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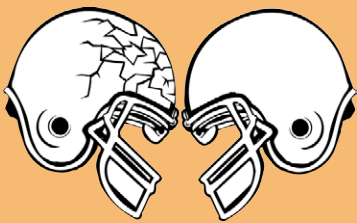
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"Moore" Arts, Learning, and Dialogue *PC Celebrates Opening of Newly Renovated Building*

Football Season Raises Mental Health Concerns

by Katherine Torke '20
Opinion Staff

SPORTS



Fall is arguably the most beautiful season to experience in New England. Vibrant fire-colored trees line the sides of small backroads, crisp air stirs some fallen leaves around, and the cheers of football fans are heard throughout small towns and big cities every Sunday night.

For many years, professional football has been dubbed as "America's favorite sport," surpassing other all sports such as baseball and basketball. Even on the Providence College campus, it is hard to go a day without a large handful of students sporting some type of New England Patriots apparel. Yet, why is America so in love with a sport that causes deadly mental illnesses?

Football/ Page 6



Phionna Claude '18 (left), Rafael Zapata (middle), and Hugh Lena (right) open the newly renovated Moore Hall.

KRISTINA HO '18/THECOWL

by Sabrina Guilbeault '18
News Editor

ON CAMPUS

"My history dates back to when the gates of hell swung open with a welcome mat greeting reading, 'Welcome to a land of white supremacy, where it will be on your slaving backs that this country actually becomes worth remembering,'" spoke Phionna Claude '18, executive president of Student Congress, as she read a poem she wrote herself in front of administrators, alumni, faculty, and staff at the opening ceremony and blessing for the newly renovated Moore Hall.

"I still have people questioning my humanity. I'm still struggling

communicating that my black is not an atrocity, my skin shouldn't be a warning label, my black has forced me to become a rebel, my black is a shade too rich, too bold, too unapologetically unafraid," she said.

The new Moore Hall is meant to encourage engagement with the arts, learning, and be "a place for authentic dialogue focused on themes of social justice and community." This was revealed and discussed this past weekend through the "Reflecting Forward" event, which was designed to be a celebration of Multiculturalism and Diversity at Providence College.

A steering committee including Board of Trustees members, alumni, Institutional Advancement, and the Office of Alumni Relations were responsible for the planning of the

weekend.

"Institutional Advancement did a fantastic job spearheading all of this," said Taiwo Adefiyiju '14, assistant director and career coach at the Career Education Center, who was on the Steering Committee. She also gave kudos to co-chairs and trustees Duane Bouligny '94 and Andre Owens '85, for the success of the event.

She explained that Deirdre Driscoll-Lemoine '98, '19P of College Events and Robert Ferreira '83 of Alumni Relations headed the weekend, while Adefiyiju worked closely with Quincy Beveley, assistant dean of students and director of cultural education, to help with student input and involvement.

Moore Hall/ Page 2



BRIANNA COLLETTI '21/THECOWL

TED Talk Speaker, Hannah Brencher, promotes messages of hope and encouragement to strangers.

Brencher Spreads the Love

by Patrick Fuller '21
A&E Staff

ON CAMPUS

"What is it that makes someone suffer to provide someone else with a better life?" This is the question Hannah Brencher posed to a group of Providence College students in '64 Hall on Nov. 1 during Mental Health Awareness Week.

Brencher, a writer, TED speaker, and communications expert, came to PC to promote her organization The World Needs More Love Letters, founded in 2011.

Seeking to "make love famous" by providing strangers with messages of hope and encouragement, the organization includes a

global community of 20,000 individuals across six continents, 53 countries, all 50 states, and 73 college campuses.

After graduating from Assumption College in 2010 with a double major in sociology and English, Brencher joined the United Nations. During her time with the UN, Brencher worked on issues surrounding human trafficking and girls' education.

Though this work was fulfilling, Brencher mentioned feeling sad and lonely, noting that, "the best parts of [her] life have not come from [her] five-year plan." Then, she cited a pivotal movement in her life, one which created the theme of this talk. Joe, a 77-year-old math junkie, walked into a Starbucks where Brencher sat doing work and asked, "What do you love?"

Love Letters/ Page 15

UNDERTHEHOOD

Providence College's Student-Run Newspaper Since 1935

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News

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The Trump administration needs to recognize climate change.

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Sports

Find out our predictions for Super Bowl LIII.

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Moving Past Trumpkin

An Overview of the Recent Events That Transpired After Trumpkin

by Catherine Brewer '20
News Staff

ON CAMPUS

In the wake of the "Trumpkin" incident, Providence College student executives are looking forward to bringing a new sense of unity to campus. "I am always impressed when our student leaders can get together having differences of opinion and are able to discuss and reach a final truth," remarked Dean Steven Sears, associate vice president of student affairs. Both executive boards of BMSA and PC Republicans met together last Friday to enhance communication between the two clubs following the incident.

The PC community was made aware of the "Trumpkin" incident at 4:33 p.m. on Nov. 2 in an email from Father Brian Shanley, O.P. According to Fr. Shanley, a "Trumpkin" was put on display in the office of one of the PC student organizations. Prior to the email, word of the display had been circulating by means of social media, and an image tweeted by University of Massachusetts at Amherst student journalist Michael J. Hout at 9 a.m. on Nov. 2 gained attention from major news outlets, notably *The Daily Wire*, *The Providence Journal*, and *The Washington Times*. Hout's tweet was critical for the

wide public exposure of the details of the incident: the image revealed a pumpkin pierced with scissors seated beneath a chalkboard that read, "Stab, stab, stab. Trumpkin 2017: If you ever feel angry or stressed, feel free to stab Trumpkin!" Additionally, Hout noted in the caption that the display was located in the office of PC's Board of Multicultural Student Affairs, and that he received the information via an anonymous source.

In the *Providence Journal's* Nov. 2 coverage of the incident, PC's Associate Vice President for Public Affairs Steven Maurano reported that "Trumpkin" was on display "for a brief period of time." He elaborated, "I'm not sure exactly how long, but it was no longer than a day or so...The College administration learned of the display late in the evening of Oct. 24. By the time we accessed the office at 9 a.m. the following morning, it had been removed."

At 5:30 p.m. on Nov. 2, the PC Republicans held their weekly meeting. The members of their Sakai email list were notified, and it was indicated that the "Trumpkin" incident would be discussed. President Michael R. Bartels '18 described how the organization responded to "Trumpkin," stating, "We had first heard about it from a

reporter who called me asking if I felt safe on a campus where that display existed, and rumors were circulating around, some exaggerated, some not."

Following an incident in which some students felt that they needed to leave the meeting, the executive boards of BMSA and PC Republicans met privately to discuss ways to move forward and facilitate constructive dialogues.

Both executive boards believe it is time for the PC community to come together, to heal, and plan for the future. Bartels suggests that students ask themselves about what has brought them to campus. "This might seem naïve and simple, but my advice for students in both our clubs is that we should do something as simple as ask someone from across the aisle to grab lunch together, sit down and ask how their lives are going. Try to see their lives as people, and not just as political actors," he stated. The executive board of BMSA declined to officially comment for this article, but expressed publically the goal to move forward from the event. The "Trumpkin" incident is still under investigation and will be processed through the Office of Community Standards.

"Do your part to break the rigid social segregation that creates echo chambers and generates the



PHOTO COURTESY OF MICHAEL HOUT

hatred that drives us to conflict and confrontation over conversation and comradery," Bartels said. "We can talk endlessly about top-down programs and seminars but the impetus is on us. Change starts at the dinner table, or, in our case, the Ray table."

"At times they may not agree with each other, but a thorough dialogue leads to better understanding," said Dean Sears. "I believe the student leaders took this situation very seriously and have agreed to work together more closely moving forward."

PC Celebrates the Opening of the New Moore Hall

Moore Hall:

Continued from front page

She explained that Deirdre Driscoll-Lemoine '98, '19P from the Office of College Events and Robert Ferreira '83 from the Office of Alumni Relations spearheaded the weekend, while Adefiyiju worked closely with Quincy Bevely, assistant dean of students, to help with student input and involvement.

After the initial blessing and welcome, a panel presentation transpired in which campus figures such as Kristine Goodwin, vice president of student affairs, and Reverend R. Gabriel Pivarnik, O.P., vice president of mission and ministry discussed topics involving diversity and institutional change at the College.

Following the panel discussion, attendees had the opportunity to take part in multiple breakout sessions that all centered on the theme of "reflecting forward."

Patricia Goff '08 of Career Services spoke on "PC1G," which is a new initiative designed to help first-generation students and their families find resources and programs at PC. The session asked for feedback from the alumni audience on how they would like to see the program move forward to best fit the needs of first generation students at PC.

Another breakout session was lead by Tiffany Gaffney '03 of the Office of the Dean of Students, Cate Latz '13 from the Office of Institutional Advancement, and Dr. Christopher Arroyo from the philosophy department, who have all been actively involved in conversations about LGBTQ+ identities at PC. The discussion centered on their experiences building relationships and building bridges.

"I thought it went very well," said Haley Rayment '18, who attended this breakout session. She



Phionna Claude '18.

KRISTINA HO'18/THECOWL

explained there were many people with different backgrounds in attendance at this talk, including trustees, students, faculty, staff, and Dominican Friars. "It opened my eyes to the support members of this community receive from Providence College," she said.

Keynote speaker James P. Huguley, Ed.D. '99, an assistant professor at the Center on Race and Social Problems and School of Social Work at the University of Pittsburgh, spoke during lunch. He addressed issues of diversity and inclusion in higher education. In his biography, it was explained that Huguley's work focuses on "school-based interventions that promote

positive developmental outcomes for students of color."

"I believe it was very successful," said Adefiyiju. "Overall people enjoyed the building and being able to see how much work was put it, and connecting with their own respective classes to see how far we have come." She said it was especially fascinating to see current members of Board of Multicultural Student Affairs connect with alumni members of BMSA and share their stories from today and yesterday.

The event was well attended by alumni, administration, faculty, and staff, but one criticism of the event was that the weekend could have had more current students in attendance. In response to this fear, students from NAACP and the Office of Institutional Diversity are putting on their first ever homecoming at Moore Hall this coming Saturday from 4 p.m. to 10 p.m. The event, H.O.M.E.coming, will include performances from Motherland, PC Step, Acappella, and Adam Hanna '18, along with poetry readings from the Believers of Words club.

"For students to spearhead this, that is important and that is powerful, and shows how this space really can bring the community together," said Adefiyiju. "A lot has changed, a lot needs to be done, and we are recognizing what we have done and what stills need to be done."

The end of Claude's poem from the welcome blessing discussed the importance of education, and how it is education that has helped her to see the truth of her ancestry. Reflecting Forward also emphasized this education, and the hopes that the new campus center will focus on the College's "diversity, equity, and inclusion efforts." "So, please acknowledge the heartbeat behind my skin that labels me as diversity and instead recognize my humanity," Claude said. "I am fighting to rewrite the history of my ancestors who never had the chance to hold the key."

Featured Friars: ROTC

Providence College ROTC Members Participate in Field Training

by Harris Petry '18
Guest Writer on Behalf of ROTC

FEATURED FRIAR

Members of the Reserve Officers' Training Corps at Providence College share their experiences from this past weekend as they participated in field training exercises and were assessed on their skills.

Who was involved?

While other students were engaged in Halloween festivities, cadets of the Patriot Battalion ROTC program, a consortium of affiliated local colleges including Providence College, Bryant University, Brown University, Rhode Island College, UMass Dartmouth, Johnson and Wales University, and the Community College of Rhode Island engaged in their culminating field training exercise at Camp Edwards, Massachusetts.

Basic course cadets, those participating but not contractually obligated to serve in the U.S. Army, learned basic soldiering skills throughout the semester to prepare themselves for the tests they would face over the three-day training event.

Advanced course cadets, those typically in their junior or senior year of academic study and contracted for further military service, were primarily tested in their planning and leadership skills necessary for successful service as 2nd Lieutenants in the U.S. Army, Army Reserve, or Army National Guard.

What were you tested on?

During the weekend-long assessment, cadets were tested in land navigation techniques both during the day and night time to test their competence and confidence navigating the wooded terrain with only a map, compass, protractor, and their wits. As the first day of evaluations ended, cadets moved tactically through the wood line, and established "patrol bases" to sleep, refit, and eat "MREs" (meals ready to eat), in preparation for SSTX (Squad Situation Training Exercises) on day two.

Hours later, cadets awoke before dawn and broke off into eight to twelve-person teams called "squads." These small teams, led primarily by cadets in the junior class, executed five missions which tested their critical thinking, time management, land navigation, and tactical knowledge. During these missions, cadets frequently encountered "SAPA" forces—the South Atropian People's Army, an insurgency group in the fictional country of Atropia, was played by senior cadets acting as the main antagonists to the American forces operating in the training area.

Day two concluded with cadets occupying another set of patrol bases and defending against SAPA attacks on their defenses throughout the night.

How were you tested on leadership?

The final day of the training



Jordan Bernard '18 and Harris Petry '18 both completed the field training. MAGGIE BRANHAM '18/THECOWL

event concluded with the "Leader's Reaction Course" and the "O-Course." The leader's reaction course consisted of obstacles designed to challenge cadet's leadership and problem solving skills. Cadets were read a script of instructions and given an accompanying mission. The tasks frequently included maneuvering a list of props, typically a collection of ropes, ammunition cans, planks, and other equipment in such a way that cadets could traverse the obstacle and complete the designated mission.

After attempting five separate obstacles, cadets were then led to the "O-course," a standard military obstacle course which included

obstacles in excess of thirty feet high. One notable obstacle, appropriately named "The Tough One," required cadets to successfully climb a 15 foot rope, walk across a series of planks, climb an additional 15 foot ladder, climb over the side, and down a thirty foot cargo net. The culminating portion of day three involved squad races through the course and recognition of the winning team with a day off from physical fitness training the next week.

Completion of the fall field training exercise represents a key milestone in preparing cadets for further campus-based training, and Cadet Summer Training held at Fort Knox, Kentucky.

Stigma Fighters: Students Travel to D.C.

PC's Chapter of Active Minds Attends Annual Conference on Mental Health

by Sabrina Guilbeault '18
News Editor

OFF CAMPUS

This past weekend, the Providence College chapter of Active Minds attended the annual Active Minds Conference, which took place in Washington D.C. this year. This was the third year students from PC attended the event, and remarked on how far they have come since then.

"It was exciting that we were able to bring six students and an adviser with us this year," said Cassandra Caggiano '18, co-president of the club. "It really showed the administration's commitment on bringing the mental health needs to students, and ensuring the longevity of the chapter." Caggiano went on to explain that by having more students attend the event, the club was able to go to more workshops and speakers over the course of the weekend, which made it even more successful.

Co-President Anissa Latifi '18 explained that her favorite part of the weekend was definitely connecting with other advocates of mental illness and hearing their stories and experiences with stigma in their lives. "I was able to go to a discussion based presentation that was centered around culture and stigma," she said. "For me this was the first time I was able to recognize stigma that others have experienced due to culture similarly to my own experiences."

Caggiano also spoke about this discussion, and explained that it is interesting to see how mental health discussions work in different cultures. "Some people might have a different stigmas based on how they're raised, and it was great to learn how to identify that and how to get people talking about that particular issue."

"The coolest part for me was kind of being at the end of the spectrum the first year I attended, to being one of the more successful campuses now." She



Members of Active Minds pose for the camera.

PHOTO COURTESY OF CASSANDRA CAGGIANO '18

explained that the first year she attended, there were a lot of things to improve on. "It felt like we came full circle, especially as other colleges were asking us and taking notes on what we do to advocate for mental health on our campus."

Caggiano and Latifi both credited their success to the administration, and thanked them for never putting a price on our students' mental health.

"I am most excited to have brought back a renewed sense of passion for advocating for mental illness," Latifi said when looking back on the weekend. "I hope to bring back the importance of story telling to the experience of mental illness because through the conference weekend I realized that as humans we can connect better to individual testimony than we do to stark, bare facts about mental illness."

Caggiano reflected that the friendships she has made at Active Minds conferences have often benefitted PC in more ways than one. She told a story about meeting a friend from Loyola University Maryland the first year she attended a conference

that was held in California.

"We have remained friends, and I feel like I can text her and ask her a question about what her school is doing in regards to mental health. We'll text and check in, especially since our schools are similar in nature, and it is cool to talk to her and see what her school is doing," she said. "Relationships like these have fostered more ideas and mental health promotion than you'd expect," she said.

With this in mind, Caggiano suggests to whoever goes next year to take advantage of these relationships and not to go in with any expectations. "Ask someone you met to get a coffee or go to the next session," she said. "Try to make as many connections with other students as you can."

She concluded in saying these connections are so important and stressed she never wants students to feel like they are alone. "If you are struggling personally or if a friend is struggling personally, know there are a lot of resources on this campus, and someone is here to listen," she said.

Catholic Political Debate Held in '64 Hall

Debate Compares the Individual Versus the Community

by Alexandra Huzyk '20
News Staff

ON CAMPUS

Seventy-five years ago, a political debate was held between Charles De Koninck and Jacques Maritain. The two philosophers were asked to determine the relationship between the common good and the individual good, and explain why they thought one should be prioritized over the other. On Thursday, November 2, a Catholic debate was held in '64 Hall that presented the same question to Lawrence Gillheeney and Brother Henry Stephan, O.P. The debate was titled: "What Trumps What: The Individual or the Community?"

To start off the event, Father Bonaventure Chapman, O.P., presented the question to the audience and explained the format of the debate. The debate began with each person taking seven minutes to convey their opening statements to the audience.

Br. Stephan asserted that the good of the community should be held above the good of the individual. He stated, "I don't deny the importance of the individual. Rather, this debate is about understanding why we should rank one over the other."

Br. Stephan commenced his argument by defining the common good as being "diffusive of its good to several or many people at one time." He claimed that human beings are, at the root of all things, social and political animals. It is because of these intrinsic qualities that human beings are drawn into communities and networks of people. He stated, "metaphysically, we are drawn to seek what we lack" and often fulfill these gaps in the midst of like-minded people. Br. Stephan finished his opening statement by saying that through the formation of these greater

unities, human beings strive to become a part of something bigger than themselves; ultimately, they strive to attain God.

Gillhenney, in contrast to Br. Stephan, argued that the good of the individual should come before the good of the community. Gillhenney took on a rather pessimistic outlook on the capacities of the state. The main premise of his argument was that the state, as an artificial creation of the people, is "incapable of governing the common good." Thus, the state is unable to provide humans with truth or fulfillment because it is oriented around the objectives of the few. He said that, "power in the hands of the few inevitably leads to corruption. There are too many different ideas," that will create tensions between individuals and distract people from their mutual goals.

"Preserving the individual good is key to shaping the world to be the kind of place we want to live in," Gillhenney stated. "Communal institutions," which are inspired by

individuals' wills to make up for the inefficiency and bias of the state, "will drive the ability to do good beyond the state." It is communities like non-profit organizations, or religious groups, that Gillhenney thinks will enable people to strive towards truth and justice, not the state.

After Br. Stephan and Gillhenney presented their opening statements, both individuals were given the opportunity to provide a rebuttal and then to cross examine their opponent. Br. Stephan began his rebuttal by arguing that the state is a necessary institution created to preserve the interests of the whole. He asserted, "The state is not an alien good. Because we've made the individual a buffered self, the common good seems unintelligible."

Gillhenney's rebuttal to Br. Stephan's statements was quick and to the point. He plainly argued that Br. Stephan did not fully answer the question because he had only addressed the corruption



BRIANNA COLLETTI '21/ THE COWL
Brother Henry Stephan, O.P.

of politics, to which the debate was not focused on. Gillhenney claimed, "It is a mistake to assume politics is the same as the state. The state is a creation of man," and the reason why humans are prevented from fully attaining the common good.

Following their rebuttals and cross examinations, Fr. Chapman, as the adjudicator, posed a number of questions to both Stephan and Gillhenney in order to clarify and challenge their arguments. Once Chapman was done questioning both individuals, the floor was opened up to the audience for more questions. One student posed a question to Stephan, asking him to "address the ideas of the state as a part of the fallen world." Stephan replied that, as fallen humans, we are unaware of our perfection and so we must realize that our interests lie within the common good and the community. He concluded that people must continue trying to build a more perfect society.



Friars and guests speak about Catholicism and politics.
BRIANNA COLLETTI '21/ THE COWL



Congress Updates

by Connor Nolan '19
Student Congress Publicity

CONGRESS



In its weekly meeting this past week, Congress welcomed Mike Pierce, director of the office of community standards. Pierce did not have a direct presentation for the Congress, but instead came to field any and all questions regarding the work his office does.

One question arose regarding how long the process takes when a violation occurs off campus involving the Providence Police Department. Pierce responded that when an incident occurs off campus it takes the office some time to receive the report from the police department and sometimes can take longer than other offenses on campus. He also admitted that in rare cases the process can last until after the violation has been cleared up with local police. Another question was asked regarding off-campus arrests or violations and the corresponding disciplinary response. Pierce explained that the student's response to the incident, meaning whether he or she cooperated with law enforcement or not, as well as their previous violations are always taken into account.

A member of Congress also questioned the perception of the Office of Community Standards on campus as a sort of scary or hidden part of the school until one must meet with them. Pierce stated that it is necessary for it to remain a mystery to most students due to confidentiality. Also, he believes it is a good aspect that most students at

Providence College are frightened by his office, as it is supposed to be a deterrent from getting into trouble with the school or local police.

When questioned where the money goes from fines paid to the College, Pierce said that it is not placed in an official account or place, but is often used for improvements to academic tools offered within the College.

The last few questions regarded how the disciplines were decided or appealed for smaller violations. Pierce explained the necessity for multiple violations to be levied for one gathering or party, to differentiate the difference between smaller offenses and larger ones. Regarding appeals brought forward by students who thought their punishment was overly harsh, Pierce clarified that the only three reasons a decision made by his office could be changed are procedural error, new information regarding the case being brought forward, or excessive and inappropriate sanctions.

Congress would like to thank Pierce for taking the time to speak and answer questions, and if students have any further ideas or questions, his office is located in Slavin 206.

Congress would like to remind and invite all students to the grand opening of Moore Hall this coming weekend.

The Class of 2018 is making the final preparations for their 218 Nights Until Graduation this coming

Saturday. Have fun!

The Outreach Committee would like to invite all students to come out to the Turkey Drive this coming Friday from 11 a.m.- 2 p.m. in Raymond Dining Hall. If you hit a basketball shot, Sodexo will donate a turkey to a family in need this holiday season!

This week PC's A Novel Idea presented for a second straight week before the congress in the hopes of gaining accreditation as a club on campus. They reiterated once again that they wish to create a safe space for those who love reading to come together and discuss and enjoy books on campus.

They were questioned on their similarity to a class that is now offered, but other members of Congress defended this saying it is unfair to differentiate itself from a class, as there are many clubs affiliated with other majors or minors on campus. Also, some believed that there is a large difference between a class and outside reading done for pleasure.

While there are many clubs that do similar events and fundraisers, members again argued that more people willing to help with drives or fundraisers is never bad. After all this discussion, the club was passed with two nay votes and one abstention. Congratulations to the members of the club on their hard work!

National News: Tragedy in Texas

26 Dead in Shooting at Baptist Church in Sutherland Springs

by **Brian Garvey '20**
News Staff

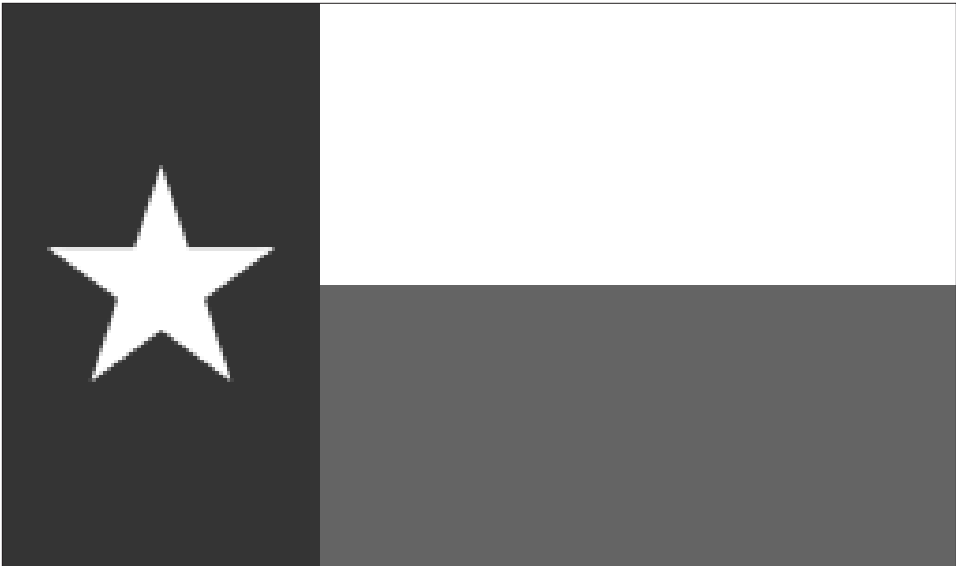
NATIONAL NEWS

On Sunday, November 5, a terrible tragedy struck Sutherland Springs, Texas. Devin Patrick Kelley opened fire with a Ruger AR-556 assault-type rifle on those attending Sunday at First Baptist Church, killing 26 people. The victims ranged from 18 months old to 77 years old.

After going back to his car to reload, a neighbor of the church, Stephen Willeford, began firing at him with his rifle, hitting him in both legs. Kelley proceeded to try to flee in his car, pursued by Willeford and another passerby responding to the shots. After chasing Kelley into the next county, Kelley swerved and crashed in a ditch on the side of the road, having shot himself in the head. Willeford insisted later, “I think my God, my Lord protected me and gave me the skills to do what

needed to be done.” A deeply disturbed man, 26-year-old Kelley was dishonorably discharged from the U.S. Air Force in 2012 for fracturing his infant son’s skull and attempting to choke his wife. His conviction of a crime of domestic violence is potentially punishable by a prison sentence of more than one year, and therefore Kelley should have been banned from buying or possessing a firearm for at least a year, according to Retired Colonel Don Christensen, the Air Force’s top prosecutor during this charge.

Yet despite this ban—and despite the fact that he did not possess a license to carry—the Federal Bureau of Alcohol, Tobacco, Firearms, and Explosives reported that Kelley purchased four guns in the four years after his conviction and discharge. Authorities have indicated that this tragedy was motivated by Kelley’s family issues, as he had sent threatening texts to his mother-in-law, who was a member of the Church.



This possession of firearms has reignited the gun control debate in America, as many people are calling for a higher regulation of gun purchases, strict background checks, and the outright outlawing of assault weapons. In response to recent tragedies, Massachusetts banned bump-stocks, an accessory that enables an increased rate of fire.

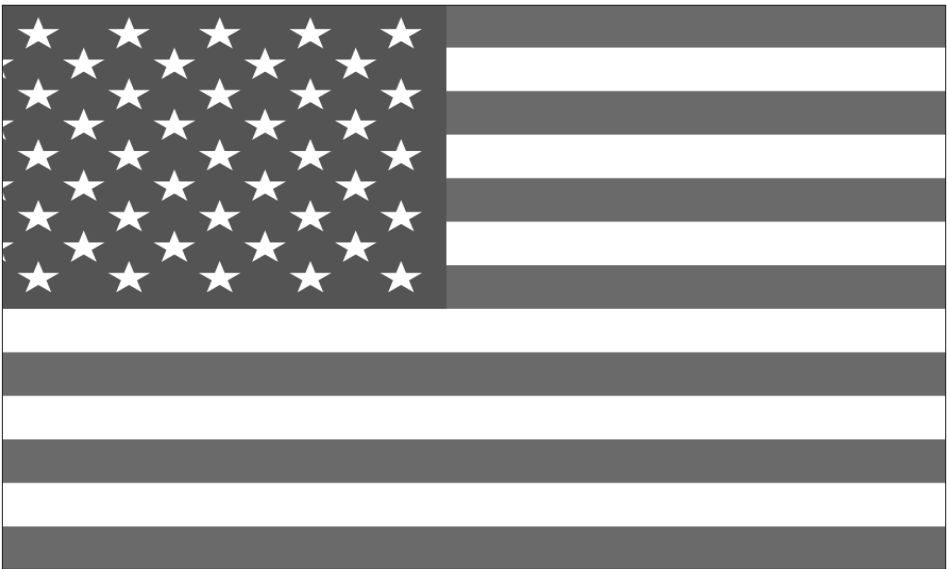
This tragedy is compounded by the fact that this was an incredibly tightknit town, with the church being a central part of Sutherland Springs’ identity. Yet one common theme when Texans talk about this horrible shooting is that the Texas community bond is too strong to be broken by this evil man.

Chase Rasch '18, who grew up in Dallas, about four hours north of Sutherland Springs, said that, “I take significant pride in being a ‘Texan.’ It is incredibly hard to hear about such a tragedy happen so close to home, and my heart goes out to the families that are suffering right now. That being

said, the Texas bond is strong, and I am confident that we will unite around this act of terror and come out on top as a community.”

Caroline Mallon '20, who is from Houston, echoed, “Texas has had a really hard couple of months due to the destruction caused by Hurricane Harvey. Many people have lost their homes, people have died or been injured, and this is the last thing I think anyone would have expected to happen. If there’s one thing I have learned since moving to Texas, it’s that Texans stick together; people will move mountains to help each other, even from hundreds of miles away. I can only hope and pray that the people of Sutherland Springs will find strength in one another.”

For those who want to help the people of Sutherland Springs, South Texas Blood and Tissue Center is urging anyone with O-positive or O-negative blood type to make a donation. People can also donate directly to the families through the First Baptist Church website.



Bursting the PC Bubble: Indictments

Trump's Campaign Manager Indicted by Mueller

by **Darren Squillace '19**
News Staff

WORLD NEWS

Trump’s former campaign manager, Paul Manafort, is being indicted on felony counts by Robert Mueller, who was recently appointed this past year by the Justice Department to be special counsel in the investigation into potential Russian hacking and interference during the last presidential election.

While this seems damning to Trump and his victorious campaign on the surface, as Manafort was Trump’s campaign manager for several months, the exact ramifications from this indictment are unclear to many.

Though the investigation was originally intended to inquire specifically into Russian interference in the election and their communications with the Trump campaign, it was later expanded to investigate corruption within Trump’s campaign circle as well as any other potential foreign ties. Many believe that Manafort was fired from his position as Trump’s campaign manager because the interactions with foreign governments became too glaring to ignore.

This past week Special Counsel Mueller brought up Manafort on 12 counts, including

conspiracy and money laundering charges. More specifically, Manafort is being accused of laundering money to political parties in Ukraine while failing to register as a foreign agent. These are not charges that relate to Russia or the potential meddling that occurred to rig the election in favor of Trump.

Court documents state that Manafort and an associate of his were both lobbying for and laundering money to a pro-Russian and Putin allied political party in Ukraine. It is believed that as much as \$75 million dollars in payments were laundered to the party.

By not registering as foreign agents when making these transactions, Manafort illegally neglected the Foreign Agents Registrations Act, known as FARA. FARA is an act set forth by the Justice Department that requires people to register with them in order to serve as agents to foreign governments. On top of these charges, Manafort and his associate are accused of laundering money from their Ukrainian business into U.S. bank accounts and did not report these funneled-in funds to the Internal Revenue Service. Mueller has also accused them of making false statements about their business dealings to multiple government entities such as the State Department.

While this is not the smoking gun discovery that many Democrats are hoping to get out of these investigations relating to Russia and their



GRAPHIC DESIGN BY GABRIELLA PISANO '18/ THE COWL

potential meddling in the election and ties to the Trump campaign, these charges are in fact very real and very significant. They could also lead to investigations into other members of Trump’s entourage, both former and current, that could lead to findings similar to the ones that have been discovered regarding Manafort. The federal judge on this case has issued a gag order.

Time to Take Climate Change Seriously

by **Bridget Blain '19**
Opinion Staff

POLITICS

Climate change has quickly become one of the most significant and pressing world issues. The impacts of climate change are becoming more and more obvious and destructive.

On Friday, a report released by the U.S. Global Change Research Program stated that humans are the largest cause of climate change. The irony of this report is that it contradicts the beliefs of the Trump administration.

During Donald Trump's presidential campaign and so far during his presidency, Trump has frequently downplayed climate change, claiming that it is a hoax.

Trump even went so far as to announce that he planned on withdrawing from the Paris Agreement, an international climate change agreement.

More recently, the Trump administration announced that they will work to end the Clean Power Plan, which was created by the Obama administration in an effort to cut down on carbon dioxide emissions.

The White House appears to be doing everything in its power to prevent any possible progress that could be made in creating



Demonstrators protesting the denial of climate change.

PHOTO COURTESY OF TIME MAGAZINE

more options for clean energy and stopping any further damage to our climate.

Trump has been focused on saving the fossil fuel industry, which he often promised to do while he was campaigning. It was, therefore, not too surprising when the announcement was made about ending the Clean Power Plan.

According to an article published by *USA Today* titled, "As globe warms, Trump doubles down on fossil fuels," the Clean Power Plan "would undoubtedly result in less burning of coal, the dirtiest fuel.

But coal was already in decline—with or without new environmental regulations—as utilities embraced cleaner-burning natural gas and alternatives such as wind and solar."

Trump's climate team ending the Clean Power Plan shows how dangerous their complete denial of climate change will be. Trump is attempting to save an industry that is already declining and has proven not to be the best option.

The Trump administration would rather promote the fossil fuel industry instead of considering

the impact that humans have on the environment. The climate report released on Friday also shows how dangerous Trump's views toward climate change are. It is hard to believe that the Trump administration will be able to deny climate change for much longer.

The White House would be wise to take the findings of the report issued by the government seriously. Urgent action needs to be taken if there is going to be any hope in alleviating the damage that has already been done due to our environment and to prevent further chaos.

It is troubling that the findings in this report, which was ultimately released by the White House, directly contradicts what they have claimed about climate change. In order for any progress to be made, Trump and his climate team need to seriously consider the harmful effects that climate change has had on this planet, and what will continue to happen if action is not taken immediately.

In light of this report, it is crucial that the White House admits the impact that humans are having on the state of our planet, and urges the U.S. to take responsibility. If Trump continues to ignore the findings of this report, it is scary to think about the consequences we might face.

The Other Side of America's Favorite Sport

Football:

Continued from front page

The National Football League has been in the spotlight for the past few years, as doctors and the media have started to seriously press the league about the issue of concussions and head trauma more and more. The NFL has since then implemented various new rules and hefty fines in order to keep their players safer. However, this does not mean that American football players are entirely protected.

In 2015, America was given a harsh reality check when the biographical sports movie, *Concussion*, starring Will Smith, was released. The movie proved to Americans, and the world, just how damaging and life threatening concussions are to athletes, especially those who play football.



PHOTO COURTESY OF CHICAGO LIGHT

In a sport like football, in which players receive constant blows to the head, repeated concussions can lead to a degenerative brain disease known as CTE, or Chronic Traumatic Encephalopathy. Symptoms of CTE include erratic and impulsive behavior and have caused retired NFL players, like safety Ray Easterling, linebacker Junior Seau, and defensive back Dave Duerson to commit suicide.

Monday, October 30, marked the beginning of Providence College's Mental Health Awareness Week. The week was devoted to both spreading mental health awareness around campus and showing support for peers. Mental illness is not something that should be taken lightly in any way. In general, the most common mental illnesses found in college students are depression, anxiety, eating disorders, and addiction. In retired pro-football players, the most common mental illnesses include conditions similar to Alzheimer's disease, erratic behavior, and depression.

Although symptoms of professional football players share mental illnesses similar to college students, there is one big difference between the two of them—CTE. College students typically do not develop their mental illnesses as a symptom of CTE, unlike pro-football players who do. CTE is caused by repetitive brain trauma, meaning it is fair to blame pro-football players' crimes, murders, and suicides on their CTE developed from playing in the NFL.

Why do Americans find such

joy and entertainment in watching football players slowly destroy themselves?

Maybe it is because of the action and thrill that comes with the game itself, as players purposely throw themselves around in order to stop the ball from entering the end zone. Maybe people enjoy the social aspect that comes with football too, such as team rivalries and super fan groups like "Pats Nation." Maybe it is simply because it is an all-American sport and has become an iconic part of American culture.

Regardless of why certain people find football entertaining, it is impossible to disregard all of the health studies and facts conducted and gathered over the years.

Although injuries during a football game can be severe, the mental illnesses that develop in the years after a player stops participating on the field can be just as detrimental, or even worse. But that is not going to stop Americans across the nation from tuning into Sunday Night Football almost every weekend.

It is impossible and unreasonable to outlaw contact football at the professional level and other levels of play. But the long term health issues that come with playing such an intense sport really need to be better recognized. The nation also needs to reevaluate how much money the NFL is making and how much they are putting into solid and effective concussion research.

Although these changes will not happen magically over night, they are just some things to keep in mind as years go on and more and more former football players suffer.

Just remember, even though NFL players may be living successful lives with every hit to the head, their future becomes darker and more uncertain.

Gerrymandering Distances Officials From Voters

by Nicholas Moran '19
Opinion Staff

POLITICS

Every year, as Rhode Islanders rush to their voting centers for elections, incumbent politicians’ victory parties have already started. Sipping on celebratory champagne in their plush suburban homes, officials can rest easy knowing that no one can seriously challenge their seats.

Why? Stealing tactics from corrupt bookies and old-school wise guys, politicians have discovered a legal fix that puts point shaving to shame, gerrymandering. Supercomputers and expert analysts have packed friendly voters into incumbents’ districts, eroding any chance of competitive elections.

Carving Republicans and Independents out of their districts, Democrats ensured that 86 percent of State Senate seats and 84 percent of General Assembly seats were blue. Yet only 39.9 percent of Rhode Island voters are registered Democrats!

Unfortunately, partisan gerrymandering infects elections across the United States, and both parties reap the rewards at the expense of the American people. With conservatives and liberals jammed into separate districts, red districts elect the same Republicans and blues elect the same Democrats.

Crushing opposition in laughably uncompetitive districts, incumbents no longer have to truly appeal to their voters. All of this destroys voters’ say in their government, weakens their control over their representatives, and allows Congress to stray from the will of the American people. Do not let corrupt politicians fix American Democracy; we must fight to end gerrymandering.

Again, with voters unable to oust complacent representatives from office, a steady stream

of inefficient and wildly unpopular policy has spewed from Capitol Hill. According to CNN, Americans of all political leanings gave Congress a miserable 10 percent approval rating, yet these detested representatives easily win reelection. In fact, polls from Public Policy Polling show that the American public has higher approval ratings of traffic jams, herpes, hemorrhoids, and even colonoscopies!

Though the people’s grasp on their democracy continues to wither away, for years the Supreme Court has been unable to declare the corrupt practice unconstitutional. The liberal and conservative wings have bickered endlessly over the constitutionality of the corrupt practice, and

that Justice Kennedy has been waiting for. As the *New York Times* describes, the “goal of gerrymandering is to force the other side to waste votes.”

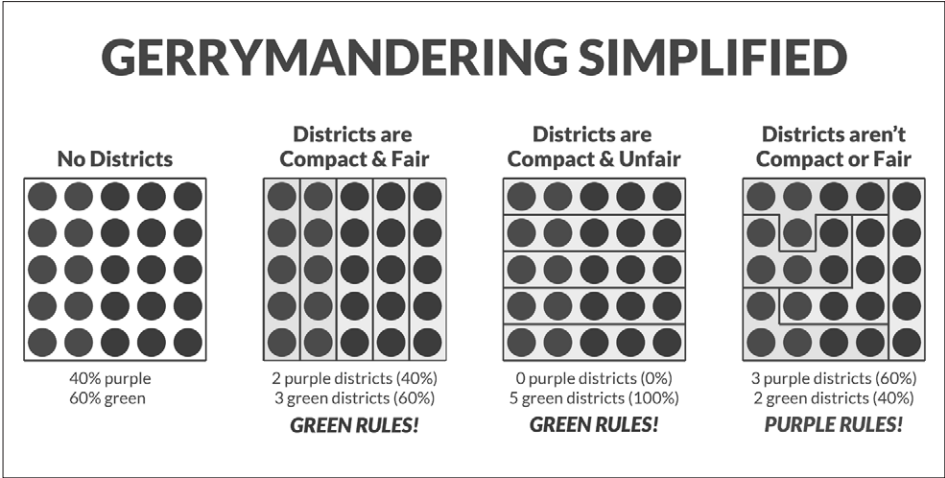
For instance, instead of allowing competitive elections across Wisconsin, Republicans packed Democrats into a few districts, where they cast votes that were far “beyond what’s necessary to win a district.” These districts would have been blue without the extra Democrats siphoned into the district, and these “wasted” Democratic votes could have made other district elections more competitive. With Democrats banished to a handful of districts, Republicans won the majority of districts in landslides.

The “efficiency gap” gives a numeric value to this phenomenon. It tallies “all the wasted votes in victory and defeat for both parties” in packed districts, “finds the difference (between the two parties wasted votes)... and divides by the total number of voters.”

In plain English, this means that we now have a percentage for how gerrymandered a district is. Using this metric, the *New York Times* measured Republican gerrymandering in Texas, Ohio, New York, Pennsylvania, Michigan, and six other states. On the other side of the aisle, Democrats have officially gerrymandered Maryland, and have created safe

seats in Rhode Island.

Armed with a metric that pinpoints gerrymandered districts, the Supreme Court can finally cleanse the United States of its gerrymandering infection. Finally, *Gill v. Whitford* could return the reigns of governance to the public, allowing them to expunge complacent and unaccountable representatives from the halls of Congress. End the laughingstock elections; return power to the American voter. To quote Arnold Schwarzenegger, Justice Kennedy, “it’s time to terminate gerrymandering!”



the court’s sole swing vote, Justice Kennedy, has been unwilling to end the stalemate.

While Justice Kennedy has spoken out against partisan gerrymandering, he has refused to rule against it without a “manageable standard” to measure it in various districts. Soon the Supreme Court will rule on partisan gerrymandering in *Gill v. Whitford*, and Justice Kennedy will have the opportunity to deliver gerrymandering’s knockout blow.

Luckily, political analysts have crafted the “efficiency gap” test, the “manageable standard”

Banning Books is Banning Education

by Gabrielle Bianco '21
Opinion Staff

EDUCATION

In early October, action was taken in Biloxi, Mississippi, to remove Harper Lee’s *To Kill a Mockingbird* from the eighth grade curriculum.

Kenny Holloway, the vice president of the schoolboard where the decision was made, stated, “There is some language in the book that makes people feel uncomfortable.” While Holloway did not expand upon exactly what made people uncomfortable, one could assume that they were concerned with the book’s portrayal of racism and various crimes. Some reports indicate that it was specifically the use of racial epithets that caused the controversy.

The responses from people around the country, specifically educators, were largely against the decision. Cheryl Schamp, an English teacher in Montana, supported teachers’ rights to educate their students on mature and sometimes divisive themes by stating, “We don’t teach it in a vacuum...you get a safe environment for kids to think about those things.” Likewise, Arne Duncan, the former secretary of education under President Obama tweeted, “When school districts remove *To Kill a Mockingbird* from the reading list, we know we have real problems.”

Responses such as these

prompted the schoolboard to revise its decision. The book was reinstated to the curriculum at the end of October, to an extent. Students now have the chance to read the book and take part in an accompanying lesson as long as they have a permission slip signed by a parent or guardian.

This is not the first time Lee’s work has been challenged in an academic setting. Lee’s epic novel, which centers around a young girl discovering the horrors of racism that plague her Alabama town in the 1930s, has raised concerns for decades. In fact, *To Kill A Mockingbird* was noted as one of a the American Library Association’s “Top 100 Banned / Challenged Books” in the decades of 1990-1999 and 2000-2009.

These actions point to a dangerous trend of censorship in the American school system. While those who challenge books by deeming them inappropriate may believe they are helping students, they are ultimately hurting their education.

Books like *To Kill a Mockingbird* are supposed to make people feel uncomfortable because they confront reality. When a student feels troubled by actions in a book, it can inspire them to confront similar issues in their own communities.

For example, *To Kill a Mockingbird* can spur readers to contemplate how racial injustice is represented in their surroundings. When taught well in a safe environment,

the mature subject matter in these controversial books can prove to be illuminating rather than damaging.

Two other works that are listed by the ALA as being frequently challenged or banned are *The Bluest Eye* by Toni Morrison and *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie. These works also deal with themes of race and were questioned for being culturally insensitive, controversial, and unsuited for the age group they were being taught to. When taught in the appropriate setting and manner, however, these works can promote cultural understanding and tolerance.

Children are the future. Childhood and adolescence prove to be a golden window of opportunity in which one’s beliefs and character can be molded. If we allowed children to embrace these essential lessons at an early age, the world could be much better off.

To ban *To Kill a Mockingbird* and other works like it—because they make people uncomfortable—is to potentially deny the world the opportunity to have a more empathetic, just, and accepting future.

As Providence College students pursuing studies in education contemplate how they will impact the leaders of tomorrow, hopefully they will consider the importance of not shying away from real world issues as uncomfortable as they may be. A proper education in all of these subjects is invaluable.

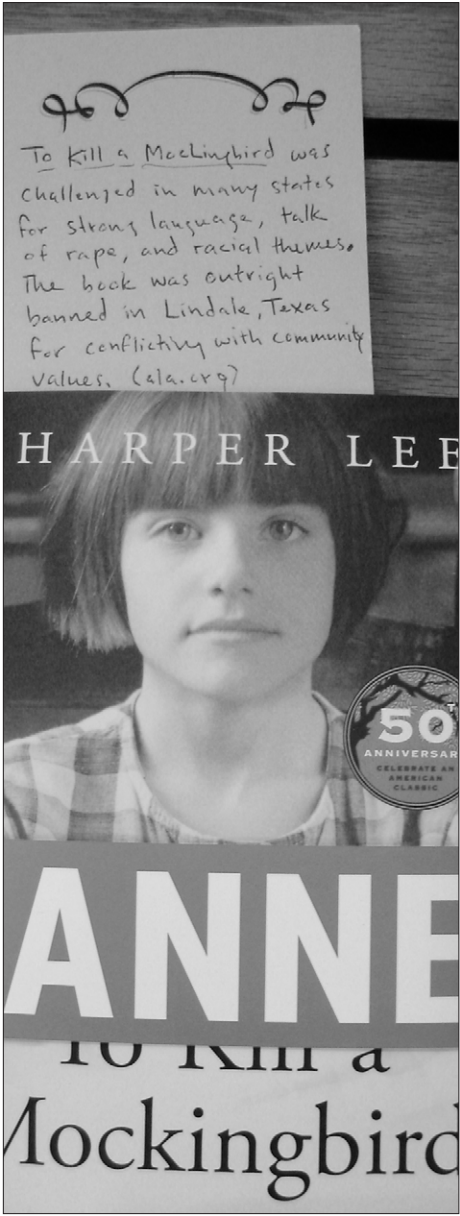


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The Cowl is a proud member of the Associated Collegiate Press.

by Marla Gagne '18
Editor-in-Chief

EDITOR'S COLUMN

Dallas, Texas, is home to BBQ, football, cowboy hats, and... journalism? This week on pages 12 and 13 you will find a dose of Dallas as *Cowl* editors highlight the best parts of the Associated Collegiate Press/College Media Association's Fall National Media Convention.

Two weeks ago, five *Cowl* editors boarded a flight to join a buzzing journalism community in the Lone Star State. Thousands of students, advisers, and journalism experts came together to talk about our favorite thing—news.

The conference was mainly a



time of workshops and discussion. We split up and conquered many sessions, ranging from “Cut the Crap,” 10 editing tips that can be done in 10 minutes, to “Diversifying Resources,” the best way to include news about all members on campus. Our photographers met professionals who advised them on the best ways to take last-minute portraits, while we learned more about the First Amendment, reporting objectively, and how to cover those difficult investigative pieces.

We were also able to meet with critics who examined our paper and gave us positive and negative feedback. We were happy to hear the newspaper critic was impressed with *The Cowl's* large size, articles, and visual layout, all without a journalism program. We also gained more insight into improving content and received many suggestions for advancing our website and social media.

The convention also placed a big spotlight on the ethics of journalism, especially in an age of “fake news.” Everyone

from keynote speakers to advisers reinforced the reporter's responsibility to find the truth, write objectively, and report with ethical integrity—doing the right thing when no one is watching.

In between workshops and lectures, we were able to explore downtown Dallas and get a taste of the culture, from museums and street murals to highly acclaimed food. Special spots included the Sixth Floor Museum, the location where Lee Harvey Oswald assassinated President John F. Kennedy, the Dallas Museum of Art, and Pecan Lodge, home to some of the best Texan barbeque.

Attending the conference was a special experience that allowed us to bond as a staff and gain more journalism knowledge, something especially helpful for non-journalism majors. We thank Providence College for making this opportunity possible and are excited to start applying our new ideas. As always, *The Cowl* hopes to bring the best and most accurate information to readers and we always love to hear your feedback and ideas.

TANGENTS & TIRADES

Marathon Brings Nation Together

During a time when division and disunity seem to infiltrate all forms of media and dominate our lives, we often overlook the events that bring our nation and the world together.

This past Sunday, over 50,000 runners toed the start line of the 47th TCS New York Marathon, ready to begin their 26.2 mile journey.

As one of the largest marathons in the world, this international event brings people together from countries all over the world to run through the boroughs of our nation's melting pot city.

Before the elite runners took off from Staten Island, race director Peter Ciaccia poignantly described the significance of the event, exclaiming, “Today, the spirit of humanity takes center stage and the spirit of humanity has no borders, only start lines.”

In light of last week's attacks on NYC—and the numerous violent tragedies we have seen streamed across the news this year—events like the NYC marathon and others are hopeful reminders to everyone of the spirit of humanity.

This spirit still prevails in the strides of every runner, regardless of race, ethnicity, class, religion, etc. And despite the tragedies and hate that fill the world, we can still find unity and strength in recognizing the resilience and positivity of the thousands of people who come together every year to prove themselves on this difficult course.

-Sarah Kelley '18

Never Fear, Basketball Tickets Are Still Here

Basketball is back at Providence College. This week marks the beginning of the 2017 Men's Basketball season, and an exciting time for all Friar Fans.

The soccer games have been a great way to take a break from homework, show your support, and spend a few hours outside with friends, yelling out at bad calls and cheering whenever the Friars get a goal.

But basketball is a core part of Friartown, and this year, there is the dilemma that student season passes are all sold out. I myself lost track of time and tried to buy tickets later than normal but was disappointed to hear this news.

There is still hope, though! You can purchase tickets at the Dunkin' Donuts center at each game or online.

This Friday, November 10 at 7 p.m., there is a game in Alumni Hall, and the student tickets are only four dollars.

However, if you want to go, make sure to get a jump on it because there are only a limited amount of students tickets sold per game.

So, even though you may have missed out on a great deal with the season passes, do not let this stop you from being a fellow Friar.

-McKenzie Tavella '18

Change Discussion on Sexual Assault

The boost in response to sexual assault on social media after the allegations filed against producer Harvey Weinstein is a promising reaction to the long-silenced issue of sexual violence against women. With the recent restoration of the #MeToo campaign, women worldwide have had the opportunity to speak out about their horrific experiences ranging from harassment to overt violence.

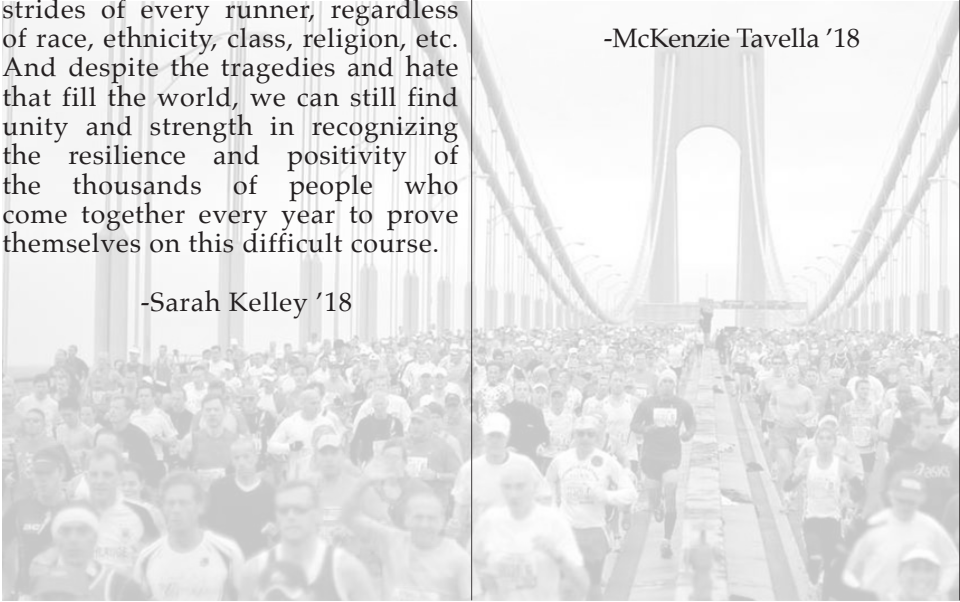
However, the way the media frames the perpetrators of such unspeakable exploitation hinders the progress we are making. The Internet's response to recent accusations against *House of Cards* actor Kevin Spacey is particularly concerning, as there appears to be a greater focus on the end of his career instead of the condemnation of his crimes.

When searching “Kevin Spacey” online, we find that nearly every article will briefly mention his misbehavior while the majority of the focus is on the consequences *House of Cards* will face as a result of his dismissal.

Men in entertainment who are convicted of assault tend to be regarded with sympathy, as their actions ultimately result in losing their career. Meanwhile, the victim of the violence is either unknown or ignored, and is rarely given the same attention in the media as his or her abuser.

In addressing incidents of sexual assault, it is important not only to identify the perpetrator, but to treat him or her as such. While Spacey has been punished, the attitude towards his behavior should not change.

-Hannah Paxton '19



Thousands of runners crossing the Verrazano-Narrows Bridge during the NYC Marathon

PHOTO COURTESY OF AP PHOTO/CRAIG RUTTLE

Letter to the Editor

Dear Editor,

Last Monday, October 30, everything going wrong in my life built up to this huge weight I couldn't carry anymore, and I was having dark thoughts.

Around midnight, I went to the chapel in hopes of getting rid of all the negativity I was feeling. When I realized that the doors were locked, it seemed like the end of the world. The one place I could run to for comfort was closed.

I was crying on the ground when this guy came along and sat with me by the chapel doors. He asked me if we could talk and what was wrong. I told him that everything was wrong, and that to make things worse, the chapel doors were locked.

He said someone could always swipe in through the side door, and he and his friend did just that and let me in.

When I sat down, I felt that I could finally release all the burdens that I had been carrying around.

I felt better being there, being able to talk to God.

To that guy, who went out of his way to make sure I was okay, I now address you directly: whoever you are, thank you. So much.

If I wasn't able to go inside the chapel and pray and find peace, I don't know what I would've done that night. I was scared and felt helpless, and I can honestly say that you saved my life that night. In every way. I

realized that if a stranger could care for me, so should I, and I wanted to get better. And I have.

A week later, I've been to personal counseling and have been getting help. I'm getting there slowly and surely, but I wouldn't have been able to without you. You have no idea how much you asking me what was wrong meant to me.

That night, you were wearing a pom pom beanie. It was probably blue, red, and white, and you were wearing sweats, probably gray. You were tall with brown hair, about 6' 2," and your friend was a girl with black hair, around 5'0".

You were coming from the library side of the chapel. When you opened the door, someone was playing the piano. I was wearing a black hoodie and gray sweatpants.

If this was you, please let me be able to say thank you in person. I don't remember your name, but I would like the chance to be able to.

If you are this person, please contact the following number:
571-839-9265

If you or anyone you know needs help, the following sources are available:

The Providence College Personal Counseling Center located in Lower Bedford Hall.

Office Hours are Monday-Friday from 8:30 a.m. to 4:30 p.m. For questions or to schedule an appointment with a counselor, please call 401-865-2343.

National Suicide Prevention Lifeline:
1-800-273-8255

Crisis Text Line: Free, 24/7, Confidential Text HELLO to 741-741

V.A.S.E.—Victim Advocacy, Support & Education [Day One—The Sexual Assault & Trauma Center]: 401-280-0564

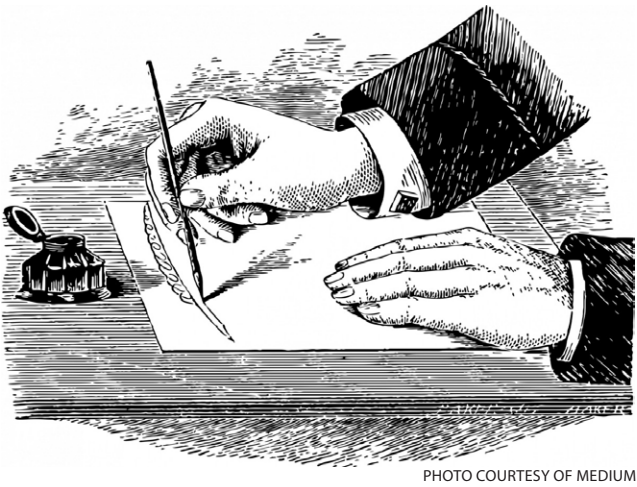


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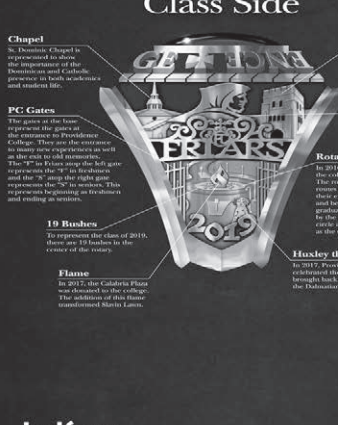


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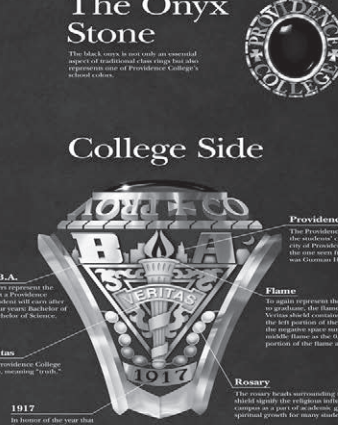
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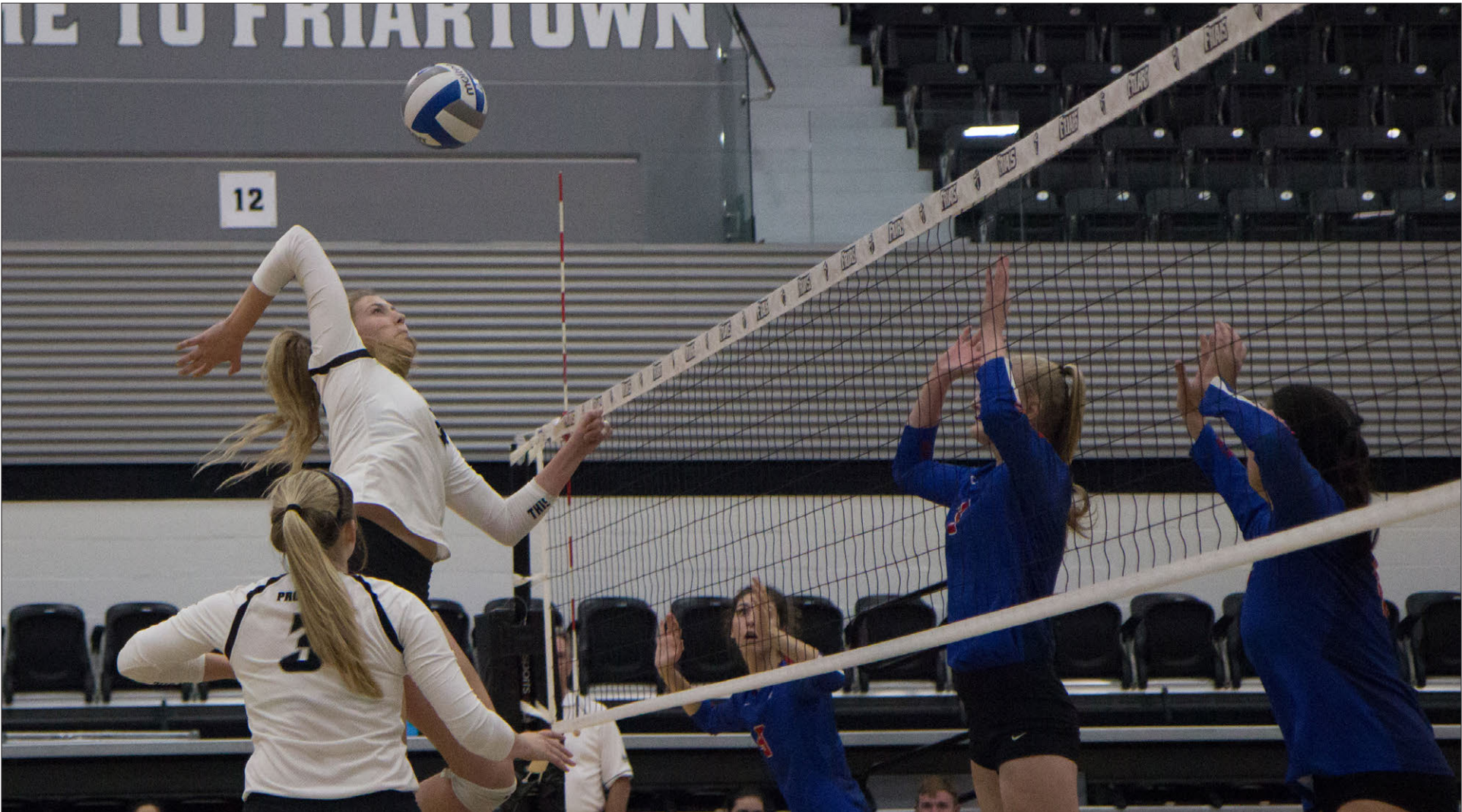


MAGGIE BRANHAM '18/THE COWL

ABOVE: Kingsley Metelus '21 performs at the coffeehouse to applause from his peers. The event was a part of Mental Health Awareness Week and featured over a dozen planned performances along with an open mic portion.

LEFT: Timothy Duffy '17, Kevin Hugel, and Father Iriarte Andújar, O.P., converse at the Veterans Day ceremony reception for ROTC cadets and their guests on Wednesday afternoon.

BELOW: Lindsey Schaible '20 jumps to spike the ball during the Providence College women's volleyball match against DePaul University last Friday. Schaible accumulated five kills and a .833 hitting percentage in the third set alone. The Friars won all three sets in the match.



LAURA CHADBOURNE '20/THE COWL

The Cowl takes Dallas, TX



From left to right: Cowl members Paige Calabrese '18, Sarah Kelley '18, Kristina Ho '18, Nicholas Crenshaw '20, and Marla Gagne '18 at the Sheraton Dallas Hotel.

PHOTOS COURTESY OF THE COWL

The NCMC: What is it?

Over the weekend of October 27, five editors of *The Cowl* attended the National College Media Convention in Dallas, Texas. The convention is held annually in different cities, and various college and university publication organizations — newspapers, yearbooks, literary magazines, etc. — are invited to attend. The convention schedules workshops on multiple topics relevant to student journalism, including sessions on photojournalism, newsroom leadership, and how to cover sensitive topics, to name a few. There are also workshops designed specifically for the publications’ faculty advisors as well as lectures given by journalism professionals with countless years of experience who have established themselves and their careers with world-renowned publications.

The National Media Convention was a great time to gain insight into the ever-growing world of journalism. Notable keynote addresses, such as last year’s Skype session with Edward Snowden or speech by Watergate reporter Bob Woodward, bring special insight into the journalism industry and words of inspiration for up-and-coming reporters.

This year the Convention brought in two long-time industry men, Hugh Aynesworth and Bob Schieffer. Aynesworth is a four-time Pulitzer Prize finalist and Emmy Award winner who is most well-known for witnessing and covering the assassination of President John F. Kennedy. Aynesworth, who was not even assigned to a story that day, talked about his journey with JFK and Lee Harvey Oswald. He heard the first gun shots, grabbed a child’s pen and an unpaid bill envelope to start recording his interviews, followed police trackers to locate Oswald, and eventually saw Oswald shot on live television.

Listening to Aynesworth, I was struck by his devotion to finding the truth and making sure that it came to light. He exposed Oswald’s Russian diary despite being bugged by the FBI and threatened by Oswald’s widow. He spent hours interviewing people, finding out Oswald’s escape route after the shots were fired. Today, he continues to deny any conspiracy theories, wanting to emphasize to reporters and readers the harm of believing distorted or made up evidence. Aynesworth was present in such a crucial time in U.S. history and made sure the information was made public.

We were also able to hear from Bob Schieffer, an iconic CBS newsman who has a 50-plus year career in journalism, who discussed the present state of media. In today’s world of “fake news” and false information that stays on the Internet, it is difficult to find the truth. He encouraged students to remember there cannot be a true democracy without a free media and that it is more important than ever to cover the news and present the truth. The woman introducing Schieffer said it is important to remember what he stands for: persistence, always getting the story; civility, never being disagreeable or ugly; and ethical integrity, simply telling the truth and doing the right thing.

While the workshops were helpful and gave us very specific tips, these two professionals were able to give us insight into the industry and remind us of the moral philosophies behind journalism. As Bob Woodward said, “Be a human first and a journalist second. That doesn’t negate the journalism.”

-Marla Gagne '18, Editor-in-Chief



Bottom left to right: Marla Gagne '18, Sarah Kelley '18; top left to right: Nicholas Crenshaw '20, Kristina Ho '18, Paige Calabrese '18 on board the flight back to Providence.

PHOTOS COURTESY OF THE COWL

The National Media Convention was a rewarding experience. It was really exciting to experience a new city, as thousands of college newspaper staffs flooded in from around the country.

Throughout the three-day event, we were able to attend different workshops. The workshop “Spread the Love: Diversifying Your Source,” gave me a new perspective which is not only beneficial for the newspaper but for me as well. The first step is including more voices in our newspaper. Diversity does not only focus on the orientation and ethnic aspects of people, but it also includes people’s voices and mindsets which need to be represented. As a newspaper, we need to be more proactive in incorporating these voices; otherwise, some people will never be heard.

I also participated in an interactive session that required me to meet another individual that looks completely different from me whom I never met before, and come up with what is similar and extremely different between us. This was a very important lesson because in the two minutes we exchanged introductions and spoke about ourselves, I learned that despite our differences, we did share some similar qualities. When writing about people’s differences, one must be willing to learn about different viewpoints and not be afraid to ask questions if he or she is unsure about something—accuracy is most important.

Another thing I learned is that The Cowl has to create a brand and be mindful of its association with Providence College. What we publish in the newspaper represents our staff and all the members of the College community.

In addition, this trip was very special and memorable because not only did I receive an opportunity to travel to Dallas, I got to celebrate my 20th birthday with my amazing Cowl friends. I even got to eat Taiwanese food and my friends got to try my cultural cuisine for the first time. Dallas was a beautiful city and it reminded me of home, New York City. The city was very friendly, and we were able to explore the local food scene. Overall, it was not only a very educational experience, but also a bonding experience for the Cowl staff, as we just grew closer.

-Kristina Ho '18, Photography Co-Editor



Kristina Ho '18 poses in front of a mural. PHOTO COURTESY OF THE COWL



Tacos for lunch. PHOTO COURTESY OF THE COWL



Enjoying a plate of authentic Texas barbecue at dinner. PHOTO COURTESY OF PAIGE CALABRESE '18



Cowlers pose in front of the Dallas Museum of Art. PHOTO COURTESY OF THE COWL



Tacos for lunch. PHOTO COURTESY OF THE COWL

My experience at the National College Media Convention helped me realize how important it is to interact with other students and professionals within the world of journalism. Since Providence College lacks a journalism program and many of the career preparedness events are primarily oriented towards STEM or business fields, experiences such as this conference are crucial for students interested in writing or journalism as a career.

The experience of travelling to Texas and meeting with influential professionals reached beyond my expectations, as I had the opportunity to meet with student journalists like me, their experienced advisers, and professional journalists. Each of these groups had something to offer, from commiserating about the struggles of student journalism to opening my eyes to what a day in the life of a photojournalist looks like.

At the sessions I attended, I was fortunate to meet practicing writers, journalists, and other editorial professionals who provided a wealth of information about what a career in journalism entails.

For instance, I attended two sessions which featured photojournalists from the Dallas Morning News. By listening to them recount the challenges of their day to day jobs, I gained both practical knowledge to implement at The Cowl and insights into photojournalism as a possible career.

My experience at the conference has already informed my role as photo co-editor at The Cowl, as seeing the different layouts and visual approaches that my fellow student journalists are taking was immediately inspirational. The sports photography session I attended has helped me learn how to be a better training resource to my staff and show them better positions and techniques to use while capturing athletics events on campus.

In addition to learning more about a career in journalism and meeting students like me from across the country, I also got to spend time getting to know my fellow Cowl editors better. Since I am from the south, exploring the city of Dallas with my Yankee friends helped me to experience everything great about the south with new eyes.

-Nicholas Crenshaw '20, Photography Co-Editor

After attending this past weekend’s National College Media Convention in Dallas, Texas, I found myself sitting in one of the last workshops of the week: “Time Management and Productivity for Editors.” While listening to Dr. Kenna Griffin, a mass communications professor and collegiate media advisor from the Oklahoma City University, discuss ways for busy students to better manage their time –I could not help but be skeptical as to what she was about to say.

Yet just as I was about to feel like I was (ironically) wasting my time during this time management workshop, Griffin provided some key pieces of advice seldom utilized by overworked, under-rested, and often stressed out college students, that are deserving of greater consideration.

Griffin reminded students, “You can do anything, but you can’t do everything.” By quoting the personal productivity guru, David Allen, this simple but significant idea resonated in a room filled with heavily involved writers and editors from colleges across the nation.

For many college students today, the pressure to be involved on campus and within the community is increasingly high. For PC students, this pressure translates into multiple commitments to clubs and student-run organizations, often in addition to on- or off-campus jobs or volunteer work, and always on top of the seemingly ever-increasing workload of five to six classes a semester - not to mention those students who double major or minor.

Griffin reminded students to reflect on their current commitments in order to recognize which activities they are pursuing because of genuine interest, and which they may actually hate, but continue with because students feel like they should. She recommended, “Say no to a lot of little things, so you can say yes to what really matters...”

Yes, this statement may seem like an oversimplified or even obvious piece of advice, but for many college students, this is a reality that few want to admit, and even fewer take control of. High levels of pressure from peers, professors, parents, advisors, and even ourselves demand college students be as involved as possible in order to be considered “well-rounded” or qualified upon graduation.

One final surprising suggestion Griffin made during this presentation was for students to make “appointments” with themselves. She recommended throughout the week, students set time aside – whether for assignments, reading, exercise, etc. – during which they will not allow others to schedule meetings or other activities that might interfere with this time.

With many students finishing midterms over the past weeks, and last week was Mental Health Awareness Week here at PC, Griffin’s recommendations prove essential for students and community members alike: take time for yourself, find balance among multiple commitments, and remember, “You can do anything, but you can’t do everything.”

-Sarah Kelley '18, Opinion Co-Editor



Cowlers pose in front of a mural in downtown Dallas. PHOTO COURTESY OF RICHARD KLESS

Traveling with The Cowl to Dallas, Texas, will absolutely be one of the highlights of my fall semester and my college career in general. The National College Media Convention is a great opportunity to improve the quality of your newspaper, get advice from professors and journalism professionals, and get exposure to the publications from other colleges and universities.

The keynote conference speakers, Hugh Aynesworth and Bob Schieffer, spoke about their experiences as journalists covering the assassination of President John F. Kennedy; what made their lectures even more interesting was their timing, because at the same time as the conference, the government decided to release previously confidential reports on the investigation into JFK’s assassination.

Out of the myriad of workshops to attend, my favorite focused on how journalists at private colleges and universities can tackle problems they run into accessing information when pursuing an investigative piece. The session outlined various real-life situations college newspapers experienced when trying to obtain information about relevant issues occurring on their campuses, and also provided students at the session with resources and strategies for how to approach information access problems.

The conference was my first time visiting Dallas, and I loved exploring the city and experiencing the local culture with some of my fellow editors. I was elated to see how diverse the food options were in the city: we had tacos, barbecue, and Taiwanese food, to name a few. In addition to eating our way through Dallas, we toured The Sixth Floor Museum at Dealey Plaza, formerly the Texas School Book Depository, the site from which Lee Harvey Oswald took the shots that killed President John F. Kennedy.

Although I am saddened that this was my last conference with The Cowl, I had a wonderful time learning and bonding with my editors, and we created memories that will last long after I graduate.

-Paige Calabrese '18, Associate Editor-in-Chief

ROVING PHOTOGRAPHY

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November 9, 2017

Who is your celebrity daddy?



"Chris Pratt."
Kellen Buckley '18



"Kanye West."
Jackson Reis '20



"Ryan Gosling and Justin Hartley."
Ryan McSweeney '18 and Courtney Holland '18



"Jade Chynoweth."
Friendship Edidoma '19



"Michael Clifford."
Molly Magarian '21



"Chris Hemsworth."
Kyle Kilner '18



"Vladimir Putin."

-Donald Trump

PHOTO COURTESY OF ROBYN BECK/AFP/GETTY IMAGES

Photos by Maggie Branham '18, Staff Photographer

Hannah Brencher: The World Needs More Love Letters

PC Students Engage in Mental Health Awareness Week

Love Letters:

Continued from front page

Brencher replied, “I love words. If there were a way to bring a semi-colon to prom I would have.” Then, Joe slid her a math problem across the table. Brencher could not solve it, she said to Joe, “I don’t know.” He said that it was not that Brencher did not know, but that she did not know yet. From this event, Brencher reminded us to “Stay hungry. Take note of what wakes you up inside.” Nevertheless, Brencher attributes the creation of her organization to the example and personality of her mother, a socialite who constantly reminds her to pay attention to the people around her. In a world bouncing between the temporary pleasures of social media and the “stories of people you want to be like,” Brencher’s mother taught her to make every person she encounters feel like the center of the universe.

For this reason, Brencher wrote a letter to a lonely woman on the New York subway. Although the woman got off the train before Bencher had the opportunity to give it to her, she still decided to leave love letters in coffee shops, stores, and delegate seats throughout New York City, all intended for strangers. Afterwards, she posted on her blog offering anyone who needed hope and love an opportunity to receive a love letter. Expecting five or six requests at the most, Brencher was stunned when hundreds of requests poured in. Eventually, *The Wall Street Journal* contacted her, turning her humble quest to deliver love into a nationwide movement and a widespread reality. Therefore, she had to cope with



PC students are pictured above writing their own “love letters.”

BRIANNA COLLETTI '21/THE COWL

the drastic expansion of her letter writing. Reflecting, Brencher advised anyone seeking to start something new to “just start, figure out the rest later, ask for help, don’t look for perfectionism, and vow to do everything you can.” Through the assistance of a favorite author and interviews with several known reporters, Brencher created *The World Needs More Love Letters*, and wrote her first book, *If You Find This Letter*. Now, the organization has delivered over 125,000 letters to people around the world, comforting widows, giving appreciation to veterans, and

sending hope to cancer patients. From her experiences, Brencher reminded the audience to do “small things on repeat.” She remembered getting 300 girls to wish her friend a happy birthday after he suffered a terrible heartbreak. The reaction from her friend showed the effectiveness of a simple gesture. After all, according to Brencher, “It is easy to go through these four years and ask, ‘What can I get?’ It’s pretty cool to ask, ‘What can I give?’” Finally, Brencher told the audience to “stay here.” Apparently, Brencher’s driver for her 2015 Barnes and Noble book launch was the driver in *The Devil Wears Prada*.

However, without the inquiry of her outgoing mother, Brencher would never have discovered this fact, being a diehard fan of the film. As Brencher told her audience, “Investing in someone’s life is different than investigating someone’s life.” Closing out her conversation, Brencher made sure to circle the lecture back to mental health. She reminded everyone that “it’s okay to not be okay,” and to “be those lighthouses for people.” Yet, most of all, Brencher wants us all to be buffalo. Like her old physical trainer once remarked, buffalo do not hide from a storm but run towards it.

Everett Open Stage Cultivates Creativity

by Alexis Jais '18
A&E Staff

ENTERTAINMENT

The Open Stage series recently began at the Everett Company Stage & School in Downtown Providence. The school will hold Open Stage shows on the first Friday of each month until June of 2018. The Everett school hosts classes and performances of many different kinds, with a goal of bringing the youth of Providence to a place where they can share their talents and passions in a supportive environment. The theme for this months Open Stage on Friday, November 3 was hip-hop and included spoken word poetry, original raps and song performances, and choreographed dances. In a small room that houses around 150 people, the stage might be modest, but its performers on a Friday Night Live or Open Stage night are far from quiet. A young boy named Jonah choreographed his own dance to a dubstep remix. A tall, shy performer named Michael performed an original song of his, called “Michael in the Bathroom” for the first time in front of an audience. Each time a performer felt shy or made a mistake, the whole crowd supported them with cheers and words of encouragement. The Open Stage is for kids who are just getting out there, who want to build their performance

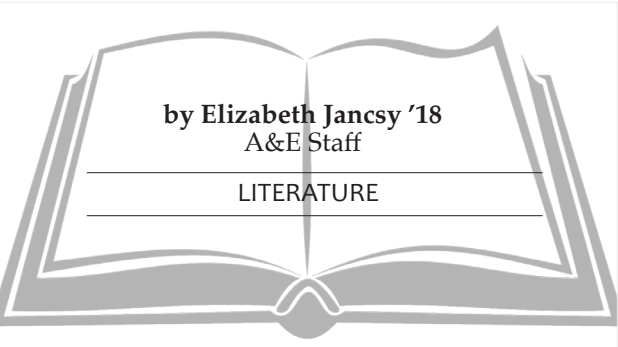
skills and hopefully gain some confidence for future endeavors in the entertainment industry. Another performer named Nathan showed his character by delivering a refreshingly authentic standup piece, drawing on anecdotes and stories from his years as a high schooler, referencing the realization that freshmen really are as annoying as everyone warned. Acts like Nathan and Jonah’s revealed a sense of fresh innocence every performer hopes to retain as they grow and change. For the night’s finale, spoken word poet Vatic took the stage to perform some of his award-winning pieces; this change of pace quieted the room completely. He began with what he called a survey on police officers, which ended up being a shocking commentary on police violence. As he continued talking, singing, and communicating in a way that seemed less like poetry and more like a friend talking to a friend, he ever so often promised to begin the “poetry” soon. After a heated piece on the lack of freedom within the black community, Vatic stormed out of the stage room and all stood with bated breath; some audience members left out of confusion while some waited in anticipation. As he calmly walked back into the building, it was understood that the tension in the room was too much for Vatic to bear. Viewers who attend Open Stage will be met with a novel and exciting experience at each session, many audience members will surely come back for many more performances throughout the season.



Promotional photo for Vatic from Everett Open Stage.

PHOTO COURTESY OF EVERETTIRL.ORG

Do You Believe in Magic?



The beloved novel and blockbuster hit *Practical Magic* gets a new chapter to add to its story. Author Alice Hoffman recently debuted her newest novel *The Rules of Magic*, a prequel to the original tale.

Set in New York City in the 1960s, this novel follows the life of Susanna and her three children, Franny, Jet, and Vincent. Like many, Susanna has secrets about her family’s past, but these secrets are not revealed to her children until they pay a visit to their aunt in Massachusetts.

Suddenly, everyone seems to know the truths to why they are who they are. Readers get the unique opportunity to follow the sisters of *Practical Magic*, Franny and Jet, before they became the beloved sisters of the best-selling original novel.

Last week, Hoffman spoke at Evening With Authors, an annual fundraiser for the Gloria Gemma Breast Cancer Resource Foundation hosted by Robin Kall at the Greenwich Odeum in East Greenwich. Hoffman, alongside two other authors, spoke about her newest novel and the work that went into creating something new for the fans.

From speaking candidly about her favorite bookstore to what book she is currently reading, Hoffman kept the audience entertained as they learned more about the author. Hoffman stated that she does not read when she is in the process of writing a book for fear that she will start to inhabit the mind of someone else’s work, and she kept to this regime when creating the prequel.

Hoffman reminded those in the audience that because it is a prequel, no prerequisites are required. Allowing new readers to fall in love with these characters without having read her other work is the joy she has found in creating a prequel for the best-selling novel.

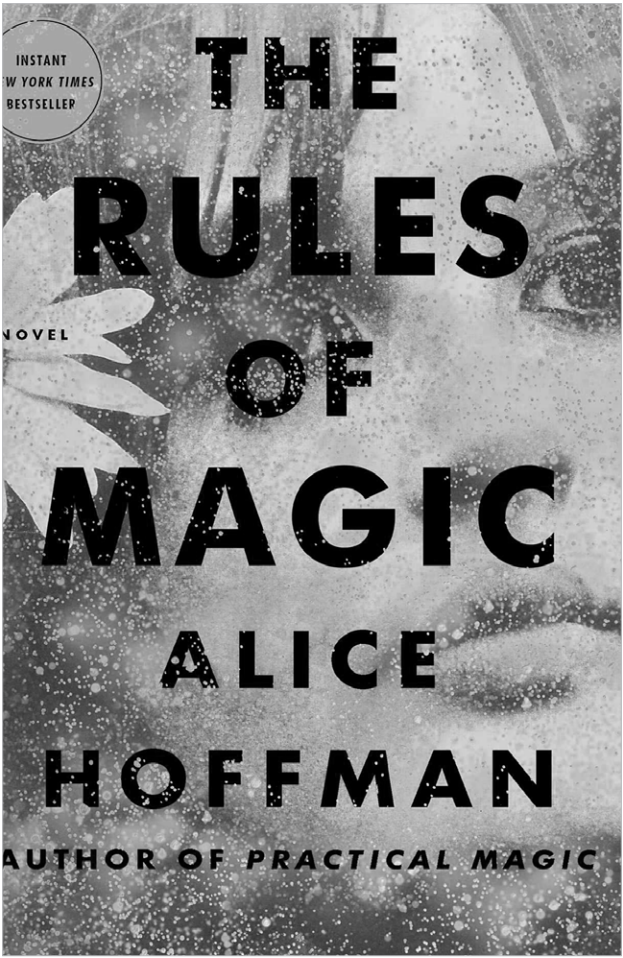


PHOTO COURTESY OF SIMONANDSCHUSTER.COM

Hoffman also spoke about the making of the movie version of *Practical Magic*, which starred big Hollywood name Sandra Bullock and Nicole Kidman. Hoffman explained her role in the production, as she was very hands-on in making sure this story came to life in the right way.

Hoffman spoke lovingly about not only the actresses, but also of the set and production team. As they created “the best kitchen ever in a Hollywood film,” it is safe to say every detail was covered in the world Hoffman created.

The Rules of Magic debuted on Oct. 10 and is already receiving a lot of attention from reviewers and readers, making it a celebration of past success and a gift to future lovers of the series.

This Week’s New York Times Bestsellers:

1. <i>The Rooster Bar</i> by John Grisham	
2. <i>Origin</i> by Dan Brown	
3. <i>Quick & Dirty</i> by Stuart Woods	
4. <i>Deep Freeze</i> by John Sandford	
5. <i>Leopard’s Blood</i> by Christine Feehan	
6. <i>The Sun and Her Flower</i> by Rupi Kaur	
7. <i>Milk and Honey</i> by Rupi Kaur	
8. <i>Mind Game</i> by Iris Johansen	
9. <i>A Column of Fire</i> by Ken Follett	
10. <i>IT</i> by Stephen King	

Never Be Ashamed

Hit TV Series Shameless is Back and Better Than Ever

by Julia Vaccarella '20
A&E Staff

MUSIC

After the rather somber conclusion that closed out season seven, Showtime’s award-winning series, *Shameless*, is now back once again for a highly-anticipated eighth installment. It was announced that the show would be renewed for an eighth season with 12 episodes just days after the season seven finale in 2016. *Shameless*, which is based on a series by Paul Abbott, resumes exactly where it left off with a major character’s untimely death and the aftermath of how the family will deal with this loss.

Previous seasons of *Shameless* have focused on the members of the dysfunctional Gallagher family: Frank, Fiona, Lip, Ian, Debbie, Carl, and Liam. Frank’s consistent absence forced his children to learn how to subsist on their own. The Gallaghers’ personal, family, and financial struggles while living in the South Side of Chicago have often driven them to engage in illegal and criminal activity to make ends meet.

With a lack of parental guidance from Frank (William H. Macy), the family’s oldest, Fiona (Emmy Rossum), takes on the responsibility of caring for her five siblings, despite having to consistently grapple with personal problems of her own.

It seems that season eight will

encompass the theme of responsibility, a value that until now has been of unfamiliar importance for the Gallagher family. Fiona claims to have taken a break from dating and has instead assumed a role as the tenant of an apartment building. Meanwhile, Frank is making yet another attempt to get his act together, but this time tries seeking out forgiveness for his past behaviors. Lip deals with the heavy issue of struggling with his addiction and Ian attempts to save a relationship that he now realizes he may have ruined in season seven.

Executive Producer John Wells

indirectly confirmed that the idea pervades the new season. He says, “We’re not trying to do it with exactly a theme, but it’s true: as you grow older and you move from childhood into adulthood, you realize that you have responsibilities to more than yourself if you’re going to be successful.” Bringing up the complex maturation of such dysfunctional characters has sparked some conversation about how the show will conclude, and if this is, in fact, the final season.

With a steady increase in the show’s popularity, there is a chance that new episodes of *Shameless* will remain on

Showtime for several more years. The first seven seasons of the show are available to Netflix subscribers, making *Shameless* more accessible to those who may not have Showtime. Despite this, each live episode continues to draw in over one million viewers.

Whether the overall plot that underlies season eight will result in these dramatic moral changes for the Gallagher family or cause certain characters to simply revert to their old ways is unknown. One thing for sure is that people will be watching to find out. Episodes of *Shameless* air weekly on Showtime, Sundays at 9 p.m.



The cast of the hit Showtime series Shameless

PHOTO COURTESY OF REFINERY29.COM

the fried chicken song

by Marelle Hipolito '21
Portfolio Staff

POETRY

i ate some fried chicken yesterday
it tasted good to eat my worries away
i saw my friend in the hallway
but i hit a locker and it took my breath away
i went to stats we had a happy frappy
made me realize that my life was so crappy

but it's alright
and it's okay
cause i ordered chicken and it's on the way

i love the fried chicken delivery boy
he's got a look that could bring me some joy
but i don't even pay attention to his face
just the chicken he's holding that's good for my plate

fried chicken tastes so good
it always brings up my mood
it's the only reason for me to run
because eating chicken is just too fun

i met a boy a few days ago
worth a million boxes of cookie dough
i found him on instagram, oh lord god bless
i tried to follow him but he ignored my request

but it's alright
and it's okay
cause i ordered chicken and it's on the way

my friend caitlin and i were parking i thought we had some space
but i'm blind and we hit another car like a slap in the face
later in the shower i tried to change the song
lesson learned: phones and water don't get along

had a physics test where i was barely alive
legit i didn't study i got a 25
it's okay though cause i took a nap
and found peace in a chicken wrap

but each night when i went home
i was never ever alone
because i ate fried chicken all those days
and my worries went away

The Painter Revealed

by Marisa Gonzalez '18
Portfolio Staff

FICTION

White walls surrounded him, cared for him, gave him a home. It had been three years since Ian Michael Emerson was admitted into the Rockville Mental Institution. It had been two years since he started art therapy. No one was really sure what was wrong with him. Ever since the day he was admitted, I. M. Emerson had never left his little corner. This corner became his world, the white walls his canvas.

I.M. Emerson was a great mystery to the nurses. He seemed content in his corner, although nothing was there. It was just him. “It must be lonely,” said one nurse. She was young, too young to understand the beauty of being alone. “It must be boring,” yawned another. She, too, was naive.

Emerson had been listening and smiled. He then closed his eyes and let the white walls consume him. After a year of watching Emerson stare blankly at white walls, one nurse decided he needed a way to express himself. That was how I. M. Emerson got his paintbrush, his magic wand. When a brush, paint, and a blank canvas were placed in front of him, he smiled, his eyes shining. He picked up the brush and carefully dipped it into the red paint, and thus the painter was born.

It was not until May 14 that someone had discovered his secret

to contentment. Nurse Plath was a young woman with fair hair and brilliant blue eyes. She had often watched Emerson from afar and marveled at the man’s quiet demeanor.

“Too quiet,” Nurse Plath thought. “Something must be going on.” It was on May 14 that she decided to make the mysterious man talk. She took a breath and entered the room.

Once in the room she was greeted by bright, untouched

white walls. They were so free and unworn, she suddenly felt happy. As her eyes made her way into Emerson’s corner, that happiness faded away. The walls in his corner were filled

with scratches and canvases. Her eyes glided toward each canvas. They were filled with mixed colors, splattered like a child painted them. She noticed the man, eyes transfixed on his current painting. This made her feel uneasy. Why would a man be so concentrated on a splatter of color? There was

simply nothing there. Nurse Plath looked away from Emerson and her eyes fell on a canvas sitting in the center of the room.

This canvas had an actual painting on it. Unlike the others, it was shrouded in vibrant light. As she got closer, she noticed it was a painting of Emerson.

“That is my dream.” Nurse Plath jumped. She turned and saw Emerson. No one had really seen him before. He looked old, as he was draped in darkness from the corner. However, when he came toward the canvas in the middle of the room, he lit up. Youth and ambition exploded from him. He smiled crookedly.

“It’s nice,” Nurse Plath smiled. She then looked back at the wild colors of the other canvases and asked, “Why has this painting not been put up?”

Emerson tilted his head. His eyes crinkled. “Why do you ask?” he inquired.

Nurse Plath smiled politely, “Well, it is quite beautiful.”

Emerson nodded his head slowly in understanding. “Indeed, but that painting does not portray life. It’s only a dream. True life is chaotic and one needs to find beauty in the madness.”

He stepped back into the corner and was once again engulfed by darkness. His appearance returned to that of an old man. “This is my reality,” he stated. “And I am content.”

PHOTOS COURTESY OF YOPRICEVILLE.COM, CHEAP55PRINTING.COM

The Opportunity of a Lifetime

by Sam Pellman '20
Portfolio Staff

FICTION

Today was the day. The day she’d leave her home for three months and never look back. Well, not really. This also wasn’t just leaving for college; she was a junior after all. No, this was different. Instead of returning to her beloved campus she’d missed all summer long, she was getting on a plane and going to a different country. Better yet, a different continent, across the world. Thousands and thousands of miles away.

Were the nerves kicking in? Just a little bit. The summer started off fine, there were no anxieties, just stress-free, sunny beach days. Yet, the closer and closer it got to August, the more and more she began to doubt her decision. Should she really have committed to studying abroad? Was she really going to be able to survive three months across the globe? Without her family or friends? At this point, it looked as if death were inevitable. She wanted to withdraw from this program, get out and run. Go to back to campus, her

home away from home, the familiar place she felt comfortable in. Yet, every time she tried to stop herself from going through with this choice, something stopped her. She didn’t know what it was, but something wouldn’t let her miss this opportunity. After all, this is an opportunity of a lifetime.

When else will she be able to roam around the streets of Paris with a crepe in one hand and a simple tea in the other? At what other point in her life will her study spot be that shady bench under the Eiffel Tower? When else will she be able to spend her Sundays getting brunch with baguettes and onion soup and then later getting lost in the Louvre? Or will she be able to run up and down the halls of the Palace of Versailles pretending she was royalty? All this rested in the back of her head. She pictured herself doing all these things and remembered that if she dropped out now, all these dreams would only be dreams. They’d be fantasies she’d never be able to explain

to anyone else because they simply aren’t real.

It was finally the day to leave, but instead of being only nervous, she was excited. Excited to begin a new life, have a fresh start in a place where no one knew who she was. She could express herself, experience an entirely different culture, and maybe even find who she is. Maybe that’s the whole point of going so far. To immerse yourself into a different life with no one’s help but your own. To grow as a person and come back full of new and engaging intelligence of a place your heart has been for three months. To give up this opportunity is to give up a dream. She squeezed her parents one last time; after all, they promised they’d make an extended visit at some point. She grabbed her passport and turned to the gate. This was it, this was her new beginning. She turned around one last time and shouted, “Au Revoir!” to America for at least a little bit. From here on, she’s a French girl.

PHOTOS COURTESY OF WIKIMEDIA.ORG

	<div>Listomania</div> <div>Weirdest Nicknames Ever</div>
	Clammy
	Doo Doo*
	Dingleberry
	Merm
	Jo-Jo Banks
	Bugs
	Beaner
	Bubby
	Rotten Egg White
	Pagina
	Carlos Danger
	Fungus
	Dixie
	Esteban Julio Ricardo Montoya de la Rosa Ramirez
	*for a sophomore in college

ELECTION DAY:
ONE YEAR LATER

by David Martineau '18
Portfolio Editor

CARTOON



Tiffany & Earl

Making PC an emotionally stable
place one letter at a time

Dear Tiff and Earl,

How do I prepare for an impending
thunderstorm?

Sincerely,

Raindrops Keep
Fallin' On My Head

Dear Raindrops on My Head,

Is this an emotional thunderstorm
or a real thunderstorm? Because
the two are vastly different, and
both can be extremely stressful
situations.

If it's a real thunderstorm...

Step 1: Call a man (six pack
required)
Step 2: Instruct him to take off his
shirt
Step 3: Have him stand out in the
rain
Step 4: Watch him work

*Sexist comments and extraneous
noises are not required but
encouraged*

If it's an emotional
thunderstorm...

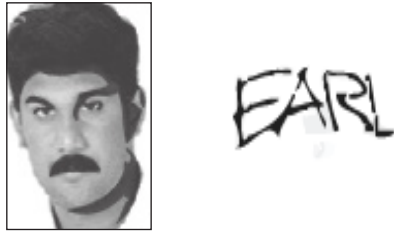
Step 1: Call a man (six pack
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shirt
Step 3: Have him stand out in the
rain
Step 4: Watch him work

*Sexist comments and extraneous
noises are not required but
encouraged*



Dear Rain Drop Drop Top,

Thunderstorms are the best kind
of November weather here at PC.
They're great at knocking all of
those pesky, colorful leaves out
of the trees which spur pumpkin
spice fever and the dreaded "vest
weather." Without the hindrance of
these mainstream autumnal trends,
dedicated students like me can
spend our time more focused on
the important things. Or, the new
season of *Stranger Things*. Whatever
floats your goats.



This is a satirical column that does
not reflect the views of Providence
College or The Cowl.

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November 9, 2017

Women's Hockey Comes Out Strong

by Jeremy Perrigo '18
Sports Staff

WOMEN'S ICE HOCKEY

The Providence College Women's Ice Hockey Team, after finishing the 2016-17 campaign 17-17-3, is off to a strong start this season with a record of 6-3-2.

The Friars swept the Northeastern University Huskies in a home-and-home over the weekend of Oct. 28 with 2-1 and 6-4 victories. This was an impressive accomplishment considering the Huskies finished last season with a record of 22-12-3, beating the Friars in all three of their previous meetings.

The Friars' early success has been made possible through the contributions of players such as Madison Myers '19 (Colchester, Vermont), who was awarded Women's Hockey East Goaltender of the Month for October. Myers has started all 11 of the Friars' games this season, sporting a save percentage of .914 and a goals against average of 2.34.

This is Myers' first Hockey East monthly award. She was also previously awarded Hockey East Defensive Player of the Week on Oct. 30, largely for her contributions against the Huskies, where she put up 40 and 38-save performances in the back-to-back games.

Myers, who said she models her game after Montreal Canadiens' goaltender Carey Price, stated that it is "quite the honor" to be recognized with the award. When asked about her recent success and if she has made any changes to her game that have allowed her to grow as a player, she mentioned her



Myers gets ready to make a save.

PHOTO COURTESY OF MADDIE MYERS

previous season's work she said, "I actually changed my game last year with the help of my head coach Bob Deraney. He helped me become quicker and more reactive and I think that really helped my game improve for this year."

Hockey goaltenders are often considered some of the most superstitious players in the game, and many have rigorous pre-game rituals. Myers says she does not share these beliefs and likes to start each game without a specific routine.

The Providence goaltender is now in her third year with the team, and

when asked about how her role has developed off the ice with her teammates she mentioned that she used to be the one going to her fellow goaltenders with questions, and now that she has become an upperclassman, finds herself answering rather than asking more of those questions.

Most recently the Friars suffered a setback, dropping by a 7-4 decision Friday, November 3, to the No. 2 ranked Boston College Eagles. When asked about what she liked in her team's performance Myers said, "I think we had a pretty bad game which says a lot about our team," noting that the recent loss was a big step up from past games against the Eagles. "I think it is definitely an improvement and they are definitely beatable, so that should give us a lot of confidence," expressing how she feels about the direction in which the team is heading in.

PC looks to bounce back as the teams travels to Orono, Maine on Friday to face off against the University of Maine. The Black Bears have a record of 6-5-0 and are scheduled to play a game Tuesday, November 7 against the same Northeastern Huskies that the Friars swept two weekends ago.

The Friars went 3-0 against Maine last season, recording wins of 3-2, 6-4, and 5-2. Christina Putigna '19 leads the team in points (6G, 9A) followed by Brooke Boquist '18 (6G, 3A), and Cassidy MacPherson '19 (2G, 7A). Look for these players as they attempt to build on their success against the Black Bears.

The Friars are off to the best start in recent history, and key contributors like Myers are being recognized for their success. It will be exciting to see how the team plays moving forward.

Astros Win!

by Jack Belanger '21
Sports Staff

PROFESSIONAL BASEBALL

By winning Game 7 on Nov. 1, the Houston Astros officially won the 2017 World Series over the Los Angeles Dodgers. Houston scored five runs in the first two innings off of Los Angeles starter Yu Darvish, to put the Astros ahead early and take the life out of the crowd.

The Dodgers threatened to score multiple times throughout the game, but left 10 men on base and would only score one run.

The Astros dominated all nine innings and won the game 5-1. Outfielder George Springer was named World Series MVP. He tied a series record by hitting five home runs and set a record for extra-base hits with eight and total bases with 29.

This is Houston's first World Series title in team history, dating back to 1962 when they were known as the Houston Colt .45's.

Since 2013 when they lost 111 games, the Astros have been improving every season to the point of winning 101 games this year.



Avery Fransoo '20 defends two opposing players.

PHOTO COURTESY OF PC ATHLETICS



Astros celebrate Game 7 win.

PHOTO COURTESY OF MATT SLOCUM

Patriots Mid-Season Review

by Jack Belanger '21
Sports Co-Editor

PROFESSIONAL FOOTBALL

With the conclusion of Week 9, the NFL season is officially past the halfway point, and the Patriots are once again in first place in the AFC East at 6-2, though the team has not consistently performed to the expectations coming into the season. Here is a review of the season so far.

Defense:

The first four games for the defense were rough. The Patriots gave up more than 33 or more points in each of their first four games. Cornerback Stephon Gilmore was the big name signing for the defense this off season and it was expected he would be a lock-down defender along with cornerback Malcolm Butler. So far, however, Gilmore has suffered miscommunications that have led to giving up multiple big plays.

Injuries have also been a big issue for the defense. Gilmore has missed a couple games with a concussion and an ankle injury. Linebacker Shea McClellin was initially on the injured reserve with an undisclosed injury, and now top linebacker Dont'a Hightower is out for the year with a torn pectoral muscle.

Through all the injuries and underperformances, defensive end Trey Flowers has been the MVP for this unit as he is tied for the team lead in sacks with 3.5 and leads the team with tackles for a loss with four. With Hightower out, he and LB Kyle Van Noy are the anchors for the front-seven.

While the defense has improved in the last two games by only giving up a combined 20 points, overall this season the Patriots have given up the most yards per game with 417. The defense seems to be improving, and a favorable upcoming schedule with two of the next three games against weak offenses in Denver and Miami should help this unit make some strides.

Offense:

While it seems obvious, Tom Brady has been the reason this team is in first place in the division. While he looked mortal in the season opener (267 passing yards, 0 touchdowns), Brady has put his team in a position to win in every other game so far this year. He currently leads the NFL in passing yards with 2,541 and has 16 touchdown passes to only two interceptions.

Tight end Rob Gronkowski, has been healthy this season and has been Brady's favorite target, leading the team in touchdown catches with five and second on the team in receptions with 34. New pickup Brandin Cooks has given Brady the deep target he has been missing leading the team in receiving yards with 563.

The one cause for concern for the offense is Brady's protection. Brady has been sacked 21 times already (compared to 15 all of last year) and while Brady has been healthy so far, his 40-year-old body can take only so much punishment by the time the playoffs roll around.

Who Will Win Super Bowl LII? Philadelphia Eagles

by Eileen Flynn '20
Sports Staff

PROFESSIONAL FOOTBALL

So far this year, many NFL teams have surprised their fans with unfamiliar performances. The Patriots are no longer in control of the AFC East and the Falcons are sliding down below the Panthers in the NFC South.

However, one team that is not only on its way to winning their division, but in full stride to win Super Bowl LII is the Philadelphia

Eagles. The Eagles have acquired an impressive record of 8-1, placing them at the top of all the other NFL teams.

Their one loss of the season was due to the Kansas City Chiefs' strong defense. After this tough battle in the second week of the season, the Eagles have bounced back, each game coming out stronger and smarter than the last.

It is hard for a team to be successful if they lack a reliable quarterback, luckily for the Eagles, Carson Wentz is even better than reliable.

The recent 34-24 win over the Redskins was due to Wentz's strength under pressure. Wentz showed his mobility and comfort in and outside the pocket throughout the game. His fourth touchdown pass of the day was made possible due to the escape of a near third-down sack just several plays before. Wentz finished the game 17-of-25 passing for 268 yards. His teammates are not surprised by his clutch performance, instead it is becoming more common than not.

The multitude of outlets Wentz's teammates provide him with is what makes his offense so intimidating. Four different runners touch the ball almost every game, making the Eagles a tough team to defend. After the offense files off the field, the Eagles send out a dependable defense team. Timmy Jerigan, Fletcher Cox, and Derek Barnett supply relentless pressure on their opponent's offense.

Although the Eagles have a long way to go before playoffs, the team is on the right track. It has been several years since the Eagles have made a run in the playoffs, however, the 2017 season holds promise for a change in history for the Philadelphia Eagles.



Carson Wentz calls out a play to his team.

PHOTO COURTESY OF ERIC HARTLINE

Los Angeles Rams

by Ethan Ticehurst '18
Sports Staff

PROFESSIONAL FOOTBALL

After being one of the worst teams in the league for more than a decade, the Los Angeles Rams have

emerged as a major threat to the rest of the league this season. With a record of 6-2, they have shown that they are capable of winning. A league-leading average of 32.9 points per game proves that they are capable of winning big too.

The biggest advantage that they have this year is the fact that they were so awful last year. It may seem a bit counter-intuitive, but going from worst to first is actually easier to do in the NFL than in any other professional sports league. Due to the shorter season, NFL teams do not have to play every team in the league every season. The NFL crafts the schedule so that all teams in the same conference that all finished in the same position in their divisions will play each other the next year. Thanks to a bad season last year, the Rams not only have an improved team, they also get to play against some of the worst teams in the league. They will only improve upon their already solid record, picking up a top playoff spot.

Once they are in the playoffs, the Rams have just as much of a chance as anyone else to make the Super Bowl and to win it. They have a strong offense that puts up over 30 points a game consistently which can carry them through to the end. The Lombardi Trophy will be coming back to the city of Los Angeles this year.



Rams players celebrate a touchdown.

PHOTO COURTESY OF SEAN M. HAFEEY

Athlete of the Week: Catarina Rocha

by Joe Myko'19
Sports Staff

CROSS COUNTRY

On Oct. 28, on a brisk day in Kenosha, Wisconsin, Providence College's Men and Women's Cross Country teams were involved in the Big East Cross Country Championships with the men's team finishing in fourth as a collective, while the women's team finished second.

Catarina Rocha '17G has been competing for Providence College's track and field team since the beginning of her freshman year in 2013. Rocha became the ninth woman in the college's history to obtain the individual Big East title, something the athlete herself confirmed to be her "biggest sporting achievement to date." A gradual improvement, having finished seventh in 2013, second in 2014, and sixth in 2015.

Rocha said modestly that this win came as a "surprise" to her. The win was all the more impressive because she was unable to compete in the 2016 competition, as she was sidelined with an injury.

Rocha's achievement was particularly noteworthy as it also had sentimental value, as she is now the second in her family to have won a Big East cross country title, following her father's success for Boston College in 1987. Both of Rocha's parents ran competitively for Boston College, so it is unsurprising to learn that they had a large impact upon her interest and success in running.

Her brother is also on Providence College's track and field team. Somewhat surprisingly, Rocha admitted that it was only after sophomore year of high school, when she had to sacrifice playing soccer to pursue running, in which it became a huge part of her life.

In terms of pivotal changes to her day-to-day life which may have contributed to her success, Rocha

cites the added focus to enjoy her running which she has been gifted since becoming a graduate student as something which helped her to be perfectly prepared for the Big East Cross Country Championships.

Rocha was also keen to identify the help of her teammates and coaches in giving her a great platform for her recent title win, highlighting the team spirit, particularly the way

in which they will "push each other along when someone's having a bad day" as being a key ingredient to success.

Cross country Head Coach, Ray Treacy, was eager to voice his congratulations for Rocha, whose individual title had a large part to play in the college's success: "I am especially proud of Catarina for winning the individual title, she has been a standout runner for us."

Looking forward to the next generation, Rocha was happy to offer some advice to the current and future runners of Providence College. Firstly, Rocha recommended that they stay "patient" in successfully balancing academics and training, as she freely admitted she found the step-up between high school and college to be a major one.

Secondly, she was keen to emphasize to upcoming athletes to enjoy their undergraduate years and to savor the key moments, as the reality is, "You're never going to be able to be on a team with ten of your best friends again after you leave."

In terms of her own future, Rocha is waiting to see what the future holds in terms of competitive running, as she will undoubtedly have a lot of exciting opportunities inside and outside the world of athletics. However, she is confident that running will "always be part of her life" in some regard, as will Providence College, going on to emphasize that "There's no place like Friartown!"



Rocha comes up huge in Big East meet.

PHOTO COURTESY OF PC ATHLETICS

Swim Team Gears Up for Big Meet

by Meaghan Cahill '20
Sports Co-Editor

SWIMMING AND DIVING

The second biggest meet of the season is on the horizon for the Providence College Men's and Women's Swim and Dive Teams. The Harold Anderson Invitational, which takes place this year at the University of Rhode Island, is "treated as the Big East Championships," according to Madeline Snow '19.

Coming up on the mid-point of their season, Snow reflected, "We've had a pretty good season with several [swimmers] already qualifying for Big East." While past meets have been used as preparation for the Harold Anderson Invitational, Snow claims, "It's been a tough line-up so far, we haven't necessarily won a lot, but that doesn't mean we are not performing well."

Snow is certainly correct in her statement that the team is performing well this season. Several team members have already scored qualifying times for the Big East Championship and their success does not stop there. During their meet against Fairfield University on Nov. 4, two members of the swim team broke school records.

While the women's team did not win the meet, losing 184.5-113.5,

Lauren Zawacki '21 had a standout meet where she broke a 27-year-old record in the 50-meter freestyle with a time of 26.84 seconds. "Lauren, she's awesome! She broke the school record by .4 seconds, which for a 50 is monumental. It's huge!" Snow commented.

Along with Zawacki, Patrick Brannigan '20 also broke a school

record that he set himself the year before in the men's 50-meter freestyle. Originally, Brannigan broke the record in 2016 with a time of 24.11 seconds and this year, he shaved 0.23 seconds off of his time to set a new school record of 23.88 seconds. That same day, Brannigan also won the men's 100-meter freestyle with a time of 53.49 and

was on the winning Men's 200-meter medley relay team.

"PK really puts in the work and deserves to do well," Snow said.

Individual success has been very prominent within the team this season, but the team as a whole is coming together as well, as they look for overall team success. According to Snow, "The team is in better shape this season than past seasons. There is a good work ethic and everyone comes prepared." When questioned on how the freshmen are adjusting to being a part of the team, Snow stated, "The freshmen have all been awesome additions and really add to the team's depth."

Entering her final two seasons on the team, Snow's main concern is "that the team is doing well" but that does not stop her from looking to improve her own ranking. On her own swim career up until this point, Snow acknowledged that "there is definitely room for improvement to excel and be in a position in the team's [top rankings]".

Using the next two weeks leading up to the Harold Anderson Invitational to "rest and work on getting best times to qualify [for Big East]," Snow expresses the team's need to "keep the work ethic going" as their main goals as they enter into the final stages of their season.



Snow performing in the 200-meter butterfly event

PHOTO COURTESY OF MADELINE SNOW

2018 Olympics Preview

by Sam Scanlon '19
Sports Staff

WINTER OLYMPICS

Winter is coming. This winter will be a particularly exciting one, as all eyes will be on Pyeongchang, South Korea. The world’s best winter athletes will convene to represent their respective countries in the 2018 Winter Olympics with some big changes coming to the games this year.

Perhaps the biggest story surrounding this year’s winter games is the absence of the National Hockey League (NHL) players in the ice hockey event. The NHL announced earlier this year that it would prohibit its players from participating in the upcoming Olympics. The reasons were clear and understandable. NHL organizations are no longer interested in shutting down the season for a few weeks just so their players can go play for someone else.

Mid-February is the time of year where the NHL gets its most attention from viewers. The National Football League would have just culminated with the Super Bowl, and Major League Baseball would be in the middle of its off season, so the opportunity to grab new viewers is easiest at this time.

Another reason that NHL organizations are not having their players play somewhere else in the middle of the season is due the threat of injury. NHL players who participate in the Olympics are often times the most valuable and best players on their respective NHL rosters and cannot risk any injuries.

After five consecutive Winter Olympic Games with NHL involvement, the league and organizations decided that it is not worth it to send their players to the Olympics. So, they will look to draw players from the American Hockey League (AHL): the minor league affiliate for the NHL, the Kontinental Hockey League (KHL): Russia’s premiere league, the National Collegiate Athletic Association (NCAA), and other European professional leagues. Team USA’s roster is going to look a lot like the 1980 “Miracle on Ice” team with its college and other non-NHL players.

While ice hockey is gaining most of the attention now, other sports are going to start to get more focus as they are starting to think about finalizing rosters. The return of Lindsay Vonn is highly anticipated in the ski events. Vonn, who missed the 2014 Sochi Olympics due to a severe knee injury, has worked her way back to the top of the skiing world. Arguably the most famous and successful female skier in the world, her return is going to be vital for the success of Team USA in the alpine skiing events as she is no stranger to the podium; most notably, her gold medal performance in 2010 in the downhill event. In addition to downhill, Vonn also competes in the super-G, slalom, and super combined, where she has had tremendous success the past few years leading up to this Olympics.

Skiing has added a few new and exciting events in recent history, including the freestyle event. Team USA has multiple hopeful participants who are looking to stand atop the podium in February. Gus Kenworthy, who you may recognize from MTV’s “The Challenge: Champs vs. Pros”,



Team USA vs Team Canada in hockey.

PHOTO COURTESY OF DAN ROSEN



Gracie Gold completes a routine.

PHOTO COURTESY OF MATTHEW STOCKMAN



Men's speed skaters in Sochi 2014.

PHOTO COURTESY OF SAM TALBOT-KELLY



Team USA men's slopestyle team.

PHOTO COURTESY OF SARAH BRUNSON



Team USA men's bobsleigh team celebrates win.

PHOTO COURTESY OF CHRISTA CASE BRYANT

is an electrifying freestyle skier who took home the silver medal in the 2014 games. He is someone to watch during this year’s Olympics. Freestyle skiing is something the United States dominates on the men’s side, as Joss Christensenn won gold and Nicholas Goepper completed the USA podium sweep in 2014 with a bronze medal. Look for USA to have extreme success in this event this winter as well.

Figure skating has always been a popular Winter Olympic event.

Recently, Russia has dominated this event, but Team USA is looking toward young star Gracie Gold to win gold this winter and possibly avoid a Russian sweep. She helped Team USA capture a bronze medal in 2014 in the “Mixed Team” event.

Team USA had a disappointing showing in the snowboarding events in Sochi, but with gold medalist Jamie Anderson leading the charge, they look to get back to the podium this time around in Pyeongchang.

In addition to snowboarding, Team USA’s bobsleigh and skeleton athletes will more than likely boost our medal count.

The United States’ top competition throughout this Olympics will be Russia in figure skating and hockey, Austria in alpine skiing, Sweden in cross country skiing, and the Netherlands in speed skating. Team USA has an estimated athlete count of 245, giving them a great chance to medal in each event.