



1919

The Cowl



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Welcome Class of 1995

by Colleen Carson
Editor-in-Chief

Do I really want to go to Providence College and become a Friar? What's really in this college for me? What's a Friar anyway?

These are normal and important questions to be asking yourself right about now, as a matter of fact, we hope you are asking them. For many of you, orientation is the first time to get an "inside look" at PC and actually be your deciding factor to attend PC or try some where else.

This orientation issue of *The Cowl*, PC's weekly newspaper, will be a useful, informative, and entertaining tool to aid in your decision process. The editorial staff wants you to come to PC (and we don't even know you), because the experience of being a Friar is something we would never trade.

Being a Friar means belonging to the Providence College community which encompasses endless opportunities and challenges. To start, typical activities during a day of a Friar could include anything from going to Western Civ and Anthropology class, doing aerobics in Peterson Rec, making a vase in ceramics class, discussing Russian politics with a professor, sunbathing on the grotto, or attending a Hockey game for free.

The Cowl has composed an essential study guide to en-

hance your orientation experience and hopefully prepare you for September.

Fr. Cunningham-President of Providence College, office in Harkins Hall. Drop by to say "Hi" and introduce yourself, he's a very friendly priest and never never forgets a face.

Fr. Quigley-Vice-President of PC, office also in Harkins. He's a must to get to know, your friendship with him will last beyond graduation.

Slavin Center- PC's student center, home of the mini-mall and Mondo. Every student visits here at least once a day to check mail boxes, and it is the center of every club and organization.

Club Fair- All clubs and organizations sponsor a table at this fair to inform students of their activities and give everyone a chance to sign up. Join one, two or as many as possible.

Mondo- Commuter student cafeteria, all off-campus students eat here at least once a day, but all students are welcome, the food is great and cheap!

Ronzios- THE place to order pizza from in Providence (along with Dominos), it's conveniently located in the mini-mall.

Student Development Center- Located in Slavin, sponsors workshops to help students refine study habits, deal with stress, and learn time management skills. Provides counseling for emotional and personal problems, such as roommate troubles, relationships break-ups, eating disorders, and alcohol and drug abuse.

Career Placement Center- Conducts seminars on self assessment, job search strategies, resume writing and effective interviewing. Coordinates employment interviews with over 100 recruiters from local and national corporations and organizes internship opportunities for students of every major.

Learning Assistance and Tutoring- Located in the library, student tutors provide support for specific courses and academic subjects, and offers one-on-one and group instruction in writing, reading, test preparation, and study skills.

Undeclared Majors- Orientation will be especially helpful for you because it familiarizes students with PC's academic offerings and provides them with a number of opportunities to meet with specially trained undeclared faculty advisors to discuss academic

abilities and interests and make appropriate course choices for freshman year. Majors don't have to be declared until the end of sophomore year and one third of every freshman class enters PC as undeclared.

Civ Tapes- Every Civ lecture is taped, so if you by chance miss one, or the material was confusing, go to the basement of Meagher for an hour to listen to a lecture.

PIE- Providence-in-Europe. Many sophomores, juniors, and seniors take off to Fribourg or Oxford for a semester or full year and some students a summer in Pietrasanta, Italy. There are countless more programs students set up in Europe, Japan, or at sea.

Grotto- The outdoor stone altar located near the apartment complex. In the warm weather, masses are held with a barbeque afterwards and students play various ball games and sunbath in the sunny afternoons.

BDB- Blind Date Balls. Each dorm organizes their own semi-formal dance held in a banquet hall towards the end of March and beginning of April.

JRW- Junior Ring Weekend. Juniors get their rings during this weekend with a formal

dance usually held in Boston, a semi-formal dance at an area banquet hall, and a ring distribution ceremony with a slide show. A student committee is chosen to organize this momentous event.

IAB- Intramural Athletic Board which organizes such intramural sports as flag football, softball, and super hoops during the year. This is a major social activity which almost eighty percent of the school participates.

Phantom Friar- The school mascot who runs around Providence Civic Center with a huge flag, black cape, and large yellow hat during home basketball games.

Raymond Cafeteria- THE social center of dorm life. Many students stay for the full two hour dinner time just to make sure they see everyone and upcoming plans for the weekend secured. (Also the food isn't bad, you'll get used to it.)

Now you have it, the inside look to PC. So participate and enjoy orientation activities, especially the "breaking the ice" exercises because you'll never lose the friendships you establish. They are a bond that makes the unfamiliar faces, very familiar in September.

Welcome Class of 1995 to the land of the Friars- Providence College!

Introducing Your Orientation Leaders

Right to Left,
Bottom Row to Top:

Russell Newell, '93
Hamilton, MA

Kathleen Ley, '92
Madison WI

Christine Plain, '92
East Greenwich, RI

Amy Umland, '92
Wyckoff, NJ

Maryann Pallante, '92
Delmare, NY

Diana Cruz, '92
Freeport, NY

Marisol Garcia, '94
Paterson, NJ

Chris Cardinale, '93
Kingston, NY



Mark Ruggeri, '93
Dudley, MA

Jeff Bowden, '93
Wilmington, MA

Jerry Jellig, '93
Virginia Beach, VA

Jody Santos, '92
Swansea, MA

Chris Stys, '93
Tewksbury, MA

Missing from picture:
Rosemarie Price, '92
Landover, MD

Summer Orientation Issue

College - It's Not So Bad!

by Megan Grennan
Features Editor

Honest, it's not as bad as everyone says. Sure, it may be rough at first to get up on your own without mom's cheerful "rise and shine!" wake-up call, but you'll manage. Classes are often challenging and require that you do most of the work on your own, but it's nothing you can't handle. If you made it through gym class, language studies and prom dances in high school, I promise you're gonna love college.

I remember going through high school with the constant warnings that "no college professor is going to accept that" or "once you're in a university, you'll only be known as a number." Forget these intimidating myths. The fact is that you only have each class two or three hours a week and classes rarely exceed twenty or thirty students. The professors know your name by the first couple weeks of the semester. College courses demand a greater degree of self-discipline and responsibility than high school level classes, but somehow everything always seems to get done. I used to think everyone was going to be much smarter than me once I entered college. Don't worry - if you were accepted into PC, then you will definitely be able to handle the work load without an undue amount of stress.

Freshman year is a

great time to branch out, get involved in different activities and organizations, and establish the foundations for life-long friendships. Everyone else is in the same boat as you, and just as anxious to make friends and have fun. There are countless clubs and teams here at PC, and becoming a part of them is a great way to meet people and gain experience in things that interest you. Take advantage of the Rec Center, the computer labs, the discount-priced Board of Programmers activities, and the food at Raymond Caf. It's all there for you as a student, so you may as well use it while you've got it. I disliked Raymond when I lived on campus, but after fending for myself off-campus the past year, I must admit that I miss its convenience.

Your RA is often a good source of information and advice to help you throughout the upcoming months. These trained leaders are friendly and helpful, and provide you with knowledge of the real goings-on of college life. Here is my own advice:

- 1.) Don't make a habit of walking alone at night either on or off campus. Escort services are provided in the dorms and at the library, and it's NOT considered geeky to take advantage of this sensible precaution.
- 2.) Watch your drinking. Freshman have a tendency to go

overboard and experiment with their new-found freedom, a trend that often leads to disastrous consequences. Don't lose your reputation, self-respect or brain cells by not being able to use good discretion.

3.) If things are terrible with your roommate, move out or at least talk to someone on the Residence Board. Don't let your freshman year be ruined by your silent frustration and unhappiness.

4.) Don't let stress overwhelm you! Try your best, but do not let yourself be consumed with worry. On the other extreme, don't neglect your work either. Find a healthy balance between work and socializing right at the start, and these talents will carry on throughout your college career.

5.) Make the most of these four years! Enjoy your freedom and prove to yourself and your parents that you can act responsibly and maturely. Go out, meet people, and experience the best of what PC has to offer! Trust me, time will fly and if you've invested it wisely, you will look back at your years spent at Providence college and thank God you decided to attend the home of the Friars.

Welcome to PC! Good luck and have a great rest of the summer! See you in September!

Checklist: What to Bring to College

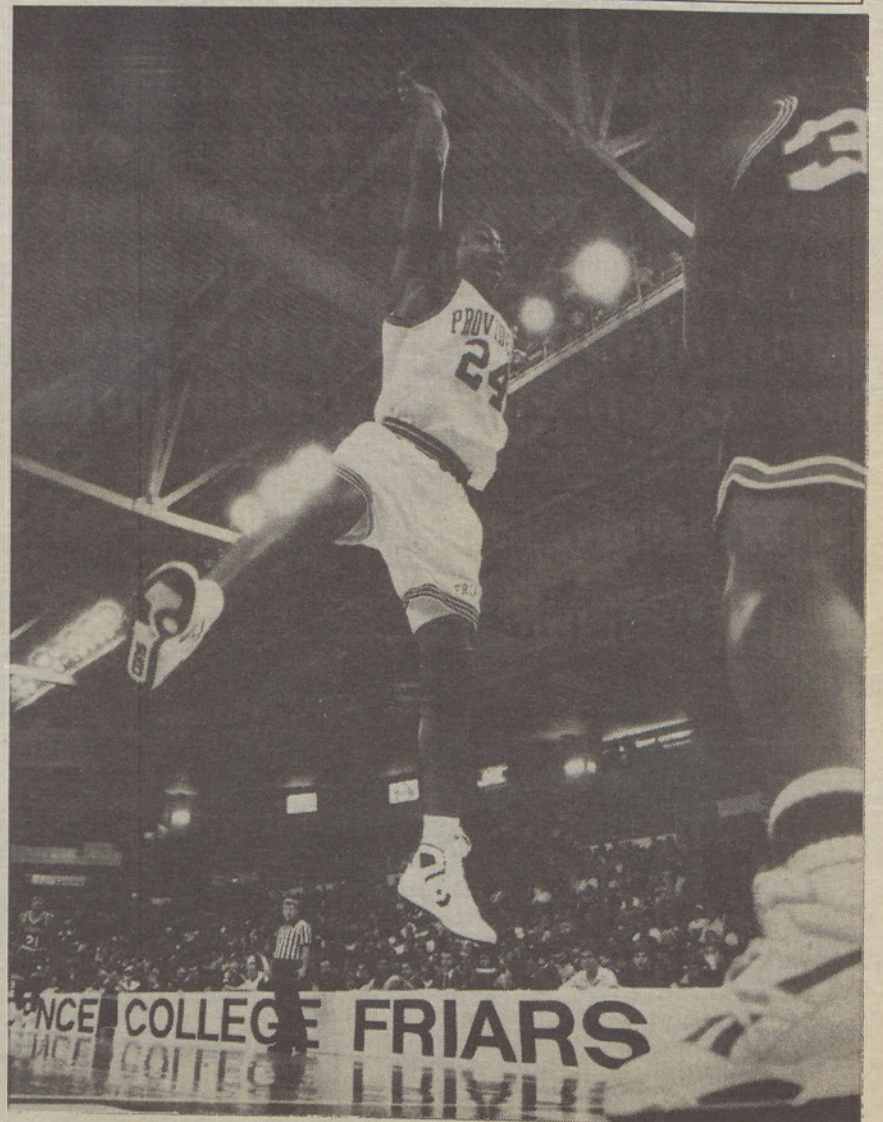
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|-----------------------------------|--|
| Adhesive Hooks | Iron/Small Ironing Board |
| Alarm/Clock Radio | Jewelry Box |
| Aspirin/Tylenol | Laundry Bag |
| Backpack | Laundry Detergent |
| Band-aids, peroxide | Laundry Pre-wash Spray |
| Bar Soap, Soap Dish | Memo Board |
| Bed Mattress Pad | Mug, Drinking Cup |
| Bed Pillow & Blankets | Needle/Thread/Safety Pins |
| Bed Sheets & Pillow Cases | Newspaper Subscription |
| Bedrest | Note Pads |
| Bedspread | Notebooks, Folders |
| Body Powder | Pail to carry to Shower |
| Books for Pleasure, Education | Paper Clips |
| Bulletin Board | Pens, Pencils |
| Calculator | Popcorn Maker |
| Calendar | Plastic Mattress Cover (if allergic to dust) |
| Camera, Film | Push Pins |
| Can, Bottle Opener | Razors, Blades |
| Checkbook, Electronic Teller Card | Roll of Quarters |
| Clearasil | Rubber Bands |
| Cotton Balls, Q-tips | Ruler |
| Cough Syrup | Scissors |
| Cards, Games | Scotch Tape |
| Deodorant | Stapler |
| Desk Lamp, Bulbs | Stereo, Tapes |
| Desk Organizer | Tape Recorder, Batteries |
| Dictionary, Thesaurus | Telephone |
| Dishes, Plastic Utensils | Tooth Brush, Toothpaste, Floss |
| Dish Detergent | Towels, Wash cloths |
| Dust Cloth | Typewriter, Paper |
| Fingernail Clippers | *Umbrella |
| Flashlight, batteries | Underbed Storage Box |
| Frisbee | Vaseline |
| Graph Paper | Vitamins |
| Hairbrush/Shampoo/ | Waste Basket |
| Hair Dryer | Watch |
| Hand Cream | Window Fan |
| Hangers | Woolite, Wooden drying rack |
| Hot Pot/Hot Chocolate/ | Yellow Highlighter |
| Cup of Soup | |

And a loud voice to cheer on Marques Bragg...

The Cowl

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Anticipate-Expect-Enjoy

A Quick Summary of Four Years at PC

THE COWL ALL-NIGHTERS EATON STREET B.O.P. MOVIES TRIPS
 PARIETALS SIBLING'S WEEKEND
 FREEDOM J.R.W. MEAL CARD CIV THE LIBRARY NEW PEOPLE & PROFESSORS
 STUDENT CONGRESS CIV: SCREAM & STREAK
 MR. & MRS. SLAVIN MINI MALL RAMON D G.P.A.
 FLAG FOOTBALL PLAYING POOL PHONE BILLS CHICKEN FRIARS CLUB
 PIZZA BDB's SCOOPS CAFE NO CASH FRIAR TOURS
 NO MAIL! ICE HOCKEY SOFTBALL 5 ON 5 DIVERSITY NO CASH 15 HOURS OF CLASSES
 INTRAMURALS HARKINS
 THE PIT PHONE CALLS-HOME & HALLWAY
 COMMENCEMENT WRITE UPS LATE NIGHT'S CHOOSING A MAJOR R.A.'S
 MARATHONS YUK TRUK
 SLAVIN GRADUATION AQUINAS CHAPEL
 4TH FLOOR HARKINS DONE WITH CIV! DONE WITH COLLEGE
 LOWER CAMPUS--TEN MINUTES FROM NOWHERE
 PETERSON HOOPS 8:30'S
 EAST SIDE--THAYER STREET 3-POINTER & SCORE!
 DOMINICANS MONDOS HOCKEY ORIENTATION
 GOING ABROAD INDEPENDENCE MIDNIGHT STAG DANCE
 WIND, RAIN, VERY HOT, VERY COLD SINGLES, DOUBLES, TRIPLES, QUADS
 MADNESS DORM LIFE ROOMMATES THE QUAD
 BEN & JERRY'S ICE CREAM OFF-CAMPUS LIVING

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A great way for parents, relatives, alumni and friends to keep in touch with the happenings of Providence College.

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Sports

Civ, Church, the Dating Game and the Big East = Life at PC

by Jerry Jellig
Orientation Leader

There are countless advantages that accompany your decision to attend Providence College for the next four years. You will grow and mature personally, intellectually and spiritually. Western Civilization will play a large role in your life for your freshman and sophomore years, especially if you're concerned about your G.P.A.

You will make decisions concerning your spirituality, which is something most of us took for granted while we lived under our parent's roof. You will endure relationships, both good and bad, and hopefully learn from your decisions. Simply put, you will be challenged. However, four years from now, you will have persevered beyond these macro issues, and feel a sense of pride, love and accomplishment that few schools provide.

You'll be happy to know that life at PC isn't always this intimidating. You may get buried by a biology test on Monday, dumped by your boyfriend or girlfriend on Wednesday, and squashed like a grape by a Civ test on Friday. However, there's still Saturday afternoon's basketball game against the Georgetown Hoyas on CBS to look

forward to. After we trounce the Hoyas by 20, you'll get back on the bus that brought you to the Civic Center. Then you'll enjoy a gourmet meal at the world renowned Raymond Cafeteria, and walk over to Schneider Arena with your friends.

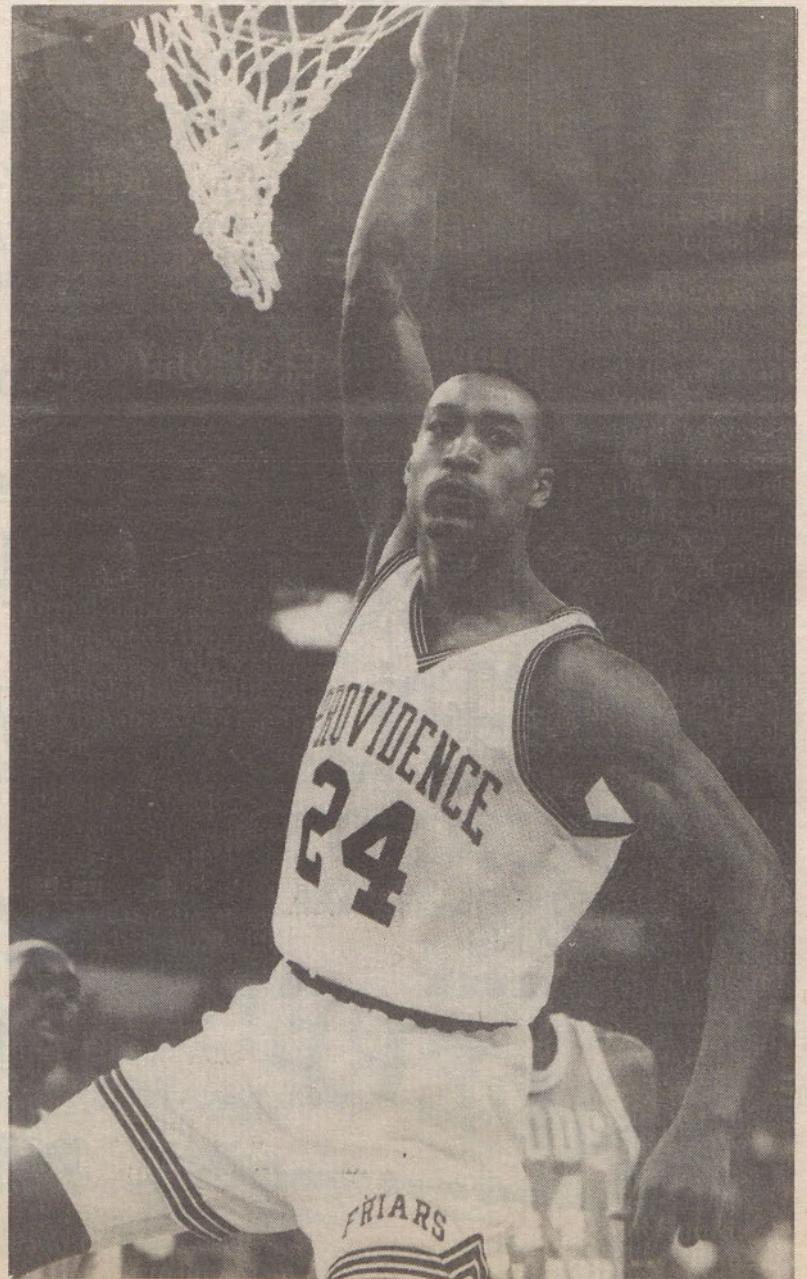
You'll be just in time for a 7pm game between the Friars, ranked #2 in the nation, and the Boston College Eagles, ranked #1. After we upset the Eagles in OT, you'll have your choice of gathering places, both on and off campus, to help celebrate the successful day. While you and your parents are possibly struggling with various college fees like tuition and books (which thanks to the Barnes and Noble Bookstore cost virtually the same), on this day you spent under \$5. One would be hard pressed to find a college that belongs to such elite conferences as the Big East and Hockey East, while maintaining exceptionally low prices for their students.

As most of you know, New England winters are not pleasant. However, the excitement and perennial successes of our sports teams will help you through. It may be -10 with 30mph winds outside the Providence Civic Center. But it's Big Monday on ESPN and inside the Civic Center the only thing cold are the Syracuse Orange-

men, who are being run off the court by the red-hot Friars.

When spring finally arrives, the action doesn't stop. The Friar baseball team had their most successful year ever. PC won over 30 games and was ranked #1 in New England in late April. Providence fielded a young team, and should surpass their great season next year. The fall sports season will also provide many great moments for Friar fanatics. The women's field hockey team is annually one of the best in the country. The men's soccer team has been good the past few years and will look to take the next step. While it's not a spectator sport, PC's best teams are men's and women's cross country and track. Both are national powerhouses and bring unequalled success to our sports program.

While I hope that each of you succeeds on a more personal level, whether in Aristotelian philosophy or Organic Chemistry, we can all take part in the successes of our sports program. So as you come face to face with the challenges Providence College provides for you, use the Friar sports teams to keep it all in perspective. They're fun, they're exciting and they're yours.



Mr. Nice- Marques Bragg

Hockey and Hoops Make For An Exciting Winter

by Jerry Jellig
Orientation Leader

Providence College fields a variety of men's and women's varsity sports. We are successful in all, but two teams that draw the most national and local attention are the men's basketball and hockey teams. Though their female counterparts usually achieve higher rankings in national polls (basketball #16, hockey #2), there's rarely an open seat for a men's Big East or Hockey East contest.

The men's basketball team recorded 6 wins against top 25 teams including Syracuse, Georgetown and St. Johns. Most

of you know that All-American Eric Murdock graduated and will move on to the NBA. He scored over 30% of PC's points en route to breaking Chris Mullin's Big East single season scoring record. Nevertheless, Providence will be better next season.

After finishing 7th last season, four-year head coach Rick Barnes will look for a stronger finish. Most of the dominating big men in the Big East like Billy Owens, Dikembe Mutombo, Anthony Avent and Brian Shorter will be in the NBA next season. Marques Bragg, 6'7", Dickie Simpkins, 6'9", Michael Smith, 6'9" and Marvin Saddler,

6'8", should have an easier time both scoring and rebounding.

Additionally, PC has an abundance of talented guards like Corey Floyd, Trent Forbes, Kenny McDonald and Rob Phelps. Two members of your class, Matt Alosa and Ira Bowman, will also see time at the guard position.

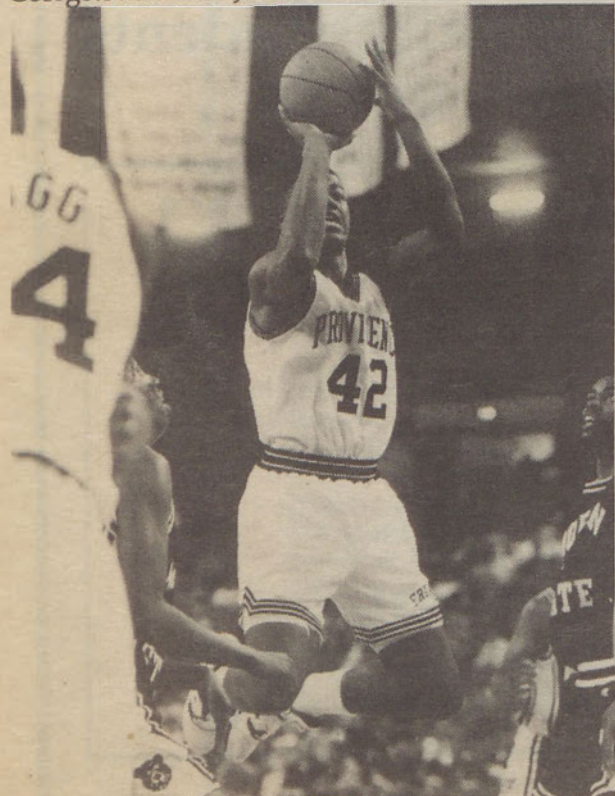
Three All-American candidates will anchor the Friar skaters this season. Forwards Rob Gaudreau and Mike Boback, and defensemen Shaun Kane each have three successful seasons behind them, and expect to go out with a bang. This year's squad is deeper than in years past, and

all the pressure won't be on Rob, Mike and Shaun. Senior Jeff Robison is a big defenseman who will solidify a young defense. Junior Bob Cowan is extremely quick and has a nose for the goal.

Brad Mullahy and Mike Heinke will most likely platoon in net. Last year's scrappy freshman look forward to the upcoming season. Defensemen Chris Therien, Ian Paskowski and Dean Capuano, and forwards Brian Ridolfi, Brian McCarthy, Rob Concannon and Erik Peterson, all made significant contributions as freshmen and will certainly improve this season.

The Hockey Friars should challenge the elite of Hockey East (BC, BU and Maine) for the HE title. After giving Minnesota a scare in the NCAA Tournament, Coach Mike McShane and the Friars can expect to return to the nationals this year.

After two straight invitations to the Big Dance, PC was banished to the N.I.T. this year. That will not happen this season with the talent Coach Barnes has assembled. There will be seasons in the next four years, where Providence teams will struggle. However, your freshman year won't be one of them. Enjoy, Class of 1995!



Sophomore Dickie Simpkins



Junior Bob Cowan



Junior Trent Forbes