Welcome to PC!!

Orientation leaders tell their favorite memories from freshman year:

Lisa Durica '97: Waiting for the buses to go on the BOP Newport trip

Shannon Coleman '97: Bonding with my floor over ice cream and 90210

Kara Schlick '96: The first moving-in day, and having my own phone

Mike James '97: Waking up at 5:15 a.m. and finding out I'd made the Friars Club

Danielle Panneton '97: The first Stag Dance

Ryan Crowley '97: Hanging out with the guys on Joseph steps

Jason Connors '96: Letting off steam before my CIV final
Habitat for Humanity teaches more just hammering nails

Kristen Gariepy '95

Departing Editor-In-Chief

If you're ever looking for a heartwarming story, you may want to talk to the folks at Habitat for Humanity. The organization started in Florida, where it's still headquartered, and has since spread to other parts of the world. And it's not just about building houses; it's about building communities.

The fifteen of us assigned to Florida stayed at an ICARE (Interfaith Coalition for Andean Relief and Education) site for the entire week. We slept on cots in cabins and woke every morning at 6:30 a.m. to make coffee and arrange our day's tasks, which ranged from painting to plumbing to electrical work to rebuilding floors and walls.

There were about 250 other volunteers, including students from the University of Illinois and senior citizens who devoted their winter months to reconstructing Andrew's devastating destruction. On our first night, the director of the compound explained how Andrew destroyed over 50,000 homes. In other words, envision approximately the entire city of Providence suddenly being left homeless.

A home I worked on for four days of the five was owned by a disabled woman named Mary Ann, who had no home inside the time of the storm. Her walls were destroyed by water damage and her floors were collapsing due to termites. We began working on her house on Monday by ripping all of her furniture, replastering and painting walls, and reparing the entire outside of the house. By Friday, she had a new roof, bathroom, and bedrooms in three of the rooms. Every morning we arrived she always thanked God for sending Habitat her way. I have never met a person more courageous and appreciative in my life. The contractors we worked with are still helping other college volunteers finish the work we started on Mary Ann's house.

Another home we worked on was in its final stages. The owner, Paty, and her three children, had been living out of a camper in her front yard since Andrew destroyed her roof and walls. We arrived in time to see the outside of the house painted, new rug placed, and her smiling face the day she got work - tasks which ranged from painting to plumbing to electrical work to rebuilding floors and walls.

It is only when you put words into action that they actually mean something.

Skeptical about helping the homeless and poor, I was unsure of my stance on welfare and whether it was effective in the struggle to end poverty. Now I return with my first solid opinion ever: Americans need to help Americans - however they can. Sure, we need to develop stronger family values and support education for all, but more importantly, we need to lend a hand.

I still love to hear members of my staff debate, but I have developed a new attitude. I have the utmost respect for those who are not afraid to voice their opinions - even in the face of opposition. Talking is the best way to develop intellectual and strong opinions. It is only words, though, and most of the time, words won't change a thing. It is only when you put your words into action that they actually mean something.

The Cowl

Established in 1939

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Thanks for all your help Meghan!!!
Kate Malloy '93 & Tricia Connolly '93

This article first appeared three years ago, but since it offers such great survival advice I decided it was definitely worth reprinting. (Trust me, my mother swears by it!!!)

After the hurdle of orientation is behind you, the next step in preparation for your career at PC is to determine what you are going to bring. Looking back, we remember spending far too much time and energy being terrified we would forget something of the utmost importance. First of all, don't stress. After a month of school, Columbus Day will roll around and most freshman and sopho- mores head home for the long weekend. Anything you might have forgotten can be easily picked up then or sent by Mom or Dad.

A few weeks before you arrive here at PC, the school will contact you with the names and phone numbers of your roommate(s). Don't be shy; call them right away and decide who will bring a phone, a stereo, a computer or word processor, and a TV or even a VCR. If none of you own a small refrigerator, one can be rented when you get to school. (Also, with the new voice mail system, telephone answering machines are unnecessary.) Remember, space is limited and you may want to bring as much of it as you can. For the lucky people with big rooms in Joseph, Raymond, Meagher, or McGinnis, you might want to hook yourselves up with a small couch or comfy chair. These are key for intimate gatherings in your room with friends.

Bring lots of things to decorate your room. This is your room for the next four years and you'll want to make it feel that way. So bring posters and lots of pictures of friends and family. As a side note, leave home the posters of Kittens or 9120 and, for gays, those cheezy posters of busty women sprawled out on sports cars. The Claude Moertel and Salvador Dahl's look a little nicer and you will think you're worldwide and cultured.

Cardboard storage boxes that can fit under your bed are a good idea since closet and dresser space is very limited. DO NOT bring any plastic shelves or milk crates because they are prohibited under the school's strict fire regulations. Extension cords are also a no-no, but circuit breakers with a row or outlet can be bought at any Caldor, Bradlee's, or KMart, and they serve the purpose even better. You can leave the candles and incense burners at home, too.

For girls, pocketbooks are a rare sign of feminahood and are definitely a rape sight on the campus. A sturdy back-pack with pockets is more convenient and more cool. A must for campus life are a couple of warm, rugged walking shoes. Plan on hitting the pavement a lot more than you do at home, and when the weather is Rain Island does not always cooperate with you and your wardrobe.

Here are some miscellaneous items you will need:

- first-aid kit
- feminine hygiene supplies at home to save some bucks and save time in the book store
- typing/computer ribbon
- computer disks
- stapler and staples
- scissors
- tape (scotch and masking)
- paper clips
- thumbtacks
- rubber bands
- looseleaf
- pencil sharpener
- dictionary
- thesaurus
- ruler
- envelopes
- stationary
- stamps
- Fun-Tack
- notebooks
- folders
- pens and pencils
- address book
- calendar/date book
- towels/facecloths
- extra-long sheets
- blankets
- pillows
- mattress cover
- clock radio
- desk lamp
- light bulbs
- screwdriver
- hammer
- adhesive books
- detersgen/bleach/fabric softener
- big laundry bag/basket
- quarters for the washing machines
- flashlight
- hangers
- pencil sharpener
- glasses/case
- a few utensils, bowls, and plates (Rich will catch you if you try to steal from Raymond cafè)
- coffee/tea/hot cocoa mix
- a case of Diet Coke
- toothbrush/toothbrush holder/toothpaste
- a dozen bucket
- soap/soap holder
- flip-flops for the shower
- shampoo/conditioner
- razors
- make-up bag
- band-aids
- deodorant
- vitamins
- cotton balls
- Q-Tips
- combs/brush
- blow dryer/ hot rollers/ curling iron
- safety pins
- small sewing kit
- wallet/change purse
- umbrella (It's more dorky to get caught in a down-pour)
- snow boots
- a fan
- camera
- walkman
- an ID
- high school yearbook
- a sense of humor and a lot of patience to deal with dorm life!

Good Luck class of '99!

Packing your bags
A guide of what to bring and what to leave home

Derek Stout '95
Departing Sports Writer

The Lady Friars hockey team has captured their fourth consecutive ECAC championship. As a result of a 2-1 sudden-death overtime victory over New Hampshire on Wednesday, seniors Melissa Mills, Stephanie O'Sullivan and Kathleen Brophy will don the blue and white each of their four years at Providence College. The title has also set a standard for first year head coach Jackie Barto and assistant Chris Bailey for years to come.

The sudden-death overtime period was indicative of the entire game. Both teams carried the puck back and forth firing shots on net. PC had two quality opportunities led by O'Sullivan at 18:21 when she took a slapshot which was stopped. At 15:43 O'Sullivan and Jean Wagner had a two on one opportunity halted by the Wildcates. Alison Wheeler finally broke free at the 8:21 mark on a breakaway. Wheeler took the puck from PC's blue-line, skated in front of the net, deposited the goalie with her stick-work and shot the puck waist high into the net to assure the Friars' fourth consecutive ECAC title.

The 15:10 mark of the third period proved to be a turning point in the game. Specifically, Melissa Mills found a loose puck an took it from the red-line and shot a high shot which was deflected by the goalie. The goal was short-handed for the Lady Friars as Brophy was questionable placed in the box, receiving a two minute penalty from behind. "We had so many close calls in that game when we should have scored," commented O'Sullivan. "The game was very back and forth through those first two periods. Natasha (Fine) kept us in it with so many great saves. And Melissa's goal our confidence was re- ally high going into overtime..." Mills also was a nuisance on defense, consistently poach-checking the puck away from the UNH offense.

Of the four ECAC titles, the '94-95 title was the most difficult for PC. The Lady Friars were not predicted to repeat this season and did not even have a full roster the entire season. Barto had to utilize a squad which consisted of only two lines, which made her job that more difficult. Consequently Sunday's victory was more satisfying than in previous years. "This was definitely the best one because we were short in players," said junior Amy Carlson. "Everyone had to work together, which made it that much better." Stephanie O'Sullivan agreed with this assessment. "This is the sweetest of the four, mostly because I am a senior. But also because of the circumstances this year where we were expected of us." UNH took the lead at the 8:31 mark of the second period. A UNH forward modestly skated from behind the net and fired a shoulder-high shot which was a difficult angle which surprised Fine. PC almost counted twenty seconds on the penalty, but the UNH goaltender fell on the puck. PC had many more quality offensive chances, including a power play stopped in the second period. At the same time Natasha Fine was stabilizing the UNH attack on the defensive end. Kathleen Brophy was also making key checks on UNH players to prevent any further harm.

"Everyone had to work together, which made it that much better."

The second period began to get frustrating for PC fans, but the Lady Friars never lost confidence in themselves behind one goal. After the "second we were very fired up," commented Mills. "We knew we had them. Stephanie (O'Sullivan) went end to end so many times, it was just a matter of time before we scored. We were definitely sure we would tie it up." Carlson agreed, "We were a little down going into the third, but not nervous behind 1-0. Our confi- dence was high that we would find some way to tie it up."

Despite all the Lady Friars' handicaps this season PC finished the season victorious in three of their last eleven games. Much of the credit is due to Natasha Fine's consistent play in goal, as she was given the winning position to conclude the season. More importantly was the confidence exhibited in this young team by both Barto and Bailey. "Jackie and Chris did a great job this year. They made us play with a lot of heart. This was shown in the UNH game when UNH came out overconfident. Our coaching staff recognized this and helped us to capitalize on it," answered O'Sullivan.

PC was guaranteed a defense of their title due to an overtime victory over Princeton on Saturday. This was another difficult game for the Lady Friars who were ahead 2-1 compliments of Sheila Kilion and Kathleen Brophy's goals. Princeton tied the game with seventeen seconds remaining in the third period. PC wanted no time in the overtime pe- riode as Alana Blahinski scored at the 17:09 mark to put the Lady Friars into the finals. SLAPSHOTS...The 1995 all-tournament team included Alana Blahinski, Melissa Mills, and Alison Wheeler (MVP) ...O Sullivan finished the season with forty goals, followed by Wheeler's twenty goals...Fine finished the season with a 2.23 goals against average. Fine also had 31 saves in the tournament which should have earned her a spot on the all-tournament team...O Sullivan plans to try out for the '98 Olympic team.

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Summer, 1995

ORIENTATION ISSUE

Four in a row!
Lady Friars Ice Hockey captures fourth straight title
What is your favorite memory from freshman year?

Mary Ellen Creamer '97: Hanging out in the grotto on sunny days with friends

Katie Honerkamp '96: People watching Raymond cafeteria

Jeff Holbrook '96: Playing Intra-Mural Ice Hockey with my floor in Joseph

Jennifer Fusaro '96: Freshman Parents’ Weekend Dinner Dance

Liza Pappas '98: Late night talks with my friends

Steven Myers '97: Relieving stress before exams

Chris Ivany: Meeting friends and discovering PC's social life

Craig Donnelly '97: Going to the Big East Tournament with the band and winning the whole thing