Fourteen Years of PC Relay For Life Raises Over $1 Million

by Patrick Healey '17
News Staff

COMMUNITY

Last Friday night, the students walking around the track in the Peterson Recreation Center were not doing so for fitness or pleasure, but, instead, in support of Relay for Life, a fundraiser that is put on in association with the American Cancer Society by Providence College students. “Relay,” as it is commonly referred to around campus, celebrates the lives of those who have fought cancer, remembers those who have lost their lives to it, and supports the fight to end cancer for good. This event originated in 1985, when Dr. Gordy Klatt walked around a track for 24 consecutive hours in Washington to raise money for cancer. It caught on and has become a huge international fundraiser.

The Peterson Center was transformed into a haven for students to support anyone affected by the disease and to give money to the American Cancer Society which in turn goes to patient care, research, and advocacy. The theme of this year’s Providence College’s Relay was USA, and taped along the walls of the gym were cutouts of each state along with a statistic relating to cancer in that state.

Spring Into Music with WDOM DJ’s New Picks

by Elizabeth Jancsy ’18
A&E Staff

CLUBS & ORGANIZATIONS

Although it has yet to feel like summer is in the air, our year here at Providence College is almost at a close. Even though the end of the year means finals, projects, and completing a list of obligations you have put off all semester, it also means that days of sun, windows down, and hanging out with friends are just around the corner. Springtime on campus is one of the best times. We are finally able to smell the fresh air rather than the stale smell of old books in the library, and to pretend at least for just one afternoon that we do not have five hours of homework to do before tomorrow. Of course this kind of day would not be complete without the perfect playlist as the backdrop to your spring semester. WDOM DJs Emily Ryan ’17 and Lindsey Madeira ’19 have shared what they think are the best spring playlists for every listener.

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Boston Marathon Bombing Survivor Heather Abbott ’03G to Deliver Commencement Address

by Marla Gagne ’18
News Co-Editor

COMMENCEMENT/Page 2

Heather Abbott ’03G, Providence College alumna and survivor of the 2013 Boston Marathon Bombing attack, will give the Commencement Address for the Providence College Class of 2016. Abbott earned her bachelor’s degree from Stonehill College in 1996 and then joined the Friar Family, receiving an MBA in 2003. She currently works as a compliance/EEO and employee relations manager for Raytheon Integrated Defense Systems in Portsmouth, Rhode Island.

But Abbott’s life, seemingly the ordinary tale of many alumni, was drastically changed on April 15, 2013, the day she attended the Boston Marathon.

Following a yearly tradition, Abbott and a few friends attended a Boston Red Sox game and then went to watch the Boston Marathon. But Abbott watched runners cross the finish line, she was hit by shrapnel from the second of two pressure-cooker bombs that were hidden in backpacks.

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Chris McCormack ’18 gives his take on the results of the Master’s this past weekend.

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Check out the entertainment line-up at this year’s Clam Jam, to be hosted by BOP this Friday.

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PC raises awareness of sexual assault this month with a series of programming and panel discussions.

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Celebrating 80 Years of Publication

Providence College

Providence College’s Student-Run Newspaper Since 1935
Continued from front page

During Relay, students show off their Zumba moves when they are not walking the track.

Relay: Celebrating the Lives of Those Affected by Cancer

Cost a few dollars, all of which went to table to a caricature artist. Each activity ranging from a henna station to a haircut put on.

As Abbott started to accept her new life and gained back her independence, she also saw first-hand the struggles of being an amputee. Through insurance and many donations, she was able to receive four different prosthetic legs. Within a few months, she was able to continue daily activities such as paddle boarding and wearing heels. But not everyone is as lucky as her. Some prostheses cost up to $100,000 and must be replaced every few years.

Abbott chose to start her own foundation, The Heather Abbott Foundation, to provide amputees with the needed prostheses. On the Foundation’s website, it talks about recent donations, including helping “8-year-old Kori Tickel get a new prosthesis, cost $100,000 for the foundation. Abbott has received various awards and scholarships, including helping her personal tragedy into something that will help others who suffer the challenges of having lost a limb.” She continued to say, “Heather...was delighted and honored to have the opportunity to address the Class of 2016. Undoubtedly, she will bring an inspirational message to our students, as they assemble—one last time as a class—before transitioning to the ranks of alumni.”

Abbott is one of five honorary degree recipients for the 2016 Commencement. Other recipients include Robert W. Fiodella, Esq. ’64, the retired CEO and chair of The Phoenix, a leading provider of wealth management products and services. His grandson, Jon Fiodella ’16, currently attends PC. Timothy P. Flanagan, M.D. is a professor of medicine at Brown University who has worked with Ebola patients in Liberia and volunteered in Haiti. Rose Weaver is the actor, singer, playwright who has been in the entertainment industry for over 40 years. The fifth recipient will be George T. Wein, founder of the Newport Jazz Festival and co-founder of Newport Folk Festival (Providence College).

When looking at candidates, Molchester-Molak says the committee looks for professional expertise and service to the community among other qualities. For example, Molchester-Molak said, “In the case of considering Dr. Timothy Flanagan as an honorary degree recipient, we recognized not only his accomplishments in the medical field, but also his hands-on service to the medical community in Africa during the Ebola virus outbreak in 2014.”

All five recipients will be attending the College’s 98th Commencement Exercises which will take place on Sunday, May 15, 2016, at 11 a.m. at the Dunkin’ Donuts Center in Downtown Providence.

More people were walking around the track, which was lined with activities ranging from a benna station to a haircut table to a caricature artist. Each activity cost a few dollars, all of which went to Relay, and kept the students very busy all night.

In the middle of the track was a stage where various clubs performed and fun dance contests were held. There were baked goods and pizza available outside of Peterson, which made it easy for students to stay at Relay all night.

When asked about his favorite part of participating in Relay, one of the volunteers, Colin Nocro, ’17, said, “My favorite thing is the Luminaria event which brings everyone together to remember loved ones.” During the Luminaria ceremony, a somber time for Relay, and recognize to anyone that has been affected by cancer.

Abbott, who was injured in the 2013 Boston Marathon terrorist attack, finishes the race in 2016 with Erin Chatham, the woman that brought her to safety.

Students are all smiles as they donate to pie their friends in the face at Relay for Life.

During Relay, students show off their Zumba moves when they are not walking the track.
Student Leaders Discuss Demands Presented to Fr. Shanley
Board of Representatives and Student Congress Host “Friars United: Let’s Talk”

by Benjamin Bauchiero ’18
News Staff

ON CAMPUS

As every Providence College student, faculty member, and administration member is aware, racial tensions have been prevalent on campus recently. Students from a wide variety of groups have discussed issues they have faced, and brought light to racial discrimination going on around this small Rhode Island college.

On Thursday, April 7, the Board of Representatives and Student Congress hosted an event to discuss the demands that were presented to Fr. Brian Shanley, O.P., earlier in the semester. The event, named “Friars United: Let’s Talk,” discussed these issues of race and represented the demands that were made previously. Students and faculty members were given the opportunity to ask questions or share their own testimonials.

The event focused on uniting the College and creating an environment that is open and inclusive to all. Students from a wide variety of clubs and representatives were present at the event, including the NAACP, BMSA, Friars Club, BOP, SOAR, the Black Studies Department, Residence Life, the Global Studies department, and Personal Counseling. Each representative addressed the need for more training to be made available for both and the students that the students face should always be in the forefront of the administration’s focus.

The representatives explained how the demands that were previously made were for equality, equity, and change. One representative stated, “Demands are made because you have a right to something,” furthering her point that these demands are, “certain rights that aren’t recognized, but should be.”

The demands were each illustrated and then briefly discussed so everyone was aware of what the students desired and where the College stood in implementing each. The demands included an inclusive curriculum, a Title VI coordinator at PC, the establishment of a study for the black diaspora, a new multicultural studies program, more education and awareness of the bystander effect through education, and that the issues that the students have faced aren’t recognized, but should be.”

The event was an opportunity for students to ask questions or share their own testimonial about their experiences with the administration. The students were given the opportunity to share their thoughts on the demands and the College’s response to them.

There will be many more events taking place on campus in the upcoming month to commemorate SAAM. Once such event is Take Back the Night. This event allowed survivors of sexual assault to anonymously share their stories with an audience. The audience, in turn, gave its support to the survivors, and allowed them to speak in a comfortable and safe environment. Another event that took place on April 13 was the Spread the Light Panel Discussion, which involved a panel of faculty and staff discussing the issue of sexual assault and abuse. Both Take Back the Night and the Spread the Light events were developed by students for their peers. Beyond these two events, there will be many more events taking place on campus over the coming month to help raise awareness of sexual assault.

Also highlighted about this month are the new resources that have evolved to help victims of sexual assault and to help make sexual consent clear. Michael Lissack, executive director of the Institute for the Study of Coherence and Emergence (ISCE), has developed a new suite of smart-phone apps that help to make sexual consent clear. The app also creates a record of consent, or if a partner responds themselves saying “forced yes,” a record of consent.

Besides for the We Consent app, the suite also includes the What-About-No app, which displays a “no” message to a partner and records them, to create a record that there was not consent. Also included is the I’ve Been Violated app, which allows victims to record the stories of their assault right after it happens to aid with later prosecution, and the Party-Pass app, which allows users to make a pledge not to engage with sexual relations for the next eight hours unless they have had an explicit discussion with their partner first.

Lissack says ISCE is in discussion with 100 schools to make the apps available in the fall, and that he hopes to reach 100,000 to 200,000 students. The apps represent new resources that are available to help lessen the incidence of sexual assault on college campuses.

Through these resources, and the awareness raised, it is understood that sexual assault at colleges is being combated. As for PC, Campbell says that the division of student affairs is in the beginning stages of developing an inclusive campus.

Katie Goodwin explained how there are resources for students, including the resident assistants, orientation leaders, and counselors. These leaders explained how they are continually looking to expand their operations, and how student input is incredibly important for the success of this project.

Other successes include diversity training stated that all faculty members agreed to take. The goal of this training is to be better equipped faculty members in their knowledge of what is acceptable to do and say in class, as well as how to handle any racial issues that may occur within the classroom. This training will also hold the faculty members responsible for any issues that may arise, while also giving them the tools to handle responses. As explained by a representative, “Diversity training will show the do’s and don’ts to help with their response.” Overall, these demands are here to ensure that the students feel safe at all times and enjoy their limited time at PC.

Prevention is Possible: PC Raises Awareness of Sexual Assault

Sexual Assault Awareness Month Provides Education and Dialogue

by Daria Pardy ’19
News Staff

AWARENESS

Sexual violence and prevention is a contentious issue on modern college campuses. In April of each year, Sexual Assault Awareness Month (SAAM) occurs. This month provides a time to reflect on the progression of each demand. For students, this month is often a time to discuss and learn about sexual assault and abuse. Both Take Back the Night and the Spread the Light Panel were developed by students for their peers. Beyond these two events, there will be many more events taking place on campus over the coming month to help raise awareness of sexual assault.

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According to Lissack, the app helps make communication of consent clear “by encouraging discussion between the prospective partners, whether or not to use the app (which forces a discussion of why and what consent is), is a change.” The app also creates a record of consent, or if a partner responds themselves saying “forced yes,” a record of consent.

Besides for the We Consent app, the suite also includes the What-About-No app, which displays a “no” message to a partner and records them, to create a record that there was not consent. Also included is the I’ve Been Violated app, which allows victims to record the stories of their assault right after it happens to aid with later prosecution, and the Party-Pass app, which allows users to make a pledge not to engage with sexual relations for the next eight hours unless they have had an explicit discussion with their partner first.

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**China’s Polluted Drinking Water**

China has been facing environmental turmoil ever since the country took off industrially. Now, China has to ensure that its pollution levels are in accordance with international legislation. Concern is currently rising because it would lead to overall healthier eating around campus. More discussions have to occur for this policy to pass.

This becomes more expensive and potentially dries out aquifers that could be used in the future. Chinese citizens are becoming increasingly aware of the harmful side effects of pollution, especially after recent data revealed that water consumption has doubled between the 1970s and now and 80 percent of underground wells used by farms, factories, and households are also unfit for drinking.

**EU to Force Companies to Publish More Tax Papers**

Following the Panama Papers leak earlier this week, which showed fraud throughout different regions of the world, Britain’s European Union Commissioner, Lord Hill, will present new rules and regulations that will force companies with more than £750 million in sales to disclose more tax documents. The new rules seek to reveal the existence of tax havens and other tax evasion strategies amongst powerful global firms.

**Iceland Prime Minister Resigns**

Sigmundur David Gunnlaugsson, prime minister of Iceland, resigned on April 5 following the Panama Papers. It revealed that rather than keeping his money in Iceland, he had hidden it around the world. He responded by saying that it is often difficult to keep money in Iceland. The Panama Papers revealed that many people hide money in tax havens and has caused public scrutiny in general. Many other European, Asian, African, and South American politicians have been mentioned in the Panama Papers. Public celebrities like Jackie Chan and Lionel Messi are also involved.

**Tigers Extinct in Cambodia**

The World Wildlife Foundation (WWF) has declared tigers functionally extinct in Cambodia. The last tiger was spotted on camera back in 2007, and there are no more breeding populations alive in the area to revive the species. Lack of regulation in poaching and hunting has led to the decrease of the tiger population throughout the past decade. Fortunately, India, Bangladesh, Bhutan, Nepal, Russia, Thailand, and other countries in Eastern Europe and Southeast Asia are planning to double tiger numbers by 2022. The main problem for now, though, is that Cambodia must invest $20–$50 million in order to reintroduce wild tigers in the area.

**Pet Therapy Program Comes to PC**

As Providence College students begin to embrace the spring weather, they now have the opportunity to embrace a new furry friend. Since Thursday, February 4, students and faculty members have had the chance to interact with “Rock,” a Treeing Walker Coonhound. Rock was rescued by PC faculty member Dr. Kate Hibbard, who is a part of the School of Continuing Education. Dr. Hibbard has been in the process of completing a program in pet-assisted therapy through the Community College of Rhode Island.

The time that Rock spends on campus is part of his second 10 week internship program is scheduled to end on April 14. Rock is available every Thursday from 1-2:30 p.m. in the Center for Mindfulness and Well-Being at the bottom of Davis Hall.

“Rock will continue to be on campus on Thursdays from 1-2:30 p.m. through the end of April, and the Student Health Center plans to have him back again next year.”

**Congress Updates**

This week, the matter of club dissolution was discussed in the Student Congress. The main idea behind this is that if clubs want to be dissolved, they would have to appear before Congress and obtain a 2/3 vote to be dissolved. However, members of Congress want this process to be private because it would be embarrassing for the club to appear before all of Congress. If the club is not approved for dissolution, the members running it would not be motivated enough to continue to operate the club, which would lead to loss of interest and audience. More discussions have to occur for this policy to pass.

Another piece that interests the student body is to serve vegetarian and gluten free options at events throughout campus. Members of Congress mentioned that it is unfortunate that in some events that do not allow for re-entry, they don’t have options for vegetarians because if they leave the event they are attending, they will lose their place. Other members of Congress agree with the recommendation because it would lead to overall healthier eating around campus throughout the year. A student to be drawn, though, because there are people with nut allergies that would not be included in the legislation. However, it is Congress’ duty to represent the student body and provide alternatives. Other members of Congress wanted to see if the pizza order form could be changed so that it includes some vegetarian options.

**Students Invited to Play with Rock the Dog**

As Providence College students begin to embrace the spring weather, they now have the opportunity to embrace a new furry friend. Since Thursday, February 4, students and faculty members have had the chance to interact with “Rock,” a Treeing Walker Coonhound. Rock was rescued by PC faculty member Dr. Kate Hibbard, who is a part of the School of Continuing Education. Dr. Hibbard has been in the process of completing a program in pet-assisted therapy through the Community College of Rhode Island.

The purpose of the program is to have a short break in the student’s day to interact with a dog to hopefully decrease stress, anxiety, loneliness or to just hang out for a few minutes with no expectations,” said nurse practitioner Cynthia Buckley.

Buckley also cited that research has shown that interacting with a pet can decrease stress and increase happiness, lower blood pressure, and diminish symptoms of depression and anxiety. “We have had a number of students stop by to spend some time with Rock, including an incoming freshman and her mom and faculty,” said nurse practitioner Karen Kawa. “We also have a core group of students who regularly visit each week,” she said.

Visiting with Rock is a chance for anyone to enjoy a few moments of relaxation, talk and share stories about their own pets, or bond over love for animals. “On April 14 when Rock completes his internship, we plan to have a graduation party for him,” said Buckley. “All are welcome to attend, to say hi to Rock, and enjoy other community members and snacks,” she said.

Rock will continue to be on campus on Thursdays from 1-2:30 p.m. through the end of April, and the Student Health Center plans to have him back again next year.
PC Seniors Win National Business Ethics Competition

Liberal Arts and Business Education Proves Major Key to Success

by Marla Gagne ’18
News Co-Editor

STUDENT ACHIEVEMENT

On March 19, 2016, Providence College students brought home a big win for the growing Providence College School of Business (PCSB). Connor Barrett ’16, Kristen Michels ’16, and Benjamin Swiszcz ’16 took home first prize in the Eighth Annual Berg Cup, a competition that has been around since the school’s founding. The Berg Cup includes questions that were presented to business and ethical problems.

Barrett, starting on an actual ethics case, the team had to survive a few rounds of competition. PCSB was one of 40 teams who, after submitting a team cover letter and their resumes, were chosen to work on a preliminary case in January. Given only two weeks to prepare a written proposal, the team had to discuss the corporate social responsibility policy of an insurance company, discussing its ethical role and action as a business. The team heard back from the competition a few weeks later in February and was chosen to move on to the final round along with seven other teams.

The group received the case they would be analyzing for the national competition one week before competing. Students were banned from using their advisors for help and were left to balance schoolwork, jobs, sleep, and the project.

Michels said, “I didn’t see my roommates that week because I was on campus until 3 o’clock in the morning.” Finding the time was hard, but when the group did come together, Michels recalls, “Every minute was so productive and that’s what really pushed us over to the edge.”

The case assigned for 2016 was something familiar in today’s world—the issue of the Zika virus. According to a press release issued by Providence College’s Office of Public Affairs, Community, and Government Relations on March 23, the students were “tasked with coming up with a viable business approach to the Zika virus that incorporated ethical, financial, and general business considerations.”

The team initially looked at the company’s financial statements, something they were very comfortable with as accounting majors, and discovered their company was not giving a lot in charitable contributions. After Michels did research online about the Zika virus, they had the perfect plan—a beneficial partnership with the World Health Organization. The team would show the company funding an organization that had the resources to stop the disease, while also arguing that the charitable work gave the company financial benefits, something Michels believes made the group stand out.

Barrett, as the team leader, introduced their group and their proposal. Montoya highlighted the ethics models, while Michels talked about the World Health Organization partnership. And Swiszcz was the “tax expert,” handling what businesses value the most—money.

After ten minutes of proposing and a five-minute question and answer session, the PC team soon learned they would be walking away as the winners. The group, which chooses an organization to represent coming in, decided to split the $4,000 monetary prize equally between PC’s Accounting Association and the Business Program’s Honor Society, Beta Gamma Sigma.

In the PC press release, Dr. Sylvia Maxfield, dean of PCSB, showed her administration’s support of the ethics program and hardworking students. Maxfield said, “PCSB was able to support our students in this competition thanks to our recently inaugurated Program on Ethics in Business Education, and we’re so pleased and proud of their success and grateful to the donor whose endowment gift provides critical resources for ethics education.”

The students credit their win to the support of their advisors Dr. Patrick Kelly, chair of the Accountancy Department at PCSB, and Jacqueline Elck, assistant dean of students, along with their liberal arts education. Michels said, “I think the ethics classes and the requirements to be at Providence College really just enforced our knowledge and understanding of combing the two of them together, which was kind of…like an ultimate experience, bringing in my liberal arts education and my business education into one whole project.”

Michels hopes that this win for the business program would not only put a positive spotlight on the major, but show that PC’s business program is more than just business. She states, “It’s a representation of how important the business school can be here and how important the liberal arts education is with these business majors. And I think that Providence College does it so uniquely in combining them together.”

Friar Divers: Unique Experience, Lifelong Passion

Friar Divers Consists of PC Students With a Love for Scuba Diving

by Patrick Lovett ’17
News Staff

CLUB SPOTLIGHT

Creed, a beloved character from NBC’s The Office, once said, “If I can’t scuba, then this is what’s all about!” In the context of the show, this question is meant to be comical—it seems like a rather random pastime to be so passionate for. However, for members of Providence College’s Friar Divers Club, Creed’s words take on a much different meaning. To them, it is simply being relatable.

Friar Divers, PCSB’s own scuba diving club, is comprised solely of student scuba fanatics. Members either joined with a club as a whole. “I’ve seen some amazing progress in students and watched in awe of their progressing love for the ocean and the sport itself,” says Hentz.

They range from scuba “Jamboree Weekends” in nearby Jamestown or Newport, to non-school sponsored trips to the Florida Keys. This past Halloween, Hentz says, “The divers who came out did an underwater pumpkin carving event.” It is clear, therefore, there is no shortage of possibilities when it comes to Friar Divers.

Beyond fostering unique experiences, the club has also worked to create a large and fairly close community. Hentz claims that it is a “fantastic network of relationships on and off campus,” formed during the summer months, when most schoolmates go their separate ways.

Then says members of Friar Divers meet up and go diving together.

These positive reactions to and experiences in the club are all a tribute to the hard work and dedication of the leadership, praise Hentz. It is quick to pass to those who have helped him and the club as a whole. “I’ve seen some amazing progress in students and watched in awe of their progressing love for the ocean and the sport itself,” says Hentz.

Hentz attributes further credit to the “incomparable” John D. Langlois, owner and Course Director for Enfield Scuba & Water Sports, and his “incredible” staff for their support in training and instruction. He, too, has helped to create and sustain the opportunity. Hentz and others have been able to enjoy.

The interested in scuba diving and wish to receive information on fall sign ups for Friar Divers may contact Hentz at dhentz@friars.providence.edu.
Dear Friars,

Take a break and relax! You’re working too hard!
OPINION

Commencement 2016
An Interview With Heather Abbott

by Edward Walrod ’16
Opinion Staff

Class of 2016, meet your Commencement speaker, Heather Abbott. Heather Abbott graduated from Providence College in 2003. As some of us know, she first burst onto the national scene after news of her survival at the Boston Marathon bombing. Her courage, strong advocacy for the disabled, and work with individuals of all backgrounds on important issues make her a perfect choice for the Commencement speaker.

Perhaps what struck me most about Mrs. Abbott was her willingness to answer a few questions I sent her. I immediately realized that this was someone whose recognition and fame had not given her an inflated sense of self. Instead, she seeks to inflate everyone else’s sense of self before her own.

Mrs. Abbott lost a leg in the marathon bombing. Recently she also gave her testimony at the Boston bomber’s trial in Boston. Mrs. Abbott’s journey has been nothing less than remarkable. With the loss of her leg, she acquired a prosthetic; at first it was uncomfortable and she soon realized that it could cost upwards of $100,000 per leg every three to five years. Instead of resigning herself and the fate of others to a potentially unsustainable situation, she instead took it upon herself to fight. Not just fight for herself, but to fight for every person out there and their right to a comfortable and affordable prosthetic.

The next year she walked the last half mile of the Boston Marathon with her prosthetic and started the Heather Abbott Foundation, which advocates and provides for those who need help affording comfortable and cheap prosthetic limbs. She has done all this while maintaining a full time job, raising a family, and going around the nation to engage students like us in her advocacy. If there is someone who proves that someone can do it and be it all, it’s Heather Abbott. So, Providence College, let’s give our alumna the biggest welcome she has ever received when she comes home to deliver what is sure to be a powerful speech.

The Cowl had the opportunity to ask her a few questions, and here they are:

What do you hope to impart to the Class of 2016?

I hope to impart a sense of the importance of community and giving back to the Class of 2016. I also hope to help them to realize that life can change with the blink of an eye and to help them to think about how they will react when life throws them a curve ball that they had never expected.

Can you describe what it means for you to be the Commencement speaker back at your alma mater?

It’s terrific! Combined, in 2014 and 2015, I have given five commencement speeches. This will be the first in my home state of Rhode Island as well as the first at a school I actually attended myself. In a sense, it’s like coming home again, just with a different role this time. Never in a million years did I dream I would be on this side of the podium back in 2003 when I walked across the stage at the Dunk with my brand new MBA.

Can you briefly describe your journey (in your own words) from Boston Marathon bombing survivor to head of a foundation?

My transition from brand new amputee to founder of the Heather Abbott Foundation (HAF) is mainly a result of help and support that I received from the community. Learning what it’s like to live as an amputee and figuring out how to afford the different prosthetic devices needed to get back to living is challenging. I relied on the help of other amputees and charitable organizations to navigate through that process both emotionally and financially. I recognized the important role that assistance had in my healing process and made it my own goal to pay it forward by creating the Heather Abbott Foundation.

How has this changed your outlook on life?

My outlook on life has changed in a few different respects. First, I have a new appreciation for wounded veterans and first responders. Secondly, I think that, now, better understand why people chose to work in fields where they have a direct impact on influencing the lives of others. I would like to say that I don’t “sweat the small stuff” as much as I once did and that my priorities in life have been, somewhat, put in perspective.

Mental Health Awareness Week
Your GPA Is Not As Important As Your Mental Health

by Brianna Abbott ’17
Co-Opinion Editor

HEALTH

With this week coming to a close, it also brings the end of Mental Health Awareness Week. Whether or not you attended any of the events throughout campus this week, most of which included dogs of some kind, you definitely at least heard what was going on. And that’s a very, very good thing. Mental Health Awareness Week reminds everyone that they should take the time to stop focusing on their GPA and start focusing on themselves, which is why this healthy mentality should stay with students long after the label of “Awareness Week” is gone.

Although college is notorious for being some of the best years of a young person’s life, those years are paid for in thousands of dollars and weeks of endless stress. According to the 2015 National College Health Assessment, 85 percent of students felt not only stressed but overwhelmed at some point during the last academic year. Thirty percent of these students even admitted that this stress affected their academic performance negatively. Students are so stressed with all of their activities and the pressure to perform well that they’re actually performing worse.

Along with the threat of lower grades, there is actual mental and physical danger that accompanies the consistent high stress level. Suicide is the second biggest cause of student death in the United States, with over 1,000 college students committing suicide every year, according to a study conducted by Emory University.

What can we do to curb this horrible trend and look out for our own mental health? We can take a break. We can pause our lives. We can treat ourselves. I know, there’s no time for that. There’s actually no time for anything when you have two quizzes, an exam, a paper, and a million extracurriculars in a single week. Trust me, I don’t remember the last time that I watched Netflix because all of my extra time goes into completing my endless pile of homework. But I also know that it’s important to take a break for your own sanity. A Wednesday milkshake in McPhail’s with your study buddy can do a lot when you’re spending the entire night in Ruane. It’s just that little time away from your to-do list that makes you realize there’s an entire world beyond your planner. Talking to your mom on the phone about how your dog is waiting for you reminds you that there is life outside of college and after stress.

If you need a good GPA or resume to get into grad school or that dream job, you’ll get it done; but that doesn’t mean you should drive yourself to extremes in order to do it. A mental or emotional breakdown isn’t worth the 0.1 GPA boost you’ll earn, and the memories you’ll make taking the time to go to ’64 Hall and pet a dog are worth more than a missed question on a quiz. Your parents will still love you. You’ll still have your friends and your life. And if an academic or career path makes you so stressed that you emotionally break down or even think of taking your own life, then it’s probably not the right path for you.

And that is why Mental Health Awareness Week is so important. Even knowing that it’s going on reminds students that it’s okay to breathe and think about their present happiness instead of their future. It’s okay to work hard and to sacrifice in order to achieve your dreams, but there will be no dreams to achieve if you don’t take care of yourself first.

PHOTOS COURTESY OF WITSUIE
Graduating From Friartown
Small School Makes Large Opportunity

by Matt Tinsley ’16

For seniors graduating in the (very) near future, most conversations we have with family and friends involve the question, “Well, what next?” Term grades and class credits no longer concern us, city apartments have replaced dorm living, we have little use for “ratemyprofessors.com,” and plans for the summer have become the beginning of our plans for life. This is, indeed, a time of change and uncertainty, and too quickly we forget all that we have accomplished here and the great people we have become. The purpose of this article is to remind us of the following: we are soon to be lifetime members of a small, tight-knit, and uniquely gifted community of Providence College graduates.

The entire undergraduate experience at Providence has confirmed for me a basic principle of economics: scarcity breeds value. What does it mean that we are scarce? Recall that there are roughly 4,000 undergraduate students here. To pick on a few schools, consider the four teams in the NCAA Men’s and Women’s Basketball Championships this year. UConn, a school of over 31,000 students, defeated Syracuse, a school of 21,000 students, in the women’s finals. The men’s championship saw Villanova, with over 10,000 students, defeat UNC, a school of nearly 30,000. Providence has but a small fraction of the students of most well-known colleges and universities. This, I submit, ought to be embraced.

All around us, the inversely proportional relationship between quantity and value is made manifest. Consider that Tesla, manufacturer of electric cars, has hardly sold over 100,000 vehicles historically. And yet, the company’s stock price has soared from a low of $24 per share two years ago to a high of nearly $300 per share in March. Why all the buzz? Tesla cars are scarce, few in number, valuable, and they easily stand out in a sea of average, familiar products.

In sports, Kobe Bryant has announced that this is his final season in the NBA. Immediately, his games have been seen more press coverage and fan attendance than ever before. People have acknowledged that Bryant’s games are more valuable because they are numbered. With each passing game, we are closer to his last, and thus we pay closer attention to each one of his limited performance opportunities.

When we step out of the Providence College community and into the workforce, what will the world find in us? What unique experience do we have to share? And how will we stand out in a sea of like-minded people? The education at Providence has taught us to seek truth, to ask deeper questions, and to draw meaningful connections between disciplines. By studying philosophy alongside finance, or literature in combination with science, we have been pushed to see how one field can inform another. We have been challenged to put liberal arts in conversation with the applied sciences, to see how faith and reason can complement each other, and to explore the most profound elements of the human experience.

In these coming weeks, as you begin new careers and meet new faces, remember that you have been gifted with a uniquely beautiful education. Remember that you are now part of a proud and special community of Providence Friars, no matter how outnumbered we are. After all, there can be value in scarcity.

Students Happy with Huxley Closing
The Early Benefits of Campus Transformation

by Wesley Trask ’16

April is in full swing at Providence College, which means warm weather, snow, more essays than anyone reasonably has time to complete, and still more construction. This latest project, however, has been a bit more obtrusive than the rest, as it has forced a temporary closure of Huxley Avenue. In a preview of things to come, Huxley Avenue was closed to traffic between the security gate and Eaton Street for a little over a week. Although the eventual permanent closure will be inconvenient, there is no doubting the positive effect it will have. For decades, the PC campus has been split in two by Huxley Avenue, though this will soon be a thing of the past. The College plans to close off its portion of Huxley and transform it into a greenspace. Finally, PC will be one connected campus. This past week previewed just how nice that is going to be.

As someone who regularly has to go between upper and lower campus, having Huxley Avenue closed has given my laziness a nice boost. No longer do I have to look both ways before crossing, nor do I feel the need to get to the other side in any sort of hurry; being able to throw caution to the wind is the tip of the iceberg, of course. Gone will be the potential for someone to get hit by a car (or, with the way they drive, the most likely scenario of getting hit by a RIPTA). Oh, and it will also look nice with trees instead of asphalt.

Getting traffic off of the campus will also be nice. Having lived in Davis overlooking Huxley Avenue last year, cars driving by, especially the loud ones, could occasionally get annoying. Although I imagine the sounds of construction last week were not fun for Davis Hall residents, nighttime must have been quite peaceful. Once the entire project is finished, the former Huxley Avenue will provide a nice window view for Davis, Guzman, and Cunningham Hall residents, rather than the combination road and river that it does now.

It sometimes saddens me that I will be graduating this year. Not that I will particularly miss this place, although it has been a great ride. No, I am really most disappointed that I will be missing out on all of the great improvements coming to campus once I leave. PC never really was a great postcard town, but it was pleasant to drive along Huxley Avenue through a combination of nature and buildings. Overall, it has been a couple nice buildings surrounded (and separated) by roads and parking lots all over the place. Never could I have imagined it would be possible for the campus to look more like a campus than an industrial park, with more green than gray.

Although Huxley Avenue has seen generations of PC students, I imagine not one alumnus will be particularly sad to see it go. Kicking it to the curb is just the first step in making a campus everyone can truly enjoy.
April 14, 2016

The Cowl

A Defense of DWC

Why Students Should Appreciate Civ

by Hannah Paxton '19
Opinion Staff

LIBERAL ARTS

One of the most infamous aspects of Providence College is the Development of Western Civilization program. No matter what class year, you will never find a PC student who does not complain about Civ. Whether it is sitting through lecture, having to attend a two-hour seminar, or reading a 300 page book that needs to be finished within a week, there is a lot that is fair game for students to be irritated with.

Civ is a rather complex program, considering the fact that in one class alone you are learning about history, literature, theology, and philosophy from many different time periods. The class is a lot to take on, especially when it is a four-semester requirement, so you have to work through it for both your freshman and sophomore years at PC. Not to mention the number of hours a week the student has to attend the class. On top of two 50-minute lectures, a 110-minute seminar seems like too much to handle—and many times, it can be. However, with all the pieces and parts that go into Civ, we seem to forget how rewarding the class really can be.

Students tend to think of Civ as a chore. Since it is a core requirement, one cannot simply quit the class just because they do not like it; they might think it is a waste of time because it does not fit with their major. But you do not have to be a history or theology major or have a particular interest in the subject to appreciate what Civ has to offer.

We learn more from Civ than what we gather from lectures on Greek culture or Dante’s Inferno. In reading all of this literature from hundreds of years ago, we gain a better insight not just into the past but have a better understanding of life today. Although people and places were significantly different in the time of Homer and Aristotle, we as human beings are still fundamentally the same.

Civ professors tell us this all the time, and we tend to roll our eyes and laugh, but it is true. We can get so much more out of Civ apart from what we take notes on in lecture. It is about going deeper into what we learn and realizing what message the reading is trying to give to us. Civ also allows us to better develop skills that we might not otherwise be able to strengthen without taking the class. We are able to think more critically, better formulate and discuss our thoughts, and write more effectively.

While there is usually a large amount of reading to be done every week, and some of the philosophical theories are hard to wrap our heads around, there is a lot to appreciate about Civ. It may not seem like it, but we are actually very lucky. There are not too many colleges that can say that they have a Civ requirement for their students, one which enables them to think deeper and analyze better. You do not have to like the class itself, but at the very least there should be more of an appreciation for what Civ has to offer.

Aquinas Hall Has Unfair Reputation

Writer Rescinds Previous Criticism

by Daniel Barton ’18
Opinion Staff

CAMPUS LIVING

About six months ago, I wrote an article that was published in The Cowl regarding the living conditions for sophomore students in Aquinas Hall. It was specifically written that the conditions of the dorm were similar to that of a “run down warehouse that hasn’t had a single meaningful construction project done since the... 1970s.” While this article was published back in November, only a few months into the school year and before the students could experience living through the horrors of a cold, dark, Rhode Island winter, it has never been more clear than it is now that I was, in fact, far too quick on my judgements toward Aquinas Hall.

Let’s face it; while I was harsh in my early assessment, I was most certainly not entirely wrong. The building is old, and it is definitely lacking some key aesthetic components that perhaps some other traditional dorm buildings on campus have, a great example being room size and personal living space relative to that of other residence halls on campus. Yet, after further examining the history of Providence College itself, those blemishes alone are not even close enough to furnish a legitimate argument against the building.

After getting over my childish obsession with how bad the building structure is, my life drastically improved. I made it a point to recognize that I was lucky enough to even have a roof over my head at such an amazing school, and then I started observing some of the overall perks of the building. Aquinas Hall, built in 1939, is the center of Providence College’s student life. It is conveniently located in the middle of upper campus, giving its residents the most convenient access to the library, the gym, and most classroom facilities; this is a perk that students who live in on-campus apartments sadly do not have. It’s a large part of PC’s history; such a big part, that any living alumnus of the school knows of its existence, connecting PC students and alumni throughout generations. In spite of these historical connections and perks of convenience, though, there is still a much larger factor that makes the greatness of Aquinas Hall shine so brightly.

In the grand scheme of life, it is only twice considered socially acceptable to share a single room and living space with two of your best friends—at summer camp and in the early years of college. Now that sophomore year is coming to a close, the window on the amazing days of dorm life is slowly but firmly shutting. Aquinas Hall is a building whose greatness, unlike Bedford, Suites, or Davis Hall, is not in its physical features. It is a building where the greatness lies in the intangible memories of the last days of most students’ traditional dorm life.

Rising sophomores who are “doomed” with living in Aquinas Hall next year, do not be so stubbornly turned off. Believe it or not, pretty soon you will never be able to live in a 20’ by 10’ room with your best friends again.
Looking Back To Move Forward

by Kathleen McGinty ’16
Gabriella Nigro ’16

EDITOR’S COLUMN

Dig deep and look up. Witness all that you have accomplished. Did your first year just end or is this your last month at Providence College? Perhaps you’re not entirely happy with some losses this semester and you will look back in a month, a year, a decade, and you will be proud of yourself.

How can I do this without tearing up? The two of us are moving on from running The Cowl. The sins of our farewell. After interviews and deep conversations, our time is up, and our successors will now shine. Survive, just like all changing executive positions, some days will be terrible; they’ll drain you completely, but I have a pressing feeling that insofar as those trials will shape you, they will not be the memories remembered.

What are the memories we remember? The friendships forged and the laughter shared after spending nearly a lifetime a day thinking about The Cowl office. We could have allowed challenging times to dominate our Cowl experiences, a car service that is just for women. It appears that Chariot is going to work like any other app-related car service system, such as Uber, Lyft, and Sidecar; but there is one catch: Chariot is “driven by women. Exclusively for women.”

Many people are applauding this system for its aim to prevent women from being uncomfortable, sexually harassed, or worse. I would have to agree with those people. I believe that idea that they are going for here with Chariot for Women is admirable. A service where no women get hurt or feel uncomfortable is ideal. If this system can possibly create a drastic change that makes private transportation a safe place for women, then why has it not been done already?

The two of us are moving on...
TOP LEFT: Students attend Relay for Life, an annual fundraiser that remembers and honors people who have fought cancer and who continue to fight cancer, sponsored by Colleges Against Cancer.

TOP RIGHT: Students gather together to share experiences and ask questions regarding Demands for Redress, sponsored by The Board of Representatives and Student Congress.

BELOW: A student makes her own bag of trail mix, sponsored by Student Activities.

ABOVE: Students come together and share their experiences about sexual assault, sponsored by Women Will.

BELOW: Students and the Campus Ministry faculty enjoy a dinner in honor of the Class of 2016, sponsored by Campus Ministry.

BOTTOM RIGHT: Students play a trivia game where they guess which foods are healthier, sponsored by Simply Healthy.
What word would you use to describe yourself?

“Charismatic.”
Alexander DoRego ’19

“Mucker.”
Michael DeBuccia ’16

“Friendly.”
Caitlin Parrott ’18

“Lovable.”
Nicole Brennan ’16 and Dani Brennan ’16

“Short and average.”
Hope Sornborger ’17 and Matt Soriero ’17

“Injured and bald.”
Tom O’Connor ’17 and Colin Norcross ’17

“Swag.”
-Justin Bieber

Photos Taken By Kimberly Lezama ’18, Assistant Photo Editor
Playlist: Songs for the Spring

Continued from front page

Emily’s Playlist:
“Jump, Jack, Charlie” to “Me” (feat. Tove Lo) [Vicetone Remix]—Urban Cone

The song itself is great, but this remix is fantastic. Urban Cone and Vicetone took this alternative pop jam, which has been one of my favorites to play on the beach in the summer or on a road trip with friends. Total road trip music making.

2. “Soundcheck”—Catfish and the Bottlemen

This new track by Catfish is sure to be a crowdpleaser on their upcoming summer tour. The verses are perfect lead-ins to a super fun, edgy chorus that just begs to be sung along to.

3. “Mean Around”—Cage the Elephant

From the second this song starts, you can tell by the guitar riff that it’s going to be one that gets people pumped up. When they performed this at their show at the Dunk last week, it was definitely one of the (many) times they got the entire arena on their feet.

4. “July”—HUNNY

HUNNY’s definitely a band that I would recommend to watch out for. Their songs stay true to alternative roots while always having a touch of soulful groove. They are definitely different from anything you’ve ever heard, and definitely worth a listen.

5. “You and I”—PVRIS

This Boston-based band is one of my favorite bands right now. Their songs start off misleading anything you’ve ever heard, and definitely worth a listen.

1. “She’s American”—The 1975

This song is off of the long-awaited new album from one of my favorite bands right now. It’s a great song to jam out to and the lyrics are ironically accurate.

2. “Feels Like Summer”—Panama Wedding

Panama Wedding’s vibe is always very happy and puts me in a good mood; this song is perfect for getting ready for warmer weather!

3. “Golden”—Parade of Lights

“Golden” was the first song I played one show (our show starts at 6 a.m.), and it was probably the best wake-up song I could’ve asked for.

4. “Crystallized”—Young the Giant

I just recently discovered this band from Nashville and have been obsessed ever since. “Morocco” is my favorite song to sing along to and pretend I’m somewhere tropical.

5. “Morocco”—Moon Taxi

I may be biased as a Young the Giant fan, but this song is so easy to rock out to this spring!

1. “Morocco”—Moon Taxi

I just recently discovered this band from Nashville and have been obsessed ever since. “Morocco” is my favorite song to sing along to and pretend I’m somewhere tropical.

WDOM broadcasts to the Greater Providence area; you can tune in to 91.3 FM or go to WDOM913.com to listen to more sets brought to you by the College’s very own DJs.

HUNNY and Tyler Hubbard, members of Florida Georgia Line. PHOTO COURTESY OF JUStJARED.COM

A Diamond for Florida Georgia Line

by Ryan Cox ’18
A& E Staff

Television

Nashville is celebrating a huge milestone in country music as country duo Florida Georgia Line received a Diamond certification from the Recording Industry Association of America (RIAA) for their debut single, “Cruise.”

The duo, made up of college friends Tyler Hubbard and Brian Kelley, rocketed to fame with the release of “Cruise” in 2012, and have had two No. 1 albums and eight No. 1 singles since then and were voted Vocal Duo of the Year by the Academy of Country Music. The song was remixed by Nelly in 2013, associating Florida Georgia Line with more of a country/hip-hop crossover sound and the bro-country subgenre in country music.

The subgenre is a source of division among country artists and is known for its cliché lyrics about women and partying and for its hip-hop and rock influence.

“Cruise” received praise almost immediately for its catchy tune and well-timed release in the summer of 2012. Liv Carter of Taste of Country News gave “Cruise” a thumbs-up, noting its staying power on the radio: “The lyrics are, together with the main character, on the shallow side; to listen to them differently, [there] is still too much to like about this song (or put differently, there is not enough wrong to dismiss it).”

It earned Florida Georgia Line two CMT Music Awards, a CMA (Country Music Association) Award, and a Billboard Music Award. The Nelly remix also won the American Music Awards Single of the Year in 2013.

Other country artists have had albums go Diamond and multi-Diamond—most notably, Garth Brooks with six Diamond album certifications—but “Cruise” is the first single to do so. Hubbard and Kelley are shocked by their success, and credit their fans for launching their careers. “We are blown away and couldn’t be more honored by these milestone moments,” said Kelley in a press release.

“Our fans keep us doing what we do and made this possible!” Hubbard said. “This past year has been an incredible ride. Each time we release a single, we can only pray that people are going to respond positively, and thankfully, they did. We have the best fans in the world, by far!”

Their current single, “Confession,” is now on the Billboard charts.

Hubbard and Kelley are currently working on their third album, which the duo claims will be more mature than their previous projects and will reflect their lives to date. In an interview with Taste of Country, Hubbard calls some of the songs for “married guys who still like to party…for sure. [The album] feels good.”

Kelley was more reflective. “I think, really honestly, we’ve tried as best we can to be as transparent as we can with our lyrics and our music and record and write exactly where we’re at and then release it.” Florida Georgia Line had originally expected to release their album this spring, although the farther as spring advances, the less likely that seems.
Return to the Runway

by Paige Calabrese ’18
A & E Staff

CELEBRITY

Cara Delevingne, British model and actress, made a huge comeback in terms of her modeling career last week by revealing that she is the new face of the latest Yves Saint Laurent campaign. This revelation comes as shock to many, especially those within the modeling industry, as Delevingne heavily criticized the industry last year and announced last summer that she would be taking a break in order to pursue an acting career.

Delevingne launched her professional modeling career in 2009 when she was discovered and signed by Storm Model Management. Her career took off at the winter 2011 London Fashion Week when she walked for Burberry’s fall/winter line, and in September of that year she was granted the honor of opening and closing Burberry’s spring/summer line show in London.

Delevingne has walked in shows for Chanel, Rag & Bone, Tory Burch, and other major luxury fashion labels. She was awarded the title Model of the Year in 2012 and 2014 at the British Fashion Awards, and since 2012 has been consistently ranked by top magazines, such as The Sunday Times Magazine, as being among the most influential people in the world.

Delevingne’s criticism of the fashion industry began in 2015, when she argued that there was too much focus on appearance and perfection.

As a result, I lost sight of myself and what it meant to be happy, what it meant to be successful. I think it all stemmed from a deep-down feeling of wanting people to like me and love me.”

Feeling that modeling focused entirely on her looks and reduced her to an object, Delevingne, who has struggled with depression since she was a teenager, began to suffer from low self-confidence and body image problems that prompted her to step back from modeling.

Searching for more depth and purpose in her life, Delevingne turned to an area that she has always had a passion for: acting. After starring in smaller roles and lesser-known films such as Anna Karenina in 2012, Delevingne scored leading roles in Paper Towns and the upcoming releases Suicide Squad and Valerian and the City of a Thousand Planets. Although her acting skills and career are still developing, Delevingne exhibits a tremendous amount of talent and promise, as she has largely performed well and exceeded expectations in her varying roles.

At the 2015 Elle Magazine Style Awards, Delevingne won the Breakthrough Actress award and has been nominated for similar awards for the upcoming year by various organizations. Delevingne has proven that it is possible to have a successful career in both modeling and acting, disproving the stereotype that models-turned-actresses are doomed to be trapped in mediocre roles and are not capable of truly developing advanced acting skills.

Clam Jam Entertainment

by Kealy Robertson ’16
A & E Staff

CAMPUS

Sun, fun, food, and friends; this year’s Clam Jam is on Friday, April 15 in the Smith Center for the Arts parking lot! Clam Jam, hosted by the Board of Programmers, has always been one of the students’ favorite on campus events, so make sure you do not miss out! Not only will there be food and a beer garden, but students will be able to ride a mechanical shark and bungee jump. This year’s theme is Woodstock, so be sure to wear your most hippie-looking clothing.

While students are able to ride a mechanical shark and bungee jump, Providence College is bringing in food trucks for the event, and we all know how good Providence food trucks are! There will be a range of options including Haven Brothers and Roadies. There will also be ice cream and kettle corn available for some afternoon snacking. If you are 21 or over, there will be a beer garden where you can enjoy a few drinks with your friends. Students definitely need to come down and check it out.

Be sure to take part in the arts and crafts activities Clam Jam will be hosting. You can tie-dye, and they will be giving out flower headbands to add to the hippie theme. There will also be lawn games that students can take part in, including blow-up Jeetoos.

The best part of the event will be the live music. A Day at the Zoo, a Providence College student band, will be headlining the event. You may have seen them play last week on Slavin Lawn, or the week before in McPhail’s, but if you have not been able to come out and hear their music, this is the day to do it. The band is made up of four students: Jack Gallo ’16 on vocals and rhythm guitar, George Copley ’16 on lead guitar, Will Fujita ’16 on violin, bass, and saxophone, and Kieran Burns ’18 on drums.

The band started out as just a couple of friends spending time together and making music in their free time. But now the group has evolved, creating diverse sounds with their combination of vocals and instruments. They play alternative rock, jazz, and blues. However, the band continues to surprise their followers by creating new tunes that everyone loves. They will definitely make Clam Jam worth your while.

What is better than food, drinks, games, and music? Clam Jam is going to be one of the most widely attended PC events of the Spring. So gather up your friends and make sure to head down to the Smith parking lot Friday afternoon. It is a great way to kick off your weekend! And do not forget to buy one of A Day at the Zoo’s t-shirts!

A Day at the Zoo's band logo; the group will play at this year's Clam Jam.

PHOTO COURTESY OF HAWTCELEBS.COM

PHOTO COURTESY OF FACEBOOK.COM/DAYATZOO

PHOTO COURTESY OFFACEBOOK.COM/DAYATZOO
Explore Providence: Fat Belly’s Pub

by Isabella Goldstein '17
A&E Staff

Although one could never get tired of ordering a burger from The Abbey, the city of Providence is actually full of other establishments that serve tasty patties. Situated in the middle of downtown on Canal Street, Fat Belly’s Pub is a classic Irish establishment and popular night spot for Friars. However, in addition to being a popular bar, it serves tasty food.

This past Saturday, our party of four arrived at Fat Belly’s around 7 p.m., and we were seated immediately. The space, which includes both a bar and traditional seating, was dark and cozy. The dining area was clean, and the staff was friendly. However, the service was definitely on the slower side, which was rather surprising since it was not crowded.

The menu consists of a wide variety of bar food, such as appetizers, salads, grilled pizzas, sandwiches, and burgers. Some notable mentions include BBQ chicken nachos with a cheddar cheese blend, black olives, tomatoes, onions, and jalapenos; pear Gorgonzola salad with baby greens, croutons, red onions, and balsamic Dijon vinaigrette; spinach pie pizza with black olives, garlic, pepperoni, feta, and mozzarella cheese; a Swiss chicken panini with a honey mustard sauce, tomato, and bacon; and the avocado burger topped with Monterey Jack cheese, avocado, red onion, lettuce, tomato, and salsa.

Three of us ordered the traditional Fat Belly’s Pub Burger, all of which were cooked perfectly. The sweet potato fries were especially tasty too! The fourth member of our party ordered the Reuben, which consisted of corned beef, sauerkraut, Swiss cheese, and Russian dressing on marble rye bread; this was equally as delicious. All of us finished our amazing meals feeling satisfied, especially because prices were so reasonable!

Therefore, Friars, why not begin your next weekend by dining at Fat Belly’s? Afterwards, make your way to the upstairs space for the rest of the night! Lastly, in addition to Fat Belly’s of Providence, other locations include Coventry, North Kingstown, East Greenwich, and Warwick, which may be useful knowledge for the future if one strays from the PC area.

This Week: Celebrity Complaints

by Kelly Laske ’16
A&E Staff

Fame is something that almost everyone has dreamed about at some point in his or her life. As little kids, who did not want to be Amanda Bynes or Aaron Carter? With fame comes money, cars, A-list friends, VIP tables, and exotic trips across the world. The question is, who would not want to be famous? Recently, celebrities have opened up about the downsides of fame, and have complained of a lack of privacy given by the media. For people like actors, actresses, and musicians, if fame is typically the goal they are working for, is it acceptable for them to complain about the consequences of fame?

Just a few weeks ago, nearing his upcoming world tour, Justin Bieber cancelled his meet and greet events, for which people pay $2,000 a person. His excuse for the cancellations? According to HollywoodLife.com, “I enjoy meeting such incredible people but I end up feeling so drained and filled with so much of other people’s spiritual energy that I end up so drained and unhappy.” Though world famous and worshipped by fans at all ends of the earth, he is exhausted and does not want to feel like he is not capable of satisfying his fans. It is still in the works if fans will get their money back. One mother is upset because her daughter, who has cerebral palsy and has lost her ability to speak, had been looking forward to meeting Bieber for months. The fans are the reason why he became so famous and they helped get him to where he is today. While some fans are sympathetic towards his exhaustion, it is a part of the job.

On the other hand, actresses like Selena Gomez have complained about the fame, but come to the realization that this exhaustion is what comes along with it. According to E!Online, Gomez has admitted to not handling the fame, and have complained of a lack of privacy given by the media. While the media does cross the line sometimes in terms of invading one’s privacy, they are just doing their jobs and trying to perform up to standards in their industry.
If Mesopotamia is the Cradle of Civilization, then we’re the Cradle of Journalism.

Apply Today!
Celtics Exceed Season Expectations
by Brent Bauerle '16
Sports Staff

While the halcyon days of the Big Three may be gone, the Boston Celtics have spent the past two seasons doing something most NBA teams trying to rebuild avoid like the plague: winning.

After nabbing a surprise playoff berth last season after offloading the last vestiges of Doc Rivers’ Celtics (sending Rajon Rondo to Dallas and Jeff Green to Memphis), most purists saw a team that overachieved down the stretch but had the talent to fight for a playoff spot again this season. Those predictions were wrong, but not in a negative way—the Celtics have been so good that making the playoffs has been a foregone conclusion for months.

While they will not reach the 50-win barrier, or perhaps even the 40-win mark, the team and its coach have handled the spotlight and the pressure that comes with it.

The Celtics’ defense-first philosophy has helped the team navigate through some adversity this season. Stevens’ defense-first philosophy has helped the Celtics craft one of the top 5 defenses in the league, and his willingness to play to his team’s strengths even if it means sitting an accomplished player like David Lee has helped set the bar for other teams in the league.

The man who stands at the forefront of Boston’s on-court success is the mighty mite himself, Isaiah Thomas. Thomas has elevated his game to become not just a starting point guard but an all-star. Thomas’ improvement from the clunky, guarded nature of Sacramento days is borderline astounding, and that improvement is what allows the Celtics to remain competitive night in and night out.

The rest of the roster is filled with players performing beyond expectations—a line of misfit toys that comes together to make one hell of a Christmas. Jae Crowder and Avery Bradley may make the All-Defense team for their work smothering opposing wing players, while Evan Turner, left for dead after flaming out in Philadelphia and Indiana, has molded himself into a facilitating machine who has a solid case for sixth man of the year.

This is not to say that all is roses for the NBA’s most storied franchise. The Celtics are still not title contenders, barring a truly miraculous postseason run that would still probably end at the hands of the basketball cyborg that is the Golden State Warriors. And though Thomas is knocking on the door of being a true top-20 player in the league, the C’s still lack the kind of star power needed to be an upper echelon team. But as the regular season comes to a close, these are issues Danny Ainge will have to address.

Proving his worth earlier this season against the Warriors, Ainge made a smart move in dealing Rajon Rondo to Dallas in the Paul Pierce trade. With the Brooklyn Nets first round pick Danny Ainge received from Billy King in the Kevin Garnett-Paul Pierce trade. With the post-season quickly approaching, the question begging to be asked: what has made these Celtics so successful?

That question begins with the machine, Brad Stevens. After taking Butler to two improbable NCAA Championship games and jumping ship to the NBA, many wondered whether Stevens, one of the youngest coaches in the league, with no NBA experience as a player or coach, would succeed. That answer is a resounding yes. Stevens has taken a mismatch of talent (his best player is 5’9” and his starting center only 6'9”) and turned it into a defensive juggernaut that improved dramatically on offense as the season progressed.

With Stevens’ defense-first philosophy has helped the Celtics craft one of the top 5 defenses in the league, and his willingness to play to his team’s strengths even if it means sitting an accomplished player like David Lee has helped set the bar for other teams in the league. But as Stevens himself would say, in the end it is all on the players, and they have been no slouches either.

The Celtics’ defense-first philosophy has helped the team navigate through some adversity this season. Stevens’ defense-first philosophy has helped the Celtics craft one of the top 5 defenses in the league, and his willingness to play to his team’s strengths even if it means sitting an accomplished player like David Lee has helped set the bar for other teams in the league. But as Stevens himself would say, in the end it is all on the players, and they have been no slouches either.

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Athlete in Friar History: Billy Donovan

by Brannon Walker-Hodges '16
Sports Staff

MEN’S BASKETBALL

As the college basketball season comes to close, let me take some time to recognize one of Providence College’s most recognizable graduates. Before coaching a national championship program at the University of Florida, William John “Billy” Donovan Jr. ’87 was a star at Friarville High School in Rockville, Long Island, New York. Donovan had a huge athletic legacy to uphold, as his father, Billy Donovan Sr. was the third-leading athletic legacy to uphold, as his father, William John “Billy” Donovan Jr. ’87 comes to close, let me take some time to recognize one of Providence College’s most recognizable graduates. Before coaching a national championship program at the University of Florida, William John “Billy” Donovan Jr. ’87 was a star at Friarville High School in Rockville, Long Island, New York. Donovan had a huge athletic legacy to uphold, as his father, Billy Donovan Sr. was the third-leading athletic legacy to uphold, as his father, William John “Billy” Donovan Jr. ’87

Donovan’s success led him to receive an athletic scholarship from Providence College to play Division 1 basketball. After becoming a Friar, Donovan had to wait his turn to flourish. During his first two seasons with PC, Donovan averaged only five points per game. There was much anxiety within Donovan to show his talents and feel like a part of a team.

Before Louisville men’s basketball Head Coach Rick Pitino had become the Friars men’s basketball head coach in 1984, Donovan had told Pitino that he wanted to transfer to another school in order to have himself the opportunity to shine. Pitino followed up with the schools that Donovan was interested in attending. The schools responded by saying that they were not willing to offer Donovan a scholarship. The sentiments of the schools were that Donovan did not have the skills necessary in order to compete, even against weaker opponents. Pitino took those sentiments back to Donovan, providing the spark he needed to turn himself into a dominant college basketball player for the Friars.

As the game of basketball was changing itself, including the addition of a three-point shot, Donovan found himself able to find success in Pitino’s aggressive, fast-paced coaching and game plan. Donovan had the hardest well to work and improved his skills to prove to himself and the schools that rejected him that he could play basketball with the best of them. In his junior year, Donovan increased his scoring exponentially, averaging 15.1 points per game. His defensive prowess grew as well within Pitino’s system, averaging over two steals per game. Donovan’s senior year would be parallel to the greatest regular season in Providence College men’s basketball history. Donovan led all of the 1986-1987 Friars with 20.6 points per game, along with 2.4 steals per game. Friar fans across the country began to refer to Donovan as “Billy the Kid,” named after the 19th-century outlaw. Coach Pitino and Donovan spearheaded the Friars toward a magical run to a Final Four appearance in the 1987 NCAA March Madness Division I Basketball Tournament as a No. 6 seed. Donovan and the Friars conquered stiff competition en route to their Final Four appearance, beating No. 2 seed Alabama Crimson Tide and upsetting No. 1 seed Georgetown Hoyas. The Friars had their dream season come to an end versus No. 2 seed Syracuse. Donovan’s heroic effort earned him the Southeast Regional Most Valuable Player honors, All-Big East First Team honors, and All-American honorable mention in 1987. Coach Rick Pitino went on to quote he has never saw anyone work as hard to improve himself than “Billy the Kid.”

White Donovan’s professional basketball career as a player was short lived, the drive and determination to be involved with the game lingered within him. After serving as an assistant for the University of Kentucky and young head coach for Marshall University Men’s Basketball team, Donovan took the job as the head coach for the men’s basketball team for the University of Florida Gators in 1996. Donovan became one of the most successful coaches in Florida Gators history, with numerous Southeastern Conference tournament championships, multiple SEC coach of the year awards, and many Final Four appearances. This includes winning back-to-back national championships in 2006 and 2007, the only college basketball program to win two years consecutively since Duke University did so in 1991 and 1992. Currently, Donovan serves as the Head Coach for Oklahoma City Thunder of the National Basketball Association. Donovan seeks to bring the same passion, intensity, and aggressive coaching stemming from his days as a Friar to lead the likes of Kevin Durant and Russell Westbrook to NBA playoff success.

Masters Recap: Willett Wins Green Jacket

Rallies Past Spieth for First Career Major Victory

by Chris McCormack '18
Sports Staff

GOLF

It was a very exciting weekend at the Augusta National Golf Course in Augusta, Georgia as 89 golfers looked to get their shot to win the Masters. The conditions were very hard for many of the players throughout the four days. Winds reaching up to 25 miles per hour carried the balls in many directions. It is no surprise this would affect the scores. After a record tying score of 18 under par from Jordan Spieth in 2015, the scores took a large drop this year with the winning score being five under par from Englishman Danny Willett.

Many surprises came from the weekend as some of the world’s top golfers struggled on the course. Notable names like American Phil Mickelson and American Rickie Fowler are at the top of the list of those who had their troubles. Fowler struggled right off the bat as he finished eight over par on Thursday giving him a score of 80 after the first round. After finishing with a 73 on Friday, he was cut from the tournament with a score of nine over par. Things were not much better for Mickelson even though he finished even on Thursday with a score of 72. When Friday came around, things started to go downhill for him finishing seven over par with a 79. The tough conditions did not make it easy for these two, but many people were surprised by their performances as they were both among some of the favorites to win.

Even though Mickelson and Fowler struggled with the conditions, this was not the case for other golfers among the top of the World Rankings. Most notably would be the 2015 and 2014 winners American Jordan Spieth and Irishman Rory McIroy respectively, who both started the weekend strong.

Spieth had an outright lead through the first three days and looked to become the first player to win the Masters while leading all four days. Unfortunately, after a very rough collapse on the back nine holes, Spieth would fail to win a second straight green jacket and finish two under par. McIroy also started the weekend off strong and many people believed it was going to come down to him and Spieth as they finished first and second on the leaderboard after the second day. Things would take a turn for the worst for McIroy on Saturday when he shot a 77 putting him two over par on the weekend.

The highlight of the tournament came from the club of Danny Willett. Going into the final day, Willett was sitting in fifth with a score of even. Things would start to change after he finished the front nine two under par. After Spieth finished the front nine holes with four straight birdies, many people started to think he was going to run away with it. However, he started the back nine with two bogeys and then came to the 12th hole. Spieth hit two straight shots into the water giving him stroke penalties and ended up finishing the hole with an unheard of quadruple bogey and was quickly out of the lead. At this point, Willett was sitting comfortably with the lead at four under par.

Willett would finish with a three stroke victory at five under and Spieth finished tied for second with Englishman Lee Westwood. Spieth’s collapse will go down in history as one of the worst in Masters history. He went from the clear favorite with nine holes left and ended up losing by three strokes. Willett had an eventful two weeks as his wife gave birth to his second son and just 12 days later he won arguably the most prestigious golf tournament, the Masters.
Track and Field Shines at Stony Brook

by Aidan Killeen ’18
Sports Staff

The Track and Field Outdoor season is officially underway and so far the Friars have been running like Forrest Gump in their events. The season opener was at Stony Brook and it was a day to remember for the distance events.

Harvey Dixon ’16 and Nick Carleo ’19 stand out after they took first and second place in the men’s 1,500 meters. The senior, Dixon, came in first with a time of 3:41.80 while Carleo came in second place in the men’s 1,500 meters. The Friars are off to a tremendous start in the outdoor season as the first two events of the year were heavily dominated on the leaderboard and the second best time in the event finishing in 16:25.26.

In the second section of the women’s 10,000 meters, Catarina Rocha finishes in eighth with a time of 33:40.30. What is even more impressive is that this was Rocha’s first time running in this event and she is already rewriting the record book. Stony Brook exemplified what track and field is all about this season.

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Armstrong’s performance in the event was enough to earn him the Big East track athlete of the week award. This was however a personal best time for him in the event finishing in just 16:19.67. Her teammate, Katie Lembo ’18, came in 16th clocking in at 16:25:26.

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Do you love **The Cowl** as much as we do?

Show us how much! Create an advertisement for *The Cowl*, send it to us, and you might see it featured...in *The Cowl*!

Submissions can be sent to:

kmcgint1@friars.providence.edu

gnigro@friars.providence.edu
Did You Know...

There are 31 days until graduation.
It was hot out. Not that that was a surprise, but it needed to be said. At that time of year, the sun was always blisteringly hot. The air was heavy and sticky and the ground dry and cracked. The whole land was covered in fine golden-brown dust during those days. The waves of heat that would rise above the ground created mirages beneath of wide, glassy lakes. A lonely house with sun-faded, gray, wooden side-slats stood in the middle of a fenced-in clearing. A light breeze fluffed the blades of crabgrass and small reams of dust moved across the ground. On a bench on the porch of the house sat a young woman, crying as though her world had just shattered. Her sobs punctured the still air while tears streaked down her face.

A little girl peered around the doorjamb at the woman, watching her weep. Her head was cocked to the side, her gray eyes were wide and her out-of-control red hair shone like a halo around her freckled face. A heavy hand landed on her shoulder and the girl started. She tipped her head back and looked into a pair of deep silver eyes that mirrored her own. Her daddy smiled at her before gently pushing her toward the kitchen with a promise to come and find her in a little bit. The girl skipped toward the doorway leading into the kitchen, and stopped just inside. She waited for her daddy’s heavy footsteps to sound outside before sneaking back to the window seat. Wrapping herself up in the gossamer curtain, she watched as his arms circled around her momma. The two of them sat there on the porch, rocking slightly, the woman’s sobs slowly calming in the afternoon sun.

Looking back on that day, and indeed on the ones preceding and following it, the girl would pick up on the signs. She would notice how the skin around her father’s eyes would be wrinkled, and not necessarily from laughter. She would remember how her father’s smile had been strained, and how his silver eyes, so much like hers, would constantly be full of worry. She would notice how, when he went to comfort her mother, he would hold her as though she was a piece of fine china and he was afraid of her breaking. He would look at her with a mixture of concern and love and even a hint of helplessness. He would be gentler with her than he would be with anything or anyone else.

Heavy gray rain pounded the dull, green grass and dark, pewter-colored clouds held up the sky. By then most people had said their goodbyes and left, wanting to get out of the rain. Two figures stood out next to the gaping hole and long dark box, the last of them. Suddenly, the man stepped forward, scooping up a large handful of soil and rubbing the wet dirt between his fingers. He crouched beside the long mahogany chest, smoothing his damp, blackened hand over the dark wood. He rested his forehead against a panel for a long moment. Finally he stood up and walked back to the young girl at his side, pulling her in and hugging her to him tightly.

After a moment, she slipped out from beneath her dad’s arm and stepped toward her mother. She laid a hand on top of the drenched wood and silently traced the silver handles with a long finger. Her normally bright red hair hung dark and saturated down her back, a few strands plastered to her face. She didn’t move to push them away. Instead she stood there, her hand gently lying on the lid, while silent tears that slipped from the corners of her eyes mixed in with the rain drops that streamed down her face. Her dad gently laid a heavy hand on her shoulder and pulled her away. They stood for a while longer, watching as the grave keepers appeared out of seemingly nowhere, grunting and muttering to each other as they lowered the mass of mahogany and red velvet into the ground. At the sharp sound of metal delving into dirt, they turned to leave. And together they walked through the drenching downpour, leaning on each other.
By the Fire
by Kate Mechem '17
Portfolio Staff
POETRY

sorry for your troubles, they tell him.
they don’t need him, ashamed of himself,
dragging around like a common beggar.

he’s sorry for his troubles.
he smiles at me, I smile back.
our lovely little girl, dead.
our little boy, dead beyond.

lift our glasses and slowly drink.
lips with little sighs.
I think that’s what you’re supposed to do.

soon he’s crying, frightens me—
my fear, my only comfort.
I am not alone.
I cry at night, huddled.

no comfort in the usual defeat,
over time, it became impossible to believe.

our lovely little girl, dead.
our little boy, dead beyond.

sudden rewards, intoxicating and deceptive,
the world opens up with joy.

he yells and cries and sings.
I wish I could be at home,
heart broken by the fire.

By the Fire

Fast Fiction
One story. Six Words. And...Go.

Common Courtesy
by Jose Martinez '16
Asst. Portfolio Editor
Have a good and bad day.

When I Went Down the Rabbit's Hole
by Matt Farrell '17
Portfolio Staff
She left me in a noose.

Blurred Time
by David Martineau '18
Portfolio Staff
They walked; the past was present.

Star
by Marisa Gonzalez '18
Portfolio Staff
Hope glimmers in the darkest night.

Alternate Ending
by Ariana Pasquantonio '16
Portfolio Staff
Juliet walks out of the tomb.

Make Aliens Great Again

Will he blend in with the humans?

He should fit in nicely.

COMIC BY JOEY AIELLO '17/THE COWL
Dear Tiff and Earl,

Is Ted Cruz the Zodiac Killer? I have a large folio of “evidence” and am interested in pursuing this theory—do you think this investigation is worthy?

Xoxo,
Jet Fuel & Steel Beams

Dear Next Victim,

Ted Cruz shares the letters D, Z, C with the title the “Zodiac Killer.” Of course he is the Zodiac Killer. His policies are going to kill a mass number of people anyway. I mean they are both psychopaths with rambling, indecipherable texts and manifestos. Both promote absolute chaos and a weird model of loving the world that oddly seems like raging hate. Also, no joke, the guy was known to creep everyone out during his college years and not bathe. Sounds like a killer to me, and not in the looks department sense.

The real question is, if Ted Cruz is the Zodiac Killer, does that make Kevin from The Office also the Zodiac Killer?

I’ve said too much. If you want more information, come to this address at 9 p.m. tomorrow: 815 A Brazos, PMB 550, Austin, Texas 78701.

You didn’t hear it from me,
Deep—Now Slit—Throat

Dear Tinfoil Hat,

Ted Cruz couldn’t kill a fly if it flew underneath his foot while he was wearing steel boots and the fly had just ingested enough poison to kill a baby elephant. For one thing, I question whether he even knows where California is. For another, if Ted Cruz ever did kill someone there is no way he would get away with it. The Zodiac Killer sent coded messages, not copies of his favorite Dr. Seuss books. The Zodiac Killer basically laughed in the face of the police who couldn’t stop his craziness. Ted Cruz cries on national television about how he can’t implement any of his crazy ideas. Seriously, the only things they have in common are being crazy and having questionable morals. If being crazy and having questionable morals was all it took, I would be a serial killing president by now, almost at the same level of President Johnson.

Definitely not responsible for those missing children.
Earl: 37.
The Cowl: 0

Dear Tiff and Earl,

Making PC an emotionally stable place
one letter at a time

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