



## 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.

RELAY/ Page 2



KRISTINA HO '18 / THE COWL

## 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.

PLAYLISTS/ Page 13

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

by Marla Gagne '18  
News Co-Editor

COMMENCEMENT

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 as 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.

COMMENCEMENT/ Page 2



PHOTO COURTESY OF STEVEN MAURANO

## UNDER THE HOOD

Providence College's Student-Run Newspaper Since 1935

News	2
Opinion	7
Photo	11
A&E	13
Sports	17
Portfolio	22

### Sports

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

Page 18



### A&E

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

Page 14



PROVIDENCE COLLEGE BOARD OF PROGRAMMERS

### News

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

Page 3





# NEWS

## Commencement: Heather Abbott '03G to Speak

Continued from front page

She suffered a severe injury to her left foot and was carried to safety by former New England Patriots lineman, Matt Chatham, and his wife, Erin. She was immediately brought to the hospital where she would undergo three surgeries in four days. The bombing resulted in over 260 injuries and three deaths.

The bombing caused Abbott to break her ankle and shatter numerous bones in her left foot. She eventually faced the tough, life-changing decision to either continue life with extreme pain and medical problems or allow doctors to amputate her leg below the knee. Abbott eventually made the difficult decision to go through with the amputation.

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 Tickle get a new running leg, designed specifically to allow her to play all the sports she loves"

and donating a "custom prosthetic leg to Hillary Cohen, allowing her to wear high-heel shoes for the first time in her life." Abbott will be running the Boston Marathon on Monday, April 18, with Team "Limb-It-Less," who hopes to raise \$100,000 for the foundation.

Abbott has received various awards in the past three years, including 2015 Woman of Courage & Spirit Award from Women in Higher Education and Person of Character Award from Bryant University in 2016, and she has received honorary degrees and awards from Framingham State University, Southern Connecticut State University, and

Stonehill College.

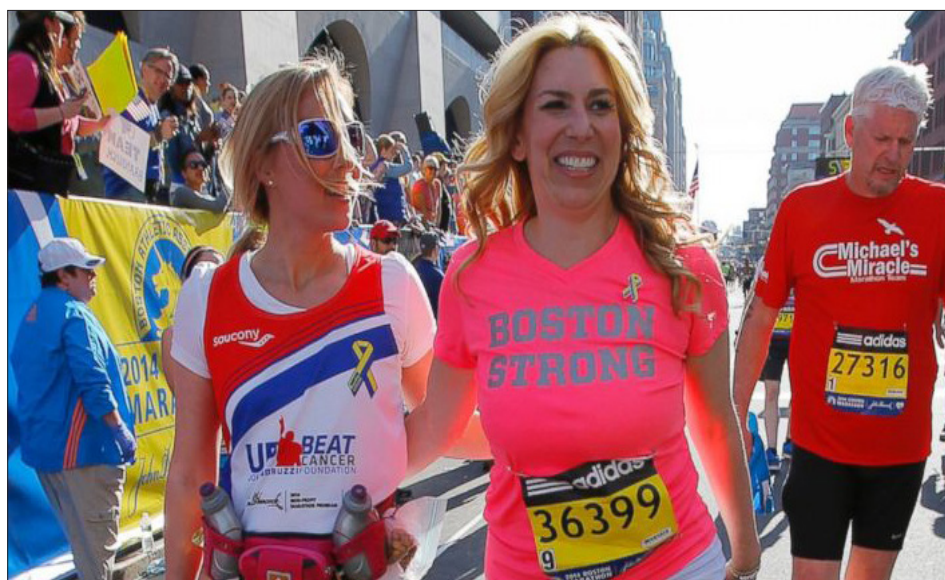
Ann Molchester-Molak, assistant to the president and executive vice president and chair of the Commencement Committee, said, "Since the Boston Marathon tragedy nearly three years ago, Heather Abbott, our speaker, continues to transform her personal tragedy into something that will help others who suffer 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—

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. Fiondella, Esq. '64, the retired CEO and chair of The Phoenix, a leading provider of wealth management products and services. His grandson, Jon Fiondella '16, currently attends PC. Timothy P. Flanigan, 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 an actor, singer, and 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 Flanigan 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.



Heather Abbott, who was injured in the 2013 Boston Marathon terrorist attack, finishes the race in 2014 with Erin Chatham, the woman that brought her to safety.

## Relay: Celebrating the Lives of Those Affected by Cancer

Continued from front page

As more students filtered in, the gym became a sea of red, white, and blue. There were banners and decorations, yielding an exciting and energetic atmosphere that gave the night a festive feel and provided an enjoyable time for the 800 students that attended. The numerous volunteers, who were dressed in red, worked tirelessly throughout the entire school year to make sure that this would be the best Relay that PC had ever put on.

Many people were walking around the track, which was lined with activities ranging from a henna 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 Norcross '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 many students, paper bags were lit on the track in support of anyone fighting cancer and to commemorate the lives of those who had passed on. Songs were sung and poems were read; while tears



KRISTINA HO '18/ THECOWL

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

were shed, a cathartic feeling of love and togetherness was shared among the Friar Family.

The fundraiser started at 6 p.m. and the most loyal of students stayed until 4 a.m. PC raised an overwhelmingly successful \$87,000 for the American Cancer Society during Relay for Life this year, something that the volunteers and organizers of the event are very proud of. Just this year, PC's Relay for Life broke \$1,000,000 in total funds raised since it began on campus 14 years ago.

Elli Loria '17, who headed the Providence College Relay for Life, said, "I think that cancer has touched everyone in so many different ways—either through a member of the family or a friend who has been diagnosed or

even passed away, or a friend who has had family who has had cancer—that everyone comes out to this event because of these personal reasons."

Relay for Life is one of Colleges Against Cancer's events, and Loria mentioned that students who want to volunteer next year "need only come to our preliminary meeting in September to fill out an interest form so that they can be placed on one of the committees that help put on this fantastic event."

Overall, while each student showed up for their own personal reasons, there was a tangible feeling that the Friar Family came out to show support and recognize to anyone that has been affected by cancer.



KRISTINA HO '18/ THECOWL

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 of color and other minorities 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: Lets Talk," discussed these issues of race and readdressed 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 agreed that more action is necessary for PC and that the issues 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 action. The demands included an inclusive curriculum, a Vice President of Diversity

and Inclusion, a Title VI coordinator at PC, the establishment of a study for the black diaspora, a new multicultural center at Moore Hall, diversification of Student Affairs, and the establishment of a permanent committee to ensure all demands are fulfilled. Each demand was presented to Fr. Shanley and this discussion board was able to articulate the progression of each demand. For example, the Diversity Committee had their first meeting on Friday, April 1. This committee includes nine members, three of whom are students, three are faculty members/professors, and three are

school administrators. This committee is able to address these ideas of diversity, and they intend to meet at least one more time before the summer recess to ensure that the College continues to work on developing an inclusive campus.

Kristine Goodwin, the vice president of student affairs, and Dean Steven Sears were both present at this talk. They discussed the success that they have shared with the diversification of student affairs. Kristine Goodwin explained how they are diversifying every committee, including the resident assistants, orientation leaders, and counselors. She and Dean Sears explained how they are continually looking to expand their operations, and how student input is incredibly important for the success of this department.

Other successes include diversity training that all faculty members agreed to take. The goal of this training is to better equip 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 their presence. This training will also hold the faculty members responsible for any issues that may arise, while also giving them the proper tools to help with their response. As explained by a representative, "Diversity training will show the do's and don'ts to help the professors." Overall, these demands are here to ensure that the students feel safe at all time and enjoy their limited time at PC.



KRISTINA HO '18/THECOWL

Student leaders speak at a panel discussion in '64 Hall to inform students about the demands.

# Prevention is Possible: PC Raises Awareness of Sexual Assault

## Sexual Assault Awareness Month Provides Education and Dialogue

by Daria Purdy '19  
News Staff

AWARENESS

Sexual violence and prevention is a contentious issue on modern college campuses. This April, the issue of sexual assault will be highlighted even further, as it is Sexual Assault Awareness Month (SAAM). SAAM observes its 15th anniversary this year, with the goal of raising awareness and educating people about sexual assault. Providence College will be upholding the goals of SAAM, by holding events dealing with sexual assault for students to attend throughout the month.

The theme of SAAM this year is "prevention is possible." The College has been working to prevent sexual assault and the bystander effect through Step UP! Bystander Training, and SAAM gives students another chance to reflect on their bystander training.

According to Dr. James Campbell, assistant vice president for student development and compliance, "At PC, 96 percent of students have participated in an initial group training where they learn about the bystander effect, the tendency not to do anything, especially when others are around." This initial group training has allowed students to develop the skills and confidence to respond to any dangerous situations that might arise that could lead to sexual assault.

Furthermore, as Campbell says, "A goal of PC campus Step UP! Bystander Training is to help all of us acknowledge our responsibility to make our community safer for all." SAAM allows students to deepen the awareness gained through bystander training, and continue the conversation about

sexual assault and prevention in the PC community.

There will be many events 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

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.

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 We Consent App, included in the app suite, helps make consent clear by recording a video of both partners saying "yes" to

sexual activity.

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

Besides for the WeConsent app, the app suite also includes the What-About-No app, which displays a "no" message to a sexual 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 allow 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 raising efforts of SAAM, sexual assault at colleges is being combated. As for PC, Campbell says that ultimately resolving the issues combated by SAAM will involve "the community stepping up to take care of each other and hold each other accountable, not only for sexual assault but any behavior that demeans another person because of who they are."



KIMBERLY LEZAMA '18/THECOWL

Professors welcome students outside '64 Hall on Tuesday before the Take Back the Night event.

### Resources and Support

**PC Safety & Security**  
Emergency: (401) 865-2222

**Confidential Answering Service**  
Personal Counseling Center and  
Campus Ministry:  
Available 24/7: (401) 865-1333

**V.A.S.E. Coordinator (Victim Advocacy, Support & Education)**  
Kendra Marasco: (401) 865-1177

**PC Office of Residence Life**  
Hall Director on Call: (401) 639-9110

**The Sexual Assault & Trauma**  
24 Hour Helpline: 1 (800) 494-8100



## Bursting the PC Bubble

by David Toro '16  
News Staff

### 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 as shallower wells are becoming more polluted, causing China to dig deeper for drinking water to support its farming and urban population. 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 Davíð 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 hid 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.

## Congress Updates

by David Toro '16  
News Staff

STUDENT CONGRESS

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 line has 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.

## Pet Therapy Program Comes to PC

### Students Invited to Play with Rock the Dog

by Sarah Giani '18  
News Staff

FRIAR FOCUS

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.

"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.



SARAH GIANI '18/THECOWL  
A student poses with PC's newest furry friend, Rock in Davis Hall.



# 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, Cristian Higuera Montoya '16, Kristin Michels '16, and Benjamin Swiszczy '16 took home top prize in the Eighth Annual Berg Cup, a competition that has students analyze and present solutions to business and ethical problems.

Before starting on an actual ethics case, the team had to survive a few rounds of competition. PC was one of 40 teams who, after submitting a team cover letter and their résumés, 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 Swiszczy 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 admiration for the growing ethics program and hardworking students. Maxfield said, "PCSB was able to support our students' participation in this competition thanks to our recently inaugurated Program on Ethics in Business Education...I am 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 Elcik, assistant dean at PCSB, along with their liberal arts education. Michels said, "I think the ethics classes and the requirements that are at Providence College really just enforced our knowledge and understanding of combining 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 will not only put a positive spotlight on the major, but show that PC's business program is more than just business. She says this win is 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."



PHOTO COURTESY OF PROVIDENCE.EDU

Friars show off the Berg Cup after winning the competition that combines business and ethical problems.

# 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 what's this all been 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, he is simply being relatable.

Friar Divers, PC's own scuba diving club, is comprised solely of student scuba fanatics. Members either joined with a previously found love for scuba diving or developed one during their time with the club. For them, Friar Divers has become a means towards totally unique, awe-inspiring experiences within the local Rhode Island waters.

The club is constantly growing too, introducing more and more students to all it has to offer. "We're a budding club," says club founder and President Danny Hentz '17, "Now just reaching over 80 members since our 2014 inception." Although this statistic is impressive on its own, what joining entails makes it even more so.

For most clubs, members need only sign a piece of paper. For Friar Divers, members must be scuba certified. In most cases—the cases of 50 of the 80 current members—this means going through five days of scuba training. Lucky for

them, Friar Divers is able to offer these lessons and all of the gear they require for \$650, around \$200 dollars less than the scuba diving clubs at neighboring schools.

Once certified, members are welcome to variety of opportunities.

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 seemed to create a large and fairly close community. Hentz claims that it is a "fantastic network of relationships on and off campus." Even during the summer months, when most schoolmates go their separate ways, Hentz 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 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, "And I cannot imagine making this club what it is today, without the outstanding executive board that has helped me make my ideas a reality."

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 instructorship. He, too, has helped to create and sustain the opportunities Hentz and others have been able to enjoy.

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



PHOTO COURTESY OF THE FRIAR DIVERS CLUB

Fellow Friars and diver fanatics pose in the deep end of the pool of the Peterson Fitness Center.



# Open House

**CENTER FOR** Physician Assistant Studies

**Date/Time:** Wednesday, April 27, 2016  
Registration 4:45 p.m.  
(Presentation begins promptly at 5 p.m.)

**Location:** 35 Claverick Street, Providence, R.I.

**GPS address:** 157 Clifford Street, Providence

**RSVP:** 401-598-4558, space is limited

[jwu.edu/pa](http://jwu.edu/pa)



The ARC-PA has granted Accreditation-Provisional status to the Physician Assistant Studies Program sponsored by Johnson & Wales University.

Accreditation-Provisional is an accreditation status granted when the plans and resource allocation, if fully implemented as planned, of a proposed program that has not yet enrolled students appear to demonstrate the program's ability to meet the ARC-PA Standards or when a program holding Accreditation-Provisional status appears to demonstrate continued progress in complying with the Standards as it prepares for the graduation of the first class (cohort) of students. Accreditation-Provisional does not ensure any subsequent accreditation status. It is limited to no more than five years from matriculation of the first class.

15-01-016

# SEVENTH ANNUAL CELEBRATION OF STUDENT SCHOLARSHIP and CREATIVITY

12:30-4:30 P.M. WEDNESDAY, APRIL 20  
SLAVIN CENTER

Please note that you do not need to attend the entire event. A lively selection of research presentations, visual art exhibits, and theater, dance, and musical performances will take place throughout the afternoon.

# A MIDSUMMER NIGHT'S DREAM



April 14-17

Special Thursday Performance at 8pm



\$5 Student Tickets

Tickets and Info  
Call 401.865.2218  
[providence.edu/theatre](http://providence.edu/theatre)

Smith Center for the Arts

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



**Topics to Explore**

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

**Want to Learn More? Contact Us!**

**Matthew Cavaco**  
[mcavaco@friars.providence.edu](mailto:mcavaco@friars.providence.edu)  
**Nick Thomas**  
[nthomas1@friars.providence.edu](mailto:nthomas1@friars.providence.edu)  
**Bruno Guiop**  
[bguiop@friars.providence.edu](mailto:bguiop@friars.providence.edu)

WANT TO TELL US HOW YOU FEEL?  
CONTACT THE EIC OR AEIC AT:  
[EDITOR@THECOWL.COM](mailto:EDITOR@THECOWL.COM)

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

GRADUATION

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 to 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 prosthesis; 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 prosthesis.

The next year she walked the last half mile of the Boston Marathon with her prosthesis 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 Cow!* 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.

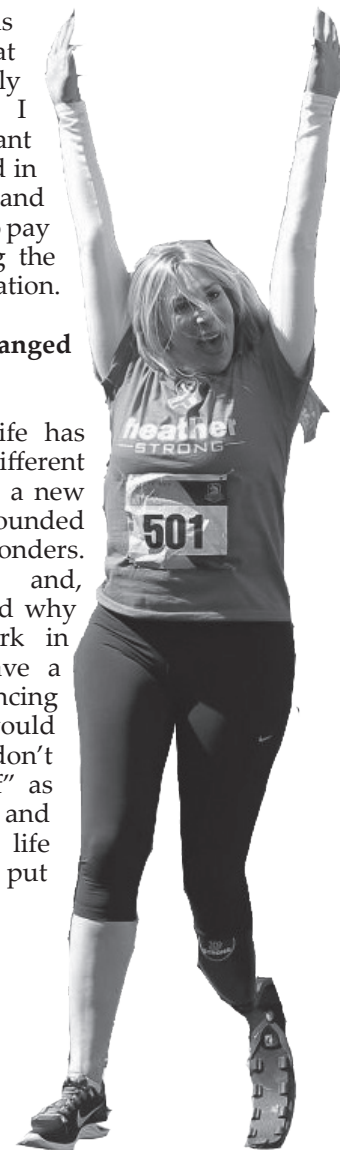
**Can you briefly describe your journey (in your own words) from Boston Marathon bombing survivor to head of a foundation?**

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 admire and, 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.



PHOTOS COURTESY OF THEMORNINGNEWSARUBA.ORG

## 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 breath. 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.



## POSITIVE MENTAL HEALTH WEEK

PHOTOS COURTESY OF WITSU.IE

# Graduating From Friartown

## *Small School Makes Large Opportunity*

by Matt Tinsley '16  
Opinion Staff

AFTER COLLEGE

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 celebrated.

All around us, the inversely proportional relationship between quantity and value is made manifest. Consider that Tesla, a manufacturer of electric cars, has hardly sold over 100,000 vehicles historically. And yet, the company's stock price has soared from around \$30 to over \$250 in just two years, and a lucky 300,000 buyers have pre-ordered the next Tesla Model 3. 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 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 performances.

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.

PHOTO COURTESY: OF BANDT.COM

# Students Happy with Huxley Closing

## *The Early Benefits of Campus Transformation*



PHOTO COURTESY OF VIMEO.COM

by Wesley Trask '16  
Opinion Staff

CAMPUS TRANSFORMATION

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 just 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 more 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 campus, though it did have its nice parts. 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 (by getting rid of the curbs, that is) is the first step in making a campus everyone can truly enjoy.



# A Defense of DWC

## Why Students Should Appreciate Civ



PHOTO COURTESY OF YOUTUBE.COM

by **Hannah Paxton '19**  
Opinion Staff

LIBERAL ARTS

One of the most infamously unique 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 the Civ program 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 us.

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



PHOTO COURTESY OF ODYSSEYONLINE.COM

the 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.

**Providence College's**

**Student-Run Newspaper Since 1935**

Publisher: Kristine Goodwin  
 Co-Publisher: Dr. Steven A. Sears  
 Advisor: Richard F. Kless  
 Graduate Assistant: Joseph Flynn '15  
 Editor-in-Chief: Kathleen McGinty '16

Associate Editor-in-Chief: Gabriella Nigro '16

Managing Editor: James Seabright '16

News Co-Editor: Meaghan Dodson '17  
 News Co-Editor: Marla Gagne '18  
 Asst. News Editor: Sabrina Guilbeault '18

Opinion Co-Editor: Jackie Kelley '17  
 Opinion Co-Editor: Brianna Abbott '17  
 Asst. Opinion Editor: Carolyn Walsh '17

Arts & Entertainment Editor: Serena Ambroselli '16  
 Asst. Arts & Entertainment Editor: Katie Puzycki '17

Portfolio Editor: Branan Durbin '16  
 Asst. Portfolio Editor: Jose Martinez '16

Sports Co-Editor: DJ Anderson '16  
 Sports Co-Editor: Joey Ciccarello '16  
 Asst. Sports Editor: Gretta Schultz '17

Photography Co-Editor: Jess Artigliere '17  
 Photography Co-Editor: Kristina Ho '18  
 Asst. Photography Editor: Kimberly Lezama '18

Head Copy Editor: Casey Clark '17  
 Asst. Head Copy Editor: Abbey Guerino '16

Copy Editors: Katie Coyne '18, Courtney Day '19, Jennifer Dorn '18, Sara Grassie '18, Lauren Ioli '17, Annie Loftus '18, Kristina Meyers '16, Anna Munroe '17, Abby Shelley '17, Annie Shelley '19, Rachel Sullivan '18, Jessica Wilson '17, Olivia Winslow '16

**Letter/Guest Submission Policy**

*The Cowl* welcomes guest opinions and letters to the editor from members of the Providence College community and outside contributors. All submissions must include the writer's name, signature, a phone number, and an email address where he or she can be reached. Letters should be no more than 250 words in length and will be printed as space permits. Guest commentaries should be limited to 500 words in length, and only one will be published per week. *The Cowl* reserves the right to edit articles for grammar. Submissions must be emailed to *The Cowl* office no later than 9 p.m. on the Sunday before publication. We do not print previously published articles. Email responses to commentary@thecowl.com, and remember a guest submission is only an email away!

**Accuracy Watch**

*The Cowl* is committed to accuracy and carefully checks every article that goes into print to ensure that the facts are presented clearly and truthfully. If you find an error in any article, please email the Editor-in-Chief at editor@thecowl.com. Corrections will be printed as necessary.

**Advertising**

Contact *The Cowl* with advertising requests and questions at cowlads@providence.edu or, if necessary, via telephone at 401-865-2214. Visit www.thecowl.com/advertise for rates, publication dates, and other information about advertising with *The Cowl*.

**Subscriptions**

Subscription rate for a weekly issue by mail is \$100 per year. Send payment to *The Cowl*, 1 Cunningham Square, Providence, R.I. 02918; make checks payable to The Cowl. Student subscription is included in tuition fee; issues are available around campus on Thursday nights.

# 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 lows of the semester, but 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*. This is our farewell. After interviews and deep conversations, our time is up, and our eager successors will now shine. Sure, 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 whole day together in *The Cowl* office. We could have allowed challenging times to dominate our *Cowl* experience, but we have our entire staff to thank for deterring us from doing so. It often wasn't the end result of overcoming adversity but the process of getting there that we found most rewarding.

Dig deep and breathe deeper. Find your endurance. This is a marathon, not a sprint.

## TANGENTS & TIRADES

### Caution: Flu Season Isn't Over

I know this may not come as a shocker to any of you, but spring is not here yet. I wake up, look out my window, and wonder "why?!" very dramatically because I see snow more often than I see sun. The reason I am bringing this up, however, is not simply to complain, though I could do that all day. I'm here to give you, as Dumbledore from Harry Potter would say, "A word of caution..." Since this winter has overlapped with spring, so has the flu with allergies. If you think that flu, sinus infection, stomach bug, virus etc. season is over, I can assure you that it is not. I have proof, and trust me, my source is reliable—a doctor. The doctor gave me the nasal test, which not only made me sneeze a million times but made one of my eyes water for the rest of the day. I couldn't even pretend to be crying because only one side of my face looked upset, with a right eye watering and a red right nostril.

It took me a week to recover, missing four days of classes and work, and I still am haunted by my first flu experience. Now, since I'm not a veteran "flu-goer" as many of you are, I may not be handling it like a champ. But I wanted to put the message out there, like my mom did with me, and remind you to wash your hands with soap and warm water literally a million times a day, before and after every meal, and for as long as the "happy birthday" song goes. So please, please take this warning to heart because now is the worst time to get this sick, with finals around the corner.

- McKenzie Tavella '18

### Go Ahead, Keep Clogging The Sinks

I wake up every morning like I imagine most college-aged people do. I am grumpy, hungry, and oftentimes extremely tired. By the time I have trudged to the bathroom, I am usually much worse. Needless to say, I do not want to have anything interfere with my morning routine; thus the sinks in my communal bathroom have become a major issue.

They are disgusting. Before this year, I never would have imagined such a variety of things could be dumped down a sink. I've started to play a game trying to guess what I'll find the next day. There has been toothpaste (very much expected) and Easy-Mac (not so expected). I have found hairs speckling the sink and cigarette ashes dotting the countertop. Of course there have been many a day I've found the sink clogged by toothpaste and then filled with the remainder of someone's Natty Ice.

It would be easy to ask for a little respect for everyone's bathroom. It would be easy to ask the members of my floor to acknowledge the garbage can that sits literally two feet from the sinks. But I won't do that. I think I get a little bit of satisfaction from knowing someone thought the sink would like the Easy Mac more than he would. Each and every one of us gets to see each other a little more intimately. Gentlemen of third floor St. Joe's, keep leaving your hair and clogging those sinks. I love you for it.

- Kevin Copp '18

### The Pros and Cons of Chariot

A new, unique car service has come to light and is bringing about quite a lot of attention. On April 19, Chariot for Women is set to launch in Massachusetts, 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?

I believe one of the reasons why Chariot or some form of Chariot has not come to fruition yet is due to its more or less discriminatory stance. Women have fought long and hard for equality since the first women's rights convention in 1848. We have asked repeatedly to be treated as equals to men, yet with Chariot, in a sense, we ask to be treated as separate. If men were to call for a car service in which it was for men and men only, would people be bothered by that? Because I can honestly hear the headlines now, "Moving towards a patriarchal society?!" If it works, are women actually taking a step back in their strive for equality rather than forward?

- Kelsey Dass '18



*The Cowl* is a proud member of the Associated Collegiate Press.



# PHOTOGRAPHY

The Cowl 11  
April 14, 2016



KIMBERLY LEZAMA '18/ THE COWL



KRISTINA HO '18/ THE COWL



KIMBERLY LEZAMA '18/ THE COWL

**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.

**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.



KRISTINA HO '18/ THE COWL



KRISTINA HO '18/ THE COWL



KIMBERLY LEZAMA '18/ THE COWL



# PROVING PHOTOGRAPHY

## *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



PHOTO COURTESY OF WWW.BILLBOARD.COM

**"Swag."**

**-Justin Bieber**



## Playlist: Songs for the Spring

Continued from front page

### Emily's Playlist:

1. "Come Back to Me" (feat. Tove Lo) [Vicetone Remix]—Urban Cone

The song itself is great, but this remix is fantastic. Urban Cone and Tove Lo absolutely kill it with 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 good-mood inducer.

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. "Mess 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 is 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 on the planet right now. This song starts off misleading in the best way possible, with a soft vocal and chill

background instrumental that oozes with synth pad goodness. It builds up to a roaring chorus with a strong vocal and heavy drum beat that will have you wanting to play it again and again (and again).

### Lindsey's Playlist:

1. "She's American"—The 1975

This song is off of the long-awaited new album from the 1975, and I'm absolutely in love with it. 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 may be biased as a Young the Giant fan, but this song is so easy to rock out to this spring!

5. "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.



Alternative band Parade of Lights.

PHOTO COURTESY OF STEVEMADDEN.COM

## A Diamond for Florida Georgia Line



Country duo Florida Georgia Line performing at the 2015 CMT Awards.

PHOTO COURTESY OF JUSTJARED.COM

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 they 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 influences.

"Cruise" received praise almost immediately for its catchy tune and well-timed release in the summer of 2012. Liv Carter of *Urban 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, but...despite its flaws, [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. In an interview with *The Times* in August 2015, Delevingne explained, "I found myself surrendering to the industry's approval process. I felt like I needed validation from everyone.



Cara Delevingne poses for the *Paper Towns* promo shoot.

PHOTO COURTESY OF HAWTCELEBS.COM

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 by other magazines and 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.

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.

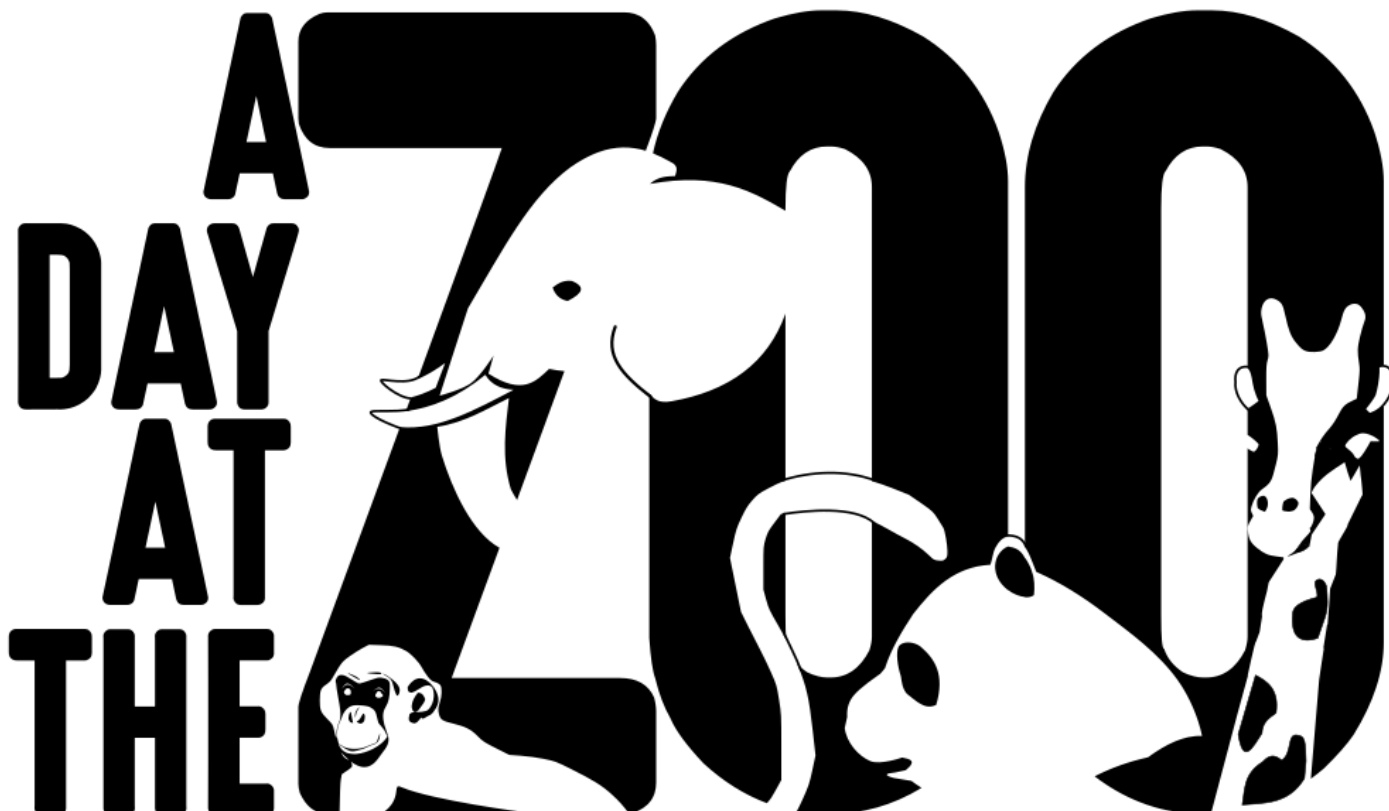
Be sure to take part in the arts and crafts activities Clam Jam will be hosting. You can tie-dye, and they will be giving

out flower headbands to add to the hippie theme. There will also be lawn games that students can take part in, including blow-up jousting.

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 OFFACEBOOK.COM/DAYATZOO

# Explore Providence: Fat Belly's Pub

by Isabella Goldstein '17  
A&E Staff

LOCAL

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 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!

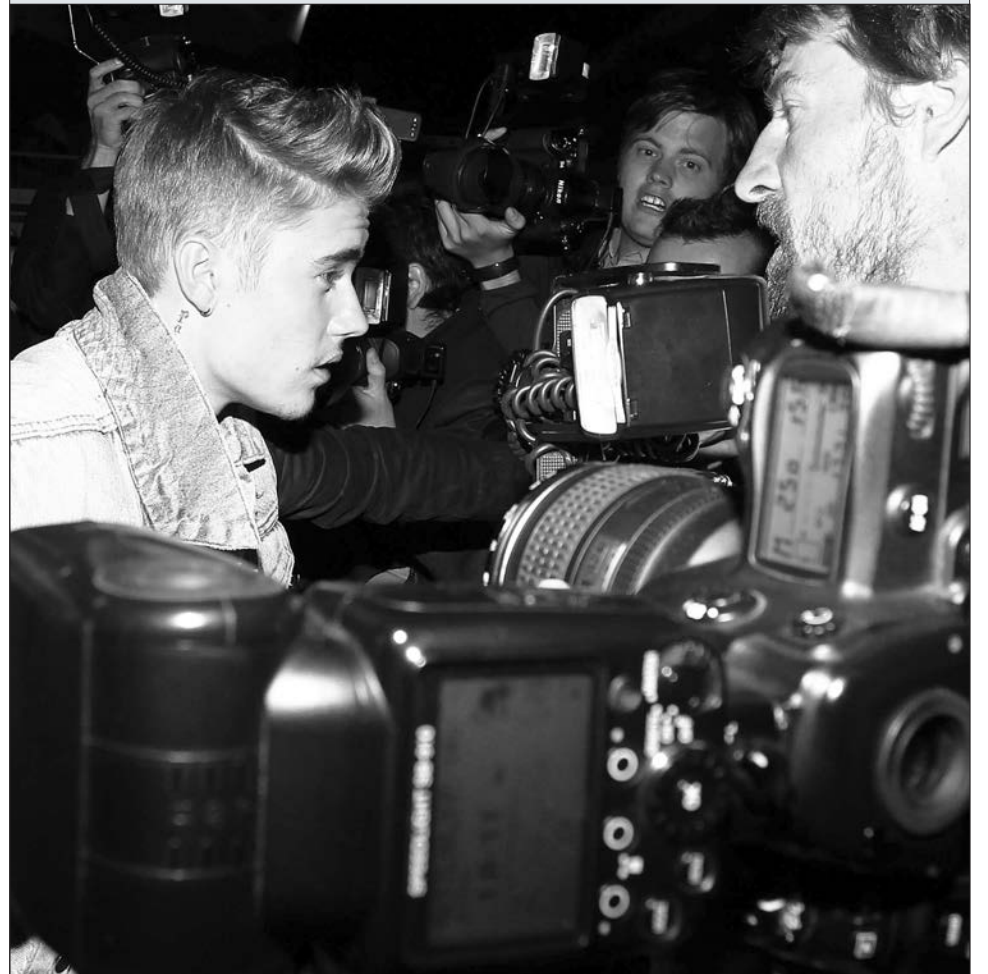
Therefore, Friars, why not begin your next weekend by dining at Fat Belly's? Afterwards, make your way to the upstairs space for the rest of the night! Lastly, in addition to Fat Belly's of Providence, other locations include Coventry, North Kingstown, East Greenwich, and Warwick, which may be useful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



Outside of Fat Belly's Pub, located at 125 Canal St.

PHOTO COURTESY OF PB.TRAVELHOST.COM

## Let's Rave



Justin Bieber attempting to dodge paparazzi.

PHOTO COURTESY OF J-14.COM

## This Week: Celebrity Complaints

by Kelly Laske '16  
A&E Staff

TELEVISION

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 media attention very well. This was until she realized that she should utilize the platform she was given to promote bigger and better things.

Gomez said, "When I was younger and running around all the time on tour, I don't think I took the time to notice how being a woman in my position is really a gift. I want to make sure I utilize all that power... All the stuff that I've been living has been beautiful and awkward and authentic." Gomez admits that it was hard at one point, until she realized that being a powerful woman in this industry is what makes it worth it.

Personally, I do not have sympathy for the celebrities whose goal was to be famous when they first started out. They knew what they were getting themselves into. It is the celebrities who did not ask to be famous, like children of celebrities or siblings of famous figures, and so forth. 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.



**THE COWL**

**IF MESOPOTAMIA IS THE  
CRADLE OF CIVILIZATION,  
THEN WE'RE THE CRADLE OF  
JOURNALISM.**

**APPLY TODAY!**





# SPORTS

## Celtics Exceed Season Expectations

by Brent Bauerle '16  
Sports Staff

BASKETBALL

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 pundits 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 benchmark or a top 3 seed, the Green have still massively overachieved for a team picked by some to be in the lottery (though the Celtics will still be in the lottery courtesy of the Brooklyn Nets first round pick Danny Ainge fleeced from Billy King in the Kevin Garnett/Paul Pierce trade). With the postseason quickly approaching, the question begs to be asked: what has made these Celtics so successful?

That question begins and ends with the man behind 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 mishmash 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.

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 veteran like David Lee has helped settle what was a crowded rotation at the season's onset. But as Stevens himself would say, in the end it is all on the players, and they have been no slouches either.

The man who stands at the forefront of Boston's on-court success is the mighty mite himself, Isaiah Thomas, who has elevated his game to become not just a starting point guard but an all-star. Thomas' improvement from the conscienceless gunner 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 littered with players performing beyond expectations – an island 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 that has a whole offseason to remedy – after he takes a good while to appreciate how far his team has come already.

## CHICAGO BLACKHAWKS

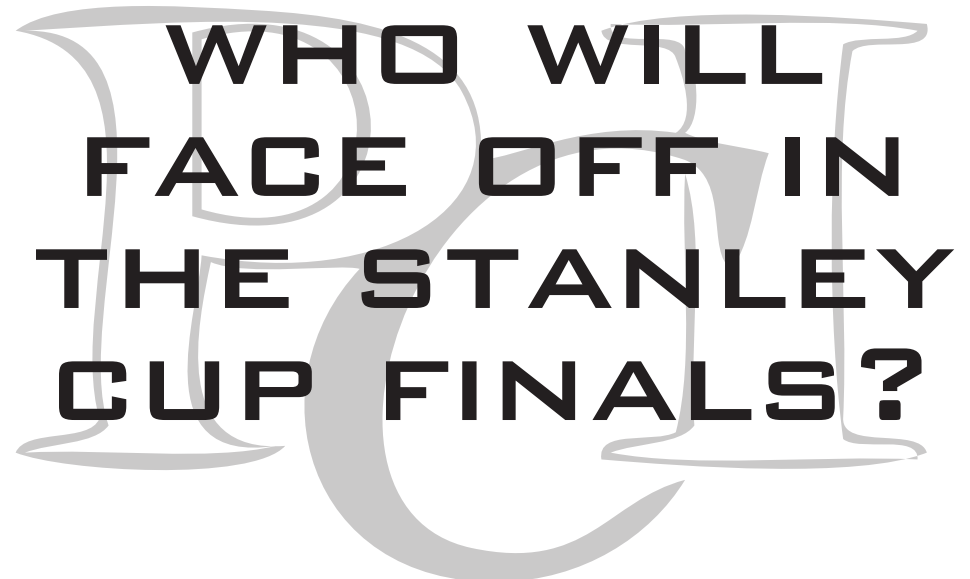
History has a funny way of repeating itself. Exactly a year ago today, the Chicago Blackhawks National Hockey League team was ranked third in the Central Division of the Western Conference. They played a relatively average, yet consistent regular season. Stand out performances by forwards Patrick Kane and Jonathan Toews accompanied by strong goaltending by 12th ranked Corey Crawford lead the apparent underdogs to the Stanley Cup Playoffs. They ended up walking away with "The Cup."

This year, the Hawks find themselves ranked third in the Central Division going into playoffs once again. Kane, ranked second in the NHL in points, and Toews both performed at an unbelievably high caliber once again this season, but they were joined by rookie Artemi Panarin, further strengthening the Blackhawks' offense. Panarin finished the regular season ninth in total points in the overall NHL ranking. The Blackhawks are the only team in the NHL to have two players ranked in the Top 10 in total points.

Not only have the Blackhawks become an offensive threat, the continued improvement of Corey Crawford between the pipes makes the team a menacing force. Crawford is ranked fifth with a save percentage of 92.4 percent.

The team is set to face the Saint Louis Blues for a seven game series in the first round of playoffs beginning April 13. As the Chicago Blackhawks have proved time and time again, they have the experience and professionalism to win when it counts and to compete in playoff hockey like no other team in the NHL can.

-Liza Sisk '19



## WASHINGTON CAPITALS

Winners of the President's Trophy, the Washington Capitals finished the regular season with a record of 56-18-8 for a total of 120 points. As the first seed in the Eastern Conference, they will have home ice advantage throughout the entirety of the playoffs. Star left winger and captain of the team, Alexander Ovechkin, reached his seventh 50 goal season this year and shows no signs of slowing down heading into the postseason. Combined with linemates Nicklas Backstrom and TJ Oshie, the Capitals' first line tallied 96 goals and 96 assists.

Washington finished as the second highest scoring team in the league with 248 goals, behind only the Dallas Stars, who finished with 265. Players like Justin Williams, Evgeny Kuznetsov, and Tom Wilson have a lot to offer this well-rounded team. Williams, whose nickname is Mr. Game Seven, has scored seven goals and is 7-0 in game sevens. Kuznetsov, a dynamic center, finished the regular season with career highs of 20 goals and 57 assists. Wilson, a 6'4", 207 lbs winger, brings an aspect of physicality to the team, having racked up 163 Penalty Infraction Minutes in the regular season.

However, this team has a lot more depth than just their forwards. Goaltender Braden Holtby has been outstanding this year and tied Martin Brodeur's record of most single-season wins with 48. As long as the Capitals' top players continue to put up numbers and Holtby remains a force to be reckoned with in net, this team has the potential to make it all the way to the Stanley Cup Final and possibly walk away with it all.

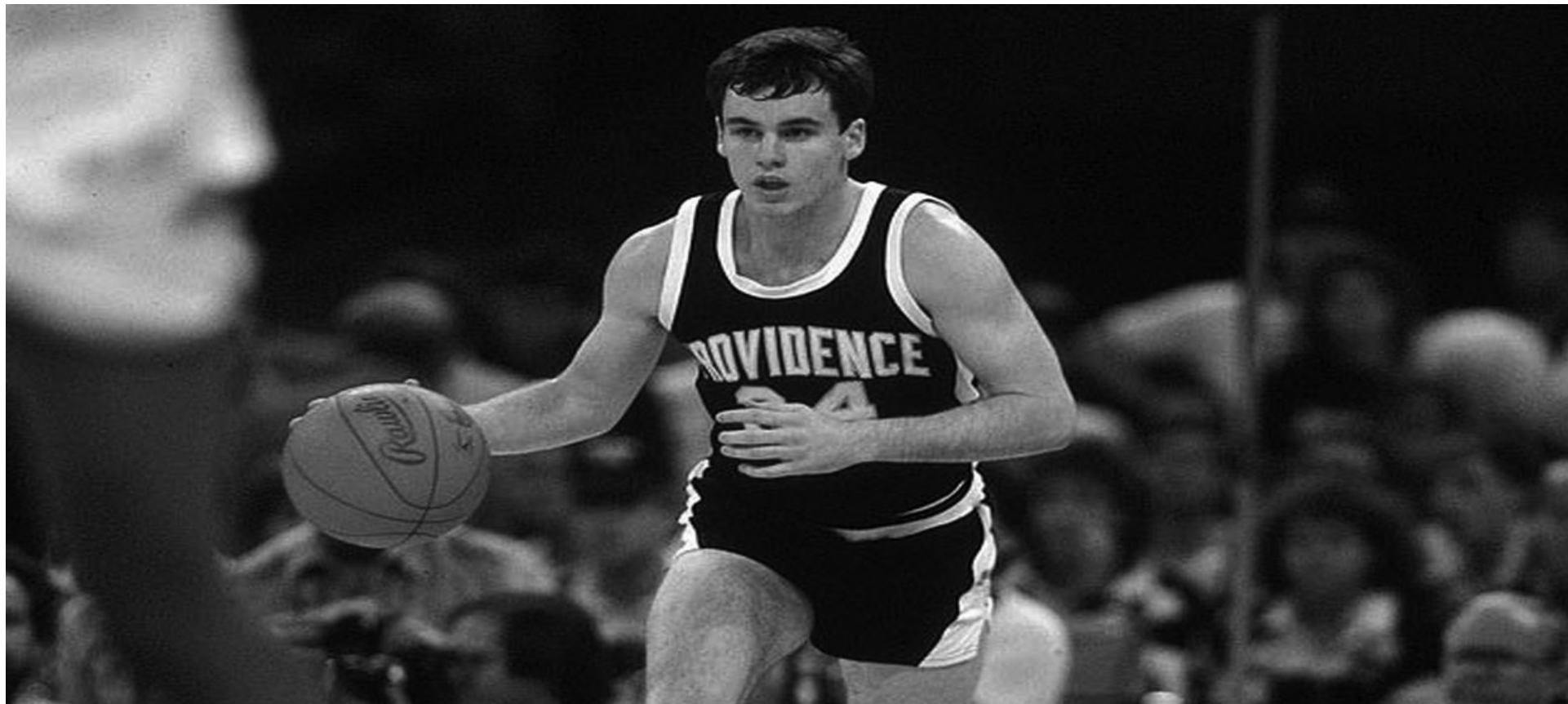
-Lauren Altmeyer '17



Isaiah Thomas' All-Star season has led the Celtics to new heights.

PHOTO COURTESY OF CELTICSBLOG.COM

# Athlete in Friar History: Billy Donovan



Billy Donovan as a Providence Friar.

PHOTO COURTESY OF BIGEASTCOASTBIAS.COM

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 kid from Rockville Centre on Long Island, New York. Donovan had a huge athletic legacy to uphold, as his father, Billy Donovan Sr. was the third-leading all-time scorer for Boston College's Men's Basketball Program. Donovan Jr. played point guard for St. Agnes Cathedral High School, where he started his senior year and led his school to the Long Island Catholic High School Championship. 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 1985, 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 will 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 1 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."

While 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 McIlroy 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. McIlroy 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 McIlroy 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.

# Top 3 Friar Sports Moments of the Year

by Sam Hardwick '17  
Sports Staff

FRIAR SPORTS

As the 2015-2016 year comes to a close, it is easy to look back and see all of the great moments Friars Athletics have had this year. All of the men's and women's teams had great seasons and, as always, they have been entertaining to watch. Of all the moments the Friars have had this year, three moments set themselves apart from the rest. These moments were full of hard work, passion, and most of all, excitement. Watching these moments was a true privilege as a fan.

Now for the top three. Taking the third slot is the Providence College Men's Hockey Team NCAA tournament game vs. Minnesota-Duluth. In one of the toughest games the Friars had to play all year, not to mention one of the longest, Nick Ellis '17 delivered a performance that would stand out in program history. Playing for almost 81 minutes, Ellis was able to make 54 saves during the game, breaking the Northeast Regional record of 46. The Friars

could not pull out the win in the double OT game, losing 2-1, but Ellis' performance will be remembered for years to come. A huge thank you to all of the members of the hockey team for a great season and a special thank you to all of the seniors for a great final season.

The second best moment of the year was the Men's Basketball game against USC in the first round of the NCAA tournament. Prior to this year, the Friars had not won a game in the tournament since 1997. Looking to avoid the 20 year gap, Kris Dunn '17RS and Ben Bentil '18 led the Friars against the USC Trojans. The game was an absolute thriller for Friars fans everywhere. With only three seconds to play in regulation and down by one point, Drew Edwards '19 inbounded the ball to Rodney Bullock '18 who was under the net and put in a layup to put the Friars ahead by one to win the game. Campus exploded with excitement following the victory, with fans spilling into the streets to celebrate. Despite the loss to UNC in the following game, the national championship runner-up no less, the Friars still had a great season as they

won over 20 games for the second season in a row.

Now for the moment that was better than the rest. The men's basketball team did something that the Kansas Jayhawks, the Oklahoma Sooners, and the North Carolina Tar Heels all could not do during the NCAA tournament: they beat the Villanova Wildcats. In a truly amazing game, that in retrospect would be the definitive win of the season, the Friars went into the game against the Villanova Wildcats fired up, already 16-3 for the season. The Wildcats would move on from this game to eventually win the NCAA tournament but on Sunday, January 24, the Providence Friars showed the Wildcats who the boss of the Big East is. This game was one for the books for Bentil who finished with 31 points on the day, his career high. The game was hard fought from start to finish, with the highest lead of the second half being only three, held by the Friars with only 16 seconds left. The lead did not hold as Ryan Arcidiacono was able to hit a three before the end of regulation to force overtime. The Friars would not be denied the chance to beat the No.4

team in the country at the time and battled in the overtime to finally win the game 82-76. Bentil and Dunn both had incredible games, each recording a double-double. The game was truly remarkable at the time, it was the first win over a top five since 2004, and now stands as one of the best wins of the season. If the Friars had been able to get past the Tar Heels, who knows who would have won the NCAA championship if the Wildcats had to face off against the Friars just one more time. Thank you to all of the members of the basketball team for another memorable season and a special thank you to Dunn for an unbelievable career with the Friars.

In a year full of spectacular moments, it was near impossible to pick just three. Thank you to all of the athletic teams that played this year —it is exciting to see what the future holds for Friars Athletics.



PHOTO COURTESY OF FACEBOOK.COM



PHOTO COURTESY OF WHATSIIT.COM

## Track and Field Shines at Stony Brook

by Aidan Killeen '18  
Sports Staff

TRACK & FIELD

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 4:03.55 while Carleo came in at 4:03.91 for his debut as a freshman. This duo will be fun to watch as the season moves along. Taking the top two spots is no easy feat but it was somehow topped during the men's 3,000 meters.

The men's 3,000 meter was also won by the Friars as Trevor Crawley '17 got the win with a time of 8:24.43. The Friars dominated this event as they controlled the top four spots of

the leaderboard while representing every grade. The Irish sophomore, Aaron Hanlon '18, finished in second, Christian Costello '16 in third, and Austin Scola '19 in fourth place.

The women's 3,000 meter was won by Mackenzie Barry '18 with a time of 10:06.13. Other top three finishes include a third place finish by Stephen Farr '19 in the men's 400 meter. Joseph Hurton '19 took third place in the long jump and John Olayiwola '19 took third in the triple jump. To top off the dominant day on the leaderboard by the Friars, they finished first and second in the men's 4x800 relay. All and all it was a tremendous debut for the outdoor season and great preparation for the Stanford Invitational.

In the women's 5,000 meter, Brianna Ilardi '18 finished in 14th in section three. This was however a personal best time for her in the event finishing in just 16:19.67. Her teammate, Katie Lembo '18, came in 16th clocking in at 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 school's record book, as this is the fifth best time by a Friar in this event. Rocha will definitely be someone to keep an eye on as the season unfolds, especially in this event.

The record book was rewritten later on in the night as Hugh Armstrong '17 finished the men's 10,000 meters in 29:16.73. This happens to be the seventh best time in this event in the school's history and what might be more impressive is that Armstrong beat his own personal best time in the event by 39 seconds.

Armstrong's performance in the event was enough to earn him the Big East track athlete of the week. This is his first time to win this award and one that he will certainly remember for a long time. His time is now in the top 30 times in the NCAA for the year and one that he will be aiming to beat in his

next start in this event.

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 record book. Stony Brook exemplified the absolute dominance that Ray Treacy would have been proud of, while at Stanford, many were setting personal bests while also setting school records. With a great first two events, it is no surprise that a Friar ended up taking Big East track athlete of the week.

*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](mailto:kmcgint1@friars.providence.edu)  
[gnigro@friars.providence.edu](mailto:gnigro@friars.providence.edu)

# Did You Know...



courtesy of [openclipart.org](http://openclipart.org)

There are 31 days until  
graduation.



# PORTFOLIO

The Cowl 22  
April 14, 2016

## All That It Ever Meant

by Clara Howard '19  
Portfolio Staff

FICTION

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 *shiff* sound of metal delving into dirt, they turned to leave. And together they walked through the drenching downpour, leaning on each other.

# 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.

# 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.

PHOTO COURTESY OF DIMITIS KRISUTAKIS

PHOTO COURTESY OF SKITTERPHOTO.COM

# Make Aliens Great Again

Will he blend in with the humans?



He should fit in nicely.



COMIC BY JOEY AIELLO '17/THE COWL

# Listomania

## New Ice Cream Flavors

Harkins Hazelnut

Dominican Cookies and Cream

Schneider Shaved Ice

The Blood of Your Enemies

Abhängen\*, made by Häagen-Dazs®

\*German for "Life is so boring I might as well die"

Eagle Tracks (made with Real Eagle)

Blue Lake #6

Concannon Sorbet (fat free)

Eaton the Whole Pint

Chainsmokers Chocolate (highly addictive)

Neapolitan Complex

Disappointment

Fennell Vanilla (sugar free, gluten free, dairy free)

# Tiffany & Earl

*Making PC an emotionally stable place  
one letter at a time*

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

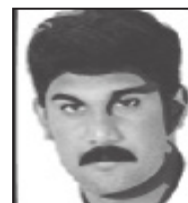


Tiffany

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



EARL

### Disclaimer

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

# Love in the Tension

by Branan Durbin '16  
Portfolio Editor

POETRY

I've forgotten the paper that led me here,  
the exhales and smoke wisps of ideas and inspirations—  
I've allowed to fall and fade into the background  
networks of sinews holding together  
my tension-bound muscles heated and massaged by my pen.

Perhaps I tried too hard.  
Perhaps I got lost in all the "shoulds" that allowed pockets  
of frustration and "I just"s to grow,  
putting my future in the future  
and not in your hands,  
not in those to which my hands and fingers connect me.

Regardless, along the way,  
along each floating shred and folded scrap,  
in trying to find my end,  
I left behind my beginning—  
making this middle gasp for grace.

My pen is as much a part of me as prayer.  
Without eyes to the daily,  
eyes to the mercy of existence,  
who can stand?