Fitness Center Modifies Existing Dress Code

by Sabrina Guilbeault '18
Asst. News Editor

DRESS CODE

By the time Providence College students made their way back to campus from spring break, news had spread regarding the implementation of a dress code at Concannon Fitness Center that would start on Monday, March 14. The information surfaced after a flyer was displayed outside the Fitness Center and was spread via social media.

The flyer pictured examples of “encouraged” and “prohibited” attire to ensure “safety, comfort, and equipment maintenance.” The flyer used language such as “appropriate” and “non-revealing,” which resulted in negative backlash from students as rumors spread as to why the dress code was being implemented.

Ed Laprey, director of the Fitness Center, spoke to Student Congress Tuesday night to welcome open dialogue with students and emphasize that the Fitness Center has heard student concerns. Since the opening of the Fitness Center eight years ago, policies regarding a dress code have always been in place; however, the dress code described in the flyer was a modified version of the policy that had already existed.

Students will see no change in the enforcement of a dress code this coming Monday, as the Fitness Center Staff wishes to keep the dialogue open and clear any miscommunication regarding the dress code’s intent. At Congress, Laprey stated that even if enforcement was to begin, the Fitness Center Staff would never have taken the approach of throwing students out of the gym.

The Conf is in communication with the Fitness Center Staff, and an article regarding the dress code and its policies will appear in next week’s issue.

Habitat Volunteers Build More Than Just Homes

by Marla Gagne ’18
News Co-Editor

CAMPUS

This past spring break, approximately 130 Providence College students volunteered to travel throughout the East Coast to build homes with Habitat for Humanity. Habitat’s goal is not only to build houses, but to also build hope and community. Be it Kittanning, Pennsylvania or Bridgeport, Connecticut, PC students joined community members and organizers to build affordable housing for low-income families.

Emily DiRenzo ’16, president of the PC chapter of Habitat for Humanity and team leader of the group that traveled to Mechanicsville, Virginia, explained how much of an impact the program made on her life at PC. Her team’s goal during the break was to roof a house. “To see it when it was finished was an incredible feeling, and we all just looked at each other and high-fived,” said DiRenzo, whose first job as a freshman on a Habitat trip was to finish the shingling of a roof. “To be able to shingle the roof this year really brought everything full circle.”

“Everyone on the site was blown away that we gave up our break,” said Claire Beatty ’17. Along with the rest of her group, Beatty spent 22 hours driving to Mechanicsville and slept and ate all meals in a church basement for the week. “I didn’t feel like I gave up a week,” she said. “I gained one of my best weeks ever at PC.”

Time to Let the Month of Madness Begin

by Brannon Walker-Hodges ’16
Sports Staff

Throughout the entire college basketball season, there has been a lot of parity and many unexpected storylines. The overall theme of the season has been dominated by ever-changing No. 1 teams, seniors anointed as the best players, and silly, choreographed bench celebrations. Now, we are entering the most exciting time of the season. March Madness is in full effect with conference tournaments underway, leading up to the NCAA Tournament. The Providence College Men’s Basketball Team has had a successful regular season. The Friars are one of four, potentially five, Big East teams slated to represent the conference in the NCAA Tournament. This draws a lot of interest to the Big East Conference Tournament, which started on Wednesday, March 9 at Madison Square Garden in New York City. The team that wins the Big East Tournament receives an automatic NCAA Tournament bid.
Huxley Avenue Will Close in Coming Months
One of Many Projects Taking Place for PC's Upcoming Centennial

Continued from front page

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It’s hard to sit down and explain it all, because there were so many little things that made it so perfect. It all made it so amazing,” said Katherine Agugliaro ’17. As a freshman, having never traveled outside of New England and not treating me any differently as someone four years younger was wonderful. The atmosphere on the trip was so exciting, I was more than happy, and all things in between. “It’s different than Orientation, because everyone wants to be there,” she said.

Prior to going on the trip, there were programming events for the teams to help them prepare. Later, Sydney Fitzsimons explained how everyone went out of their way to learn more about one another. “We shared our experiences with friends who people never would have expected to,” she said. “People realized they had shared a very similar experience, and all things in between.”

“Habitat: PC Students Dedicate Their Spring Break to Service”

by Marla Gagne '18
News Co-Editor

CAMPUS TRANSFORMATION

The grass may not always be greener on the other side, but it may be greener in the middle. Under the “Huxley Way” project, Providence College will close its portion of Huxley Avenue, from Eaton Street to December, to travel throughout the campus with a new pedestrian walkway.

Previously purchased in December 2012, PC has been working on a plan for a few years to close Huxley Avenue. In an email to students, faculty, and staff, College President Father Brian Stanley, O.P., publicly announced Huxley’s decision to close, explaining that the College ultimately decided that closing its portion of Huxley Avenue to vehicular traffic and turning it into a pedestrian walkway would allow the College to achieve the goal of unifying the campus while providing the highest level of safety and accessibility to our campus community.” In recent years, pedestrians have been hit by cars on Huxley Avenue. The College plans to close between May 16 and June 1, but may be closed a few days in prior weeks to accommodate “construction and utility work.” When students return for the fall semester, they will see a whole new version of Huxley Avenue.

The College has released videos on Vimeo that showcase changes for the area. Vehicular traffic will be moved away from the back of Raymond Hall and instead will be focused on a roundabout in front of the Arthur and Patricia Ryan Center for Business Studies’ front lawn. There will also be a PC gateway sign and lower cascade piazza.

The new pathway connecting the two sides of campus will feature landscaping, benches, and sculptur...
Comprehensive Diversity Reform Found in President's Response to Campus

by Zak Harvey '16
News Staff

Over the course of the past academic year, students at Providence College have seen the debate unfold on campus unlike anything in the College’s history. It has become increasingly clear that beneath the surface there has been a turbulent undertow that has now completely engulfed the conversation on campus diversity. What we have witnessed is that of the series of conflicts stemming from the debate on campus diversity.

Beginning in November to as recently as late February, there have been solidarity marches, protests, sit-ins, and meetings attempting to help resolve and address the frustrations presented by both students and faculty on campus. As of Monday, March 7, President Father Brian Shanley, O.P., and his administration have addressed otherwise unprecedented reforms on diversity in the College’s 100 year history.

Fr. Shanley recently sat down with The Cowl to talk about the progress that has been made, the plan he and his administration have implemented, and the road going forward.

In the Providence Journal there are responses to the President’s response to the Demands of Redress in Response to Racism and Anti-Blackness at Providence College, which was written by the Board of Representatives, a group of student leaders on campus who are committed to working toward a vision of inclusivity at the College.

The Board of Representatives consisted of students from the N.A.A.C.P. Providence College Chapter, SOAR, Brotherhood, Afro-am, and Women Empower.

“The response that Fr. Shanley issued on March 7, in order to address systemic racism and other oppressive actions taken against faculty and students, was merely that,” said Zak Harvey ’16, News Staff Co-Editor. “The eight pages of reforms and solutions that Fr. Shanley proposed on March 7 express his commitment to the students, faculty, and culture of an institution that means so much to each and every one of us. When asked about the process of drafting the response to the student’s demands, Fr. Shanley said, “I did my best to respond and to try and chart a course forward for the College.” He went on to say, “The only way for us to move forward as a community is by way of dialogue.” For us as a campus the discussion needs to be campus wide and everyone needs a voice in how we go forward."

Again, Fr. Shanley expressed his gratitude for “students pushing the [debate] as it has focused on race like we have never been before.” Subsequent to the student sit-in within the Presidential Suite in Harkins Hall, Fr. Shanley and his cabinet have reached out to administrators, faculty, and students to find the best way to address the problems on-campus.

Fr. Shanley attended a forum on diversity in ’64 Hall with more than 100 attendance to field questions regarding diversity.

The Development of Western Civilization program has been a point of contention for students and faculty throughout the course of this debate. A response was asked about the program and its role on campus Fr. Shanley responded, “Civ has been debatable since day one. [The program] is about examining our flaws, knowing ourselves, and studying development of Western civilization as it has evolved...What we are committed to is an ongoing basis is to fulfill objectives set for Civ.” Fr. Shanley also noted that we as an institution have to have faith in the expertise and academic freedom of teaching faculty in the Civ program and trust in them to fulfill the Core Objectives.

One of the most noteworthy reforms includes the redefined role of Dean Rafael Zapata, the College’s chief diversity officer. Dean Zapata will be starting reporting directly to Fr. Shanley as a part of the President’s cabinet. Talking about the change Fr. Shanley elaborated, “I think Rafael will be [crucial] as we transition to a more vigorous pursuit of diversity and inclusion...Continuity is important right now. Rafael has many bridges with people and [has] their trust, including mine.

In the Development of Western Civilization program, each and every student learns of the homeward journey of Odysseus. As the interview with Fr. Shanley concluded it became clear that the College finds itself in a position somewhat similar to that of Odysseus: a journey that is homeward bound. The College’s centennial is quickly approaching and as Fr. Shanley notes, the College is in some respects returning to its roots. Fr. Shanley concludes, “[Our country] is becoming more diverse everyday. Providence College needs to serve the students who are coming to us and they are going to be more diverse. We were founded to be a place of opportunity for first generation college students. This is our sweet spot, back to where we started, and this is where we are going to be going forward.”

Through the tempest of campus debate, the administration moving forward has recommitted itself to progress, opportunity, and, above all, hope.

President’s Response to Campus Diversity

by Sabrina Guilbeault ’18
News Co-Editor

The Board of Representatives and the Student Council redefined roles for student leaders on campus and the deans in an attempt to help resolve and address the frustrations presented by both students and faculty on campus. As of Monday, March 7, President Father Brian Shanley, O.P., and his administration have addressed otherwise unprecedented reforms on diversity in the College’s 100 year history.

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**Cancer Vaccine is Tested in Britain**

Kelly Potter is a 35-year-old British woman with stage four cervical cancer who has been accepted into what could be a new ground breaking cancer treatment. The new vaccine will stimulate the immune system to destroy tumors in different parts of the body. Potter is a good candidate for the study because her cancer has unfortunately spread to several parts of her body, including her liver and lungs. Doctors have also determined that a low dose of chemotherapy will help the immune system so that it does not attack the body’s own cells. Potter is excited to be part of this study as it could not only cure her cancer but potentially develop a cure for the rest of the world.

**Congress Updates**

**Gym Dress Code**

Student Congress hosted special guest speaker, Ed Laprey, coordinator of the gym, to address concerns over the new dress code policy in the gym. Laprey said the “new policy,” which prohibits selecting clothes in the gym, is actually not new. He argued that dress codes are typical of all facilities and are made to protect the longevity of the machines. The dress code has raised controversy among the student body. Laprey said he is open to communicating and receiving feedback from students moving forward.

**Role of Class President and Treasurer**

Student Congress passed changes regarding the presidential role on SRW Core and Commencement Core. The president shall:  
- Serve as the co-chair of all committees and assist in the selection process of said committees (i.e.: Senior Ring Weekend and Commencement Core Committees).  
- The President of the sophomore class will not remain on Senior Ring Weekend Core if not reelected for junior year.  
- The President of the junior class must remain on Senior Ring Weekend Core until the event senior year; if he/she loses the election going into senior year or chooses to not run he/she will remain on the Core.  
- If the President of the junior class is not reelected for senior year he/she will not serve on Commencement Core; the elected senior class president will serve as Commencement Core co-chair.

Similar legislation was also enacted regarding the Treasurer position.

**No Tsunami after Earthquake in Indonesia**

Last week a 7.8 magnitude earthquake was recorded 500 miles southwest of Padang in Sumatra at a depth of 15 miles. The earthquake had originally been recorded at an 8.5 magnitude, which spread fear because of the devastating 9.1 magnitude earthquake that hit the island in 2004 and caused 220,000 deaths. Tsunami warnings have been lifted after a few days with no significant readings. Many of the buoys that measure wave movement in key earthquake areas are broken, which renders tsunami predictions useless. However, Thailand’s National Disaster Warning Center has lifted its tsunami warning because no impact has been detected.

**Worst Drought in Middle East in 90 Years**

Scientists have been studying tree rings in Cyprus, Israel, Jordan, Lebanon, Syria, and Turkey to determine previous drought history in order to compare to current conditions. The drought in the Middle East from 1998 to 2012 was not only longer than usual but was also significantly drier. The worst drought prior to this one is estimated to have been in 1100. If the Middle East is suffering a drought now, it is likely that the entire Mediterranean will suffer a drought as well. Climate scientists have determined that as a result of climate change and human emissions the Mediterranean will dry up in the future.

**Turkish Newspaper Zaman Taken Over By Government**

Turkish President Recep Tayyip Erdogan and his government have taken over the Zaman newspaper. Zaman was the biggest newspaper in Turkey, with a circulation that reached approximately 650,000. Due to the recent the takeover, Zaman will not be run by administrators. The government has given no explanation. It is thought that Zaman is closely linked to the Hizmet movement that seeks to overthrow Erdogan’s government. Protesters in favor of free press were targeted with rubber bullets as well as tear gas. The government now plans to wipe the newspaper’s online archive. The European Union has not released any major statement on the matter.

**Exploring and Celebrating Culture**

**Club Spotlight: Asian American Club**

by Sarah Gianni '18  
News Staff  
CLUB SPOTLIGHT

Many of the clubs and organizations at Providence College are geared toward the celebration of cultures and nationalities from around the world. Among one of the first ethnic-based clubs at PC is the Asian American Club, an organization that reaches back to the late ‘80s. Executive board member Brittany Price ’18 said that she has felt support and comfort within the club since she first joined during her freshman year. “The Asian American club has allowed me to explore and celebrate myself and my culture through culture, and social interactions. The worst drought prior to this one is estimated to have been in 1100. If the Middle East is suffering a drought now, it is likely that the entire Mediterranean will suffer a drought as well. Climate scientists have determined that as a result of climate change and human emissions the Mediterranean will dry up in the future.

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Similar legislation was also enacted regarding the Treasurer position.
Students and Staff explore Ireland's Dublin and Killarney

by Daria Purdy '19
News Staff

This spring break, the Liberal Arts Honors Program took a group of 80 students to Ireland. The trip is an annual tradition for the program, whom students travel to locations in Europe in order to supplement their learning in their Development of Western Civilization classes. This year, Dr. Stephen Lynch, Dr. Suzanne Fournier, Dr. Despina Prassas, and Dr. Karen Holland accompanied the students on their trip.

The trip began with a five night stay in Ireland’s capital city of Dublin. The students stayed involved sight-seeing tours and excursions to local sights around Dublin, including the ancient monastery at Glendalough and the castle at Malahide and Howth. The students also enjoyed the restaurants, historical sights, and green parks of Dublin. They explored Trinity College and saw an Irish play, Juno and the Paycock by Sean O’Casey, at a local theater.

After the stay in Dublin, the group undertook a three-hour road trip to the western coast of Ireland and the city of Killarney. In Killarney, the students drove around the legendary Ring of Kerry, a scenic drive that allowed the students to take in views of western Ireland’s spectacular mountains and bays. Jenna LaChapelle ‘19, a participant of the trip, said of western Ireland, “I absolutely loved the old fashioned horse ride through Killarney National Park, and the views on the Ring of Kerry were the most amazing I have ever seen. I am ready to go back!”

The trip was organized through Go Ahead Tours, which provided an itinerary and two tour guides for the students. “I really loved the tour guides,” said Brid吉 Walsh ‘19. “They made the trip even more memorable and they were there to make sure everything went perfectly. Plus, they were a married couple, which made it even cuter.”

The trip supplements the Development of Western Civilization classes by allowing the students to actually visit the places they have read about in their classes. The trip also helps the students to experience and appreciate other cultures. Regarding the educational value of the trip, Jaclyn Fleener ‘17 said, “The trip also benefits all Providence College students by acting as an example of how to use your college education to approach the rest of the world. We need to understand different cultures, and this comes from appreciation of history, the arts, sports, food, language, and tradition, all of which are integrated into these educational trips. It is about both having the experience and continuing to learn about the world around you.”

Liberal Honors Program Takes 80 to Ireland

Bake Sale Raises Money and Awareness of Gender Inequality

Women Will Fights the Pay Gap through Cookies for a Cause

by Patrick Lovett '17
News Staff

Events

If you were walking through the Slavin Center this Monday, March 7, chances are you saw a table offering baked goods for sale—with rather discriminatory prices attached. Women were pleased to see they could buy a few cookies or a cupcake for 77 cents. Men, however, had to pay a little more: a full dollar for the same items.

Through these baked goods, Providence College’s Women Will Club was able to demonstrate the similar—and far more serious—issue of the wage gap. Females earn .77 cents on the male dollar, a disheartening statistic that Women Will hopes to change by raising awareness and money.

Colleen Gardner ‘16, Women Will president, said, “Through this event, we hope to not only educate PC students, but also raise money for The Wage Project, an organization that helps to educate women and provide them with skills to compete in the male-dominated working world.”

In addition to the lesson taught by the varying prices for baked goods, posters surrounding the bake sale demonstrated gender inequality through facts and figures from the working world. For instance, one poster read, “Over the course of her career a woman working full-time in the U.S. will lose $431,000 because of the wage gap.”

Pointing out the numerous posters, Gardner said, “Educating on gender inequality is especially relevant for 60 percent of this school, but for the guys too, it’s important to be educated on the real challenges facing women.”

As a senior, Gardner was also quick to note how the reality of gender inequality is rapidly approaching her fellow classmates. “For women that will be graduating and entering the workplace in a short time,” she said, “these numbers will become a reality.”

By the end of the day, Women Will member Kristen Rezuke ‘18 positively reported, “The bake sale went really well. We made a decent amount on the day and a lot of people that came said they learned from it.”

This is not, by any stretch, the first event Women Will has put on. Yet, despite the club’s prevalence and its numerous members, Gardner acknowledged that it is a lesser-known group on campus. “Somewhere,” she said, “we still fly under the radar.”

Those interested in women’s issues and participating in future events like this are encouraged to join Women Will. Club meetings are at 8 p.m. on Wednesday in Feinstein 403.
If Mesopotamia Is the Cradle of Civilization, Then We’re the Cradle of Journalism. Apply Today!
New Diversity in DWC
A Response to Dr. Anthony Esolen

by Edward Walrod ’16
Opinion Staff

DIVERSITY

If you are like me, you come from a mixed background of eastern and western cultures. I was born and, for a time, lived in Seoul, South Korea; with my Korean mother and my white, American father. Part of my eastern heritage was heavily influenced by the Confucian-Judeo-Christian principles that both my parents tried their very hardest to instill in me. One such principle was near absolute obedience to your elders, such as parents, grandparents, teachers, peers, and professors. To question or even spark debate with a professor would, in my eyes, cause extreme dishonor to both me and the professor in question. Thank you to my peers at Providence College who taught me that questioning is fine and should be encouraged—which is why, in light of criticism I know I will receive from my peers and academics alike, I would like to examine Dr. Anthony Esolen’s article and other opponents of DWC in light of recent protests. This shouldn’t be taken as an attack on Dr. Esolen. Certainly he is a professor of great expertise whose work I deeply respect.

Esolen’s article and other opponents of DWC argue that adding in Eastern, African, and other civilizations would further dilute and take away from the already stretched resources. Dr. Esolen is right in so far as adding other civilizations could potentially undermine the core of the DWC program. However, because it currently does not work in tandem with how its own philosophies developed, Eastern and African philosophies can only truly understand works such as Aristotle’s. DWC doesn’t teach you that rich, white males. Diversity seeks to bring in different perspectives than those who have traditionally defined the parameters of holding power or influence. Under this definition, learning about pagan Vikings may qualify as history but is of questionable diversity in the larger context. For the accusation of a politically motivated faculty Senate, I believe the purpose of that statement was to underline the core of some members who stand with students in seeing curriculum issues. This also weakens the argument of professors whose area of study is not in Western thought or civilizations.

In questioning or by the Confucian-Judeo-Christian principles because it does not acknowledge the foundations of Western civilization itself. We need to be able to question or criticize our own civilizations and their interactions with the West without knowledge of its interactions and cultural adaptations from Eastern, African, and ‘New World’ civilizations. We fail to understand the lessons that can be learned from them because we do not know how they formed.

When the further I progressed in my college studies, the more I realized how lacking DWC was. Much of Dr. Esolen’s article and other opponents of DWC change the use argument that there is a need for this kind of wider range of knowledge. DWC itself is limited in its understanding of world cultures. DWC lacks depth, not because we can’t discover every minute detail of Kant (or any other philosopher) on every page. It is limited in its understanding of world cultures because it currently does not work in tandem with how its own philosophies developed. DWC, in its current form, cannot understand the foundations of Western civilization itself. We fail to betterment and further understanding what truths are relevant to this continued discourse.

Off-Campus

PHOTOS COURTESY OF LIV D’ELIA ’19

A Response to Dr. Anthony Esolen

PHOTOS COURTESY OF WORDPRESS.COM

An Alternative Spring Break
Why You Should Build Instead of Beach

by Francis Hannon ’17
Guest Writer

Each year, Providence College teams with Habitat for Humanity to participate in the Collegiate Challenge, a nationwide movement in which universities across the country send students to work with Habitat for Humanity during their spring break. This year, Providence College sent 12 groups of 10-15 people, a showing that compares closely in size to universities with much larger populations, which club President Emily Dillon ’16 says “should be surprising, but makes total sense after witnessing the dedication and passion that all of us have.” With help and coordination of Campus Ministry, the Providence College chapter of Habitat for Humanity provides students the opportunity to go out and do some meaningful service while bonding with peers whom they may have never met otherwise.

I spent a week in Kintanng, Pennsylvania, working on refurbishing a house for a family to eventually move into. My group stayed in a local church, and had all of our meals generously prepared for us by the local affiliate working for Habitat for Humanity, as well as a host of local churches. Each day, after a long workday, we were received by kind and joyful hosts in churches across the town who had taken the time to cook for us. It was invigorating to be received with this immense generosity, being welcomed into the town with open arms. Each evening, we would go back to our temporary home tired but satisfied, and reminisce with our new friends about how the day had gone. Though we were tired and not sleeping at home in our beds, there was a feeling of contentment that only comes through knowing you have done something worthwhile with your day, which we could not have gotten from a leisurely day spent at home.

While students choose to go on Habitat trips for a variety of reasons, all seem to come away from the trip with a few common sentiments. Megan Yaeger ’19 described her desire to go on the trip by saying, “I wanted to take the opportunity to meet new people from PC while making an impact on the community.”

Yaeger’s desire to see how the group as a whole could come together to accomplish so much and create amazing new friendships on the way.” Yaeger’s commentary is one of the commonalities students feel in going on Habitat trips. Students experience a sense of satisfaction that, in a very small way, they have done something worthwhile with their day, which we could not have gotten from a leisurely day spent at home.

Habitat for Humanity is not a week on the beach or in bed; it requires work over spring break. But it has rewards which are unique and perhaps more integral. Another benefit as Yaeger describes, is the bond students form with their peers through shared service. In just a week, they get to know each other on a deeper level, return to school with more friends at PC than they had when they departed.

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London Town Friar
A Different Approach to Education

by Carolyn Walsh '17
Asst. Opinion Editor

As I write this, it is hard to believe that I am already nearly two months into my semester abroad in London. The city is starting to feel like home, somewhere I feel completely comfortable and confident belonging. Coming into the semester, I had no idea that experience abroad has provided me with an opportunity to reflect on what I have come to learn from living the life of a university student in London. Last week, as the students of Providence College enjoyed their spring break and got their tan on, across the pond it was “reading week” at my university. Everyone had no classes, my professors made it clear that this week was not just a break; it was meant to allow us students to catch up on required reading and to start preparing for end of term coursework and exams. As much as I love the pressure and stress of semester finals and exams, I was also amazed by how much more politically knowledgeable the Irish students seemed to possess a broader political involvement within the political affairs of their own country. And amongst other students on the trip, I don’t believe I am alone in admitting this.

Perhaps I am biased or misguided in saying this, but the young Irish students we met truly did seem so much more politically knowledgeable and active—not because they were so passionately involved in their own national politics, but because they had such a strong grasp of the current state of American political affairs as well. This discovery of Irish students’ political knowledge not only provided another aspect of Irish culture that amazed me, but also made me question our own political affairs. And amongst other students on the trip, I don’t believe I am alone in admitting this. Although education style might not be a language universally shared between the U.S. and the U.K., I know I am lucky I get to experience some of the best of what both countries have to offer.

Activism Across The Pond
Americans Should Be Aware of International Politics

by Sarah Kelley '18
Opinion Staff

During our first night in Dublin while walking around the city, not only were Irish students vocally discussing their own politics (with the recent parliamentary elections having just taken place)—they also began discussing with PC students (once they realized we were from the States) the state of American political affairs. After being asked where we were from, a friend of mine answered Vermont. Immediately the Dublin students who we were talking to cried, “Berniee Saaanders!” and began asking about the politician and his platform. Similarly, when another PC student answered she was from New Jersey, a student from Dublin began to talk about Chris Christie and his political views. The Irish students even mentioned Donald Trump’s name during our discussion of possible presidential candidates. Should I have been so amazed by how knowledgeable the Irish students were about American politics?

Seemingly, the student from Dublin was not alone in his excitement and interest in understanding other countries’ politics. On the trip, I don’t believe I am alone in admitting this. While I cannot deny the importance of having a strong grasp of the current state of American political affairs as well. This discovery of Irish students’ political knowledge not only provided another aspect of Irish culture that amazed me, but also made me question our own culture in terms of what sort of political knowledge we value more than others. While I cannot deny the importance of having a strong grasp of the current state of our own political affairs, perhaps some of us can learn something from these Irish students in recognizing the value in understanding other countries’ politics as well. Not only should we value the importance of being politically active within our own nation, but we should also begin to foster a greater awareness of politics abroad as well.
Taunting Rhetoric Takes Over Media
Distracts During Presidential Race

by Matt Tinsley ‘16
Opinion Staff

"Donald [Trump] is not going to make America great again; he’s going to make America orange,” joked Senator Marco Rubio to a laughing crowd in Virginia last week. Rubio was, of course, referring to Trump’s spray tan, which has turned the Republican candidate a shade of orange. Such childish and lowbrow humor, heard mostly in schoolyards at recess, has certainly found a home in our culture today. While taunting and name-calling are hardly new phenomena, they seem more common and widespread than ever before. We find insulting discourse exchanged between our athletes, musicians, and, now, sadly, our presidential candidates. This article asks, what role does mockery play in our culture today? If insults and put-downs are more common now, what might that say about our attitudes as a people?

Consider a few recent examples of mindless name-calling and taunting in our culture. Two mixed martial arts fighters, Connor McGregor and Nate Diaz, fought last Saturday night in what was a record-breaking night for the Ultimate Fighting Championship. Millions of fans tuned in to watch the fight, and millions were paid to each fighter at the night’s end. The insults exchanged by McGregor and Diaz in the weeks leading up to the fight doubtlessly contributed to the record viewership. At a press conference in Las Vegas, McGregor insulted Diaz, calling his tough-guy persona “fake” since he coaches kids’ Jiu Jitsu and enjoys biking as a hobby—the crowd went wild. McGregor also joked punk at Diaz’s “low” income, which was nearly $40,000 for his last fight. None of this mockery has anything to do with their professions as fighters, yet we still see name-bashing and taunting.

In his most recent album, The Life of Pablo, rapper Kanye West takes aim at Taylor Swift. West claims that Swift owes her success and notoriety to him, namely because of the famous incident at the VMA Awards in 2009, in which West interrupted Swift during her acceptance speech. Swift fired back at West during the Grammy’s this past month, suggesting that the rapper’s claim was false, self-serving, and, perhaps, misogynistic. Though this exchange of insults is entirely irrelevant to their artistry and talents as musicians, it seemed to dominate the most popular headline from the awards show.

And now, we find similar taunting and slandering in the rhetoric of our presidential race. We have candidates, who are expected to lead our nation and set an example of professionalism and integrity, speaking about the hand-size of competing nominees. The impact of this name-bashing is that the candidates become more like celebrities, comedians, entertainers—and the attention is on their humor and showmanship, and not their policies. While argumentation and disputation are critical for progress, they must not be replaced by a name exchange of jabs and put-downs. The stakes, namely the welfare of our country, are simply too high for us to be distracted in this presidential race.

The Effectiveness of the Facebook Politician
No Post Can Replace The Vote

by Daniel Barton ‘18
Opinion Staff

Every four years, when the presidential elections come around, Americans everywhere look to any and all available resources in order to decide which candidate deserves their vote. Traditionally, those resources were limited to media outlets such as newspapers and TV, resulting in most people being relatively private about their views beyond a simple yard sign or bumper sticker. With the outbreak of social media outlets, particularly Facebook, people, especially young, college-aged adults, are getting more and more public and are seemingly becoming more and more active in their political beliefs. Is this a good thing?

Sure, young people becoming more politically active is promising for the future of our outstanding nation, but is using social media as a source really the best means by which this increase in activity should be achieved? For example, while cable news stations such as FOX, NBC, and CNN are accused of being wildly biased, there is no denying that a privately run Facebook page that claims a political agenda is free to exhibit much more bias with fewer credible sources that must back them up. This results in the spread of one-sided information that, more often than not, is a free, shaky attack on the opposing parties’ views.

This new aged version of political activism leads to young people’s minds getting too drawn in to one side of an issue; they lack a good understanding of certain issues as a whole. For example, a Facebook user could, and often does, follow various pages and people that only strictly agree with their views. This puts the next generation of future politicians in a tough spot in regards to dealing with one of Washington DC’s biggest problems: bridging the wide gap between parties and their corresponding beliefs.

Another big issue with this phenomenon is that some young individuals take the ability and willingness to express their feelings toward certain candidates as a replacement for giving them their vote. People can litter their friends’ Facebook News Feeds with videos and memes that compare Donald Trump to Hitler or call Hillary Clinton a rotten liar all they want, but there is simply no replacement for getting out there and voting come election day.

"I go to school in a different state" or "My vote will never count" are common excuses given by these Facebook politicians, but setting up an absentee ballot is definitely not as time consuming as finding a picture that perfectly describes how you and Bernie Sanders both share the same views on immigration.

The political climate is heating up again, and a lot of things are expected to change in Washington come next year. One thing that is guaranteed not to change, though, is the fact that Facebook shares and pictures about "what the Second Amendment means to you" will never actually count for anything on election day.

Showing support for your candidate is great, but it means nothing if you are not actually casting your vote for them, so put your phone down, put your computer away, and get out there and vote!
With Great Power Comes Great Transitions

by Gabriella Nigro '16
Associate Editor-in-Chief

EDITOR’S COLUMN

I start every editorial in exactly the same manner. I talk about a current holiday or event, I stray away from the politics, and I always emphasize the jarring amount of time left in the semester. I have successfully created the perfect algorithm to whip up my bi-publication pieces in no time on Wednesday afternoons.

It is therapeutic, in a way, to sit down and write under pressure—a luxury at all. Kathleen and I get no prompts, no guidelines, and no suggestions. Perhaps sometimes I forget that I have the power to write whatever I choose (usefully), and no one can stop me. As Uncle Ben said in Spiderman (Toby McGuire, not the new guy…). “With great power comes great responsibility.” Although Kathleen and I are only one mere aspect of the entire paper, it is our duty to make sure this ship does not sink. Yes, we rigorously check content and make sure every article remains stimulating yet respectful, but we try not to patrol. We let our writers and section editors freely cultivate their own individual ecosystems to what best suits them. Yes, at times we get incredibly controversial topics, and sometimes we have to pull pieces; but what good is a paper if it does not get kids talking? I mean, that’s why we publish pieces on Clinton v. Trump, am I right? Kidding…

And as this year wraps up with a whopping seven more weeks until the last day of classes, new hands start to trade places. The learners become the teachers and the underclassmen become upperclassmen. Staffers become presidents and executive board members, and then in no time at all, those new leaders must find their replacements. It is incredible that from 18 to 22 years old, we experience the process that we will continue to witness for the rest of our lives.

Kathleen and I are in the process of choosing leaders to take our spots before May. No, this isn’t my “It’s going to be so hard to let go” editorial. But it’s getting there. Yet, I look at the applicants, no, the amazing people I have worked to learn and befriend, and I know that insofar as it will be difficult to leave, every rising leader inherently knows their power.

The Cowl 10
TOP LEFT: Students have the opportunity to learn about cancer, Relay for Life, and how to participate in the event, sponsored by Colleges Against Cancer.

TOP RIGHT: Students view the film Undocumented and discuss the difficulties that come with immigration and citizenship, sponsored by Office of Institutional Diversity.

BELOW: Students gather together, enjoy coffee, and learn how to get involved on campus, sponsored by Urban Action.

ABOVE: Alyssa Rizzo tells students about how she overcame difficulties to become a successful woman in the business world, sponsored by PC Women in Business.

BELOW: Professors and students gather to discuss and increase awareness about the wage gap and gender inequality in the workforce, sponsored by BOP.

BOTTOM RIGHT: Students gather to support the Men's Basketball Team for the Big East Tournament, sponsored by Student Activities.
What is your favorite drink at Dunkin’ Donuts/Starbucks?

“Iced dark roast with cream, sugar, and caramel.”
Michelle E ‘16

“Iced coconut mocha with cream and iced latte with whole milk, caramel, and coconut.”
Delfina Mancebo ‘18 and Mark Stutzmann Jr. ‘18

“Iced coconut mocha with cream and iced latte with whole milk, caramel, and coconut.”
Delfina Mancebo ‘18 and Mark Stutzmann Jr. ‘18

“Water with two ice cubes with lemon.”
Justine DeVerna ‘18 and Brendan Delia ‘18

“Caramel macchiato and iced coffee with vanilla swirl.”
Chris Campanelli ‘19 and Liz Petretti ‘17

“Mocha frappuccino and iced coffee with cream and sugar.”
Dan DeMauro ‘19 and Peter Jacques ‘19

“Frappuccino, frozen hot chocolate, and iced coffee.”
Nhat Vo ‘19, Matthew Gentile ‘19, and Brian Sailer ‘19

“Iced Coffee.”
-David Ortiz

Photos Taken By Kimberly Lezama ‘18, Assistant Photo Editor
Introducing Zoella
A look at Britain’s most popular female YouTuber

by Lizia Alves ’19
A&E Staff

SOCIAL MEDIA

What started as a hobby and a fun way for 25-year-old YouTuber Zoe Sugg to display her love of beauty soon became her career and rise to stardom. Sugg began making videos seven years ago in 2009 at her home in Wiltshire, United Kingdom, after she turned 18 and experienced her first panic attack. Filming herself doing make-up looks and hauls became a way in which she exerted control over life, or “vlogs.”

Sugg currently lives in Brighton, the UK’s second largest city, with her boyfriend Alfie Deyes, also a YouTuber, and her pug, Nala. In 2013, she was named one of Britain’s most influential Tweeters by The Telegraph. Sugg has won numerous awards, including Nickelodeon’s Kids’ Choice Award for “Favorite Vlogger” and the 2014 Teen Choice Award for “Choice Web Star: Fashion/Beauty.” “Zoella” is also YouTube’s 50th most subscribed to channel.

Sugg signed a two-book deal with Penguin Books in 2014, which included her debut novel Girl Online that was released on November 25, 2014. The novel achieved the highest first-week sales for a debut author since records began in 1998, and as of December 2014 it was also the fastest selling book of the year. The sequel to the novel, Girl Online: On Tour, was released on October 20, 2015. Along with two best selling novels, Sugg has also launched a range of beauty products under the brand name Zoella Beauty. The bath and beauty line launched the biggest one of the year. She currently has over seven million followers on Instagram alone, and dedicates time to her online blog, zoella.co.uk, along with her two YouTube channels.

Sugg is considered to be a great role model for young girls and boys with parents in the United Kingdom because of her personal experience of suffering from anxiety. She openly talks about her anxiety and seeing a therapist in her YouTube videos to promote the message of being one’s self and facing one’s fears. She has been named the first “digital ambassador” for Mind, a mental health charity.

British YouTuber Zoe Sugg.

Photo courtesy of zoeysuggs.

Her brother, Joe Sugg, also known by his YouTube channel’s name “ ThatcherJoe,” has succeeded on YouTube as well. He has over six million followers on his main channel, nearly three million on his second channel “ ThatcherJoeTV,” and over one million on his third channel “ ThatcherJoeGames.” YouTube seems to have done great things for the Sugg clan and their followers.
Kendrick Lamar Drops Surprise Album

by Ryan Charland ’18
A&E Staff

MUSIC

Kendrick Lamar has had a big year. His last album, To Pimp a Butterfly (2015), was a critical smash, winner of the Grammy for Best Rap Album, and a close contender for 2016’s Album of the Year. Not content to rest on his laurels, Lamar surprised delighted fans this past Friday with the release of untitled unmastered.

The new album is an odd beast. While most of its tracks are unused demos from To Pimp a Butterfly, they are fresh and varied enough to constitute a follow-up to that album. This is not Lamar rehashing last year’s success in a cash grab.

untitled unmastered. takes the heavy bass lines and smooth sound of Lamar’s previous effort and runs with it. Tracks like “untitled 05 | 09.21.2014.” have a darker funk than most of the songs on To Pimp a Butterfly (an impressive feat), complimented by collaborators like saxophonist Kamasi Washington and Thundercat. In particular, “untitled 06 | 06.30.2014. (feat. Cee-Lo Green)” feels like Kendrick reached into the 1970s and pulled out the perfect instrumental for Cee-Lo’s vocals.

This new release is not a concept album like To Pimp a Butterfly. Rather, these tracks were recorded over the course of several years, united by a similar sound rather than a lyrical theme. Some tracks are less polished than others, with “untitled 07 | 2014 – 2016” standing out as a peek into the recording studio. There is a jarring jump from that track to the album’s crown jewel, “untitled 08 | 09.06.2014.” The track has some echoes of “King Kunta” in Lamar’s vocals and the driving jazz beat, though it is a bit more upbeat musically. Thundercat’s distinct bass drives the song along wonderfully, contrasting the rather downcast lyrics detailing a young woman’s struggle to survive.

untitled unmastered. does not shy away from the sociopolitical issues that are central to Lamar’s work. He rejects shallow songwriting, choosing instead to tackle poverty, inequality, the rap industry, and more in this short compilation. The combination of powerful lyrics and unique jazz instrumentals earned him his Grammy, and he is continuing to develop and evolve. If anything, untitled unmastered. is further proof that Lamar is one of the most interesting voices in contemporary rap.

Whether you consider it a mixtape, a demo compilation, or a whole new album, untitled unmastered. is worth a listen. The entire album is available to stream via Lamar’s website, as well as for purchase from Amazon or iTunes.

Let’s Rave

This Week:
Khloé Kardashian’s Transformation

Socialite Khloé Kardashian making an appearance at OAK Nightclub. PHOTO COURTESY OF SHOPHIO.COM

by Kelly Laske ’16
A&E Staff

CELEBRITY

When checking any of your social media outlets, it is hard to scroll without coming across an article or post on the Kardashian family. A majority of the comments following these posts are from people begging that the family disappear from their News Feeds. It is the materialism, the surgically altered faces, and the drama that is causing people to throw their hands in the air. With political changes and faltering economies all over the world, how is it that Kim Kardashian’s pregnancy continues to get more buzz than conflicts in other countries? Most recently, the sister that has taken the media’s attention is Khloé — the one sister who was always viewed differently for her relatable body type. In a matter of months, Khloé has completely slimmed down to an almost unrecognizable figure, ultimately putting herself in the same category as her other beauty and body-crazed sisters.

By writing this, I am ultimately working contrary to the issue of having too much unnecessary buzz about the family, but another side to the story of what Khloé is doing needs to be heard. Unlike the other sisters, Khloé has always had the most realistic body type. With the pressures of being a socialite in Hollywood, she always flaunted her figure with her head held high. In many cases, she has revealed her body struggles and self-consciousness to the media remaining true to who she was. With stick-thin sisters like Kendall and Kylie who are often praised for their bodies, Khloé has been surrounded by women who are famous for the way they look.

Recently, Khloé has been appearing on magazine covers, Instagram posts, and television talk shows with an almost completely different body. While she looks absolutely stunning, it almost feels like fans have lost her to the dark side. Just last week, fans noticed that a picture she posted on Instagram was photoshopped to make her leg look thinner. Realizing that the media was already onto her, Khloé has been surrounded by women who are famous for the way they look.

It is a debatable topic of conversation, because while you want to be happy for her for getting her body to a place she wanted it to be, you cannot help but wonder why she actually changed herself. Was it because of the pressures of the media or was it for her own personal health? Khloé has so many fans due to her outspoken personality and for showcasing that she has to work contrary to the issue of having too much unnecessary buzz about the family, but another side to the story of what Khloé is doing needs to be heard. Unlike the other sisters, Khloé has always had the most realistic body type. With the pressures of being a socialite in Hollywood, she always flaunted her figure with her head held high. In many cases, she has revealed her body struggles and self-consciousness to the media remaining true to who she was. With stick-thin sisters like Kendall and Kylie who are often praised for their bodies, Khloé has been surrounded by women who are famous for the way they look.

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It is a debatable topic of conversation, because while you want to be happy for her for getting her body to a place she wanted it to be, you cannot help but wonder why she actually changed herself. Was it because of the pressures of the media or was it for her own personal health? Khloé has so many fans due to her outspoken personality and for showcasing that she does not care what other people think, but with her new figure and the attitude surrounding it, I cannot help but wonder if being a member of this body-obsessed and materialistic family is what ultimately changed her to fit that mold.
The Rising Problem of Social Media Hoaxes
by Olivia Walsh '19
A&E Staff

Facebook is home to viral videos of dogs singing, fabulous foods that can be made in under 20 minutes, and highlights of Donald Trump’s weekly absurdities; many people depend on Facebook for updates on their friends’ lives, the current election, and Hollywood news. While we all know not to believe everything we read online, when something is shared by seemingly all of our friends it is hard to keep from believing that it could be true.

In the past few months, social media sites such as Facebook have been bogged down by hoax stories of celebrity lives. In particular, the links are more often than not from a site called “The McKenzie Post.” These posts have claimed that Justin Bieber is moving to Oregon, Angelina Jolie and Brad Pitt are moving to Newport, Rhode Island, and, most recently, that Miley Cyrus is moving to Boston. While most people brush these hoaxes and links off and do not think twice about them, it is interesting and concerning to consider how easily lies are spread over the Internet. I personally assumed the news that Cyrus was moving to Boston was true, got very excited, and was eventually let down when I realized it was just another hoax.

While celebrity news is not that important in the grand scheme of things, “The McKenzie Post” highlights a real and terrifying problem with social media. Due to their millions of users, Facebook, Instagram, and other social media sites have become highly influential. Whether one admits it or not, what we see on the screen impacts how we think and what we perceive to be true. Maybe Angelina Jolie and Brad Pitt are not moving to Newport and the lie makes fans disappointed, but that does not cause any real harm. What it does do is make us ask the question: what other things on the Internet, perhaps far more serious, are also lies?

Indoctrination and propaganda are scary words that we tend to shy away from, afraid of seeming like either conspiracy theorists or anarchists. However, those things do play a role in our everyday lives. It is easy to be dragged into what everyone on the Internet is saying, but it is becoming increasingly important to think for ourselves and to not let the opinions of others influence our own too much.

“The McKenzie Post” may seem harmless in nature, and it probably is, but it brings up valid questions about social media as a whole and how it can impact our perceptions of the world. If people can believe a random Facebook post about Miley Cyrus moving downtown Boston, there is no telling what else they will believe and hold to be true. Social media is a great tool that can be used for many positive things, but it also has the power to manipulate and twist the truth.

Quantico Mid-Season Premiere
by Kealy Robertson ’16
A&E Staff

ABC’s new show, Quantico, has captivated audiences across America. The show focuses on soon-to-be detectives for the FBI as they work to prove their worth in the organization. The show’s main character, Alex Parrish, cannot catch a break as she tries to solve the mystery of who blew up Grand Central Station in New York City.

At the end of the winter finale, dramatic irony was created as the fictional world believed that Parrish was responsible for the explosion while the audience knew she was innocent. Sunday’s mid-season premiere begins three months after another explosion, which took place in the last episode and killed 32 people. Agent Elias is determined as the man behind both bombs, and the FBI wants Agent Parrish to testify that Elias was the one and only mastermind behind the terrorist attacks; however, it seems as though Parrish cannot form those words, as she cannot believe that Elias could have acted alone.

With a range of flashbacks and present images, Quantico keeps its audience questioning what the truth is. Parrish cannot let go of the fact that Elias’ last words before throwing himself out of a window were, “Tell her I thought I didn’t have a choice.” Elias’ words have stuck with Parrish and ignite the elements she was taught to consider as a trainee: “Just because you don’t find the evidence, doesn’t mean there isn’t any.” With Sunday’s episode titled “Alex,” it is evident that the main focus will be on Parrish and how she handles both the situations back at Quantico and everything that is occurring with the trial. It is also important to mention the smaller storylines within the episode, such as the interrogation of Charlie after his kidnapping, where it is obvious that he must be hiding something too. The relationship between Shelby and her conartist sister is still not over and there seems to be another storyline developing between the two as Shelby is unable to let her fake sister go.

The spring season of Quantico will, without a doubt, be as riveting as the winter premiere of the show. The episodes will have to be closely watched in order to understand what will happen next and Agent Parrish will have to prove herself to the FBI as she acts on her own yet again.
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insecurity, clear notions of what they hate.
they appear less than sophisticated.
a beautiful young optimist;
loved everything life had to offer.
licked her lips, revealing attack.
placed her hands and leaned close.
killed love devoted to controversy.
effortless things learned the hard way.
led to believe mistakes were capital crimes.
compelled by the most gothic tranquility

Dedicated to WHM II
**A Night Out**
by Matthew Farrell '17
Portfolio Staff

Shadow craves life,
Hollow shell of former self,
Ego crushed,
Membrane severed,
Thoughts race in broken conscience,
Bruises appear as apparitions,
Nothing but a ghost with no spirit,
A body caught the eye
Of an animal craving,
A force brought fierceness bubbling over
On top of the prey, salivating.
Fear in her eyes
And no way out.
Surviving a vicious attack,
An ordeal, yet after agony asked
“What were you wearing?”

**Chatter**
by Branan Durbin '16
Portfolio Editor

Her ears pinpointed the friend’s voice she was trying to listen to. She caught most words here and there, piecing together the story flowing past her into the air, something about a guy, or friends, or maybe work? Co-workers? Companions? Either way, she wasn’t grasping enough to actually follow, so she just nodded and sipped her coffee and tried not to let her eyes wander.

Normally she could understand more, could fathom fluency, but this place was so loud, the whirring of beans being ground, the collapsing of piles of plates and coffee cups into the back kitchen, and the door constantly squeaking open and closed with heavy footsteps in and out, with the bell above it constantly ringing at each departure and arrival, and the talking, all the people talking, with their voices of indiscernible chatter filling her ears like cottonballs and placing a glass wall between her and the friend on the other side of the narrow table.

Her thin fingers grasped the coffee cup more tightly, interlocking around it. She focused her eyes intently at the center of her friend’s forehead, focusing, listening, straining, and yet looking more through her friend than at her, becoming more distant for her efforts.

“Do you want to go?” the friend asked, finally in words like music, loud and clear, a familiar melody to her tired ears.

She smiled sheepishly and nodded, and the two went through the ringing bell door and into the soothingly cold, empty February air.

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**DOGGED EQUALITY**
by Dawyn Henriquez '19
Portfolio Staff

And as the wolves descended I knew. I knew that my life, the one I lived up to that point, was over. I knew that I would never be the same again. Who I was at that moment, who I was deemed to be—that person stopped existing, wiped away by pale hands and a minority of dark ones. And I had never been happier to know that my life was about to receive irreparable damage.

And as the wolves descended I knew that that moment was the freest I had ever felt as a person of color in a world that looked down on any pigmentation in one’s complexion. Those wolves did not see a black man whom they were going to tear to pieces because of his color or where his family came from, they simply saw a man—a creature of the world who, just like them, breathes air, feels lust, and feels rage. They wanted to destroy me, rip my limbs apart and leave a trail of gore in their wake. I could see it in their predatory eyes, sizing up my shivering corpse.

And yet I felt more accepted among them, my soon-to-be murderers, than I would in a room of my fellow flesh. These wolves were going to kill me just as they would any other person, with or without melanin in their skin, because they understood what those others did not: we human beings are the same. Adrenaline seeped into my bones bidding me to run, but my mind was frozen in place. Magma spewed from the oppressed geyser of courage within me. Courage that had long been closed off by wrought iron fences that spoke of subliminal signs that said “whites only.” At that point I was just watching; a pair of disembodied eyes witnessing the scene unfold in the dark.

My death? Inevitable, that much was clear. And somehow in the murk that was my mind I found a glimmering sliver of peace. I remembered the story of a poor soul who once found joy in pushing a boulder up a mountain for eternity, an unjust punishment, as the underworld, and the life he left behind, churned all around and above him. One must imagine the doomed man happy; one must imagine me happy, even if it took my death to feel equal to those who made me feel my life wasn’t worth living at all.
Listomania

Spring Break: Expectation vs. Reality

<table>
<thead>
<tr>
<th>Expectation</th>
<th>Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply for jobs related to your major</td>
<td>Scream about not knowing what you’re doing with your life</td>
</tr>
<tr>
<td>See corners of the Earth that you’ve never seen before</td>
<td>See corners of your house that you never want to see again</td>
</tr>
<tr>
<td>Get a sweet tan on the beaches of Punta Cana</td>
<td>Get a sunburn from your computer screen</td>
</tr>
<tr>
<td>Listen to exotic music and dance in the night air</td>
<td>Get yelled at by your mom to take the trash out</td>
</tr>
<tr>
<td>Do homework and get ahead</td>
<td>Watch all of Friends on Netflix</td>
</tr>
<tr>
<td>Go with your friends on a quality-time getaway</td>
<td>Spend the maximum amount of hours available at work</td>
</tr>
<tr>
<td>Read a book for fun that you’ve been putting off</td>
<td>Read 12 different Buzzfeed articles about cats</td>
</tr>
<tr>
<td>Watch the Republican Debate</td>
<td>Watch three hours of bickering</td>
</tr>
<tr>
<td>Have a long, restful week to recharge and reenergize</td>
<td>Have a split second before going back to school</td>
</tr>
</tbody>
</table>

Farewell to Spring Break

by David Martineau ’18
Portfolio Staff

From a week-long spell of grateful rest, Free of the pains of essay, class, and test, Filled with travels from East to West, We return, some with joy, some in protest.

Gone are the days where we lay in the sun, Wasting our time in celebration and fun. With backs bent by books weighing a ton, We return, our brief rest over and done.

Class and seminar their routines renew, With weeks yet ahead for us to get through. But ahead lies the end, just within view— We return, knowing the days left are but few.

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff and Earl,

I’ve had a bit of a problem recently. As schoolwork and classes consume most of my life, I can only fit an hour into my schedule for exercising/working out/keeping fit. Except that amount has halved as of late because of the new bouncer they hired to man the door. I couldn’t help but think, “Okay, since when has a gym ever needed a bouncer?” I haven’t gone a day without arguing with him about how I’m not allowed in. Some of the gems he has told me have been along the lines of, “You don’t appear athletic enough,” “This is a gym, not a club, miss,” and my personal favorite, “Come back when you look like you’ve stepped out of a sci-fi flick.” Is it too early to throw in the towel and start paying to go to the gym off campus? My non-sci-fi thighs haven’t flexed in a week.

Sincerely,
Sensual Shoulders

Dear Struggling with Sexism,

Is this gym the Concannon Fitness Center and is this bouncer the newly enforced dress code at said center? Or is this a clever metaphor for the meat heads who inhabit the gym and (yes, behind your back) make fun of you for not being on the copious amounts of questionably legal substances that pervade the gym? If you’ve answered “yes” to these questions, welcome to PC, where dress codes eliminate 80 percent of viable female workout attire and blame revealing clothing—not perverted minds—for the moral degradation amongst our generation, both while being consequently announced on International Women’s Day. LOL, don’t you absolutely love divine, coincidental timing, while consequently encouraging raging narcissism among the few genetically and drug gifted? Welcome to PC, where nothing makes sense, including this advice column run by two questionably sane people and/or deers.

If you answered no, then you go to a typical gym-nightclub hybrid. Deal with it. Or as PC’s administration would say, “Put on a Victorian workout gown down to your ankles and sweat your tears out.”

BTW, look at my hot bod. Size negative 300. I’m actually a black hole.

Sweaty hugs,
You-know-I-do-CrossFit-because-I’ll-tell-you-within-the-first-10-seconds-of-meeting-me-kind-of-like-a-vegan

Dear Lazy,

One word: Parkour. 6 a.m., every morning. Maybe 10 a.m. on the weekends. Make the time, no excuses. What’s more important, feeling good or thinking good? Exactly. Start yourself off with something easy, like climbing the library and then taking the roofs all the way to Al-Mag. Then gradually work your way up to climbing McVinney. On days you’re particularly ambitious, climb the cross on top of St. Dominic Chapel. It won’t matter if there’s a bouncer at the gym or not. Can’t get in? Climb your way in. Get kicked out? Just hop out of the nearest window and free run your way across the rooftops.

Meet you atop the capitol building,
Every Athlete Runs Lemons (Otherwise known as...EARL)

Disclaimer

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

Did you know that The Cowl gives free eighth-page advertisements to all campus clubs & organizations?

I hate to “sparrow” you the details, Jim, but I already knew that!

You’re not funny, Jerry.
Help Wanted

Security Officer for home of PC alumnus
Located in Johnston, off Hartford Ave
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$10/hour
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(401)323-6666

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Breaking News:
There is a brand new club here at PC! It’s called the Cyber Leadership Initiative!
Here at CLI we hold events and bi-weekly meetings to discuss the Social, Ethical, Political, and Legal implications of technology. Best of all it is open to All majors! Exec. Board openings available!

Topics to Explore
- Artificial Intelligence
- Copyrights
- Cyberbullying
- Cyber Ethics
- Cyber Law
- Cybersecurity
- Data Aggregation
- Hacking
- Neutrality
- Intellectual Property
- Internet Governance
- Internet of Things (IoT)
- Net Neutrality
- Privacy
- Whistleblowing
- Zero Days
- & Many More!

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Want to Learn More? Contact Us!

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Bruno Guiop
hguiop@friars.providence.edu

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Sports

Big East: Continued from front page

As we watch the results of the Big East Tournament unfold, let us take a look at the Big East contenders who will be within the field of 68 teams battling for the national championship.

Regardless of the outcome of the Big East Tournament, the Villanova Wildcats are slated to appear as a No. 1 seed during Selection Sunday of the NCAA Tournament. It is just a matter of where they play. Villanova has been a Top-5 team in the polls all season long, led by Josh Hart, Ryan Arcidiacono, and Daniel Ochefu, all of whom have earned All-Big East honors.

The defense and deep defensive aggressiveness of the Wildcats have been a staple of their team’s success as they boast a 1-0-4 record against teams within the Top-50 of the Basketball Power Index (BPI). Of all the Big East teams that qualify, Nova is projected to have the easiest route to a deep run in the NCAA Tournament toward the Final Four.

Making a strong case to be as high as a No. 2 seed in the big tournament bracket are the Xavier Musketeers. Xavier has had a surprising breakout season as they have shown their ability to compete with anyone within college basketball. The Musketeers went 6-1 in the Big East, and Steven McParland ’16, Tom Parisi ’16, Kevin Rooney ’17, and Brooks Behling ’16 have all combined for the Friars’ most successful regular season in Providence hockey history.

A victory against Villanova. This team will go as far as Trevor Bluett takes them, which is not a bad bet considering Bluett earned First Team All-Big East honors this season. If Xavier fans’ Coach Chris Mack can rally the rest of his team to push all the way to a Big East Championship, the selection committee has to consider Xavier as another No. 1 seed along with Villanova.

The Pirates of Seton Hall finished third in the Big East standings, mainly due to a regular season sweep of the Friars, who were right on the Pirates’ heels in the final Big East standings poll. This team relies on their potent offense to win big games, led by First Team All-Big East honoree Isaiah Whitehead.

Whitehead, along with three other starters for Seton Hall, finished the regular season scoring double-digit, a statistic that bodes concern for Seton Hall’s tournament-bound match-up if the Pirates’ opponent lacks depth and discipline on defense.

The wild card team to keep an eye on from the Big East is the Butler Bulldogs. Although Butler is considered a bubble team, their strength of schedule and Top-40 BPI ranking has them in position to be a tournament party crasher. Depending on the outcome of other matchups, coupled with a deep Big East Tournament run to the championship game on their own accord, Butler may have enough quality wins by Selection Sunday to convince the committee members that a fifth Big East team deserves to enter the field of 68.

Then, there are the beloved Friars. Our men’s basketball team has been riding on the shoulders of Kris Dunn ’17, and Ben Bentil ’18 all season long and it has brought tremendous results. Dunn and Bentil have together formed one of the deadliest duos in all of college basketball. Respectively, they finished first and second in the Big East Conference in points per game, making them unanimous First Team All-Big East selections.

Dunn has dazzled the entire college basketball landscape with his seamless attacks to the basket, ball-hawking ability on defense, leadership, and confidence. Meanwhile, Bentil’s rapid ascension to star status has been the biggest storyline for the Friars aside from the “Get it Dunn” campaign. His athleticism, smooth offensive game, and performance in clutch moments has positioned Providence as a formidable NCAA Tournament opponent.

Friars men’s basketball Head Coach Ed Cooley will need to find a third scorer, whether in the form of Rodney Bullock ’18 or Jalen Lindsey ’18, as more polished teams will aim to take away the Friars’ two main threats. The NCAA will most likely not have the Friars play a “home game” at the Dunkin’ Donuts Center in the first round of the NCAA Tournament. However, one would think the selection committee would do the Friars a favor, seeing as how last year the Friars had to play their first round NCAA Tournament game against the Dayton Flyers in the Flyers’ home state of Ohio. The tournament experts have the Friars slated between the No. 4 and No. 8 seeds in the Big East Tournament. A Big East Championship would significantly help the Friars’ chances to at least advance past the first round of the NCAA Tournament in Coach Cooley and the team’s third consecutive appearance.

There is plenty to look forward to as we enter sports’ most exciting month. The Big East Conference has proven that their qualified teams are just as talented as the likes of those from the Big Ten, Big 12, and ACC. Basketball programs and March Madness fans across the nation will be fixated on a TV screen this coming Sunday to see which teams will be matched against one another in one of the most unpredictable, exciting tournament fields in recent history.

Get your brackets ready, folks: it is that time of year again.

Men's Hockey Prepares for Postseason

by Joey Ciccarello '16
Sports Editor

MEN’S HOCKEY

For the Providence College Men’s Ice Hockey Team, the first weekend of spring break brought about a series with the University of Massachusetts on Feb. 26 and 27. The Friars entered the weekend with a slim chance at an NCAA Tournament berth. Friars men’s hockey Team doubled as senior night for nine Providence players: Saracino, Mangoia, Arcidiacono, and Daniel Ochefu, all of whom have earned All-Big East honors.

They are looking for their third trip to the Hockey East semifinals in four years, and have locked down their third straight trip to the NCAA Tournament. After hitting a rough patch in January, the Friars are rolling into the postseason and look even more potent than last year’s National Championship team.

John Gilmour ’16, Brooks Behling ’16, Tom Parisi ’16, Kevin Rooney ’16, and Steven McParland ’16. All nine played in the Friars’ eighth season title for the first time in school history.

In the first game of the series, the Friars looked sluggish out of the gate on offense; they failed to score for the first period, and headed into the intermission deadlocked at zero. Just six minutes into the second period, however, Nick Ellis ’17 and the Friar powerplay unit drew first blood; some two minutes later, Trevor Mangoia ’16 added a shorthanded goal and Providence headed into the third period up 2-0. Two Brandon Tanev ’16 goals in the third period provided extra cushion, and Providence cruised to a 4-1 victory. Nick Ellis ’17 was tremendous in goal, stopping 43 out of 42 shots, and the Friars outshot Umass 35-24 for the game.

The second game of the weekend series doubled as senior night for nine Providence players: Saracino, Mangoia, Tanev, John Gilmour ’16, Brooks Behling ’16, Tom Parisi ’16, Kevin Rooney ’16, and Steven McParland ’16. All nine played in the Friars’ eighth season title for the first time in school history.

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VILLANOVA

Villanova has proven year after year, especially during the last few years, to be the team to beat in the Big East Conference. Finishing the regular season ranked No. 1 with a 16-2 Big East record, the Wildcats will be able to enter the Big East tournament with confidence. With strong competitors like Xavier and Providence who both finished the season with winning records, the Big East is not a conference to be taken lightly. However, what these teams lack is the reliable offensive that Villanova brings to every game.

With half of the team averaging over 20 points per game the Wildcats are able to run up the scoreboard quickly, something not many other teams in the conference have been successful at achieving. The team as a whole has averaged a 14-point margin over their opponents. On the other hand, Xavier holds only a 10.5-point margin over their opponents on average.

More so than any other team, Villanova has proven successful and competitive throughout the first half. A problem that has plagued teams this season is the inability to be consistent for the whole game both on offense and defense. If a team gets slow on defense, it offers opportunity for their opponent to close any gaps they may have gained, but being slow on offense can kill the opportunity to run up the scoreboard in the first place. Villanova has proven that strength on both offense and defense is what it takes to win games, win the conference, and be the best. They have proven to have the skill and drive to go the distance that other teams in the conference lack.

-Gretta Schultz ’17

WHICH TEAM WILL WIN THE BIG EAST TOURNAMENT?

XAVIER

As much as I would like to write about our beloved Providence Friars hoisting the Big East Championship Trophy when all is said and done, I cannot do this with one of the top teams in the conference, the Xavier Musketeers, looming in the distance.

When you talk about matchup nightmares around the Big East, you can look no further than Chris Mack’s overall 26-4 record Xavier team. The team boasts two upperclassmen monsters in Jalen Reynolds and James Farr, both of whom stand at 6’10” or greater and can rebound with any opposing big men in the country. These two have been problems for teams around the conference all season long, and it certainly does not help that the Musketeers also has a group of athletic guards that have the skill and drive to go the distance that other teams in the conference lack.

Both players score over 10 points a game for their team, averaging 15.3 points and 6.4 rebounds per game throughout the season. However, Myles Davis and Edmond Sumner are also viable playmakers for Xavier. The two have been problems for teams around the conference all season long, and it certainly does not help that these various pieces will give Xavier what it needs to take home the Big East postseason crown in this weekend’s tournament.

-DJ Anderson ’16