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Stopping the Stigma Surrounding Social Anxiety Disorder

by Hannah Paxton '19
Opinion Staff

MENTAL HEALTH

When people hear the word "anxiety" they typically think of an emotion that everyone experiences. It's that feeling you have right before taking a test or when you are about to make an important decision. Most people would not identify it as a serious mental illness, one that causes so much distress it interferes with one's capability to have a normal life. In fact, most people do not take it seriously at all. While anxiety alone is occasional, normal even, an anxiety disorder is constant, irrepressible, and can often be disabling.

Why is it that there are still so

many people who cannot seem to take anxiety seriously? When someone is consistently worried, even if hardly provoked, most will regard them with passivity. They get a "you're worried about nothing," or a "stop being so sensitive," instead of actually being shown any concern or getting help to work through it.

While the cause of anxiety disorder is unknown, it is no reason for the condition to be treated as a weakness or a flaw in the person. Incessant worry and stress is not something people with an anxiety disorder can easily avoid, but it is something that can be treated with help—not by belittling them for not feeling "how they should."

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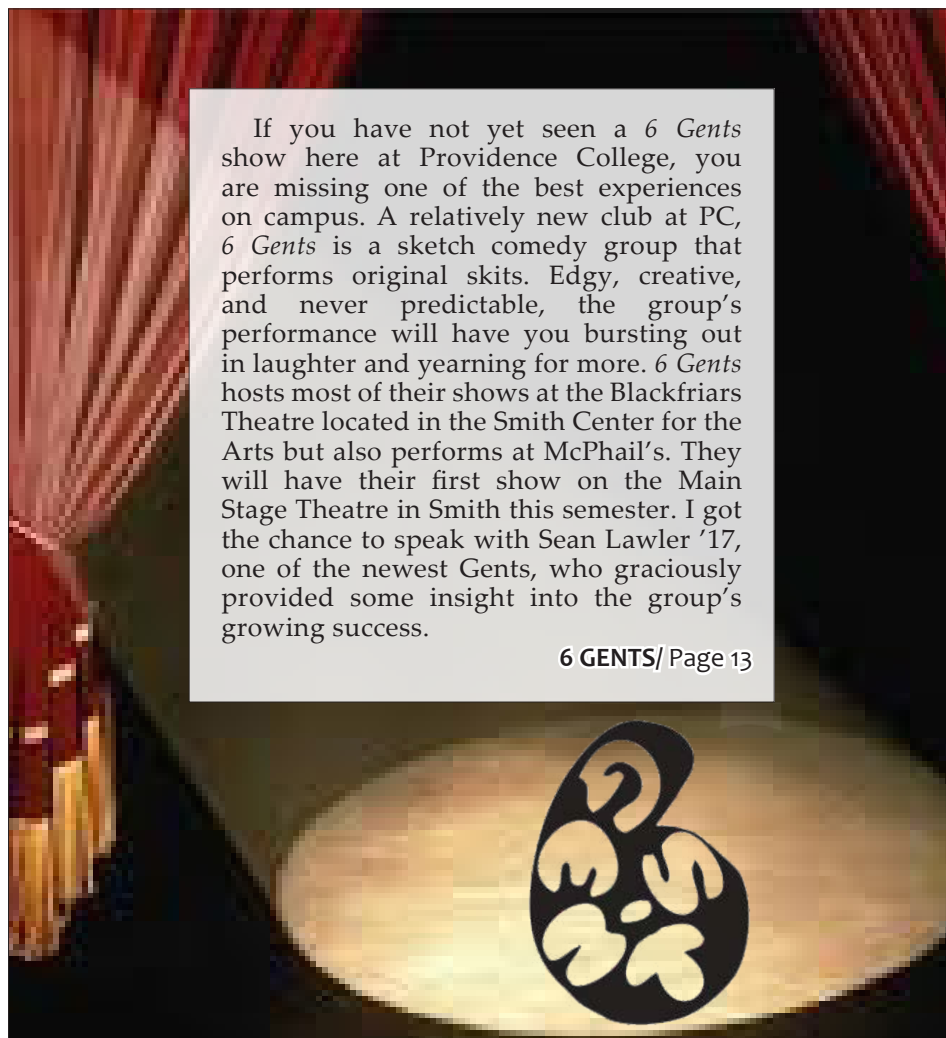


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Laughing Along with 6 Gents

by Francis Hannon '17
A&E Staff

PERFORMING ARTS



If you have not yet seen a *6 Gents* show here at Providence College, you are missing one of the best experiences on campus. A relatively new club at PC, *6 Gents* is a sketch comedy group that performs original skits. Edgy, creative, and never predictable, the group's performance will have you bursting out in laughter and yearning for more. *6 Gents* hosts most of their shows at the Blackfriars Theatre located in the Smith Center for the Arts but also performs at McPhail's. They will have their first show on the Main Stage Theatre in Smith this semester. I got the chance to speak with Sean Lawler '17, one of the newest Gents, who graciously provided some insight into the group's growing success.

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PHOTO COURTESY OF UGISSEGLINS.LV

Do You Feel Safe? Students Address Safety At PC



PHOTO COURTESY OF PROVIDENCE.EDU/SAFETY

by Patrick Lovett '17
News Staff

SAFETY & SECURITY

On Tuesday, January 26, students gathered in '64 Hall to meet with an investigative team from the company Margolis Healy to help evaluate the Office of Safety and Security at Providence College.

Dean of Students, Dr. Steven Sears, advertised the event in a school-wide email as a "part of the effort to assess and improve the climate of our evolving campus." Specifically, however, the session with students aimed to "ensure that each of you [the students] has an opportunity to share your thoughts, insights and suggestions related to campus safety

and security."

The event was intimate, with a fairly small sample of students, yet it still produced a lively discussion on the state of safety and security at PC. Investigators Michael Webster and Steven Healy asked students about their experiences with the Office of Safety and Security, their relationship with and opinion of Safety and Security, and what changes the students hope to see in the future.

There was a wide range of responses, as each person had a unique story to tell. One student recalled a specific instance when an officer was "very unkind and very unprofessional" in a disciplinary encounter, but also remembered other times when officers were particularly friendly and compassionate.

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NEWS

PC Alumnus Elected Mayor in Massachusetts City

Jasiel Correia '13 Becomes City's Youngest Mayor

by Daria Purdy '19
News Staff

ALUMNI IN THE NEWS

Providence College alumni achieve amazing things every day. One recent achievement stands out: Jasiel Correia '13 has just become the mayor of Fall River, Massachusetts. At just 24 years old, he is the youngest mayor in the history of the city.

Correia graduated from PC in 2013 with a B.A. in political science. On January 6, 2014, he became a city council member in Fall River, the town where he grew up and the one he returned to after his time at PC. Fall River is located in southeastern Massachusetts and has a population of around 88,000. He ran for mayor after being a city councilman for 22 months. Correia defeated incumbent mayor Sam Sutter, and on January 4, 2016 was sworn in as mayor of Fall River at a local high school.

Dr. Anthony Affigne, of the political science department, knew Correia during his time at PC and described him as a "very serious, thoughtful student, but with an easy manner and a sense of humor." Dr. Joseph Cammarano, another political science professor who taught Correia, sees the young mayor as an inspiration and example for other PC students hoping to get involved in the political or public service sphere. On Correia's time at PC, Cammarano says, "Jasiel lost more campus elections than he won. But he also understood that winning was not the important predictor of his political and business future; running, then running again in the face of defeat is practice for future success."

Correia was very involved with public service in Fall River during his time on



PHOTO COURTESY OF HERALDNEWS.COM

Almost three years after graduating, Jasiel Correia '13 celebrates his mayoral victory with a thumbs up. As seen below, he is already hard at work, making big plans for the city.



PHOTO COURTESY OF CTPOST.COM

the city council. He served as Vice Chair of the Building Our Lives Drug-Free (BOLD) Coalition, which is a substance abuse prevention program that works to create a healthy community for young

people. He also served on the Board of Directors for Stanley Street Treatment and Resources (SSTAR), which provides care and support to people affected by addiction, and for Steppingstones Inc.,

a support services center for substance abuse. Furthermore, Correia has been on the Board of Directors for Greater Fall River Re-Creation, a non-profit organization that provides educational and developmental programs to residents, focusing specifically on economically disadvantaged youth. Through his work in the public sector, Correia has endeavored to reduce drug abuse in his community.

Correia also had experience in the private sector before his election as mayor. He has owned his own small business in Fall River since 2009. The business is called SnoOwl Inc., and it is a social information network that connects users and businesses. Businesses send out "hoots" through SnoOwl. Each "hoot" can be five hundred characters long and include information about the products and services of the business. Videos, photos, and coupons can be included in the "hoots." Essentially, SnoOwl Inc. works to create more connections between businesses and consumers in the Fall River community.

Correia's election as mayor is a capstone to an already extensive amount of work he has done for his community. His career is a reflection of his time as a student at Providence College, and a model of dedication to public service for the current community of PC students. In the words of Cammarano, "I have long thought Providence College students are too complacent, happy to focus on personal achievement, financial success, and the attainment of a good family life. Maybe Jasiel will inspire more of you to think about sacrificing some of those individualistic concerns to also make sure the world is a better place for everyone."

Security: Margolis Healy Comes to Evaluate the College

Continued from front page



PHOTO COURTESY OF PROVIDENCE.EDU

This mixed sentiment echoed throughout the group, however, all conceded that they generally felt safe on campus.

However, many students felt as though security off campus, specifically the area immediately surrounding the College, was an area in serious need of improvement. Although none were personally effected by a lack of security, many shared concern over the numerous crime reports from off campus as well as

the frightening accounts they had heard from those who had experienced crime.

Further concern was provoked by investigator Webster when he asked the students if they knew what to do in case of a campus shooting. Students unanimously responded that they did not and expanded on that point, saying that they were ignorant of most emergency procedures and resources available to them.

Looking forward, students suggested

that Safety and Security be more visible and patrol off campus in order to try and reduce the amount of criminal activity off campus. The students also suggested that interacting with officers outside of disciplinary or negative situations could help to improve students' relationship with the officers. And lastly, there was a general consensus that available resources and emergency protocol for students need to be better advertised.

The investigators from Margolis Healy were scheduled to meet with other members of the PC community, including faculty and staff, in order to get a sense of the various perspectives and experiences across campus. The investigators concluded their on-campus investigation on Jan. 28, but the rest of the investigation and eventual report are expected to conclude in February.

Any students who did not attend the session are still encouraged to provide their input so as to give a more comprehensive assessment of campus security. This may be done through the Providence College Public Safety Management Study Feedback Survey as well as through email, by sending comments and feedback to providence@margolishealy.com.

Corrections from last week's issue of *The Cowl*:

The article entitled "Congress Updates: January 26, 2016" stated that legislation regarding credit card access use in McPhail's and renovations in Aquinas Hall were both passed by Student Congress and going to be implemented. Student Congress did approve the recommendation for both pieces of legislation, but the Faculty Senate must vote on the legislation to decide if they will be implemented.



PHOTO COURTESY OF VECTOR.ME

Ten Years and Counting: The Etiquette Dinner

Friars Enjoy a Four-Course Meal While Learning Proper Dining Etiquette

by Gabriella Pisano '18
News Staff

EVENTS

On Monday, January 25, Providence College students were invited to learn the ins-and-outs of proper dining etiquette at PC's annual Etiquette Dinner.

The Etiquette Dinner, held each spring, has taken place at PC for more than a decade. This year the event was co-sponsored by the Center for Career Education and Professional Development, Center for Orientation, Transitions & Leadership, Cultural Education & Programming, and Student Alumni Association.

All PC students in attendance were required to deposit \$10. When students arrived at the event, their deposit was returned to them. The event had close to 100 attendees. Those in attendance had the pleasure of enjoying a four-course meal and a presentation on proper dining etiquette.

Sodexo catered the meal, which started off with soup, followed by salad. The main course was a chicken dish with rice and vegetables. Lastly, there was chocolate cake for dessert.

The event was held in '64 Hall. Seating was assigned, forcing inclusive conversation amongst everyone at a table. Leslie Heller, associate director for orientation, transitions & leadership, said, "While assigned seating may

make some feel a little out of their comfort zones, you will have that same experience at an interview." Each table seated a few PC students and at least one PC alumnus or staff member.

Jennifer Galipeau, director of outcomes assessment at Johnson & Wales University, presented at the event. Galipeau's presentation was very informative. From discussing the proper placement of silverware to how to eat soup correctly, Galipeau's presentation explained it all.

Galipeau said, "Proper dining etiquette is so important because simply

stated, good manners open doors. They open doors to new opportunities and new acquaintances as well as allow for the individual to shine through—without the distraction of calling attention to oneself in a negative way."

Because the presentation was so full of information, it can be difficult to remember everything that was taught. The key, Galipeau explained, is to remember that everything is recoverable. At the end of her presentation, Galipeau shared three words: consideration, honesty, and respect. She explained that as long as you remember those three

words, there is no going wrong.

While some people might argue that the importance of dining etiquette has diminished in recent years, Galipeau disagrees. "I disagree that the importance has diminished...because there is plenty of work out there for etiquette specialists to provide training, but I do agree that the use has diminished. I think that this is because too often families do not eat dinner together any longer. We do things like eat in our cars or in front of the television or while standing up. None of these settings are conducive to learning the finer points of dining etiquette. And it is a shame, because these are skills that children should learn growing up and practiced over and over again," stated Galipeau.

Heller said, "The skills you learn at a dinner like this are skills you can use for a lifetime. They are things that are everyday common issues or questions, things you can use outside of PC. An event like this is fun to have on a college campus."



PHOTO COURTESY OF CENTRE.EDU

Jennifer Galipeau visited Providence College to teach PC students proper dining etiquette.

PHOTO COURTESY OF CLIPARTPANDA.COM

BOP Encourages Friars to Defeat Fear

PC Students Given Opportunity to Voice Concerns About Today's Biggest Issues

by Daria Purdy '19
News Staff

ON CAMPUS

Fear is an inevitable part of the human experience. Acts of terrorism that have recently been carried out around the world recently, such as the attacks in Paris, San Bernardino, and Mali, serve to greatly amplify the fears of millions of people around the world. Unfortunately, the fear caused by these acts of terror is felt here in the Providence College community. The Friars Defeat Fear lecture, which took place last Thursday, gave PC students the opportunity to have an honest discussion about fear with staff members from various departments.

Claire O'Connor '17, along with the Board of Programmers' Diversity and Lecture committees, organized the Friars Defeat Fear lecture. O'Connor stated the goal of the lecture was "to provide a comfortable environment for PC students to learn more about some of the fears that have been disrupting the world and our community." O'Connor added that she wanted the lecture to focus on fear inspired by terrorism, as she was motivated by the first-hand experiences with terrorism of PC students studying abroad.

The faculty members on the lecture panel included Rafael Zapata, Major Christopher Klich, Dr. Jennifer Illuzzi, Dr. Fatima Gizem Zencirci, Dr. Keith Morton, Dr. Laura Hauerwas, and Dr. Dana Dillon. These faculty members come from the departments of history, political science, military science, public and community service studies, education, theology, and the Office of Institutional Diversity. O'Connor explained that she wanted

the discussion to be "amongst expert faculty panelists from multiple disciplines to give students the greatest and most diverse perspectives on the topic."

The lecture started with each panelist speaking to the crowded room of students on the origin of their specific ways of thinking about fear. Many of the panelists had first-hand experience with the effects of terrorism. For example, Zencirci was in Ankara, Turkey, during a terrorist attack on a peace demonstration, while Hauerwas was in Italy with PC students studying abroad when the Paris terrorist attacks occurred, and Major Klich served overseas in Iraq. After speaking about their philosophies on fear, the panelists also discussed how to have a discussion about terrorism in the

classroom, and how recent attacks may affect any student thinking of going abroad.

Zapata pointed out what fear can do when it overwhelms a person, and asserted that it "causes us to act in contradiction to our highest values." Zapata claimed that anti-immigration sentiment stirred up by fear of terrorism "resonates with the darkest chapters of our history."

Zencirci raised the question of, "Who gains power as a result of our fear of terrorism?" She then claimed that governments gain power as a result of the public's fear of terrorism, as they are able to perpetrate the military-industrial complex and persecute minorities. Morton had a different perspective on fear, as he said that the best antidote for fear was story-telling

and to "listen with compassion." Morton believed that having one's story heard and understood would help to reduce one's fear. Illuzzi stated that fear should be analyzed, and that people have a responsibility to ask why they fear something. She urged the audience to "always interrogate your fear."

The panelists explored many facets of fear, yet they focused on an essential message: not to let fear become an overwhelming force to any society or person, and that there are methods to temper fear. The panelists also encouraged students to study abroad, as they believed the benefits to be gained by this experience should not be forgone because of fear.



KRISTINA HO '18/THE COWL

PC students gather together in the Slavin Overlook Lounge to voice and discuss concerns regarding local, national, and global terrorism.

Bursting the PC Bubble

by David Toro '16
News Staff

Zika Virus a Global Concern

The World Health Organization (WHO) has placed the fast-spreading Zika virus in the same category as Ebola as cases start to come up in different areas across the world. The Zika virus causes an infection that has been linked to cases of microcephaly, which affects the development of babies' brains. Several Latin American countries have advised women to avoid getting pregnant. El Salvador has specifically told women to delay pregnancy until at least 2018. The WHO has warned that Zika virus can spread quickly, which will lead to many more cases in the near future.

Hillary Clinton Wins Iowa Caucuses

This past week Democrat Hillary Clinton beat Bernie Sanders by a very small margin in the presidential Iowa caucuses. Ted Cruz beat Donald Trump on the Republican side. The next stage will be held in New Hampshire, which strongly supports Bernie Sanders. The race for the presidency of the United States is expected to be volatile and largely unpredictable. The Iowa caucuses have just triggered what might be a historic election.

Merkel Addresses Critics of Refugee Crisis in Germany

Over 1.1 million immigrants arrived in Germany last year. Currently, they are struggling amidst very poor European reception that has mainly been influenced by the recent terror attacks in Paris. Crime and security have been rising concerns in many European countries as refugees continue to flood cities across the continent. Chancellor Angela Merkel addressed some radical right-wing views and said that it is important to realize that refugees are not here to stay. Refugee status is granted for a determined period of time and the plan is that the immigrants will travel back to their countries once the crisis is over.

Alphabet Passes Apple as Most Valuable Company in the World

Upon releasing earnings this past Monday, Alphabet (Google) has become the most valuable publicly traded company in the world. The company had \$21.3 billion in revenues and earned \$8.67 per share, beating analyst expectations of \$8.09 per share and \$20.8 billion in revenue. The company's market capitalization is now at \$558 billion, which jumped 8 percent after the company released earnings for quarter four.

Friar Focus: The Tutoring Center

Friars Are Helping Friars Learn and Be Successful Academically

by Sabrina Guilbeault '18
News Co-Editor

FRIAR FOCUS

Located on the second floor of the Phillips Memorial Library, the tutoring center is home to 60 eager students who are passionate about the academic success of their peers. These tutors accommodate students at all skill levels and emphasize the importance of learning.

"The tutoring center touches a lot of people in a lot of different ways," said Assistant Director for Tutorial Services Sister Carolyn Sullivan, O.P. "In the fall we are a very, very busy office." Last semester, there was a total of 5,456 visits to the tutoring center and there has been over 375 visits this semester alone.

The Tutoring Center is a division of the Office of Academic Services (OAS). The OAS provides academic services such as writing help at the Writing Center, exam proctoring for those in need of an extended exam time, workshops covering time management skills, and academic advising for student athletes.

Sr. Sullivan started working at the Tutoring Center in 1996 and has been there for 20 years. "I love it," she said, "I have been an educator all my life." She started teaching grammar school in 1963 on Long Island and was a principal for 12 years.

"When I am asked what my occupation is, I say I am an educator," Sr. Sullivan said. "Even if I'm not lecturing in front of students, I have spent 55 years studying education." She explained that she loves teaching because it requires you to constantly

share what you know.

"Tutoring is a very Dominican thing because you are contemplating and teaching others what you are contemplating," said Sr. Sullivan. She went on to say that when students are studying, they are looking very carefully at something that they need to know, making it part of their identity. "You can keep what you learned to yourself and be selfish, or you can share it with someone else," she said.

The tutors at the Tutoring Center share a similar perspective. Ashley Imbriano '18 said, "I love the environment here. I spend more time here than anywhere else on campus." She explained that it is beyond rewarding when someone is excited about understanding the topic that they once needed help with.

According to Imbriano, who tutors

logic, math, accounting, and Civ, the tutors have about eight to nine tutoring appointments a week.

The Center's website explains that the Center and its tutors are certified by the College Reading and Learning Association (CRLA), which means its "operations, policies, and procedures meet international standards of excellence."

"I love the weekly appointments, when you get to meet and tutor with the same person every week," statistics tutor Shannon Connolly '16 said. "It's such a cool thing to see how much you can help someone." Connolly explained that learning allows you to form bonds with other tutors and the people you tutor.

Students interested in becoming a tutor at the Center are encouraged to apply online. Some qualifications

include being self-confident and competent (B+ or above) in the courses you wish to tutor, and one should also be creative, patient, generous, and have a desire to help others succeed.

"I love my kids. I think I have one of the best jobs on campus," said Sr. Sullivan. She explained that she has witnessed so many students grow, especially seniors who she hired as freshmen who are suddenly grown up. "I see it in how they tutor and lead others," she said.

The Center truly does pride itself in the community it has created. "You will remember when someone has treated you like a peer and an equal," said Sr. Sullivan. She pointed out that in all tutoring sessions, round tables are used, which can make all the difference.

She explained that students should not say "I'll try to learn this," but instead say, "I will learn this." Sometimes all a student needs is more help, and the tutors know to say, "I'm here to help, let's do this together. Let's go back to what you know." Sr. Sullivan said, "Try is a cop out; you need to make a commitment to learning."

One of Sr. Sullivan's favorite parts about education is that it gives one the chance to always begin again. Be it every six months or every year, one has a chance to start fresh and continue growing.

What inspires her and the Center's tutors even further is that through teaching, one is giving a student something that he or she can take with them for the rest of their life. "Your teacher affects eternity," Sr. Sullivan said as she read a quote that was framed on her desk, "because your influence never ends."



One of the 60 tutors from the Providence College Tutoring Center helps a student with homework.

PHOTO COURTESY OF PROVIDENCE.EDU

PHOTO COURTESY OF WHYTOREAD.COM

Connecting Mother Nature to Our Father

Monsignor Kevin Irwin Facilitates Annual St. Thomas Aquinas Lecture

by Gabrielle Shkreli '17
News Staff

LECTURE

When someone mentions the environment, the Catholic Church is not exactly the first thing that comes to mind. However, in this year's annual St. Thomas Aquinas Lecture given as part of the Quinn Family Lecture Series, Monsignor Kevin Irwin attempted to bring the two very different concepts together.

As a professor of Liturgical Studies and the former Dean of the School of Theology and Religious Studies at the Catholic University of America in Washington, D.C., Irwin has spent several years involved in Catholic thought. In addition, Irwin is author of 16 books on the liturgy and the Sacraments, and he had the privilege of attending the USCCB-sponsored annual scholar's conferences on Ecology, Environment, and Climate Change from 1995-1999.

On Wednesday, January 27, 2016 at 4 p.m. in the Aquinas Lounge, Msgr. Irwin displayed his background knowledge of Catholic ecological thought in his lecture titled, "Laudato Si, On Care for Our Common Home": Background and Contributions." The lecture was aimed at providing an overview and analysis of Pope Francis's second encyclical nearly one year after its initial publication.

Msgr. Irwin divided the lecture into three main sections. They were dedicated to background information on conciliar and papal teaching regarding ecology, the different personalities of the popes prior to Francis, and the major themes

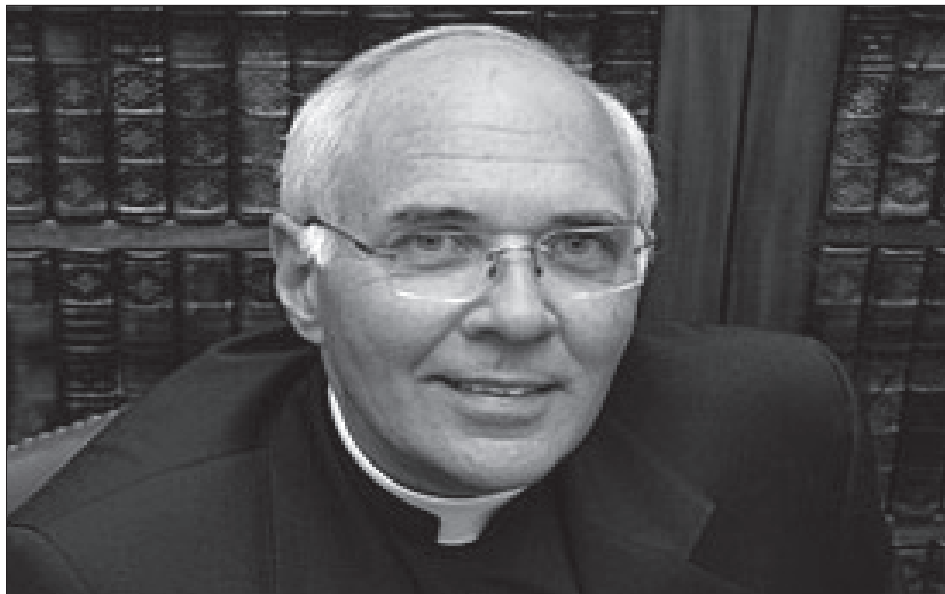


PHOTO COURTESY OF TRS.CUA.EDU

Msgr. Kevin Irwin discussed Pope Francis's encyclical "Laudato Si" at a lecture on campus.

present throughout "Laudato Si."

The lecture began with a Latin proverb that Irwin would use as the basis of his commentary on the Pope's work: "We drink from our very own wells." Like many popes before him, Irwin explained, Pope Francis drank from the wells of several theologians in order to write "Laudato Si" and to reflect a shift in the opinions and beliefs of the Catholic population.

The proverb also fully encompassed what Irwin referred to as "The Francis Effect." He remarked, "People say Francis is naïve. I don't think so. He has a pastoral heart, a pastoral nature. I think he is letting us know that as Americans, maybe we are not the center of it all."

Irwin argued that Pope Francis's "Laudato Si" encouraged the people of

good will to take a more global view and to assume more responsibility for their poor treatment of the environment and its ecological consequences; they must be aware of these consequences not only in the United States, but abroad as well. The Francis Effect, then, served as a way to both reveal and emphasize the interconnectivity of the human race.

With interconnectedness in mind, Irwin also mentioned several other important themes Pope Francis touched upon: the values and limitations of technology, the dangers of a loss of personalism and human dignity, and, most importantly according to Irwin himself, the universal movement of consumer goods.

Toward the end of the lecture, Irwin warned against society's growing

obsession with material things, stating, "Pope Francis doesn't just talk about greenhouse gases and global warming. It's much more than that. I wonder sometimes if our shopping centers have become our cathedrals. We need to ask ourselves, 'Do I want it? Do I need it? Can I live without it?'"

During the question and answer session, attendees had a variety of inquiries. One professor in the audience voiced his opinion on the importance of looking at the responses of people of other religions to the document and the Pope's ecological conclusions rather than narrowing the discussion to people of the Catholic faith. Fr. Gabriel Pivarnik, O.P., vice president of mission and ministry, wondered what the document's implications were for today in light of the ecological crisis occurring in Flint, Michigan.

In regard to these questions and many others, Irwin stressed the Pope's belief that as people, regardless of where we come from or what religion we associate with, we are too slow to take up these issues; we must feel obligated to take further action. "It's an attitude, it's a value, it's gotta be an instinct," Irwin replied.

In light of the upcoming Lenten season, however, Irwin preferred to end on a more positive note, leaving his audience with some advice in his parting thoughts. "Pray over this document. Do not read it. It is a document that invites you to conversion. You begin to see the genius of theology, and that, I think, is the genius of this document, and the genius of this pope."

Congress Updates

by David Toro '16
News Staff

STUDENT CONGRESS

Handicap Entrances

The issue of handicap entrances around campus was addressed again during this week's Congress meeting. In particular, students have noticed and wanted to change the fact that Harkins does not have a front handicap-accessible entrance. Several students have expressed the inconvenience of having to use the back entrance as opposed to the front.

There are costs associated with the installation of ramps across campus which must be adequately planned for and addressed by the administration. One of the suggestions was to build a ramp close to the entrance of the Admissions Office.

Entrance to Davis

The entrance to Davis Hall was also addressed, since not every Providence College student can swipe in to use the ATM, the study lounge, and the printer. Students that live on lower campus should be able to swipe in and use these services at all times. Security concerns were addressed but it was also pointed out that there would not be issues since access would only be granted to students from PC. Additionally, people living off campus should also be able to swipe into the Davis common room.

One of the main issues is that only students from Davis and Suites Hall are able to swipe in when the services provided by the common room should be open to the whole student body.

Club Spotlight: Motherland

Educating through Dance

by Sarah Gianni '18
News Staff

CLUB SPOTLIGHT

Providence College boasts a variety of dance teams and clubs, ranging from breakdance to ballroom and most genres in between. One noteworthy organization is the Motherland Dance Group, which is focused on different forms of traditional and modern African dance.

Motherland currently consists of about 25 dancers and 30 outreach members who participate in social activities that engage students in African issues and concerns of the African Diaspora, actively encouraging them to contribute to the important efforts surrounding the two.

"As the current president of Motherland, my ambition is to fully educate the PC community and give everyone a taste of the African culture through music and dance," said Peggy Saanuo '16. "We have a lot on our plate this semester including performances at PC as well as at other schools," she said.

The group meets weekly in the Smith Center for the Arts on Tuesdays, and in Moore Hall on Wednesdays and Sundays. "I have really enjoyed my experience in Motherland so far," said first year member Rodelyn Cherry '19. "I have been able to choreograph dances as a freshman and be extremely active in the group, which has been very exciting."

For those who wish to get involved in Motherland, the only requirement is a willingness to learn. "Anyone who is interested in Motherland can reach out to any member of the executive board and we will add their name to our email list," said Peggy. "If someone wishes to participate in dance they can come to any of our practices, and if they wish to be a part of outreach we will notify them when we will be holding meetings."

Motherland's commitment to educating students through dance is an admirable and unique quality that all community members can benefit from. The club fosters respect, integrity, and a passion for learning in a way that is empowering whether you are performing on stage or sitting in the audience.



PHOTO COURTESY OF PHIONNA CLAUDE '18





OPINION

Don't Discriminate Against Popular Music

It's Popular For A Reason

by Taylor Godfrey '19
Opinion Staff

POP CULTURE

You are in the car, on the bus, or even sitting in Ray when the new One Direction song comes on the radio. You begin to sing along until you realize what you are doing and look around to make sure no one noticed. The popular band might have millions of fans around the world, but you are certainly not one of them. Why? Just because a band, or a certain type

of music, or style of clothes, is popular, even among people not of your age or gender group, does not mean that you cannot like whatever it is too.

There seems to be an idea in our society that the truly good music, the only kind worth listening to, is the kind that is relatively undiscovered. The catchy pop tunes on the radio are seen as basically worthless. While these songs may not be artistic or well-written music, the fact that they have many fans is not what diminishes their worth.

There is a new push in society for people to be unique and to express the part of themselves that

makes them different—and that is truly an amazing thing. Everyone is different and we all need to realize that; however, having things in common with other people does not decrease our own uniqueness. Just because other people also enjoy a certain song or style does not mean that it does not deserve to be enjoyed. It is the unique mix of likes, dislikes, and personal characteristics that makes us different.

In a culture of nonchalance, of a lack of emotion, expressing a passion or strong love of something is sometimes seen as overbearing or weird. The screaming mobs of teenage girls at boy-band concerts are thought of as crazed, while the more casual fans of other types of music are the pinnacle of cool. But why is there anything wrong with showing emotions, whether it is through screaming and dancing at a concert or even just singing along to the radio?

While we have been so encouraged to stand out, we may have become too eager to dismiss things that we may truly enjoy just because we are worried about being the same as others or being judged. We have been so encouraged to be ourselves that we are afraid to be like others, even a little bit, particularly like other people that are perceived as weird or different from the norm. But our culture is not only about standing out, but also about sharing cultural experiences and interests.

So the next time that One Direction song comes on the radio, feel free to belt out the lyrics and dance along to the catchy rhythm. It does not make you less unique or the ever-dreaded "basic." It makes you a human who has likes and dislikes just like everyone else. Just because other people like something does not mean that you cannot too. Pop music is called pop, or popular, for a reason: there is something about it that attracts people, be it the music, the lyrics, or even the ability to dance to it. The thing that makes you really unique is just accepting yourself for who you are and what you enjoy, whether that is an underground band or the Top-40 song playing on the radio.



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Social Anxiety: No, I'm Not Just "Sensitive"

Continued from front page



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Social anxiety in particular is handled by many with detachment. People are judged if they are overwhelmed by certain social situations or are around people for too long. They are criticized and isolated for being so removed or distant in events where they are surrounded by too many to feel comfortable. Social anxiety is not only ignored by the world, but it is also frowned upon.

Society has always been in favor of the extrovert. You have to be outgoing, talkative, and willing to participate in social events. The introvert, however, is seen as the exact opposite. You cannot be shy, quiet, or spend time alone; otherwise you are classified as weird and probably not someone people want to

hang out with. You are strange, rude, and do not want to talk to anyone because you think you are better than everyone else.

In reality, you always mean well and you wish your social phobia did not hold you back from making new friends and putting yourself out there. But it does. You cannot help it when you are afraid of talking to different people, trying new things, or going to places you are uncomfortable with. You just cannot help it, but you are constantly judged for not being like everyone else. You are disparaged for the person you are.

We all have this idea of how a person is supposed to be, and for that reason, people who have an anxiety

disorder do not fit in and are never taken seriously. Whether it is that they "just want attention" or "need to stop worrying all the time," it sometimes takes a panic attack for people to actually show any concern. We all feel anxious at times, but there are so many people who live with it every day. Every decision they make, every occurrence that happens to them is just another reason for them to live in a continuous state of worry. And while they might see their disorder as something that holds them back and secludes them from everyone else, that should never have to be the case.

Football's National Impact

You Can't Escape The NFL

by Daniel Barton '18
Opinion Staff

SPORTS

It's no secret that the National Football League is one of the largest, most successful corporations in America today. In one way or another, the NFL has an impact on almost every single American's life, whether they like it or not.

The countless sponsorships, ad campaigns, charities, partnerships, licensing agreements, and TV contracts the NFL contributes to allows the organization to enter the lives of not only the true, lifelong, die-hard fans, but the indifferent observers that look at the idea of a football Sunday as a waste of time, energy, and resources. The billboards that line America's most popular highways are plastered with team logos and star players. Every news station, whether it be local or network, has a Sports section that does in-depth coverage of the NFL, even in out-of-market areas like New Mexico or Vermont. Even the countless amounts of beer cans that litter the green spaces of Providence College and its surrounding streets after a standard weekend are marked with the NFL's logo.

The event that the NFL always seems to push the most on Americans is the annual Super Bowl. It always comes in at #1 on the most watched single event on TV every year, even though it only includes two teams out of the entire league. Sure, the fact that it's the championship game draws in the fans who had their hearts broken



PHOTO COURTESY OF FREELOGOVECTORS.NET

earlier in the season, but how exactly does the league draw in the less-than-casual fan?

Well, Super Bowl commercials are one of the most obvious and classic ways. Every year there is a large buzz around the advertisements that are so expensive. Some companies spend up to 80 percent of their yearly marketing budget on them. People who have no interest in football will watch the big game just to look at commercials. And the madness does not end there.

The halftime show is the next huge scam that the NFL uses to draw in the casual fans. They book the hottest pop artists to perform a 10 minute rendition of all their songs, and the artist ALWAYS lip syncs. People go out of their way to watch a performer pretend to sing and dance to all of their songs in less than 15 minutes when they could easily just listen to their music on their own time. It's a scheme so perfectly played out by the NFL that it's impossible not to admit that they have real estate in every American's brain.

The NFL is the most successful organization in American sports, and its unbelievable marketing plan of "owning an entire day of the week" brings it to its current level. Many Americans are openly against every aspect of the NFL's corrupt leadership, including their player safety policy, their equal opportunity violations, and their questionable and often unfair officiating, but every Sunday, from September to February, they can all be seen buying into every single scheme Roger Goodell and the NFL plays, just by sitting on their couch.

Why You Should Be Excited For March

Spring is Coming

by McKenzie Tavella '18
Opinion Staff

SEASONS

Each month brings new and exciting events, but I have to say that March is the best month. Okay, I have to admit I am little biased since March 15 is my birthday—take note of that, friends who are reading this—but this March at Providence College is going to be the best month yet.

This March, PC students not only have one break, but two. We get to go home for spring break, the end of February to the first week of March, and Easter break, which occurs in the final week of March. I mean, that in itself is truly March Madness.

For those students who are die hard Friars basketball fans, which I hope we all are, this is the month when the best of the best college basketball is on TV practically 24/7. Last year, I traveled to Madison Square Garden, and actually got to watch Providence play—and win—against St. John's. Friars basketball is even more incredible (didn't think that was possible) at MSG than at the Dunk. I highly recommend buying a ticket and going. Although the tournament isn't during spring break as it was last year, I believe that this makes it even better. Every week in March there is some special event or occurrence happening. Take an impromptu road trip or train ride to

the Big Apple. After all, the Friars are known as the best fans.

Besides the Big East Tournament, for those of us who aren't big sports fans, students have over two weeks off from college; and once we return from Easter break, we are in the final month of classes for the year! For those of you who don't constantly refer to the school academic calendar, classes end April 29 this year. I like to think of this as the end of March break or the starting line to summer vacation.

Another perk of March—WARM WEATHER! Well, sort of. March is when the weather finally starts to get warmer since spring is right around the corner. Although we haven't had the harshest winter, I personally will not miss the days when it is SUPER windy and even my blazing Dunkin hot chocolate can't keep my frostbitten fingers warm.

The last perk of March is the Oscars and that Leonardo DiCaprio will finally win one for *The Revenant*. This is his year, guys—and then March will be his month, too! I mean, look at February—Valentine's Day (yuck), it's still cold, it's weird since it's only 29 days. March takes the cake. DiCaprio takes the Oscar. Let the countdown begin.



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Thinking Out Loud

by **Kathleen McGinty '16**
Editor-in-Chief

EDITOR'S COLUMN

Although unplanned and coincidental, the common theme of "emotional states of mind" weaves



throughout this week's publication of *The Cowl*. Our News section features pieces on the Friars Defeat Fear lecture as well as Providence College's forum on safety and security, while our Opinion section comments on the prevalence of social anxiety.

Last year, *The Cowl* ran an issue dedicated to increasing mental health awareness, with each section publishing pieces on what mental health is and the resources available to students. While the Personal Counseling Center serves as a prime mental health resource on campus, the availability of another subtle, perhaps often underutilized yet extremely valuable resource struck me when reading through these three articles this week: each other.

From my perspective, the media seems to have cast mental health as an issue too frequently left undiagnosed; however, it simultaneously stigmatizes those who come forward with mental health disorders, perhaps less so now than in the past. Here at PC, that does

not seem to be the case at all.

The Friars Defeat Fear lecture, safety and security forum, and social anxiety commentary all skirt around the notion that thoughts and concerns can burden the minds of each and every one of us. Others cannot hear them, see them, or feel them as we do, and I think sometimes we believe that we are the only ones bogged down by our own emotions.

Yet the fact that PC students, faculty, and staff organized events and created environments in which members of the community feel comfortable discussing and even sharing thoughts that we might be inclined to keep to ourselves suggests that perhaps we can tap into each other as a resource and support system. No matter the thought or concern, from terrorism to safety to social anxiety, it seems like we have peers on this campus who are willing to listen and who perhaps may be internalizing similar thoughts, suggesting that we are not alone.

TANGENTS & TIRADES

Alumni Needs More Seafood

Look around at this state. Yes, it is the armpit of Massachusetts. Perhaps it is no surprise that Providence suffers what many other New England cities like to call the "Boston effect," wherein a city continuously dominates the region due to its large and established position while, in comparison, cities within 50-100 miles remain small and relatively less well-off. But what does Rhode Island have?! Seafood. Yet what does our campus lack? Seafood. Actual, edible seafood.

At one point in time, Alumni hosted sushi. Surprisingly enough it is one of the better/fresher sushi options in this entire state. Overpriced like everything else in Alumni? Absolutely. Does it satisfy your cravings for raw fish? It sufficed. "Go to Ray," the crowds called out. That'd be great if it served fish consistently and the fish itself didn't have a metallic aftertaste/look... and/or didn't contaminate every other food item when available.

But that's not all. Alumni portions are all over the board. If I am paying \$7.30 just for a wrap, I expect the wrap to be of decent size...by that I mean the wrap shouldn't make up 50 percent of the contents or weight. At this point, it would be more economical and filling to eat \$7.30; at least that way I would get a good amount of fiber and iron.

- Edward Walrod '16

Atrocious Parking At Providence College

The parking on this campus is an absolute nightmare. As a byproduct of the gratuitous amounts of construction going on, there are hardly enough parking spots. To make things worse, something about Providence College seems to make most students with cars forget the crucial skill of parking. There are few enough parking spaces as it is, yet people still insist on parking partially on or over the lines. I am not some kind of parking expert, but at least I can park my car straight and between the lines. The same cannot be said for far too many of our students. Given how scarce parking is, perhaps the school should administer some kind of driving test before giving out parking permits. Obviously, that would keep most of our students from Rhode Island and New Jersey from having cars on campus, but it would immensely improve the situation for everyone else. Oh well, I suppose it could be worse. At least Florida drivers are scarce around these parts.

- Wesley Trask '16

Pedestrians Should Watch Where They Walk

Let me start by saying that I understand that pedestrians have the right of way. As a pedestrian, I exercise my right of way too liberally at times. When I'm walking in the street, however, I do pay attention to what's going on around me—but the same cannot be said for a good chunk of the PC pedestrian population. Driving my car through campus earlier this week, a girl walked straight at me in the middle of the road, looking down at her phone, completely oblivious to the car coming toward her. Her friends saw me, like competent walkers, and moved to the side; but this one girl refused to notice until I was about two feet in front of her. That's just dangerous. People also refuse to notice when a car is following them, patiently waiting for them to not walk in the middle of the street, but at least they can't actually see the car. Yes, this is a campus; but there are also roads on this campus that cars drive through, so you have to treat those roads like actual roads instead of one massive sidewalk. Please just be careful and watch where you're going, because I definitely will not pay your tuition.

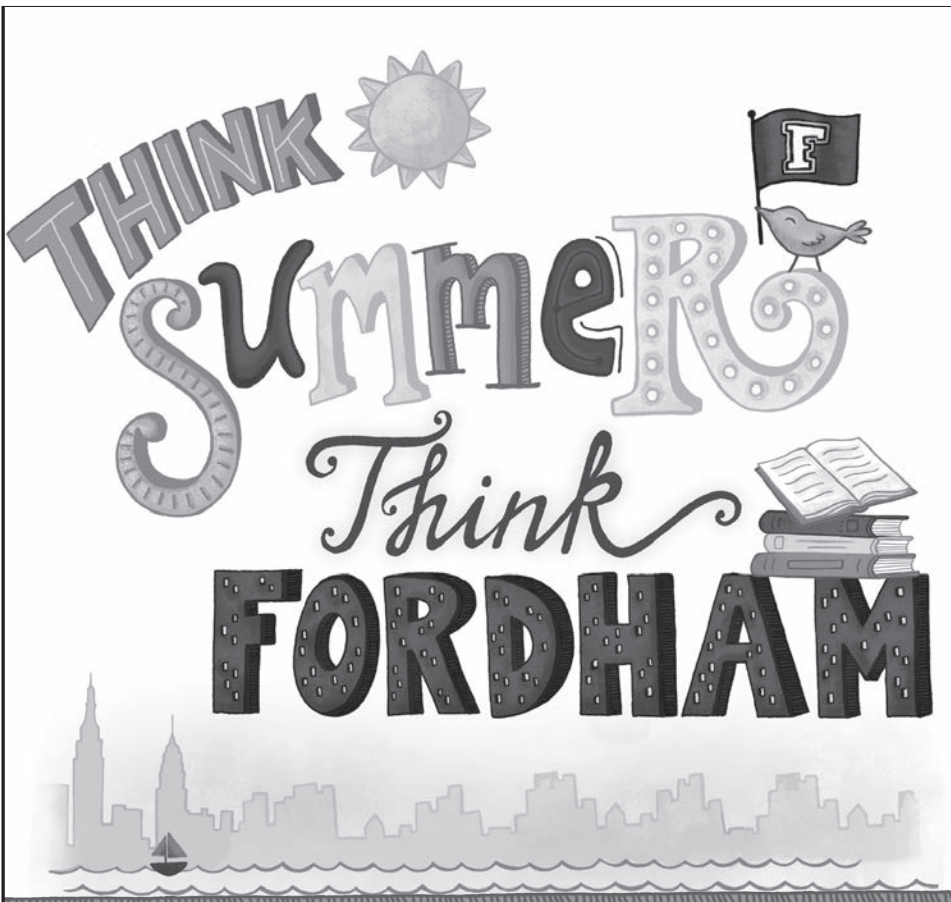
- Brianna Abbott '17



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PHOTOGRAPHY

The Cowl 11
February 4, 2016



KIMBERLY LEZAMA '18/ THE COWL



DARNY MAO '18/ THE COWL



KIMBERLY LEZAMA '18 / THE COWL

ABOVE: The Providence College Men's Ice Hockey team wins 3-1 against the UNH Wildcats at home in Schneider Arena.

BELOW: Students gather to cheer on the Men's Basketball Team as they take on the DePaul Blue Demons.

BOTTOM RIGHT: Future Friar Executives and PC School of Business hosts a night for seniors to create connections as well as enjoy the company of friends.

TOP LEFT: Students team up and compete in activities testing mind, body, and endurance to be the Ultimate Friar Team, sponsored by Student Activities, Recreational Sports, Residence Life, and BOP.

TOP RIGHT: Breakthrough Providence challenges people to grow as teachers and role models for middle schoolers, sponsored by the Career Education Center.

BELOW: Students enjoy s'mores and hot chocolate in the cold weather during Student Activities' Things for Thursday.



ANDREW BUTLER '16/ THE COWL



KRISTINA HO '18/ THE COWL



KRISTINA HO '18/ THE COWL

Photos Compiled by Kristina Ho '18, Photo Editor



PROVING PHOTOGRAPHY

If you could invite anyone in the world to dinner, who would it be?



"Jesus."

Thomas Barnett '16 and Anne Rodriguez '18



"Beyoncé and Jack Johnson."

Kelly Donnellan '19 and Julia McMenemy '19



"Father Cuddy, O.P. and Coach Cooley."

Victoria Munger '16 and Chelsea Higgins '16



"Tom King."

Kate Fusco '16



"Rihanna, Blake Lively, and Nelson Mandela."

Morgan Woolf '19, Sarah Roberts '19,
and Rachel Kueny '19



"Kyle Brown."

Macklin Kiernan '16, Sean Rosenberger '16,
and Danny Murphy '16



"Myself."

-Michael B. Jordan

PHOTO COURTESY OF WWW.INDIEWIRE.COM



6 Gents: The Best Laughs on Campus

Continued from front page

by Francis Hannon '17
A&E Staff

CAMPUS

Francis Hannon (FH): What made you interested in joining 6 Gents?

Sean Lawler (SL): I've been interested in it since freshman year, and this is the first time I took the time to try it out. I have a history in improv, and I felt very comfortable performing on stage. When I heard that 6 Gents allowed us to write and perform our own skits on stage, I decided to give it a shot.

FH: Why do you think the humor of 6 Gents is so successful?

SL: I think it is because we really try and push the envelope with a lot of what we do. There are definitely no reservations when it comes to writing sketches, and we are not afraid to be a little offensive and be a little raunchy. I think this works because a lot of college students appreciate this kind of humor coming in, and we have done a really good job exceeding the boundaries without being too offensive, while keeping a lot of wit in what we do.

FH: How do you think moving to the Main Stage will affect the growth of the club?

SL: I think it is going to be huge. This our first time ever performing on the main stage, and it is going to hype us up a lot. We are going to be really excited to get out there and do our thing, and the larger audience will be great for our confidence. I

think having a big crowd allows for more laughs and more publicity, and that will result in us being funnier and entertaining more people.

FH: How would you convince someone who has never seen this type of comedy show to come see 6 Gents?

SL: Pure and simple, you are going to come in, have a good time, and laugh a lot. It is also free, which a lot of college kids like. Every time someone new comes in, they say they did not know what to expect or how funny it would be, but that we really exceeded their expectations. I've never talked to someone who did not have a great experience.

FH: Do you have any advice to people thinking of joining the club?

SL: Just do not be afraid to. If you think that you can write funny stuff, and you think you can act, don't be afraid to try out. A lot of people don't try out because they are afraid, but they don't know until they try out how talented they are. We also work together. If someone is having trouble, we all work together to get through it, so we are always working well and everyone gets to write some funny stuff and enjoy the club as much as they can.

The next 6 Gents show can be seen on Wednesday, February 17, at 11 p.m. in Smith. For more information you can follow the group on Twitter (@SixGents) or on Facebook (Six Gents).



PHOTO COURTESY OF PINTEREST.COM

Keeping it Under the Radar

by Ryan Charland '18
A&E Staff

FILM

With the Oscars fast approaching, it can be easy to focus on the best movies of last year and lose sight of the amazing upcoming release schedule. The first half of 2016 is looking to bring a wealth of original and fresh concepts from both established directors and newcomers. Whether it be drama, horror, romance, or comedy, the next few months should have something for every moviegoer. In addition to blockbusters like *Deadpool* and *Zoolander 2*, a number of promising smaller productions are on the way.

Indie film legends Joel and Ethan Coen lead the charge with their upcoming *Hail, Caesar!*, featuring George Clooney, Channing Tatum, Scarlett Johansson, and a host of other A-list stars. Premiering Feb. 5, the film looks to take the signature Coen humor and direction and transpose it to 1950s Hollywood. Part mystery and part comedy, *Hail, Caesar!* centers on the search for a kidnapped star (Clooney) led by a professional "fixer" (Josh Brolin). Those who enjoyed *The Big Lebowski*, *Fargo*, or *O Brother Where Art Thou?* should feel right at home.

Later this month, on Feb. 19, fledgling director Robert Eggers (formerly a costume designer) looks to freshen up horror with *The Witch*. If the trailers are any indication, the dark story of witchcraft in 17th century New England is shaping up to be both creative and terrifying. With any luck, Eggers can

do what M. Night Shyamalan's *The Village* could not in providing a dreadful and magical atmosphere for a twisted tale. The movie was a hit at last year's Sundance Film Festival, which is a hopeful sign.

Those with a bit of patience and an appreciation for beautiful cinematography would be wise to keep an eye on *Knight of Cups*, the upcoming release from Terrence Malick (*The Tree of Life*, *The Thin Red Line*). Malick is one of Hollywood's most reclusive and private figures, but his features never fail to inspire awe with their beauty. Reviews have been mixed, but the March 4 release features the work of cinematographer Emmanuel Lubezki (currently nominated for an Oscar for his work on *The Revenant*). Christian Bale, Cate Blanchett, and Natalie Portman round out the considerable talent coming together to make this film.

If *Knight of Cups* proves too artsy, Richard Linklater's spiritual successor to 1993's *Dazed and Confused* should bring some comic relief. Titled *Everybody Wants Some*, Linklater's next comedy centers on a college baseball team in the 1980s. The usual Linklater lightheartedness looks to be on full display, so fans of *School of Rock* and the aforementioned *Dazed and Confused* should be pleased. The movie opens April 15, making it the perfect choice to get viewers in the mood for summer.

Further down the line are new projects from Wes Anderson, Martin Scorsese, and Steven Spielberg. Hopefully, 2016 is going to be a monumental year for big budget hits and indie fare alike.



George Clooney onset for his new role in *Hail, Caesar!*

PHOTO COURTESY OF STARCASM.NET

Explore Providence: Caffe Dolce Vita

by Isabella Goldstein '17
A&E Staff

LOCAL

If you are feeling deprived of your mother's home-cooked Sunday meals, then you should head over to the heart of Federal Hill, where you will find Caffe Dolce Vita, the first outdoor café in Providence.

As a forewarning, due to the busy nature of Federal Hill, it is best to make reservations beforehand, especially for the weekend. However, our party of three was quickly seated without a reservation since we arrived around 5 p.m. on a Friday. The staff was friendly and attentive, but the environment was rather cold and dull. There were only a small number of people dining, so perhaps the combination of an early dinnertime and so few diners attributed to the lackluster setting.

The menu included a wide range of appetizers, salads, pasta dishes, entrees, sandwiches, and desserts. Some notable mentions include baked eggplant rollatini; a baby field greens salad topped with feta cheese, sundried cherries, candied walnuts, and a honey-black pepper vinaigrette; a build your own burger bar; lobster and ricotta ravioli with a mascarpone pink sauce; shrimp, chicken or veal scaloppini sautéed in a marsala wine mushroom sauce topped with prosciutto and fresh mozzarella; and even a Nutella crepe.

We began our meal with a delicious appetizer special: fried calamari tossed with hot peppers in a champagne garlic butter cream sauce, a unique but tasty addition to the traditional dish, with a side of marinara sauce. After much contemplation, I decided on Fettuccine Alfredo for my meal. The kitchen was very accommodating and actually modified the dish to a chicken and broccoli ziti alfredo as per my request. It was solid, but certainly not the best Alfredo dish I have ever had.

As a bonus, Caffe Dolca Vita offers both a lunch and dinner-sized portion—not to mention, they also serve breakfast every day—which makes prices a little bit more reasonable, especially for Federal Hill. Appetizers come in costing between \$5 and \$12, salads around \$9, pasta dishes from \$11 to \$21, entrees between \$15 to \$25, sandwiches around \$12, and desserts between \$3 to \$8. Although we did not have room for dessert, we certainly left feeling satisfied. Caffe Dolce Vita is easily accessible by means of the PC shuttle.



Caffe Dolce Vita, located in DePasquale Square.
PHOTO COURTESY OF YELP.COM

Bloggers with a Following

by Luiza Alves '19
A&E Staff

CELEBRITY

There are numerous ways one can seek entertainment from social media in modern times; from Facebook, to Instagram and other related networks, it is amazing to note that the blogging world continues to grow as a result of these various outlets. Many contemporary bloggers have been using social media as a means to promote and maintain a direct line of communication with their followers regarding what posts and creative content they can expect from day-to-day or week-to-week.

As a result of creating a blog and sharing tips, likes, and posts from their daily lives, bloggers are now finding themselves with a tremendous amount of followers and an even greater response from the entertainment world. Many bloggers, when creating their respective blogs, neither sought nor expected to become famous or to receive the amount of attention that they have; they simply started their projects wishing to express themselves.

Julia Engel, for one, best known as the creator of "Gal Meets Glam," is a San Francisco fashion and lifestyle blogger with over 805,000 followers on Instagram alone. Engel began blogging in 2011 during her junior year of undergraduate studies. Majoring in business at the University of the Pacific in Stockton, California, Engel wanted to express her creativity and love of fashion.

She and her then boyfriend, now husband, Thomas Berolzheimer, work on "Gal Meets Glam" full time and cover the responsibilities of model, stylist, location scout, producer, writer, editor, and photographer. If you add on social media updates, travel, collaborations, and legal and financial duties, there



Carly Heitlinger of "The College Prepster".

PHOTO COURTESY OF THESTYLELINE.COM

is plenty of work to keep two people busy. Engel describes "Gal Meets Glam" as a "source of inspiration that covers everything from fashion and beauty to home and travel." She also hopes to "encourage people to add a little glam to their everyday life." For an inside look, Engel's blog can be found at: galmeetsglam.com.

"The College Prepster," created by Carly Heitlinger, is another successful blog with 170,000 loyal followers. Heitlinger began blogging during her freshman year as a marketing major at Georgetown University to relieve the stress of her academics through a more creative outlet. After graduating, Heitlinger moved to New York City to find work, but realized that blogging full time is what she and her followers really wanted.

Heitlinger blogs about all things "prep" within fashion, and gives college advice, organizational tips, and food recipes. Her post about moving from New York City to Connecticut received 40,000 views in

its first 24 hours alone. She currently lives in Rowayton, Connecticut with her toy poodle, Teddy, and boyfriend, Garrett McCarthy. More of Heitlinger's tips can be found at: thecollegeprepster.com

Another blogger, Gaby Dalkin, has taken her 120,000 followers on an adventure of what it is like to live the California Girl Life through her webpage "What's Gaby Cooking." Dalkin creates various menu plans, ranging from green goddess salads for lunch to caramel brownies for dessert. She also provides travel tips, party menus, and itineraries. While at Saint Mary's College of California, she studied business administration and marketing and decided to go to the Academy of Culinary Education and Westlake Culinary Institute from 2009 to 2010 after creating her blog. Dalkin's blog has been featured in *The Los Angeles Times*, *People*, *Glamour*, and *Cosmopolitan*; her ideas can be found at: whatsgabycooking.com.

A Unique Take on an Old Story

by Olivia Walsh '19
A&E Staff

TELEVISION

Anomalisa, directed by Charlie Kaufman and Duke Johnson, is an outlier of today's film culture and of stereotypical Hollywood. Made entirely with clay puppets, the film portrays the mid-life crisis of a wealthy customer service expert and his quest to relate to others in society. The film, which was released on December 31, 2015, scored a 92 percent on Rotten Tomatoes and a 4/4 in *Rolling Stone*.

What stands out most about the film are the voices and faces of the characters; by using only three voices for the entirety of the film, the directors were able to illustrate the way the protagonist, Michael, sees every other person as the same. The faces of all characters besides Michael and his love interest are also the exact same reinforcing the theme of Michael's inability to relate to those around him. The choice to use only three voices and faces, while an artistic risk, paid off in the end as it allowed the audience to recognize and reflect on how, in society, people are often meshed together so that they are stripped of their individuality.

The setting also played a key role in



Director Duke Johnson working on his claymation, *Anomalisa*.

PHOTO COURTESY OF NPR.ORG

reiterating the film's themes. A hotel serves as the main setting of the film, symbolizing the protagonist's sense of being lost. The hotel also serves as a commentary on the mid-life crisis that many people undergo—it is an unfamiliar and temporary state of life. The simplicity of the film in the plot and in the visual details evoked a feeling of reality; the crisis the protagonist endures—struggling to find love and feeling as if he is an outcast in society—is one that all people can relate to at one point or another in their lives. The claymation or puppeteer form of *Anomalisa* allowed for more artistic freedom; each movement was deliberate and purposeful, and thus

the facial features and body language of the characters say as much as the words spoken.

Taking a simple idea and transforming it into something extraordinary, the directors created a powerful commentary on life in modern day society and the disconnect that often occurs between the members of a community. Overall, the film was incredibly well done and powerful; each viewer is able to take something away from *Anomalisa* and relate its many themes to their own lives. Going against the typical mold for today's films provided a refreshingly new perspective on art and life.

Grey's Anatomy

What's Next For Season 11?

by Kealy Robertson '16
A&E Staff

TELEVISION

Eleven seasons and counting and *Grey's Anatomy* still secures their fanbase via a riveting storyline in each and every episode. The winter finale left viewers at the edge of their seats, causing them to wonder what will happen when the show airs again on Feb. 11.

From what viewers may remember, a lot changed in the last episode of Season 10. Amelia and Meredith split what seemed to be their final straw. Meredith advised Amelia to move out after Amelia screamed at her, saying that Derek would be disappointed with who she has become. A statement that crossed the line—it appears that their relationship as sisters-in-law might be drawing to a close.

Owen was also having a hard time controlling his anger when Bailey hired a new attendant, Riggs. It became evident that Riggs and Owen knew each other from the past, but not in a good way. Meredith, who had promised Cristina to be Owen's person, was there with a shoulder to lean on. The episode ended with Meredith saying to Owen, "I did not know you had a sister," opening a whole other can of worms. It left the audience questioning Riggs' relationship to Owen's family. Was he married to his sister? Did he betray her?

On a happier note, Karev finally proposed to Jo, moving a relationship that most of the fanbase has always rooted for forward. Jo was getting fed up with Karev putting Meredith before her, but Karev shows Jo his undying love for her by finally asking her to marry him.

The big question is what is to come in the premiere of the spring segment of Season 11. The sneak peek shows a frightening look into a patient abusing Meredith and sending her into surgery. With everything that happened at the end of the last show, it is evident that many people—especially Amelia—will regret the harsh words they said. And with Amelia's downward spiral into alcoholism at the close of the last show, many questions have been raised about how she deals with her emotions in a time of despair.

What should you look out for this spring? All fans are waiting to see what will happen between April and Jackson. Will they end it for good? How about Karev and Jo? Will they get married and live happily ever after? It will be interesting to see how Owen and Riggs settle things. Every viewer wants to know what Riggs did to Owen or his sister. Finally, Meredith had better be able to pull through, because what would *Grey's Anatomy* be without Meredith Grey herself? Be sure to tune in to ABC on Feb. 11 to find out what happens.



Ellen Pompeo on-set during Season 10 as Meredith Grey.

PHOTO COURTESY OF QUOTESGRAM.COM

Let's

Rant



This Week:

Shows that Need to Let Go

by Kelly Laske '16
A&E Staff

TELEVISION

I remember when Kelly Clarkson won *American Idol* back in 2002. She became an instant celebrity overnight. The same thing happened with Carrie Underwood, who was just a small-town country girl with a big voice. That was back in 2005. It is now 2016, and the show has not stopped since then. Although the show is on its 15th season, Underwood, Clarkson, and a few others are the only ones I can name. That talent is still there, but for some reason the winners are fading out of the spotlight as soon as the season ends. *American Idol*, along with a few other shows on television, has simply lost its spark, and more importantly, its viewers.

Pawn Stars first aired on The History Channel back in 2009 and has not quit since then. *Pawn Stars* is about a father, his son, and his grandson who own a 24-hour pawn shop in Las Vegas, Nevada. Every day, people bring in old antiques and collectibles in the hopes of getting good money in return. The show follows the men as they attempt to buy, sell, and pawn pieces of history, also chronicling their bizarre interactions when they are on break. While the show used to be about three men and their relatively unknown business, they have now turned into celebrities and millionaires

due to the popularity of the show, which takes away from the rawness and originality it once had. Like *American Idol*, the show is losing steam and the men are no longer the same ones who were trying to make money and keep their business alive.

A Lifetime Network original, *Dance Moms* gives viewers a look behind what it is like to run and dance at a highly demanding dance studio in Pittsburgh, Pennsylvania. Airing for the first time back in 2011, the show is about villainous, but dance genius, Abby Lee, and her students, whose ages range from five to 18. In addition to Lee and her extremely talented dancers, are the dance mothers themselves, who fight, bicker, and compete to have their daughters be the best on the team. While the show was originally a hit and something unlike anything viewers had seen before, the fame and fortune that came along with the success of the show has changed the entire concept of the show. While they were once unknown young girls with undeniable talent, Lee's dancers can no longer compete without having to sign autographs and take photos with fans.

All of these shows were once considered "good television," but since their airdates each show seems to be losing steam and its original charm; it might be time for these shows to leave the air and make room for new TV hits.

PHOTO COURTESY OF ATLANTABLACKSTAR.COM

*Love is in the air...
Tune in next week for The
Cowl's Valentine's Day
insert!*





PORTFOLIO

The Cowl 17
February 4, 2016

A Chat Between Cats

by Marisa Gonzalez '18
Portfolio Staff

DIALOGUE

During the intermission of Cats (the musical)

A Daughter and Mother walk out of the theater.

Daughter: Can we get a refund?

Mother: Dear.

Daughter: What? I'm sorry, but it doesn't make sense. There is absolutely no plot! And everything is sung!

Mother: Well, it is a musical.

Daughter: Well, it shouldn't be.

Mother: Honey!

Daughter: Seriously, who makes a musical out of poems that are only connected because they are about cats?

Mother: The playwrights.

Daughter: Yes. Those people. Perhaps they saw a story, but I don't! I can't stand watching a musical I can't follow. If it were in Catanese then I would understand it.

Mother: Honey, there's no such thing as Catanese.

Daughter: Well Parentenese is a thing. Why can't Catanese be one? Anyway, if it were a bunch of meows then I would have understood it better than the made up language that was said. Like seriously, "jellicle cat"? What the heck does "jellicle" mean? It sounds like Jell-O, and sure, the cats were flexible, but they weren't Jell-O! And they even have a song about how they are "Jellicle Cats." But do they ever define "Jellicle"? No!

Mother: Darling, did you have candy for breakfast again?

Daughter: Maybe.

They leave and a couple walks out of the theater. The boyfriend is crying.

Girlfriend: It's just a musical about CATS! There is no need to be so emotional.

Boyfriend: But, but, that one song, the "Memory" one, is so sad. That old, fat, ugly cat just wants to be a part of the family but they shun her. Sure, she's hideous, but that's no reason for them to be so cruel. I wouldn't do that. I don't care about looks. In fact, I don't even notice them.

Girlfriend: But you just called the cat hideous and fat.

Boyfriend: The song's still sad, though.

Girlfriend rolls her eyes and starts to walk away.

Boyfriend: But it's just a cat. I don't care about human looks, I mean look at you.

Girlfriend: What!

Boyfriend: Um...

He starts to sing "Memory." Girlfriend walks away.

Boyfriend: Babe!

He runs after her and an elderly couple appears.

Wife: Oh, that Rum Tum Tugger was quite the handsome cat. Oh, and so like Elvis. I remember those days. I want to go dancing again. Can you take me dancing? Of course it won't be as it used to be since you can no longer dance like that Rum Tum Tugger.

Husband: Yes, because I'm old.

Wife: Oh, to be young again! To dance, to jump, to sing with joy.

Husband: To not having to wear a diaper. Oh yes, the good old days of bladder control. Who knew a musical about cats could make me miss my working kidneys?

Shakes head.

All I wanted to do was make you happy. This musical is perfect for crazy cat ladies.

Wife: I may be crazy, but I am not a cat lady. Four cats is not a lot.

Husband: You forgot to count the twelve stuffed ones.

They leave, and a young child and her parents appear.

Daughter: Cat, cat! That was cat! Cat singed and danced and walked two feet.

Father: Which one was your favorite?

Daughter: The white one. She pretty and danced good!

Mother: Did you have another favorite cat?

Daughter: The big one. He old like Papa, but he farts less.

Mother: Yes he does.

Daughter: But both furry. Is Papa a cat?

Father: No, just a grumpy bear.

They leave and a student and teacher appear.

Student: Mrs. Rogers?

Teacher: Yes, Phil?

Student: What's going on in the musical? I can't write a paper if I don't understand the plot.

Teacher: Well, I don't know what's going on either. I thought, "Hey, singing cats. Shouldn't be too hard." Now I'm just thankful for Google.

They leave and an understudy appears, nervously flipping pages.

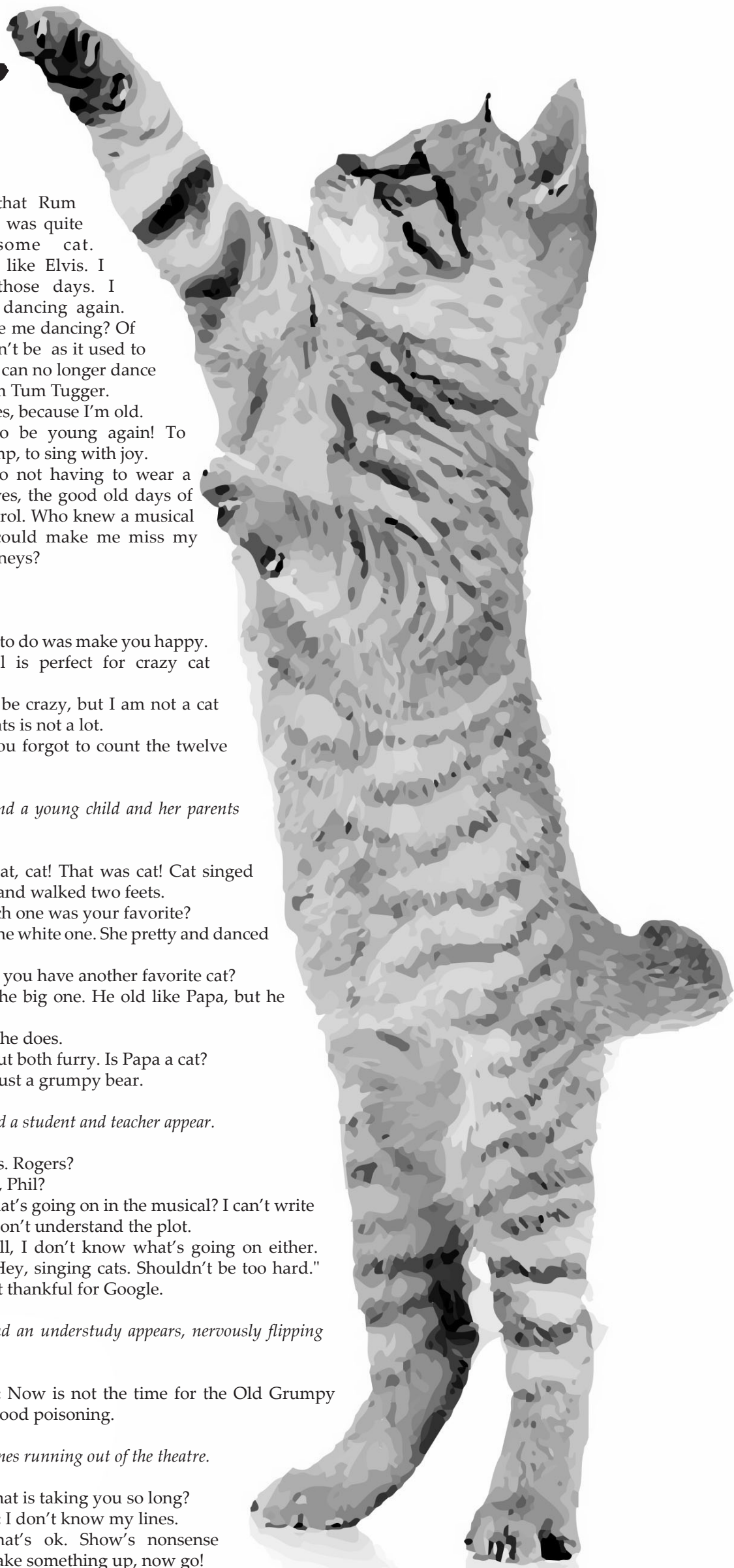
Understudy: Now is not the time for the Old Grumpy Cat to have food poisoning.

A director comes running out of the theatre.

Director: What is taking you so long?

Understudy: I don't know my lines.

Director: That's ok. Show's nonsense anyways. Make something up, now go!



Fast Fiction

One story. Six Words. And...Go.

Bloom

by Konner Jebb '16
Portfolio Staff

Flowers shrivel into a warm
rebirth.

Banished

by Ariana Pasquantonio '16
Portfolio Staff

But he'd remain, like her
shadow.

Love Lost

by Marisa Gonzalez '18
Portfolio Staff

Paper hearts fly in the wind.

Motion

by David Martineau '18
Portfolio Staff

Light enters, then leaves.
Another day.

Insomnia

by Jose Martinez '16
Asst. Portfolio Editor

Let me finally experience my
dreams.

PHOTO COURTESY OF DIMITIS KRISUTAKIS

L a u d

by Branan Durbin '16
Portfolio Editor

POETRY

I sit, hunched, sleep in my crusted eyes,
fingers wrapped around my toes
and young sunlight pointing through my window.

These sheets
hold each morning's tossing, each morning's
failed attempt of a sweet *wake up* at the whisper of the sun,
but this morning they hold me, conscious, waiting
debating whether to leave this bed
to rise toward and through
the pathways stretching before me,
to reach moments of speech and silence, of which
it's unknown to me what my intention may be.

This bed unwillingly anchors me
drowning in pajamas,
too awake and too still to move.

PHOTO COURTESY OF DIMITAR JANEVSKI

Contemplation

by David Martineau '18
Portfolio Staff

FICTION

A gentle wind flowed through the golden-red sky like a rushing river, bearing a small sparrow along its whispering current. The tiny bird had arisen from its nest as the first rays of sunlight peered over the edge of the world, greeting the darkened earth with their warm embrace. Taking wing into the crisp morning air, it had gone in search of food, gliding its way along the youthful zephyrs of dawn as it soared over miles of brightening green country.

Fluttering over a tree-covered hill, the sparrow descended and perched on a high branch near the summit, poking through the leaves in search of berries. Though large trees ringed the hill in great clusters on all sides, the top of the mound was clear, save a massive stump that sat in the center of the clearing. The sparrow flittered toward the edge of the clearing with interest. An old man sat on the stump, clad in a loose-fitting robe, his legs crossed one over the other. He was looking up at the brightening sky with a peaceful gaze, as if transfixed by the changing colors. His wizened face was peaceful but somber, as if a great task lay ahead of him, daunting in scope and purpose.

Flapping its wings, the sparrow took flight once again, having found no fruit to feast upon in the tree it had chosen. The old man caught sight of it as it

flew away and smiled before turning back to his skyward vigil. He was a hermit of sorts, though few people had seen him often enough to know of his presence in the countryside. He had begun his solitary life many years ago, after leaving "civilized" society to seek his own path. He had seen much of that world in his time and had found it useless, little more than a cacophony of purposeless noise, made by people so consumed in their own frivolities that they forgot the world around them—indeed, forgot the fact that they were even alive. He preferred to spend his time wrestling with deeper questions. Why was he here? What was his future?

He came to the top of the hill every day to meditate on just those kinds of questions. When he was much younger, he had read in his college days about the many monks and gurus who would travel to remote corners of the globe, seeking union with the universe itself. He felt a calling deep within him to reach that same state of union, but in all the time he had spent coming up to this hill, he had never found what he sought. He had tried all that he knew, each method he had learned about, but to no avail. He often wondered whether he was meant to find contemplation. Perhaps he was not strong enough. Nevertheless, he kept trying.

The sun rose higher and higher as the old man sat atop his stump, staring

into the heavens, seeking the answer that was always just out of reach. But, as he had come to expect, he received no answer, no dramatic experience of sudden understanding, and the sun fell lower and lower until it was nearly gone. As the final light of day was slipping into darkness, the old man sighed, frustrated once again, and prepared to return to his meager hut in the woods.

A soft noise attracted his attention, and suddenly a dark shape fell from the sky, alighting upon his shoulder. It was the sparrow that had flown by earlier in the day, coming home from its flight. It stood on the man's shoulder for a moment, and then flew off, a tiny speck of blackness silhouetted against the golden sky. Suddenly, something in the old man changed.

It was as if a camera lens had shifted over his eyes, drawing everything into focus. He had been seeking some cosmic truth for so many years, yearning for an answer that lay beyond the world, yet all the while, the answer had been all

around him. The *world* was the answer, the present, the here and now. It was all that mattered, the product of the past...the foundation of the future.

That night, the old man went home content, having reached a new contemplation, though not the one he had expected. He did not return to the hill the next morning, nor the day after, nor the day after that. He no longer needed to, for he had seen all there was to see...

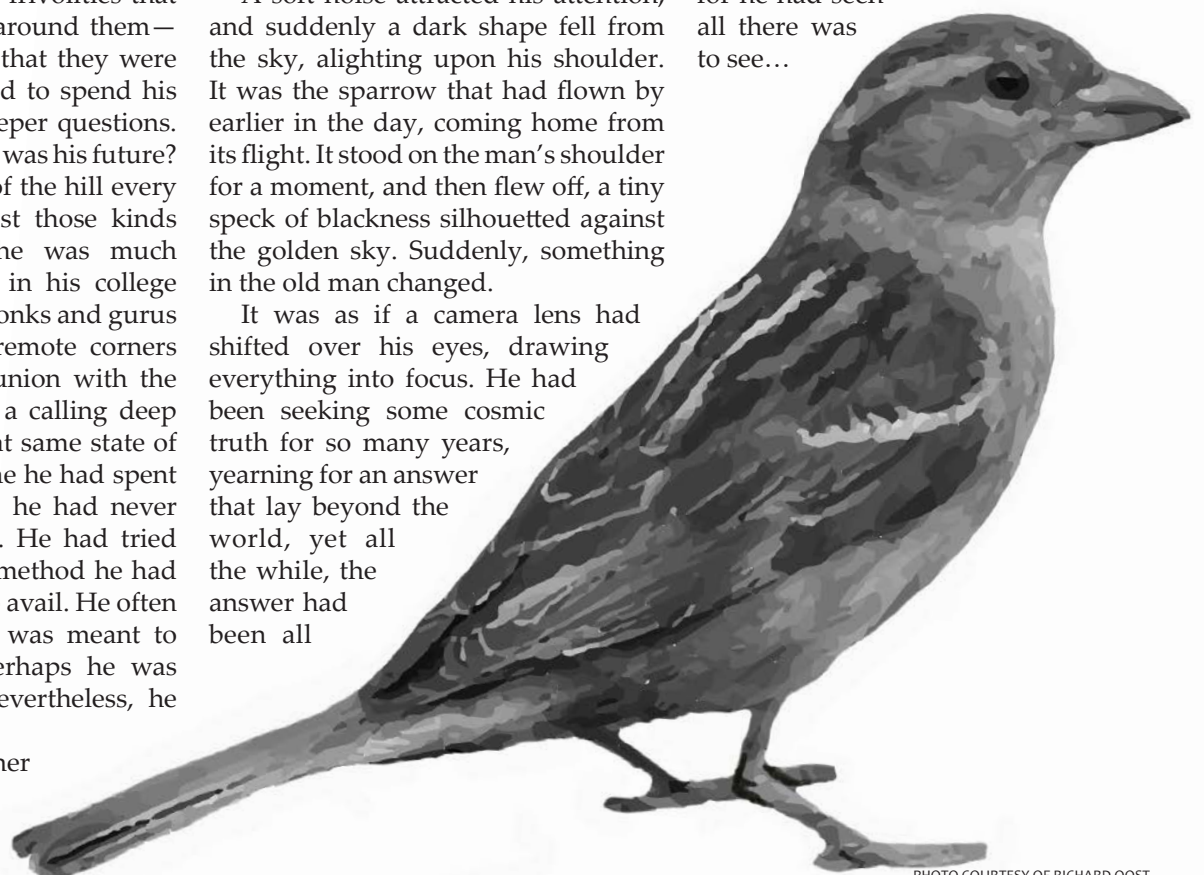


PHOTO COURTESY OF RICHARD OOST

Listomania

Things Shorter Than February

A Corgi's Tail

Dug the Dog's Attention Sp—SQUIRREL

Piglet

Fairies

The Lifespan of a Pet Goldfish

Conan O'Brien's Stint as *The Tonight Show* Host

Bilbo Baggins

My Phone's Battery Life

The Line at Chipotle

The 17th Blade of Grass on Slavin Lawn

The Raiders' Winning Streak

Shrimp

The Portfolio Staff's Attention Span

The Entire *Lord of the Rings* Movie Trilogy (Uncut)

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff and Earl,

How do you avoid being disowned because you couldn't secure Commencement tickets for every member of your family? I'm not joking: my entire family has cleared their schedules so that they can come down for Commencement. This means my parents, five siblings, grandparents from both my dad's and mom's sides, aunts, aunts with boyfriends I don't know, uncles, uncles with girlfriends I don't know, cousins, cousins with girlfriends or boyfriends I neither know nor will probably like, and distant relatives that I'm just now learning exist. Honestly, this is all so overwhelming I'm contemplating skipping Commencement and getting my degree later in the mail... unless there's a better way to cope with the stress?

Sincerely,
Where's My Ticket to Paradise?

Dear Xanax and Chill,

Your family sounds like a drag. I suggest telling them the wrong place and time of the Commencement. May I suggest telling them to board a trans-Atlantic ship around 11:40 p.m. on April 12, 1912, and stand on the deck?

Remember family is temporary, your \$250,000 piece of paper is forever...as is the crushing student debt.

Personally I would secure some nice looking mushrooms...the ones that cause pleasant dreams and create a new environment that, while enjoying what should be a nice snack, will mimic your commencement! The set up may be costly and certainly their hospital bills will put you in debt...but considering a degree from the College will do the same I say it is worth it. Either way you'll end up in prison. At least in this case you won't have to worry about paying for healthcare for the foreseeable future.

Also this advice might land me in prison. Peace out PC. When you see me next I'll have tattoos!

Xoxo,
Inmate FN 2187



Tiffany

Dear Every Irish Catholic,

Go to your friends, enemies, and that one weird guy that sat next to you in Civ freshman year, and ask and/or beg and/or threaten them for their tickets. Some of us do not have a family of rabbits who all want to come see us get a piece of paper; you'll definitely find people with way too many tickets than they can use.

Or, you could take out an ad in *The Cowl*. Clearly we could use more content.

-Little Orphan Earl



EARL

Disclaimer

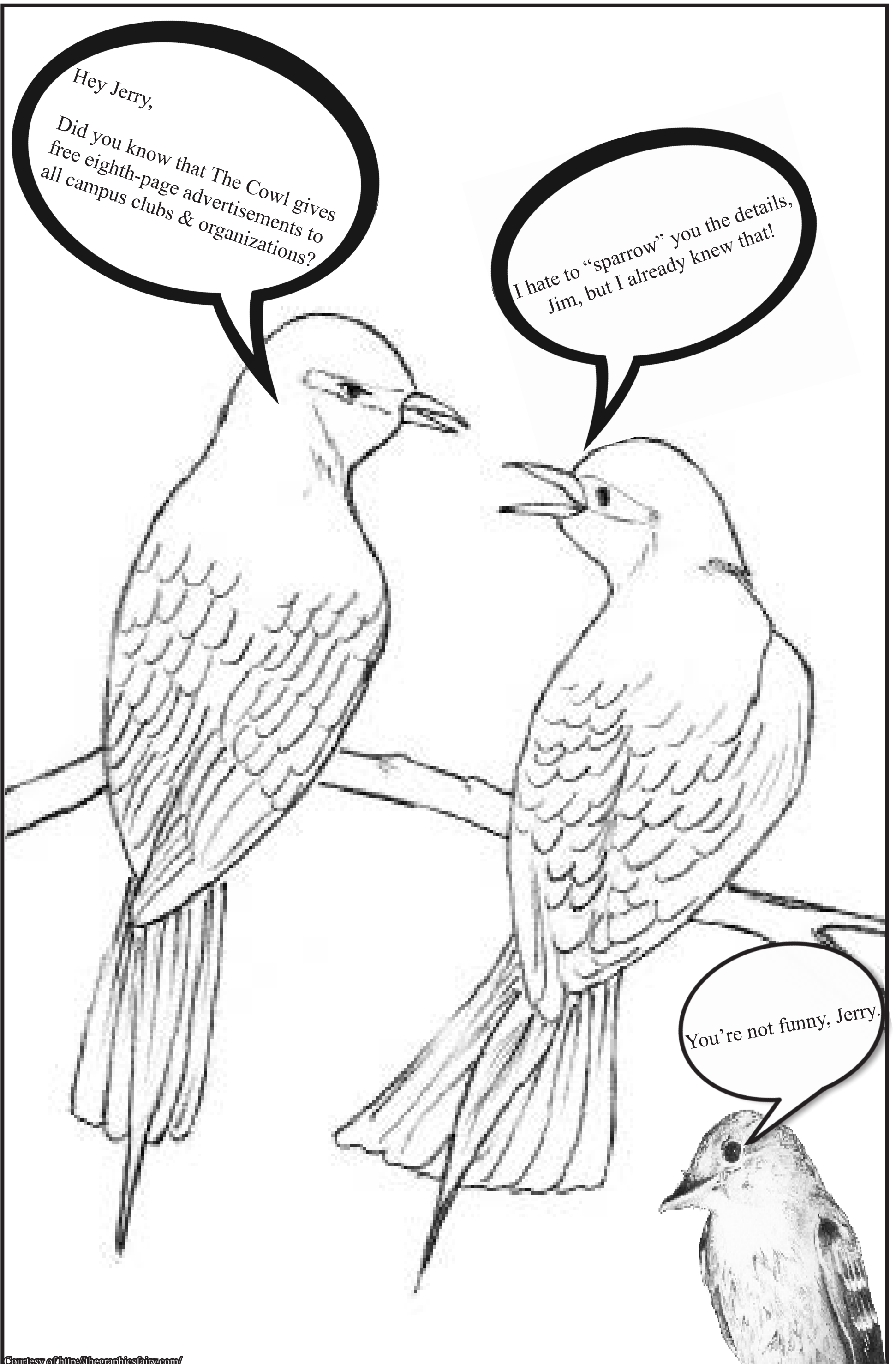
The Tiffany & Earl feature is a satirized account of Providence College. Both the question and answers are purely works of fiction. Tiffany & Earl are anti-heroes whose comments ultimately satirize the stereotypes they each represent.

Inkpool

by Jose Martinez '16
Asst. Portfolio Editor

PROSE POETRY

Vera uncapped a jar of ink and as she turned the glass container over to watch the liquid flow out of the glass, a sight that took the appearance of deformed limbs, she also could not help but notice the way the strong darkness of the pen ammo, the same shade as mother night's skin, disregarding the presence of the bright interstellar lights, and how it clashed with the milk white hue of her typing paper. The creativity bourbon did not make the stationary look like it soiled itself. It instead formed a perfectly circular and raised puddle. Vera nervously dipped the tip of her finger into this newly formed, tiny pond of writing juice. Her touch, fortunately, did not create any miniscule circular ripples that would have surely disrupted its smooth, undisturbed surface; in fact, her contact did nothing but leave a trace on her pointer. And then the smooth plane of the miniscule pool of watery shadow began to rapidly bubble. Aqueous orbs of varying dimensions began to form; some popped, some gave volume to others. But then the spheres flattened and Vera gawked as they shrunk to the size of dewdrops, which then slithered to various yet fixed points on her parchment. The drips bled into the paper, and the ones that were conjoined took the shape of phrases. The sheet gave off a slight *crinkle, crunch* as the digits of Vera's hand tightly gripped one of its corners, and then they unfurled. Her hand then simultaneously nuzzled and flattened the parchment's damaged angle.



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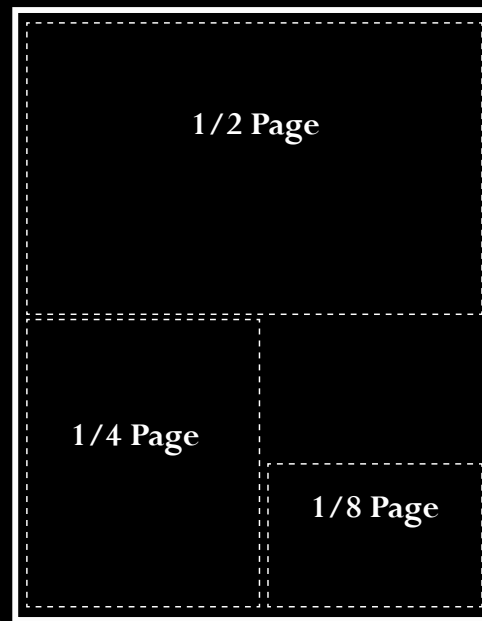
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SPORTS

Men's Basketball Splits Conference Road Games

by Joey Ciccarello '16
Sports Editor

MEN'S BASKETBALL

It was yet another up and down week for the Providence College Men's Basketball Team, as they went 1-1 in road matchups against Georgetown and DePaul.

After a disappointing showing at home last Tuesday against Xavier, the Friars traveled to the Verizon Center in Washington, D.C., to take on a Georgetown team who, at the time, stood one game ahead of them in the Big East standings.

Providence broke away from their nasty habit of starting games slowly, racing out to a big first half lead behind Kris Dunn '17RS and Ben Bentil '18. The Friars survived a big Georgetown run in the second half behind Dunn and Bentil's 26 points each, and hung on to win 73-69 to improve to 18-4 on the season. More importantly, the win improved the Friars to 6-3 in the Big East and 5-0 in true road games on the season.

The only other Friar to score in double digits on Saturday night was Rodney Bullock '18RS, whose 10 points were overshadowed by his impressive showing on the boards. Bullock pulled in 14 rebounds to lead the Friars, good enough for his sixth double-double on the season. Originally

slotted to play small forward or shooting guard, Bullock has impressed as a power forward this season, and has improved his physicality as the season has gone on. Kyron Cartwright '18 struggled from the field, but dished out six assists as well for the Friars.

Tuesday night brought about another road test for the Friars, but one that they were expected to win. Now ranked 11th in both the AP and USA Today polls, Providence was expected to cruise over conference doormat DePaul, who was 7-14 and 1-8 in the Big East conference at the time.

The Blue Demons, however, proved the old adage to be true: no game is played, or won, on paper, leading for almost the whole game en route to a 77-70 upset victory.

It was by far the most disappointing and concerning night of the Friars season: Dunn was frustrated the entire night, Jalen Lindsey '18 missed the whole game with an illness, and Bentil re-injured his ankle, forcing him to sit out for the near entirety of the second half. Without Bentil, the Friars were overmatched on the inside, out rebounded 48-24, and outscored 42-26 in the paint. DePaul's Myke Henry proved to

be a tough matchup for the Friars, as he finished with 27 points to lead all the game's scorers.

Dunn was double and triple-teamed all night, finishing 5-20 from the field with just 14 points. Although Dunn had eight assists, the Friars once again missed a flurry of open shots in the second half, allowing the Blue Demons to hang on in the end. Bullock and Cartwright had 11 and 10 points respectively, and Ryan Fazekas '19 had his best game since returning from mononucleosis, making three three-pointers and finishing with 13 points.

After playing four games in 10 days, the Friars will now look ahead ahead to Saturday's matchup with third-ranked Villanova at the Dunkin' Donuts Center. Coach Ed Cooley will likely welcome the three days of rest, and will anxiously await the x-ray on Bentil's ankle that will determine if he will miss extended time or not. If this week taught the Friars anything, it was these two key lessons: there are no easy wins in the Big East, and Bentil may be a whole lot more valuable than any fan, coach, or player, originally thought him to be.



Kris Dunn '17RS during the Depaul game.

PHOTO COURTESY OF LEADERCALL.COM

YES

On Tuesday, January 20, the Detroit Pistons Andre Drummond set the new National Basketball Association record for missed free throws in a game. This record came in a game against the Houston Rockets, where Drummond was sent to the line 36 times! Even more shocking than this free throw volume were the 23 occasions upon which the Detroit big man missed.

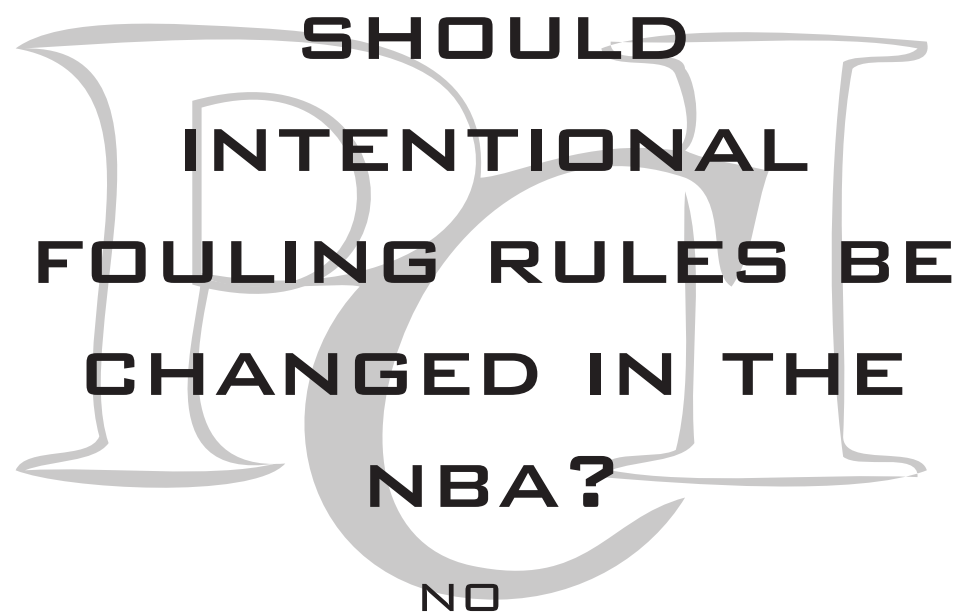
Predictably, this embarrassing new NBA precedent brought about the decade old conversation about a possible rule change in the NBA. This question being, should the NBA change its rules regarding intentional fouling so that teams do not intentionally foul a poor free throw shooter all throughout the game?

I think the answer to this question is an obvious yes, and when it comes down to it, it has more to do with the quality of gameplay than anything else. As former NBA greats Charles Barkley, Shaquille O'Neal, and Kenny Smith explained earlier this season, teams with one horrifically bad free throw shooter can have their contests extended up to 30 minutes or an hour longer than regular games around the league.

So, when teams like the Los Angeles Clippers, who have the notoriously awful free throw shooter DeAndre Jordan, are slated in the 10 p.m. EST. game, their games will sometimes last until 2 a.m. EST., or in other words, when no one besides college kids or insomniacs are still watching.

This reason, as well as the diminished quality of gameplay when the Hack-a-Shaq strategy is employed, should be enough to change the NBA's mind when it comes to intentional fouling rules.

-DJ Anderson '16



When people ask about the NBA's controversial intentional fouling rule (the rule which helps to engineer the so-called Hack-a-Shaq strategy) my thoughts always turn to a similar argument curmudgeonly sportswriters always have. Namely, I turn my attention to what these self-proclaimed protectors of sports integrity always say about touchdown celebrations in the NFL and how they see it as the sort of unsportsmanlike conduct that threatens the game.

What is the response from every team ever accused of breaching such rules of propriety? It is simple: if you do not want to see us celebrate, keep us out of the endzone.

It is a phrase supporters of the NBA's current system on intentional fouling should memorize. It should also be made their mantra as they try to continue a system that is capable of punishing teams with such bad free throw shooters so badly that giving them a bevy of unmolested 15-footers is a safe gamble.

Really think about that for a minute. These are professionals, finely-tuned athletes who specialize in their game the way a surgeon specializes in the heart or an artist specializes in oils. Even your average high school basketball player, who has probably shot thousands fewer free throws in practice than Deandre Jordan or Shaquille O'Neal, could shoot better than the horrendous sub-50 percent that the players whom the Hack-a-Shaq strategy bedevils shoot.

So again, I beckon back to my original analogy: if you do not like it, make them stop doing it. No one should have to change a rule to help mask a deficiency in an area which the average player, with the correct amount of practice and coaching, should be no less than average at. So if players, writers, or fans want Hack-a-Shaq to go away, they should be get upset with shooting coaches and failing players, not looking to burn the rulebook.

-Brent Bauerle '16

Athlete in Friar History: God Shammgod



PHOTO COURTESY OF SI.COM

Shammgod going up against Jason Terry and the rest of the Arizona Wildcats in the Elite Eight of the 1997 NCAA tournament.

by Nate Svogun '16
Sports Staff

MEN'S BASKETBALL

On a nationally televised program, a group of former NBA superstars sit in a semi-circle: Shaquille O'Neal, Chris Webber, Kenny Smith, Reggie Miller, and Charles Barkley. The program is called "Open Court" and it involves the discussion of superlative players in various fields throughout NBA history.

The topic of discussion for this segment: Who was the best ball handler in NBA history? Several names are being thrown around, but one name in particular dominates the discussion—God Shammgod '97.

If you are a fan of basketball, regardless of whether or not you have even heard of Providence College, you are probably aware of "The Shammgod." Stars like Kobe Bryant and Manu Ginobili have used Shammgod's slick signature dribble to a devastating effect for decades now.

Although many variations of the move exist, the basic concept involves throwing the ball forward with one hand, and then quickly reaching back out with the other hand

to snatch it back. While Shammgod did not technically invent the move, he is often recognized as the one who perfected it, affording him respect and acknowledgement from NBA legends and casual park players alike.

Growing up in New York City, Shammgod lived and breathed basketball. He would work for over three hours a day on his handles alone. The hard work paid off and after a successful stint playing at LaSalle Academy in Manhattan, and a McDonald's High School All-American nod, Shammgod was offered a scholarship to Providence College.

In his two years at PC, 1995-1997, Shammgod flourished. He made the Big-East All-Rookie team in his freshman season, while also setting a new record for assists among Big East freshmen. The Friars got to the second round of the NIT that year, losing to St. Joseph's in their final game of the season.

In his sophomore season, Shammgod led one of the all-time great Providence teams to the Elite Eight, where the Friars would lose to Arizona. Although they were only a 10th seed in the tournament, the Friars were able

to beat powerhouses like Marquette and Duke with Shammgod's help. He put up 23 points and five assists in his final game as a Friar, outplaying Arizona's star and future NBA player Mike Bibby in the process.

Shammgod was taken in the second round (45th overall) by the Washington Bullets in the 1997 Draft who later became known as the Washington Wizards. Although he never quite broke out of his single season in the NBA, Shammgod's dribbling acumen clearly provided inspiration for stars like Jason "White Chocolate" Williams and Steve Nash, as well as current luminaries like Chris Paul, Kyrie Irving, and Stephen Curry.

In 1999 Shammgod left the NBA, joining the La Crosse Bobcats of the Continental Basketball Association, a minor league based in the United States. After a year with the Bobcats he played in leagues across the globe, including: Poland, China, Saudi Arabia, Croatia, and Kuwait. In 2009, he played his last game with the Oregon Waves of the International Basketball League.

Lately, Shammgod has been very active once again at Providence College. In 2012 he went back to finish his undergraduate degree, while

also working as an undergraduate assistant to Coach Cooley for the basketball team. He finished his degree in Leadership Development last May, and is currently working on a master's degree in counseling.

Even though he is no longer playing, his impact is still being felt by Friar opponents on the court. Shammgod has spent a lot of time in the past few years working with Bryce Cotton '14 and Kris Dunn '17RS, helping them hone their handles to NBA ready skill levels. All the big sports media outlets seem to be projecting Dunn as a Top-5 pick in the 2016 NBA, and it is not a stretch to say that Shammgod's mentoring has been a significant part of his development thus far.

As for what the future holds? "Eventually, I want to be a coach," Shammgod told Basketballinsiders.com. "I'd love for my coaching journey—if God blesses me, to follow the same path that Coach Cooley has taken."

It certainly seems plausible for this legend of the court to eventually find a head coach position somewhere down the line. After all, as Dunn put it, "His brand alone would really help...I mean, he's God Shammgod!"

Friars Split Weekend Series with UNH

by Lauren Altmeyer '17
Sports Staff

MEN'S HOCKEY

Although they remain fourth in Hockey East, the Providence College Men's Hockey Team found themselves ranked sixth nationally this week, dropping down two spots from last week. The shift comes after splitting the weekend series against the University of New Hampshire Wildcats.

Friday night's game started off slowly, as the first period was scoreless. The Wildcats almost capitalized on their first power play of the night, but UNH forward Maxim Gaudreault was robbed by goaltender Nick Ellis '17 to keep the score 0-0 heading into the second. The Friars really turned it on in the second period, outshooting the Wildcats 19-6. Just over three minutes in, forward Trevor Mingoia '16 put the Friars on the board, beating UNH netminder Danny Tirone for his eighth tally of the season. Assists went to Bryan Lemos '19, who gained puck possession behind the net, and alternate captain Mark Jankowski '16, who fired the shot that resulted in the rebound Mingoia buried.

Although the majority of the period was spent in the UNH defensive zone, PC's second goal did not come

until 2:39 of the third period. Here Jankowski cut to the middle and beat Tirone with a wrist just below the glove. Assisted by defenseman Jake Walman '18 and Mingoia, the goal marked Jankowski's 12th of the season. With less than 10 minutes to play, the Wildcats came within one after Tyler Kelleher buried a cross-crease pass from Andrew Poturalski. With a 2-1 score, UNH pulled Tirone to put out an extra attacker in the final minutes of the game, but forward Steven McParland '16 sealed the deal for the Friars with an empty netter and the final score was 3-1.

The Friars picked up right where they left off and scored just over three minutes into Saturday's game. Forward Erik Foley '19 cut around the UNH defensemen and fired a wrist shot past Tirone. The goal was the Winnipeg prospect's fourth of the season and was assisted by linemates Jankowski and Mingoia. Five minutes later, the Wildcats evened the score after a charging call against Brandon Tanev '16 put them on the power play. Kyle Smith took advantage of a rebounded shot from Marcus Vela and buried it past Ellis. UNH took their first lead of the weekend just 38 seconds into the second period, as Dan Correale nabbed his 15th of the season. The goal was assisted by Kelleher and Poturalski, who was second in the nation in scoring going

into the game. Both Jankowski and Conor MacPhee '17 had good chances toward the end of the period but could not beat Tirone. At 4:32 of the third period, Smith scored his second of the night to give the Wildcats a 3-1 lead. Towards the end of the game the Friars had two power play chances and excellent opportunities but were not able to break through. Although the Friars had 81 shot attempts over UNH's 40, the three unanswered UNH goals lifted the Wildcats to a 3-1 win, resulting in the first home loss for Providence this season.

After the game, Head Coach Nate Leaman told the *Providence Journal*, "We had a lot of good looks tonight, but we couldn't get one past Tirone. We got out-goaltended. We missed the net more than we've missed the net all year with our shots. You've got to give their goaltender credit, he played a great game. Two bad turnovers and a bad penalty and that's it. That's all it takes at this level." Leaman also credited the Correale-Poturalski-Kelleher line, which is one of the top lines in the country, saying, "That line's terrific. They are the highest scoring line in our league." The turning point in the game was attributed to the call against Tanev. "We played a great first period, we were in complete control of the game, and then we take a bad penalty and allowed their

power play to get out there. They get the goal on the power play, and all of a sudden they're back in the game," said Leaman.

Calgary Flames prospect Jankowski recorded his 27th point this weekend, which not only tied a team high, but is also a career high for the senior. He is now three points shy of 100 points in his career. Mingoia also has 27 points on the season, recording five goals and seven assists in his last eight games. On top of that, the forward has been named a semifinalist for the Walter Brown Award for the second season in a row. The award is given to the best American-born college hockey player in New England. Also being recognized for their excellent play this year are St. Louis Blues prospect Walman and goaltender Ellis. Both are candidates for the Hobey Baker Award, which is given to the best NCAA men's ice hockey player.

The Friars now have a 17-5-4 overall record and an 8-3-3 Hockey East record. Up next, the Friars will be traveling to Orono to face the University of Maine Black Bears. With a 4-8-2 conference record, UMaine sits at ninth place in Hockey East and is coming off of a weekend sweep of UMass Amherst.



Goaltender Nick Ellis '17 in net during a game earlier this season.

PHOTO COURTESY OF FACEBOOK.COM

Neumann Earns All Big-East Accolades

by Gretta Schultz '17
Assistant Sports Editor

LACROSSE

Jarrold Neumann '17 is no stranger to receiving recognition for his impressive athletic and lacrosse skills. As a senior at Northampton High School, Neumann was honored with both the title of Captain and Player of the Year honors in Western Massachusetts for his contributions to the team. He then went on to Bridgton Academy where he spent one year fine tuning his skills

prior to playing for the Friars as a defenseman. As a freshman, Neumann appeared for the Friars in an impressive, starting in 14. He registered one point on an assist, and collected 29 groundballs throughout the 2014 season. In his 2015 season, Neumann started all 14 games, scored one goal against UMass Lowell, and collected 18 groundballs. During his second season, Neuman was named to the Pre-Season All-BIG EAST team as well as the All-BIG EAST First Team and he earned NEILA All-New England Second-Team honors. Both of these awards were early indicators of the important

role Neumann would play during the 2015 season.

Before the upcoming season, Neumann seems to be following past trends of receiving honorable recognition and receiving it early. For the 2016 season, which has yet to officially begin, Neumann has been named Preseason All-American Honorable Mention by InsideLacrosse.com and has also been named to the Preseason All-BIG EAST team.

The All-American Honorable Mention list is a list put together by InsideLacrosse's staff and longtime contributors. The list ranks all 70 D1 teams in the league and names

players to watch throughout the rest of the season. Being on this list is a great honor to both Neumann and the team as a whole. The BIG EAST creates a list for each sport, pre-season, of players to watch for the upcoming season. The list focuses on players that will likely be strong contributors to their team.

The Friars look forward to their first regular season game on Feb. 6 at Boston University. The Friars will then take on Holy Cross on Feb. 13 in their first official game on the newly finished Chapey Field at Anderson Stadium.