 8-17 during lunch and dinner hours and will be hung up around campus to show the College's support in the fight against Breast Cancer.

Corrections: October 3, 2013

The author of the article "New and Improved Schneider Arena Open for the Season" in the October 3, 2013 issue was Elizabeth Nako '15.

The photographer for the photo accompanying the article, "Bruno: What It Truly Means to be a Friar" in the October 3, 2013 issue was Anna Wiciorkowska '14.

There were misspellings in the headline of the article, "Same Place With a Facelift Hockey Players Rave About Schneider's Renovations."

There were misspellings in the headline of the article, "Women's Hockey Opens Schneider with Style Win Opening Game at Renovated Schneider 5-3."

Board of Trustees Approves Change in College's Non-Discrimination Policy

by Kathleen McGinty '16
Asst. News Editor

ADMINISTRATION

Following resolutions advocating for an amendment of Providence College's Notice of Non-Discrimination passed by Student Congress and the Faculty Senate last semester, both the Cabinet and the Board of Trustees welcomed the inclusion of the terms "sexual orientation," "gender identity," "gender," and "genetic information" into the Student Handbook policy this past week. According to an email sent out by Father Brian Shanley, O.P., to students, faculty, staff, and administrators on Oct. 4, the College now joins more than 20 other Catholic colleges and universities across the country who have adopted similar non-discrimination policies.

The College's former Notice of Non-Discrimination protected students from discrimination based on race, color, national and ethnic origin, sex, religion, disability, age, and veteran status, but included no provisions regarding sexual orientation or gender. Fr. Shanley imparted to the College Community in his email that discussions of the Cabinet and the Board of Trustees focused on the non-discrimination policy's accordance with the College's Mission Statement, which states that St. Dominic "extended a loving embrace to all" and expresses PC's efforts to foster "human flourishing."

Effective immediately, the changes to the Notice of Non-Discrimination will be reflected in all print and online documents contained in the College's catalogs and handbooks.

PCTV Taking Back Channel 88

by Kathleen Sullivan '14
News Editor

CLUB FEATURE

Amanda Talbot '15, president of Providence College Television, is a self-proclaimed, "self-indulgent AV kid." PCTV is the only student-run television department on campus, and members of the organization work together to write, produce, film, and edit content. Currently, there is a YouTube page with videos created by PCTV. Talbot noted, "Very soon we will have our own TV channel again."

The channel for PCTV is channel 88, which is available on the closed circuit here on campus, and it is scheduled to go back up live with a new system by the end of October. This channel can be accessed at providence.edu/pctv. Talbot explained that PCTV is excited to get back on the live circuit, and plans to continue covering more events and news throughout campus. In the near future, PCTV plans to cover things like Student Congress meetings and other big events on campus, making them available to students through the live-stream system on personal computers or televisions.

The executive board of PCTV is not set up like most other organizations on campus. Along with herself as president, there are three vice president positions. Kelly Vail '14 is in charge of production and her jobs include auditing all content that is submitted, "making sure everything looks good," and running the PCTV Magazine

show. This is a biweekly production that Talbot likened to a PC version of *Regis and Kelly*.

John Ruhl '15 is the vice president of technology, and "he knows everything about every piece of equipment we have," according to Talbot. His responsibilities involve working with the more advanced tools like the camera switcher.

Anthony Cherry '14 is the vice president of administration, and his focus is communicating and sharing information with the other members of the organization, as well as handling any necessary disciplinary actions. Talbot explained, "This setup is typically how TV departments work."

Leah Flanagan '16 is the Webmaster, Melissa Bryan '16 is the head of the news department, Emily DiRenzo '16 is the head of entertainment, and Sarah Wacik '15 is head of the sports department. Talbot noted the very tiered nature of the positions in PCTV, but again explained that it is designed to run like a professional television station.

PCTV focuses on three main topics (news, entertainment, and sports) for their content. News includes objective, timely pieces, including the OccupyPC events last year and more recently, the Fighting for Academic Freedom Forum. Entertainment "is able to be creative, artistic, and have more fun" with their content. The sports department keeps students up to date with athletics through their Friar Update show.

PCTV strives to be part of the real



Amanda Talbot '15, president of PCTV works with equipment in their office in Slavin.

news process and to help students stay informed by staying in the media loop of the College. Talbot explained that they receive notices from the assistant vice president of public affairs and community relations, Steve Maurano, regularly, and have also begun meeting with the other student media organizations on campus to foster better communication and cooperation. Talbot said, "it is exciting to work in tandem with each other since there is not any reason to be in competition."

All students, no matter their level of experience, are encouraged to join PCTV if they have any interest in participating in any aspect of the organization. Talbot explained that the

interview process for new members is largely about placement in the right department or division. Members of PCTV are trained and hopefully inspired "to gain an appreciation for the whole process."

Talbot believes that PCTV has an important role on campus, as students cannot ignore the media. She asked, "How else are you going to get the news? I know I roll over in bed in the morning and check the news on my phone."

She stated, "To not foster people's ability to be present in media is a shame, and it is really important to work together [with the other news media outlets on campus] to get the excellent objective content to PC students that they deserve."

Congress Updates

by Meaghan Dodson '17
News Staff

STUDENT CONGRESS

- The Class of 2017 executive board and representatives were sworn into office and welcomed by the Student Congress at large.
- The next Senior Night for the Class of 2014 will be '80s themed.
- The Student Athletic Council invites students to register for the Friar 5K online. Serengetee, a pocket tee company that uses fabric patterns from countries around the world, will be at the Friar 5K. A portion of their profit will be donated to the PC Angel Fund. They also announced that the outdoor track is now open.
- Outreach and the Student Athletic Council are planning canned food drives. The ring premiere for the Class of 2015 is next Tuesday, October 15 at 7 p.m. in '64 Hall.
- Publicity announced that a binder containing the Student Congress Constitution will be displayed in the library for all to view. A digital dropbox is being worked on where students can submit questions to Student Congress.
- The "Late Night Madness" T-shirts are ready. An email will be sent to the student body with more details about the event. Student Life stated that breakfast sandwiches will now be available in the Ruane Café. Student Life is also looking into a "Wheelchair Awareness Day" where students will have an opportunity to better understand what it is like to navigate around campus in a wheelchair.
- Amendments to the Constitution of the Board of Multicultural Student Affairs were passed that added more clubs and active members to BMSA. The legislation to establish a Pre-Dental Society was also passed. The club is currently comprised of 20 members, 13 of whom are underclassmen.

Dr. Anthony Rodriguez Leads Disability Dialogue

by Jackie McCarthy '14
News Staff

CAMPUS DIALOGUE

On Wednesday, October 9, a small group of faculty, staff, students, and guests gathered in the Unity Center in lower Slavin to discuss the question, "What is disability?" The talk was sponsored by the partnership of Student Multicultural Activities and Residence Life. Elena Yee, the director of student multicultural activities, hoped to make an impact and spark an interest in thought-provoking topics such as disability both inside and outside of the classroom and how we respond to this fact of life.

The meeting, however, was not held in the form of a lecture at all. It was held as a dialogue where the attendees could discuss their experiences, opinions, and thoughts about the topic in question.

Dr. Anthony Rodriguez, assistant director of Providence College's Department of Special Education, has been teaching and dealing with special needs and disabled students for many years. He began his work at the University of New Mexico and has since moved to PC to teach and raise awareness on the issue.

A point that was raised during the dialogue was that there have been waves of advocacy of human rights over the years. Dr. Rodriguez believes that there is a want and a need now to

advocate for the rights of the disabled. Much of the discussion revolved around the fact that there is a growing acceptance of the disabled in our community. In past years, mentally or physically handicapped students with special needs were separated from the larger population in schools, but this is no longer the case.

Guests from the Providence community who attended the event commented on how they have seen a rise in the number of special needs students integrated in the classrooms of their children. They have observed that their kindergarteners have been taught to be accepting and are very comfortable around students who are, in ways, different from themselves.

The purpose of this talk was to promote acceptance of differences and to erase the perceived stigma of "the other," as all people have flaws of all kinds. The hope is not to look negatively on flaws but to be able to say, "This is who I am."

The "Disability is..." discussion is part of a series of discussions put on by Student Multicultural Activities. These discussions will be held every second Wednesday of the month. The next event will likely be held at the Smith Hill Annex, and the topic of the discussion will be "What is community?" Yee hopes to see an increase in attendance in the coming months.

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Mental Illness Played Role in Capitol Hill Disaster *Awareness of Others' Behaviors Can Save Lives*

by Jacquelyn Kelley '17
Opinion Staff

SOCIETY

On Oct. 3, Miriam Carey, a 34-year-old resident of Stamford, Conn. drove her car through a White House barricade and then fled the scene, leading the police on a chase through the area until she was gunned down and killed on Capitol Hill. Her 18-month-old daughter was also in the car with her, but was not injured. Apparently Carey had been suffering from post-partum psychosis since the birth of her daughter in August 2012, and it is believed that her mental illness played a role in her actions. What some want to know, however, is how the signs of her extremely fragile, unstable, and obviously dangerous mental state were ignored.

With it being Mental Health Awareness Week, it is incredibly important that we all take the time to consider not only the importance of being aware of those around us, but also having the courage to speak up when we observe things that are not considered to be normal behavior. No one, of course, could have predicted that Carey would act out in such a violent way, but a little more concern and sufficient treatment may have prevented it.

According to Michael Pearson, Lateef Mungin, and Deborah Feyerick of CNN, law enforcement officials, upon searching Carey's residence, discovered a mental health evaluation form from 2012 that showed she was prescribed medications typically given to those suffering from schizophrenia and bipolar disorder. Fox News reported, however, that Carey's sister Amy Carey-Jones told officials that her sister had recently stopped taking medication under medical supervision.



"They told her she could get off medication. There were no indications she was unstable," said Amy Carey-Jones.

Carey's boyfriend reported to police back in December of 2012 that she believed her hometown of Stamford, Conn. was being monitored by the government under the decree of President Barack Obama, and believed that her home was specifically being targeted, according to Pearson, Mungin, and Feyerick.

Eric Tucker and John Christoffersen of ABC News reported that a federal law enforcement official who preferred to remain anonymous stated that officials are evaluating pieces of writing found in

her apartment to help gauge her mental state.

"We are seeing serious degradation in her mental health, certainly within the last 10 months, since December, ups and downs," said the official.

If law enforcement officials who did not even know Carey's name before this incident can deduct from their research that she was suffering from some serious issues, why couldn't those who encountered her every day? There must have been signs, and it is both frightening and saddening to think that those signs were potentially ignored. After all, someone speaking up about any type of unusual behavior she may have exhibited could have been the

difference between her life and death.

With that said, it is extremely important to remember our responsibility to remain aware and proactive. We have the power and capability to protect ourselves and others from the devastating effects of mental illness. When we fail to act on our intuitions and report the unusual and potentially dangerous behavior we may observe, we are putting ourselves and others at risk. Carey did not have to die that day. The Secret Service member she struck with her car did not have to be injured. With a little more awareness, the situation could have turned out a lot differently, so let's all remember to be aware and speak up.

Morning Workouts Keep You Going All Day Long

Motivate Your Body and Mind to Make Healthy Decisions

by Brianna Abbott '17
Opinion Staff

CAMPUS

Waking up for an early morning workout, most of the time, makes you feel as if a piece of your soul is dying. It takes an inward surge of motivation to ignore that snooze button and drag yourself to Concannon, Peterson, or wherever you choose to work out. Despite the inner horror you may feel as you enter the gym before the sun is fully up, there's something you should keep in mind—it's worth it. Early morning exercise helps to wake you up, get your metabolism moving, and prepare you for a more rewarding day.

After lugging yourself out of bed and working your body, your mind jolts awake as well, creating a greater mental focus when you

tackle those early morning classes. *Daily Health Post* explains, "Exercise has been proven to increase mental focus and acuity for up to 10 whole hours post-workout...An a.m. workout means that both your brain and your body are in good shape all day." If you struggle to stay up during your first class of the day, early morning exercise is one of the best ways to avoid dozing off during your 8:30. You pay more attention to what your professor is saying and absorb more information. That mental post-workout high that your brain receives follows you throughout your day, making sure that you get that much-needed extra hour of homework in instead of procrastinating on your phone or falling asleep in the library.

Early morning exercise not only sharpens your mind, but it motivates your body for the day as well. Going to the gym in order to avoid packing on those extra pounds is

more effective the earlier you work out. Tina Schmidt-McNulty, exercise physiologist and clinical exercise specialist at Purdue University, said, "Early morning workouts rev up your metabolism, jump start your energy level, and accelerate your ability to burn up calories." If you're one who works out to burn those calories, the earlier you work out, the longer those calories burn, enhancing your ability to burn fat. You can watch the weight drop, or you can afford to eat that extra dessert at Ray. Whatever you choose to do with your increased calorie burn is your choice.

You may not want that extra dessert, however, if you work out in the morning. Jen Mueller, certified personal trainer, claims, "Many people find that morning exercise helps them regulate their appetites for the rest of the day. Not only do they eat less...they also choose smaller portions of healthier foods."

Students who work out in the morning may find themselves eating a salad at lunch instead of pizza, a simple change—brought about by early morning exercise—that leads to an overall happier and healthier lifestyle.

As painful as it might be, the benefits to early morning exercise are undeniable. Half an hour of dread as you drag yourself to the gym rewards itself with an entire day of productivity, calorie burning, and healthy eating. So next time you consider hitting the snooze button one more time, find the strength to rise and start your day off right. You have plenty of time to nap afterward, though you may not want to.

Providence College's
Student-Run Newspaper Since 1935

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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 email 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 email the Editor-in-Chief at thecowl@providence.edu. Corrections will be printed as necessary.

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the Associated Collegiate Press.

The Cowl Apologizes for Recent Print Errors

Reminds Fellow Students to Not Be too Hard on Selves

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

EDITORIAL



Perfection is not an option for *The Cowl*. It is an obligation, and when even the slightest of typos occurs, most members the editorial board would rather crawl into a dumpster and fish for of edible scraps than face the Providence College community and admit that, yes, we messed up.

But *The Cowl* made some egregious errors in the last issue. Not only did we attribute the first page article to the wrong writer

(note: Elizabeth Nako '15 wrote the fabulous article on the Schneider reopening), but we also failed to realize that the Sports section had not properly put in final round edits and that we inadvertently printed the same Photo page twice (yes, twice). Suffice it to say, it was a dark week for the editorial board.

After some self-berating, comfort eating, and yes, for some of us, crying, we all realized we are human and that while mistakes should be avoided like the PC plague, it's not the apocalypse when they do occur.

So, in the midst of midterm season, we remind our fellow students to mellow out. Study your pretty little brains out, yes, but do not be afraid, at some point, to shrug in the face of pressure and let life work itself out.

TANGENTS & TIRADES

Freshman 15 Is a Myth

Is the dreaded "Freshman 15" real, or is it just a piece of collegiate folklore? The idea that students gain 15 pounds during their first year at school has become widely accepted in our culture as a peril of the typical college lifestyle. Among all the advice and guidance I received from family and friends before move-in day, warnings about the "Freshman 15" came up many times. I had hoped that my freshman year at PC would result in my academic and social growth, but then I began to worry that it would also cause me to grow more chins. But here is the truth: the "Freshman 15" is a myth. It is not a legitimate scientific finding, but rather a media creation. Multiple studies have shown that while students do gain weight in their first year at school, it is closer to five pounds, not 15. What is truly damaging about the "Freshman 15" is that it promotes an unhealthy body image and adds stress to an already stressful situation. Students who are constantly warned about gaining weight during their freshman year can be encouraged to try unhealthy diets and/or exercise excessively in order to avoid weight gain. We have enough to do while adjusting to our new life at college, and worrying about the "Freshman 15" does not help.

—Carolyn Walsh '17

The Pats Will Persevere

What better way to spend a cozy Sunday afternoon than to watch the Patriots steamroll over any of the other 31 inferior NFL teams? The golden arm of Tom Brady steadily moves the chains by throwing perfect passes into the arms of star receivers such as Danny Amendola and newcomer Kenbrell Thompkins; my faith in our offense is unwavering. However, with defensive staple Vince Wilfork off the field and on injured reserve, I question how the Patriots' defense will be able to play effectively. The Patriots rallied for a victory over the Atlanta Falcons despite Wilfork being carted off the field in the first quarter of the game, but the Cincinnati Bengals broke the Pats' undefeated streak this past Sunday as the Patriots' defense allowed for the Bengals to be the first to post a score. While the future success of the Patriots' defense remains nebulous without Wilfork, the Brady-Belichick Dynasty has persevered through worse situations (Brady's busted knee, anyone?) and will continue to do so.

—Nicole Corbin '15

Tony Winner is Disappointing

Once: winner of eight Tony Awards including best musical. Tony is probably rolling over in her grave with that vote. *Once* is centered on an attractive man with an Irish accent and a guitar living in Dublin with hopes of becoming a musician. Sounds like a good one, right? Wrong. *Once* had no dance numbers, no set changes, and no musical variety. The plot was odd and left me with a lot of questions. Why exactly does this Czech girl with a kid and a husband want to help out a heartbroken Irish man? Why don't the two main characters have names? Why does it sound like they're singing the exact same song over and over? Jazz squares are a crowd favorite—where is the dancing? In a musical categorized as a romance, why is there no romantic kiss? Who on Earth voted this best musical? Will anybody be buying me *Wicked* tickets for Christmas? Needless to say, I won't be seeing *Once* twice.

—Kelly Sullivan '15

PHOTO COURTESY OF FILCRA.COM



Online Anonymity Has Detrimental Effects

by Christina Moazed '15
Opinion Staff

SOCIETY

The largest online black market, Silk Road, has been easily distributing products and services consisting of everything from heroin and cocaine to illegal contract killers by just the click of a button. After two and a half years, the Department of Justice recently busted this \$1.2 billion scheme. How should we encourage freedom of speech amidst a digital revolution at the expense of undermining securitization?

Online anonymity is directly associated with vandalism and corruption which have devastating effects. Ironically, the website was run by an unknown operator, Dread Pirate Roberts, who defended his

actions during an interview, "What we're doing isn't about scoring drugs or 'sticking it to the man,' it's about standing up for our rights as human beings and refusing to submit when we've done no wrong."

When asked if he feels accountable for the harmful effects of the millions of drugs and hit men dispersed through the site, Roberts simply expresses that it's not his place nor the right of the government's or anyone else to dictate what a person can or cannot do with their own bodies. Interestingly, among the highly addictive and dangerous drugs that comprise 70 percent of the products sold on the site, he boastfully declares, "We don't allow the sale of anything that's main purpose is to harm innocent people."

Later in the interview he admits, "I am proud of what I do. I can't think of one drug that doesn't have

at least some harmful effects." If he is proud, why is everything associated with Silk Road left anonymous? After proclaiming that he does not intend to harm individuals, now he admits that drugs have "some" harmful effects. Ironically, it was also recently confirmed that Roberts had ordered a hit man to kill someone who threatened to kill him. It seems as though he is only accepting of freedom of speech if it applies to his desires.

Consequently, should hackers be targeted as criminals or revolutionary figures? While some might perceive this issue as a push for civil freedom, this illegal marketplace needs to be broken down and assessed based on the value of the distributed products and services. Since approximately 70 percent of the products sold were comprised of 340 varieties of illicit drugs this dissident system should

be regarded as a federal offense led by professional hackers.

Do we look at the millions of users involved and the billions of dollars earned as a sign of necessary civil progression in our legislative structure? People have the right to make their own decisions in a just and free society. The existence of an easily accessible global drug marketplace at the click of a button, however, will not only encourage but also significantly increase the addictive intake of such drugs.

We must not let professional hackers claim they are bringing the world justice by undermining the founding principles and duties that both corporations and loyal individuals are entitled to follow for the sake of this country.



Work Helps Us Become the People God Made Us to Be

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

CAMPUS

Are you looking for a job after graduation? Dreading that you're not going to find anything that you can really get excited about? Well, then this article just might be for you!

I recently stumbled across a job opportunity with NASA. Are they looking for brave men and women to conduct research at the International Space Station? Not exactly. They are recruiting volunteers to lie in bed for 10 straight weeks.

NASA scientists are looking to test conditions that space travellers might experience on their missions. The information they gather will help them to develop methods that will make it easier for astronauts to acclimate to daily life following their explorations in space.

Those selected for the study will have access to television, books, and computers while they lie in bed. They will even get to use fancy NASA-developed contraptions to bathe in and take care of other bodily functions too crass to mention in a fine publication like *The Cowl*.

By the looks of many of you toddling across campus at 10:30 in the morning resenting the fact that you had to roll out of bed to attend one of those pesky classes, you might be ready to sign up right now. But wait! It gets better. You get paid lots of money! Participants will make up to \$18,000 for their efforts (or lack thereof). NASA scientists say that not everybody is cut out for such an extended time of total bed rest. But I bet I can come up with a list of people who would be willing to give it a shot.

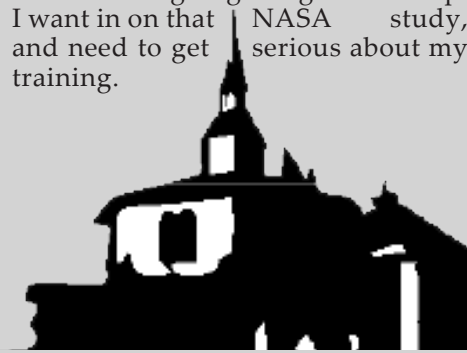
Catholic social teaching places a particular emphasis on the

importance of work for the human person. John Paul II notes that we can see its significance in the first pages of the Bible. From the very beginning, Adam and Eve are told to be fruitful and multiply, to fill the earth and subdue it. An honest day's work is one of the ways that we can share in the activity of the Creator, in whose image and likeness we are all made.

But we often don't see it that way. We tend to think of work as a necessary evil. It becomes something we have to endure in order to afford the things that we really want to be doing. The reality, though, is that work is one of the pathways that God has set out for us that help us to become the men and women that He made us to be, united to Him and to the other members of the human family.

That being the case, be assured that the Lord has a plan for you related to your career! If God has made work a sanctifying thing, doesn't it make sense that He would also call us to a specific job that would suit our interests and talents, challenge us to grow, and help to bring purpose into our lives? As the NASA study reminds us, there is something out there for everyone. The task for us is to figure out what that is and then to pursue it with the whole of our being.

Now excuse me while I end this article. I'm going to go take a nap. I want in on that NASA study, and need to get serious about my training.



Students Undermine the Importance of Recycling

by Kiernan Dunlop '14
Portfolio Staff

GUEST OPINION

We all know that Providence College has been in the news lately. Everyone from the *New York Times* to the *Huffington Post* has had something to say about our little college and they're not all good things. This news-making trend is continuing in a different, but still negative way.

Providence College is specifically mentioned in an article by *ecoRI News* as one of the main offenders in lowering the percentage of waste recycled locally. The article states, "Many off-campus residences for Providence College students recently had high levels of contaminated recycling." This may seem like a minor offense, but what many students don't understand is that if enough of the recycling is contaminated on the truck, the whole thing is sent to the landfill and thrown out as trash, defeating the purpose of recycling in the first place.

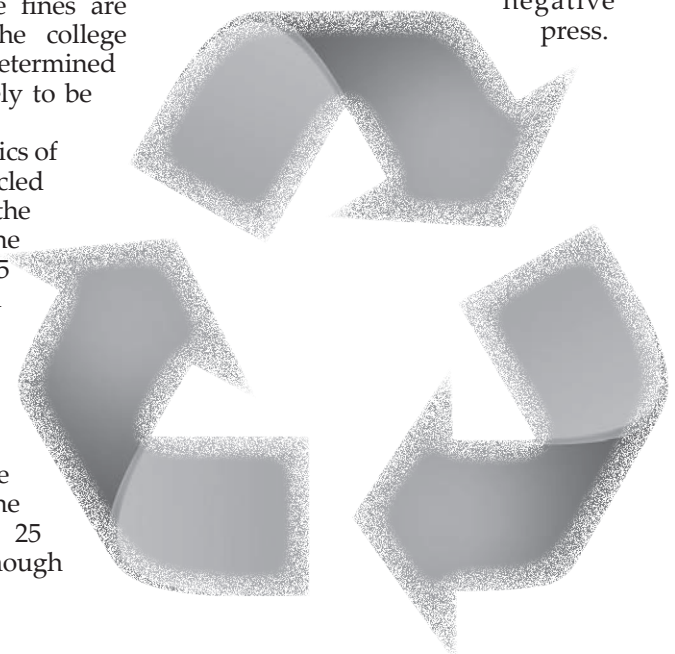
For people who don't see the environmental benefits of recycling, there is another incentive: money. Recycling is a state law in Rhode Island, which means if you don't recycle, you can be fined. Many of the students off-campus are finding this out the hard way, receiving fines for up to \$500 due to contaminated recycling bins. It is actually cheaper to pay for recycling than it is to pay for trash disposal. For those on-campus students who think this means it won't affect them, they are mistaken. Though fines have not begun yet for institutions like Providence College, in the near future fines are likely to be applied if the college doesn't recycle a yet to-be-determined percentage of its waste, likely to be in the 35 percent range.

The school receives statistics of how much material is recycled and how much is going to the landfill as trash. Currently the College is recycling about 25 percent of its waste, which is a far cry from the state's estimated requirement. If the fine does happen, the group most likely to be affected is the students, the College's main source of revenue. Keeping the recycling percentage at 25 percent has been difficult enough

with some students' lack of interest in recycling. In the second semester of last year, recycling went down 10 tons (20,000 pounds) in two months alone as compared to the previous year. There are even some dorms that are barely recycling at all, as well as continuing to mix trash with the recycling.

The drop may be due to the new recycling policy in Rhode Island, Single-Stream. Single-Stream recycling means that all recyclable materials can be put in the same container. There is no longer a need to separate bottles and paper; they can all be recycled together. This has created a myth that because they are mixed together, it must mean that it is all being thrown away as trash. This, however, is far from the truth. Everything that is being put in the recycling bins is being recycled unless it is contaminated with trash!

Another common problem that prevents students from recycling is their lack of knowledge about recyclable materials. Nowadays the actual amount of material that can be recycled is surprising. All plastics smaller than two gallons in size, regardless of the recycling symbol or the number can be recycled. Most paper and cardboard can be recycled as well, even wrapping paper. For more information about what can be recycled you can either go to the "Recycling" page on the school website (providence.edu/recycling), or check out recycletogetherri.org. Whether you choose to recycle for your wallet or for the environment, please choose to do it and make sure you do it the right way. Providence College can't afford a n y m o r e negative press.



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PHOTOGRAPHY

The Cowl 11
October 10, 2013



ABOVE: The Global Studies Capstone class takes part in a retreat at Voluntown Peace Trust in Connecticut.

PHOTO COURTESY OF NICK LONGO



SAADIA AHMAD '14/ THE COWL

ABOVE: Alpha Epsilon Delta, the Premedical Honor Society, sells PC-themed t-shirts and magnets to raise money for their organization. They will also be selling them during Freshman Family Weekend.



EMILY HURLEY '17/ THE COWL

ABOVE: Campus Ministry brings in Maria Barboza from Catholic Relief Services for social justice training and to discuss the organization's work around the world, including the issue of fair trade.



SAADIA AHMAD '14/ THE COWL

ABOVE: SOAR sponsors the first Safety & Security Meet and Greet, where students and faculty interact with security and then participate in a panel discussion, addressing such issues as racial profiling and safety on and off-campus.

Compiled by Saadia Ahmad '14, Photo Editor



EMILY HURLEY '17/ THE COWL

ABOVE: The mathematics and computer science department sponsors a lecture entitled "A Bayesian Approach to Detecting Change Points in Climatic Records" delivered by Dr. Eric Ruggieri from the College of the Holy Cross.



MARY-MURPHY WALSH '16/ THE COWL

ABOVE: Campus Ministry's PC for Life organization hands out cupcakes and provides information about the pro-life movement.



GABRIELLE MENDEZ '17/ THE COWL

ABOVE: Things for Thursday bakes fresh waffles for students and provides a variety of toppings.



SAADIA AHMAD '14/ THE COWL

ABOVE: PC AfterHours sponsors "The Deal is Right" game show, giving out prizes like printers, inflatable furniture, coffee makers, and DVD players, while also providing food from Chef Ho's.



SAADIA AHMAD '14/ THE COWL

ABOVE: McPhail's and WDOM co-sponsor an Open Mic Night and provide treats from LaSalle Bakery.



ANNA WIECIORKOWSKA '14/ THE COWL

ABOVE: BOP and PC AfterHours co-sponsor "Frost Yourself" cupcake decorating, including a showing of *How to Lose a Guy in 10 Days* and jewelry creation.



JESSICA ARTIGLIERE '17/ THE COWL

ABOVE: Students gather for an information session about a global service learning trip to Quito, Ecuador, the theme of which is "Visualizing Peace and Justice."



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

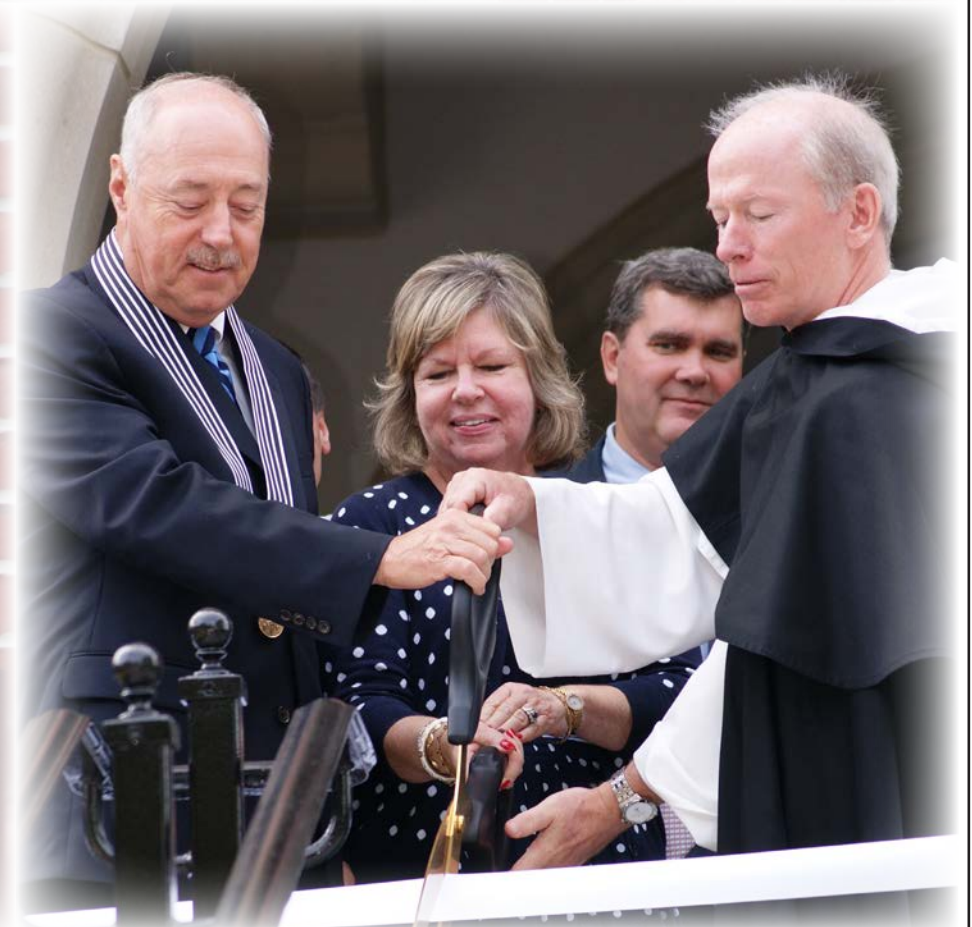
ABOVE: The Anscombe Society provides students with an ice cream social study break.



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.

RUANE CENTER DEDICATION



Photos Taken and Layout Designed by Saadia Ahmad '14, Photo Editor



Gravity Defies All Expectations

by George Killian '15
A&E Staff

FILM

Gravity, starring Sandra Bullock and George Clooney, took off this weekend at the box office, pulling in more than \$55 million and leaving all other movies this weekend in the dust. The story follows Ryan Stone (played by Bullock), a mission specialist who is activating her new piece of equipment on the Hubble Telescope. Lieutenant Matt Kowalski (played by Clooney) is overseeing his final spacewalk and what appears to be a routine mission when disaster strikes and calls for an immediate evacuation of the spacewalk to return to Earth. Detached from the spacewalk and floating out in space with oxygen levels constantly decreasing, Stone and Kowalski have to find a way to get back down to Earth.

Directed by Alfonso Cuarón (also known for *Children of Men* and *Harry Potter and the Prisoner of Azkaban*), the movie takes advantage of the location and focuses on the visual and overwhelming majesty of outer space to make this film unlike any other fast-paced science fiction film. There are no cutbacks to scenes on Earth, where a mission control

is trying to regain contact. There are scenes without sound, as the camera moves out of the helmet and into the vast realm of space. While the storyline of *Gravity* may seem rather simple, this is not a typical IMAX show at the science museum.

Each scene has a unique backdrop, with the sun brightening the Earth and making the audience feel small and insignificant. From the metallic glow of the International Space Station, to the free movement of the tears in space, every little graphic in the movie was carefully crafted. Obviously the technology that was used to create these scenes was state of the art, but never do we feel that the visuals are fake or forced upon us. Everything feels natural to watch, even in 3-D.

Nothing about this film will make the audience yawn. From the suspense of each scene as the two survivors attempt to get back to earth, to the fear of them floating and slowly losing oxygen, attention is always directed at the screen.

This film does not just stop at graphics. The audience gets emotionally invested (and perhaps a little teary-eyed too) when hearing the survivors talking about home and what it means to them. George Clooney and Sandra Bullock are talented and

veteran actors. Their contributions to the movie enhance every aspect of it and are not overshadowed by the graphics.

Gravity is by all means a new benchmark in movie making. The graphics of the free floating nature of space will amaze for sure, but science geeks will not be the only ones to truly appreciate this movie. The characters of Mission Specialist Ryan Stone and Lieutenant Matt Kowalski are ones that are memorable, as they try desperately to return to the planet. *Gravity* provides the perfect combination of action and suspense with emotion and character development.

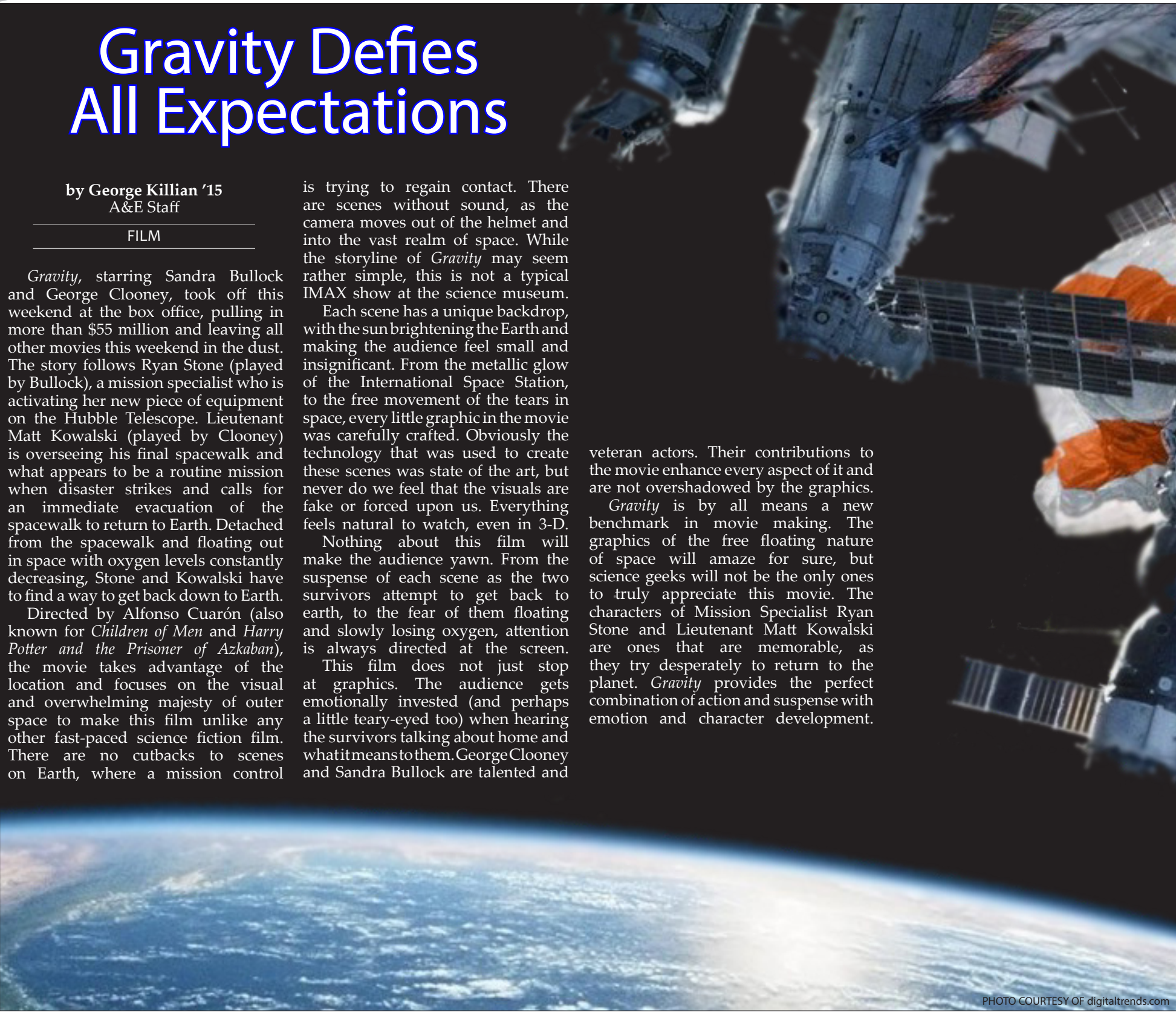


PHOTO COURTESY OF digitaltrends.com

The Return of the Anchorman

by Kelly Laske '16
A&E Staff

FILM

On March 28, 2012, Will Ferrell caught fans off guard by making an appearance on Conan O'Brien's late night talk show dressed as his most famous character, "Ron Burgundy," from the 2004 hit movie *Anchorman: The Legend of Ron Burgundy*. It was a moment that was buzzed about for days. Playing a jazz flute, Ferrell skipped down the stairs and announced that there will be a sequel to his highly quoted, \$90 million movie. Although it will not be released until December 20, 2013, the hype for the movie is already well underway.

You can predict a movie is going to be funny when it is directed by a former head writer for *Saturday Night Live*. But nobody

predicted how successful *Anchorman* would actually be. These days you will not find many who have not seen the film, and if you have not seen it, people will give you a hard time. *Anchorman*, known for its all-star cast, is about an arrogant, male-dominated San Diego news station whose world is flipped upside down when a powerful woman is hired as Ron's new co-anchor. Not only does the team struggle to deal with a woman on board, but they constantly clash with their competition, KQHS Channel 9.

The movie is famous for its bizarre one-liners and nonsensical moments. With the box office gross surpassing *Anchorman's* budget by over \$70 million, and with people still buying movie merchandise nine years after its release, critics are wondering how the writers will be able to release a sequel without disappointing fans.

Other successful movies such as *Bridesmaids* flat out rejected any pleas for a sequel to avoid ruining the success of the first movie, so many are saying the *Anchorman* writers and producers are taking a big risk. Paul

Rudd, who is returning for the sequel, is very satisfied with the script and told MTV, "I've read the script and it's always a good sign when you're reading something and laughing out loud—which I was doing throughout."

Anchorman 2 switches from the 1970s era to the 1980s when Ron Burgundy and his team move to New York for a 24-hour news channel after the Channel 4 news team hits rock bottom. In the trailer, when Ron is offered a spot on the 24-hour news channel, he simply says, "I'm going to do the thing that God put Ron Burgundy on this earth to do: Have salon quality hair and read the news." With its trailer already at almost 7,500,000 views and getting the approval of fans, the hype is beginning to move at full speed ahead.

With recent sequel flops like *The Hangover 2* and *3*, the producers are taking the risk of ruining something that is legendary. But based on the reaction to the trailer and the words of the cast and crew, *Anchorman 2* is going to be box office gold.



PHOTO COURTESY OF fansided.com

Postmodern Jukebox Jazzes Up the Pop Scene



by Katie Puzycki '17
A&E Staff

MUSIC

Surely everyone is familiar with the numerous remixes, covers, and remakes of pop songs, but now it is time for the world to be introduced to the innovative talents of Scott Bradlee, musical mastermind behind the up-and-coming group Postmodern Jukebox.

Scott Bradlee is a longtime jazz pianist who wanted nothing to do with the pop world until being nearly forced by fans into doing covers of popular songs on the piano. Bradlee soon gave in to the requests, but instead of giving what was expected to his audience, he brought his own musical twist to the keys. Bradlee began to morph hit pop songs into jazzy numbers, mixing up

the chords and altering the familiar beats and melodies. The songs are almost unrecognizable after Bradlee has brushed his finger flare over them. Listeners can expect the same lyrics and similar melodies, but the jazzy ensemble that is Postmodern Jukebox truly makes the songs their own, so much so that it would almost be inappropriate to list the band's renditions as merely covers.

The standout stars of the group include Scott Bradlee himself on the piano and Sydney Clara Brafman, whose smoky voice portrays the classic jazz or blues singer effortlessly. The group also includes a brass musician who alternates between trumpet and sax, a bass player, a drummer, and a violinist—all key components to the sound of jazz music.

Postmodern Jukebox's overall tone is fun to watch and hear. The old-time jazz and ragtime tempos that influence

Bradlee's creations inspire the group to get really into their performances as if they were still living in that era. From the musicians dancing to their fashion tastes, even their YouTube videos (highly recommended) possess that vintage air.

Postmodern Jukebox has been getting a lot of publicity lately, especially with their recent act on *Good Morning America*, where they performed a mash-up of Miley Cyrus' "We Can't Stop," Robin Thicke's "Blurred Lines," and Daft Punk's "Get Lucky." The group is incredibly talented and their sound is eclectically unique. They have covered a wide range of artists, from Adele, to Macklemore and Ryan Lewis, to Nickelback, to Carly Rae Jepsen. They have even managed to make Justin Bieber's "Beauty and a Beat" seemingly less painful to listen to. In addition to vocal covers of songs,

Bradlee has also reinvented several hits as solely instrumental, including a ragtime cover of Taylor Swift's "You Belong With Me" that is quite unlike any other version of the song.

Undoubtedly listeners will find themselves itching to dance along when experiencing Postmodern Jukebox's remakes, which are always upbeat and full of swinging rhythms. The band's music can be found on their website PostModernJukebox.com, or on Bradlee's YouTube Channel, ScottBradleeLovesYa. Bradlee has done an impressive job of turning technology-manipulated music into truly great art. His fresh take on the pop scene is something that cannot be replicated by any other musician. Scott Bradlee and Postmodern Jukebox is a group that is definitely worth a listen.

PHOTO COURTESY OF last.fm

The Blacklist Delivers New Intrigue

by Mary McGreal '15
A&E Staff

TELEVISION

As the days get colder and the descent into October begins, the autumn television schedule is already well underway. While ratings soar for some shows, others are on a funeral march towards the Land of Cancelled Television. Fortunately for those involved with the new NBC drama *The Blacklist*, cancellation does not present a problem. Two episodes into the show, the network announced that the season would be extended to a full 22 episodes. Starring award-winning actor James Spader as Raymond Reddington, the show opens as Reddington, a fugitive on the FBI's most wanted list who surrenders himself at FBI headquarters and promises to help the authorities capture criminals that they do not even know exist. But of course, there is a catch. He will only speak to Elizabeth Keen, a profiler whose first day of work is conveniently the same day he turns himself in. Relative newcomer Megan Boone plays Keen, a young married woman who plans to adopt a child with her husband (Ryan Eggold). The FBI arrives in full force on her doorstep, demanding to know if she has any connection to Reddington.

This is where Keen's ability as a profiler comes into question. Does it not cross her mind that Reddington might be her father? If it does not, it is a bit worrying, considering her job description. Despite her unidentified, absent criminal father

and the fact that Reddington knows much more about her life than a stranger should, Keen does not connect the dots. One can only hope that the writers are adept enough to create a storyline that is not as predictable as it appears it might be.

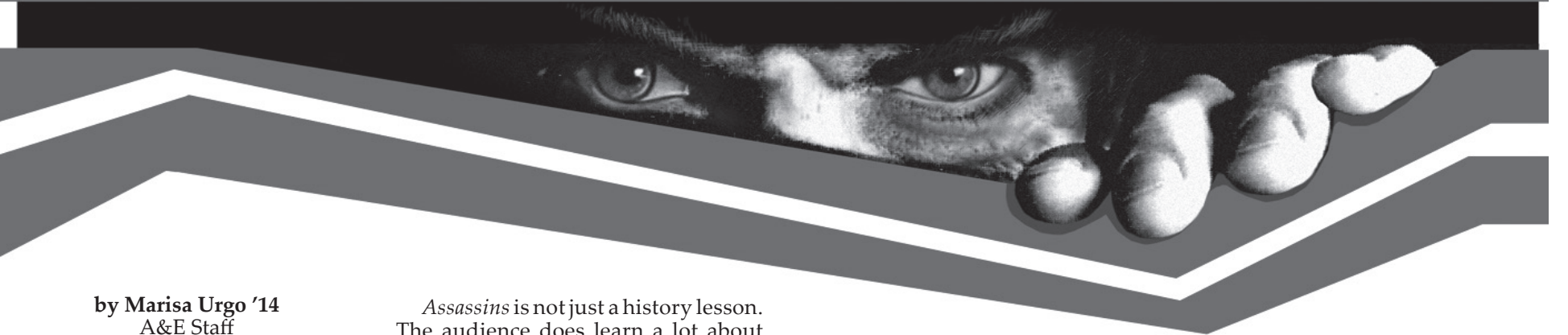
Only two episodes in and it has already reached the point where it could be extremely anticlimactic for Reddington to be Keen's father, barring an unseen plot twist. There are already hints of developing storylines in regards to Keen's husband. Fans of *Orphan Black* might see some similarities between the "hubby with a secret" plots. Will Tom Keen turn out to be something more threatening than the loving, supporting husband he appears to be? The introduction of new characters in the second episode comes as a welcome relief from the excess of Keen and Reddington. Parminder Nagra, known for her roles in *ER* and *Bend It Like Beckham*, joins the team as CIA agent Meera Malik. As the FBI-approved member of Reddington's security, Malik is a bridge of sorts between the world of the FBI and the world of Reddington. The development of characters such as Malik will allow *The Blacklist* to distinguish itself from other procedural dramas. If *The Blacklist* turns into a cookie-cutter crime drama along the lines of *Criminal Minds*, where each week a generally independent storyline is introduced and neatly wrapped up, it may lose some of its charm.

There is nothing wrong with a standard police procedural, but it has been done a hundred times over. *The Blacklist* has a lot of potential and it will be interesting to see if it goes in a unique direction.



PHOTO COURTESY OF collider.com

ASSASSINS



by Marisa Urgo '14
A&E Staff

THEATER

"What a wonder is a gun!" Those are the words that ring during Stephen Sondheim's *Assassins*. The musical is certainly one of a kind and unsettling in the best kind of way. *Assassins* is for those who do not normally like musicals or are interested in the creepier aspects of life. The musical is about famous presidential assassins like Lee Harvey Oswald and John Wilkes Booth, and also includes failed attempts like Samuel Byck. It is almost episodic in nature, telling the story of one assassin, then jumping to the other, but the musical does a great job of including the assassins in each other's stories. For example, Lee Harvey Oswald has a vision of John Wilkes Booth coming to him and encouraging him to kill John F. Kennedy so he can join the ranks of famous assassins.

Assassins is not just a history lesson. The audience does learn a lot about each assassin, like what drove them to kill, but the musical is more than that. The assassins are not just villains, and in some cases induce sympathy, particularly in the case of Lee Harvey Oswald. Even stranger, the audience comes to like some of these murderers. A favorite was Lynette "Squeaky" Fromme, attempted assassin of President Gerald Ford. Fromme is more famously known for being a follower to the deranged Charles Manson, yet she was portrayed as funny and entertaining to watch, which made her likeable.

Many of the songs focus on the ideas that "Everybody's got a right to be happy" and "Everybody's got the right to their dreams." Those basic ideas make you want to see these characters follow their dreams, but this creates a dissonance among the audience because the assassins' desires are dark.

It felt weird to be laughing at murderers who caused so much

grief amongst the American public, but the show has a great balance between the humor and gravity of the situation. The last song in the show, "Something Just Broke," sung by the ensemble, does a wonderful job of holding that seriousness. The song describes the American public when they found out that the president had been shot. It perfectly describes how people know exactly where they were and what they were doing when they hear about a tragedy (Fun psychology fact: These are called flashbulb memories!). Even though our generation has never witnessed the assassination of a president (luckily), this song was relatable in terms of Sept. 11 or when Osama Bin Laden died.

One of the best parts of the show was that it had a PC influence. Recent graduate Patrick Saunders '13 played Lee Harvey Oswald. Saunders did a terrific job of exemplifying Oswald's

struggle to want to end his life and his desire to be remembered, not to mention he has an incredible voice. In addition, the show was directed by Jimmy Calitri, who directed three terrific shows at Providence College (*Sweetest Swing in Baseball '11*, *Lend Me a Tenor '12*, and *Curtains '13*). Saunders really lit up the stage and Calitri handled this sensitive subject material in a way that was funny, but did not undermine the solemnity of the subject.

Assassins is playing at the Contemporary Theater Company in South Kingston, R.I., until Nov. 2. To get tickets, you can visit their website, TheContemporaryTheater.com or call their box office at 401.218.0282.

PHOTO COURTESY OF nevadacitychamber.com

EDITOR vs. EDITOR

This Week: Favorite Stupid Trend

Tim Morris

Favorite Stupid Trend: Cause Bracelets

His View: It all started in 2004. Having survived his battle with cancer, Lance Armstrong collaborated with Nike to develop a fund-raising item that would cost next to nothing to produce. The result of their marketing strategy was the Livestrong wristband. With over 80 million sold, the yellow bracelet has raised millions of dollars for cancer research. But the spread of the wristband didn't stop there. Soon, every cause imaginable had one. Deep-space exploration? There's a bracelet for that. Concerned about the rights of plants? There's a bracelet for that, too. The worst offenders wore more than 10 of these things at once. Not only could you identify all of the causes that the wearer considered important, but his arm also appeared as decorated as a Christmas tree.

His Views on Serena: Not many things are more exciting than lying face down. Whenever I'm bored, the first thing I think of doing is finding that perfect spot where I can stretch out my body as if it were a wooden plank. The stairs outside of Ray should be at the top of everyone's list. The RIPTA stop on Huxley is yet another popular destination. No matter where you decide to plank, make sure that you bring a camera and a friend. It's not planking if it isn't validated by at least 12 Facebook likes. Maybe the rulers of ancient Rome wouldn't have spent so much money on bread and circuses had they known that goofy poses would satisfy the masses.



Serena Ambroselli

Favorite Stupid Trend: Planking

Her Views: As is true with most of the absurd phenomena that sweep across the nation, I was a victim of the planking outbreak. In its defense, this is a perfectly harmless and innocent activity. There is an unexplainable allure about lying face-down on obscure surfaces, and people got incredibly creative with their photos. Everything from planking on traffic signs to planking on other people planking was documented, allowing for this trend to live on in infamy for all the internet to see and reminisce upon. Our children will surely wonder as to how this ever became a thing—there will be explanations in order, and I'm not sure there is a valid one out there for this strangely enticing craze.

Her Views on Tim: Elementary school popularity relied on a few different factors, and these godforsaken bracelets were a major status symbol. Whether you were valiantly displaying your support for the Association for Pet Obesity Prevention or the American Association of Candy Technologists, the "cool" kids ensured that their arms were covered in these colorful, rubber affirmations of their allegedly undying allegiance to these various organizations. This arm candy promoted false empathy and sincerity, which I can hardly condone. Did anyone really care about obese pets or candy technologists? Of course they didn't. Did these organizations have the prettiest assortment of colors for their bracelets? Of course they did. Nowadays, these glorified rubber bands are collecting dust in the memory boxes of millions who outgrew the trend.

PHOTO COURTESY OF usatoday.net

How to Travel in Style

by Christina D'Adamio '16
A&E Staff

FASHION

With the long Columbus Day weekend fast approaching and the holiday season just around the corner, students will be zipping up their suitcases and hitting the road. Whether traveling for a relaxing trip home or to that destination vacation, packing can be stressful. While anxiously awaiting the journey and frantically trying to finalize travel plans, packing becomes a last-minute undertaking. Pressed for time, we throw this and that into our suitcases. In the process, we forget about the most critical part of traveling: how to travel in style. But don't fret, since this is easily achievable. With the following guidelines, you will be out the door in no time and looking fabulous.

American television personality, fashion designer, and author Lauren Conrad shares her traveling secrets in *Lauren Conrad Style*. It is all about traveling "smart," as Conrad explains, especially when it comes to that fashion ensemble. Keep the outfit comfortable and uncomplicated. Ditch the jewels and the high-heeled pumps; keep the look simple. Stick to neutral colored T-shirts and tanks. Conrad suggests black, burgundy, or beige. Pair these lightweight pieces with denim jeans or black leggings for a more relaxed and effortless look. Layering is also essential. Conrad advises chunky pullovers and chic blazers. For additional warmth, throw on a funky scarf or thermal socks.

Now that the ensemble is complete, it is time to focus on the bigger picture. Let's look at what to pack in that suitcase. While specific items vary from trip to

trip, some essential pieces are necessary for any fashionista. The article "Glamour Fashion" from *glamour.com* makes it easy, as 14 influential fashion experts share their must-have travel necessities. Associate editor and social-media manager for Moda Operandi, Hayley Bloomingdale recommends packing neutral T-shirts, denim skinnies, and striped dresses for everyday looks. Bloomingdale suggests keeping clothes simple and carefree. For those fancier occasions, Annie Ladino, stylist to Brooklyn Decker and Becki Newton and chief stylist for ShopItToMe.com, suggests packing darker tones, such as black, grey, or navy. Jamie Beck, photographer and founder of From Me to You, recommends versatile ballet flats. Ballet flats are both comfortable and elegant. Paige Adams-Geller, designer of Paige Denim, suggests packing silver or gold pumps. Pumps are always in style and work great with any accessory. Don't forget the beauty essentials, these specialists warn. Travel-size skincare products, sample fragrances, and makeup basics are a must. A stylish umbrella and sun protectant are also crucial, especially on those unpredictable weather days. For those longer trips, toss in a sketchbook, fashion magazine, and some funky sunglasses.

With clothes, shoes, and accessories piling high, it is now time to pack that suitcase. Packing a suitcase comes down to a science as *HarpersBazaar.com* shares. Finding the right luggage is key to mastering this packing strategy. Brad John, cofounder of travel emporium Flight 001, says, "It is all about a carry-on and getting as much into one bag as possible." For the best results, opt for a nylon satchel with insulated vents, numerous pockets, and pouches for storage. Manhattan-

based dermatologist, fashion lover, and avid traveler Lisa Airan recommends keeping things as organized as possible. Pack things separately using different Ziploc bags. Not only will this save space, but it will also make it much easier to find specific items. Another great tip: save room for souvenirs! Airan suggests packing a small and super-light satchel tucked in the bottom of your luggage for extra traveling purchases.

With a suitcase packed and a chic outfit to match, your journey awaits. Whatever adventure lies ahead, don't forget the simple guidelines provided by our favorite fashion gurus. Have fun, be safe, and always travel in style.

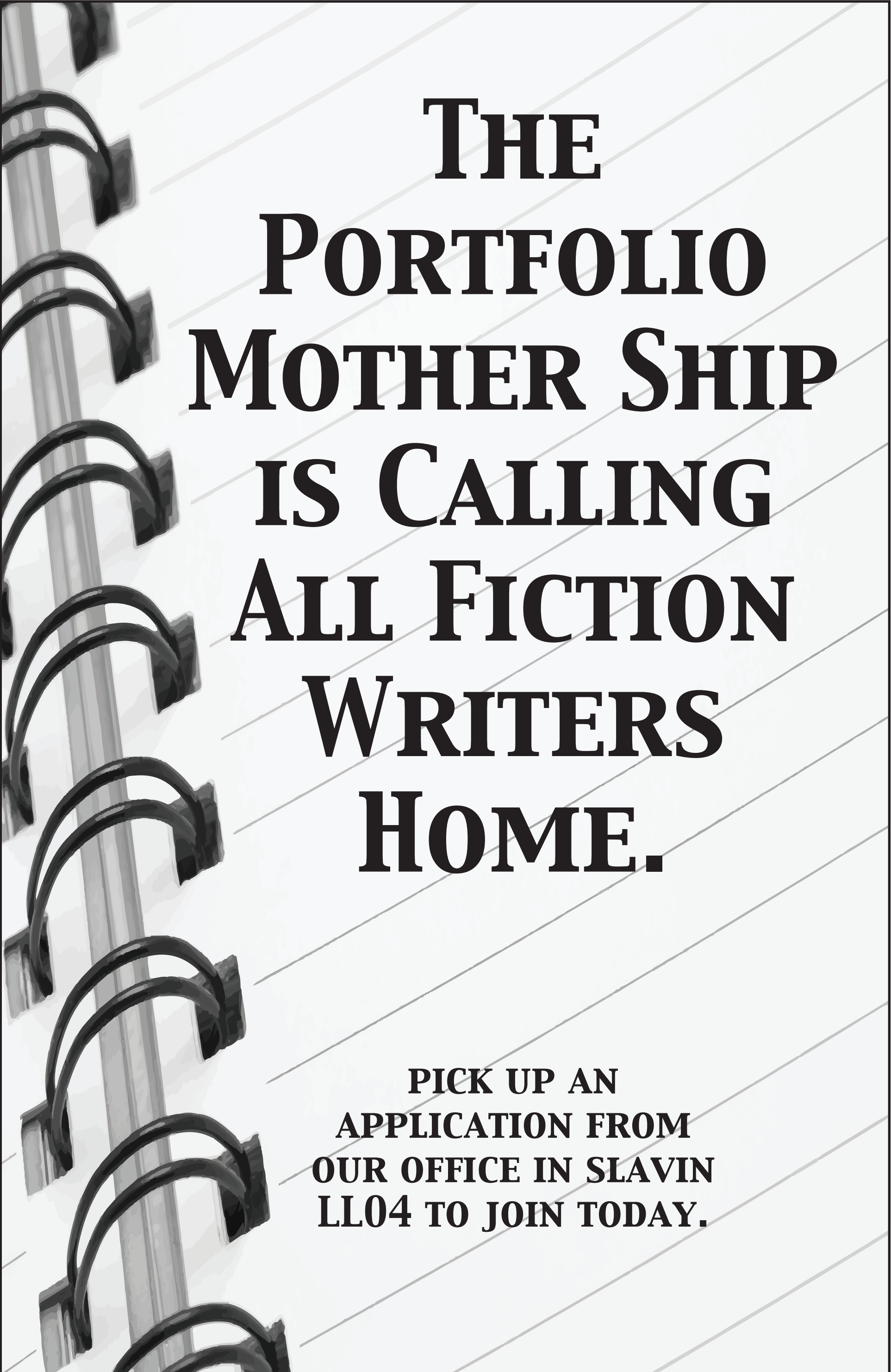


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PORTFOLIO

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October 10, 2013

WORLD TRAVELER

by Amanda Brown '14
Portfolio Staff

POETRY

Africa, Antarctica, the Amazon,
All at once.
All in one day.
I harness elephants,
Shine their tusks.
I take fish from an icy tomb
For penguin sentinels lying on rocks.
I slink behind anacondas,
Daring to dispose of their skins.

And tomorrow, tomorrow.
Tomorrow I will put saddles on elephants,
Feed overweight penguins.
I will crumple tissue-paper snake skin.
The sleeping snake won't blink.
I have never left Iowa.

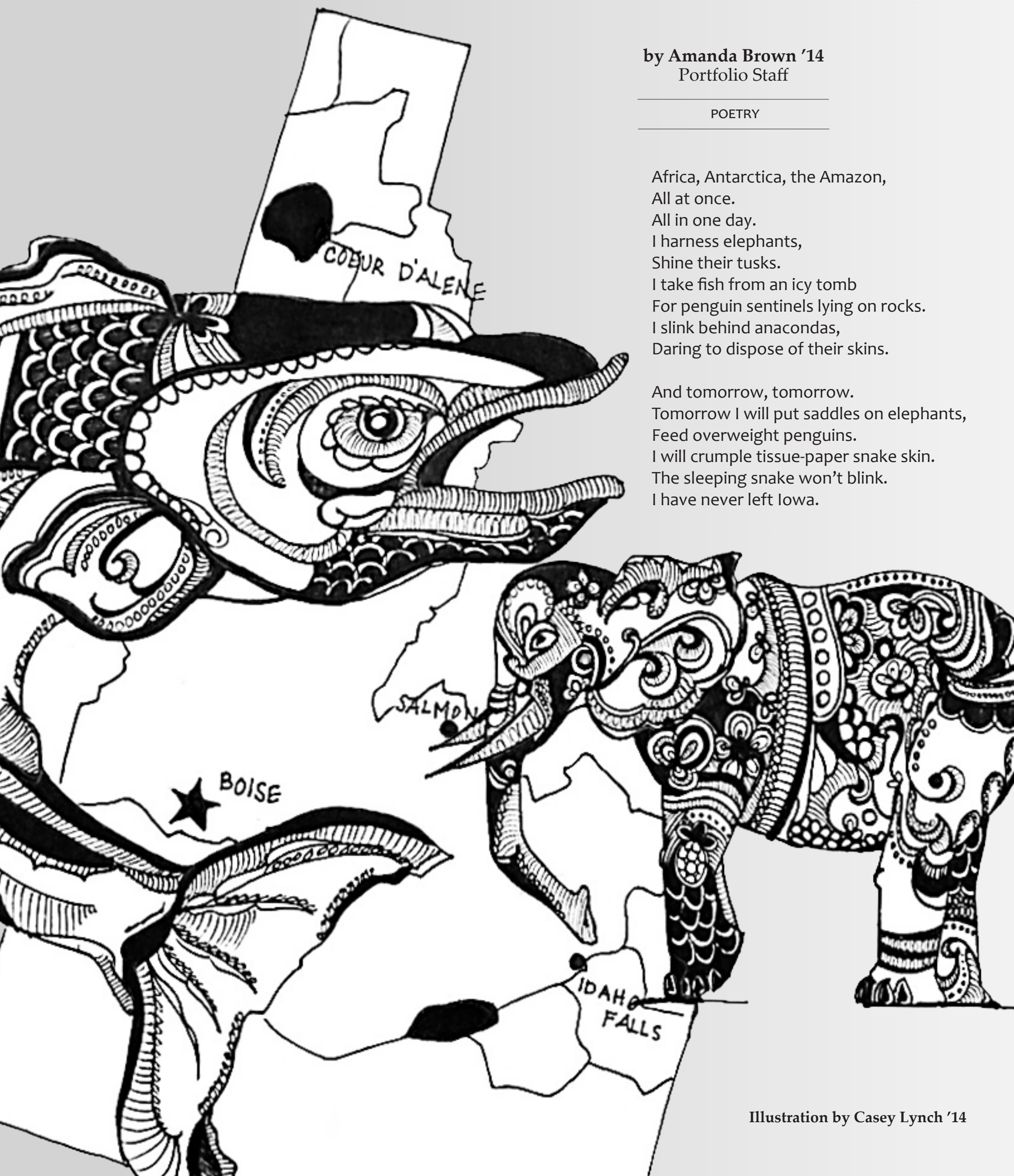
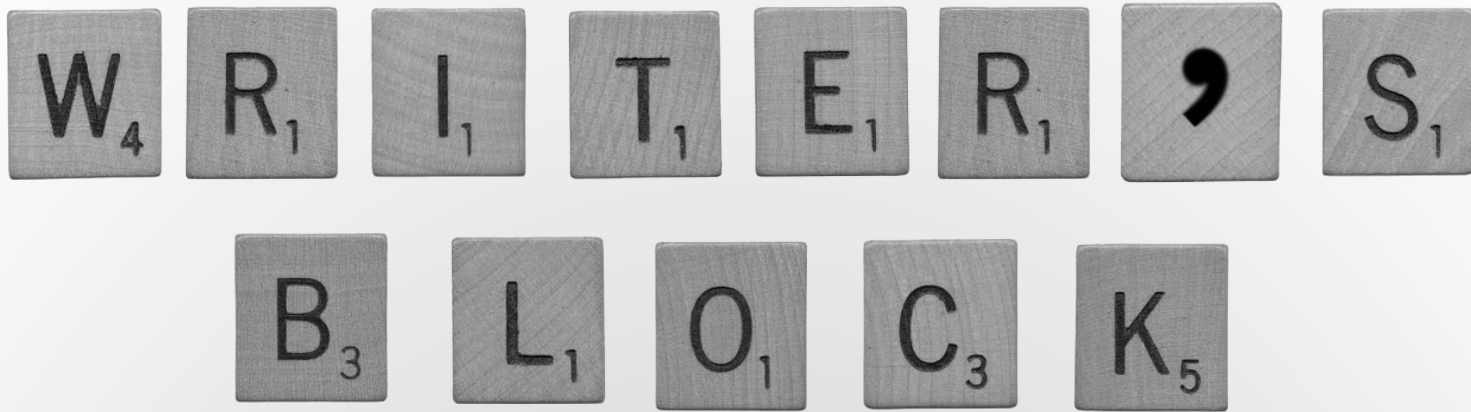


Illustration by Casey Lynch '14



by Kiernan Dunlop '14
Portfolio Staff

FICTION

"I never thought it would come to this," Ashley says, speaking to no one in particular. She stands in front of the mirror and looks at the unflattering black gown that hides any indication of her gender.

"Seriously, what did you think was going to happen?" Lillian asks, taping an obscene gesture on her cap. "Did you think time would just stop and you would be in college forever? Forgoing any kind of *Groundhog Day* scenario you had to know that this is what it was all leading up to."

"I mean I did, but you never think it is actually going to happen, you know. You never think you're actually going to have to graduate and be an adult, find a place to live, a job, some way to

feed yourself ..."

Lillian concentrates too hard on strategically placing the duct tape to actually listen to her friend's anxieties. She has been planning this prank for too long to only go halfway now. Ashley, on the other hand, has tried to not think of this day at all. She even rejected her parents' offer to throw her a graduation party, not believing she had anything to celebrate.

All Ashley can think about is people telling her she was an adult when she turned 18, and how much of a lie that was. Sure, some kids truly become adults when they're 18 because they're kicked out of their parents' house and have to get jobs, but that's not really the case with college students.

She thinks of all the things that college has provided her over the years: food, shelter, advisors that told

her what to do, a work-study job, and probably a lot more that she can't think of. Sure, in reality she was paying for all those things, but she always thought of it as something she was going to have to worry about later, when she was mature and able to comprehend such adult matters.

The funny thing is that today she's here on the brink of adulthood, seemingly one short walk away from it, and that maturity has not come. In fact, she feels that same fear she felt when packing up and heading to her first day of college. She doesn't feel any older either, even though on her first day seniors seemed like they were one step away from retirement.

Lillian finally breaks her extreme concentration and says, "We can't do anything about it, so we might as well enjoy it." She shows her masterpiece to Ashley, smiles, and walks out the door. Before Ashley can leave, she looks

around her last college dorm room. There is barely space to walk with all of the cardboard boxes she packed last night. They are all labeled: "Kitchen," "Bathroom," "Miscellaneous." Looking at these, she wonders what the next place she unpacks them is going to look like.

Throughout her whole life, she has always known what was going to happen next: go to school, graduate, go to college, graduate. But now, she's done with the list and she can't seem to come up with another one. When she tries, her brain seems to be a jar of water with a small hole, never able to be filled.

Lillian runs back into the room and shouts at Ashley to get going, her hat might be confiscated and Ashley has to be there to memorialize the occasion. She looks at Lillian and pushes her thoughts, or lack thereof, out of her head. Ashley walks out of the room ready to remember everything.

Two writers, one line:



*I never thought it would
come to this.*

by Melanie Souchet '14
Portfolio Staff

FICTION

I never thought it would come to this. I mean, come on, it was a stupid ritual Claire found online. These things aren't supposed to be real. It was like the Bloody Mary thing. I did that last time we all met and played truth or dare, and what happened? Nothing. Zilch. Nada. Nothing was supposed to happen during these things. They were only there to scare stupid middle schoolers, and equally stupid (but also tipsy) college students home for Columbus Day weekend.

And yet, here I was, sitting in my parents' walk-in closet with Claire and Amy, desperately trying to get a wireless signal on my laptop so we could Google counter-rituals, or at least how to end the ritual we'd started. I had printed the instructions, yes, but they were downstairs on the dining room table. I'd left them there when the faceless hooded figure had appeared out of nowhere and tried to grab me.

Yes, faceless hooded figure. Like I said, never thought it would come to this. If you'd told me last week that this

was going to happen, I would have thought you were high. Now, I was starting to wonder if someone had slipped something into my drink. But if that were the case, they would have slipped it into Claire and Amy's drinks too. That seemed improbable.

"Do you have the signal yet?" Amy whispered frantically. She was holding the flashlight in shaking hands. The wobbling beam of light kept hitting my eyes.

"No, and would you stop shining that light in my eyes?" I hissed. "I can't see a thing if you keep doing that."

"Sorry."

"This is not happening," said Claire. Her voice was level, but her face was pale, and she kept a death grip on the meat tenderizer she'd grabbed from the kitchen. "There is no way this can be happening. This doesn't make any sense."

"Well, it is happening, so..." I still wasn't getting an internet connection. I don't know why I bothered. You couldn't get a connection in here. I'd tried before, back when I was a teenager and wanted to watch R-rated movies on Netflix without my parents knowing. "Okay, I don't think we're going to find a counter-

ritual."

Amy whimpered loudly. "Are we going to die?"

"No, shut up, we're not going to die." Although I was running out of ideas. "Uh...okay, maybe I can..." On a whim, I checked the downloads folder. I kept it pretty neat, so I was quickly able to find a PDF I'd downloaded today. And when I opened it... "Hah! I found the instructions!"

Amy and Claire sighed in unison. "What does it say?" asked Claire.

"Uh..."

I was trying to figure out which steps to the ritual we'd already been through—lighting a certain amount of candles, knocking on the front door a certain amount of times at midnight, circle of salt—when I heard a floorboard creak. We all froze and stared at the closet door. It didn't have a lock. I shut my laptop, hoping to keep us from being detected by the glow of the laptop.

The footsteps came closer. Amy bit back a whimper. This is it, I thought distantly. No, this can't be it. I haven't graduated yet. I've never been on a proper date. I need to finish my thesis. I...

The door flew open. We screamed. Almost drowned out by the screams, but not quite, was a familiar voice coming from the hooded, faceless figure

standing in the doorway: "Boo!"

That stopped us screaming pretty quickly. "What the..."

"Jack?"

The hooded figure started laughing. So did Claire. I definitely recognized that laugh. It was Claire's brother. "You suck!" I shouted, throwing a shoe at Jack. "You suck!" I added, punching Claire on the arm.

"We got you guys good," cackled Jack. He pulled off the hood and mask. As angry with him as I was, I had never been happier to see his stupid, smug face in my life. "Happy Halloween!"

"That's not for weeks, you jerk!" Amy looked ready to cry, but also incredibly relieved. I suppose I did, too. "I hate you both. I'm going to turn the lights back on."

"Yeah, same." I stood up and followed Amy out of the room. "Was it really worth it, Claire? Was it?"

"I think so," said Claire cheerfully.

"Definitely," said Jack. "You really went all out with this, sis. You didn't tell me you had someone else hiding in the basement. Who is it? Eddie?"

I was already down the hall, but I could still hear Claire's confused, frightened response: "What are you talking about? I didn't ask anyone else. We're the only ones in the house..."

Listomania

Things You Wished You Hadn't Said

1. It's not going to rain today.
2. I'll just wake up early and finish my paper then.
3. Is that a camera?
4. I can definitely jump that parking meter.
5. There's no way the government will "shut down."
6. Let's order Golden Crust!
7. It's not that far past the expiration date...
8. I hate when people tickle me.
9. How bad could it be?
10. Are you pregnant?
11. She never has to know...
12. I don't need to wear flip-flops in the shower.
13. Hold my drink for a minute.
14. I'm *never* doing that again.

THE ATHEIST

by Justin Fernandez '15
Asst. Portfolio Editor

POETRY

These words are spoken silent and aloud.
You hear my call and feel my trembling hand,
But my beating heart still falls like sand
Through grasping fingertips, bowed and bland.

Like ghosts flittering through graveyard stones
Sleepless under a midnight moon,
My hold falls through your body oh so soon
So that you leave me on the ground to swoon.

Now those old voices fill in your head,
And drown my love with waves of doubt.
In those harsh seas I'm swept about,
Carried a ways ahead, where I'm blocked out.

So like the pot of gold we long to find,
Somewhere o'er the rainbow's blue horizon sky,
I remain nothing more than the fabled you and I;
A simple man left redefined;
A bleeding heart all drip and dry.

Tiffany & Earl

Making PC an emotionally stable place one letter at a time



Dear Disgusted and Disgruntled,

Well missy, don't get your granny panties in a twist... disgruntled doesn't suit you, dear. I'm not about to let you project your own unhappiness on my clearly fabulous life, darling, and I am definitely not about to let you rain on my parade, because the humidity will totally frizz my keratin treatment, and I simply cannot have that.

But seriously, Disgusted, you are a senior. It is about time somebody broke the news to you about the harsh reality of the world: some people are victims, and some people are superstars. Darling, you see yourself as a victim, and that is your choice. Me, I made myself a star.

So while you sulk in the corner deeming my blunt treasures of wisdom as "inappropriate," I will stay here, eternalizing my name in print. That is the difference between you and me. You will forever remain archived and remembered as "Disgusted and Disgruntled." That is your legacy...Gross. And me? I am forever Tiffany.

Tiffany

This Week: Complaints

Dear Tiffany and Earl,

I'm a senior and I have been reading your advice column for several years now. I have asked you several questions, and not once have you given me a satisfactory answer. I feel personally victimized.

Your responses are rude, inappropriate, and frankly, uncalled for. You should be ashamed of yourselves!

Sincerely,
Disgusted and Disgruntled

Dear Whiny Baby,

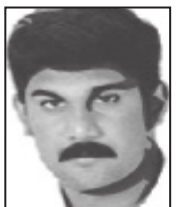
It seems that even though you are a senior in status, you are a whiny baby in your heart and soul and mind, and probably body. I can see your fragile self, sitting in front of your laptop, makeup running down your face as you cry to the soft sounds of James Blunt.

If you do not like my advice, deal with it. Here it is anyways. I advise you to get a little tougher. You seem like the kind of kid who cries at the end of chick-flicks, or when Ray runs out of chicken nuggets. The world sucks. It is not all sunshine and rainbows. As they say in *Horrible Bosses*, "You can't win a marathon without a few band-aids on your nipples." Strap on those band-aids and quit your crying.

Also, if you do not like our advice, stop needing it so much. Why can't you just be a better and cooler person? I recommend you stop stinking at everything, and learn how to fend for yourself.

You are about to enter the real world. And no advice column will be there for you with a chiseled mustache. The real world people do not care about you. You're just another worthless waste of space amongst the six billion faces that populate this world.

So, accept your worthless life without tears. Not everyone holds the importance of Earl.



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Who Will Be Stanley Cup Champion?

Blackhawks Bruins



In order for the Chicago Blackhawks to be the first repeat Stanley Cup winners since the Red Wings in 1997 and 1998, they will have to continue their dominance from last season when the team earned a point in the first 24 games before winning the cup. Luckily for Chicago fans, nothing has changed.

Patrick Kane and Jonathan Toews, who both scored a team-high 23 goals last season, continue to dominate the front line for the Blackhawks. The second line forwards from the playoffs, Michal Handzus, Marian Hossa, and Patrick Sharp, are all returning as well. Chicago returns six defensemen from last year, including starters Duncan Keith and Brent Seabrook.

In goal, Corey Crawford wants to prove to the world that he is worth the six-year, \$36 million contract extension he signed in the off-season. Considering that last year Crawford only allowed 1.94 goals per game en route to a 19-5-5 record, there is no reason to think he will not live up to expectations.

Vegas seems to agree that no change is good change for the Blackhawks and has them as the early 6/1 favorite to win the Stanley Cup again this year. Although Chicago has to deal with a full regular season this time around, a healthy Kane and company definitely have the talent to dominate the league once again and take home Lord Stanley's prized possession.

-Bryan Blum '17



Defense wins championships and the Boston Bruins play defense better than anyone. I know it is early and New Englanders are still feeling Red Sox fever, or swooning over the dimpled guy on that football team, but it is never too early to throw egotistical Bostonians a vote of confidence for the cup.

The Bruins possess one of the strongest defenses in the game, and it starts in net with Tuukka Rask. The man has emerged as one of the premier elite net minders in the league, and this summer he was paid as such. The Bruins also have a top-tier penalty killing unit and a behemoth that takes up 98 percent of the defensive zone in Zdeno Chara. The man can poke check a hot dog vendor in Section 419 with ease. The rest of the defensive core is strong in their own end and can score timely goals just as undersized Torey Krug did against the Red Wings.

Along with a terrific tender and deadly D comes the deepest group of forwards in the league. The third line looks steady to begin the season, and a reenergized Jordan Caron can make a squad deeper. With the three new right wings, Jarome Iginla, Loui Ericksson, and Reilly Smith looking right at home in the system, there is no reason to think this team cannot repeat the magic of 2011 and 2013 (with a little something extra to get past Chi-town).

The Bruins will win, the Red Sox may win, and Tom Brady will be walking around in early January in Uggs asking Eli Manning what to do with such a long off-season. All in all, Boston-area sports teams will have a very good finish to the 2013 season, and will start 2014 with a bang.

-Chris Szimanski '14

In the Spotlight

Men's Soccer: The Friars bounced back from a 4-0 loss to Virginia in their non-conference finale to gather their first two wins against Big East opponents. They defeated Seton Hall 3-1 in their in-conference opener, and secured a one goal win over St. John's in their next game. The Friars scored goals from four different players in the two games. This balanced attack, combined with stellar performances from goalie Keasel Broome '15 led the Friars to their two victories. They recently fell 1-0 to Fourth ranked Georgetown to put them at 7-2-2 on the year.

Women's Soccer: Coach McGirr's Lady Friars have had a difficult start to their in-conference schedule, going 1-3 against their first four Big East opponents. In their most recent game, they dropped a tough bout to ninth-ranked Georgetown 2-1. They will look to bounce back on the road against Butler on Oct. 12.

Field Hockey: The Women's Field Hockey Team is 5-6 on the season, after beating Brown 5-1 and losing to the University of Connecticut 4-1. They are now 1-2 in their conference schedule and will have a chance to improve this record against Temple on Oct. 11. Daniella Bernasconi '15 has been a standout for the team, scoring 14 of the team's 23 goals this season.

Cross Country: Both the Men and Women held places in the top three of the Boston College Invitational on Sept. 27. The men are now ranked 18th in the Division I national rankings, while the women show no sign of losing their stronghold on the number one ranking in the country.

Volleyball: Coach Royer-Johnson's team has been on an impressive run in the past two weeks. They have won four of their last five matches and are now 9-10 on the season. The turnaround that the team has shown this season has continued each week, and the team will try to continue this trend against the University of New Hampshire on Oct. 11.

In the News

America East Honors: For the second week straight Kayla Fitzgerald '17, an outside hitter on the Women's Volleyball Team, was named America East Rookie of the Week. Fitzgerald and Michelle Cruz '17 have been one of the most exciting freshman duos in all of Division I Women's Volleyball this season, and have been a massive part of the turnaround in this year's team. Fitzgerald's stats in the past two weeks have been particularly impressive and beneficial to the team. In games against Binghamton and Albany Fitzgerald had 28 total kills, 18 of which came in a huge Friar win over the pre-season America East favorite Albany. Fitzgerald will look for her third straight week earning America East Honors in games against the University of New Hampshire and the University of Massachusetts-Lowell.

Opening it Up: The newly improved Schneider Arena had its grand opening last week, with the Women's Hockey Team beating McGill 5-3 in an exhibition match. However, the pre-season is done and regular season hockey is making its debut in Providence. The men's team will square off against Minnesota State on their opening night. Captainship was awarded to Kevin Hart '14 and Steve Shamanski '14. The Friars start the season ranked 14th. The women also open up their home season this weekend against Mercyhurst. The women split a series at Union College in New York. The women play at 2 p.m. Friday Oct. 11, followed by the men at 7.

Black Pack Falls to Stonehill 14-13

Need Win at Bryant to Keep Postseason Dreams Alive

by Pat Shea '14
Sports Staff

RUGBY

This weekend, the Men's Club Rugby Team traveled to Stonehill College, looking to collect another win after last week's 58-7 drubbing of Merrimack College. However, Stonehill was ready for a fight. Both teams played an energetic match, which the score reflected, and Stonehill edged the Black Pack

by the narrowest of margins, 14-13.

Both Stonehill and the Black Pack fought hard, hammering the ball down the field inch by inch, but in the end, after the dust had settled, the score stood in favor of Stonehill.

"It was fundamentals that got us," said Coach Cox when asked about Saturday's performance, "it was basic ball handling and penalties that lost us the game. We need to stop trying to be so fancy and just take the ball into contact

and keep possession. We have a lot of work to do to if we want to have a post-season."

Captain Mat Benedetto '14 scored a penalty kick and a conversion after captain John Derry '14 ran the ball straight through Stonehill's defense to score the second try on the day.

Although the A side, or varsity team, had their problems, the B side team of the Black Pack has been undefeated, putting up a total of 22 points and not allowing

Stonehill to score until the referee allowed them a penalty score.

This Saturday, October 12 the Black Pack is looking to save their season by beating the 3-1 Bryant University Bulldogs at Bryant. This could decide the fate of the Pack.

Hendricken Field Reopens with Turf

Men's Soccer Loses in Field Debut to Georgetown 1-0

by Sarah Wacik '15
Sports Staff

PROFILE

On Wednesday, October 9, the Providence College Men's Soccer Team had the honor of opening the newly renovated Hendricken Field. The Friars, who are ranked 23rd in the nation, opposed the overall fourth-ranked Georgetown Hoyas in a game that featured blood, sweat, and tears

on both sides.

Within the first several minutes, a Hoya defenseman went down on a tackle right outside of his team's 18-yard box and suffered a serious arm injury. This incident set the tone for an aggressive match between these ranked Big East rivals. The first half saw some excellent play from each team and ended in a 0-0 tie.

After a good start for the Friars in the second half, the Hoyas took the lead in the 69th minute on a solid

strike inside the 18-yard box. PC continued to pressure Georgetown for the remainder of the half, but was unable to find an equalizer. In the end, the Friars suffered a 1-0 loss in the inaugural game at the renovated field.

Hendricken Field, located within the Ray Treacy Track Complex, offers an entirely new and improved experience for its players and fans. The complex features more space for fans to view the game and will soon

have lights installed so that the colleges teams can play home games at night. The most obvious difference from the old Glay Field is the absence of various divots and dirt all over the field.

Defenseman Anthony Baumann '14 commented, "The new turf field is a nice surface for us to play on, but it will take some time to get used to. I think the field will help us to continue our style as a ball-playing team with some tighter and quicker passing." In addition to the new turf, Baumann was also excited about Providence's focus on providing its athletes with the best possible facilities and fields. "I give credit to the school for showing its high level of commitment to its athletic programs," said Baumann. "We are all excited to finally play on this new field."

Head Coach Craig Stewart elaborated on Baumann's expectations for the new Hendricken Field. "The team needs to make this field its new home and a difficult place for opponents to play," stated Coach Stewart. He looks forward to fans filling in the seats and rooting on their fellow Friars. He explained, "We hope that the renovated turf will attract more people to come to the games and cheer for PC. The team has three more regular season games at home this fall, so we want many fans to fill the bleachers."

Despite the loss, Stewart also believed that his players turned in a strong showing in the first game at Hendricken this season. "The guys had a good overall performance today on the new field, but it obviously was not the result we wanted," said Stewart. The Friars will seek their first victory at Hendricken on Saturday, October 19, at 1 p.m. as the team opposes the Marquette Golden Eagles.



Photo courtesy of Sarah Wacik '15

Editor's Corner: How To Stay Faithful to Your Team

by Sean Bailey '14
Sports Editor

COLUMN

Being a good fan of a sports team is like being in a relationship; there are lots of ups and downs, but if you stay faithful, eventually it will pay off with a series of ups. Liking a sports team in a downward spiral is a lot like being Miley Cyrus; a lot more stress and valleys than peaks. And as a fan of the St. Louis Rams, I have been continually plunging since the glory years of the Greatest Show on Turf in the early 2000s. The question to fans then is how does one stay faithful?

I will come clean to my Rams that maybe I have not been the most faithful; there have been nights when I have invested energy into rooting for the Patriots. But they have only been flirtations. I always come back, no matter how sloppily the Patriots hat is perched on my head. Aside from these one-night stands, I have always stood by my Rams' side.

How have I done it? I have witnessed multiple 13 or more loss seasons. This year the Rams came in as a potential 'surprise' team only to have struggled mightily.

The key to this kind of relationship is to lower expectations. That way,

if the team can somehow clear the lowered bar, you will be happy. If Miley can avoid controversy or the cover of Yahoo! one day, it should be considered a win. If the Rams are competitive around halftime, I consider it a win. If they are not, it is what I expected anyway, and like a band-aid I am able to peel away the loss quickly, minimizing the pain I feel.

That being said, it is still paramount you show support of your team. Most Sundays you will see me walking around in my blue and gold Marshall Faulk Rams jersey. Cyrus continually prances around proudly (hopefully I do not make people want to puke like she does). So should you with your dismal team's apparel, even in the face of certain disaster. The Jacksonville Jaguars are 28-point underdogs to the Denver Broncos. Regardless, Jags fans should put on those putrid uniforms in spite of certain doom. Look at Leonidas and the 300 Spartan soldiers. They stood strong at the Hot Gates and died in glory for their cause. They wore the Spartan six-pack proud.

Being faithful will have its benefits. The valleys will eventually turn into peaks. And when those peaks arrive it will taste even sweeter. So, stick it out, disenfranchised sports fan; every dog has its day.

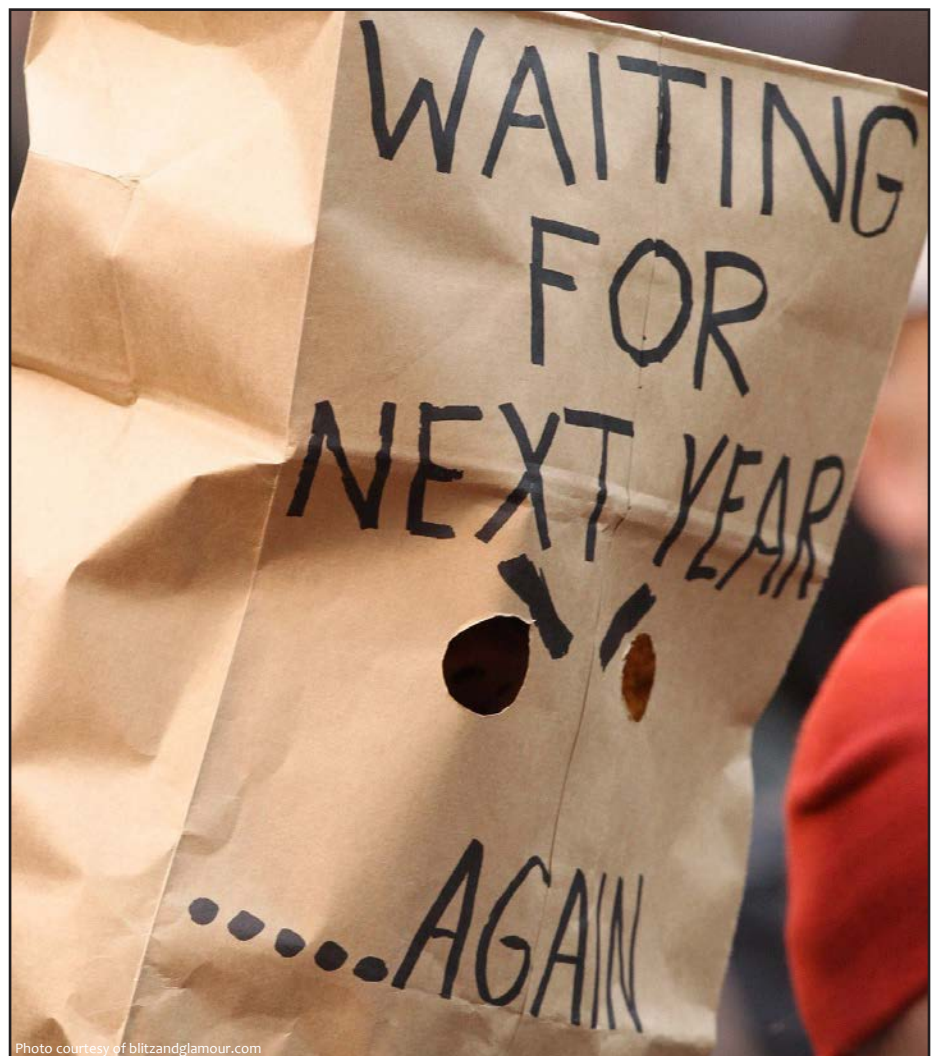


Photo courtesy of blitzandglamour.com



SPORTS

The Cow 28
October 10, 2013

SHOULD THE NCAA PAY STUDENT ATHLETES?

If there is one thing that should be inherently obvious to everyone, it should be this: the NCAA needs to start paying its players. Money should not stand in the way of whether Johnny Manziel should be allowed to play, or whether Reggie Bush, one of the greatest college football players of all time, should still have his 2005 Heisman. Drawing from what Jay Bilas, a prominent proponent of paying athletes, says, it is hypocritical to have colleges profit off of its players while the players receive no money for themselves.

If you are not familiar with Bilas'

exposé of the NCAA's hypocrisy earlier this summer, it went something like this: Go to the online NCAA shop, type in any player's name, and see the results. For Manziel, the results are blank Texas A&M number two jerseys, or even better, number two jerseys that have the name "Football," drawing on Johnny's famous nickname, on the back. But according to the NCAA, Manziel cannot see a dime of this money. While the NCAA official shop has pulled all replica jerseys, colleges themselves continue to sell them for profit.

This scandal has also forced the

popular NCAA Football video game franchise off of the shelves after this year. A slew of lawsuits filed by players claiming that the NCAA and EA Sports had illegally profited off their likeness led to enough controversy to get the game to be canceled for the near future.

Opponents of paying athletes argue that paying athletes will open Pandora's Box and that there will be no knowing of the negative effects of paying athletes until after we begin paying them. Others point to the SMU scandal of the 1980s, which got so out of control that it eventually ran the

program into the ground. I would argue, however, that the billion dollar industry that is the NCAA should find it somewhere in their hearts to pay some stipend to allow players to make some money off of their own name. It is simply the right thing to do. Oh, and on a personal note, I kind of want NCAA Football to stay a thing.

-Joey Ciccarello '16

Johnny Manziel, the face of college football and star quarterback for Texas A&M, was kicked out of a rival University of Texas party, "overslept" for the Manning Passing Academy where he was an instructor, was involved in an autograph scandal which ended in a 30 minute suspension, and was arrested in 2012. All the while he received a free education from Texas A&M, stardom, and exposure to NFL scouts. Why, on top of all that, should he be receiving money when he is clearly too immature to handle the fame alone?

Sometimes I am not a huge fan of NCAA rules and decisions (not to name-drop Ricky Ledo but...) yet it is logical and morally correct to prohibit college athletes from being paid. I understand that these athletes bring a lot of money to their schools and that their families may need it, but the college athlete receives enough as it is. Not only can they stay for only a single year then head to greener pastures, the school puts ridiculous amounts of money into their athletic programs. We are all aware that athletes get treated pretty well on every campus, and I am not saying they should not, but in addition to the locker rooms, gear, equipment, and facilities they have, there needs to be a limit.

There are plenty of reasons as to why the NCAA should not pay athletes, but the one aspect that is often overlooked is greed. Every major professional level sport in America has its fair share of contract disputes between athletes who want insane, and usually undeserved, amounts of money. The world revolves around money, and the same goes for sports. Do we really want to encourage the behavior in college to 18-20-year-olds, as Johnny Manziel has shown, that can barely handle their lives as it is? College sports are the one area where having a standout year does not merit someone to hold out on a contract the following year or ask for more money. If the athlete is good enough they will make more than enough money in the pros, but until then it seems athletes will just have to settle for the free tuition and worship from their peers. Rough life, I know.

-James Kirby '15



As improper benefits and pay-for-play scandals mount across the NCAA, people have begun to question a central tenant of the conference: its definition of amateurism. Is it time the NCAA starts paying student athletes?

Two philosophies on paying players have emerged. The first is that every athlete in a sport is paid a similar amount, a small stipend much the same as in the Canadian Major Junior hockey leagues and designed to maintain a sense of amateurism. The other is to pay based on the value of the player and the ability of the school to meet it, designed to give athletes a share in the profits reaped by the school's athletic department.

When considering the first option, the NCAA must first settle on an amount that is feasible for every school in the NCAA. Using Canadian Major Junior stipends as a base, the figure would be about \$50 to \$150 a week based on time spent in the program. That will have a negligible effect on players and the rate of NCAA scandals, which is where the plan hits a snag. Players involved in pay-for-play scandals are not being paid \$50 a week. They are being

paid thousands of dollars and they will continue to be paid thousands of dollars, regardless of whatever stipend becomes legal.

The second option hits a couple of snags as well. The first is the fact that it jeopardizes NCAA amateurism. If an athlete is paid based on his or her ability can they still be considered amateurs? If he or she is not, what other NCAA rules do not apply? What about the players who have not been paid? What about the draft process? If you are no longer considered an amateur by the NCAA, does declaring for the draft still forfeit your eligibility?

The second snag is the effect on the growing parity of the NCAA. The last 10 years have seen the birth of the BCS-buster, the rise of the mid-major in basketball, and the emergence of the Atlantic Ten as a conference on par with the rest of college hockey, not to mention growing parity within conferences. The teams that can afford to pay will get the best recruits and the divide between the top 25 and the rest will quickly become apparent.

-Veronica Lippert '15

Over the past century, the NCAA has become an exceedingly lucrative industry. Earlier this year, March Madness grossed over \$1 billion for the first time ever. Meanwhile, the NFL, NBA, and MLB accrued considerably lower revenues than the NCAA because of one costly variable: compensation of the players.

Accordingly, there has been constant debate about whether the NCAA should pay athletes. Jay Bilas, commentator, writer, and studio analyst for ESPN, states that athletes are not justly compensated for their efforts, and that "it is profoundly immoral for the NCAA to restrict athletes from receiving compensation while everyone else profits."

Student-Athletes are justly compensated through the numerous opportunities presented to them by their institutions. Consider this, for instance: while most college students will graduate with a diploma and the heavy financial burden of college debt, almost every recruited student-athlete attending on a scholarship will leave school with no debt. Additionally, preferential treatment for athletes certainly exists. In high school, it is generally accepted that recruited student-athletes have significantly greater chances of acceptance at selective institutions than their peers with stronger academic transcripts might have. In college, they are given further academic help through tutoring and student-athlete academic centers. After college, the majority of athletes do not go on to play their respective sports professionally. The extensive made while these athletes represent the school, however, provide remarkable employment opportunities.

That said, to add monetary compensation for student-athletes would be inappropriate, and would only further the perverse incentive for kids to focus on athletics from a young age. Instead, colleges should continue to focus on encouraging students to excel academically. Colleges should treat a basketball player or a rower in the same way that they treat a theologian or a physicist. To monetarily compensate student-athletes would indirectly create an unjust system of hierarchy between students and diminish the values of scholarship and education.

-Billy O'Brien '17