

The Cowl

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Friared Up For Friarcon



Providence College is hosting its first Friarcon for this year's Alumni Weekend. PHOTO COURTESY OF PROVIDENCE COLLEGE

by Catherine Brewer '20
News Staff

PREVIEW

With a suspenseful hype video posted on Facebook, Providence College's Alumni & Family Weekend Committee announced last Thursday evening that it will host its first ever Friarcon on Friday, February 9, and it

will be jam-packed with food, fun, and live entertainment. "The entire AFW Committee is so excited about this event! We encourage folks to get their tickets online as soon as possible!" exclaimed Event Production Coordinator Amanda Talbot. Friarcon is set for 6 p.m. to 11 p.m., and tickets, which can also be purchased at the Slavin Information Desk with a PC

ID, vary in price: alumni and parent tickets go for \$15, Friars of the Last Decade (FOLD0 for \$10, students for \$5, and children ages 12 and under have free entry. However, if you plan to attend the men's hockey game against the University of Maine in Schneider at 7:15 p.m., your ticket will score you free entry.

"The Committee had so many fun ideas we wanted to try out for [Alumni & Family] Weekend, and Friarcon became the perfect arena to mix athletics, fan celebration, food, music, and entertainment all in one place," said Talbot. She explained that Friarcon was inspired by two well-known, local conventions that have attracted crowds of all ages: Rhode Island Comic Con and HasCon. Talbot added that the planning committee is made up of representatives from "the offices of College Events, Alumni Relations, Admission, Faculty, Student Affairs, Marketing and Communication, and student leaders, and alumni volunteers."

The student performance showcase will take place on the Peterson stage and is set to run from 7 p.m. to 9 p.m. Performers include the three PC a capella groups, Believers of Word (BOW), the Cheer Team, the Dance Club, the Dance Team, STEP, and Motherland Dance Group. Adam Hanna '18 will also be there to close out the show. "I will be performing mostly an acoustic set accompanied by the drummer in my band," said Hanna. "My job is basically to create good vibes for everybody in Peterson...I'm looking forward to doing that."

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Let's Get Networking



by Katherine Torok '20
Opinion Staff

CAREER

As the second semester continues on and the number of days until graduation decrease, upperclassmen find themselves starting to think seriously about their professional lives after Providence College.

However, is it ever too early to start thinking about your professional life after college? The answer is no.

Is it ever too early to start networking and making your presence known in the professional world? Once again, the answer is no.

Over the winter break, a handful of students traveled to New York City with the Center for Career Education and Professional Development and embarked on three different career "treks": finance, nonprofit, and communications and media.

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PC Approves Environmental Biology Major

by Alexandra Huzyk '20
News Staff

CAMPUS

In an increasingly competitive professional environment, students' interests are expanding and changing. In response, Providence College continues to create new majors and courses, such as the new environmental biology major.

The process of creating a new major begins with deciding what the major will be. After that is decided, Dr. Fred Drogula, professor and president of the faculty senate, shared that a proposal must be put together. This entails the predicted course requirements and a list of the courses currently available at the College that could fulfill the requirements previously specified.

Drogula said, "We must think about the staffing, the funding, and if the College has the capacity for the major." The proposal also requires an in-depth

rationale, proof that this major aligns with the College's mission statement, and a letter of support from a dean. After this proposal is completed, it is submitted to the faculty senate, and eventually to Father Brian Shanley, O.P., the president of the College. Overall, this process takes around four to five years.

"The administration," Drogula said, "wants to know whether the proposed major is a suitable field and if it is something we should be offering." Many factors have to be taken into consideration, including the resources the College has available and the expenditures that would be involved.

For instance, Drogula said the most recently introduced majors, global studies and classics, are very different in the resources that they required to become an official major. He explained, "Global studies pulls together a lot of classes from different departments to make an interdisciplinary major," and required, "a group of faculty with

expertise in those fields," which the College did not necessarily have prior to the creation of this major. This prompted the College to hire specialized faculty and create completely new courses. Classics, on the other hand, did not require many resources, for most of the courses, and faculty for the major previously existed.

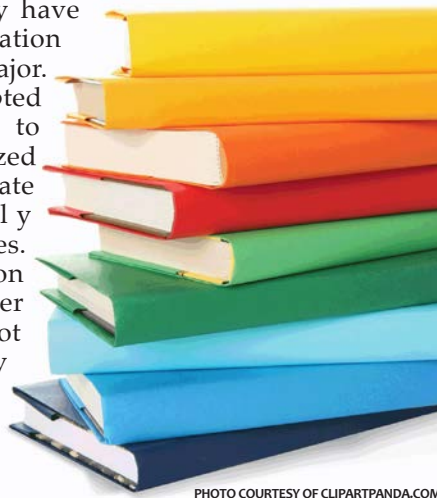


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Providence College's Student-Run Newspaper Since 1935

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Opinion

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SHEPARD and Campus Ministry Host Coffeehouse *Student Groups Promote Intersectionality Through Discussion and Coffee*

by Sabrina Guilbeault '18
News Editor

ON CAMPUS

This past Monday, January 29, leaders from Campus Ministry and SHEPARD saw their hard work and dedication to intersectionality pay off as over 50 students attended a joint coffeehouse in Moore Hall.

Mel Fricchione '19, a leader on SHEPARD explained that she found the event very successful, and saw the most people in attendance of any of their events last semester. "It was exciting to see such a large circle set up for the conversation and for every seat to be filled," she said.

"The conversation was centered around each of us reconciling the many different aspects of our identities, for example being a woman, a daughter, a teacher, being white, or being a person of color, or being part of the LGBTQ+ community to name just a few," said Bridgette Clarke '18, a leader on campus ministry who helped organize the event. Clarke explained that the conversation began with understanding this notion of intersectionality, which means "understanding how each of the things you identify with is equally a part of you and how some may seem opposed to others."

Fricchione explained that coffeehouses are open forums and spaces for anyone to share their experiences, thoughts, and feelings. "People that felt comfortable shared their thoughts on what it means to have many identities and when these identities sometimes contradict each other," she said when asked about the event in Moore Hall. "Many intimate stories

were shared and I am so happy we were able to create an environment where people felt comfortable doing so."

"I think it is really important to begin to have these conversations, so I was very excited for this coffeehouse sponsored by both Campus Ministry and SHEPARD," said Clarke, who explained that an event like this had been in the works between the two groups for a while.

"This event started with a conversation between Campus Ministry and SHEPARD in Dana Dillon's difficult dialogues class last year," said Fricchione. She explained that on this campus, there is no "rivalry" between the two clubs, although she understands why it is assumed there may be one. "This got the conversation started which got us thinking we could work together on an event," she said.

The initial conversation continued at SHEPARD meetings throughout the semester. "We began reflecting on what it means to have an LGBTQ+ identity but also identify with religion," said Fricchione, who went on to explain that it is a complex and intimate issue that happens to many people within the LGBTQ+ community. "This struggle between love and faith seems to be something a lot of people wanted to talk about," she said.

At the coffeehouse, the conversation transitioned into a discussion on the intersectionality of identifying as gay and as Catholic and the possibility of identifying as both. "Fr. Peter Martyr was asked specifically about this question and I thought he gave a great point that



BRIANNA COLLETTI '21/ THE COWL

Students came together to discuss the aspects of identity with a focus on intersectionality.

these identities are not opposed to one another because no matter who you are or where you come from or anything else you identify with you can be Catholic because faith transcends this boundary," said Clarke. "Relationship with Christ is an invitation to everyone."

"Intersectionality is the coexisting of multiple identities," said Fricchione. "To me intersectionality is how we come together to recognize issues within our community." Furthermore, she believes people are three dimensional, and that by recognizing multiple identities one personally has a way to begin to better understand the people next to you.

"Anyone who wants to be Catholic can be Catholic, it's all about how you practice your faith

(how you live out the Catholic teachings)," said Clarke, who explained that an important aspect of the coffee house was the chance to really listen to one another. "This transcends identity because no matter how you identify yourself, this goes for everyone who wants to live out the faith."

Fricchione explained that clubs like SHEPARD and these conversations are extremely important resources to have on campus as they offer support to students. "SHEPARD is a club that shows reckless pride and love for its members and I think that in itself is important," she said. "I think SHEPARD is truly special because of our love and support we have for each other."

PC Hosts Its Own "Comic-con" for Alumni & Family Weekend Friarcon:

Continued from front page

Aside from live music, attendees will also be able to keep an eye on the score with a Friars hockey game watch.

"Everybody is working very hard for the performance since we only have two weeks to prepare, but everyone is really excited for Friarcon," exclaimed Hieu Nguyen '20, an international student from Vietnam who has been a member of the Dance Club since his freshman year. "I'm excited to see everyone at the event just having fun and bonding. I'm excited for the performances of other clubs as well!"

Embracing the superhero theme, the Wonder Women of PC panel and interactive meet and

greet will star the leaders of the five most prominent campus organizations: Elizabeth Jancsy '18 of BOP, Marcie Mai '18 of BMSA, Marla Gagne '18 of *The Cowl*, Simran Madhani '18 of Friars Club, and Phionna-Cayola Claude '18 of Student Congress. The girl power continues with a meet and greet with the PC women of the 1998 Olympic gold medal winning women's ice hockey team.

"Much like an 'artists ally' at a typical convention, we will be having members of the PC community hosting tables where they can offer fun games, giveaways, information about their club or department and more," reveals Talbot. She explained that she is most looking forward to an interactive art exhibit by Kaelynn Maloney '16. Attendees will have the opportunity to design a personalized, "Marvel-

esque 'Infinity cube'" and then "watch their art grow and transform." Other activities include caricatures, face painting, and even space for the Little Friar Fanatics to hang out with current PC athletes.

Friarcon will also showcase two locally owned food trucks with bites for sale: Gastros Food Truck, which specializes in sausages and hot dogs, and Binge BBQ, a Newport-based restaurant with all of your backyard favorites. Tricycle Ice Cream, owned and operated by David Cass '04, will have free mini ice cream sandwiches up for grabs. A cash bar will be open for 21+, and there will also be hot chocolate and popcorn bars.

"Students and parents should also come dressed in their best Friar gear for special surprises throughout the night," advises Talbot.



PHOTO COURTESY PROVIDENCE.EDU

Featured Friar:

Fr. Michael Weibley Making a Mark at PC

by Sarah Gianni '18
News Staff

FEATURED FRIAR

There is always something to explore in the Campus Ministry Center at Providence College. From free hot coffee every morning to the weekly Post-Mass Bash that is always abundant with food, students and community members can always find what they need in this space. Fulfilling needs is precisely what Associate Chaplain Father Michael Weibley, O.P., strives to do.

Fr. Michael joined the PC community in the fall of 2017, and has since been an integral part of campus life. “It’s tremendous work that we can do with young people, and I’m thrilled to be at Providence College,” said Fr. Michael. Fr. Michael handles a diverse range of responsibilities, from his duties as a priest to work as the associate chaplain for Peer Ministry. “I am very involved with Peer Ministry on campus, and am excited to know that it has grown in the past few years,” said Fr. Michael. “It is a great program where students can engage one another with questions about life, as well as the intersection of faith and college life.”

Fr. Michael also helps to serve as the chaplain of both Friars Club and the Providence College Mens and Womens Track and Cross Country Teams. In the future, Fr. Michael said that he and Fr. Dominic Verner, O.P., will be starting up a grief support group to students who have lost loved ones. “As a chaplain I have my hands in almost everything on campus,” said Fr. Michael. “I really enjoy going into Slavin and talking to students, making sure they know that we are available and here for them.”

Fr. Michael said it did not take long to



PHOTO COURTESY DOMINICANFRIARS.ORG

notice the pride and love students have for PC. “There is such great love for the College, and I like to believe that the reason students love this college is that they have the freedom to ask the big questions about life in a loving community,” said Fr. Michael. While Fr. Michael admitted that he does not know how long his stay at PC will be, he plans to make the most of every moment. “I am happy to be here, and that is truly one of the joys of religious life,” said Fr. Michael. “You trust yourself in God’s providence, and His providence has led me to Providence College.”

For anyone who may be looking to talk with someone on campus, Fr. Michael’s door is always open. “Day in and day out as I encounter students, whether in a crisis or good situation, and I am constantly reminded about the goodness in my vocation as a priest,” said Fr. Michael. “I want the students here to know that I am available for them.” Please feel free to contact Fr. Michael at mweibley@providence.edu.

New Specialized Major Gets Approved

Major:

Continued from front page

Yet, Drogula asserted that both majors are valuable assets to the College and to the students themselves.

“Faculty are responding to student interest,” Drogula stated. “The administration has a responsibility to use student tuition wisely.” If interest in particular subjects and courses grows at such a rapid pace, it is clear to the administration that a major would be a beneficial addition.

Tom Bernard '21, a member of the academics committee within Student Congress, has been working alongside Gabi Dess '18 and Dr. Charles Toth to create a new major: environmental biology. Together, Bernard says he and Toth planned out the logistics of the major’s curriculum. Afterwards, congress passed a piece of legislation asking for the students’ collective support behind this new major. “I think that this major will be able to draw kids in who desire to study environmental studies or environmental biology,” said Bernard. “Adding this major to our school will give PC even more ground to stand on in terms of competing with academically-similar schools such as Fordham, Holy Cross, and Boston College.”

Regarding the creation of individual courses, Drogula explained that sometimes an individual professor wishes to create and teach a class of their liking. In this case, the professor would create a proposal that must be approved by the department chairs of the major the course would be offered under, the dean, the faculty senate, and the president. If a course will be taught by multiple professors, the planning process of the course is more collaborative in nature. The faculty senate, which has

a committee dedicated to reviewing new courses, “approved at least 30 classes last year,” said Drogula.

“If a student wants to propose a course, they should ask a professor in that field about the possibility of the course being introduced,” said Drogula. Most departments offer courses called “Special Topic Courses” which can be fast-tracked in regards to processing. These classes can be offered a maximum of three times before they must go through the full process of becoming an available course. Drogula also mentioned that it is especially effective when a group of students shows interest in a certain topic or potential course.

Katie Comber '18 recently proposed a course titled “Understanding Suicide: Prevention, Intervention, and Postvention.” Comber, a social work major, said, “As an aspiring social worker, when I found out that there is no required suicide prevention training in Rhode Island, I was shocked.” Inspired to help others become more educated on this topic, Comber said that she shared a public syllabus that a master of social work student had created while at Simmons College with Providence College’s Social Work department. They have approved the syllabus, and Comber shared that the course will most likely be offered next year.



by Connor Nolan '19
Student Congress Publicity

CONGRESS

Student Congress held its second general meeting of the year on Tuesday, January 30. The congress began the meeting by hearing from a guest speaker, Jackie Peterson. Peterson is a transitional consultant at Providence College and is focused on “assessing the overall structure” of the College regarding diversity and how to best improve diversity on campus. She also spoke of her support for the search committee which is currently heading the hiring process for the new Vice President of Diversity and Inclusion. Peterson was the former vice president of student affairs at the College of the Holy Cross and has held multiple high-level positions at other colleges and universities. She is hoping to use her years of experience as well as suggestions from the members of Student Congress to help the College take “an important next step.”

Peterson asked those at the meeting who had attended Dr. Bernice A. King’s convocation speech to remember if anything she said could be pertinent to helping improve Providence College’s diversity and community. The idea of harmony arose as one representative attested to the need for peace and understanding of others. Peterson agreed with this, adding that we need to have an open dialogue with others and recognize the humanity of all people. Another member of congress invoked a powerful quote of Dr. Martin Luther King, Jr., saying, “It’s not that you want to win, it’s that you want to win them over.” The member believed that it needed to be pointed out that sometimes it seems that the school would like to change perceptions, but is not necessarily have an open and accepting dialogue. The member challenged the school to have a greater interest in actually affecting change rather than making it seem like there has been change.

From there Peterson moved on to ask the students of congress what exactly they would suggest or say to the new person that will be hired as vice president of diversity and inclusion. One question involved the congress itself, with an elected member asking what more the congress can do to attempt to affect change on campus. A piece that was introduced last semester had offered to have congress reach out to other groups on campus in order to promote diversity, but gained little traction as many did not see it as the Congress’s duty or thought it would infringe on the work other groups do.

Peterson responded by stating that although it may not be directly expressed in our mission statement, one of the most important things on a campus is to have a strong foundational organization that is as diverse and inclusive as possible. A member of the congress also suggested that the College should do more to make students realize their voice has real power to effect change on this campus. Many students are apathetic, and if the school focused more on building connections more people would recognize their voice as their power.

From there, the conversation turned to the necessity for there to be more people of color both in the student body as well as the faculty. According to one student, it can be hard for a person of color to feel engaged in a class where they can feel alone surrounded by all white students and teachers. Not only that, but members also wished for there to be more opportunities for women and members of the LGBTQ+ to feel a member of the community on campus. As one student pointed out, as one enters campus it feels as if it flaunts its diversity in signs and photos, but walking around campus one realizes its lack of credibility.

From there, students suggested the administration take a closer look at its scholarship and grant allocations saying the College should be willing to sacrifice some profit for the good of the College as a whole. If PC can build stronger relationships with more diverse high schools as well as offering financial aid, the school

can seem more like home for many students that are already here.

Finally, some students wished to see changes to the diversity requirement. Some classes that fulfill the requirement do not seem to actually teach about diversity, and if the College is committed to creating a dialogue that’s a place to start educating students. With that, Peterson thanked the congress for giving the time and promised to look into many of these issues as well as challenging the congress to effect change. The Student Congress thanked Peterson for taking the time to have a dialogue.

The Excel Club was scheduled to be voted on first, but was delayed until after the vote for the Music Production Club.

The Music Production Club attested to their opportunities in a wide field of musical styles. Many members spoke to the good aspects of this idea, especially because our school does not have many musical opportunities. One question arose as to funding, but the presenter of the club requested no funding at the present time. With this, the club was passed with one nay vote. Congrats to all involved and good luck.

The question arose again as to the Excel Club, and many students spoke to its necessity on campus. One question arose if the club had attempted to be a part of the Providence College School of Business, but the presenters of the club wanted to be able to extend help to students of all majors in order to utilize excel. Many defended this aspect of the club, and the piece was put to a vote. It passed with one nay vote.

One piece of legislation regarding a change to congress elections for juniors going abroad was tabled for a week so the presenters could refine some of the details.

Finally, the allocations for the upcoming semester were discussed, and will be worked on extensively by the club in the coming days. It will be voted on soon in order to get clubs the funding they need.



Big Campus Clubs Share Their Election Processes

A How-To Guide on Interviewing for Club Membership

by Hannah Langley '20
News Staff

ON CAMPUS

With so many clubs and organizations on campus, it can be hard to choose which ones are best suited for each of us. Some of the most popular and involved clubs on campus include Friars Club, Board of Programmers, Board of Multicultural Student Affairs, Student Congress, and Campus Ministry, all of which invest time into making the Providence College experience the best it can be. Each of these clubs has a unique interview and selection process, and while the chances of becoming a member of one of these clubs may seem difficult, it is not nearly as intimidating as some might think.

Interviews for Friars Club have already ended for freshmen and sophomores, but interviews for juniors will be held on Feb. 20 and 22. Applications for BOP will be made available from mid-February until spring break. Those looking to apply for BMSA should look out for Red Polo Day, which is similar to the Coffeehouse events held by Friars Club and BOP, later this semester. Applications for Student Congress will be available, most likely, in April. Campus Ministry began accepting applications on Jan. 30.



PHOTO COURTESY FR. DOM VERNER

Friars Club is in charge of giving tours of the campus, as well as working special events and hockey games. The club consists of 76 students, including 37 new members each year – 14 freshmen, 13 sophomores, and 10 juniors. The interview process begins by filling out an initial application and writing a 250-word personal statement. The application is then given to a three-person interview committee, comprised of members who do not previously know the student. The applicant is then asked a series of questions, evaluated by the entire club, and then, if selected, placed on a specialized committee. These committees are held responsible for working specific events, as well as giving tours to prospective future Friars.

Kyle Fitzsimons '18, chair member of the elections board, mentioned that there is no “specific mold” they are looking for in an applicant; they are simply looking for students who “work well with prospective students and their families, as well as alumni and faculty.” Shane Sturtevant '19, assistant to the chairs of the election committee, explained how all active members of the club participate in the interview and election process, making the selection of new members “completely democratic.” Fitzsimons loves Friars Club because of the “family mentality” of those in the club, and because “each member is cared for, loved, and supported.” Sturtevant talked about how one of his favorite parts about Friars Club is seeing the high schoolers he gave a tour to come to PC. “Knowing that I had a part in how they ended up here makes it all worth it and is a feeling that is so incredible,” say Sturtevant.



PHOTO COURTESY OF CASSANDRA CAGGIANO '18

BOP is another prominent club at PC that helps plan events for the student body. The club consists of 10 different committees and an executive board. Each year, the club opens applications to freshmen and sophomores, accepting about 10 students from each grade. After filling out an application and writing a short creative piece, students then sign up for a small group interview, where the interviewers can get a general sense about whether or not they want to see the applicant return for an individual interview. This personal interview consists of a panel of four members from the executive board and one faculty member from Student Activities. Libby Jancsy '18, president of BOP, mentioned why she loves this club, saying it gives students a chance to “meet new people and do something fun on campus.” She said, “We are truly a club that is dedicated to making students feel welcomed and safe on campus, and helping them find a home in Friartown.”



PHOTO COURTESY BMSA INSTAGRAM

Campus Ministry Leadership includes many social, service, and spiritual activities that students can get involved with at PC and in the surrounding community. There are a total of 62 students involved in Campus Ministry this year—a president, vice president, 22 members on the council, and 38 peer ministers. To become a part of Campus Ministry, freshmen, sophomores, and juniors can fill out an application that includes a series of reflection questions. Applicants are then interviewed by members of Campus Ministry, and finally selected by the members of the club. Following this, students can become involved in various service opportunities, such as Special Olympics and Habitat for Humanity. They can also become peer ministers and FaithWorks leaders. Shannon Grady '18, vice president of Campus Ministry, became a member of Campus Ministry Leadership during her sophomore year. She talked about her own personal experience of being a part of Campus Ministry, saying, “I’ve made my best friends...formed deep connections, and grown in faith.”



PHOTO COURTESY OF DELINA AUCIELLO '18

Student Congress also holds an important responsibility at PC, as they address campus needs and issues raised by students. Currently, there are around 100 students involved with Student Congress, including an executive board, nine elected members from each class year, and students assigned to various committees. For freshmen, sophomores, and juniors running for election, the process involves attending an Ethics Review Meeting, obtaining 50 signatures from students, and campaigning. To become a committee member, students only need to fill out an application and are then interviewed. Brett Canzano '21 became a member of a Student Congress committee last semester and already loves it. “I really like spending time in the office and talking with people I never would have met outside of it, such as people in other grades. Congress has given me so many new friends, and I’m so happy for that,” he said. Devon Guanci '19 said, “I enjoy working with my peers to make positive changes on our campus, as well as having frequent opportunities to meet with members of the administration and students from other clubs.” Conor Glendon '18 also mentioned how his favorite part of Student Congress is all of the people he has met. He said, “As a freshman it gave me a chance to meet seniors I would otherwise have never crossed paths with and likewise as a senior with freshmen I would have never met.”



LAURA CHADBOURNE '20/THE COWL

BMSA oversees other clubs and organizations at PC that promote and concentrate on cultural awareness. Some of the clubs and organizations BMSA supervises are Afro-Am Society, Asian-Am Society, Gaelic Society, Students Organized Against Racism, and the Motherland Dance Group. To be a part of BMSA, students can either apply to be on the executive board of the club they are affiliated with, or they can join the BMSA committee. Freshmen, sophomores, and juniors can apply to be on the BMSA committee, where they will then be placed on one of five committees—social, outreach, diversity, marketing, and events. Joining one of the committees involves a three-step process. First, students must fill out an application, then they are interviewed by the current chairs of each of the committees, and finally are interviewed by the current members of the BMSA executive board. Marcie Mai '18, president of BMSA, said her favorite part about the club is “being able to share [her] passion about social justice issues with...the PC community.”

A Look at How Clubs are Created on Campus

What Students Do To Bring Their Club Dreams to Life

by **Brian Garvey '20**
News Staff

ON CAMPUS

Last week, Student Congress approved two brand-new clubs to be introduced on campus. The first club introduced will be the Excel Club, which wants to provide the learning experience that some students feel that the Computer Applications in Business class (CAB) does not provide. Connor Ayers '18, chair of the committee on clubs and organizations, stated during the hearing for the club's approval that the club was "super organized," and had "excellent plans to work with others."

Originally founded on the feeling that the one-hour-per-week CAB class did not do enough, a group of students began meeting weekly. Soon, a group of 10 to 15 students were meeting religiously and decided to create the club to attract more members and expand their scope.

One idea proposed was to expand the help available to students majoring in non-business disciplines; for example, tutoring sessions for students in the biology department. They felt that CAB was not necessarily available to their disciplines and that they needed to be exposed to this vital skill in any sort of professional environment.

Arriana Arroyo '20 said, "I definitely



KRISTINA HO '18/THE COWL

BMSA is one of the many clubs on campus that allows students to express their interests.

feel that there will be a lot of interest in this club, especially from the sciences. I feel like I don't have a lot of Excel experience, and I would definitely love to really develop that skill." Excel Club would also like to expand to help other organizations, like the Athletic Department and Student Council.

The second club, while vastly different, is just as promising as Excel Club: Music Production Club. Founded by Mark Healy '20, Ayers stated during the club's hearing that there was a strong interest generated and that "they had been meeting extensively on their own."

Healy founded the club out of his

own love for music, specifically rap. He writes and produces his own songs out of his dorm room, with several popular songs on SoundCloud.

Healy said, "Rapping, to me, is an outlet to perform that both makes me happy and relaxes me, and I want to be able to bring that to other people." Healy went on to talk about how he wants to teach people the skills to produce their own music and hopefully give them an avenue towards the same satisfaction he gets out of making music.

One of his ideas was to meet at an off-campus studio so that club members can experience what it is

like to be in a real studio and hear what their music sounds like through professional equipment. Healy added, "My end goal is to have a studio on campus. I feel like it is something the campus is missing, and I feel that it could be a huge benefit to the culture of the school."

Healy also felt that his club could provide an outlet for all types of musicians. For example, many students on campus played an instrument in high school, yet cannot find the time to fit a lengthy instrumental class into their schedule. This club has a massive potential for success with this type of student, as it could be an outlet for their own musical ambition.

Tom McMahon '20 said, "Being an accounting major, I find it tough to find time to play my saxophone. Maybe now that this club is available, I can bring it back from home and start to play again." Be on the lookout for the Music Production Club; they could be performing at Providence College events soon!

These two clubs, while vastly different in their premise, have great potential to bring a new aspect of diverse learning experiences to PC. Interested students are highly encouraged to join, and beginners are more than welcome to test the waters. Undoubtedly, these two clubs will leave a great impact on its members and this campus.

Bursting the PC Bubble

What's Going On In the White House?

Trump Reveals Desire to Fire Special Councilman Mueller

by **Ernie Andreoli '18**
News Staff

WORLD NEWS

President Donald Trump reportedly ordered the firing of Robert S. Mueller III, the special counsel for the department of justice who is administering the investigation into Russian interference in the 2016 presidential election, last June, according to four individuals familiar with the matter. However, President Trump revoked his decision after White House counsel, Donald F. McGahn II, refused to ask the Justice Department to dismiss Mueller, and threatened to resign.

On Jan. 25, *The New York Times* published an exclusive article which revealed that President Trump tried to fire the special counsel amid a potential obstruction of justice case. According to the *Times'* sources, Mueller became aware of this confrontation after investigators assigned to the Russia probe questioned current and former senior White House officials. Beginning in mid-June, the special counsel widened the investigation to determine whether or not President Trump attempted to obstruct justice by interfering with the judicial system. Prior to this development, the special counsel's investigation focused primarily on whether the Trump campaign collaborated with the Kremlin.

According to the *Times*, the president insisted that Mueller had to be dismissed due to three conflicts of interest. First, Trump argued that Mueller, who was a member of his golf course in Sterling, Virginia, and the FBI Director at the time, revoked his membership following a dispute over club fees. Second, the president claimed that Mueller could not be fair because he previously served as a partner at WilmerHale, a law firm that used to represent Jared Kushner, the president's son-in-law. Third, the president argued that Mueller was interviewed to return to the FBI just days before he was assigned to oversee

the Russia investigation. According to the *Times'* anonymous sources, McGahn, after becoming aware of the president's intention, believed that firing Mueller would undoubtedly be interpreted by investigators as a tactic to obstruct the Russia investigation. According to these revelations, Mr. Trump pulled back after McGahn said he would quit.

As the top lawyer for the Trump campaign, McGahn has worked hand in hand with the president on strategic, administrative, and political decisions, such as the firing of James Comey, the director of the FBI, on May 9. "When you are dealing with an obstruction of justice case," stated Dr. Paul Herron, a political science professor at Providence College, "the issue is intent." Herron acknowledged that while President Trump had the legal authority to fire Comey, the question at stake is whether or not he dismissed him in order to impede the Russia investigation.

Herron noted that in the obstruction of justice cases with President Bill Clinton and President Richard Nixon, clandestine documents were destroyed and witnesses were told to lie under oath. While it remains unknown by the public whether or not the Trump administration performed either one of these schemes, "President Trump is afraid of something," stated Herron.

When reporters asked President Trump to comment on these disclosures while attending the World Economic Forum in Davos, Switzerland, the president called the *Times'* revelations "fake news." The president added that the exclusive was "a typical *New York Times* fake story." After Ty Cobb, a well-known trial lawyer in Washington D.C., joined the Trump administration's legal team in July, the president has retreated from criticizing Mueller's impartiality. According to the *Times'* sources, Cobb's arrival has led to a turning point in strategy—cooperation, not antagonism.

Over the last two weeks, the president's attorneys have acknowledged that they are

currently deliberating with the special counsel's office to work out an in-person interview with President Trump. There has been no confirmation as to when this inquiry will take place. "We are heading into a political crisis situation," asserted Herron. By undermining a federal institution like the FBI and validating conspiracy theories such as the belief that the special counsel's probe is a Democratic-led attempt to sabotage the Trump administration, President Trump's endeavors "seem a lot like obstruction of justice," concluded Herron.



PHOTO COURTESY DOUG MILLS/THE NEW YORK TIMES

Special Councilman Robert Mueller.

Cowl Corrections

In last Thursday's issue in the News Section, the article "PC Welcomes Jackie Peterson" stated that Jackie Peterson took the position as Interim Chief Diversity Officer. The title given to Peterson is incorrect. Peterson was hired by the College as a consultant to provide interim leadership and oversight to the Office of Institutional Diversity.

It's Time to Put the Phone Down

by **Andrea Traietti '21**
Opinion Staff

CAMPUS

Technological advances in the past decade alone have changed our lives in nearly every way imaginable. For the most part, these changes seem to be positive. We can easily take a picture at any moment, we can keep in touch with friends even if they are halfway around the world, and we have limitless information literally at our fingertips. But for students, the small device we store in our back pockets may be creating more hurdles than knocking them down.

Scientific research, according to *Psychology Today*, is now proving that cell phone and app usage is linked to higher rates of anxiety, and even clinical addiction problems. It is critical to evaluate the role of technology in our lives and control our intake of addictive apps, as well as overall usage in order to give our technology a more positive and useful role in our lives.

Many people, not just students, struggle to maintain boundaries when it comes to smartphone usage. However, countless studies have proven that the brains of young adults are more impressionable and prone to obsessive tendencies. Thus, high school and college aged students struggle all the more to control their phone and app access.

This desire to keep checking our phones presents a focus problem, especially when it comes to completing tasks and using effective time management skills. "I think it interferes with my focus because sometimes when I'm not doing interesting homework I check my phone to take a break but then I end up spending 15 or 20 minutes browsing Facebook," said

Kara Berlin-Gallo '21.

However, this compulsive need to constantly check our phones is linked to far more than the commonly cited "FOMO" or "fear of missing out."

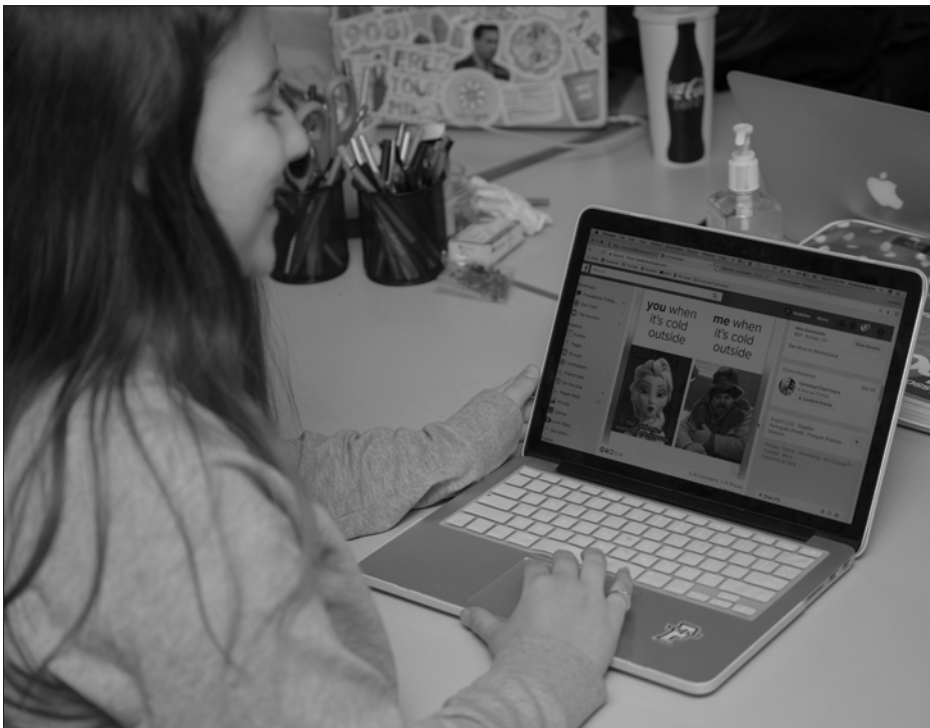
In fact, research published in *Psychology Today* by professors and analyzed by Susan Weinschenk, a behavioral psychologist, shows that our smartphones elicit a chemical response in our brains. Receiving a text or a "like" on social media is a form of instant gratification. This instant gratification triggers a cycle of dopamine, a neurotransmitter that increases our desire for something and our willingness and motivation to seek it.

Thus, the problem with cell phones becomes evident: the more texts, "likes," emails, and comments that we receive, the more we want. We cannot break this dopamine-induced loop because our gratification only makes us want more. And to make matters worse, as Weinschenk states, unpredictability also triggers this dopamine cycle. We never know when someone is going to text us, so we feel the need to seek out those texts and constantly check our phones.

Marketing agencies and social media companies easily take advantage of this dopamine cycle, thus adding to its overall effects. With features like 'streaks' on Snapchat, for example, companies try to hook users into a repetitive and constant loop of use.

In her article in *Psychology Today*, Weinschenk concludes that the only way to break our addiction is to break the dopamine cycle—by shutting off all cues. Essentially, we must 'quit cold turkey.'

However, to suddenly try to limit or shut off social media and smartphone usage is an extremely difficult task. The



NICHOLAS CRENSHAW '20/THE COWL

best way to go about gaining control of usage is ironically with different apps. Apps like Moment and Onward can help anyone trying to redefine the role of technology in their life, whether they are looking for better focus skills or trying to shut off a developing addiction. Regardless of the intended goal, these apps are important for self-evaluation and students need to take advantage of them.

First and foremost, these apps track usage and can shut off access to apps at certain times of day. For example, Moment asks users to take screenshots of their battery use settings in order to understand the percentage of battery used on specific apps. This way, the program can help target apps that trigger obsessive tendencies. Onward has a similar function, and it can also completely cut off social media app

usage by blocking WiFi access for those apps.

In addition to setting different limitations, the apps also aim to fix the more emotional aspects of phone use. Onward, for example, has built in exercises meant for relaxation and reflection. Since distance from our phones spells anxiety for most of us, Onward attempts to ease this nervousness not by allowing users to check their phones, but by forcing them to try to relax in another way.

Overall, we all have a responsibility to understand the role of technology within our own lives. Especially for students it is critical to regain control over the impulse to constantly check our phones. We need to want to change, and we need to be our own advocates in ameliorating our relationships with our phones.

Not Just Your Grandfather's Problem: Get the Flu Shot!

by **Nicholas Moran '19**
Opinion Staff

HEALTH

Waking up to pins and needles poking at his throat, Minneapolis middle schooler Grant LaMontagne assumed he had a sore throat. Yet as the hours ticked by, it was getting harder and harder to breathe.

Five days later, LaMontagne was gasping for air in the back of an ambulance, with "vinelike threads of mucus" filling his lungs and constricting his breath. Immediately, doctors inserted an oxygen tube into the young boy's neck as a "lung bypass machine" fed him oxygen that his pneumonia-stricken "lungs could not."

As doctors and nurses ran about around them, LaMontagne's parents were dumbfounded. "We just cried ...and talk[ed]...[about]what was happening," a distraught Mrs. LaMontagne told the *Washington Post*. "It all happened so fast... he's a healthy boy... he's never had any major illnesses."

While LaMontagne survived his encounter with this year's H3N2 flu epidemic, millions of Americans are contracting what the *New York Times* called the most "intense... [outbreak] since the 2009 swine flu pandemic." This year's flu is more serious than ever before, and is a cause for major health alarm.

Dr. Daniel Jernigan, director of the influenza division at the Center for Disease Control and Prevention warned that "we'll expect something around" 34 million flu-struck Americans, 710,000 flu hospitalizations, 56,000 deaths, and over 148 pediatric deaths. 49 out of the 50 states have reported "widespread flu

activity," including the Rhode Island Department of Health, which has reported 11 "flu related" fatalities so far.

To make matters worse, federal officials warned the *Washington Post* that the number of flu patients is "rising sharply," as Dr. Jernigan cautioned that we are only "halfway" through the season.

Facing mounting flu-cases, health services are becoming overwhelmed. California hospitals have begun to treat the ill in outdoor tents, Tamiflu and flu vaccines are becoming scarce, and bed shortages even forced a Chicago hospital to leave victims in "ambulances idling outside the hospital."

It is important for Providence College students to know that it is not just the elderly and little children filling those beds. All too often, college students assume the flu is just a problem for their grandparents and little cousins. The National Foundation of Infectious Diseases even reported that only up to 8-39 percent of college

students get vaccinated, forcing colleges to throw away expired vaccines. "I hate getting poked with needles," a student told NBC, "flu vaccinations just don't seem like a necessity. I'm young and healthy. Even if I get it again, my body will fight it off within two days."

Unfortunately, it is not that simple. While the flu

may not necessarily put a college student's life in jeopardy, it will make his or her week miserable and does have serious health consequences.

Dr. Libby Caruso told NBC that a typical flu-struck student can miss "a week or more of classes," and are left shivering from chills in their tight dorm room beds. Noses clogged and drenched in a fever sweat, sick students are certainly not enjoying a relaxing break from class.

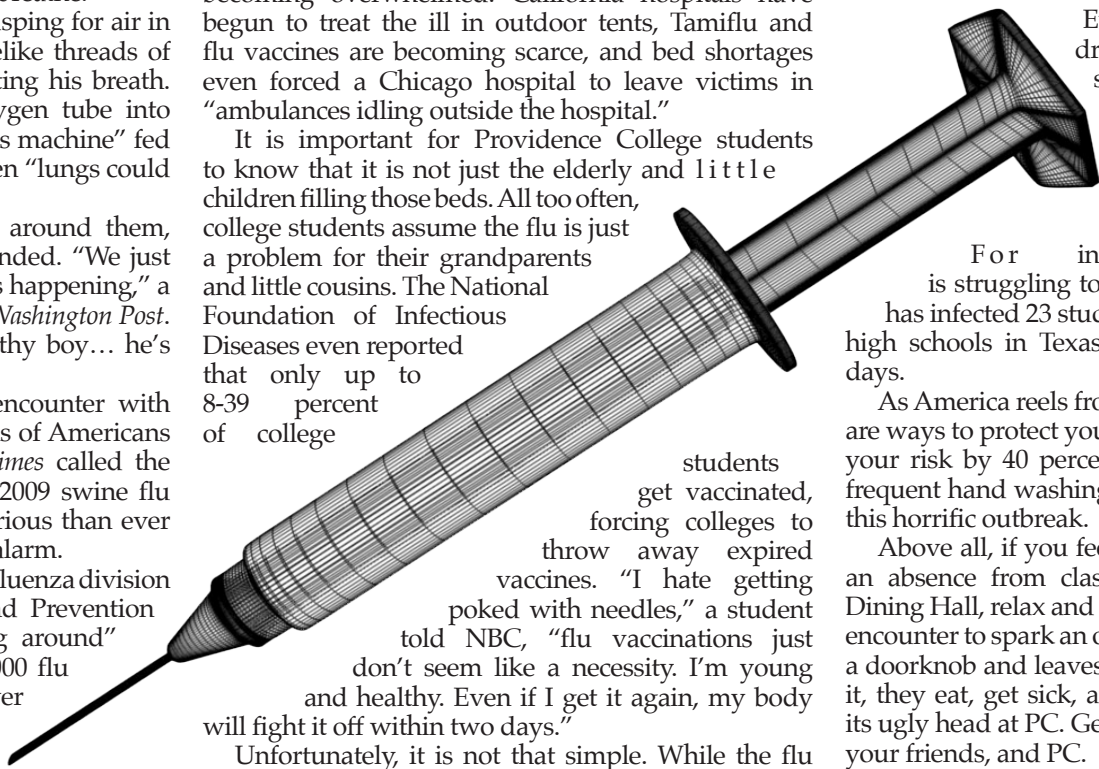
Even worse, they can infect droves of other students. With students huddled in small dorm halls, grabbing silverware from small buckets at the dining hall, and using public restrooms, one case can multiply to 25 in a heartbeat.

For instance, Ohio State University is struggling to contain a H3N2 outbreak that has infected 23 students, and outbreaks are forcing high schools in Texas and Florida to cancel school days.

As America reels from this historic flu season, there are ways to protect yourself. A simple flu shot reduces your risk by 40 percent according to the CDC, and frequent hand washing can help stymie the spread of this horrific outbreak.

Above all, if you feel sick, stay in your room. Take an absence from class, stay away from Raymond Dining Hall, relax and watch Netflix. All it takes is one encounter to spark an outbreak. A sick student touches a doorknob and leaves germs, dozens of others touch it, they eat, get sick, and suddenly H3N2 has reared its ugly head at PC. Get the shot, and protect yourself, your friends, and PC.

PHOTO COURTESY OF PROPROFS



Why Is Networking So Important?

It's Never Too Early to Think About Post-College Plans

Networking:

Continued from front page

Students were warmly welcomed to the offices of well-known companies, including LinkedIn and Nasdaq, where they toured the offices and learned about particular careers in those companies. The day ended with a PC alumni and student networking night filled with an informative alumni panel, general networking, and an assortment of snacks and refreshments.

While many of the students who attended were part of the junior and senior classes, all years were represented, proving that it is never too early to start networking or thinking about life after PC.

While students are always told that connections with others in their field are encouraged, why is networking so important?

According to the *Merriam-Webster Dictionary*, networking can be defined as “the exchange of information or service among individuals, groups, or institutions; specifically: the cultivation of productive relationships for employment or business.” In other words, networking is all about creating and maintaining solid, meaningful relationships.

While some students may find this appealing, others can find it simply terrifying. Because of this, students oftentimes misunderstand what networking truly is.

Tess Povar, assistant director and career coach for the Providence College School of Business, sat down with me to debunk these outdated networking fallacies.

“I think that the common misconception [about

networking] is that it’s intimidating and awkward, but it doesn’t have to be. It’s really about having a conversation and getting to know someone on a professional level. However, it takes effort and a resourceful student to plan and prep in advance, as it is a skill that doesn’t come easy to everyone.”

Povar went on to explain the Center for Career Education and Professional Development’s extensive list of student resources. Their resources include daily Slavin 108 and PCSB drop-in hours, weekly mock-interviews conducted by guest professionals in different industries, the upcoming

Career Expo, and their “Weekend Update” emails sent out every Sunday.

From day one of freshman year, it is clear that PC wants its students to utilize all the resources they possibly can. It’s hard to go a day without seeing someone wearing the notorious “Don’t Wait... Slavin 108” shirt, but what happens if you do wait?

“I don’t think it’s ever too late,” said Povar, “because there are so many opportunities on a daily basis, but it becomes more difficult as time goes on. It’s all about relationships, and relationships take time and effort. Therefore, the earlier you start, the more connections you will have so that they can advocate and mentor you throughout your college career.”

The professional world today is truly all about who you know and the connections you have made. That being said, you never know exactly where your connections will take you. They may lead you to other people, or they may lead to your dream job.

Now, this is not a call for all students of all grades to drop everything and start sprinting to the Career Center. Just know that it is truly never too early to start networking and thinking about your professional life after college.

To reiterate what Povar said, networking is all about relationships, and relationships take time and effort. The earlier you make a connection and form a professional relationship, the more valuable and meaningful the relationship will become.

Although networking may seem intimidating and awkward at first, it truly is one of the most important parts of your professional career.

So, don’t wait... Slavin 108.



PC students attend the Finance “trek” at the Nasdaq Stock Market.



PC students attend the Communications and Media “trek” at LinkedIn.



PC students attend the Nonprofit “trek” at UBS Financial Services.

PHOTOS COURTESY OF TESS POVAR

Do You Have an Opinion?

Write a Letter to the Editor and send it to

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Fighting Toxic Masculinity

by Kelsey Dass '18
Opinion Staff

SOCIETY

Captain America, Optimus Prime, Batman, Superman, and Spiderman all share the same characteristic: their manliness. These superheroes have come to serve as role models for many young, impressionable boys. Over time, they have come to define what a man looks and acts like. In turn, boys turn into men who consistently attempt to prove their masculinity and hide what the world may consider shameful.

Does that really make them man enough?

The idea that young boys are identifying with these heroes is not entirely negative. These characters are always “doing good:” fighting crime, battling harmful villains, and protecting society against natural disasters and whatever

else may threaten the lives of the public. It is wonderful that boys are growing up with the idea that there is importance in doing good deeds.

However, it does plant a seed in the minds of these children, who believe that their manhood could only be defined by that one image of strength and courage. Once this thought is in their minds, it is all they strive for. We have all seen dozens of young boys on Halloween dressed up in every superhero costume possible, aspiring to be closer to a “super” man.

However, it is not solely based on how they reflect their desire on the surface level, there is a lot boys internalize that we often miss. Research shows that by the age of seven, more than 50 percent of boys desire a more muscular body type, which increases to 90 percent as the child enters adolescence.

This is not solely at the fault of these superheroes. As a society we have created the

illusion that we desperately need men to be strong for us all of the time. If they admit their fears, anxieties, stress and anything else we have come to deem as “shameful,” society implies, the whole world would crumble into pieces.

This idea is constantly reinforced in ways we do not even truly recognize. In 2017, one of the Super Bowl commercials advertising Miller Lite used the slogan, “Man up, and choose a light beer with more taste.” Our society has pushed the idea of hyper-masculinity to unattainable measures.

Justin Baldoni, who plays “Rafael” on The CW’s hit show, *Jane the Virgin*, has utilized his platform to discuss this issue. Baldoni makes a call to men in his moving TED talk, saying “Growing up, we tend to challenge each other. We’ve got to be the toughest, the strongest, the bravest men that we could be. At the end of the day, our identities are wrapped up in whether or not at the end of the day we feel like we’re man enough.”

This all seems to leave little room for men to be able to be who they are when they have to be tough, strong and brave. In a focus research group done with young children, they were asked what “man up” means, one young boy stated, “It means to toughen up and go through it unemotionally.”

One could argue that as a society we have made great strides in the area of self-expression. While this is in fact true, men have yet to have to opportunity to be a part of this revolution as much as they should.

Change needs to happen now. Our comic book heroes need to be able to sit down after a long day and say, “I am going through a really hard time.” Our role models need to admit fear and express the normalcy in doing that. Elementary, middle, and high schools, colleges, and workplaces need to enforce “a daily real.” If we encourage and accept realness in the language we use to speak to each other, we will develop a world in which masculinity is both strength and shame, and neither will negate the other.



Actor Justin Baldoni discusses male stereotypes in a TED talk.

PHOTO COURTESY OF STACIE MCCHESENEY / TED

Tide Pods Are Friends, Not Food

by Sarah Kelley '18
Opinion Co-Editor

HEALTH

During the month of January, many Americans may reflect on how far we have come, both as a nation and as individuals. We often assess the past year in terms of economic, social, and political improvements or downfalls, and we look towards the upcoming year as an opportunity for new goals, aspirations, and intentions.

Yet, one recent and alarming trend has prompted many Americans to question how far we have really come as a society in 2018, and if we are really moving forward: the Tide Pod Challenge.

What began in 2015 as a darkly humored internet meme that jokingly presented the brightly colored detergent packets as delectable snacks, has quickly developed into a perverse and potentially fatal challenge. Teenagers today are posting videos of themselves consuming Tide Pods on Facebook, Twitter, and other forms of social media in order to “complete” the Tide Pod Challenge.

While many people may not realize that the Tide Pod Challenge is more than just an internet joke, the consumption of these potentially lethal detergent packets is cause for not only public health concern, but also for a serious questioning of where some of our young people stand in society in relation to this

blatantly self-harming behavior.

In the first four weeks of January alone, there have been 134 reported cases of intentional detergent pod consumption by teens aged 13-19. That statistic exceeds the total number of reported cases of single load laundry packet consumption during the entire year of 2016.

And while the danger of young children and infants consuming these pods—mistaking them for bright, candy-like treats—has already been recognized and warned against, the same cannot be said for intentional consumption by teenagers.

Just last week the American Association of Poison Control Centers (AAPCC) issued a press release detailing their high alert for

“Intentional Exposure Among Teens to Single-Load Laundry Packets.”

AAPCC’s CEO and Executive Director Stephen Kaminski explained, “Since our first alert to this life-threatening activity, the trend of intentionally ingesting single-load laundry packets has increased in its popularity despite repeated warnings... We cannot stress enough how dangerous this is to the health of individuals—it can lead to seizures, pulmonary edema, respiratory arrest, coma, and even death.”

Procter & Gamble—the corporation from which Tide Pods originated—is working to remove the harmful videos and images of teens performing the challenge from social media networks, as well as to

provide safety information to young people about their cleaning product. Yet their loss of brand control is proving overwhelmingly obvious.

In response to the increased consumption rates, many American businesses are now even profiting from the dangerous trend, in creating and selling safe-to-consume Tide Pod-themed donuts, pizzas, and alcoholic beverages. This capitalistic response to a self-harming behavior seems almost as disturbing as the behavior itself.

Yet at the heart of this alarming spike in intentional Tide Pod consumption by teens in 2018 lies serious questions that should not be ignored. Why are these young people exhibiting such harmful behaviors when the health risks associated with consuming Tide Pods are so obvious and great?

Is this trend a reflection of the impact of social media on certain vulnerable teens, so desperate for approval and “likes” that they will risk their own health for a positive response from peers? Does the challenge underscore a breakdown of some American families, as parents lose control of their teen children? Or does this alarming behavior reflect a freak trend in our nation’s youth, because of stupidity, lack of common sense, or some disillusionment with reality?

As individuals and as a society, the Tide Pod Challenge reminds us of the difficult but necessary issues that must be addressed in response to such an abnormally stupid and unashamedly harmful trend.



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Finding Truth in a World of “Fake News”

by Marla Gagne '18

Editor-in-Chief

EDITOR'S COLUMN

For the last few months, I have been patiently awaiting the premiere of a movie that has my three favorite things: Meryl Streep, Tom Hanks, and journalism. Last Friday, a small group of *Cowl* editors and writers ventured to the mall to finally see *The Post*, a retelling of journalism at its finest. The movie follows *The Washington Post's* involvement in the publication of the Pentagon Papers—top-secret



documents regarding the United States' involvement in the Vietnam War dating back to 1945. The *New York Times* initially published the classified documents, which revealed that the government had misled the American public about the state of the war, but was eventually ordered to stop publication by the government. The movie follows *The Post's* journey of locating the papers and publishing them, eventually making their way to the Supreme Court to fight to uphold their use of the First Amendment. The movie is everything you want it to be—writers huddled around conference tables, smoking cigarettes and using typewriters. Inspiring speeches by *Post* editor Ben Bradlee saying the only way to assert the right to publish is to publish. And the evolution of a woman working in a man's world as publisher Katharine Graham risks her paper, reputation, and fortune to publish the truth—the ultimate mission of any newspaper. We may not be going against the White House or defying court orders to find our own truth, but in today's world finding the truth is not the easiest task. Facebook fills your news feed with

people and ideas that mirror your own. The internet has created a platform where anyone with anything close to an opinion can voice their beliefs. And our own president has started a trend of “fake news,” a simple write-off of any argument one does not like or want to address. But this attitude of dismissing arguments and information we may not like is harmful to every person of the community. A *New York Times* article recorded Pope Francis recently denouncing “fake news” as a way to “grab people's attention by exploiting 'emotions like anxiety, contempt, anger and frustration.'” The article further reports that the pope advises individuals to debunk circulating falsehoods but also “praised educational programs, regulatory efforts and social media companies' progress in verifying personal identities 'concealed behind millions of digital profiles.'” At a college that values “veritas,” or truth, it is crucial that every part of the community moves beyond click bait headlines and hearsay. We must be informed and open-minded and hold everyone, from media and professors to friends and family, accountable.

TANGENTS & TIRADES

Trump: Think Before Speaking

During the 45th annual March for Life in Washington, D.C., President Trump completely misspoke before a crowd of pro-life advocates. What began as a standard, run of the mill anti-abortion speech took a turn for the worse when Trump went careening far off script and said, “Right now, in a number of states, the laws allow a baby to be born from his or her mother's womb in the ninth month. It is wrong, it has to change.” A woman standing behind him nodded in agreement. Media outlets bubble wrapped the gaffe, claiming what Trump meant to say was that it is wrong for women to undergo third trimester abortions. There is no doubt he meant to say something different, but this slip up is not an isolated incident for Trump, and reinforces the fact that he will speak utter nonsense without batting an eye. Some people say that Trump is unfit to be president because he exhibits signs of one mental illness or another. This is an inappropriate and insufficient case against him. President Trump is simply incompetent, stumbling from one hiccup to the next. And while misspeaking is forgivable, failing to correct oneself after this kind of mistake is not. This reveals something truly worrying: in President Trump's eyes, he really is a “very stable genius” who can make no mistakes, no matter how obvious they may be.



Make PC Pet-Friendly

As the owner of two golden doodles, I have found that one of the hardest things about returning to campus after winter or summer break is leaving my pets behind. Coming across a dog on campus and getting those few minutes of playtime are the highlight of my week. Although this is a treat, many animal-loving students could feel this happy all the time if Providence College were made a pet-friendly campus. Certain universities have designated buildings where pets such as fish, cats, and small dogs can reside. Of course, this amenity comes with strict rules and regulations that the owner must follow. However, more and more campuses are allowing animals to live on-campus. Starting next year, Johnson and Wales University will be piloting on-campus, pet-friendly communities in three different residence halls. Some of the rules include designated-areas, only allowing one pet, dogs no more than 40 pounds, only certain breeds allowed (i.e. no German Shepherds, Pitbulls, Akitas), and a minimum age of one year old. Although not everyone is a pet-person, it is not fair to take away this possibility altogether for those who are. College is an opportunity for students to become independent; having your own pet would only promote this in college students. In addition, we have seen how great animals are for morale, such as when the barnyard animals visit campus during times of stress (i.e. midterms and finals). If we had this kind of companionship full-time, it could decrease stress levels overall. Ultimately, pets could help improve students' mental health on-campus at the College.

-McKenzie Tavella '18

More Diversity in Hollywood

The 2018 Oscar nominees prove to be a step in the right direction for representation in Hollywood. The nominees were more diverse in nature with Greta Gerwig becoming the fifth woman to be nominated for Best Director and Jordan Peele becoming the fifth black director to be nominated for the same prize. Rachel Morrison is also the first woman to be nominated for Best Cinematographer for her work in *Mudbound*. Amid an award season steeped in controversy, the nominees show signs of progress. Today, it can sometimes seem as though people are more divided than they are connected. The representation of more perspectives in the media, however, can prove to be therapeutic. As new voices are introduced, an opportunity is created to increase communication and empathy among all people through the sharing of art. There is still room for improvement. While Guillermo del Toro, a Mexican director, received a nod in his category, there are still few Latino and Hispanic nominees. Likewise, Pakistani writer and actor Kumail Nanjiani received a nomination for his screenplay, *The Big Sick*, but there is still a need for more Asian voices to be heard. As the film industry changes, it will be exciting to see more voices being shared.

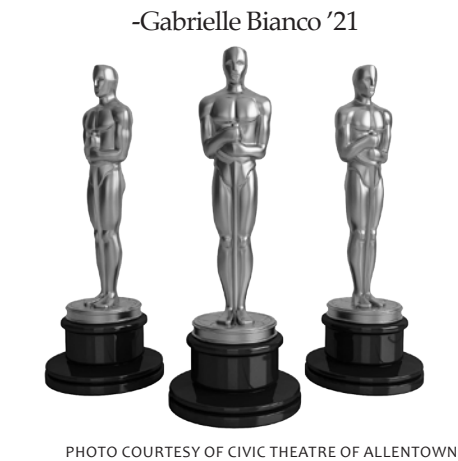



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COMING UP NEXT SEMESTER:

Hamlet

by William Shakespeare

January 26-28 & February 8-11

Falling

by Deanna Jent

February 16-18

Creative Writers

Festival

March 23 & 24

The Moors

by Jen Silverman

April 13-15 & 20-22

Spring Dance

Concert

April 27 & 28

Student Film

Festival

May 3

If you are a person with a disability and require an assistive device, service, or other accommodation to participate in this event, please contact the Central Reservations Coordinator (401-865-2070; M-F 8:30 a.m. – 4:30 p.m.) well in advance of this event.

PHOTOGRAPHY



MAGGIE BRANHAM '18/ THE COWL

ABOVE: Chanell Williams '21 dribbles the ball during the Providence College women's basketball game. The Friars beat the St. John's University Red Storm 70-68 on Sunday, January 28. Williams scored six field goals and one free throw.

ABOVE RIGHT: Students adorned with glowsticks participate in Glow Yoga, sponsored by BOP.

RIGHT: Bob Clark '80, president of Technology Staffing Services and Robert Half Legal, and Trustee of Providence College, speaks to students at the Robert Half Takeover Day. Clark's staffing service had representatives onsite for students to network with and learn about staffing opportunities in the Providence area. Students also received promotional items such the pen displayed to the right.



BRIANNA COLLETTI '21/ THE COWL



NORA JOHNSON '20/ THE COWL



NICHOLAS CRENSHAW '20/ THE COWL

ABOVE: Talía Barreira '21 and Susan Caracciolo '21 smile as they collect their winnings during a dice game at Casino Night, sponsored by Student Activities and Cultural Programming.

RIGHT: Amie Mbye '18, Alberto Nin '21, and Kevin Flaherty '21 react to the dealer's cards in a game of blackjack at Casino Night.



NICHOLAS CRENSHAW '20/ THE COWL

ROVING PHOTOGRAPHY

Page 12

February 1, 2018

If you could choose a celebrity professor, who would it be?



"Eric Thomas and Hugh Jackman."
Jacquie Kelley '20 and
Antoinette Aaliyah Muhammad '18



"Mark Wahlberg."
Kevin Kramer '20



"Kendrick Lamar."
Stachel Roberts '18



"Chance The Rapper."
Gabriel Alvarez '20



"Khalid."
Emily Mastroianni '21



"Johnny Depp."
Lily Conover '20



**"Cesar Millan,
a.k.a. The Dog Whisperer."**

-Huxley

PC Students Shine in Recent Premier of Hamlet

by Patrick Fuller '21
A&E Staff

THEATRE

When was the last time you went to a play? In a world dominated by cinema and other digital distractions, the beauty and complexity of live performance has taken a backseat to its digital competitors. Yet, in the John Bowab Studio Theatre in the Smith Center for the Arts at Providence College, the Department of Theatre, Dance, and Film played its part in preserving live production's legacy by putting on an experimental version of William Shakespeare's *Hamlet*.

Whether one has read the play or not, the skill and tact of the actors eased the complexity of Shakespeare with genuine displays of emotion, guiding new *Hamlet* spectators through major plot points. According to the department's box office website, the play begins when, "A king is murdered, and a son returns from school to bury his father and finds his mother newly married to his uncle."

A ghost challenges the boy to avenge the crime that destroyed a family and stained a nation. The world's greatest playwright weaves a stunning story of intrigue and passion in which young Hamlet confronts his destiny as the one "born to set it right."

At the foundation, the theatre itself was an essential component of the play's success. With a small, circular stage in the center, the Bowab Studio Theatre holds no more than 80 or so patrons at a time, guaranteeing a feeling of intimacy for each and every viewer, no matter where he or she is positioned.



Timothy Brown '20 (Hamlet) and Jennifer Dorn '18 (Ophelia) rehearse a scene.

GABI DESS '18/TDF

Jillian Eddy, a member of Assistant Technical Director Trevor Elliot's crew, brought characters and events to life in chalk on the four black walls enveloping the audience. However, these depictions did not just serve a passive role.

Throughout the play, actors would reference certain objects on the wall; Hamlet (Timothy Brown '20) forced his troubled mother Queen Gertrude (Mireya Lopez '19) to look upon the handsome face of his deceased father King Hamlet on the right wall and the villainous smile of his uncle, Claudius (Daniel Carroll '18) on the left. Similarly, Claudius prayed to a cross drawn on the wall's right corner.

From the setting established by these four black walls, the brilliance of actors, sound, and visuals shone forth. In moments of intense soliloquy,

sound designer Paul Perry set the mood with subtly emotional music.

In other moments, the Providence College alum based in Chicago made the ghostly visage of King Hamlet (Daniel Carroll '18) boom with a terrifying madness on center stage. Gunshots, thunder, and drums elevated the sensations of doom and death to a level of tangibility.

Furthermore, the innocent advice of murdered Polonius (Johnathan Coppe '18) and the passionate love between Ophelia (Jennifer Dorn '18) and young Hamlet encouraged the audience to form strong attachments. In doing so, all of the actors convinced the audience that the weight of guilt, the pain of love, and the grief of death were truly heavy in their hearts.

Watching young Hamlet's

melancholy descent into the abyss of madness, his grief over losing Ophelia, his vengeance in killing Claudius, his friendship with Horatio (Teddy Kiritsy '18), the audience found themselves lost in the realm between story and reality.

The final scene of the play was a sword fight between Ophelia's brother, Laertes (AJ Roskam '18), and young Hamlet choreographed by Jim Beauregard, associate professor of theatre and dance at Dean College. By far, it was the most interactive part of the performance.

There are still four chances to see *Hamlet*, with performances Feb. 8 through 11. Due to the small size of the theater, tickets are limited and can be purchased at the Box Office in the Smith Center, online, or by phone (401-865-2218).

Portlandia, A Good Night of Comedy

by Julia Vaccarella '20
A&E Staff

TELEVISION

Portlandia fans everywhere are bracing themselves for heartbreak with the premiere of the final season of IFC's popular sketch comedy show. The show, which premiered its first season in 2011, will feature one final installment with 10 episodes.

Creators, *Saturday Night Live* star Fred Armisen, writer Jonathan Krisel, and Sleater-Kinney band member Carrie Brownstein, work behind the scenes as well as play a variety of characters. All three are listed as writer, director, and executive producer. *Portlandia* is a fitting name, given that the show takes place in Portland, Oregon and features the diversity of people that reside there.

IFC, formerly known as the Independent Film Network, is available on streaming services like Netflix. It has generated positive reviews, from fans and celebrities alike. In a 2014 interview with *Vulture*, Jerry Seinfeld said, "I think that's the best comedy on TV right now, and it's easily one of the best comedies of all time."

Portlandia has managed to continue airing new episodes for seven years, despite its somewhat small audience. Social media and streaming services have increased the show's popularity, but the cast's relationship has also played an important role. Armisen said, "We have such a close, great relationship. It's the best thing in my life."

Taking an *SNL*-style of approach, each episode features several different skits with recurring

characters, a blended combination of sketch comedy and improvisation. Although two of the show's lead characters are played by Armisen and Brownstein, there have been additional minor roles and guest stars like Andy Samberg and Zoë Kravitz.

Viewers over the years have consistently characterized the essence of the show with one simple word: weird. The show first gained popularity with the debut of the "Dream of the 90s" music video on YouTube in late 2010. The running slogan "Keep Portland Weird" has stayed with the show since its inception.

While it does take place in and satirize Portland, the creators have taken it upon themselves to generalize hipster culture while also incorporating current events and issues. Brownstein has said that she hopes "that the show would appeal far

beyond Portland's city limits and that anyone anywhere could connect with its absurdity."

The characters are vague enough to remind fans of people that they know in real life. Toni and Candance, for example, own a feminist bookstore throughout the series, and symbolize the embodiment of modern feminism. Such characters, like those of many other skits, come with a balance of satire and relatability.

It has been publicly said that the show is ending, but this could change at any time. When asked at the Television Critics Association winter press tour why the creators had decided to end the show, the answer to the question was left up in the air. Krisel responded with, "We're not getting to a stage where we're not bored with it. We still love it...it seems scary to say it's over."



Carrie Brownstein (left) and Fred Armisen (right) have appeared in all 72 episodes of the hit comedy, *Portlandia*.

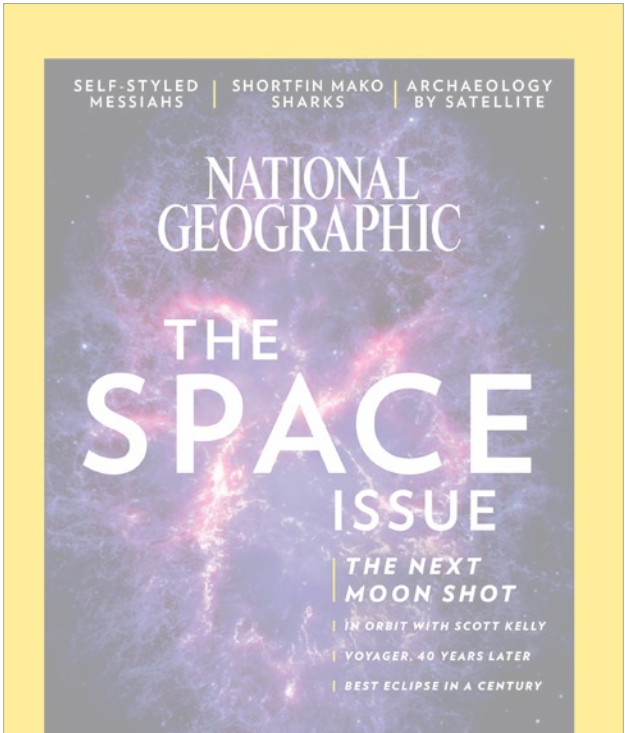
PHOTO COURTESY OF IFC

Celebrating 130 Years of The National Geographic

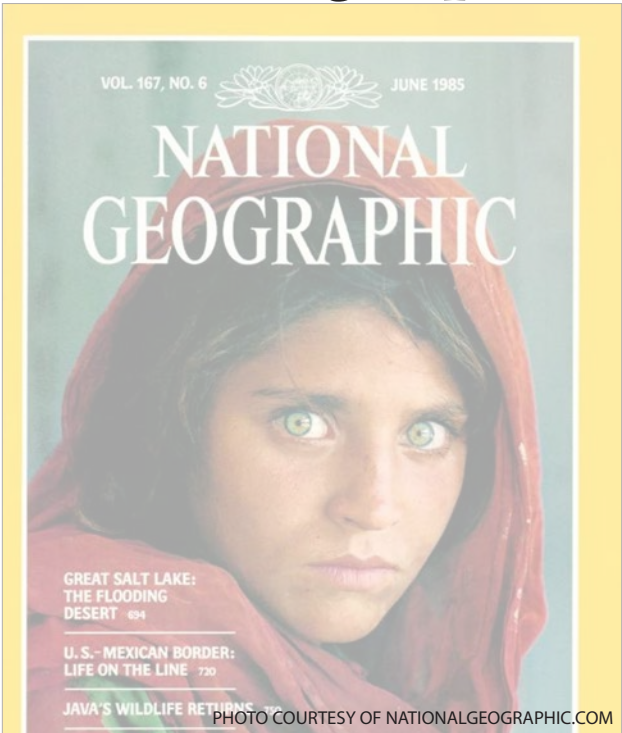
by Ryan Cox '18
A&E Staff

LIFESTYLE

The National Geographic Society began in 1888 as a club for elite academics to discuss—you guessed it, geography. On Jan. 27, they celebrated the 130th anniversary of their incorporation, marking almost a century and a half of scientific education and natural preservation. From 33 founding members in Washington, D.C., the Society has become one of the largest nonprofit scientific education institutions in the world. Gardiner Greene Hubbard was the Society’s first president. His son-in-law and successor was Alexander Graham Bell, who later invented the telephone. Bell’s son-in-law, Gilbert Hovey Grosvenor, was the first editor of the *National Geographic* magazine. Bell remained such an avid supporter of the National Geographic Society that the Society now awards a medal in his name to significant contributors to geographic research. In 2004, the National Geographic Society’s headquarters became the first existing building to receive a “green” certification from the U.S. Green Building Council, showing that the Society existed not only to talk about environmental issues but also to be a model for change. Over its 130-year history, they have sponsored many research and exploration initiatives, such as Robert Peary and Matthew Henson’s expedition to the North Pole in 1905, and Jane Goodall’s research on chimpanzees. In addition to their scientific initiatives, the National Geographic Society is perhaps best known for their media, specifically their magazine. The first issue of the magazine was published in September 1888, just nine months after the society was founded. It was originally created to be distributed as a reward for being a member of the Society. Its now-signature



yellow border was not adopted until 1910. In its monthly issues, *National Geographic* includes articles on geography, popular science, and world history. It is best known for its photography; Bell first advocated for the use of illustrations in the magazine and National Geographic has since established a trademark high standard for its photographs. Since 2006, the Society has hosted an international photography competition. In film, the National Geographic Society has sponsored a handful of films on wildlife and environmental protection, most notably *March of the Penguins*, the critically acclaimed 2005 documentary which won an Academy Award for Best Documentary Feature in 2006. The National Geographic Society also launched



a television channel in 2001 under a partnership with Fox Cable Networks, which highlights the work of leading scientists in wildlife and geography, such as Jane Goodall and Louis Leakey. These features have propelled Goodall, Leakey, and other scientists to international fame. Prior to their TV channel, the Society aired specials on PBS and other major networks. In an age where scientific thought is often questioned, it seems as though the National Geographic Society is recognizing their position as a cultural force and using it to combat doubt. Their media outlets and events like the National Geographic Bee help to keep the public aware of the world around them, and informed about the way in which it is changing.

Movies to Start off 2018

The Greatest Showman Proves Itself to be a Successfull New Movie

by Catherine Goldberg '20
A&E Staff

FILM

On the coldest winter days, hitting up your local movie theater to see latest movies is the best way to make use of extra time. One of the markets latest and most successful films is *The Greatest Showman*. *The Greatest Showman* is a captivating and light-hearted family film. It takes you back to the birth of show business, while also entangling modern music and costume and appealing to viewers ranging from old school critics to new school kids. The movie is inspired by the true story of P.T. Barnum’s (Hugh Jackman) creation of the Barnum & Bailey Circus, and ties together the fascinating stories of its star attractions. Helen O’Hara of *Empire* says, “It may not be quite the greatest show on Earth, but Gracey, Jackman and the entire cast are deeply committed to entertaining and leave you feeling an old-school musical thrill. It can be hard looking back on the famous acts of the circus in comparison with modern day artists, bizarre performances, contemporary dance shows, and all the intriguing attractions in between; the fascination for the old-school circus is somewhat lost. However, director Michael Gracey does a great job of drawing on these retro roots and connecting it to modern contemporaries. Kristin Smith of *Plugged In* says, *The Greatest Showman* paints a portrait of the metaphorical tightrope P.T.



The Greatest Showman, B.T. Barnum played by Hugh Jackman creates the unforgettable world or color and talent in the Circus. Barnum walked, and were drawn into his mesmerizing world.” The popular cast, starring Hugh Jackman, Zac Efron, and Zendaya, are perfectly glamorized to fit their character’s outrageous roles. Costume designer Ellen Mirojnick used inspirations ranging from 19th century high-end brands to today’s most popular of Barnum’s own beautiful fantasies. P.T. Barnum grows up in a poor family, but falls in love with Charity, a girl who comes from wealth. They marry and live a humble life, but Barnum dreams of more. After losing his job, Barnum decides to take out a huge loan and buy a museum in local Manhattan where wax figures are showcased, but he gets the idea to showcase something “alive.” He decides to gather people considered “freaks” to perform and so comes the Circus. Acrobats, a bearded lady, and the “tallest man on earth,” among other “freaks” perform exhilarating acts, and the circus makes headway. Highlights of the film are the original songs from Justin Paul and Benj Psek, the Golden-Globe winning and Oscar- nominated track “This is Me,” sung by Keala Settle. With an exceptional performance by Jackman, the musical is truly something meant to be seen in theaters. The film’s charming leads and circus scenes make it a fun pick for families. It is historical, musical, and brings audiences back to the magic of the circus.

Last Week's Answers

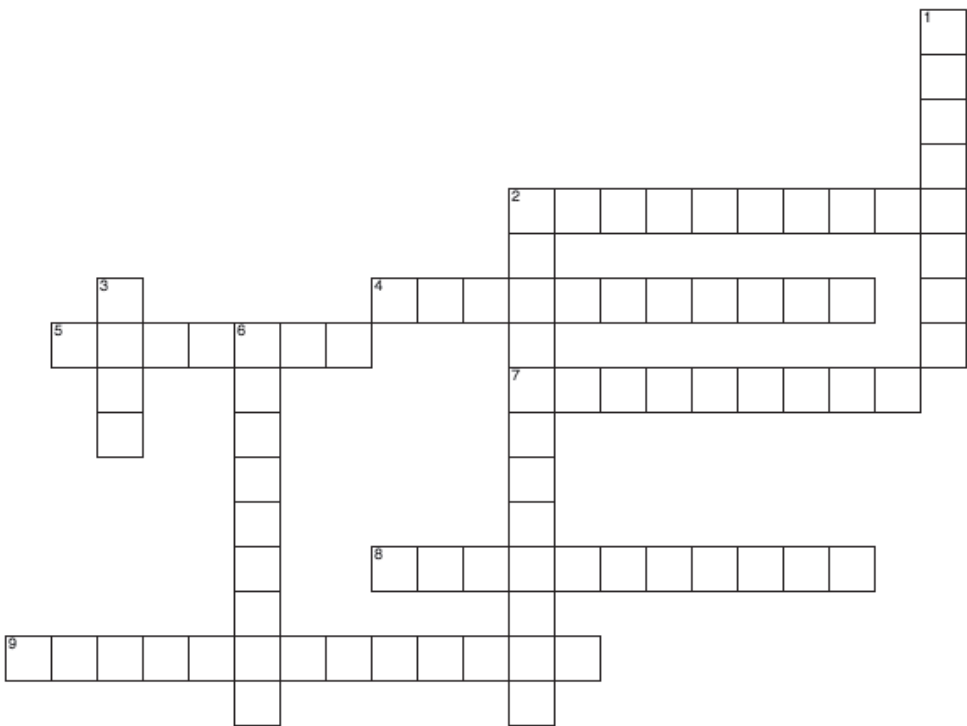
Across:

- 3. McDermott and Meagher
- 9. Ruane
- 11. Peterson
- 12. Feinstein
- 13. Martin
- 15. Club Phil
- 16. Accinno
- 17. Slavin

Down:

- 1. Fennell
- 2. McVinney
- 4. Calabria Plaza
- 5. Moore
- 6. Ryan
- 7. Guzman
- 8. Harkins
- 10. Smith
- 14. Aquinas

Winter Olympics: Sports & Athletes



ACROSS

- 2 Competed and won multiple medals in snowboarding events for US; has killer hair
- 4 City where this year's winter games will be held
- 5 Stereotypically a sport for the elderly; sliding stones on a sheet of ice
- 7 Event with a sled and teams of 2 or 4 people; Switzerland had to outlaw this activity on public highways to protect pedestrians
- 8 Alpine ski racer and member of the US ski team; first American woman to win gold in downhill skiing
- 9 First winter sport included in the Winter Olympics; involves performing routines choreographed to music

DOWN

- 1 1 person rides atop a tiny sled while lying face-down; became permanent Winter Olympic sport in 2002
- 2 Descending a slope while standing atop a board
- 3 Event with one- or two-person flat sleds that can reach speeds of up to 95 mph; steering done with sled's runners
- 6 Miracle on Ice; men's and women's teams, games are action-packed

PHOTO COURTESY OF PUZZLE-MAKER.COM



CARTOON COURTESY OF DAVID MARTINEAU '18

Bowl

by Dawyn Henriquez '19
Portfolio Staff

FICTION

"I needed this," Don sighed, placing the pipe on the coffee table. The burnt-out bowl stared up at me from the mahogany—trees on trees. It smiled at me, an eccentric smoke signal coming from its glass lips. "Set me aflame," it said. "Set me on fire so that I can reveal to you your past, present, and future," it exclaimed. "Take that nondescript flame and pierce your dreams with my pungent sword," it yelled.

"Yo, take one last hit Brain, you staring at that shit like it's a badass shorty or somethin'," Don said laughing.

"You don't gotta tell me twice," I chuckled and grabbed the bowl by its slender body and followed its demands.

"Y'all ever wish to make it out the hood and shit?" Lil Charlie asked from where he was laying on the floor with a shirt over his face.

"No shit, I'm sure we all do," Don said.

"But nah, for real though. Like, have y'all ever thought about what we could do with the world?

Like, if we applied ourselves up in school and shit." He was sitting up then, looking at us with actual hope in his eyes.

Of course, Lil Charlie wasn't spouting any thoughts that hadn't ever crossed my mind. They didn't call me Brain for no reason. The only issue was that, back then, we didn't live in suburbia, or anywhere near what white people would call civilized. We lived in the slums, a couple of streets away from where brownstones cost over a million. The schools we were allowed to attend weren't trained to get us out of the system, they were specifically geared to earmark us as outcasts in America's chapters. We were pariahs and treated as such, if not worse, and Lil Charlie and I were just freshmen in high

school.

"Be careful wishing for the world when you've never felt like you've fit into it," I said.

"I know that, man. We been buried underneath the rubble of history on some bullshit since they laid down the groundwork for this shit. But we can rise up, we can beat them at their own game and sneak our way into the book if we play it right." He always got like this when we smoked. He was the most optimistic kid I had ever

"If that's the price of being one of them uppity folk with legit cash uptown, I rather stick to this game right here," he finished as he nodded towards the outside where the corners reigned, and where the neighborhood slingers were stationed.

The room went silent for awhile after that. I listened to the wind pounding on the window, my paranoia making me believe that even

optimism, but in that moment his face was rich in melancholy, numbed indifference crowning his lips with death's lilies. It seemed to me then that he was understanding, realizing, the heartache of being born where we born, coming to terms with the million unnatural shocks that our black bodies were heir to. Our world was one where cold winters turned into summer when hot bullets grazed the air we breathed, not one where hope can typically thrive.

"...but yeah y'all, that's why the war on drugs is deadass a war on black people,"

Don finished. "Y'all tryna hit the roof to chill real quick, though?"

"Yeah, for sure, c'mon Charlie." And with that we left the apartment through the fire escape without any other words exchanged.

Don was seventeen then and had his own place from slinging. His God-fearing mother didn't want anything to do with his drug money, or him for that matter, if he

didn't stop. Needless to say, he never did, he was too deep then, too connected, the game was in his blood and no amount of social dialysis could syphon it out of him.

On the roof, the blackened sky stretched ahead of us farther than any of us could see. High as I was I felt like I was at sea with the raindrops that pelted us, the drizzle becoming a small storm inside my head. Before that school year was over I dealt that rock for the first time. Don would die the winter that followed. And Lil Charlie, well, Charlie Williams, would be gone by the grace of God. But, in that moment, with cloud filled lungs, rain filled sky, and water gilded ground, we were drowning in air, coughing up silence.

nature was out to get us. The sun was fading fast, following the descent of reason in the room as rain began to fall.

"Damn bro, that's some depressing shit," Lil Charlie said, breaking the silence.

"Nah, that's just the real my man. That's just the real..." Don trailed off. I think he started talking about Reagan's bullshit War on Drugs and how it was affecting his business, but all I can remember is the look on Charlie's face.

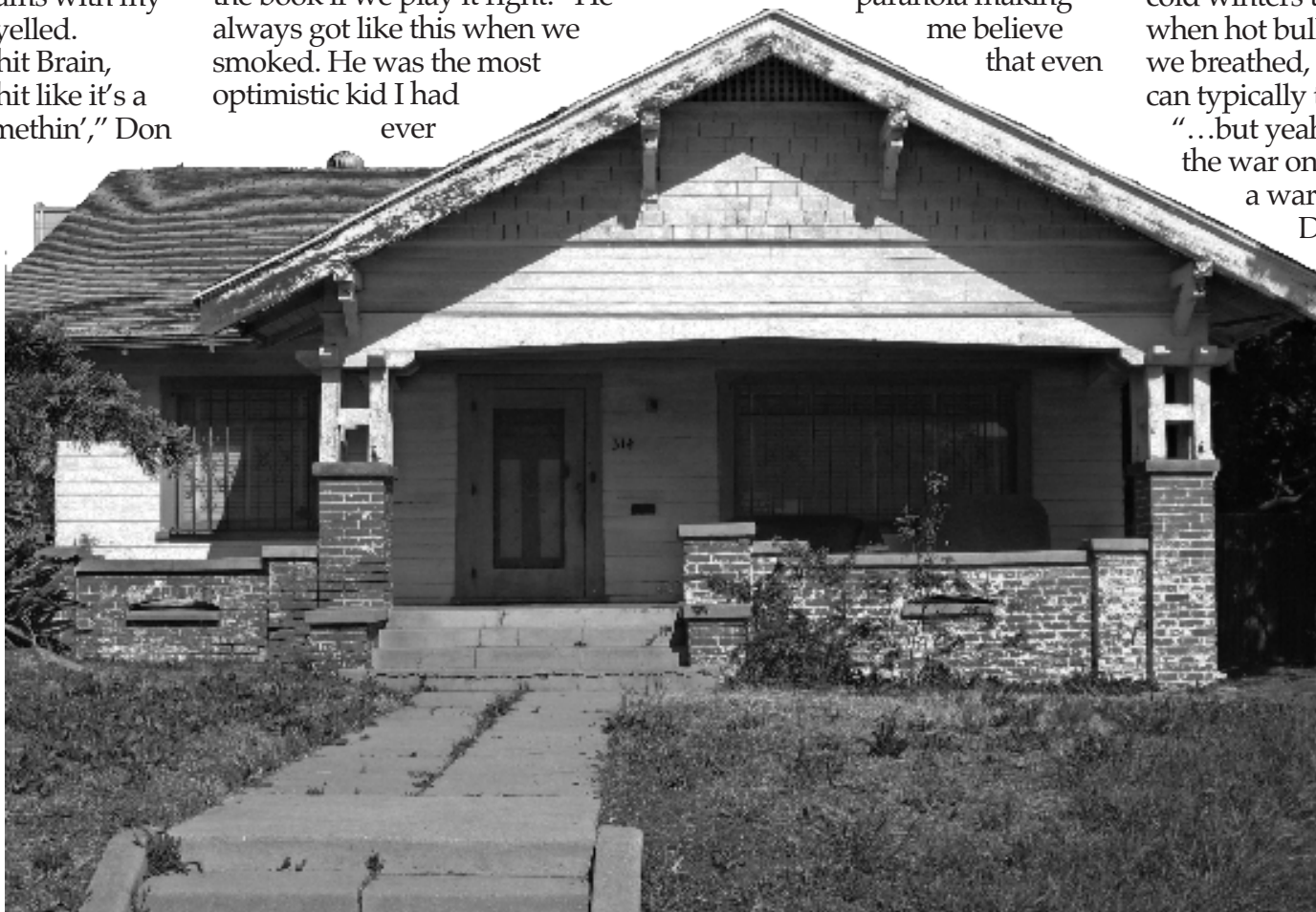
His eyes were a bit sunken, defeat painted by a high mind. He was the youngest out of the three of us and, coincidentally, the most sensitive, so when he was sad there was no hiding it. He always had a constant pain about him, masked behind his wall of

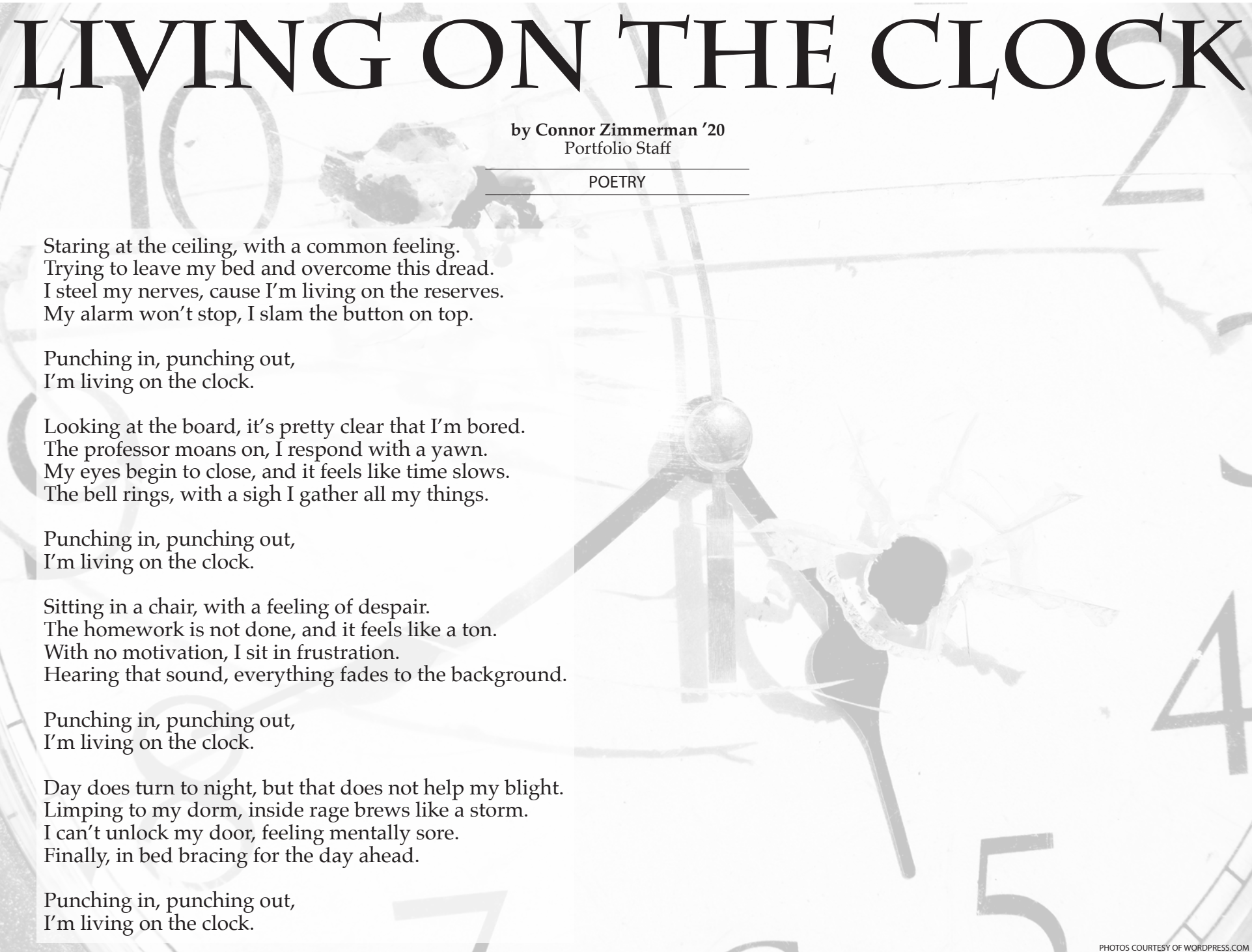
met; honestly he had to be.

Back at home, Lil Charlie's parents were addicted to that rock and valued it more than anything else. When he was six they tried selling him for a couple bucks, so they could re-up and stay high for a while. It didn't work. The slingers on our corners just wanted their cash, and no drugged up homeless folk were going to convince them otherwise.

Oh, right, that's another thing, Charles "Charlie" Williams was homeless, for the most part. He split his time between his parents' under Tillman Bridge and my house.

"Word, that's true, but I ain't gonna become no Uncle Tom and sell my ass to no white man at an office," Don stated with as much eloquence as he could muster.





LIVING ON THE CLOCK

by Connor Zimmerman '20
Portfolio Staff

POETRY

Staring at the ceiling, with a common feeling.
Trying to leave my bed and overcome this dread.
I steel my nerves, cause I'm living on the reserves.
My alarm won't stop, I slam the button on top.

Punching in, punching out,
I'm living on the clock.

Looking at the board, it's pretty clear that I'm bored.
The professor moans on, I respond with a yawn.
My eyes begin to close, and it feels like time slows.
The bell rings, with a sigh I gather all my things.

Punching in, punching out,
I'm living on the clock.

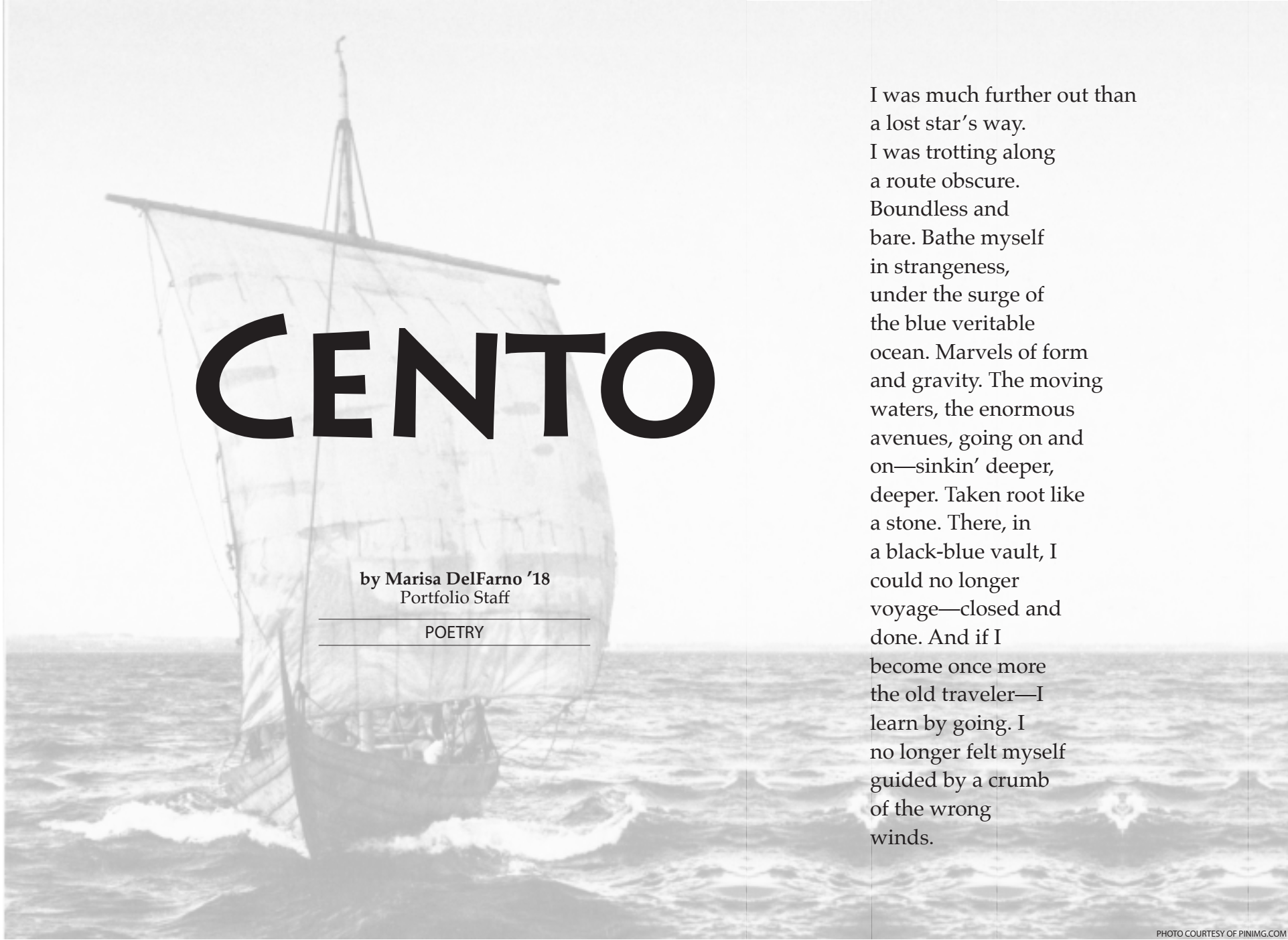
Sitting in a chair, with a feeling of despair.
The homework is not done, and it feels like a ton.
With no motivation, I sit in frustration.
Hearing that sound, everything fades to the background.

Punching in, punching out,
I'm living on the clock.

Day does turn to night, but that does not help my blight.
Limping to my dorm, inside rage brews like a storm.
I can't unlock my door, feeling mentally sore.
Finally, in bed bracing for the day ahead.

Punching in, punching out,
I'm living on the clock.

PHOTOS COURTESY OF WORDPRESS.COM



CENTO

by Marisa DelFarno '18
Portfolio Staff

POETRY

I was much further out than
a lost star's way.
I was trotting along
a route obscure.
Boundless and
bare. Bathe myself
in strangeness,
under the surge of
the blue veritable
ocean. Marvels of form
and gravity. The moving
waters, the enormous
avenues, going on and
on—sinkin' deeper,
deeper. Taken root like
a stone. There, in
a black-blue vault, I
could no longer
voyage—closed and
done. And if I
become once more
the old traveler—I
learn by going. I
no longer felt myself
guided by a crumb
of the wrong
winds.

PHOTO COURTESY OF PINIMG.COM

I'm Not Sorry Anymore

by Sam Pellman '20
Portfolio Staff

POETRY

I said sorry when you broke my heart
I waited for an apology but gave you over a hundred
I let you hurt me and I blamed myself

But I'm not sorry anymore
I'm not sorry you walked away when I thought I needed you the most
I'm not sorry you told me you'd never leave but one day were gone

I'm not sorry I fell so hard for you; it's taught me everything
I'm not sorry I centered my world around you because I know now you are not the sun; I am
I'm not sorry I wasn't enough for you, because I know I was too much for you to handle

I'm not sorry I spent nights crying, shedding over a thousand tears; each one had a purpose
I'm not sorry I deleted your number; it's of no use for me now
I'm not sorry I hid all your letters; at one point they meant the world, now they are just words on a page

I'm not sorry you didn't know what you wanted, I know you are confused
I'm not sorry that maybe one day we'll run into each other after all these months; trust me, I can handle it now
I'm not sorry I still love you; I don't think I could ever stop

But most importantly, I'm not sorry that I'm happy without you
I'm finally alive
I don't wish you the best, but I don't wish you the worst; I simply wish you what you deserve

I do hope you're happy, but if you're not...
I'm just not sorry anymore.

PHOTO COURTESY OF PEXELS.COM

Auntie

by Jay Willett '20
Portfolio Staff

POETRY

The crimson tablecloth sprang up with the cold fall breeze,
My great uncle had opened the window for a smoke,
But the wind rejected it, spiraling it in our full faces.
We were all there, hadn't happened for a while.
We all lived across the country, some in others.
But this holiday was different,
My heart hung on the edge of my seat,
We weren't brought together by celebration
Or new life
Or change
It took time, nostalgia, and misfortune.
We laughed, at each other, with each other,
Smiling because the wind outside was finally outside for a moment.
When the meal was finished, the kids cheered on for dessert,
While the men hollered for more beer,
The women grinned and sipped more of their wine,
And I sat still waiting for auntie to bring back the most delicious apple pie
I was lucky that I got to live near her all these years,
She lived close, unlike the rest.
Her apple pie would be the star of dinner
Its slices would glisten like wet autumn leaves outside
She smiled as she placed the platter
I took my eyes off the dessert for a second,
Her eyes were locked on the wind outside and sighed,
"A shame we can't do this again next year."

PHOTO COURTESY OF HALLNESTING.COM

		Listomania
		People We Wish Performed at the Super Bowl
		DJ Diesel
		The Teenage Mutant Ninja Turtles
		Oprah
		Six Gents
		Garry “Jerry” / “Larry” / “Lenny” Gergich
		Kim Kardashian and Kanye West
		Beethoven
		Vanilla Ice
		Psy
		“Pants on the Ground” Guy
		Sophia Grace and Rosie
		“Apparently” Boy
		Willow Smith
		Phineas and Ferb

PREScribed

by Erin Lucey '20
Portfolio Staff

FICTION

Buzz Buzz. My eyes snap open to begin another day. I am hopelessly exhausted, though I rarely take more than eight or nine steps a day at this point. The balloons tied to the foot of my depressing hospital bed rustle and sway as I try to sit up. Over the past five months, my condition has been quickly worsening. By now I am prescribed nothing but a cocktail of painkillers, all intended to maximize my comfort as I sit here and slowly die. They say my condition is rare, and that the “treatment I have chosen” seems best for my life situation overall. Because I am a minor I am fully out of the loop, left out of the meetings that discuss my fate and trapped here like a dog in a cage.

While I know that there is not much that can be done for my illness, I sometimes feel that these doctors aren’t even trying. Like, isn’t it their job to think of something to do even when there’s nothing? Allowing a previously normal and healthy 16-year-old to sit here and die must fill them with at least disappointment, maybe even guilt? I’ve been trying to get some sort of explanation from my parents of the reasons, options, or rights that I have, but they have this fierce desire to “protect” me from the truth, trying not to scare me by always changing the subject. Today, however, I know that my parents won’t be visiting until after 4 p.m., so I am allowing my curiosity and stubbornness to take over while I still have the energy to feel them.

The nurses accidentally left the binder of my file on the desk in the corner of my room last night, so today’s steps are dedicated to getting to the binder, reading all the med lingo about myself as a patient, and getting back to my bed. It’s now or never. After four long deep breaths, I sluggishly swing my legs to the side of my bed, and grabbing onto the railings and side table, I am standing. As I trudge my aching body over to the desk, I am filled with a wave of motivation, a hint of thrill for what I am about to see. When I finally make it to the desk, I feel like I could collapse right there, but I reject the fatigue and grip onto the table for support. I just need to know what exactly exempts me from any experimental treatments for this disease. I was so healthy five months ago!

Opening the binder fills me with excitement and anxiety, though the first page I see is enough to stop me from flipping any further. The sheet that sits at the top of my file is a waiver, signed boldly and clearly by both of my parents, distinctly restricting the doctors from providing me with *any* of the known, previously successful treatments for my condition.

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff and Earl,

I've been invited to two Super Bowl parties this year, one by some friends who are Patriots fans, and another by some friends who are Eagles fans. Which one should I go to, and how do I avoid offending my friends from the other team after I decide? FYI, I don't really care who wins. I'm more of a fan of curling than anything else.

Sincerely,

Stuck on the Line of Scrimmage

Yo.

Tom Brady has five Super Bowl rings. That is literally one for every finger on one hand. I don't care if you don't care who wins. I support winners. And Brady and his team are winners. The Patriots are America's team. The Eagles are for bird watchers. Be better than a bird watcher. Go to the Pats' party, and when they win, be sure to join your fellow Friars on Eaton for the celebration.

Rock on,

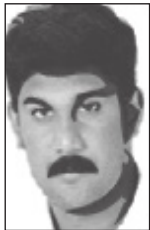


Tiffany

Dear Fence Rider,

Let's be clear. The Super Bowl isn't about football. It's about eating yourself silly and indulging in commercials that represent the worst of the American zeitgeist. So, it all comes down to one thing: who will have the better feast? Those darn New Englanders will probably cheap out on food so they can afford to burn their furniture in the street later. Go with your Philly friends—even without a decent cheesesteak they'll have to have food good enough to offset their inevitable loss. Plus, they'll need your emotional support later.

Hungrily,



EARL

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



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February 1, 2018

“I Forever Lost My Childhood Due to His Abuse”

Larry Nassar Found Guilty of Sexually Abusing over 200 Gymnasts

by Meaghan Cahill '20
Sports Co-Editor
PROFESSIONAL SPORTS

It was a trial that was almost 25 years in the making and has become the greatest sexual abuse scandal in sports history. According to a 2016 lawsuit, in 1994 an unidentified gymnast, who would later go on to medal at the Olympics, stated that Larry Nassar had sexually abused her for six years. She would be the first of over 250 women who would come forward over the years claiming Nassar sexually assaulted them when he was supposed to be acting as their trainer.

Nassar's career began in 1978 when he became a student athletic trainer at North Farmington High School, outside of Detroit. A graduate of the University of Michigan, he began working with the football and track and field teams at UM in 1985. A year later, he signed onto the medical staff as an athletic trainer for the USA Gymnastics' national team.

His career only went up from this point. He received an osteopathic medical degree from Michigan State University in 1993, was appointed national medical coordinator for USA Gymnastics in 1996, became a team physician and assistant professor at MSU in 1997, and during all of this time, he began attending the Olympic Games as a member of the gymnastics team's staff. He had the picture perfect career, yet underneath it all, it was anything but perfect.

According to a lawsuit filed in 2017, a concern about Nassar was brought to John Geddert of John Geddert's Twistars gymnastics club for his behavior in 1997. The claim was overlooked and never brought to police attention. A year later in 1998, according to court records, Nassar began sexually abusing the six-year-old daughter of a family friend, and he acted inappropriately with her "every other week for five years." That same year, a student-athlete at MSU reported Nassar to the other trainers and coaches, but no action was taken by the university following the claims.

The lack of action on behalf of USA Gymnastics and MSU did not stop the accusations against Nassar. In 2000, a second MSU student-athlete came forward with claims that Nassar was acting inappropriately, as well as gymnast Rachel Denhollander, who stated she was sexually abused by Nassar when she was fifteen while he was treating her for lower back pains.

Flash forward to 2014 and all accusations against Nassar while he was at MSU were cleared by the university. That same year, he retired as USA Gymnastics' medical coordinator, but stated he would remain as the team doctor for the artistic gymnasts.

It was not until 2016 that an official investigation was opened into how USA Gymnastics handled the sexual abuse cases, including those with Nassar. Once again, Denhollander came forward with the same claims that he assaulted her when she was 15 and she filed a criminal complaint against Nassar.

Later that year, MSU fired Nassar from all clinical and patient duties. And then, the floodgates opened and Nassar's career came crashing down around him. After he was fired, complaint after complaint came through against him. Denhollander was one of the main accusers on every case and collaborated with others who had worked with Nassar.

On Tuesday, November 22, 2016, Nassar was officially charged in Ingham County with three counts of first degree criminal sexual conduct with a person under the age of 13. In a press conference, it was revealed that over 50 victims had come forward with complaints against Nassar. Less than a month later, Nassar was indicted on federal child pornography charges. On January 10, 2017, 18 more gymnasts filed a federal law suit against Nassar, MSU, USA Gymnastics, and John Geddert's Twistars gymnastics club alleging sexual assault, battery, molestation, and harassment between 1996 and 2016.

There was never a cease in accusations against Nassar, and they all led up to his 2018 sentencing,

where most of his victims took to the stand and testified against him face to face. Some of his more well-known victims include Simone Biles, McKayla Maroney, and Aly Raisman.

The statements were powerful. Each victim took the stand and detailed just how much Nassar impacted their lives—and not in a positive way.

"You used my body for six years for your own sexual gratification. That is unforgivable," Kyle Stephens stated.

"I...developed an intense fear of male hands, like a PTSD response... This fear changed the way I grew up and how I related to boys...I couldn't just be a normal girl anymore, and I have forever lost a big piece of my childhood due to his abuse," Jessica Thomashow reflected while on the stand.

One mother even came forward and blamed Nassar's abuse for her daughter's suicide, "For my daughter it became a serious, serious bout of depression. So in 2009 she took her own life because she couldn't deal with the pain anymore." Donna Markham's daughter Chelsea claimed Nassar "hurt [her]" after he wrongfully touched her

without medical gloves on.

After all of the witness statements, he was sentenced to 175 years in prison with the "hero" judge Rosemarie Aquilina stating "I've just signed your death warrant." The only questions that remains now are 'why?' and 'how?'

How could this abuse have gone on for so long with no one doing anything about it?

As Olympic gold medalist Aly Raisman stated in her witness statement, "It's easy to put out statements talking about how athlete care is the highest priority. But [USA Gymnastics] has been saying that for years, and all the while, this nightmare was happening."

Joan Ryan, author of *Little Girls in Pretty Boxes*, a book about the physical and psychological toll gymnastics takes on girls and young women, states, "There is no other sport in which this could have happened...These girls are groomed from an incredibly young age to deny their own experience."

"Gymnastics and the U.S. Olympic Committee didn't want to scare off sponsors and they didn't want to risk the piles of Olympic medals. So they covered it up," 1986 U.S. National Champion Jennifer Sey stated.

In a letter written by Champion Women, an advocacy group for girls and women in sports chaired by former Olympic gold medalist Nancy Hogshead-Makar, demanded that laws should be passed to protect young athletes from people like Nassar. The letter asserted, "Research shows that the more elite the athlete, the more likely they are to be sexually abused by someone within their own entourage."

So, what is the solution? According to Ryan, "We need change to come from the lawmakers, not organizations. There needs to be government oversight with hard and fast rules, because these girls are children, and if they win fewer medals, so be it."

In wake of the trial, the remaining members of the USA Gymnastics board of directors have all resigned due to the pressure from the United States Olympic Committee. According to *USA Today*, "The United States Olympic Committee threatened to decertify the organization if it didn't take more strident steps towards change."

In a statement issued amid the scandal and remaining board members stepping down, USA Gymnastics claimed that they support "an independent investigation that may shine light on how abuse of the proportion described so courageously by the survivors of Larry Nassar could have gone undetected for so long and embraces any necessary and appropriate changes. USA Gymnastics and USOC have the same goal-making the sport of gymnastics, and others, as safe as possible for athletes to follow their dreams in a safe, positives, and empowered environment."

While words are being exchanged on making the sport safer and better for our country's gymnasts, it is still up in the air if there will be any concrete changes made in the future of gymnastics.



Nassar stands on trial in court.

PHOTO COURTESY OF PAUL SANCYA/E!NEWS

The Pacific Wins NHL All-Star Game

by **Jeremy Perrigo '18**
Sports Staff

PROFESSIONAL HOCKEY

Since its inception in 1947, the National Hockey League All-Star Game has pitted the league's best players against one another in an attempt to display hockey's prime talent on a national stage.

Since then, the rules of the game have changed. Originally the All-Star Game would feature the defending Stanley Cup champions against a team of All-Stars from other teams in a winner-take-all format. Since those early years, there have been various changes to the way the game is played. The event has expanded as well, developing from simply an All-Star Game into a more extensive All-Star Weekend.

The new changes also included the idea to schedule the All-Star Game on the weekend. Under the modern format, the game is played on a Sunday with a skills competition taking place the Saturday before.

Since 2015, the league has expanded the number of All-Star teams from two to four, with one team representing each of the four divisions. Keeping with its more recent tradition of pitting the Eastern Conference against the West, the league has the two division rivals (Pacific vs. Central / Metropolitan vs. Atlantic) play first, before the winners of each game played each other after.

This All-Star Weekend, which took place on Jan. 27-28 in Tampa, Florida, the Central Division took on the Pacific in a 20 minute game of three-on-three

hockey separated into two 10-minute halves. The Pacific Division won by a resounding score of 5-2 with highlight reel goals from the Vancouver Canucks' rookie Brock Boeser, Los Angeles Kings' defenseman Drew Doughty, and Vegas Golden Knights' sniper James Neal.

Boeser has been absolutely sensational for the Canucks in his first pro season. He led Vancouver with 47 points (24G, 20A) in 46 games going into the weekend and sat at second in rookie scoring overall behind only the New York Islanders' Mathew Barzal

who has accrued 51 points in 50 games.

Boeser ended up being named MVP of the All-Star Game for his outstanding performance. He also won the Accuracy Shooting Competition the night before, hitting five targets in 11.136 seconds.

The Atlantic Division defeated the star-studded Metropolitan by a definitive score of 7-4. At one point the Metro Division team of Sidney Crosby, Alex Ovechkin, and John Tavares had a 3-1 lead on the Atlantic before the Boston Bruins' Brad Marchand tallied a goal and an assist, helping his team

advance to the championship game.

Marchand, who was handed a five-game suspension earlier in the week for an elbow to New Jersey Devils' winger Marcus Johansson, was still eligible for All-Star festivities despite having served only one game of the five heading into the weekend.

Boo-ing could be heard just about every time Marchand touched the puck, which made for an interesting scenario when he finally scored a goal. Despite the fans' apparent disdain for the Boston winger, he was in fact playing for the home team in Tampa. Marchand was skating alongside four Tampa Bay Lightning players and Lightning Head Coach Jon Cooper was in charge of the Atlantic Division team. So when the so-called "Little Ball of Hate" found the back of the net, you could hear the boos transform into cheers inside Amalie Arena.

The Pacific Division would go on to defeat the Atlantic in the championship game by a score of 5-2 in the battle of East Coast vs. West Coast. Despite this loss coming as somewhat of a disappointment to the Tampa fans, the displays of pure talent that were showcased over all three games were something any hockey fan could appreciate.

The NHL All-Star Game has been acknowledged before as the most entertaining contest of its type in professional sports, and Sunday's action did nothing to put that claim into question. From tic-tac-toe plays, to incredible shots, and supreme goaltending, this All-Star Game was thrilling and downright entertaining.



Auston Matthews attempts to stop Brock Boeser from scoring.

PHOTO COURTESY OF SPORTS CANYON

Hall of Fame Introduces Four New Members

by **Sullivan Burgess '20**
Sports Staff

PROFESSIONAL BASEBALL

On Sunday, July 29, 2018, Cooperstown, New York will welcome four new inductees into the Major League Baseball Hall of Fame. This marks the fourth time in history four players were voted into Cooperstown, compared to last year's three players.

This year's new members include third baseman Chipper Jones, rightfielder Vladimir Guerrero, designated hitter Jim Thome, and relief pitcher Trevor Hoffman.

To be entered into the Hall of Fame, a player must have first played in the MLB beginning 15 years before and ending 5 years prior to election. Second, the players must pass through a screening committee after five years of being retired. To be voted in, a player must take in 75 percent of the elector's vote, which is 317 votes from the electors.

Jones lead this year's ballot with 97.2 percent of the writers' votes from the Baseball Writers' Association of America, which is around 410 votes of the 422 ballots. Guerrero, Thome, and Hoffman respectively finished behind Jones with 392, 379, and 337 votes from the writers.

Jones told ESPN, "It was



(left to right) Guerrero, Hoffman, Jones, and Thome pose in their Hall of Fame jerseys.

PHOTO COURTESY OF HOWARD SIMMONS/NEW YORK DAILY NEWS/TNS

waterworks." With an overall career batting average of .303 percent, 2,726 hits, 468 homeruns, 1,623 RBIs, the Atlanta Braves' eighth time All-Star, National League MVP, and 1995 World Series Champion, more than qualified for his eligibility for the Hall of Fame. He now joins Ken Griffey Jr. as the only other No. 1 draft pick to enter the Hall of Fame.

As for Thome, who ranks eighth all-time on the home run list in

his 22 seasons for teams including the Indians, the Phillies, and the Dodgers, his career was another no-brainer for the writers. Thome was also emotional after receiving the phone call from his former hitting coach Charlie Manuel, who stated "This is totally deserving and, for me, ranks up there with anything I've ever seen happen in the game of baseball. For someone that I met as a 19-year-old and saw improve as

much as anyone over time, it makes me smile to think that all that hard work, all those swings in the batting cage, is now paying off for him."

Guerrero, a nine time All-Star, is a generational hitter who was only one of 13 players to have numbers over .315/.550. He is still in shock about his election, as he is the first position player from the Dominican Republic to make the Hall of Fame, and loves to represent his country in the best way possible.

Lastly, Trevor Hoffman, a seven-time All-Star relief pitcher who marked 1,133 career strikeouts and is second in saves behind Mariano Rivera, the Yankee relief pitcher who highlights his first year of eligibility next year, was elected as well.

Fans of the game have said nothing but positive remarks for the players elected, yet as the reports went out for the rest of the voted players from the league who were not elected, the media and fans took note.

The two most notable players this year that remain on the ballot are Barry Bonds and Roger Clemens. Their careers are both filled with historic moments and controversy involving alledged steriod use that has caused a divide amongst voters.

Fans of these players remain optimistic about their future as they seem to rise each year in ballot votes and hope new votes in the future will finally bring them to Cooperstown.

Why the Celtics Will Make It to the Finals

by Jack Belanger '21
Sports Co-Editor

PROFESSIONAL BASKETBALL

Despite having multiple players suffer injuries and a tough stretch where they lost five out of six games, the Boston Celtics are where many expected them to be: first place in the Eastern Conference.

Even without star forward Gordon Hayward, Boston has dominated throughout this season which included a 16-game winning streak earlier in the year. This could be the year the Celtics finally climb over the wall that is the Cleveland Cavaliers, and make their first NBA finals appearance since 2010.

The Celtics' defense has vastly improved from last year, which puts less pressure on them to score at a higher rate. Last year, Boston gave up 105.4 points per game, which was 15th best in the league, while this year they are giving up 98.8 point per game, the second best.

Last year, the gap between the Celtics and the top teams was much wider than this year. Last year Boston went 3-7 against teams with the top four records in the league, while this year they are currently 4-2.

And while the Celtics finished ahead of Cleveland last year in the Eastern conference, the Cavaliers dominated Boston, winning three out of four games during the season and outscoring them by an average of 7.8 points. This year, Boston has gone 1-1 against Cleveland, scoring an average of 100.5 points, while Cleveland has averaged 95 points.

While the Celtics themselves have improved this season, a big part of why they have a good chance to make it to the finals is that Cleveland has gotten worse. The Cavs have been surrounded with turmoil this year and have regressed from last season as they sit in third place; five and a half games behind Boston.

In a discussion with Sam Coella '19, he said that last year when Boston played Cleveland in the playoffs, the Cavaliers had the best player on the court in LeBron James and the second best in Kyrie Irving. This year, Boston has the second best in Irving and potentially the third best in all-star Al Horford, as former Celtic Isaiah Thomas has not been the same as last year.

While Cleveland may end up being the favorite to reach the finals at the end of the year, the gap between them and Boston is no longer as wide as it has been. With the way Boston has been playing, they are more than capable of winning a seven-game series against Cleveland and making their first NBA Finals appearance since the Big Three era.

Winter vs. Summer Olympics

by Chris McCormack '18
Sports Staff

PROFESSIONAL SPORTS

With the Winter Olympics right around the corner, there is always some debate on which Games are better: Summer or Winter? With that in mind it is necessary to understand the basic facts of the

two. The Summer Olympics have been around for over a century, starting in 1896 in Athens, Greece. The Winter Olympics have not been around for as long, dating back to the 1924 Games in Chamonix, France. The summer games also host more countries, 206 countries participated in 2016 compared to the 91 that are participating in this year's games. With just history and

the number of participants in mind, it is hard to see why one would prefer the winter games.

As Americans, however, we tend to like the winter games because of sports like ice hockey and games like the one in 1980, in which the U.S. defeated the Soviet Union. However, athletes like Michael Phelps, Simone Biles and Usain Bolt have increased the popularity the Summer Olympics with their incredible athleticism.

Another reason the summer games are more entertaining than the winter games is because of Team USA Basketball. With the NHL no longer allowing their athletes to participate in the games, USA Basketball is really our country's only chance to see the professional athletes of our country participate against their worldwide counterparts. It is always enjoyable to see the best basketball players combine forces in super team fashion and compete.

For reasons that include history, inclusivity, and the inclusion of big name professional athletes, the Summer Olympics are more enjoyable than the Winter Olympics. Regardless of how you feel, however, it is always nice to see the increased patriotism around the times of the games and for that reason, it is hard to dislike either one.



Michael Phelps of Team USA. PHOTO COURTESY OF IAN MACNICOL/GETTY IMAGES

Winter Olympics

by Ethan Ticehurst '18
Sports Staff

PROFESSIONAL SPORTS

The Winter Olympics are the best kind of games simply because of the sports that are offered. The most significant example is hockey, a sport

in which some sort of competitive balance still exists. As compared to basketball or gymnastics in the summer, both of which have been dominated by Americans in recent years, hockey is the most well-known and most competitive sport in the Olympics. Teams from all across the Northern Hemisphere have a chance to win at hockey,

including powerhouses Canada, Russia, Sweden, Switzerland, and the United States.

In addition to a better competitive balance, the Winter Olympics are also more viewer-friendly because they last for about a month just like the Summer Games, but they have much fewer events, which means that events can be scheduled at times that are best for the most viewers. Being a dedicated fan of the Summer Olympics requires watching almost 20 hours of footage a day, due to the non-stop nature of the schedule. The Winter Olympics have a much more relaxed pace, giving viewers the ability to spend less time watching the television.

Finally, the Winter Olympics are also better because they are usually held in lesser-known cities around the world. The Summer Olympics are held in large, congested, and well-known cities in very industrialized nations. The Winter Olympics are more often held in smaller cities, which are given the opportunity to grow and rise to the occasion.

For those of us who enjoy seeing smaller cities around the world, and for the avid hockey fans, the Winter Olympics are the best games to watch.



Team USA celebrates a goal scored against Team Canada. PHOTO COURTESY OF HARRY HOW/GETTY IMAGES