



What's The Word on Eaton Street?



PHOTO COURTESY OF KRISTINA HO / THE COWL

by Meaghan Dodson '17
News Staff

OFF-CAMPUS

Eaton Street, as the location of many students' off-campus homes, is as much a part of the Providence College community as the campus itself. In recent weeks there have been several major developments on this street as new houses have been built and new policies have been put into effect.

First and foremost, the houses that burned down in last spring's fire have been rebuilt and re-inhabited just in time for the beginning of the school year.

"02908" Club landlord, Bob McCann, is proud to announce that the burnt down houses "Shaboos" and "Big Ben" are back and better than ever, while the third, a new house called "The Phoenix," literally rose out from the ashes of the fire on March 31.

Sean Wrenn '17, one of the "Shaboos" residents, states, "Everybody in the house has been very happy with everything. Bob did a great job getting the houses built in such a short time and it's awesome living in a place where everything is brand new."

Stanley Vieira, director of citizenship and off-campus life, spoke to the good relationships between the College and the 15 or so other off-campus landlords who are responsible for housing PC students.

Other recent events on Eaton Street, however, have not been received with as much enthusiasm. The past several weeks have seen an outbreak of both car and car registration thefts.

Vieira confirmed that undercover police officers are dedicated to solving this problem, but that the Providence Police Department (PPD) is often understaffed and simply cannot be everywhere at once. College students are always targets for theft, he stated, and both PC and the PPD have taken active roles by increasing surveillance in the area.

Cam Collier '17 and Chris Collier '17 were victims of car theft both last year and this year.

Cam Collier's car was stolen from his Pembroke Avenue home during the 2015-2016 academic year, only to be found three days later when the culprits, two 16-year-old boys, were pulled over for running a red light.

His home was also broken into several times last year, and thieves made off with many items of value, including two Xboxes, a TV, and several backpacks that contained textbooks and laptops.

Chris Collier, meanwhile, had his car stolen over the summer from his Eaton Street home. The thieves broke into the car and stole his registration/VIN number, returning a couple days later in order to steal the car using the key that they had made. The car has not been recovered.

The Colliers reported the thefts to Vieira, PC Security, and the Providence Police Department, all of whom were responsive and eager to help.

The Colliers are but two of many students who have had their cars stolen in recent weeks. Cam Collier stated, "I'm worried about my car being broken into again, especially since a lot of my friends have gotten their cars stolen as well. I'm scared to put anything in my car."

The Colliers, along with the rest of their house, recently invested in a \$200 security system that features four video cameras.

Many students, however, feel that increased surveillance of the Eaton Street area has not just been to stop thefts.

The first week of classes saw full police coverage both during the week and on the weekend, with cop cars on nearly every street in order to "keep students safe and to uphold the law."

Vieira acknowledged that students coming back before Labor Day, when coupled with good weather and the days off from school for both Convocation and Labor Day, increased the likelihood of off-campus parties.

"Part of the effort to control unwanted guests from other colleges involved the ordering of street parking bans," Vieira stated.

He expressed concerns about large gatherings, especially since they attract people from outside the College. Vieira emphasized that it is not always PC

students who are involved in these parties, but that the numbers often swell to include students and patrons from surrounding schools.

The big times of concern, Vieira stated, are the beginning of the year, the fall and spring "Golf Parties," St. Patrick's Day, and the end of the school year. Students, therefore, can expect parking bans during these times. Vieira emphasized that alternate accommodations have been made for students affected by the parking ban. After 5 p.m., off-campus students with City of Providence stickers are allowed to park on campus during the days when the parking bans are in effect. In addition, Vieira stated that the same landlords have been very good about offering available parking spots to students in need.

Another recent development has been the "stickering" of off-campus houses. Multiple homes received orange stickers on the first day of classes for hosting parties either at their houses or in their backyards during freshman orientation week. According to one student, Vieira and Major John Leyden visited the houses the night before in order to warn students about the impending stickers. The students were also told that they should expect a hearing with the College's Office of Community Standards, but nothing further has been said about a hearing.

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Eaton: Students, Administration Discuss Off-Campus Living

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One student, after conferring with the other members of her house, asserted that no members of the house were present on the evening in question, and that the parties entered into the backyard uninvited. She added that her house has never thrown a party because it wanted to avoid precisely this situation.

The orange stickers served as a notice to these homes, warning them that if the police have to break up another party, each member of the respective houses will pay a \$500 fine. The stickers will be in effect for six months, meaning that they will carry over into next semester.

Vieira commented on the recent stickering, stating that the PPD gave out these warnings because the houses were in violation of city nuisance laws. He added that the stickering affects not only the students living in the homes, but also the landlords who may face more severe fines if the houses get into further trouble.

Vieira stated that the administration's concern is not to prevent the students from enjoying themselves, but rather to prevent large gatherings of 300-400 people. These gatherings threaten the safety of PC students, Vieira stated, especially when people from outside the College arrive uninvited. "Our goal is for our students to be smart, safe, and to have fun," Vieira remarked.

Following this stickering episode, local reporters waited outside the stickered homes in an attempt to interview the residents. The students did not feel comfortable leaving their homes because they did not want to be interviewed. Several members of the College's administration were also interviewed by reporters.

"I didn't see the reporter myself, but I did see my house on the evening news," one student commented. "My house has never initiated, supported, or encouraged the parties, but now we are the ones being held liable for them."

The student remarked how her house has already had to call the police several times as uninvited parties have flocked behind her home. She observed that students, and especially underclassmen, come into her backyard while they try to figure out where to go, because upperclassmen are hesitant to let them into their homes for fear of being stickered themselves.

"We don't know what to do," the student said. "We want to be cooperative, and we don't want to get into any more trouble. What happens, though, when one of us isn't home to break up an unwanted party?"

The student, like many others, has also invested in an expensive security camera in order to prevent



Some of the off-campus houses located on Eaton Street.

KRISTINA HO '18/THE COWL

further trouble.

A student expressed frustration at the recent events, stating, "There's so many police roaming the streets looking for parties. Can't they spend that time looking for our stolen cars?"

Campus-wide concern for these issues resulted in the calling of an Off-Campus Coalition meeting, which took place on Wednesday, September 14.

Over 150 off-campus students were present, as well as Vieira, Leyden, and Steven Sears, associate vice president for student affairs.

Issues such as police presence, orange stickers, off-campus parties, and "Golf Party" were addressed at the meeting. Students remarked that they have come to fear the police and are afraid to sit out on their own porches.

One student pointed out that, in past years, he would not have been afraid to go up to a police officer if something happened during a "Golf Party." Now, however, he is unwilling to go up to the police even though he is over 21. Students also expressed an opinion that the PPD fails to respond in an adequate and timely manner to actual crimes.

Students asked about the appeal process for orange stickers, especially since many students stated that they were not home for the parties that led to these stickers.

Furthermore, students expressed a desire to coordinate and compromise with the College regarding off-campus events. They offered several suggestions, such as hosting a charity event/block party for spring "golfing," and they stated that they would be willing to have ID checks, bracelets, and senior volunteers in order to keep the party under control.

Students also expressed a willingness to move their parties on campus. Seniors are legally allowed to drink and they pay a high rent for their homes, they stated, so they do not want to constantly pay for bars in order to enjoy themselves.

The students also asserted that they had attended the meeting

without being forced to do so, which shows a desire to mend relationships with administration.

Several students resented the fact that College officials called them in and questioned them for being a part of an off-campus GroupMe message that included over 100 members of the senior class. Vieira, Sears, and Leyden asserted that they were unaware of both the GroupMe and of any actions taken by the College.

Vieira, Sears, and Leyden responded to many of the students' concerns. Sears stated his desire to be as transparent as possible, and he readily admitted that he considers his PC students to be outstanding individuals—he just wants them to be safe.

"We all know students participate in many great community service events through service clubs and organizations, helping with snow removal, tutoring, babysitting, to name a few, but it can be overshadowed by large parties, arrests, and more importantly, safety concerns," he stated.

He also acknowledged that it is not only PC students who party off campus; other nearby colleges host these parties as well, but they simply do not get as much media attention.

Leyden, a former police officer himself, acknowledged that the students have many valid points, but also stated that off-campus events are outside the College's jurisdiction and are thus left to the discretion of the PPD. He asserted that the parking ban is a safety tool, and that it is meant to allow emergency vehicles and neighbors to get through the area, as well as to discourage uninvited parties from showing up to PC gatherings.

He remarked how crime has decreased in recent years, and that he is currently working with student representatives from Congress in order to find more on-campus parking spaces. "We want to work with you, and this is a positive step in the right direction," he stated.

Vieira, meanwhile, said that in the future, there will be an off-campus student committee with the task of planning events.

One senior stated, "I really appreciated that Stan [Vieira], Dean Sears, and Major Leyden took the time to attend the meeting and to listen to the questions and concerns of the senior students, clarifying what they could and providing support and guidance to the best of their ability."

Reim Alian '17, senior class vice president and chair of off-campus living, stated, "The meeting last week was a great step in mending the relationship between students, administration, and safety and security. The next meeting will

incorporate PPD in efforts of establishing mutual respect between students and law enforcement."

Steps are now being taken to balance student demands with administration's concerns. Something of a compromise may have been reached on Saturday, September 17, when Student Activities & Cultural Programming, along with Student Affairs, hosted a "Backyard Barbecue" on Smith Lawn.

Students unofficially decided to attend the event in their preppiest "golf attire," and they enjoyed the good weather while listening to music and eating the barbecue food.

One senior commented, "It definitely wasn't as fun as previous golf parties, but it was nice that administration gave us an alternative because they didn't have to do so."

Sears stated, "We want our community to be safe and for our students to be good neighbors. The [Off-Campus Coalition] meeting was productive because it provided a good way for all of us to dialogue and come up with some solutions; hence, the on campus backyard BBQ. These events will continue and we are working closely with the Off Campus Coalition to open communication with our neighbors (non-students), the city solicitor, the police, and the landlords to be more educated regarding all aspects of living off campus."

As both the month of September and the warmer weather begin to fade, off-campus parties are likely to settle down. Eaton Street, however, will remain a point of concern for students and administration alike, and these issues will once again return to the forefront in the spring.

Looking forward, Sears stated, "We are hoping for a safe, engaged off campus community and we will continue to listen, take action, and improve the quality of life for our overall neighborhood community now and in the future."

Friar Flashback: "When the Girls Came"

Remembering the College's Transition into a Co-Ed Institution

by Meaghan Dodson '17
News Co-Editor

FRIAR FLASHBACK

During last year's Alumni Weekend, a Providence College student was speaking with an elderly PC alum and asked his opinion about the recent campus changes. The alum admitted that he barely recognized the campus; when asked what he felt the biggest change was he replied, "Well, I mean, there are girls here now!"

Although it may be hard to imagine PC without women, in reality it was only in 1971—55 years after the College was founded—that PC became co-ed. Just under 300 women were admitted as a part of the incoming Class of 1975. At the time, the College had over 2,000 students, meaning that the men outnumbered the women by nearly an eight to one ratio.

The first issue addressed was where the women would live on campus. It was decided that the left side of Aquinas Hall would be converted into a female dorm: two women were assigned per room, and each room was furnished with its own telephone and sink. Renovations to "feminize" the hall were still underway when the freshmen girls moved in; namely, the urinals in the bathrooms were in the process of being removed.

Wanda Ingram, senior associate dean of undergraduate studies and the freshman class dean, was a member of this groundbreaking class. A native Rhode Islander, she was introduced to the College by her high school teacher who, as a PC alum, encouraged her to look into the school. "PC definitely did a lot of recruiting at the time in order to get women to apply," she stated.

Ingram was a chemistry major, meaning that she was one of the only two females in the science department. "Everyone knew where I was all the time," she stated. "We were pretty easy to spot. I don't think I opened a door or pulled out my own chair the whole four years. Chivalry certainly wasn't dead."

Ingram stood out not only because she was a woman, but also because she was one of the only 12 women of color at the College. She stated that this distinction enabled her to have a very close connection with upperclassmen of color, and she recalls how these older



This collage, featured in a 1971 Cowl issue, welcomed women to PC.

PHOTO COURTESY OF PROVIDENCE.EDU

students were like her "big brothers." She remarked that her group of friends still makes an effort to have reunions every year, "...because we realized how important it is to maintain these relationships."

Ingram also stays in touch with many of her professors. It was actually a faculty member who encouraged her to apply for her current job at PC. Initially, however, Ingram remembers how faculty members had mixed opinions about the co-eds. Many were excited

about the change, she recalls, others, meanwhile, "didn't believe it would last."

Upon arriving on campus, each freshman girl was given a pamphlet entitled, "When the Girls Come." The pamphlet detailed how the College had gone through lengthy debates, discussions, and preparations in order to accommodate the incoming female students. Ingram remembers how a few of the "preparations" made her laugh. For example, the pamphlet suggested

that the "dining hall may have to modify its style...meals themselves may be slower because girls eat more leisurely than boys and love to talk while eating."

In a Cowl article dated September 15, 1971, both men and women wrote about their "initial reactions to co-education." One woman was grateful for the positive reception, stating, "I thought I might be made to feel like a showpiece but this hasn't happened. I wanted to be accepted as a fellow classmate, not as someone special only because I am a girl."

She, like Ingram, also commented on the men's chivalry, remarking that "...before she had a chance to light her cigarette a gentleman ran up and lit it for her."

Most of the male students, meanwhile, accepted the change with equanimity. When a Cowl reporter asked how the first week of school went, one male student replied, "Glad to be back, but it's still the same place," while another responded, "It's all alright." Another student was slightly more troubled by the change—the addition of 300 more students, he stated, meant that "[t]he line at the [b]ookstore [was] unreal!"

Moving back into the present day, Ingram recalls how she and her fellow women were both willing and able to involve themselves into the various student activities. She fondly remembers playing volleyball on a co-ed intramural team, achieving a yellow belt through the campus karate club, and learning how to shoot a .22-caliber rifle at Alumni Hall's very own rifle range.

By the time the Class of 1975 graduated, the female population at PC had significantly increased. Today, this historic class continues to influence the present as several of its members are now a part of the College's faculty and staff.

Among this number are Ann Manchester-Molak, assistant to the president and executive vice president/treasurer; Warren Gray, assistant vice president/business services; and Joseph Gemma, assistant dean of undergraduate studies and the junior class dean.

Ingram, who has been a PC staff member since 1990, is extremely grateful for her PC experience, stating, "1971 was quite the turning point for the College... Overall, it was a very good decision for me to take a chance on PC."

PC200 Program Looks Towards College's Future

Students and Faculty Will Initially Focus on Increasing Endowments and Scholarships

by Patrick Healey '17
News Staff

PC FUTURE

While there has been a great deal of preparation and energy dedicated to Providence College's Centennial Celebration, there have been other efforts organized which are dedicated to ensuring that PC's next 100 continue, and hopefully surpass, the great legacy set so far. This strategic plan is being referred to as "PC200."

Although it is just in the early stage of development, the members of this community wide project are already thinking about ways in which PC can progress through the coming years.

Father Shanley, O.P., first announced the implementation of this strategic plan earlier this year, which will be headed by Father Kenneth Sicard, O.P., Dr. Sylvia Maxfield, dean of the Business School, and Brian Bartolini, associate vice president for academic affairs and chief

institutional effectiveness officer.

Fr. Shanley explained that there will be two oversight groups to assist in the efforts of PC200, one being a Strategic Plan Steering Committee and the other a Future of Higher Education Research Team.

Together, these committees will work to provide the best insight into the direction that PC moves in the coming years, and how to improve both campus life and academics. While having an eye on the next 100 years, PC200 will begin as a 10 year plan, with a special focus on making sure that the second century of PC gets off to a progressive start and continues on the upward trend the previous century achieved.

Dr. Maxfield noted that they will be directing most of their initial efforts in strengthening the school's endowment and providing more scholarship opportunities.

She noted, "We are just beginning to pull together representatives from all our different stakeholder groups to guide the work of assessing our landscape, coalescing core values and grand

aspirations from all parts of the Friar Family, and engaging us all in devising and implementing initiatives that can carry us toward our goals."

Project leaders are hopeful that all of these efforts will receive official approval from the board in February 2018. Father Shanley made it clear in an email that it is a high priority that both students and faculty comprise this project. It is important to note that this strategic plan, implemented by the College, while it aims to be very helpful in steering PC in the right direction for the future, is only in its planning stages. However, PC is being proactive to be the best it can be in the years to come.

The hope for this plan is that people from many different aspects of the College's life will be able to provide insight and work together to discover anything that needs to be changed on campus to make sure students are given the best possible environment in which to learn, grow, and flourish. PC200 is looking for student and faculty members who want to be a part of shaping the next century of life at Providence College.



Bursting the PC Bubble

by Gabriella Pisano '18
News Staff

Justice Department Deals With Opioid Crisis

The United States Justice Department hopes to get help from federal prosecutors fighting the nation's current opioid crisis. Attorney General Loretta Lynch said that the department will issue a new plan next week. They hope to focus on overprescription by doctors and coordination with public health officials to address addiction. Working with local health officials will hopefully help give equal attention to prevention and treatment efforts, and sharing information about physicians tied to prescription drug abuse could help authorities identify drug traffickers and the routes they use to obtain and administer drugs.

In recent years, overdose deaths tied to opioids have skyrocketed. From 2000 to 2014, the number of these deaths quadrupled to approximately 28,700. U.S. health regulators have strengthened warnings about opioids as a part of their plan to reduce the number of deaths from their abuse.

The United Nations Talk Syria

Next week, the United Nations will gather and put the issues of Syria in the spotlight. The United States and Russia are attempting to make a truce. President Obama is pushing for a boost in global refugee aid. U.N. Secretary General Ban Ki-moon said that, while many conflicts are causing the world pain, the war in Syria is causing the most death, destruction, and widespread instability. Russia and the United States are members of the International Syria Support Group (ISSG), and it is likely that the group will also meet separately from the U.N. The continuing conflict in Syria has caused 5 million Syrians to flee the country and about 6.5 million to have been internally displaced.

Bomb Injures 29 New Yorkers

On Saturday, September 17, a bomb went off in the Chelsea neighborhood of Manhattan. The bomb injured 29 people, while another bomb in the area failed to go off. Law enforcement officials said that the bombs were made with pressure cookers, flip phones, and Christmas lights. The bombs were apparently designed to create maximum chaos and fatalities. Senior Law Enforcement Officials say that it is a high possibility that the attack was connected to a bombing that took place 11 hours earlier in New Jersey. New York Governor Andrew Cuomo said, "There is no evidence of an international terrorism connection with this incident." Cuomo ordered an additional 1,000 New York State Police officers and National Guard members to be dispatched to major commuter hubs. On Tuesday, September 20, 28-year-old Ahmad Khan Rahami was charged in connection to the bombings.

Rio Shines in 2016 Paralympics

The Rio Paralympic Closing Ceremony took place on Sunday, September 18. Gaby Amarantos, Nação Zumbi, and Ivete Sangalo were among the Brazilian stars present to celebrate the "11 record-breaking days of paralympic sports." While the event was full of joy, a minute of silence was held for Bahman Golbarnezhad, an Iranian para-cyclist who lost his life during the games. This was the first paralympian death to occur in the history of the games. An estimated 1.9 million paralympics tickets were sold, making the Rio Paralympics the second most attended Paralympic games.

Congress Updates

by Marla Gagne '18
News Co-Editor

CONGRESS

This week Student Congress welcomed Kristine Goodwin, vice president for student affairs, as their guest speaker. Goodwin introduced herself to students and expressed her dedication to Congress. Goodwin reported Providence College's goal of looking at and increasing preventative measures for sexual assault, dating violence, and alcohol abuse. She also discussed the values of respect, compassion, and courage.

One student brought up concerns that faculty members of color, who are a great source for students on campus, were leaving the campus quickly and would be a good resource for students on campus. Goodwin responded that data shows the College has a good retention rate for faculty members.

Students also expressed concern about the lack of reporting of sexual assault incidents on campus and wanted administration to further investigate these situations. There is concern that there is not a large community of support for victims. Data showed that reports of sexual assault increased with an increase in information posters. Goodwin also said the College was bringing in a consultant for the community standards process. Students pointed out that there were no female names on the back of help posters. They also wanted data to be released showing how many alleged sexual assault perpetrators are found responsible for their charges.

Students also wondered why there were no guards present at the Eaton Street gate. Goodwin said external reviews of the College show automation vs. human contact reduces the opportunity for error when it comes to discrimination, but they are looking into using an extra guard. There will be upcoming dispatch training, and the Student Life committee will look into what times the College should have a guard.

Club Spotlight: Entrepreneurship Society

by Patrick Healey '17
News Staff

CLUB SPOTLIGHT

The Entrepreneurship Society is an organization dedicated to inspiring the future entrepreneurs at Providence College. The club aims to expose its members to various small and large entrepreneurs who share insight into what made them successful.

Vice President Stefan Puente '17 said, "The goal of the Entrepreneurship Society is to help students pursue their passion and start a company."

The club reaches out to respected entrepreneurs and organizes times where they can come to Providence College to speak to students and answer their questions.

Puente also noted, "It gives me an outlet to put creativity and business together, and that is what entrepreneurship is." For those who would like to get involved in the ever growing Entrepreneurship Society, the best way is to visit their Facebook page,

which includes news and upcoming events.

The club's 2016 kickoff event is set to take place on Thursday, September 29, at 6 p.m. in Ruane 105, where Rich Gotham, president of the Boston Celtics, has been invited to speak about his journey through the ranks of the business world. Gotham graduated from Providence College in 1986, and the exec leaders of the club feel that he is the perfect candidate to inspire students since he was once in their shoes.

In addition to providing students access to successful entrepreneurs, the club also brings together students to share ideas and thoughts on entrepreneurship.

Whether you are aspiring to be the next Mark Zuckerberg, are interested in how to launch a startup, or simply interested in learning about the business world, the Entrepreneurship Society is a great place to start. Puente also mentioned that pizza is almost always provided at meetings and new members are always welcome.



PHOTO COURTESY OF STEFAN PUENTE '17

Listen Up! New Podcast Program Brought to PC

Hockey Stars, Olympians, Professors, and More Share Stories with Campus

by Daria Purdy '19
News Staff

ON CAMPUS

The Providence College Podcast, a new program on campus, is bringing the stories of the PC community to light. Matt Chittim, major gifts officer, started the podcast this past July. Chittim says the goal of the podcast is to “connect the PC community by telling interesting stories through a popular medium.”

Chittim hosts the podcast, while Chris Judge '05 '07G, from PC marketing and communications, is the producer. Liz Kay and Joe Carr '83, also from marketing and communications, work with Chittim to identify potential guests and to publicize each week's episode. The podcasts feature a variety of guests, representing all walks of life within the PC community. The first podcast from July 22, featured Joe Hulbig '96, a former NHL player and PC hockey star.

Chittim says that this first podcast was originally meant to be a run-through, but that “the recording ended up going so well that we decided to make it the first episode.” In the podcast, Hulbig describes the recruitment process that led him to PC and eventually to the NHL, and also his decision to work in education philanthropy after his hockey career. The podcast gives insight into the life of a professional athlete and recounts Hulbig's successful career shift away from the world of athletics.



Associate Vice President and Athletics Director Bob Driscoll talks about PC's athletic success in a new podcast program.

PHOTO COURTESY OF PCBB1917.COM

Beyond the first episode, the podcast interviews other people involved in athletics at PC. For example, one episode features Diane Madl, head field hockey coach and former Olympian, while another features Bob Driscoll, associate vice president and athletics director. Both interviewees describe the methods behind their past and present success.

In addition to athletics, the podcast features professors and students as guests. Dr. Vance Morgan of the philosophy department describes his experiences on sabbatical and as the former director of the Development of Western Civilization program. He also describes the blog he has been writing for the last four years, www.freelancechristianity.com, in which he applies his ideas about philosophy and faith to real world experiences.

In a later podcast, Dr. Sylvia Maxfield, dean of the School of Business, relates her excitement about the new business school being constructed and explains her desire to give business students experiences outside of the classroom. The sole student to be featured on the podcast thus far is Brianna Abbott '17, a chemistry and creative writing double major who describes the chemistry research she conducted over the summer.

Other people featured on the podcast include John Sweeney, senior vice president and chief financial officer, and Rev. R. Gabriel Pivarnik, O.P., vice president for mission and ministry.

Sweeney describes the upcoming campus transformations, while Rev. Pivarnik discusses new faith

initiatives at PC, as well as his own path to priesthood.

Dr. Morgan describes the podcast as being “terrific” and thinks that “as people on campus become aware of it, it will undoubtedly enrich the PC community.” Chittim claims that students and alumni alike “enjoy listening to the podcasts because you can fully explore a topic by taking a deep dive into an interesting subject.”

Now that classes are in session, Chittim hopes to feature more students on the podcast. Chittim said, “There are so many fascinating Friars and we think that telling their stories in this format is an enjoyable way of bringing the Friar Family closer together.” The Providence College Podcast can be subscribed to on iTunes, SoundCloud, Stitcher, or Google Play.

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OPINION

Take Some Time For Yourself *Reducing Stress Through Yoga and Meditation*

by Taylor Godfrey '19
Asst. Opinion Editor

STRESS MANAGEMENT

We've finally had a full week of classes here at Providence College, and, at least for me, all of the work I have to do this semester is hitting me full in the face. As we get into the swing of things, it is going to get more and more important to find helpful ways to manage stress. One of the best ways that I have found to do so is through yoga and meditation.

We have all heard various articles and studies expounding upon the need to take some time out of our busy schedules for ourselves. "Of course!" we say, and we take the last hour or so before bed to watch some Netflix or hang out with our friends, and we call it decompressing. Now that is not to say that no one should watch Netflix or spend time with their friends, but when we think about our lives, we may find that we spend little time just being alone and thinking.

There are serious benefits to setting aside some time from your busy week to just be alone and not think about the millions of things you have to do. Meditation is a great way to find that inner peace that will truly keep you calm throughout the rest of your week. It is different from the stressed passivity of watching Netflix or the flurry of conversation that, while



PHOTO COURTESY OF GREATIST.COM

enjoyable, leaves no room for personal relaxation.

It is amazing how much of our time we spend thinking about what we have to do—that perpetual checklist is constantly scrolling through our minds. Before we go to sleep, we review what we need to do when we wake up, we time our days around what meetings we have and when assignments are due, and once in a while we even dream about that big upcoming test. It can very easily get overwhelming to have all of that continually on your mind. Sometimes, we just need a break.

This is what practicing yoga and meditation can bring you—a restful relaxation that will help you tackle your papers and assignments with a

tranquil mind and a reenergized spirit. For one hour (or more!) during your busy week, it is just you and the mat. Nothing outside of that space matters. It is truly time for you, and only you, to clear your head completely—something that is not easy to do in today's busy society.

The great thing about PC is that yoga classes are offered at the gym almost every day. It is easy to sign up online and set aside some concrete time during the hectic week to take a break and unwind.

My favorite thing about these classes is that there is absolutely no pressure. All abilities are welcome, and the instructors are quick to assure you that it is okay if you cannot do all of the

poses. It does not matter if you cannot do every pose; the important thing is that you made some time to care for yourself and your body.

I have been attending yoga classes and practicing meditation for a few months now. One of the best things about going is the real improvement you start to notice; one practice you suddenly notice that you can touch one foot down to the mat when you are in the downward facing dog position, or you can hold that plank for a few seconds longer than you could a week ago. This tangible recognition of your progress is important and validating, especially when it can feel like all you are doing in the rest of your time is handing in papers and projects without getting the grades back. Here is progress you can see.

I have not been practicing yoga and meditation for very long, but I can already see the important role it plays in my life, and I encourage everyone to at least give it a try. Sometimes all you need in the midst of doing endless amounts of assignments and studying is a quiet break—a break where you are required to actually turn off your brain. And when you do have to get back to your stressful schedule, you are armed with the tools that yoga and meditating have given you—the ability to breathe your way through that stressful exam, to find a safe place within yourself wherever you are, and to really be able to relax.

Letter To The Editor

Dear Opinion Editors,

This is my 140th contribution letter to *The Cowl* in the last generation (1991-2016). I would at this date be remiss if I didn't mention former U.S. Senator and Secretary of State Hillary Clinton's pneumonia illness. I am sorry it happened. I hope she becomes better and is elected the 45th president of the U.S.A. Pneumonia is tough. I had it twice in April and November 2015. I was hospitalized at the Providence Veterans' Medical Center located at 839 Chalkstone Ave. in Providence for five days each time. I am okay now; I am on a walker for other reasons at the age of 91. I am praying for Hillary. I wear two of her campaign buttons on my jacket.

I have an excellent voting record. The Rhode Island Board of Elections will attest to my veracity. I was a history major at Providence College. I find Mr. Donald Trump to be a dangerous candidate for the presidency. I agree with Senator Lindsay Graham (R—South Carolina) that Trump is a "jacka**." I also agree with Massachusetts Senator Elizabeth Warren (D—Mass.) that "we are electing a president not a dictator."

Incidentally, since Providence Bishop Thomas J. Tobin is a PC trustee who changed his voting registration to Republican recently, I wonder if he is going to vote for Trump on November 8, 2016?

I don't write in *The Cowl* expecting people (students) to always agree with me. I write to challenge the readers' preconceptions and prejudices.

Most sincerely,
Russell P. Demoe '73, '82G

A Unique Opportunity *Students Should Attempt To Study Abroad*

by McKenzie Tavella '18
Opinion Staff

STUDY ABROAD

This is my first semester as a junior at Providence College, and although I am beyond thrilled to be an upperclassman, I do not feel like a junior. Here is why—I am one of the few students who cannot study abroad during her college experience. I am not writing this to complain or share my sob story, but to encourage those who are just starting their freshman or sophomore year to try his or her very best to study abroad.

It was my own choice and decision not to; as a double major with a job on campus, I simply could not fit it into my schedule without being miserably busy for the rest of my college career. However, now that I am a junior and practically half of my class is out of the country, I am starting to feel the study abroad blues, especially since one of my best friends is gone for the entire year, as she is a global studies major.

I know that right now things are tough in the world. You may be scared to travel, and that's okay. You may have your mom, dad, or the rest of your family telling you it is simply not the "right time"

or it is "too risky." They may be right, but I can assure you that many students are currently doing this right now and they are okay. In fact, they are better than okay. They are having the best times of their lives. Remember in high school when half of the allure of going to college was studying abroad? Let's get back into that mindset. Don't let fear hold you back from living your life.

Right now, PC consists of three different kinds of students in the junior class—those who are studying abroad and posting the coolest pictures ever on Instagram, those who are counting down the days until their moment comes in the spring to study abroad, and then there are those who can't study abroad and want to cry a little bit every time they are asked if they are. However, there are those moments when someone asks, "are you studying abroad?" and when you say no, they say no back, and you get this bond of shared misery for a brief second. Of course I am being slightly dramatic. I am a writer, after all. However, this does not change the fact that of those who aren't studying abroad, the majority wish they were. In fact, as of right now, I cannot think of a single person I have asked who does not wish he or she could. Regardless, if any part of you even remotely wants to study abroad, try to do so.



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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!

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Make Yourself A Peacemaker

by **Jacquelyn Kelley '17**
Associate Editor-in-Chief

EDITOR'S COLUMN

"You must not treat others with cruelty and that much harshly, you must fight others but through peace and through dialogue and through education." Malala Yousafzai, a young woman of great significance to the Providence College community this year—thanks to our Common Reading Program—uttered these inspirational words during an interview with Jon Stewart three years ago.

Yousafzai explained to Stewart that she would often question how to react if



the Taliban attempted to kill her again. At first, she wondered if she would respond with violence. She quickly realized, however, that hurtful actions would make her no better than those who plot against her, and therefore responded to Stewart with the words of wisdom above.

This week is a particularly appropriate one to revisit Yousafzai's peaceful message as Wednesday, September 21 marked an International Day of Peace. This day has been annually observed since its creation by the United Nations in 1981, but if you missed it, there is no need to fret. After all, every day is a new opportunity to promote peace through our own words, actions, and goals.

As part of the College community, we have all the tools we could ever need to encourage harmony. Our well-rounded education, a right that Yousafzai fights for, provides the knowledge we need to become compassionate world leaders who evaluate problems and situations from unique perspectives. Our spiritual leaders on campus help us find the inner tranquility needed to promote peace on a more global scale. The dialogues we participate in every day, either in the classroom or at club meetings, teach us how to productively and politely engage with others to find

solutions. With all of these resources, we are certainly prepared to become peacemakers like Yousafzai.

So what are we waiting for? There are simple ways in which we can work toward peace today. We can start by making peace with ourselves, by forgiving ourselves for any wrongdoing. Once we have found calmness in our own spirits, we can help others find their own inner peace, by listening. In listening, really listening to others, we can provide an outlet for bad energy and help them find good.

Furthermore, we can speak up, and in doing so, allow others to see a new perspective or idea they have never considered before. As long as we express our thoughts without cruelty, like Yousafzai suggests, our words bring us closer to peace.

In addition to our words, our actions and goals are extremely powerful when it comes to instilling peace. Instead of thinking about volunteer service, join. Instead of waiting for somebody to take a stand, take the first stand yourself. Instead of simply creating objectives, hold yourself accountable for them.

It may no longer be Sept. 21, but let us take steps to make today and every day an International Day of Peace anyway.

TANGENTS & TIRADES

SRW: Too Soon In The Semester

If you are a senior, or if you happen to be friends with one, you probably know that this weekend is Senior Ring Weekend—better known as SRW. This is a Providence College tradition that stretches back all the way to the founding of the College, and until 2015 it was actually called Junior Ring Weekend.

The new SRW has become an added perk of calling yourself a senior, but there is definitely some give and take involved. For starters, this year's SRW is at least a month earlier than when it was held last year, for the Class of 2016. This has meant that this year's seniors have had substantially less time to prepare for the weekend's various events.

For us girls, the pressure to find the right dress, the right shoes, and trying to figure out how to do your hair for both nights has felt a little daunting at some points in the lead up to this weekend. In the middle of everything we have to do during the week—tests, papers, clubs, and sports—it has been more than a little stressful making several trips to the Providence Place Mall to sort through racks of dresses and shoes.

Also, it is pretty upsetting for a lot of seniors to accept that our time at PC is coming to an end, and having SRW so early in the semester feels a bit anxiety provoking. There is no doubt that SRW is a fantastic and proud PC tradition, but can't we have a little more time?

Carolyn Walsh '17

I Just Want To Sleep

I'm tired. We've been at school for three weeks, and I'm already exhausted. And it doesn't even feel like school has actually started yet. I think it's senior year getting to me.

Seniors still have to take a full workload of classes in order to finish their majors and fulfill core requirements. They have to worry about graduation, being old, and about what they're going to do with their lives. The future can no longer be put off, and existential crises are an almost daily occurrence. On top of all of that, we're expected to actually have fun.

Now, that may seem relatively easy, but having a good time during your senior year of college is a full-time commitment. There's no taking an afternoon off, no staying in your dorm when there's an opportunity to leave, and no allowance for being tired or wanting to sleep.

That would be fine if we had the energy and hype of freshmen or sophomores, but we're old now. I feel it in my bones. Most of the time Netflix is calling a lot louder than anything else, but the pressure of your final year drags you out of bed when all you want to do is sleep. It's hard to act like a freshman when you're ready to embrace your inner grandmother.

Brianna Abbott '17

The New Take3 Is Not Good

There is a real, glaring problem on campus that has become very apparent since Tuesday, September 6—a problem that has created horribly lengthy lines for tired students who, after a long day of classes, just want a simple grilled cheese. It is a problem that has manifested itself in the dining hall that had once been a refuge for students seeking a break from Ray. That problem is Take3.

There have always been long lines for the popular cheese quesadillas, burgers, and chicken sandwiches. However, in the past, these lines had been separate, always confined to their own stations. With the new set up, these previously long lines have converged into one humongous monster line. And this cheese quesadilla-loving girl is, quite frankly, fed up.

The new setup is confusing. No one can tell where the line for food begins. Sometimes you spend fifteen minutes thinking you are in line to order until the person in front of you is handed their beautiful, greasy, delicious smelling burger and you realize that you now have to wait in the real line before you can even order the food your stomach is asking you so desperately for.

I have always been a fan of Take3 and I was perfectly content with the way that it worked last year. But to be honest, I will still frequent Alumni Hall much more than I should. My love for cheesy Mexican food will always bring me back to Take3 no matter how it is set up.

Taylor Godfrey '19

COMING SOON
PCTDF PRESENTS:
OUR TOWN BY: THORNTON WILDER
OCTOBER 21-23 & 28-30
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NOVEMBER 18 & 19
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Examine Presidential powers and the historical use of Executive Order
Now through September 30th
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Self Defense Class

Where: Concannon Conference room

When: Starts Wednesday, September 28, 2016

Time: 7:00pm-8:15pm

Costs \$30.00 to register: 8 week class, every Wednesday

Fee refunded at 8th class, if you attend 4/8 classes

If interested, contact Sergeant Marshall @ dmarshal@providence.edu to register



PHOTOGRAPHY

The Cowl 9
September 22, 2016



NICHOLAS CRENSHAW '20/ THE COWL



CHRISTOPHER CENTRELLA '20/ THE COWL



KRISTINA HO '18/ THE COWL

ABOVE: PC Women's Soccer celebrates their 3-0 win over University of Massachusetts on Chapey Field at Anderson Stadium.

BELOW: Students learn about teaching opportunities through the Breakthrough Providence program.

BOTTOM RIGHT: Students enjoy food, lawn games, and music at the Backyard Barbecue, sponsored by BOP.

TOP LEFT: Father Peter Martyr, O.P., speaks with a student at the Peer Ministry Come and See, sponsored by Campus Ministry.

TOP RIGHT: Students enjoy food and games on Slavin Lawn while learning about the Peer Ministry program, sponsored by Campus Ministry.

BELOW: Students get to experience the Middle Eastern culture by enjoying food and music, sponsored by MESA.



NICHOLAS CRENSHAW '20/ THE COWL



KRISTINA HO '18/ THE COWL



KRISTINA HO '18/ THE COWL



PROVING PHOTOGRAPHY

What is your favorite ice cream flavor?



"Pistachio, mint chocolate chip, and cookie dough."
Gabriel German '19, Bianca Saliba '18,
and Vincent Ndahayo '19



"Milky way, chocolate chip cookie dough, chocolate chip, and peppermint stick."
Mikaila Christopher '17, Tyler Mitchell '17,
Sean Lawler '18, and Danielle Lorizio '17



"Strawberry cheesecake."
Kevin O'Neill '18



"Ben and Jerry's chocolate vanilla with brownie pieces with a fudge core."
Sayou Cooper '18



"Peanut butter cup and cookies and cream."
Carly Martino '19 and Rachel Minassian '19



"Cookies and cream and mint chocolate chip."
Aileen Kraus '19, Rebecca Valdivieso '19,
and Kaylie O'Connell '19



"Butterbeer."

- Jennette McCurdy

PHOTO COURTESY OF WWW.OXYGEN.COM

Photos Taken By Kimberly Lezama '18, Assistant Photo Editor



Restaurant Review: Ken's Ramen

by Ryan Cox '18
A&E Staff

LOCAL

A short walk from the 55's RIPTA stop in Kennedy Plaza on Washington Street is a restaurant that is easy to miss unless you're looking for it. This restaurant is Ken's Ramen, self-branded as "Providence's very own artisan ramen noodle bar," and it's anything but the instant ramen that appears in most college dorms across the country.

Ken's serves authentic ramen and other Asian fusion dishes. The lunch menu—I usually go with my friends for lunch—is limited compared to their full dinner menu, but there is still a great variety of choices, including vegetarian and gluten-free options. All ramen has two options for heat level: original ("OG") or spicy ("Hell"), and the choice of either chicken or pork.

The exception to that is their Mazemen, which I ordered. This dish gives you two sauces on the side—sesame paste and chili oil—that you can add to your own liking. A little goes a long way for both sauces, as the sesame paste can quickly overpower the flavor of the ramen and the chili oil packs a lot of heat in small quantities. Even without the sauces, the Mazemen broth is very flavorful and savory. The added vegetables and meat provide additional flavor to the dish, and the noodles are cooked perfectly with a little bite to them. I wish I had gotten more pork with mine, but the dish was still very filling.

The menu can be a little expensive, and payment is cash only. The ramen options vary in price between \$10 to \$14, and the appetizers and rice bowls range from \$3 to \$7.

Ken's is an extremely popular spot, therefore it is important to try to beat the rush of customers and avoid waiting in the line that often goes out the door. My friends and I typically go during lunch because of the longer dinner wait, as business for Ken's picks up at night.

For more information, Ken's Ramen is located at 69 Washington St. in Providence, and their website is www.kens-ramen.com.

The Boss Comes Back

by Joe Clancy '18
A&E Staff

MUSIC

"Come on with me, tramps like us/ Baby we were born to run." Bruce Springsteen rocked Gillette Stadium the night of Sept. 14, showing New England that he is The Boss. The concert marks the end of his summer concert series, The River Tour. Over the course of the international tour, Springsteen played for 2.1 million fans and grossed \$232 million.

The stadium had a massive turnout as thousands of loyal fans came to see their idol perform. There is no doubt that Springsteen loves what he does, as his last three concerts have all been nearly four hours long. This concert featured six encores and lasted from around 7:30 p.m. until 11:30 p.m., breaking Foxborough's performance curfew of 11 p.m. on weekdays.

Springsteen focused the first half of the concert on his earlier songs from his first two albums, *The Wild*, *The Innocent & the E Street Shuffle*, and *Greetings From Asbury Park, N.J.* Springsteen then went on to play a number of his newer songs such as "High Hopes" and "The Wall." *High Hopes*, the album, was released in 2014 and hit number one on charts in the American and the international marketplace.

By the middle of the concert, Springsteen went on to play fan favorite classics like "Hungry Heart," "Born in the USA," and "Born to Run." Springsteen's vocals were as great as



Bruce Springsteen performs with The E Street Band.

PHOTO COURTESY OF ZIMBIO.COM

ever and the raw emotion was evident not only in his performance, but in his vocals as well. The E Street Band was also terrific, showing that Springsteen was not the only artist on stage. The crowd went crazy for Springsteen's epic "I'm On Fire."

The highlight of the concert came when Springsteen performed his hit "Dancing in the Dark" and had some of the crowd join him on stage. He even let one female audience member join him in singing.

This concert comes as Springsteen is set to release his autobiography *Born*

to Run, for which he received a \$10 million advance, setting the record as the highest grossing music memoir ever. He is also set to kick off another round of touring in two weeks to play in New York, California, and the Midwest.

Springsteen is now 66 years old, turning 67 on Friday, September 23, but proves that he can still rock the stage. The Providence College Facebook page gave Springsteen a shout out, mentioning that he played in Alumni Hall in 1977, right before he hit international success and stardom.

Disney Stars of the 2000s Where Are They Now?



Cast of *That's So Raven* poses together.

PHOTO COURTESY OF HELLOGIGGLES.COM

by Luiza Alves '19
A&E Staff

TELEVISION

It is easy to look back in time and remember the television shows that encompassed one's childhood, waiting the whole week until it was Friday or Saturday in anticipation of a new episode. It is just as easy, however, to wonder why some of those TV shows did not work out and, more importantly, where the stars that decorated our minds are now.

Phil of the Future, an adventure and science fiction series, captured the day to day life of a teenage boy named Phil Diffy as he struggled to keep the secret that he and his family are from the future. It begins with his freshman year of high school and follows his relationship with his best friend Keely Teslow, who also happens to be the only person aware of his secret. The series ends during Phil's sophomore year of high school, making the sitcom a total of two seasons.

Where is Phil now? Raviv "Ricky" Ullman, who played Phil, still acts,

having appeared in shows such as *Criminal Minds*, and in his latest movie *The Other Side* as the character Jacob.

That's So Raven, one of Disney Channel's most popular shows, gained higher ratings than any other Disney Channel show, and was the first in their history to reach the 100-episode mark. The sitcom follows Raven, a teenager who can see into the future, and her family and friends as she goes about her years in high school. She has a spunky attitude, coining phrases that have made the show memorable such as "Oh snap!" and "Ya nasty!" Raven Symone, who played Raven Baxter, continues to appear on television, co-hosting *The View* and gaining media attention when she revealed to the public that she had a female partner.

The Suite Life of Zack & Cody, another Disney sitcom, was nominated for three Emmy Awards. It follows twins Zack and Cody, portrayed by Dylan and Cole Sprouse respectively, as they live in the Tipton Hotel with their mother and cause chaos in the lives of their friends and Mr. Moseby, the hotel's manager. Both brothers attended New York University, graduating in 2015 from the Gallatin School of Individualized Study, and revealed that getting back into acting may be a possibility in the future.

Highly Suspect's Sophomore Album

Preview of *The Boy Who Died Wolf*

by Blaine Payer '18
A&E Staff

MUSIC

The post-punk, garage rock trio Highly Suspect have emerged from their studio dungeon in Bogota, Colombia with their sophomore album, *The Boy Who Died Wolf*, set to be released on Nov. 18. The record follows in the wake of 2015's *Mister Asylum*, which comfortably placed the Cape Cod-born boys on the map, earning two Grammy nominations and a strong fan base that eccentric front man Johnny Stevens affectionately refers to as MCID (My Crew Is Dope). Last year's LP was the dark horse album that just could not be ignored. It showcased the band's unique blend of dirty blues and alternative/punk rock, producing what was regarded by Rolling Stone as one of the top ten albums of the year by a band that everyone should be paying attention to.

The Boy Who Died Wolf has certainly not strayed far from its post-punk roots. As for content, *Entertainment Weekly* describes it as an exploration of growing up and struggling to succeed, something close to home for both Stevens and the band as a whole.

The first single off the upcoming LP, "Serotonia," was released back in January as a way for Stevens to thank all the fans that made 2015 such an unforgettable year for Highly Suspect. The song features all of the elements that garnered *Mister Asylum* so much attention; powerful, unapologetic lyrics are brought to life by Stevens' raspy voice and driving guitar work, while twin brothers Rich and Ryan Meyer fill the rest of the space with a rich foundation of bass and drums. The lyrics, inspired by Stevens' affinity for California and fears of growing up and moving on, paint a portrait of desperation and vulnerability. "I wanted the



Members of Highly Suspect pose for a photo.

PHOTO COURTESY OF HEADLINEPLANET.COM

viewer to feel me in this one," Stevens remarks in a Noisey interview about the music video for the song, "like we were standing in the same room, sharing the same space."

The same kind of desperate vulnerability is also present in the newly released opening track of the record, "My Name is Human." This slow-building ballad is similar to the title track of *Mister Asylum*, with intense and fast-spoken verses separated by a larger-than-life chorus. However, the style of "My Name is Human" is much different, showing a more simplified, bare-bones approach to such powerful content that questions what it means to exist and understand yourself as an individual in a world full of copies and fakes. Opting for more of an ethereal approach to the new material, the trio manage to create a new, refreshing sound while

still maintaining the passion and unapologetic treatment that makes them Highly Suspect.

I first saw Highly Suspect in a bar with 15 people in it at the beginning of the tour in support of *Mister Asylum* last year, and it was easy to see why this band demanded attention. Their passion is unavoidable, with every song containing the heart and soul of each member. Managing to remain humble in the face of such overwhelming success, Stevens' hope for the new record is that it will allow people to "find inspiration to go and achieve whatever it is that they want to do, [because] after all, we're just blue collar kids that kept playing music." I will see them again at the Sinclair on Nov. 10, and I feel confident that *The Boy Who Died Wolf* will live up to its expectations and deliver another hour of glorious, passion-filled punk rock.

Creating the Modern Mixtape

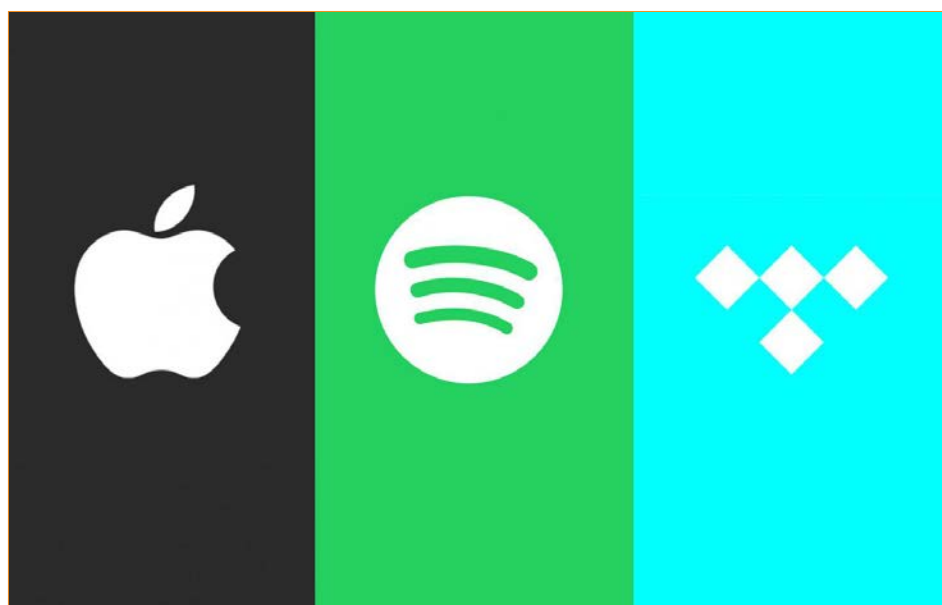
Choosing the Right Streaming Service for You

by Alexis Jais '18
A&E Staff

MUSIC

Music streaming services are becoming the primary source for listening to music as chosen by users, for convenience as well as for money saving purposes. Streaming music through sources like Apple Music, Spotify, Google Play, and Tidal provides users with unlimited amounts of music for subscriptions that cost only around \$10 per month across the board, with some even offering extended or alternate subscription types and prices. While each advertises the similar goal of providing users with more music for cheaper prices while still making sure to compensate artists enough for their work, these four services are quite different in a few key ways.

Apple Music has a fairly large user following at 13 million, and boasts the most music out any of these four services at 43 million songs and growing. Tidal, a growing service started by Jay-Z, created by artists and with artists in mind, only has about four million users as of right now, but the software is still in its beta stage. Tidal does come in second to Apple, however, with its amount of music at about 40 million tracks. Spotify, in comparison, has a larger following than Apple Music and Tidal combined at around 75 million users, subscribers and free users



Logos of Apple Music, Spotify, and Tidal.

PHOTO COURTESY OF DREAMR.XYZ

included. Spotify also has about 30 million songs and growing. Google Play has not released subscriber numbers, however, whether people know it or not, a Google Play account is included with every Google user account. Google Play offers about 35 million songs.

When it comes to compensating artists for their music, a lot of users and artists have strong opinions about how various music streaming services are paying artists. For instance, while Spotify only pays artists \$0.0011 per streamed song, the amount of users of the service dictate that only two percent of the total users of Spotify need to stream the song in order for

the artist to make the equivalent of minimum wage. In other words, for an artist to survive off sales on Spotify, they would only need 1.5 million out of Spotify's 75 million users to play their track per month. Apple Music pays artists just \$0.0013 per stream, while Tidal and Google Play music top the list for most compensation at \$0.007 and \$0.0073, respectively.

As far as user accessibility is concerned, Spotify, Tidal, and Google Play are leading in simplicity of interface. With the new iOS 10 update, Apple Music underwent drastic changes in user-interface and accessibility in both the mobile app as well as the desktop app.

Dedicated Apple users might be a little overwhelmed by the confusing amount of content and features included in Apple Music since it was essentially piled on top of iTunes, which still needs consolidating as it has many features itself. While Tidal still has several glitches and is a bit clunky, especially on the desktop version, it holds promise insofar as its aesthetic and ease of use are concerned. Spotify's interface has appealed to more users than either Apple or Tidal, which is a huge reason for the service's popularity. Google Play has perhaps the simplest design of them all but does not offer a desktop app which could increase its popularity drastically.

Spotify, Google Play, Apple Music, and Tidal all have one thing in common: each of these music sources has a feature which offers a large amount of user-generated content, meaning there are playlists curated based on each user's preferences and music tastes. While Apple Music's curated playlists are handpicked and often contain more popular music that doesn't deviate much from the mainstream, Spotify especially delves deeper into the depths of music to find artists and bands you are not likely to have heard of, so that there is more variety and discovery involved. Google Play and Tidal have their own curated playlists as well; however, Apple boasts that they are the only ones who have real people choosing playlists rather than an algorithm.

EDITOR VS. EDITOR

This Week: Favorite Celebrity Break-Up

Patrick Lovett

Favorite Break-Up: Brad Pitt & Jennifer Aniston

His Views: The way I learned of the “Brangelina” break-up was on Twitter, when I saw memes and GIFs of Jennifer Aniston celebrating the divorce. “Why,” you may ask, “would people still refer to a break-up that happened over a decade ago?” Well, that’s just how great the Aniston and Pitt break-up was.

There was so much drama and so many secrets that the break-up generated news every day. Who had cheated on who? Who wanted the split? There were always unanswered questions and there was always new information being released.

The dimension of *Mr. and Mrs. Smith*, a blockbuster movie most have seen, almost implicated the audience in the break-up. Here we were, watching Brad cheat on Jennifer on the big screen—it was like a snuff film of their relationship.

His Views on Paige: I do vividly remember the Tiger break-up too. There was so much chaos and violence that it had its own level of intrigue. The only thing making it worse than Brennifer was the lack of participation. Maybe if the person Tiger cheated with was his caddy or something it would have compared with Brennifer. Instead, we were forced to watch the meltdown of a sports icon, it was less dramatic and more depressing.

Paige Calabrese

Favorite Break-Up: Tiger Woods & Elin Nordegren

Her Views: To be honest, everyone loves a nasty celebrity break-up filled with drama, surprise, and fighting. Why do we love this? Because it makes our lives that much more interesting and allows us to see that even the people we place on pedestals do not have it all together.

Tiger and Elin had exactly this kind of shocking, dramatized break-up that the media—and we—ate up. Tiger’s unbelievable infidelity and Elin’s unexpected physical retaliation made for the perfect celebrity break-up story.

After learning that Tiger had cheated on her with over a dozen women, mainly prostitutes, Elin pursued Tiger through their home with a nine-iron golf club. After learning of the couple’s altercation, Elin’s former employer is rumored to have said, “I taught her better than that; she should have used the driver.”

Since the break-up, Tiger Woods is still piecing together the remaining fragments of his image, and while Nordegren lives quietly with her and Tiger’s two children.

Her Views on Patrick: Brad Pitt and Jennifer Aniston’s break-up is immortalized in the entertainment universe, but is now old and tired. While as dramatic and heart-wrenching as their break-up was, Brad and Jen have since moved on with their lives, and the animosity and discomfort has faded into pop culture oblivion.

PHOTO COURTESY OF CLIPARTS.CO.COM

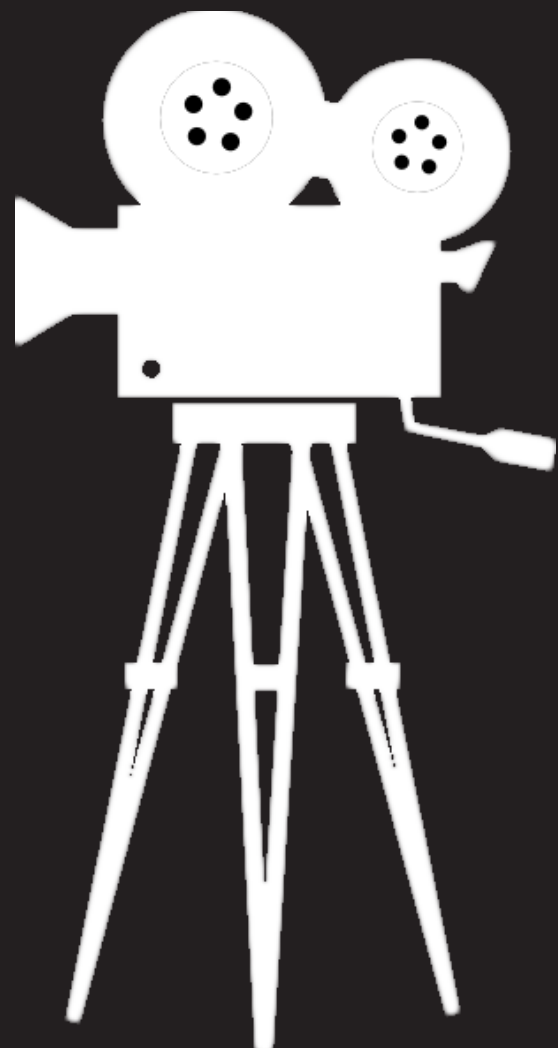
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PREP FOR THE EXPO

Wednesday
September 28
5:30pm - 6:30pm
'64 Hall



EARN: what to expect, what to wear, what to say, what to do after the event, and more!

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GO, GO...

Faculty and students will be available to answer questions about their program, classes, career paths and options.

THE MAJOR/MINOR FAIR

Wednesday, October 5 | 2:30pm - 4:30pm | Peterson Center

Discover the different careers a MAJOR can lead to

EXPLORE a variety of majors, minors and programs of interest in one day!

GRAD SCHOOL in your future? Find out how best to prepare!

Talk with FACULTY to find out what careers their students pursue

Visit the SUMMER EXPERIENCE SHOWCASE to learn what other students did during the summer to build their resume

SMILE. Stop by the LinkedIn photo booth to get a professional picture taken

Don't Wait... Slavin 108

After the Major/Minor Fair, walk through the CAREER EXPO, meet employers and grad school reps to learn what they look for in students so you can be ready

PC Center for Career Education & Professional Development | Slavin 108 | providence.edu/efriars

GO!

Get a photo taken for LinkedIn, speak with students to learn about their summer experiences, ask grad school reps what they look for when accepting applications and visit employers to learn more about their organizations, opportunities, and what they look for in candidates!

THE FALL CAREER EXPO

Wednesday, October 5 | 2:30pm - 5:30pm | Peterson Center

Speak with employers about internship opportunities

Explore: Meet employers to find out what their companies do, and who they hire

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Stop by the SUMMER EXPERIENCE SHOWCASE to learn what other students did during their summer

SMILE. Stop by the LinkedIn photo booth to get a professional picture taken

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If you are a person with a disability and require an assistive device, service, or other accommodation to participate in this event, please contact the Central Reservations Coordinator at 401.865.2070; M-F 8:30am-4:30pm well in advance of this event.



Introducing...

THE ADVENTURES OF PHIL FELLOWS

by Abby Johnston '17
Portfolio Staff

SERIAL STORY

Fluorescent lights flickered and buzzed, matching the cream linoleum and blank shelves of the filling station. Phil circled in his swivel chair behind the counter and waited for the cash register to blink 6:30 p.m. It had been dark since five, and the tiny building between Moscow and Genesee, Idaho, seemed to be alone in the farther echelons of space, or so Phil felt. Occasionally, he had a creeping feeling of having been transported from Earth unawares. He glanced at the register—6:24 p.m. Sighing, Phil grabbed his keys and headed out into the blackness, lighting a homemade cigarette on his way. Two black question marks stared back from just beyond his nose. Chibs' trademark. Oh well.

Phil's '95 pickup moved through the darkness like the filling station—alone in empty space, the pavement and pine branches only existing in the circle of the headlights. He leaned over the steering wheel to check on the stars. All there, overhead and far away, where they belonged. Except...one just above the mountain line ahead... began to twinkle brighter, bigger. Phil ran his hand over his eyes. He would have to talk to Chibs. But

a wary glance at the sky proved that the light was still there, and now falling. Phil's jaw dropped as his eyes followed the light; slow at first, it started plummeting towards the ground...past the mountain line...growing bigger...illuminating the tree tops...the road...Phil slammed on his breaks just before the light hit the ground in front of him and, as best it can be described, burst. Phil's cigarette fell from his mouth.

All that was left was a man, stumbling backwards, arms whirling, yelling to the sky, "Aannd take that, Nietzsche! Ha!" In the beard glowing silver from the headlights, Phil recognized his nextdoor neighbor, Mr. Collins. Chibs had to be reaching new heights of unintentional experiment. The crotchety hounds' tooth be-coated packrat couldn't be jumping and yalping before him, forget the star business. Phil continued to stare and Mr. Collins continued to jump, and managed to stumble backwards, until he toppled onto the hood of the pickup. He froze, elbows on the car, then spun around, and slammed his palms down. His left eye was almost twice that of his squinty right. He sized Phil up and

gave one curt nod, as if to himself.

"Mr. Fellows! Just the man I was looking for!" Mr. Collins strode to the passenger door and hopped in while Phil surreptitiously darted a hand out the window to ditch the cigarette. "Well, I assume you are on your way home?"

Phil found the ability to move his jaw again, but not to move words to his mouth. He settled for what he thought was a dignified, closed flytrap, brow raised, double nod.

"Ah. Forgive me," said Mr. Collins, putting his hand to his forehead momentarily, and then assuming the pleasant air of a grocery store encounter "Hello, Phil, how has your evening been so far?"

"N-nor-mal?" Then he added, "S-sir."

"Well, that's just wonderful! A perfect start! Now we can get back home to good old Hopkins Avenue."

Phil blinked, and mechanically turned back to the wheel. He supposed he would find out tomorrow if Chibs could explain any of this or if he, Phil Fellows, was actually the vehicle for an alien invasion. The rest of the drive was completed in silence,

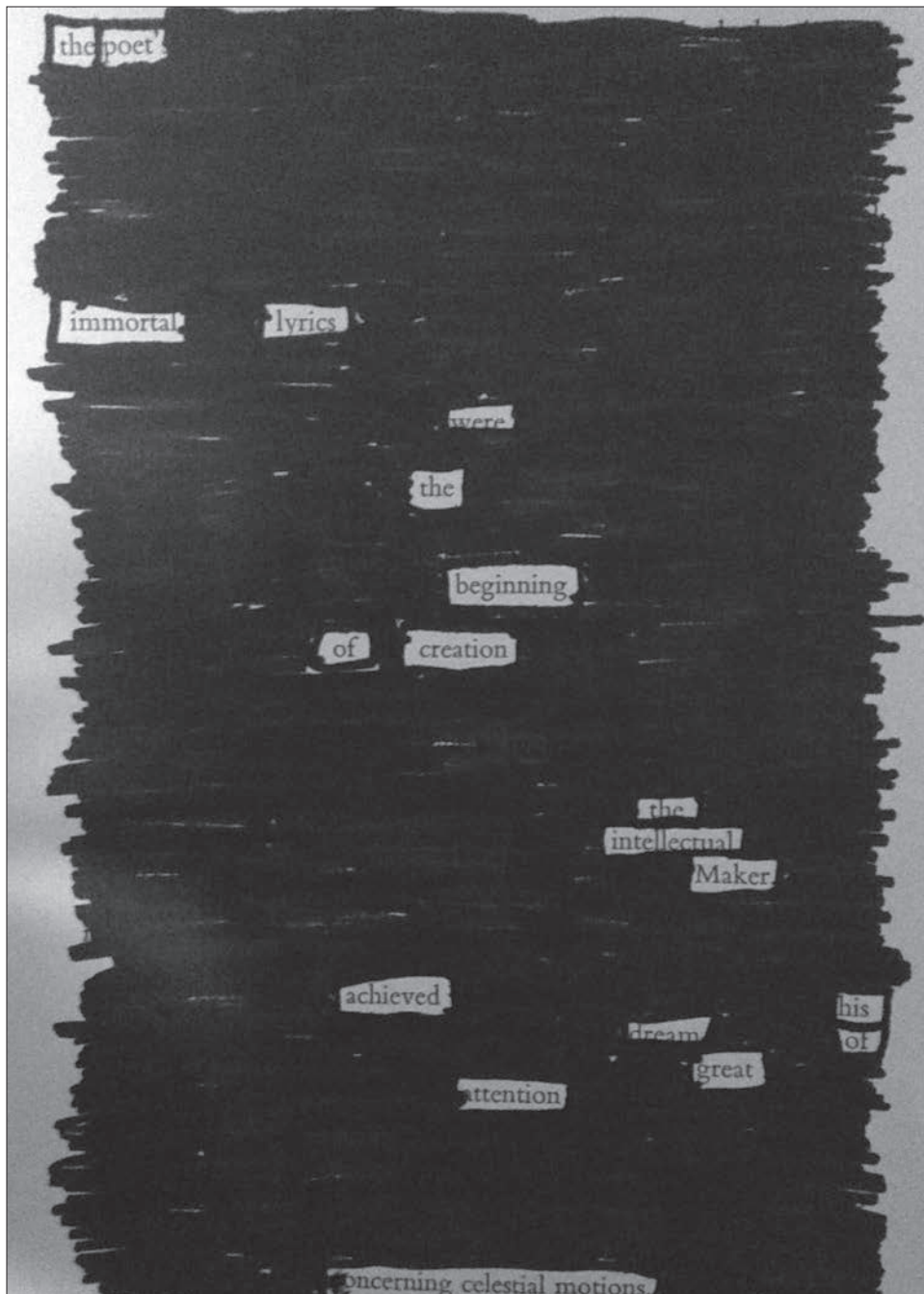
except for Mr. Collins humming "The Wild Rover," alongside a radio station he had switched to.

Sunlight streamed through the unshaded window of Phil's bedroom. He stared at it a few moments, feeling peaceful watching a few dust motes float and trying to remember what he was supposed to do that day. He checked the clock. 10:18 a.m. Man, time flies when you're having fun. Or sleeping. Same thing, really. He rolled over, still remembering. He wasn't late for anything, but everything felt a little off- like he had had a strange, uncomfortable dream about someone he knew. He tore off the covers anyway and walked around the clothes and various second-hand paperback mystery and sci-fi novels strewn on the floor. Their stylized cartoon covers seemed to regard him differently because of that dream. He yawned and continued downstairs to the kitchen. He poured himself cereal and munched lazily, leaning against the counter and staring out the window—Phil spit out his food. Mr. Collins' house was out that window. Cluttered garage and all.

BlackOut Poem

by Matt Farrell '17
Portfolio Staff

BLACKOUT POETRY



My Little Sister

by Chennah Sharpe '17
Portfolio Staff

POETRY

She's here!
She's tiny and soft
Mom says "Careful!"
I poke her belly
play with her hair
and touch her tiny toes

Mom says you're finally here
Dad says you're my sister
Mom smiles,
Dad yawns,
I yawn.

For 9 months old
you cry very LOUD!
I stick out my tongue
you laugh at me.
I think we'll be best friends.
I hug you.
They say "Awww"
We plot, you and I, on your blanket

A lady passes saying "This baby is so cute!"
she tells mom and dad
"Your daughter is playing so nicely with the baby"

Mom and dad smile yes.
She asks them, "Are you watching them today?"
Mom looks confused. Dad says "Yes"
The lady asks "How do you know the baby's mother?"
My mom says, "I am her mother"
The lady looks surprised, and says,
"I'm sorry, they are both very beautiful"
I hug my sister. I love my sister.
And we are forever family.

PHOTO COURTESY OF PEXELS.COM

Write

David Martineau '18
Portfolio Staff

SHORT STORY

They say the pen is mightier than the sword, but my pen might as well be a stick, for all the good it's doing me. I know, I know—you probably think I'm ungrateful. I am an author, after all...my job is to sit at home all day and write stories. How could anything be easier? It's as if the employment gods have looked down on me. I should consider myself lucky to have an opportunity that few people ever get—the ability to impact others with merely words on a page, to have countless fans lapping up my every word like a dog at a water bowl after a long day of play...the ability to have a piece of me immortalized forever, like the great poets and playwrights of old.

Don't get me wrong, all of that is great—if you ever get it. I managed to only by the skin of my teeth. A

good publisher, an even better agent, marketing, advertising, readings, and radio interviews...it took all that just to get one book—and it wasn't even the bestseller I wanted. It was a simple novel, set in the 1900s, about a couple from Massachusetts who set out on a quest to discover the secret of a lost Native American tribe. I had set my goals too high, it seemed, overestimated the range of appeal for such a topic, which I considered utter gold while I was writing it. We always think our projects more enlightening and popular while we're doing them, don't we? Then we get them out into the real world and realize that at least fifty other people have come up with the same "original" idea we have—and at least ten of them have done it better

than us.

But I'm not complaining...more specifically, I was told not to complain. Remember, I'm lucky enough to have gotten this far. Sure, I've sold a few thousand copies, gotten my advance and a couple royalty checks. But the scores of literary critics I envisioned, all clamoring to get spots on talk shows during which they would praise my creation? The script-writers and Hollywood actors, pleading with my publishing company for the rights to take my words and put them on the big screen? They were nowhere to be found.

All that came in the mail was a letter from my publisher, telling me that while profits for my debut novel were average, it might be a good idea to turn the book—which I had intended to be a standalone novel—

into a trilogy...heck, maybe even a series. Their argument was that more books would lead to more exposure, and more exposure to more money, obviously.

So that's it, then...get to it. I know you think I'm crazy. Who wouldn't rejoice at the idea of writing another novel, another story for the masses to consume? Maybe this one will be my big break, you'll say. Maybe it will make me a star. But I don't see you sitting at home in front of a laptop with a blank Word document open in front of you, trying desperately to come up with something, anything, to continue a story that ended over a year ago. Maybe you should try it sometime. Maybe then I'll get fewer eye-rolls, fewer snorts of derision, fewer people telling me, "Hey, you're a writer...why don't you just write?"

PHOTO COURTESY OF PEXELS.COM

Listomania

Menial Jobs On Campus

Cowl Deliverer

Fennel Ghost Watcher

Squirrel Catcher

Friar Dom Shoe Polisher

Professional Civ Screamer

Grass Height Measurer

Pen-Capper

Friar Town Cryer*

That Guy

Offended Person

4 a.m. Golden Crust Orderer

*Hear-ye, Hear-ye, Let Us Goeth Friars!

Just Another Morning

by Marisa Gonzalez '18
Portfolio Staff

SHORT STORY

As light gracefully streamed into the bedroom, a voice called to the tiny body hidden beneath the covers of a bed. "May, you have to get up." With a groan, the body turned over, threw off the blanket and touched the floor. A shiver went through it and quickly the fallen blanket was picked up. Now tightly wrapped in the warm embrace of the blanket, the hand reached out and grabbed a shirt. Quickly pulling off a pajama top, the shirt was slipped on.

A yawn escaped the blanket shell and feet shuffled over to the bathroom. A switch was turned on and a face appeared in the mirror. Hair and freckles shone through the glass. The face winced. "Still as freckly as ever I see," said the face. Another yawn as the sound of rushing water filled the tiny room. The face opened its mouth and a toothbrush was placed in it. After a few scrubs, the toothbrush was placed down, spit fell into the sink and the body shuffled out into the bedroom. The shell was shed along with a pair of basketball shorts. Jeans were slipped over long legs and shoes were pulled on. Feet marched to the stairs and descended.

"Ah, May. There you are. Eat some cereal then we'll head out." A freckled hand wiped at sleepy eyes. Feet carried the body into the kitchen. Cereal and milk was poured as a spoon was dipped into a plastic bowl. Another yawn, another wipe of the eyes. Another boring morning.

"May. We're going to be late." Yes late, the body thought. Almost too late to escape this monotonous scene. A chair squeaked as it was dragged across the floor. Feet got up and marched to the door. Freckled hands grasped the knob, pulled and light filled the somber hall. The sun glared down onto the freckled face and a smile was plastered onto it. "Yes," the body thought, "another boring morning but another great day." The body stepped out, closing the door to a monochromatic life.

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiffany and Earl,

Are you going to SRW?

Sincerely,
Looking for a date

Dear Hopeless Romantic,

Why yes, I am! Thank you for asking. SRW is one of my favorite PC traditions. All of the seniors getting together and dancing the night away in their formal best? Nothing can beat it.

I have, however, had a few incidences in which I've been too, ah, excited during the weekend in the past, and the College has actually had the nerve to ban me from the event. But don't worry, that's not going to stop me from going. I'm just going to go as Friar Dom.

When everyone is trying on their dresses and doing their makeup, I'm going to break into Concannon and steal the Friar Dom costume, automatically gaining my entrance to the best night of the year as PC's beloved and non-threatening mascot. PC Security won't even question that something is up when I strut onto Slavin Lawn on Friday in my Friar best.

I can still bust a killer move and get my flirt on with all of the eligible bachelors during the night; they'll just be falling for Friar Dom instead of the real Tiff. I'll be just like Cinderella. I'll capture the heart of my prince; and when the costume starts to deteriorate at the stroke of midnight or Security finally gets wise, I'll flee into the night, leaving my prince with only Friar Dom's enormous shoe behind to determine my identity in the daylight. It will be a love story for the ages.

I hope that answers your question!



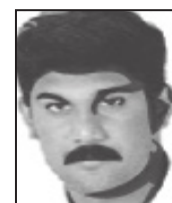
Tiffany

Dear Losers,

No. And I'll tell you why that answer is no. Have you met me? I'm Earl. I am quite possibly one of the most radical human beings who has ever walked this Earth. You know who wants the most radical human being on earth at their social events? Everyone.

Long story short, I've got much swankier parties to attend. Have you ever been to a party that gives out live white tiger cubs as party favors? Didn't think so. The reason you haven't is because you're not Earl. No one is Earl, but Earl.

I cannot tell you where I'll be this weekend for I am not allowed to disclose the details of the party I'm attending to commoners. However, I can assure that it's the event of the season. Have fun at your Senior Ring Weekend. I'll be racing yachts with the likes of Michelle Obama and George Clooney to name a few. Earl out.



EARL

INTERNATIONAL EDUCATION WEEK AT PROVIDENCE COLLEGE

STUDY ABROAD GENERAL INFO

SESSION DATES:

Oct. 5: 3-4PM in Soft Lounge

Oct. 19: 4-5PM in Slavin 112

Oct. 25: 3-4PM in Slavin 112

See providence.edu/cis for additional dates.

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Monday,
September 26
Slavin Overlook
Lounge
6:00-8:00PM



FALL STUDY ABROAD FAIR

September 26 from 6PM-8PM '64 Hall



Global Service Learning Info Session

Wednesday, September 28 5:30-6:30

Slavin Overlook Lounge

Global Learning Luncheon Symposium



Wednesday, Sep. 28th 11:30-1:00PM

in the Center for Teaching Excellence (CTE)

Featuring: Recent PC sponsored & faculty-led global experiences, with discussion!

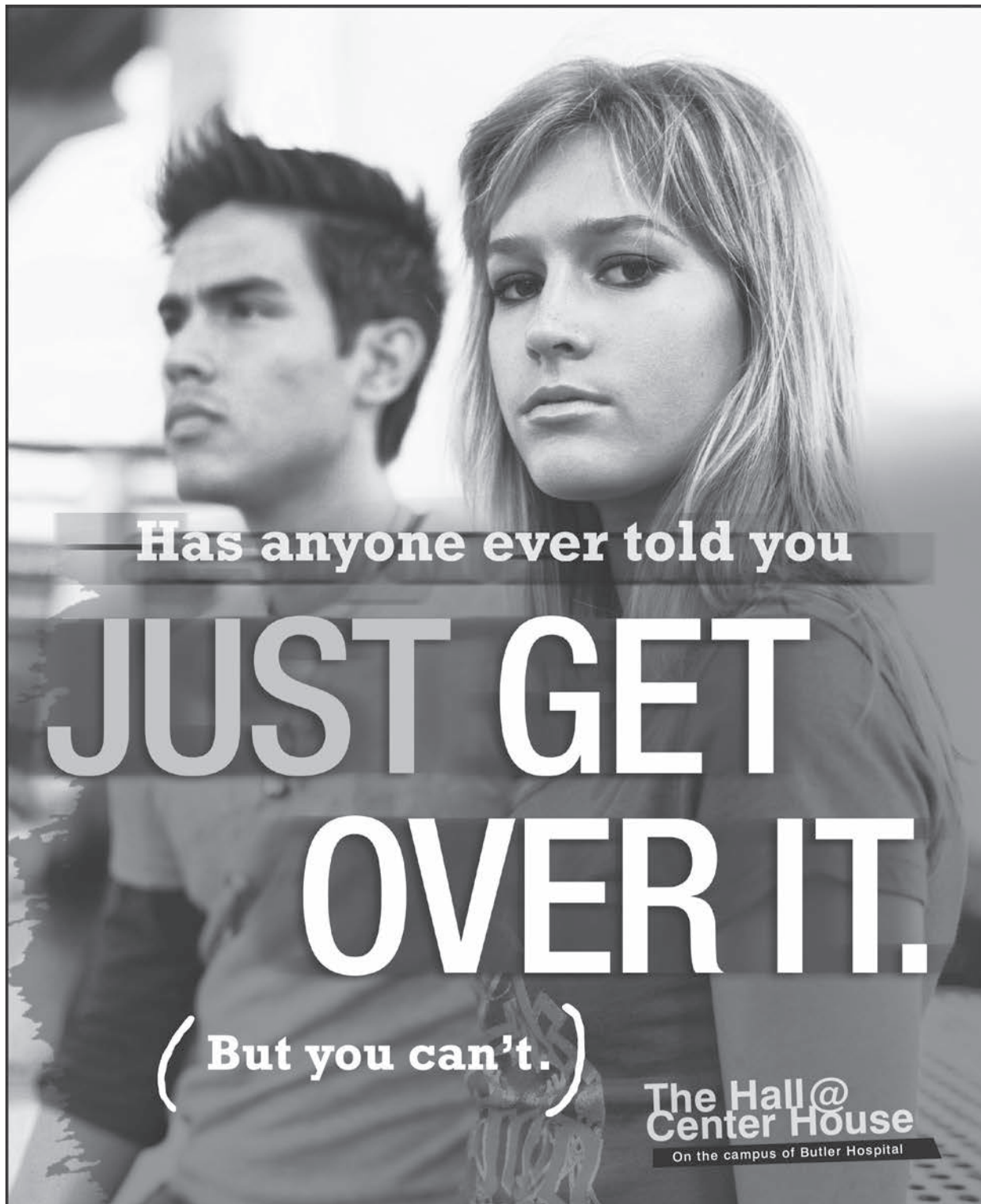
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SPORTS

Athlete of the Week: Michelle Cruz

by Liza Sisk '19
Sports Staff

WOMEN'S VOLLEYBALL

This week's edition of Athlete of the Week features the Providence College Women's Volleyball Captain, Michelle Cruz. Hailing from Midland Park, New Jersey, this libero is in the throws of her final season donning the Friar uniform. Cruz has served as a key component to prosperity of the Providence College Women's Volleyball program the past three seasons and continues to lead the team to success in her final season. Freshman year, Cruz was named to the America East All-Rookie Team, and has done nothing but live up to that title since. Freshman, Sophomore and Junior years Cruz played in all 32 matches the Friars faced, and lead the team in digs each season.

This season, Cruz already received the honor of being named to the Big East Honor Roll two consecutive weeks in a row. When asked about that achievement she said "For me, that accolade is just a testament to how hard my team and I have worked over the past few weeks and during our preseason." This season, Cruz steps into a new roll on the team as a captain.

Her personal goals for the season are "to be a great role model to [her] team, especially to the underclassmen" and she "would like to lead [her] team by example in showing them how hard work can yield great results and how we shouldn't take any time spent out

on the court for granted."

Cruz attributes the discovery of her passion for volleyball to her father. Cruz's father was a high school varsity volleyball coach and would let Cruz and her sister tag along to practices every day after school. From those days of watching her dad's team play in the high school gym on, Cruz dreamed of becoming a collegiate volleyball player. She and her sister were exposed to what it takes to be a competitive volleyball player at a young age. In 2008, Cruz lost her father to cancer. She explained "Now I play for him every day and attribute everything I've done to his efforts back when I was a little girl." Cruz's favorite team tradition is a new addition to the program this season. This year, the team has implemented a tradition in which each player has two matches of their choice for which she chooses someone for the team to play in honor of. Cruz said, "It's a great way for us to have an added motivation to play for each match."

Coming off a 3-1 win against Fordham and a 3-1 win against Hartford this weekend, Cruz leads the team into the beginning of Big East conference play this week. The team takes on DePaul University on the 23rd and Marquette University on the 25th. "I know that I need to keep working hard for myself and for my teammates as the season starts to get more difficult," said Cruz, in reference to the beginning of conference play. Both games are home, the 23rd at 7:00 pm and the 25th at 1:00.



Cruz '17 celebrating with teammates.

PHOTO COURTESY OF MICHELLE CRUZ

SPOTLIGHT: Jimmy Garoppolo

by Chris McCormack '18
Sports Staff

IN THE SPORTS WORLD

Last Sunday night, the New England Patriots did what they do best: win. Even with their superstar quarterback Tom Brady shelved for the first four games of the season, and coming in as five point underdogs, the Patriots knocked off the Arizona Cardinals, 23-21. While praise should certainly be directed towards the New England defense, who limited an explosive Cardinals offense to 21 points, as well as kicker Stephen Gostkowski, no player should reap more praise than 24-year-old quarterback Jimmy Garoppolo. Garoppolo, who many considered to be just a four game rental in Brady's absence, looked every bit like a starting NFL quarterback on Sunday night, completing 24 of 33 passes, and throwing for 264 yards and a touchdown. And while he looked calm and collected in the pocket Sunday night, the road hasn't always been so easy.

Garoppolo was born on November 2, 1991 in Arlington Heights, Illinois. He attended Rolling Meadows High School in Rolling Meadows, Illinois where he started for the varsity football team his junior and senior seasons. Perceived as a dual-threat quarterback, Garoppolo threw just 16 touchdowns during his senior season, as well as 10 interceptions. Many college scouts believed he would not be able to translate to the college level of football, and by the end of his senior season, he had offers from just three universities: Eastern Illinois, Illinois State, and Montana State. Despite Eastern Illinois being hesitant about offering Garoppolo a scholarship, a connection



Garoppolo and Brady in practice.

PHOTO COURTESY OF USATODAY.COM

with their offensive coordinator Roy Wittke earned him a spot on the Panthers football team. Taking a chance on the little known Garoppolo ended up putting Eastern Illinois University on the college football map.

Unlike in high school, Garoppolo earned the starting quarterback job during just his freshman season at Eastern Illinois. While the first two seasons were a rocky road for him and the Panthers—they went 4-18 in that two-year span—things began to click during Garoppolo's junior season. That year, the Panthers went 7-5, nearly doubling their win total from the past two years, and finishing first in the OVC conference. Garoppolo was the leader of this newly changed squad, finishing the 2012-2013 season with 31 touchdowns and nearly 4,000 yards. The 2012-2013 season was just a preview of what was to come. In Garoppolo's final season under center for the Panthers, Eastern Illinois went 12-2, dominating the Ohio Valley conference, and setting a school record for wins in a single season. While the Panthers were busy setting school records, Garoppolo was making his milestones. He threw for 53 touchdowns that year, breaking Tony Romo's previous school record, and won the FCS National quarterback of the year award. Soon, he found himself as high as the first round on some NFL Draft boards, joining an elite class of quarterbacks that included Blake Bortles, Teddy Bridgewater, and Derek Carr.

On draft night, Garoppolo eventually slid to the Patriots as the 62nd pick in the draft. As it looks right now, the Patriots seem to have gotten the steal of the draft should Garoppolo continue to play at the level he is playing.

Editor's Corner: Which Fitness Band is Right for Me?

by Gretta Schultz '17
Sports Editor

COLUMN

In 2008, silly bands were all the rage. As we could have predicted, this fad came and went, just like many other fads throughout time. One trend that seems to stick, however, especially in American culture, is the need to have the latest and greatest technology. One area that has really brought technology to a whole new level is fitness and exercise. Working out as we all know it today is far more technologically advanced than our parents and grandparents could have ever imagined. We grew up with TVs on our treadmills and heart rate monitors strapped to our chests. The newest addition to this ongoing trend comes in the form of exercise watches and bands. I can vividly remember being in the eighth grade and being given the school owned pedometers—the kind you hooked to your pants at your hip—to track my steps during physical education. As anyone who remembers these little gadgets knows, if you shook them up before attaching them you could increase the number of steps you supposedly took. While these pedometers had many flaws, they were the first in a long line of fitness trackers to sweep the nation. Since that eighth grade experience, I have experimented with many of the new fitness trackers. This review will analyze the strengths and weaknesses of three of them: the Garmin Vivofit, the Fitbit HR, and the Apple Watch.

The Garmin Vivofit:

Marketed by Garmin as an activity tracker, its design reflects the branding. The fit of the Vivofit is sleek and comfortable. It can be switched from band to band, but will always have a rubbery texture and feel to it. It is designed like this for two main reasons. It is meant for tracking fitness and day to day activity, so its band and holder are designed to be durable. In addition, the biggest difference between the Garmin Vivofit and the other two fitness bands is that the Vivofit is waterproof. The Vivofit can be worn to track activities such as water aerobics and swimming. As a lifeguard, this feature came in handy on a daily basis, but apart from that, the waterproof feature was not all that significant. The other major strength and separating factor about the Vivofit is its battery life. The Vivofit touts a one-year battery life; this means no daily charging. Its sleep tracking features are more accurate because it will not die in the middle of the night and only get half the data. The Vivofit's other features include tracking of steps, calories, and activity. It will also change your step goal

based on past step performance. The more steps you walk or run, the higher your next goal is, which encourages users to increase their movement each day. If you are looking for a long lasting battery and a durable sports band, the Garmin Vivofit is right for you.

The Fitbit HR:

The Fitbit is at the forefront of the fitness tracking trend. Fitbit, as a corporation, has a range of activity trackers that target various types of uses. The Fitbit HR targets people who are fairly active, but is still meant to be worn all day as opposed to just during workouts. Like the Vivofit, the Fitbit has a daily step goal, however the goal does not adjust based on previous steps. The Fitbit is simple to use and offers a great deal of information on a small screen. By flipping from screen to screen, users can quickly see their step count, the number of stairs they have climbed, their heart rate, and the date and time. The Fitbit HR is the perfect band for anyone who is looking for an easy to use device that provides a wealth of information quickly.

The Apple Watch:

Not to be outdone by any form of technology, in 2015 Apple released their fitness watch to replace all fitness watches—and all watches! The Apple watch is far more than just a fitness band, but for the purposes of this review I will focus just on the fitness and activity features. The Apple Watch, like the other two fitness bands, tracks heart rate. However, it does not track steps. Instead, it tracks three things: moving, exercising, and standing. I still have not been able to figure out how it differentiates between these things, and my biggest criticism is that my exercise goal is met almost everyday, but not my movement goal. To me this does not really make sense. One of the biggest strengths of the Apple Watch is that throughout the day it will use taptonics to remind users to stand or move if they have been too still for a period of time. This is a useful reminder to keep moving throughout the day and take breaks to stand up and get the blood flowing.

There is no doubt that there are many options out there for fitness tracking, but the key to selecting the right one for you is to analyze its main features and price to decide which one aligns most with your individual needs. The good news is that there is definitely a fit out there for everyone from the workout fanatic who wants precise data from each workout, to the busy business woman just trying to maximize her time.



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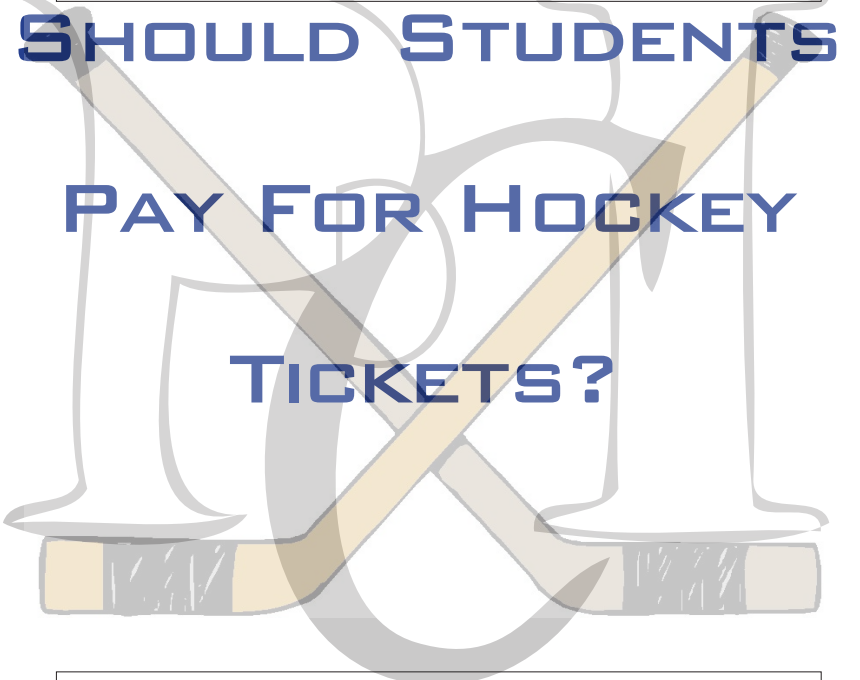
HECK YES!

As October approaches and Schneider Arena begins to buzz, we are eagerly waiting for the Friars to take the ice for another exciting winter season. Preparations for the 2016-2017 campaign are in full swing, so the question of charging students admission for games is now a subject of discussion.

An ongoing problem with students exiting the arena prematurely has caused a lot of frustration for the players and coaching staff. In most cases, the seats under the "Friar Fanatics" logo have almost completely emptied by the start of the third period, even if the Friars are deadlocked in a thriller with a Hockey East foe. Charging students a small admission fee, one less than regular spectators, would help give students more incentive to stay until the end of the game, thus giving the Friars that extra needed momentum for a better shot at picking up a W in big home games. Every point counts, so the extra energy fueled by the Fanatics is crucial for the Friars to stay atop the national rankings.

On top of giving fans more incentive to stay longer, a fee would help attract a stronger fan base in the sense that more motivated fans would be the ones buying tickets. Students who either secure a ticket and don't attend, or leave early, wasting a seat, will be phased out. Students are more than willing to pay \$75 for a basketball season ticket, so charging a \$25 student season ticket would help build up our desired fanbase. The cost of a hockey season ticket would be significantly less expensive than a basketball season ticket due to the game being played on campus, but would still be a valuable solution in getting our Friar Fanatics back on track while not being too pricey for the students attending games.

-Sam Scanlon '19



NO WAY!

One of the great things about the Providence College campus is that Schneider Arena is right on campus. It is a great asset that students should be able to enjoy on a Friday or Saturday night. However, students can only afford to enjoy it at low to no cost. As we all know, college students need some great budgeting techniques, as it can get very expensive very quickly. If students have to pay in order to enter the hockey games, student attendance would fall significantly. The fact that you need to pay for season tickets—or tickets in general—to the basketball games is understandable because the Dunkin Donuts Center is an off-campus venue. As an off-campus venue, they have to pay for more overhead that is more costly than that of an on campus venue. Being on a campus arena, much of the tuition money we pay, along with money alumni have donated for us over the course of many years goes into the overhead. For that reason, I think it would be a little ridiculous to ask us to pay for admission to the game. One of the best things about being a PC student that sometimes gets overlooked is the ability to go to games and support your fellow Friars in sporting events. If the arena attempts to charge students to get into hockey games, many people may decide it is not worth going anymore. That being said, for the sake of our hockey players, the school should not charge for the games because, otherwise, the support they get from their classmates is going to decrease.

-Max Anderson '18