



Is The Third Time The Charm?

Men's Basketball Competes in NCAA Tournament and Men's Hockey is On Track To Do So for The Third Year in a Row



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Men's Basketball

by Brannon Walker-Hodges '16
Sports Staff

MEN'S BASKETBALL

When you have achieved something that only one other player in the history of Big East basketball has accomplished, you and your teammates certainly have a cause for celebration. Add that to the fact that a teammate of yours won Most Improved Player of the Year in the Big East, and maybe you stop thinking about celebrating your accomplishments now; instead, you start looking at another, even bigger, potential celebration in April.

With the NCAA Tournament just around the corner, Friar Nation waits with bated breath for a tough

first round match-up against the University of Southern California (USC) Trojans. And in every breakdown of the game, you will hear two names over and over again: Kris Dunn '17RS and Ben Bentil '18. These two are both fresh off of impressive seasons and they both received significant recognition at this year's Big East Awards.

Let's start with Dunn, last year's Co-Big East Player of the Year and Big East Defensive Player of the Year. Many pundits predicted a repeat in one of the two categories, but Dunn once again swept the two awards this time around. He became only the second player in Big East history, after Patrick Ewing, to sweep both awards twice.

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Men's Hockey

by Lauren Altmeyer '17
Sports Staff

MEN'S HOCKEY

The historic season continues. After defeating the Merrimack College Warriors in the Hockey East Quarterfinals, the Providence College Men's Hockey Team is on their way to the TD Garden for the fourth time in just five seasons under Head Coach Nate Leaman.

The playoff atmosphere could be felt in Schneider Arena on Friday night as the Friars and the Warriors met for the first time in the Hockey East Tournament. The opening minute of the game saw two great chances from both teams. Just 25 seconds in, Erik Foley '19 hit the post behind Merrimack goaltender Drew Vogler, then Friars goaltender Nick Ellis '17 made an excellent pad save to stop Michael Babcock's wrist shot. A little over six minutes into the period, the Friars got on the board with

a wraparound wrist shot from Nick Saracino '16. The goal, assisted by Brandon Tanev '16 and Josh Monk '17, marked Saracino's 11th tally of the season. The second period went scoreless as both teams were unable to convert on their power play opportunities. Defenseman Kyle McKenzie '17 maintained PC's lead as he blocked a breakaway late in the second.

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Dr. Richardson Speaks on Mental Health and Diversity *Advocating for Those with Mental Health Concerns is Key to Wellness*

by Patrick Healey '17
News Staff

MENTAL HEALTH

Here at Providence College, topics and concerns surrounding diversity have become very pressing and are on the minds of many of the students and faculty. Discussions involving mental health are also becoming more and more prevalent nationally and on college campuses in particular. Both of these topics are now being talked about more often.

Being on a college campus, these two issues are extremely relevant. On Thursday, March 10 in '64 Hall, Dr. Nadia M. Richardson came to PC to lecture and answer questions on exactly these two topics and how they are, surprisingly, very related to one another. This lecture was organized by the Active Minds club on campus.

Dr. Richardson, who graduated from the University of Alabama and has taught college classes on diversity, social justice leadership, and academic potential, opened the lecture by explaining how mental health often scares people; she emphasized however that one really does not have to know much about mental health in order to be an advocate for it and for the people that suffer from it.

She explained that there is a stigma that comes with mental health, often brought about by the media, that causes people to shy away from issues involving mental health. "Intentional programming and advocacy," she explained, "are the only ways to re-envision wellness." This is where Dr.



KRISTINA HO '18/ THE COWL

Richardson explains that the stigma behind mental health comes from its negative depiction in the media.

Richardson began to intertwine mental health with diversity, as she began to explain how the two are related to each other.

For example, she said that African Americans are less likely to utilize services such as therapy or psychologists because of mistrust and socio-cultural stigma. In addition, Asians suffer from stress and anxiety more than the average person, often due to a conflict between a strong identity with mainstream culture and traditional family values. People who are LGBTQIA often deal with bullying. All of these things affect mental health wellness and are brought on because of a lack of acceptance of diversity.

Additionally, Dr. Richardson

explained that many student activists get burnt out mentally because of the stress and time commitment activism requires. She explained that mental health is often portrayed as very dangerous in the media, citing school shootings as examples of ways that the media stigmatizes mental health.

The media shows the end result of mental health concerns, but can mislead people by not showing that there is usually a lack of resources for those who have mental health issues something that can lead to terrible incidents. While we should not absolve these people of their crimes, it should be noted that if they were given the proper resources some tragedies may have been avoided. This is

why advocacy, something that Dr. Richardson emphasized throughout the lecture, is so important and can be of so much help.

She explained that mental health should be understood as biological, psychological, and social, meaning that one's mental health is determined by biological makeup, psychological makeup, and social interaction. There have been many times in history where mental health has been misunderstood or the media has led people to believe false things. She offered the examples of slaves who ran away that were often considered crazy and of members of the LGBT community who used to be thought of as having mental illnesses.

Cassandra Caggiano '18, a member of Active Minds and one of the main contributors in organizing "Minorities and Mental Health" at Providence College, said that she was pleased with both the turnout of students and the lecture itself. She felt that after listening to Dr. Richardson speak at the National Mental Health Conference in California, students at PC needed to hear what she had to say.

She said that she and those at Active Minds felt that the conversation of mental health should be continued. Caggiano explained that Dr. Richardson did not leave until 11:30 p.m. that night, after spending numerous hours talking with students long after the lecture had ended.

If there was an overarching message that was conveyed during the lecture, it was that mental health and diversity are very connected and that we all must be advocates for mental health awareness.

The Election for Dummies Proves Knowledge is Power

BOP Event Encourages Students to Be Active and Informed Citizens

by Patrick Lovett '17
News Staff

PRESIDENTIAL ELECTION

Do you know the difference between closed and open primaries? How about what a Superdelegate is? Do you know where all of the candidates stand on various issues? For students without answers to these questions, the event "The Election for Dummies" was not only helpful, but essential.

The event took place on Thursday, March 10 in the Slavin Overlook Lounge attracting not only students who sought it out but also some who happened to be passing by. Professors Adam Myers and Joseph Cammarano worked as a two-man panel, guiding the audience through the election process and answering questions along the way.

To begin, the experts got into what Dr. Cammarano deemed "the nitty gritty" of the primary process and the overall process for nominating candidates. "Nitty gritty" turned out to be an appropriate description, as Dr. Cammarano and Dr. Myers discussed the difference between a caucus and primary, the various types of primaries, the purpose of national conventions, and where in

this process the current candidates are.

Some highlights from this overview included establishing who the frontrunners were and speculating on various scenarios in each party's nomination process. In the Democratic Party, Dr. Cammarano and Dr. Myers emphasized the importance of Superdelegates in widening the gap between Hillary Clinton and Bernie Sanders. As for the Republican Party, the professors considered the possibility of a "brokered" convention, or a Republican National Convention without a clear or definitive candidate going in. Donald Trump, who leads in the polls, is under the pace needed to secure the Republican candidacy and faces a growing opposition, thereby making the rare prospect of a brokered convention more and more possible.

Despite their points of emphasis and examples from history, Dr. Cammarano and Dr. Myers were especially candid about how unconventional this election process has been and very well could be. Speculating about the possibility of a Trump candidacy, Dr. Cammarano said, "If Trump is still in the race after the election, put down your textbooks."

Following their explanation of the highly technical and confusing candidacy and election processes, Dr. Cammarano and Myers had a more

personal message for the students encouraging both active participation in local and national politics.

Dr. Cammarano, in encouraging participation in national politics, asked, "You think that your voice isn't heard by the government? Go and vote. Young people vote the lowest percentage, so that is generally why politicians won't pay attention to you."

As for local politics, Dr. Cammarano and Dr. Myers emphasized the possibility of real, tangible change. If Providence College students were to develop a voice in local politics, they reasoned, they could greatly improve how they are treated across the city, but more specifically in the areas

immediately surrounding campus.

Board of Programmers member and event organizer Timothy Bosse '17 found these final points especially compelling. "Like they were just saying, if we really want our voices heard," he said, "we really need to get out and vote."

When asked how he thought the event went, Bosse said, "Well the purpose was basically to better educate the PC student population so that they have all the information necessary to make an informed and intelligent decision in the election. I think for the people here we accomplished that."

PHOTO COURTESY OF CLIPARTS.CO



KRISTINA HO '18/ THE COWL

Dr. Myers and Dr. Cammarano guide students through the presidential election at a BOP event.

Alyssa Rizzo Inspires Future Business Women

PC Women in Business Welcome Entrepreneur to Campus

by Sarah Gianni '18
News Staff

EVENTS

Providence College Women in Business was pleased to welcome entrepreneur and success coach Alyssa Rizzo to share her personal story of leadership lessons. Rizzo addressed PC students at 6 p.m. on Wednesday, March 9, in '64 Hall; she began her speech with a grounding exercise.

The audience was asked to close their eyes and spend a few minutes taking deep breaths and envisioning themselves in the place they felt most comfortable. "In order to fill yourself up you first have to empty out," said Rizzo, who stressed the importance of meditation in her own business.

To begin her personal story, Rizzo shared her struggle of living with a mentally unstable parent, and the stress she constantly put on herself to achieve at a certain academic level. After the completion of her sophomore year at Simmons College, Rizzo made the decision to depart for a semester at sea. "It was during this time that I realized that I am worthy of love and affection, and that it was okay to exist as I was," said Rizzo.

As an international relations major and trauma survivor herself, Rizzo explained that her passion lies in learning about communities that have been decimated by violence and how they put themselves back

together. "As a trauma survivor, I can identify with the emotions that people in these communities feel, and wanted to see how they rebuild themselves," she said. Rizzo said that during her semester she traveled to countries such as South Africa, India, Ghana, and Morocco, choosing to experience living in areas affected by the most extreme poverty.

During her travels in South Africa, Rizzo said she was particularly inspired by two men who had started a music school with very limited resources. "These men provided an example of leadership that was completely inverted from my western understanding of the concept," she said. It was from this experience that Rizzo said she began investigating different leadership models, ultimately discovering that each one lacked a "healing component."

"In discovering this absence of healing, I wondered if I could teach CEOs how to have a consciousness about the impact their businesses are having," said Rizzo.

In short, Rizzo's company became a mission, teaching leadership development that specializes in personal change. "I have learned that you are both a masterpiece and a work in progress," said Rizzo.

Her company aims to transform leadership and encourage everyone to master their minds, ultimately mastering the change they wish to see.



Rizzo believes businesses should be conscious of the impact they leave on the world.

Corrections

From 3/10/16

Last week's article "Habitat for Humanity: Students Dedicate their Spring Break to Service" was written by Sabrina Guilbeault '18, News Co-Editor.

In the Fitness Center article on the dress attire policy written by Sabrina Guilbeault '18, it was stated a secondary article would appear in this week's issue of *The Cowl*; however, a more thorough article will be written in a later issue. Thank you for your patience.



From The
Cowl News
Staff

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Students Receive Tools to Conquer Test Anxiety

Academic Services Provides Workshop for Achieving Test Taking Success

by Benjamin Bauchiero '18
News Staff

WORKSHOP

No one likes taking exams, and some stressed-out college students may find themselves being adversely affected by anxiety. Luckily, Providence College's Office of Academic Services offers workshops throughout the year to help students with any issues they may have. The Test Anxiety Workshop was one of many of these programs that looked to help students recognize the effects of their anxiety as well as conquer their fears.

Meghan Murray, director of the workshop and associate director for student success and retention, began by having the students identify their personal experiences with test anxiety. She broke down all effects into two categories, mental and physical, and asked the students to identify which ones they struggle with the most.

Upon this recognition, they delved into the roots of anxiety. Anxiety is a necessary and healthy emotion to feel; it can motivate an individual to study harder and focus more intently. However, too much anxiety can be detrimental to one's performance, specifically when it involves taking a test.

The effects of anxiety can vary greatly for each individual. The basis of physical effects tends to be related to feeling light-headed and hot and sweaty, or having tense muscles, a quick heartbeat, sweaty hands, or an upset stomach. Mental effects are a little bit harder to identify, yet they tend to relate to negative thinking, exaggeration about failure, or forgetting information that you already know. Whichever

classification you find yourself in, the Test Anxiety Workshop offered unique and helpful tips for conquering your emotions and enhancing performance.

Many helpful techniques were introduced to help students who may find themselves with physical anxiety. In order to combat these shortcomings and overcome anxiety, students were informed about various exercises they could utilize to relax while taking exams. Some of these exercises include long, slow breathing with an emphasis on completely exhaling, closing one's eyes and imagining an electrical current traveling all over one's body, tensing one's muscles for a short period then completely relaxing those same muscles, stretching, and forcing a yawn. These exercises help students to take their mind off their present task, and allow them to relax and view their test with a positive outlook.

Mental managing and other suggestions were posed for the students who suffer from the mental effects of test anxiety. This was the largest portion of the seminar. Often when students begin to feel the effects of mental test anxiety, they begin to think of the worst-case scenario in the future. To prohibit this overthinking, ideas of positive thinking were introduced.

Positive thinking has a unique role in overcoming test anxiety. It allows students to disconnect their present from either their past or their future. Then students are able to focus on the test at hand, and through positive self-reassurance anxiety can be overcome and students can take their tests with a clear conscience. The most important takeaway from the workshop was that anxiety is a learned emotion that can be unlearned.

The test day was the final topic that

was discussed, and it focused on health and beneficial habits to incorporate on the stressful day of exams. A healthy diet is vital to good test performance. Students should avoid eating too many carbs and should instead focus on eating protein. This will eliminate the "crash" or a sudden lack of energy.

Eating healthy will keep the mind stimulated and allow individuals to remain focused longer during their exams. Caffeine intake should also be limited. While coffee can have the glorious effects of keeping students awake after being severely sleep deprived, it can also increase adrenaline and anxiety to unhealthy levels that will in turn lead to test anxiety and a poor performance. A nutritious and balanced diet are vital to feeling confident and performing well on exams.



PHOTO COURTESY OF WEEBLY.COM

Bursting the PC Bubble

by **Sabrina Guilbeault '18**
News Co-Editor

Trump and Clinton Lead in Primary Polls

On March 15, Donald Trump won the primary in Florida, while Marco Rubio came in second. After losing in his home state, Rubio officially dropped out of the election. Trump also won in Illinois and North Carolina. Governor John Kasich won in his home state of Ohio, which tends to be a major swing state in elections. Political analysts say this was a much-needed win for the moderate candidate. Hillary Clinton won big in Ohio, Florida, Illinois, and North Carolina. In her victory speech, Clinton spent more time speaking about Trump than Senator Bernie Sanders. Clinton may be the leading Democrat, but both her and Sanders are frontrunners locked in a tight race for Montana.

Russian Military to Withdraw from Syria

On Monday, Russia's President Vladimir Putin announced that most of his country's military is withdrawing from Syria. For the past five years, Syria has been going through a violent civil war that has caused tension between Russia, Iran, and the U.S. Within the past few months, Russia has been bombing ISIS targets in Syria; however, the U.S. says Russia has actually been bombing Syrian rebels fighting against Bashar al-Assad, the president of Iran. United Nations peace talks between representatives for Assad and the rebels also started up again yesterday.

Thirty Seven People Killed in Car Attack in Turkey

This past Sunday, at least 37 people were killed and more than 100 were injured in a car bombing attack in Turkey's capital, Ankara. This is the second major attack in Ankara in less than a month. Currently Turkey is dealing with two major crises: a growing conflict with ISIS and a growing conflict with Kurdish rebels. No one has claimed responsibility yet, but prior to the attack the U.S. Embassy warned of a potential terrorist attack in the capital. Turkish officials are thinking it might have been Kurdish separatists.

Brazilian President Will Likely Be Impeached

More than a million people in Brazil have been protesting in the streets, demanding that President Dilma Rousseff leave office. Brazil is going through its worst recession in decades, the country's former president is being investigated for an alleged bribery scheme, and Rousseff has been accused of lying about the country's budget deficit. Brazil is home to Latin America's biggest economy, and the on-again off-again protests worsened last week. Rousseff could potentially be impeached by Congress.

Congress Updates

by Gabriella Pisano '18
News Staff

CONGRESS

On Tuesday, March 15, the 66th Student Congress came together for their weekly meeting. President Father Brian Shanley, O.P., attended the meeting to discuss a number of issues. The issue of congestion on Eaton Street was mentioned. Fr. Shanley said that there are thoughts about putting a crosswalk in front of the Lower Campus Gate, but the date on which this will happen is not yet set.

Sexual assault policies at Providence College were also discussed. Assistant Dean of Students, Tiffany Gaffney, said that the policies here at PC are constantly being revamped. She stated that they currently go above the minimum and acknowledged that compliance numbers set a low bar.

When asked about the changes planned for Moore Hall, Shanley explained that there is money set aside for changing Moore Hall into a Multicultural Center. Shanley says

that they do not wish to make irrational changes to the building before proper planning occurs. In order to properly utilize the space and make sure it is redone in a way that encompasses the full functionality of the space, the plans for Moore Hall will be finalized over the summer.

When asked for updates on the Arthur and Patricia Ryan Center for Business Studies, Fr. Shanley said that building wise everything is on schedule, and that students will be attending classes in the business school in the second semester of next year.

Congress members also discussed the possibility of having four apartments on campus reserved as "foreign language dorms." This would allow and encourage students studying foreign languages to speak the languages with other students. This idea is still undergoing the recommendation.



PHOTO COURTESY OF PC STUDENT CONGRESS

Club Spotlight: Gaelic Society

Club Celebrates Everything Irish

by Daria Purdy '19
News Staff

CLUB SPOTLIGHT

Have you ever wanted to get in touch with your Irish roots or learn more about a fascinating culture? The Gaelic Society gives students the opportunity to do so. According to Kelly Davis '16, president of the Gaelic Society, the purpose of the group is "to celebrate and educate people in the modern Gaelic cultures: England, Scotland, Wales, Northern Ireland, and Ireland of course!"

In meetings, the group discusses a variety of topics concerning Gaelic culture. They celebrate minor holidays occurring in any of the Gaelic countries, including Guy Fawkes Day on Nov. 5, which is celebrated in England to commemorate a failed assassination attempt on King James I. The Society discusses famous movie and music stars from the Gaelic countries and they even give language lessons in Irish Gaelic and Welsh.

Throughout the year, the club organizes fun events to celebrate Gaelic culture. For example, the group organized small events last semester to educate students about Samhain, which Davis describes as “the ancient Celtic festival that’s over 2,000 years

old and is the base for our modern-day Halloween." The club also had a family crest making event in McPhail's, in which students could celebrate their Celtic heritage in a fun and creative way. The Gaelic Society's biggest event of the year, Irish Fest, will take place on March 18 in McPhail's from 6:30 p.m. to 1 a.m. The event will include a traditional Irish band, food, beer for those 21 plus, games, prizes, and a performance from the Providence College Irish Dance Club. Davis said, "We will definitely bring the craic (that's Irish Gaelic for a good time!)" and encourages, that "Everyone should come and bring their friends." The Gaelic Society gives students the opportunity to learn more about an ancient culture that has shaped history and is very much a part of the heritage of the American people. Students do not need to have

Gaelic ancestors in order to join the Gaelic Society, only a desire to learn about and appreciate Gaelic culture and history. The Gaelic Society meets every other Wednesday in the Unity Center from 4-5 p.m.

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Student Congress Executive Letters of Intent

Andrew Konnerth '17:
President



My name is Andrew Konnerth and I am running for 67th Executive President of Student Congress. Having been on Student Congress for four years, I believe in the capacity of collective action to foster change for the betterment of the student community. My work within Student Congress has challenged me to think critically as to how the organizations supports and represents student interests and concerns as well as how Student Congress can nurture notions of respect and accountability with students, clubs/organizations, and faculty/administration. If I voted President of the 67th Student Congress, I intend to focus on creating a more inclusive and respectable campus climate, working with faculty/administration, clubs/organizations, and individuals, especially pursuing more critical dialogue over race relations between institutional policies and students. In addition, my time in the position of Executive President would focus on how we can recognize the voices of students who often feel unheard and utilize Student Congress as a space to create community instead of distancing it.

Taylor Gibson '17:
Vice President



I, Taylor Gibson, am running for Executive Vice President. For the past three years, I have served on the Legislative Affairs Committee, as the Sophomore Class President, and on the Academics Committee, respectively. My experience on both class and committee make me the best candidate for VP, because I have a fundamental understanding on how to set goals and meet them in these two very different roles. Along with my involvement on Congress, I am a member of BMSA's Diversity Committee, a Fr. Smith Fellowship recipient, and a co-facilitator of the Global Service Learning Class: "Global Border Crossing." Additionally, this past semester, I enhanced my Spanish-speaking abilities while studying abroad in Lima, Peru. While it was the most necessary, difficult, and illuminating five months of my entire life, it made me realize what incredible opportunities are presented to us here at PC. Students have a voice on this campus and can hold the Friar Family to a higher standard. Although Providence College is not perfect, we have the potential to make the centennial year the best in college history. As VP, I promise that I will be the best possible representative of students' desires and needs to the administration.

Reim Alian '17:
Vice President



My name is Reim Alian and I am running for the position of Executive Vice President of the 67th Student Congress of Providence College. Serving on Congress for the last three years as a committee member and as class vice president, I gained invaluable insight on deliberation, advocacy, empathy, and solidarity. I found my voice and passion as I worked alongside dedicated student leaders and representatives. Advocating on the behalf of students whose voices are not always heard is of the upmost importance to me. Empowering others, highlighting strengths, and positively improving weaknesses allows for not only individual growth, but also for the growth of the community. Fostering healthy and resilient relationships established on mutual trust and compassion between students, faculty, and administration is critical as Providence College seeks to increase diversity and inclusivity. Promoting open dialogue is essential to strengthening the college community. Cooperation and mutual understanding demand an ever-evolving ideology, one that is never to be etched in stone. Improvement and reflection are powerful tools in crafting a meaningful philosophy dedicated to service and unity. The Veritas flames may cool and change colors, but will always simmer with passion. Sincerely, Reim Aymen Alian

Phionna-Cayola Claude '18:
Vice President



Hello Friars! My name is Phionna-Cayola Claude, and it has been my pleasure to serve as the President of the Class of 2018 for two consecutive years. However, as a rising junior and leader, with your approval I would love the opportunity to serve my peers at a greater capacity as Executive Vice-President of Congress. I believe that over these past two years my vision of strengthening the 2018 community has grown, and I am eager to expand my vision to impact the entire student body going forward. I would be grateful and committed to fortifying the Friartown community by being the leader who listens to all students and takes action! I believe this past year's fundraisers and events such as the St. Patrick's Day T-Shirt Sale, Donut Run, and upcoming Friar Ball serve as successful examples of my work ethic. We as a campus only have room for improvement and new experiences. I take pride and find joy through assisting others in developing or enhancing their voices, which is why I believe myself equipped to assume any leadership role, especially Executive VP. As I ask for another opportunity to be a student leader, I anticipate and would be honored to serve our student community at a greater capacity while keeping in mind that our days at PC are limited yet influenced by the decisions we make with the diverse personalities that construct them. Thank you, and I hope to gain your full support!

TJ Gianci '17:
Treasurer



Providence College is an extraordinary place, but like any university, there is always opportunity to grow and transform. I want to assist in the progression of Providence College. With this in mind, I have decided to run for Executive Treasurer of Student Congress. After participating in Congress for the past three years I am prepared to take on this leadership position. I am a highly organized and responsible student, knowledgeable in accounting, finance, and mathematics. I am more than capable of handling allocations and other Executive Treasurer duties. If elected, I promise to commit myself to the position and to be available to all Providence College students. Moreover, I am eager to continue making an impact on the College. Last semester, I passed a recommendation to include all mental health resources in all class syllabi. If elected, I plan to advocate for similar initiatives. Finally, I believe in the purpose of Student Congress and the impact it can have on the College. If elected, not only do I want to succeed as Executive Treasurer, but the Student Congress as a whole to succeed as well. Thank you for your time and consideration. Sincerely, TJ Gianci

Jimmy Carrillo '17:
Treasurer



Hey Fellow Friars! My name is Jimmy Carrillo and I am running for Student Congress Executive Treasurer. I am the current Treasurer of the Class of 2017. I am an HPM/Philosophy double major from West Haven, Connecticut. I believe that I am the candidate best fit for the job because I already have the experience necessary to step up and take on a more demanding and honorable role. However, the only thing worth mentioning is my love for PC and the plethora of ideas I have that would potentially make it an even greater place for you, the students. I am running for Executive Treasurer because I want to establish a better relationship between the Student Congress and the rest of the student body. In order to lead there must be an attitude open to exploring different perspectives, but it needs improvement to allow us to work at our full potential. If elected exec treasurer, my first course of action would be to work with the rest of the class treasurers, the chair of Clubs & Organizations, and the BMSA Executive Treasurer to create a more translucent process of the funds allocated to the clubs on campus. Everyone should be included! We are so much stronger together. Let US build a stronger unity. LET'S GO FRIARTOWN!!

Sean Lawler '17:
Treasurer



To the Providence College Student Body, This year I have been honored to serve on the 66th Student Congress of Providence College. This experience has given more insight on the operations of the school than I could ever have imagined. My love for this school is unprecedented, and I would be honored to represent you, the student body, as next year's Executive Treasurer for the 67th Student Congress. I am a hardworking, passionate, and motivated individual who will make next year's Student Congress the best that it has ever been to constantly work for the betterment of the student body. As an accounting major and a committee member of the Clubs and Organizations Committee this year on Congress, I have the needed experience to dedicate myself and fulfill the demands the role of the Executive Treasurer for the 67th Student Congress. Regards, Sean Lawler

Patrick Rogers '17:
Secretary



When I arrived on campus three short years ago as a freshman, I was inspired by how members of the Friar Family constantly give back to the community. I believe that serving in the role of the Executive Secretary of the 67th Student Congress will be the best way that I can give back to the PC community. I have been involved with Student Congress since my freshman year as a part of the Publicity Committee and I currently hold a Class Representative position for the Class of 2017. Both my leadership experience within Congress and my various other leadership positions outside of Congress have prepared me to serve as Executive Secretary. I am excited to take this next step as a leader and am excited to help serve the Congress as a whole as well as the collective student body. I am prepared to be your Executive Secretary of the 67th Student Congress because PC has given so much to me over the past three years. Thank you for your consideration, and as always—go Friars!

BMSA Executive Letters of Intent

Daniel Dougherty '17:
President



B M S A has been nothing short of a blessing in my life throughout these past three years. I have seen two classes leave behind the passion and desire to make Providence College a more inclusive and diverse campus. My peers have engrained that vigor and determination into my core; for this, I can confidently say that I am a better man. After serving four semesters on BMSA's Diversity Committee, once as a general member and this year as co-chair, I have learned to combine my passion for justice with the knowledge necessary to make change on this campus. Moreover, those same experiences have contributed to my leadership and willingness to act in the name of justice. This next year is pivotal for the success of Providence College as it continues its efforts for inclusion and true diversity. I plan to represent BMSA with dignity and will lead this increasingly significant student organization to success in this next year.

I hope that you will consider me for the 2016-2017 President of the Board of Multicultural Student Affairs!

Pedro Alemán '17:
President



Hello Fellow Friars!
My name is Pedro Alemán from the Class of 2017 and I'm honored and excited to be seeking the position of Executive President of the Board of Multicultural Student Affairs. As committee member last year and now the current BMSA Executive Treasurer I have worked tirelessly for the organization and the student body and therefore believe that I'm ready to step up to President. If elected, one of my main goals is that I want BMSA to become more of a social justice organization in which we contribute and participate with clubs and departments about the current campus climate facing us, and strive to give everyone the rights that they deserve. Furthermore, I want BMSA to be known more on campus and our greater community, and so, I would like to organize and plan a conference for colleges and universities across Rhode Island and southern Massachusetts with similar organizations like BMSA, and hold workshops, talk about the issues affecting our campuses, different cultural events we hold, and ways to improve our campus. Lastly, another of my many priorities if elected is working alongside different organizations, as well as Administration, in order to promote better communication and transparency, and making sure that in the Board of Trustees Student Life Committee our voices are heard. As BMSA member for two years and part of the current Exec Board, I believe that I have the qualifications to be the Executive President of BMSA. Vote Pedro Alemán for BMSA President on Sakai March 22 and 23!

Marcie Mai '18:
Vice President



BMSA helped me rediscover myself, accept myself and showed me what I had to offer to the PC community. Coming from high school I felt like a scattered puzzle with pieces missing. I didn't know who I was or who I wanted to be. I had a hard time letting anyone in and trusting others. BMSA has broken that barrier for me. During my freshman year I was able to bond with BMSA members and I was able to slowly open up about my struggles I was overcoming about transitioning from high school to college. One thing I had learned from BMSA is that regardless of everyone's different backgrounds, we all had the same struggles and fears. I can't say that my puzzle is completely finished, but I can say that BMSA is a piece of my puzzle that I will never forget about. I am very proud and humble to be a part of the BMSA family. I hope by serving as vice president of BMSA I will be a part of creating a community where all students feel accepted and can flourish.

Alisia James '17:
Treasurer



This letter is to confirm my intent to run for Treasurer for BMSA. After long consideration I believe that I would be a great candidate for this position. I joined BMSA my freshman year and I am currently on the social committee. I have grown closer to many people and I have made many friends through this club. Not only have I grown closer to many people but also I learned a lot about different people. BMSA has helped me see different cultures while learning to appreciate everyone for who they are. I am currently the treasurer for NAACP so I do have experience within this field. I also am very good friends with Pedro, the current treasurer of BMSA, and I know he will do anything in his power to teach me the role of being treasurer for BMSA. I have a great relationship with many people in BMSA, with that being said I believe many people will trust me with this position.

Thank you,
Alisia James

Olivia Lo '18:
Secretary



I am currently a sophomore double majoring in HPM and Humanities and minoring in Spanish.

I have been a part of the Asian American Society since I was a freshman and this past year, I served on the club as part of executive board. A few other programs that I'm involved in are the Student Alumni Association and The New Student Orientation Program.

With the events that occurred on campus this past year and the many years before, I hope that we can all challenge ourselves, but most importantly challenge those around us. Challenge is such an important part of our lives and holds a strong influence on personal growth. We are challenged every day in our lives: striving for the best grades we can get, competing for internships and jobs, standing up to those who push us down. Challenge is something we must embrace to fully grow as students so we can pass our knowledge down to our mentees.

I am asking that you vote for me as your BMSA secretary so we can challenge each other as family to become the best human beings, to educate those who are not as cultured, and to serve PC in an unforgettable way.

STUDENT CONGRESS

ELECTIONS

DECISION ★ PC16

EXECUTIVE ELECTION:
MARCH 22-23

CLASS ELECTION NOMINATION PERIOD:
APRIL 5-6

CLASS ELECTION:
APRIL 12-13



St. Patrick’s Day Shenanigans

Students and Staff Need to Compromise Depsite Tension

by **Brianna Abbott '17**
Opinion Staff

HOLIDAYS

Students across campus woke up with high spirits, a shining sun, and a cup of Irish coffee this morning in anticipation of one of the most exciting days on the Providence College campus—St. Patrick’s Day. Tradition dictates a day of green everything, fake Irish accents, and, well, drinking; and that’s where the student body and Providence College administration often come into conflict. Although Providence College is offering a few alternatives to fight the St. Patrick’s Day parade to Eaton Street, they should follow the precedent they set during spring 2015 Golf Party rather than attempt to stop something that refuses to flow.

Golf Party, like St. Patrick’s Day, is always a day filled with tension as administration grapples for control while students grapple to let go, but spring 2015 Golf Party was a pleasant surprise to all involved. Instead of simply sending police into the streets to try and break up any activity, the College

set up food trucks on various quads and encouraged students to stay on campus. Students 21 plus could even drink in a beer garden. And what happened? Students stayed on campus; there were hardly any issues and everyone felt as if the day was a success.

In the fall, however, the College acted as if that moment of compromise had never happened. Students were told that police would be patrolling the area, and there was nothing to do physically on campus that substituted for anything that would take place at the houses. And the students rebelled; they woke up at 7 a.m. and took to the streets, disrupting the surrounding neighborhoods more than they would have if they were left to their own devices.

And now we’ve reached another day where the rules and opportunities presented by the College will dictate how the students will respond and how the entire day will pass. The email sent by Residence Life was firm yet kind, laying down ground rules regarding guests and conduct while offering tasty snacks and activities on campus; however, these alternate on campus plans aren’t going to lure many students away from the off-campus activities. Making cupcakes and watching the NCAA Tournament in

McPhail’s is certainly enticing on a normal day, but these activities don’t compare for a lot of students who want to participate in St. Patrick-themed shenanigans.

Today is supposedly sunny and students want to be outside. If there aren’t cupcakes or other green or greasy foods and a place to stand on-campus, those same students are going to take to the street despite any cops or consequences. This article was obviously written in advance, so there may already be chaos on campus by the time this issue of *The Cowl* reaches the reader’s hand. Or kids could be in class, waiting eagerly for the night when they will definitely take to the streets. Providence College should be more lenient toward the desires of these determined students and provide an area for a recreational compromise, while the students should be respectful of their superiors to ensure that the day goes smoothly for all parties (on or off campus) involved.



Students Shut Out Of March Madness

When The Heart and Soul Is Left Behind

by Wesley Trask '16
Opinion Staff

SPORTS

March Madness is the biggest sporting event of the year. In one month, the NCAA Men’s Basketball Tournament goes from 64 (plus four) teams down to one. Along the way, a lot of people will be making a lot of money—that includes ticket sales, TV deals, and scores of wagers on the results. Aside from the business side of this tournament it is in fact a collegiate athletics competition in which college students make up the backbone, something the NCAA seems to ignore.

One of the draws to college sports is that it is a purer form of competition than professional athletics. People love that most athletes are playing for reasons other than a paycheck. Not only that, but while professional sports have been tamed somewhat by wealthy season ticket holders and corporate sponsorships, collegiate sports have much more dedicated fanbases. The students of each institution typically lead the live support at each home game, with their own unique cheers and traditions. This is true even at Providence College, where student support is skyrocketing despite lackluster interest in the Friars that has permeated the campus in recent years. Those students who have attended every game and supported their classmates all year will not get the same chance now when it matters the most. Money is a huge factor in this.

Although technically not prohibited from attending the tournament (provided they are willing to miss a lot of class time), students are practically barred from supporting their schools’ teams on the national stage. Unless they want to pay full price for a ticket and then find their way to wherever their team is playing, a student is

Again, the lifeblood of collegiate athletics are college students. The Final Four always has a terrible atmosphere; even the students that do get to attend are unable to make the football stadiums the games are played in sound better than a mausoleum. Even in sports where money does not matter quite so much, such as ice hockey,

Connecticut, only about two hours away, there were no deals for students. If students wanted to go, they had to pay like everyone else. It took the combined good fortune of having tournament games played Downtown at the Dunk and then 40 minutes away in Boston, as well as a little extra effort on the part of PC, to ensure a student presence at hockey games last year.

Money is always going to be the most significant factor. That is never going to change for the NCAA; however, it could improve the entertainment value of its games by at least ensuring a slight student presence for participating schools. At the very least, individual schools should also do more for their students. About 50 or so student tickets, such as in Boston last year for the Frozen Four, would at least be sufficient to ensure students who supported their teams all year could be rewarded with seeing them at their apex. Schools such as PC should at the very least provide (cheap) transportation and (cheap) lodging (in many cases a greater expense than tickets) for students wishing to attend. If at the very least a student was willing to ride a bus to Raleigh, as students from Nebraska-Omaha did to Boston to watch their team play last year, PC should do everything it can to provide such an avenue.




PHOTO COURTESY: WORDPRESS.COM


completely out of luck. Well, except for those playing in a pep band, in which case they (at least at PC) effectively get paid to attend the games.

the students are shut out. Two years ago, when the Providence College Men’s Hockey Team qualified for the national tournament in Bridgeport,

Don’t Stress About Midterm Grades

Use Them To Conquer What’s Ahead





PROVIDENCE COLLEGE
Be Transformed

Login to Secure Area

SCE First Time Registration

Course Catalog

Semester Course Offerings
Searchable view of class schedule for current, past, and upcoming terms

PHOTO COURTESY OF CYBERFRIAR.COM

by McKenzie Tavella '18
Opinion Staff

ACADEMICS

As the dreaded midterm grade release approaches, I find myself observing Providence College students scrambling to get the best grades possible and to submit all of their assignments on time. Even attendance has spiked through the roof. However, I have found, in my nearly two years at PC, that many members of the PC community feel a certain way about midterm grades.

For instance, last semester I had a teacher who thought they were completely irrelevant and gave her students the ability to decide what

their midterm grades would appear as online. As most of us had never been offered this option before, we did not know what to do with it. Our professor said we could choose a grade that exceeded our expectations in the class in order to have an enjoyable Thanksgiving break without our parents being on our backs. Another option is to pick a below average grade and deal with the lectures from parents now, but have them be satisfied when the grade goes up at the end of the semester. Lastly, the option that I chose, was to pick a grade that most nearly reflects where you are in the class. The reason I share this example with you is to show how “unfinalized” midterm grades are. Do not let the stress of midterm grades get to you,

because these are only temporary. At times, they are simply placeholders because there are not enough grades to adequately show your standing in the class. I want to thank my professor for taking this approach to midterm grades, because it has saved me hours of beating myself up, now spent as time to motivate myself and to get back to work.

As the mid-semester mark approaches, so does examination period. Obviously, telling PC students not to stress about midterm exams would be a waste of space in this newspaper article. The point I am trying to make is that once you stress, study hard, and take the exam, you should let it go. Do not dwell on a poor grade once you have received

it back. What will this accomplish? Instead, give yourself a pat on the back for surviving and not passing out indefinitely in Phillips Memorial Library. Next, go over the exam and see what you did wrong and see how you can improve. This poor grade will actually be a blessing in disguise because it will motivate you even more than before you received the grade, and it is now an example of what you will no longer do wrong. Pin it up somewhere that you pass every day, whether it be your fridge, a calendar in your dorm room, or even on your mirror hanging in the closet. Do you know why you should do this? Because the grades that truly do matter are coming up.

Success As a Liberal Arts Major

It's Not Always About Increase in Wealth

by **Taylor Godfrey '19**
Opinion Staff

LIBERAL ARTS

In today's society, we have a certain picture of "success": the man or woman in an expensive suit striding down the streets of New York or another big city to a high-rise office. Or maybe a doctor in a pressed white lab coat or a lawyer with a briefcase in hand. Whatever the case may be, it is obvious that success in life is usually measured by wealth. And while all of these people in the aforementioned professions may be successful, they are not the only ones who can achieve success.

Many people have asked me why I wanted to major in the liberal arts, specifically in English. Many of those same people have wondered why I wanted to dedicate four years of my life to a subject that does not guarantee a well-paying job after graduation. These are questions that many liberal arts majors face. People wonder why we would not choose a major that would lead to a more "successful" career. But the thing is, most of us are not looking for the typical idea of success.

While financial stability is clearly a part of the overall success of a person's life, it is not the only important aspect. So, in choosing a major and potential career paths, I was not simply looking for the most economically lucrative option. While I am positive that all of the business and science majors absolutely love what they do, I knew that I would not love those subjects as much. And is that not an important part of life—loving the subject to which you are dedicating your life?

"Success," as it is defined in the dictionary, includes "the attainment of wealth" but also mentions "the accomplishment of one's goals." What many people do not realize is that wealth itself is not everyone's main goal. Happiness is equally as important and the liberal arts, as opposed to STEM (Science, Technology, Engineering, and Math) or business related subjects, is where some people

find it. That is not to say that people who pursue degrees in those areas are unhappy, simply that we as a society cannot ascribe the word "success" to just one group of people. There are many ways to find success, and people who find it in what have come to be thought of as unconventional places should not be ridiculed or belittled.

The real danger with this denial of success in the liberal arts is the danger that it poses to the subjects themselves. There is a real push today to have more people studying science and STEM-related subjects. That is a truly a great initiative; anyone who wants to study in these fields should have an opportunity to do so, but that does not mean that people who do not wish to study within these fields are any less important or necessary.

This too is an important part of being successful. A conventionally successful person is an intelligent person who does a job that not many others can do. However, many people fail to consider that there

are many, many intelligent individuals working and studying the liberal arts and that writing an eloquent essay or paper is just as important a skill as mastery of mathematics. The business moguls of the world may be amazing at their jobs but may be unable to write a paper or composition as well as a student who majored in English or history.

None of this is to say that conventionally successful people such as lawyers and businessmen and women are not truly successful. Their achievements, monetary or not, should be respected and they should be considered successful. That does not mean that that is the only way to find success. People who have found not wealth but happiness or fulfillment in their professions should be considered successes too. It is not that liberal arts students need to choose different majors; it is that society needs to learn to see the value in other areas of study and other areas of life.

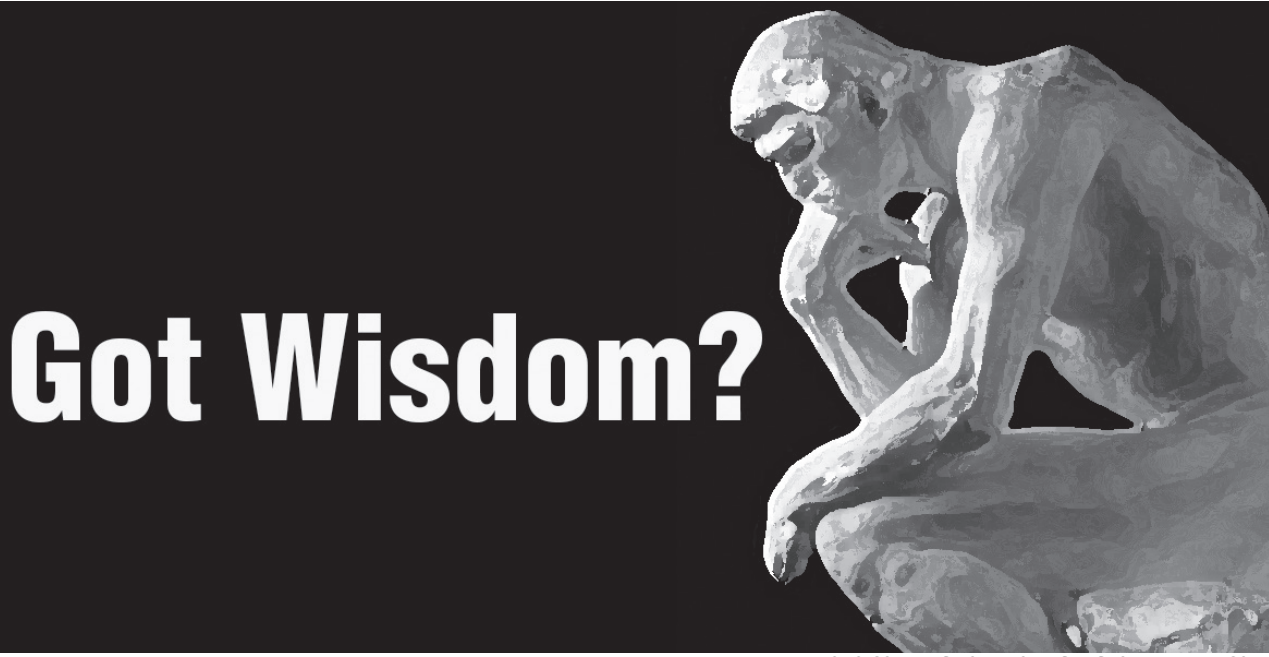


PHOTO COURTESY OF THOMASHUSTON.TUMBLR.COM

Recovering Formality

A Philosophical Look at a Social Necessity

by **Dr. Paul Medeiros**
Visiting Faculty

PHILOSOPHY

Formality is encountered in all areas of our life. How people pursue formality varies, but contributions of formality do not. Formality is at the heart of all learning and adventuring. Without formality, truth cannot be discovered nor adventures begun. Formality is needed for all community and home. Without formality, there can be no ownership nor lasting bond. Accordingly, loss of formality in any area is a point of first concern.

Formality is like ornamental fountains, manicured pathways, and tagged botany in the public garden. Visitors gain directions and orientation by these items of value; difficulties are soon solved. Due to helpful structures, no visitor doubts the benevolent mission of the garden nor of its chief gardener. A certain mindfulness, or prudence, is the principle virtue for visitors. That's just how it is with established formality,

which includes such items as rules, officers and offices, and suitable language.

Virtue is in essence effort. Retreat of formality in our lifetime is the loss of a certain area of intellectual effort.

Suppose sculptures are removed, pathways widened and asphalted, and way-markers made non-descript. On one hand, many more visitors may be accommodated in the public garden, and people are largely freed of mindfully abiding. Moreover, what was formerly prohibited or isolated may now be met. On the other hand, intricacies of the splendid garden are gone; some visitors may find themselves crowded and hurried.

In *Treatise on Law*, St. Thomas Aquinas writes that civil laws may change as the conditions of life change. Likewise, in Article 2, the Angelic Doctor asserts that laws, in order to be just, must not be too restrictive. Accordingly, for St. Thomas, civil laws may always be transformed or removed in favor of more suitable laws. Civil laws are among the areas of formality; in all likelihood, we may attribute all loss of formality as the wise response to new conditions and human needs.

Nonetheless, formality solves human need. Formality provides us with guidance, which beginners value. Formality gives room for persons to voluntarily choose what in truth they must do, which the experienced value. If loss of formality is overwhelming, beginners languish and experts resign.

One approach to the loss of formality is to aim to revive formality, especially misplaced customs and practices. In many areas, this is good, moral work, on the order of bringing litter to the trash receptacle. In some areas, what is the moral approach aims to override departures deemed wise by those living before us who endured hardships due to formal restrictions. Accordingly, a better approach is to pursue what is the ethical approach to recovering formality: to aim to act in most circumstances formally and perceptively. Above all, to enact formality is to readily assist anyone who appears to be in need, who appears crowded and hurried, and to readily ask for assistance from persons who themselves appear available to serve.

PHOTO COURTESY OF WORDPRESS.COM



PHOTOGRAPHY

The Cowl 11
March 17, 2016



KRISTINA HO '18/ THE COWL



KIMBERLY LEZAMA '18/ THE COWL



KRISTINA HO '18/ THE COWL

ABOVE: Dr. Nadia Richardson, founder of the No More Martyrs campaign, inspires students to embrace their identities and to foster healthy development marked by mental wellness, sponsored by Active Minds.

BELOW: The Men's Ice Hockey Team celebrates their win over Merrimack.

BOTTOM RIGHT: Students have their resumes reviewed by employers and Career Assistants, sponsored by The Career Education Center & Professional Development.

TOP LEFT: Students learn about and discuss the presidential election in order to make the right decision during "Election 2016 for Dummies," sponsored by BOP.

TOP RIGHT: Students gather together for Agape Latte, as they enjoy coffee and listen to a faculty member speak about how faith has influenced his life, sponsored by Student Affairs.

BELOW: Students enjoy zeppoles, a traditional Italian pastry, sponsored by Student Activities and Circolo Italiano.



KRISTINA HO '18/ THE COWL



KIMBERLY LEZAMA '18/ THE COWL



KRISTINA HO '18/ THE COWL

Photos Compiled by Kristina Ho '18, Photo Editor



PROVING PHOTOGRAPHY

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March 17, 2016

Who do you look up to the most?



"Peter Salhaney and John Galvin."
Kevin O'Neill '18



"Superman."
Honey Perez '17



"Tiffany Gaffney."
Rachel Najarian '16, Michelle Desjardins '17,
Alessandra Gratta '16, Dina Moffet '16,
Jacqueline Michels '19, and William Bozian '19



"My dad, Tom 'Jesus 2.0' Brady, and my nana."
Chris Matthews '17, James Smith '17,
and Tom O'Hare '17



"My dad."
Justin Michelson '19, Russell Bennett '19,
Patrick Dunne '19, and Matthew MacLellan '19



"My dad."
Stephen Clow '19, Griffin Hayden '19,
and Jack Shanahan '19



PHOTO COURTESY OF WWW.PLAYBUZZ.COM

"Me, myself, and I."

-Beyoncé



Believers of Words

PC's Newest Club for Poetry Lovers Allows Space for Creativity to Flow

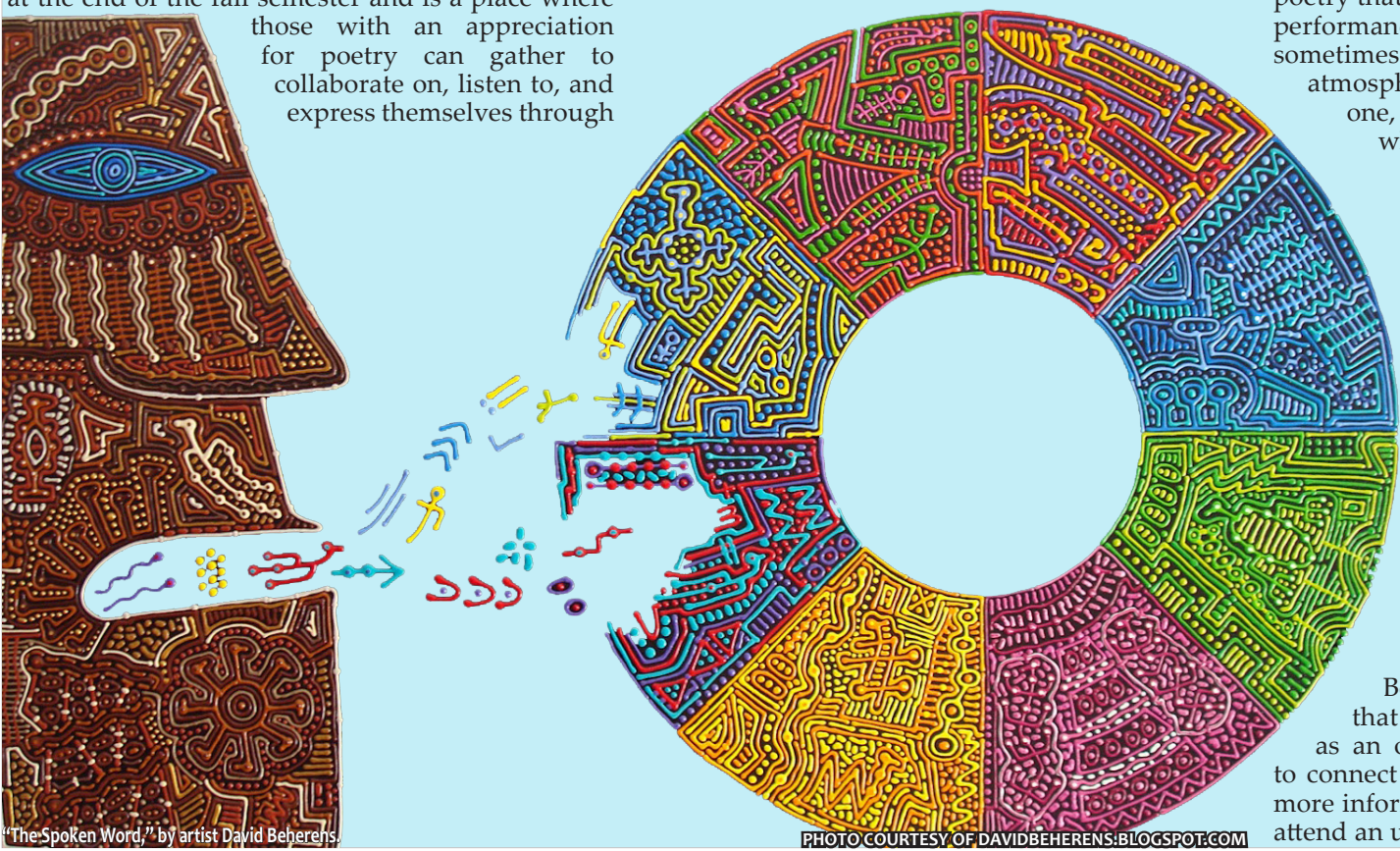
by Ryan Cox '18
A&E Staff
CAMPUS

A brand new club on campus is looking to bring the power of the spoken word to Providence College. Believers of Words (BOW) was officially founded at the end of the fall semester and is a place where those with an appreciation for poetry can gather to collaborate on, listen to, and express themselves through

poetry. "BOW's vision is to put into words the pressing issues that leave others speechless. It wants to strive to constantly display a sense of unity and understanding that others can relate to and potentially join in discussion," said Treasurer Giselle Bonilla '16. Other executive board members

are President and Founder Ylaiza Perez '16 and Vice President Phionna Cayola Claude '18; a diverse variety of members from each class year attend meetings. BOW meets on Tuesdays from 7-8 p.m. in the Community Room on the fourth floor of Feinstein academic center. During that hour, members share poetry that they have written, listen to spoken word performances, and play poetry-related games, sometimes composing poetry as a group. The atmosphere of BOW is meant to be a welcoming one, and club members hope to create a space where other students feel welcome to express themselves through a common medium and create a sense of unity.

While BOW has no official events planned yet, they are exploring several options for the future and recently helped sponsor the campus-wide "Love Your Melanin" campaign, which was also sponsored by the Board of Multicultural Student Affairs (BMSA). Some members also performed at the campus involvement fair, which was held at the beginning of this semester. Bonilla said her experience has been an overwhelmingly positive one so far. "I've always loved to write poetry and express myself through writing," she said. "Being a part of Believers of Words has helped me realize that I am not the only one who sees poetry as an outlet, and it gave me the opportunity to connect with people through their poetry." For more information on BOW, interested students can attend an upcoming meeting.



"The Spoken Word," by artist David Beherens.

PHOTO COURTESY OF DAVIDBEHERENS.BLOGSPOT.COM

PC Creative Writer's Festival

by Elizabeth Jancsy '18
A&E Staff
CAMPUS

Walking into the lobby of the Smith Center for the Arts this past weekend, one may have thought they somehow landed on the stage of a Broadway show; directors and writers were shouting their visions as actors ran across the tiled floor, moving about the space and projecting lines with strong emotion. To these artists, this was just another rehearsal day as Providence College prepares for its third annual Creative Writer's Festival, to be held this Saturday, March 19, at 7 p.m. in the Smith Center for the Arts.

"The Creative Writer's Festival is such a unique showcase of all the talent here at PC," Julia DiBari '17 shares, as she prepares for a scene she is acting in. "It is a new experience for the audience members and it's safe to say it's



The Smith Center for the Arts, located on lower campus.

PHOTO COURTESY OF SULLIVANBUCKINGHAM.COM

not your average talent show." The Creative Writer's Festival, steered by Dave Rabinow, a professor in the Department of Theatre, Dance, and Film, consists of short plays, scenes, and small pieces of work submitted by the student body. In this festival not only are students submitting their

own writing pieces, but they are also directing and acting in pieces as well. The Creative Writer's Festival not only allows opportunities for aspiring writers to show off their talents; it does the same for aspiring directors as well. Now, do not reserve your seat in the theatre just yet—the most interesting

quirk of the festival is that none of it takes place on stage. Directors and actors have foregone the typical proscenium stage in the Angell Blackfriars Theatre and are now calling the lobby, classrooms, and even hallways home to their creative pieces. "It definitely adds to the variety of the show. With each new location comes

a new world for the audience to enter into," DiBari shares. While I never thought a lobby could act as the stage for a scene, I found myself completely engrossed in what was being performed before me in the Smith Center this past Sunday afternoon. It is truly something to

see with your own eyes as you navigate your way through the Smith Center for the Arts and also find your way through pieces that will make you laugh and cry. If you have missed this festival twice in your years here at PC, do not miss it for a third time; attend The Creative Writer's Festival this weekend.

Remembering George Martin

Legendary Producer for The Beatles Dies at 90 Years Old

by Paige Calabrese '18
A&E Staff

MUSIC

Sir George Martin, British record producer who rose to fame for his work with The Beatles, died Tuesday, March 8, 2016, at his home in Wiltshire, England at age 90. CA Management, the company that represented Martin, confirmed his death.

While his unique, avant-garde approach to producing music earned him fame in his own right, Martin is best known for working with and signing British rock band The Beatles to their very first recording contract with the Parlophone record label. Martin signed the band to Parlophone after they had been rejected by every British label they had appealed to, and he went on to produce 13 albums and 22 singles with the band between 1962 and 1970. After leaving Parlophone in 1965, Martin began to produce independently, but he continued to produce for The Beatles, setting the example of record production as an independent career instead of something solely pursued through a label.

Martin's producing techniques revolutionized The Beatles' sound and transformed their artistically gifted songwriting into the influential pop-rock music we know today. Martin applied his love of technology to his producing by using everything available to him to creatively enhance music; he added backward vocals and instrumental recordings to tracks and altered speed and arrangements.

As Martin began introducing The Beatles to the expansive electronic options they could to add to their music, he taught the band how to use recording equipment; this was extremely uncommon and essentially unheard of in producer-musician relationships at the time.

In addition to electronically editing tracks, Martin encouraged the band to add orchestral aspects to their music,

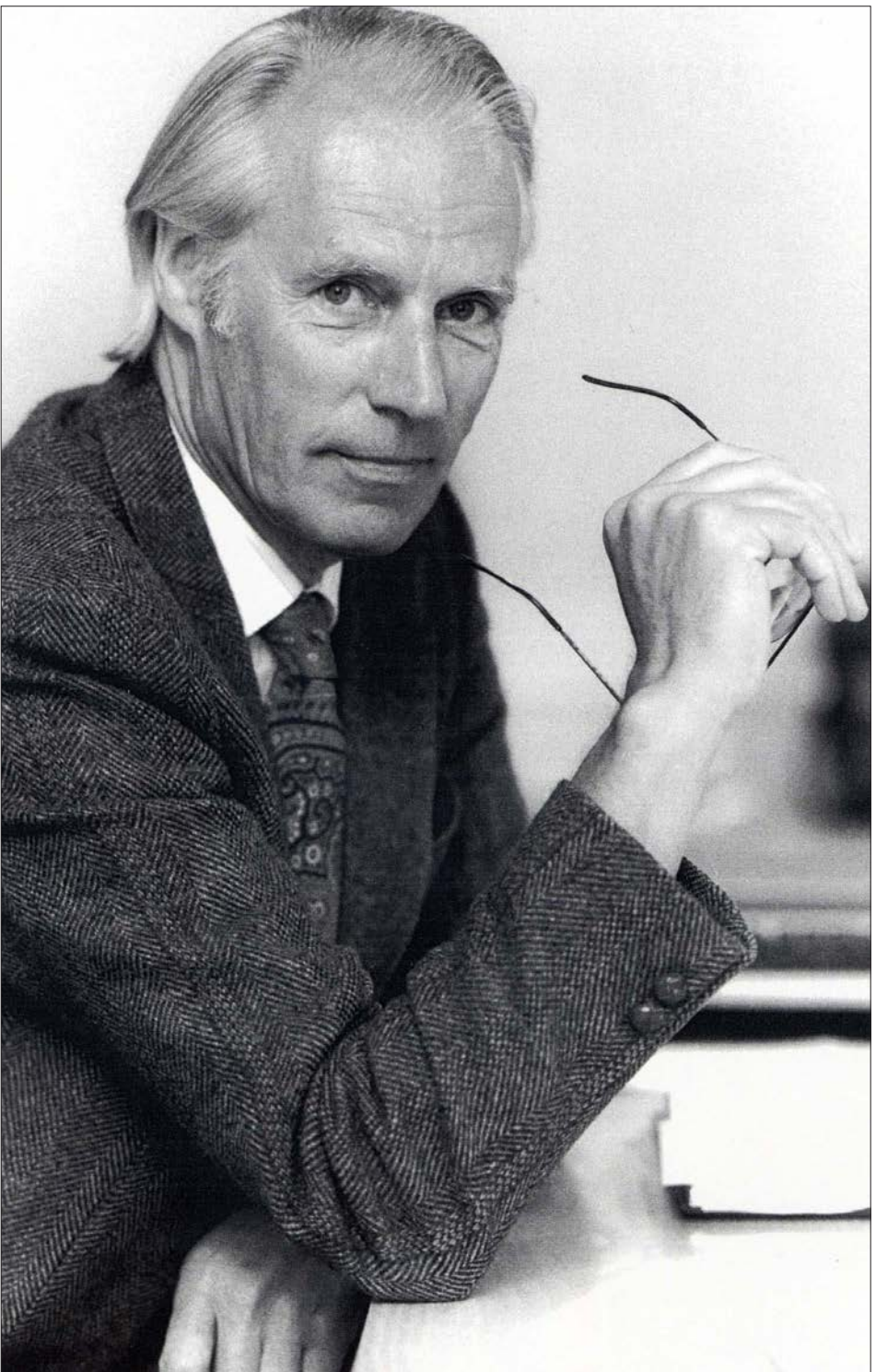
using recordings of strings in "Eleanor Rigby," brass in "Got to Get You Into My Life," and a marching band in "Yellow Submarine." These orchestral additions solidified The Beatles' unique sound and set them apart from other artists in their genre.

Martin explained the reasoning behind his unconventional recording approach in an interview with *The New York Times* in 2003, stating, "The criterion by which recordings were judged was their faithfulness to the original. If you made a recording that was so good that you couldn't tell the difference between the recording and the actual performance, that was the acme. And I questioned that. I thought, O.K., we're all taking photographs of an existing event. But we don't have to make a photograph; we can paint. And that prompted me to experiment."

Prior to working with The Beatles, Martin produced recordings of jazz, comedy, and symphony to which he also applied his technological enhancements as well as his perfect pitch and expertise in arranging music. Later in his career, Martin worked with other famous jazz and pop musicians including Ella Fitzgerald, the Bee Gees, and Jeff Beck.

Countless celebrities, musicians, and politicians showed their support for Martin and offered their condolences last week. Producer Mark Ronson tweeted, "Thank you Sir George Martin: the greatest British record producer of all time. We will never stop living in the world you helped create." British politician David Cameron tweeted, "Sir George Martin was a giant of music—working with the Fab Four to create the world's most enduring pop music."

George Martin's contributions to music and recording have helped the music industry to evolve into what we know today, and his spirit of innovation and passion for music will inspire countless generations of musicians and producers.



Sir George Martin, often referred to as "The Fifth Beatle." PHOTO COURTESY OF MICHAELMESSER.PROBOARDS.COM

Virtual Reality on the Rise

by Ryan Charland '18
A&E Staff

ENTERTAINMENT

Twenty years after the virtual reality (VR) craze of the 1990s, the market is having another go at it. Conscious of past failures at immersive technology (think Nintendo's Virtual Boy), film and video game producers are focusing their efforts on perfecting virtual reality experiences for the public. Maybe 2016 is the year they will finally get it right.

The Oculus Rift has been making headlines for the past few years, originally beginning as a campaign on Kickstarter. A completed version of the headset will be released in July for \$599.99. Oculus VR makes use of a headset containing separate HD

OLED screens for each eye, providing a 3D effect for the user. The hardware is supported by titles like *Minecraft* and *Half Life 2*, as well as a wide array of independent projects.

Taking a cue from the Rift's success, Sony and Microsoft have developed their own versions of the headset. Sony's Playstation VR has a similar design to Oculus's product, albeit with a lower price tag of \$399. Microsoft's answer to its competitors is the HoloLens, which resembles Google Glass in design and function. Both "smart glasses" mix VR with reality, an alternative to possibly disorienting or nauseating headsets. They display information in an overlay on the lens that can be interacted with or disabled to give a clear

field of view. HoloLens is not exclusively for gaming, like Playstation VR, but can also be used for Skype or 3D modeling.

The film industry has taken notice of VR's resurgence and has wasted no time in capitalizing on the fad. As video games continue to become more and more cinematic, cinema seems to be adapting video game concepts. *Hardcore Henry* is an upcoming action movie shot entirely in first person. Found footage horror movies have previously made use of first person, but *Hardcore Henry* is something new. Closer to *Call of Duty* than *Cloverfield*, it looks to make viewers feel like an action hero and to allow them to have fun while doing so. Reviews ahead of its April 8 release date have ranged



A closer look inside the world of virtual reality. PHOTO COURTESY OF ISS.FRAUNHOFER.DE

from negative to positive, but it remains to be seen if it will have a lasting impact on the industry.

As *Deadpool* and its slew of upcoming copcats have shown, Hollywood does not hesitate to cash in on a success. Big returns from *Hardcore Henry* would likely mean first person action would become the

next found footage until it is run into the ground. Before that happens, we are bound to see some interesting variations on the theme as video games and movies continue their hybridization.

At this point, it is still unclear if VR is a fad, like motion controls of the late 2000s, or if it is a new direction for media. The

possibilities of new forms of narrative are promising, especially if horror games can make proper use of the isolation imposed by a headset. As competition grows, it seems inevitable that the hardware will become affordable for the average consumer. This year consumers will see if VR will be a success in the market.



This Week: The Screening Room

PHOTO COURTESY OF MYFREEPHOTOSHOP.COM

by Kelly Laske '16
A&E Staff

FILM

It is every person’s dream come true—hot off the press movie releases viewable from your television on the same day they hit theaters. “Screening Room” is a new service that will allow families to watch new movies the same day they are released in theaters. For those who would rather not venture off their couch to catch the latest box office hit, this is the ideal start-up to purchase.

It all seems like the perfect set-up—until consumers hear about the hefty price of using the service. Though endorsed by some of Hollywood’s biggest directors, it can be argued that this service is not affordable for the average American moviegoer.

“Screening Room” plans to first charge consumers who want to use the service \$150 for a box and equipment. In addition to that fee, consumers will have to pay \$50 for a 48-hour rental.

For just one movie that they will not even be able to keep, it will cost the consumer \$50. In all honesty, it just seems like a ridiculous price. It does not seem worth it when you could just physically go to the movie theater for around \$11.

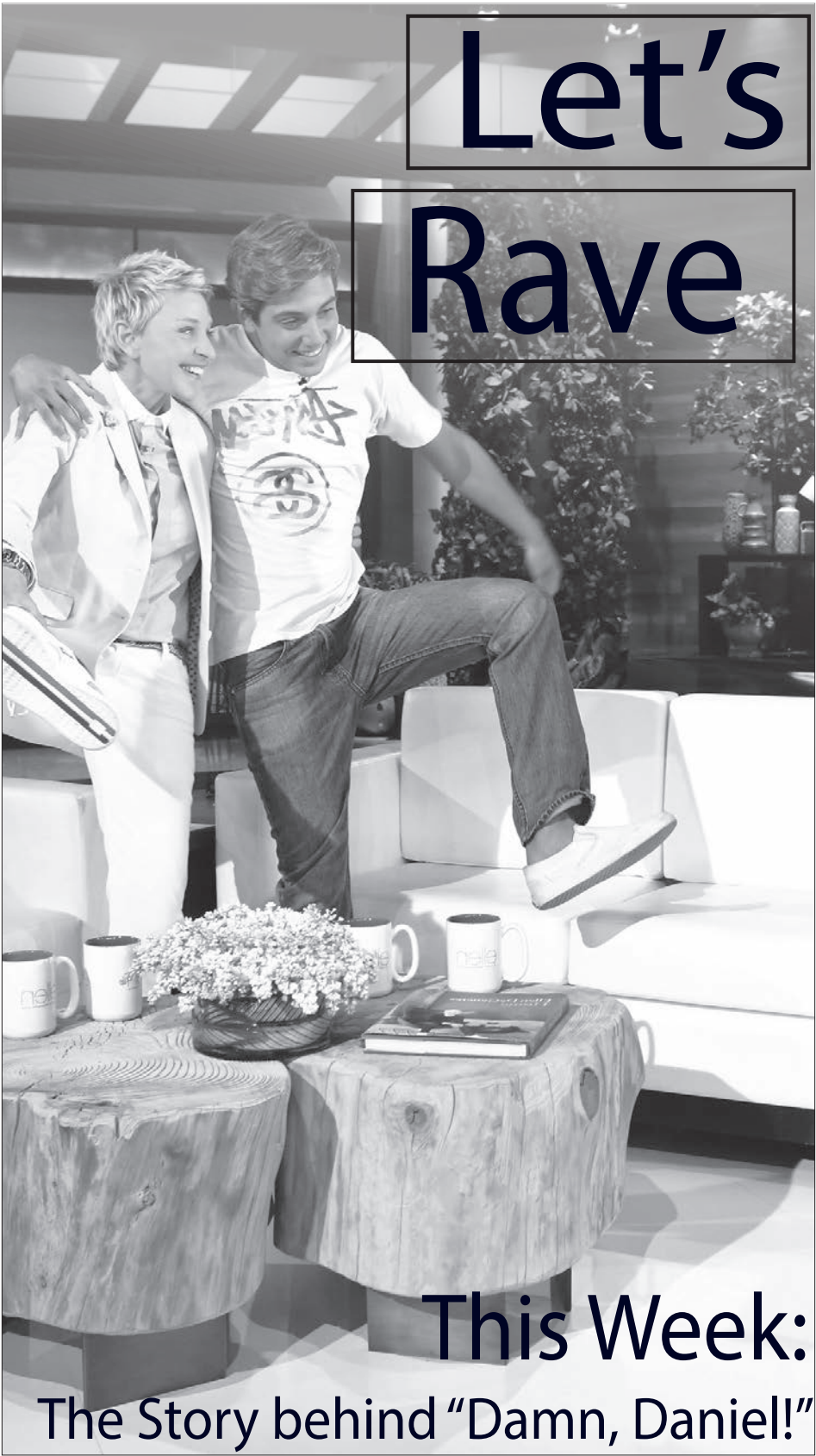
One positive aspect of this is that

some people might not have access to a movie theater and may have to drive far in order to get to one. With the amount one would be spending on transportation, the \$50 charge might actually be worth it. Or if you are a student at Providence College with 12 housemates, you can just split the price and Venmo the purchaser. If you are sitting home alone and still on that college budget, though, “Screening Room” might not be the service for you.

One might also be concerned about how this might affect local movie theaters, and whether or not, if this service is created, theaters will get a decent chunk of profits to avoid backlash from theater owners.

According to *Variety*, theater owners will potentially get \$20 of the \$50 movie price. In addition to this, the purchaser will get two free tickets to the movie theater to encourage them to see the movie again and keep the theaters in business.

“Screening Room” is still in the works and details are not fully set in stone yet. While I think “Screening Room” has potential, I do not think it will survive. While some people would jump on the opportunity to watch a new movie from home, others see going to the movies as a night out or a thing to do, and it ultimately depends if you want to spend \$50 on a movie that you will only have for 48 hours.



This Week: The Story behind “Damn, Daniel!”

Daniel Lara posing with Ellen DeGeneres. PHOTO COURTESY OF WIRED.COM

by Luiza Alves '19
A&E Staff

SOCIAL MEDIA

“Damn Daniel,” the video that will take over your “Damn Life.” Back at it again with the...viral video with an even more viral catch phrase. The video consists of a series of various Snapchat clips of Daniel, stylishly dressed in different brands, being filmed by his friend with the voice-over repeating, “Damn Daniel” as he goes about his day, later interjecting with “back at it again with the white Vans.”

The star of the video, Daniel Lara, is a 14-year-old freshman high school student from California. His friend Josh Holz, a 15-year-old sophomore, approached Daniel late February during their sixth period class and filmed him, saying the catch phrase we now know too well, “Damn Daniel,” and continued to do so over a period of time every sixth period until the compilation of the video was made. The video has received over 346 thousand retweets on Twitter alone, and over 462 thousand views the first week it was out.

In the matter of two weeks, hundreds of parodies and remixes of the video have been created on Twitter, YouTube, and Vine. Lara noticed the video gaining popularity when 20 people at a local mall stopped him to take pictures and later with about another 40 people at a swim meet being held at another school.

What started as a simple Snapchat has

lead the duo to appear on *Ellen* where Lara was presented with a lifetime supply of Vans. The phenomenon has also lead the two “Damn Daniel” stars to make a cameo appearance in Weezer’s “California Kids” music video in the band’s attempt to cater to young music fans. At the end of the music video, Weezer front man Rivers Cuomo finds himself on a beach and drops his famous, nerdy glasses to which the two internet stars appear and Holz says “Damn Rivers, back at it again with the Ray-Bans,” as Lara puts his arm around Cuomo and the two walk together.

It should come as no surprise that the phrase has found its way into apps as well. If you search the Apple App Store for “Damn Daniel,” you’ll find over a dozen apps devoted to the meme. One of the games simply called, Damn Daniel, is currently ranked 10th in Apple’s Top Free Chart.

The appeal is hard to explain, yet undeniable, which speaks volumes to the rapidness and popularity of the video and the stars of it. Lara has received thousands of marriage proposals from women all over the nation, stating that though he is flattered, “He is not ready for that commitment any time soon” on *Ellen*. Lara also currently has one million followers on his Instagram account as well as a pair of white Vans allegedly claimed to be his, selling for \$1,000 on *eBay*. Though you would love to hate the video, sometimes you just have to sit back and say, “Damn Daniel.”

High Expectations for GoT Season Six

by Francis Hannon '17
A&E Staff

TELEVISION

Game Of Thrones begins its much-anticipated sixth season on April 24. The HBO show, based on the book series of the same name by George R.R. Martin, has become a massive hit. Part of the show’s draw is from those who have read the books, but this poses somewhat of a problem. Martin is having trouble writing at the rate that HBO wants to film and this is the first season in which the show will extend beyond the novel. *Game of Thrones* fans are interested to see how producers reconcile Martin’s still developing storyline with the identity the show has taken on.

Thematically, the central storyline is the fate of the beloved Jon Snow (played by Kit Harrington), who we see slain in the Season 5 finale. One of the last of the Stark bloodline, Jon Snow is a rare character in that he has pure intentions and a clean conscience. As a bastard child, he has been disadvantaged his whole life but continually refuses to let adversity corrupt him. He has always performed his duties diligently and with high character, refusing to engage in the bloodthirsty ambition that defines so many of the characters. This makes his death so perturbing to the audience, yet there is an overwhelming sense that this



A look at some of the action from *Game of Thrones* Season 5. PHOTO COURTESY OF PINTEREST.COM

is not the end of Jon Snow. The fact that the Season 6 poster features his bloodied face is certainly suggestive of Snow’s return.

Another interesting plotline is the story surrounding Queen Cersei Lannister (played by Lena Headey) and the situation at Kings Landing, the center of the seven kingdoms. Cersei is a foil to Jon Snow, his opposite in many ways. She has risen to power through endless treachery

and has been heartlessly tyrannous while holding authority, making her a thoroughly odious character. In the end of Season 5 we see Cersei publicly shamed for her transgressions, which is a low point for a character of her proud and regal position. Yet even in her humiliation, Cersei holds her head high and manages to maintain shards of her dignity; this suggests that she will resurge in the future. The most recent Season 6 trailer hints that this is the case, showing momentary clips of the proud Queen speaking from her comfortable position of authority.

The success of *Game of Thrones* lies in the richness of its plot. The two plotlines mentioned are merely two of six or seven major storylines that are both isolated from each other and related in a larger picture. Martin acts like a grandmaster in a chess game, playing with many moving pieces that are jockeying for position three moves ahead of the audience. The beauty of the show is its unpredictability. As the season progresses, the audience pieces together clues of the larger puzzle, but Martin does a brilliant job of weaving a rich and complex plot that is impossible to anticipate. The next installment will get audiences thinking and talking again about their mostly incorrect predictions of how the intricate narrative will be revealed, and for that we are thankful.

March Movie Releases

Shows to Catch Before the Month is Over

by Isabella Goldstein '17
A&E Staff

FILM

Sometimes there is nothing better than kicking back at the movies with some overly-buttered popcorn and your favorite cinema candies. Have a look at the following films, all of which will be released throughout the rest of March, and head on over to the Providence Place Mall to catch a new flick now.

The Divergent Series: Allegiant hits theaters tomorrow. Directed by Robert Schwentke and starring Shailene Woodley, Theo James, Naomi Watts, Miles Teller, Ansel Elgort, and Jeff Daniels, this action-packed third installment of *The Divergent Series* follows the adventures of Tris and Four beyond Chicago’s walls. Once they have left the only city they have ever known, Tris and Four soon discover shocking new revelations that completely change their plans as to how they will find a solution for their shambled city. In order to survive, the two must make the most difficult choices about courage, allegiance, sacrifice, and even love.

Next week on March 25, *My Big Fat Greek Wedding 2* and *Batman v Superman: Dawn of Justice* hit theaters. Directed by Kirk Jones and starring Nia Vardalos, John Corbett, Lainie Kazan, Michael Constantine, and Andrea Martin, the second installment of the highest-grossing rom-com of all



My Big Fat Greek Wedding 2 co-stars Nia Vardalos and John Corbett. PHOTO COURTESY OF TODAY.COM

time follows the planning of a bigger Portokalos family wedding than ever before as Toula and Ian struggle to deal with their rebellious daughter and the never-ending needs of their cousins and friends.

Looking for something a bit more action-packed? Directed by Zack Snyder and starring Ben Affleck, Henry Cavill, and Amy Adams, *Batman v Superman: Dawn of Justice* follows the battle between Batman and Superman as the world struggles to decide which hero is truly needed to rescue humanity

from Lex Luthor and a new villain, Doomsday. Find out if Metropolis can be saved.

If you have some time to escape campus, head out and catch one of these movies, all of which will be released throughout the month of March.



PORTFOLIO

The Cowl 17

March 17, 2016

Catharanth

by Clara Howard '19
Portfolio Staff

FICTION

For millennia, the world has believed dragons to be extinct. The immortal folk have not seen them in so long they often forget about the creatures who once roamed the skies, causing chaos each time their shadows fell over villages and kingdoms. The humans believe them to be merely the stuff of stories, “fairy tales” one tells a small child for comfort. But the earth has not forgotten them. The towering snowy mountains that line the western lands rumble sometimes, as though there is thunder far beneath the surface, and volcanoes that have lain dormant for decades erupt with the least amount of warning. Endless caverns in the glaciers of the southern isles deter explorers with their unfathomable darkness, and some have said that they have felt warm breezes blowing *outward* from the glaciers. No, the earth has not forgotten her most exceptional creatures. She has merely hidden them from the humans who don’t understand and fear them, and who began killing them many centuries ago.

Because they have indeed only been in hiding. Hiding, and waiting for the moment they might return to the surface, and see the light of day again. Waiting for the moment when they might once more feel the wind on their faces as they race across the skies, their powerful wings scattering the clouds behind them. Waiting, perhaps, just as I have been waiting—for the moment when they find their riders, and might again live in harmony with the rest of the world.

I heard him before I saw him. And even before then, I could smell his fear from 50 miles away, drawing

closer as he crashed his way through the undergrowth and the trees. At the time, I thought it was nothing. After all, humans get scared of everything, and the worst of any creature that inhabited my woods, second to myself, were the black wolves of Negara, and they rarely went after humans anymore. It was only the word he’d whispered as he ran beneath my tree that had me following him down to his village. *Dragon*, he’d said. *Dragon*.

The townspeople were skeptical. I listened from the roof of one of their houses as he told them what he’d seen, his voice bordering on hysterical. A dragon as large as the tallest peak of the Gorl Mountains. Claws and spikes long and sharp enough to gut a whole town at the same time. The description went on, each attribute more outrageous than the last, but instead of turning people away, the bitter scent of fear reached my nose, and I realized they’d actually begun to believe him. Which meant that soon, they’d be organizing a hunting party. And if there really was a dragon hidden in the heart of my woods, they would kill him without hesitation. I ran.

Because he’d been so blinded by his fear, the human boy had created a path so easily able to track it nearly made me sick. The hunters would have no trouble finding his trail and following it. And indeed, I could hear the stirrings of a large crowd at the edge of the town, and wood-smoke reached the trees. They were already burning torches, the better to see in the darkening night. I ran faster, nearly flying, as I retraced his steps to a hillside that dropped into a ravine. I skidded to a stop, my breath catching as I beheld the dragon asleep

below me, curled tightly around itself, with its enormous wings tucked into its sides.

It was magnificent. The largest creature I’ve ever seen in all the years of my life, nearly as large as that human boy had described it to be, but not nearly as horrifying as he’d said it was. If anything, the dragon was beautiful. Scales of the palest blues in the world—hues matching everything from a clear sky in the spring months to the color of the thick ices of the southern isles—covered the length of its body, twining around it in such a way that they shimmered in the moonlight with each breath that moved its chest. Snatches of its leathery underbelly peeked through its tightly coiled body, the same grey as the snow-filled clouds that continually hung over the Gorl Mountains. Its horns and claws and spikes were the color of ivory, each ending in wickedly sharp points that could tear through flesh without a bit of resistance. I stood staring at it, struck dumb by the mere size and grandeur of the creature in front of me. But I had to hurry. The humans were not far behind me, that stupid boy leading them back to this very spot.

I slid down the hillside to the dragon, my hands burning against the grass and sticks and stones. There was a tugging in the pit of my stomach, as if the magic of the sleeping beast in front of me was somehow calling to me, and awakening something inside me. I rolled to my knee in front of its head, pausing to catch my breath and admire it from up close. Swallowing, I reached out a hand to rest it on the dragon’s snout. A wall of warm air nearly pushed me off balance as it exhaled, and I felt

myself shivering despite it. I leaned in to its face, my mouth inches from its skin, whispering the words of my ancestors meant to wake a sleeping dragon peacefully from its slumber. My last words came out in a puff of breath, a small cloud of air appearing in the moonlight before dissipating.

I waited. In the distance, I could hear the human hunters moving through the forest, getting closer despite being guided by only a sliver of the moon. Seconds that felt like hours passed, and it didn’t wake. I could feel something akin to fear reach my heart. I had not feared anything for centuries, but the thought of those humans killing this creature had my heartbeat quickening. I stood, determined to climb back up the hill and fight them, though I’d sworn long ago not to hurt humans again. As I turned, my body slipping into a tension that I hadn’t felt for decades, movement out of the corner of my eye made me pause. A wall of air again hit me, though it moved up my body as it did so. A deep rumbling of thunder shook the trees, the birds who lived in them having long gone deathly silent, and a slithering of a thousand snakes echoed through the forest and the hills as its tail unfurled. I turned again, and found myself staring into an eye of deepest night, a shock against the paleness of the skin surrounding it. I reached out a hand, shaking, almost against my will, to touch my fingertips to its skin, when there was a crash at the top of the hill and suddenly shouting filled the air. The human hunters had arrived, and they were here to kill the dragon.

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For more information or details on how to register, contact Tim Dalton at tdalton@friars.providence.edu.



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Editor's Corner: Friars Finding Their Groove

by Joey Ciccarello '16
Sports Editor

MEN'S BASKETBALL

In any sport, a good team finding its rhythm at the right time is a scary proposition to any other team that stands in its path. If they do so with the promise that their two best players will return to form –or at least close to it –watch out.

This is what the Providence College Men's Basketball Team hopes will await them on Thursday night in Raleigh, North Carolina. Over the past five games, four of them wins, the Friars have once again begun to look like the team that started winning 18 of its first 22 games, not the one that stumbled through six losses in an eight-game January and February stretch.

Even last Friday night's loss to Villanova provided Providence with many a promising sign, all of them coming from their much-maligned supporting cast. With Kris Dunn '17RS struggling to hit his jumper, and Ben Bentil '18 frustrated into just three points and five fouls, the Friars' auxiliary players stepped up to key a big second half run, which closed to within two of the top-seeded Wildcats before eventually falling 76-68.

Kyron Cartwright '18 dropped 14 points and three assists, including a three-pointer that capped a 9-0 Providence run to cut the Villanova lead to 55-53. Rodney Bullock '18RS, whose stock has been as low as it has been high this year, had 18 huge points, including four three-pointers that almost all came at the most opportune of times.

Jalen Lindsey '18, much maligned for his up and down play this year, finished with just seven points and six rebounds, but his contribution went beyond the stat sheet. His energy on both sides of the court helped keep the Friars close when it seemed like Villanova was prepared to step on their throats. Coach Ed Cooley will take seven points each from Junior Lomomba '17RS and Drew Edwards '19 any game of the year.

Add in even average games from Bentil and Dunn, and the Friars very well may have won not only that game, but Saturday's Big East Championship as well. It was the kind of performance that Coach Cooley was likely ecstatic to see from his team, and one that gave him a renewed sense of trust headed into his third straight NCAA

Tournament performance.

The Friars, although seeded lower than their opponent, head into Thursday's game the favorites amongst both amateur bracket-fillers and college basketball analysts alike. Winning in the Tournament is obviously no easy task; if any fan base knows that, it is fans of the Friars, who have waited 19 years for a tournament win.

USC will bring its own challenges, just like North Carolina and Dayton have the last two seasons. The Trojans can push the ball up the court and score with ease, possess talent at every spot on the floor, and sport two guards in Julian Jacobs and Jordan McLaughlin as good as any that the Friars have faced this season.

But Providence can lay claim to the fact that on Thursday night, the two best players on the court belong to them, and they take solace in the fact that their supporting cast is rounding into shape at just the right time. If this team is truly gelling like it seems to be doing, buckle up for an exciting first weekend.

UNC

In what has been one of the crazier Men's College Basketball seasons in recent memory, it is not too crazy to imagine a No. 16 seed finally beating a No. 1 seed this year. With that being said, one of the teams that will definitely not be beaten by a No. 16 seed will be the University of North Carolina, Chapel Hill. Why? Two words. Brice. Johnson. The UNC forward has been one of the hottest players in basketball this year, averaging a double-double a game (16.6 PPG, 10.6 RBG).

Along with those big statistics, Johnson is shooting 61.4 percent from the field, putting him at the top of his team. Johnson is a product of his surroundings. The Tar Heels have one of the best offenses in the nation this year, averaging over 18 assists per game, which puts them fourth in the nation.

Many of those assists belong to Marcus Paige a.k.a. the other reason why the Tar Heels are the strongest 1-seed in the Tournament. Paige is averaging just shy of four assists per game, but more impressively is shooting an overall 33 percent from three-point land. As a team, UNC has played very well this year despite a few hiccups against weak opponents, winning five of their last six games including wins against both Duke and UVA. North Carolina will look to continue this streak Thursday in the first round of the NCAA Tournament.

The Paige-Johnson dynamic will look to dominate and the two could find themselves deep into March if they continue to play well. The biggest obstacle to their championship dreams? No, not No. 1 Kansas but certain Friars team they could potentially face in the second round.

-Sam Hardwick '17

WHO IS THE STRONGEST ONE SEED IN THE TOURNEY? KANSAS

In order to win this NCAA Tournament, the Kansas Jayhawks will have to pull off a string of six straight wins, pushing their current 14 game winning streak to an impressive 20 games. This may seem unheard of, as teams rarely pull off winning streaks of that length in the current college basketball scene, but I believe that this is entirely possible for Bill Self's Jayhawks.

As Self explained the day before the Tournament began, his current team "is as bought in as I've ever seen." This may not seem like much, as just about every single coach in history makes statements like these to get their teams fired up before the Tournament. However, this statement seems very legitimate when you consider the experience of the current Kansas roster.

Three seasoned veterans, Perry Ellis, Wayne Selden, and Frank Mason III, who have all played in a significant number of big games in March, lead the Jayhawks. These players are all quite hungry for success after last year's disappointing tournament, which resulted in a quick second round exit against Wichita State.

Nevertheless, people should not make the mistake of doubting this year's Kansas team because of last year's results, as this team is completely different. For one thing, Devonte Graham has grown tremendously over the past year, and has shown this through his performances in big games throughout the season. Over the course of three games in the Big 12 Tournament, Graham averaged 17.3 points, 6.3 assists, and four rebounds, leading the Jayhawks to a Big 12 postseason championship and winning the Tournament's MVP award.

If Kansas is able to continue their dominant style of play over the past 14 games, then there is no doubt that they will be in the driver's seat once the Tournament comes to its closing stages.

-DJ Anderson '16

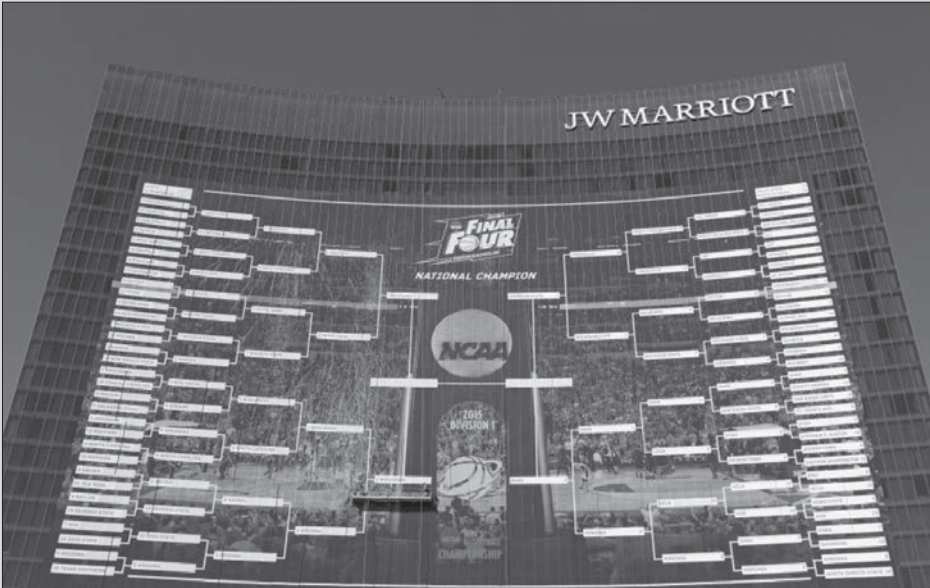


PHOTO COURTESY OF WASHINGTONPOST.COM

History:

Continued from front page

Dunn’s stifling on-ball defense and propensity for steals made his Defensive Player of the Year award fairly easy to predict. His long arms and impressive vision helped him to telegraph and dart in front of many passes throughout the season. His skill at stealing the ball was especially on display early in the season, when it seemed like he might be able to average five or six steals a game on the year, a truly impressive number.

The Big East Player of the Year award was a little harder to predict this time around. Seton Hall’s Isaiah Whitehead, Villanova’s Josh Hart, and Marquette’s Henry Ellenson all had legitimate cases to make. And, of course, PC’s own Ben Bentil ’18 was very much in the mix himself. But Dunn ended up with the award yet again, after having shared it last year with Villanova’s Ryan Arcidiacono.

It was likely Dunn’s skill as an all-around player that won him the award this time around. He scored big, at 16 points per game; he showed off impressive court vision on offense in addition to defense, with 6.4 assists a game; and he rebounded very well for a guard, pulling down 5.5 rebounds a game. In addition, Dunn cut down on turnovers, one facet of his game that has drawn criticism in the past from NBA scouts. He averaged 4.2 a game last season, bringing the number down to 3.5 a game this time around.

While Dunn essentially performed



Kris Dunn holding the Big East Player of the Year trophy.

PHOTO COURTESY OF WTOP.COM

up to (very high) expectations, one of his teammates absolutely shattered them. Not many people expected Ben Bentil’s impressive awards haul coming into the 2015-2016 season. But Bentil was a force all year on both sides of the ball, leading to a spot on the All-Big East First Team, alongside Dunn, as well as the 2016 Big East Most Improved Player Award.

After he averaged 6.4 points and 4.9 rebounds last season, many people expected modest growth from Bentil, especially after the departures of fellow big men Carson Desrosiers ’15, Paschal Chukwu, and LaDontae Henton ’15. But averages of 21.2 points and 7.8 rebounds were beyond even the most optimistic Friar fan’s expectations. Bentil was simply a beast in the Big East this year,

blocking shots, running the floor much better than most forwards, and showing off his newfound range from beyond the three-point arc.

Bentil also contributed in the same ways he did last year, with a relentless, physical style of play in the paint. This style of play, combined with his scoring, drew comparisons to Hentoneven though Bentil has a more traditional power forward’s body. Bentil also followed in Henton’s footsteps as a Providence player who led the Big East in scoring for the season. PC players seem to have made a habit of this lately, as MarShon Brooks ’11, Bryce Cotton ’14, Henton, and Bentil have all led the conference in scoring respectively throughout the past six seasons.

While all the pundits agree that Dunn will be entering the NBA draft this season, the tentative belief seems to be that Bentil will stay in college for at least one more season. With Bentil holding down the paint on defense and scoring from everywhere on the floor for at least another year, the Friars look poised to stay relevant in the Big East next year.

But for now, we Friar fans can only wait impatiently for the USC game, and hopefully another match-up after that against the UNC Tar Heels. For what it is worth, ESPN writer Myron Medcalf has already predicted a Friars upset over UNC in his “10 Bold Predictions” column for the Tournament. And every Friar fan knows that if Dunn or Bentil gets really hot at the right time, anything is possible.

Women's Basketball Plays Season Finale

Beal and Nogic Provide Bright Spots for Next Season

by **Gretta Schultz '17**
Asst. Sports Editor

WOMEN'S BASKETBALL

The Providence College Women’s Basketball Team has experienced a rough season this year with a record of 5-24. Their losing streak continued into the Big East Tournament on Saturday, March 5. The team lost to Creighton in Chicago with a final score of 70-53. The Friars were led in scoring by guard Clara Che ’19, who scored 14 points during the game. The Friars entered the tournament as the No. 10 seed, compared to Creighton who entered the tournament as the No. 7 seed. The Friars were not able to score in the first quarter of the game and Creighton pulled ahead quickly with a 15-0 lead. This posed a major problem for the Friars because they were not able to close the scoring deficit for the rest of the game. The Friars finished the first quarter with the Bluejays holding a 21-7 advantage.

In the second quarter Evi Iiskola ’16 scored a lay-up which Creighton answered with a jumper from Sydney Lamberty that extended the Bluejays’ lead. Jovana Nogic ’19 scored a three-pointer before the half was over and she was able to begin a run that closed the gap to just six points.

However, the Bluejays continued to score repeatedly, and the Friars finished the first half losing 33-28. As close as the score was at the half, the Friars were never able to successfully pull ahead of the Bluejays. The Friars continued to close the gap to just



Sarah Beal '17 takes the ball up in the game earlier this season.

PHOTO COURTESY OF FACEBOOK.COM

three points in the third quarter. However, MC McGrory began a scoring streak for the Bluejays that the Friars were never able to recover from.

This season the Friars have been unable to close the scoring gap in almost all of their games, although they were able to successfully defeat several teams this year that included Hartford 69-50, Monmouth

71-59, Bryant 88-78, URI 64-55, and Creighton 61-59. The success in these cases resulted in big scoring gaps. After losing players Chanise Baldwin ’15, Alexis Harris ’15, Karin Robinson ’15, Tori Rule ’15, and Annie Russian ’15 last year the team moved into a rebuilding year and has had little success this year, only winning five games all season.

However, there does seem to be

hope for the team, as they have several strong, young players. The team will only be losing one senior this year, so there is an opportunity for them to develop in the next few seasons. With players like Nogic named to the Big East Honor Roll this year, the team has strong players to build a team around for next season.

Semis:

Continued from front page

Three minutes into the third period, Merrimack was able to tie the score as Craig Wyszomirski’s one-timer from the point beat Ellis on his blocker side. The Friars took back the lead at 13:10 when Foley scored the game winner. Alternate captain Mark Jankowski ’16 centered a give-and-go pass to the standout freshman winger for his seventh goal of the year. Trevor Mingola ’16 sealed the deal with an empty net goal for his 37th point of the season.

The tenacity from Friday’s tilt carried over into Saturday in a game that Leaman predicted would be a “rock fight.” For the first 10 minutes of the game, jabs and pushes were exchanged after every whistle. PC’s

line of Steve McParland ’16, Kevin Rooney ’16, and Conor MacPhee ’17 was able to maintain puck possession in the Warriors’ zone and had a few scoring chances.

Although the Friars had a 10-4 edge in shots, they went into the dressing room with the score still knotted at zero. PC’s penalty kill was tremendous in the second, fending off a five minute major called against MacPhee for charging. It was not until halfway through the third period that the scoreless tie was broken.

McKenzie held onto the puck until he saw a shooting lane and dumped it toward Merrimack’s net, where freshman Garrett Gamez ’19 got his stick on it and pushed it past Vogler. With under a minute left in the game, Rooney scored the insurance goal, an empty netter and his sixth of the season. Ellis’ 2-0 blanking of

the Warriors was his fourth shutout of the season.

When speaking to the Providence Journal, Leaman commented on the physicality of the game, saying, “That’s what a typical PC-Merrimack game is. The battle level was high. I thought we struggled in the first because they were using their bodies to win battles and we were using our sticks. Vogler played a heck of a game.”

After the game, Hockey East Commissioner Joe Bertagna presented the Friars with the Regular Season Hockey East Championship trophy. The Friars capped off their greatest season at Schneider Arena with a 15-1-2 record.

Saturday’s victory brought the Friars’ winning streak to 10 games. During that winning streak, Ellis recorded NCAA leading numbers with a 1.06 GAA and a .958 save

percentage, earning him Hockey East Co-Defensive Player of the Week. Another notable stat for the Friars is that they have trailed an NCAA-low 192:17 of 2069:02 minutes played this season.

Providence will face the UMass Lowell River Hawks at 5 p.m. on Friday, March 18. During the regular season, the teams split their series, with the Friars winning the first game 4-2 and the River Hawks taking a 3-1 win the next night. UMass Lowell is coming off of a big sweep against the Boston University Terriers. This will be the seventh time the Friars and River Hawks will be meeting in Hockey East playoffs and just the second time they will face off in the semifinals.



The team celebrates in a game earlier this season.

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Men's Basketball Makes Valiant Effort at MSG

by Brannon Walker-Hodges ’16
Sports Staff

MEN'S BASKETBALL

The Providence College Men’s Basketball Team is set to dance in the NCAA Men’s Division 1 Tournament after competing in the Big East Tournament last week at Madison Square Garden. Last week, in stunning fashion, the Seton Hall Pirates came out on top as Big East Tournament Champions as they defeated the top seed Villanova Wildcats 69-67 on Saturday, March 12. The Friars came into the tournament as No. 4 in the Big East tournament. The Friars defeated No. 5 Butler Bulldogs 74-60, this past Thursday, March 10. The Friars were led by the career performance of Ben Bentil ’18; he scored 38 points, eight rebounds and blocked two shots. Bentil went 16-for-24 from the field goal, including making five three-point shots. Bentil’s 16 successful baskets is a new record for field goals made in a Big East Tournament game. It is also the most points and field goals that a Providence player has scored in a Big East Tournament game since Jamine Peterson did so on March 9, 2010. Also contributing to the win was two-time Big East Player of the Year Kris Dunn ’17RS, who scored 15

points while recording seven assists and two rebounds.

The Friars started out strong in the first half against the Bulldogs. The lead grew as wide as 12 points, 32-20, at 4:52 in the first half. Then, Butler put together a late surge, scoring 10 consecutive points without an answer from the Friars. Providence was held scoreless until the end of the first half, holding onto a 32-30 lead heading into halftime. Bentil led all scorers with 15 points, while also contributing four rebounds, one assist, one block, and one steal. Dunn had seven points and five assists at the half.

The second half started out in favor of Butler, as a three-pointer and a jump shot by Butler’s Kelan Martin gave the Bulldogs their first lead of the contest, 35-32. Both teams continued to match up well against one another, as is expected from two teams seeded No. 4 and No. 5 respectively. After a timeout in which the game was tied 38-38 at the 15:58 mark, the Friars pulled away with an 18-7 run of their own, reclaiming the momentum and pushing the lead to 11 points. The game had gotten away from Butler at the 3:13 mark, at which point the Friars built their lead to as high as 19 points. The match concluded with Providence moving on to the semifinal round, 74-60.

The semifinal round matched the Friars against the Villanova Wildcats. Villanova had come into the Big East tournament as the third-ranked best team in the country, as well as the best team in the Big East conference during the regular season. Both teams defeated one another on the other team’s home court during the regular season, setting up a rubber match for a spot to play in the Big East Championship. The Wildcats were mainly focused on stymying the Friars’ combo of Bentil and Dunn. The strategy seemed to work, as Providence struggled to effectively move the ball in order to create open shots. The inability of the Friars to get into the rhythm offensively allowed the Wildcats to gain the lead early. The Friars were down as much as nine points at the 2:52 mark, 29-20. The Friars cut the deficit down to five points, 32-27 by halftime. Rodney Bullock ’18 led all Friars at the half with eight points, along with three rebounds. Bentil was held to three points, but was dealing with foul trouble. Dunn was contained and limited by the stifling Villanova defense.

Villanova continued their strong play in the second half as they built up their lead, 38-27 at the 19:03 mark, due to back-to-back three-pointers by

Villanova’s Kris Jenkins. The Friars responded with a 7-2 run in order to cut the deficit, 40-34, at the 15:39. Villanova had then appeared to run away with the win as they extended their lead to 14 points with 11:35 left, 53-38.

Bentil had fouled out of the game at the 9:40 mark after picking up his fifth foul of the game. The game had seemed all but over at this point. However, the Friars once again showed their resiliency and continued to fight. With Bentil gone and Dunn being contained, the Friars needed other members to step up. Kyron Cartwright ’18 led the way as he scored eight points, including two three-pointers, as part of a 15-3 run by the Friars that trimmed Villanova’s lead to 55-53 at the 6:59 mark. Villanova finally drew the line and led by nine points, 65-56, with just 3:24 left to play. Providence was out of runs as they conceded the victory to the Wildcats.

Tonight is an important night for Head Coach Ed Cooley and his team as they begin their NCAA Men’s Division 1 Tournament quest as a No. 9 seed in the East bracket, starting with a battle against the No. 8 Trojans of the University of Southern California at PNC Arena in Raleigh, North Carolina.