

# Healthy, Inside & Out



PHOTO COURTESY OF NORA JOHNSON '20 /THECOWL  
Aisling Sheehan '19 (left) and Teddy Kiritsy '19 (right) partake in group exercise.

by Hannah Langley '21  
News Staff

ON CAMPUS

With college being a time of newly presented freedom and independence, it can be hard for a lot of students to balance sleep, work, and healthy eating. This week, Providence College celebrated its annual Inside Out Week, four days full of events, classes, and

inspiration helping to promote healthy living and mindsets for PC students.

Inside Out Week is normally held during NEDA, or National Eating Disorders Awareness Week, which begins Feb. 26. Inside Out Week was held early this year, for several reasons. The message of the week, as stated by Courtney Mackey, assistant director for fitness and programming in the Department of

Mackey also hoped that by moving up the week, there would be more participation from the student body. Students tend to be busy during NEDA week, as it coincides with midterms and is the week before spring break. By moving Inside Out Week up to the beginning of February, students would have more spare time to participate and volunteer and be less stressed about having to get work done.

Inside Out Week/ Page 2

# NCAA Makes the "Right Choice"

by Meaghan Cahill '20  
Sports Co-Editor

ATHLETICS

At the beginning of the 2017-2018 academic year, Providence College was awarded the CHOICES Grant by the NCAA. This \$30,000 grant "provides funding for NCAA member institutions and conferences to integrate athletic departments into campus-wide efforts to reduce alcohol abuse," according to the NCAA website. The CHOICES Grant Program was established due to the NCAA's growing concern of the "misuse of alcohol by college students."

Made possible due to donations from Anheuser-Busch Inc., the \$30,000 awarded to the school

chosen to receive the grant is spanned out over three years; \$15,000 the first year, \$10,000 the second year, and \$5,000 the third year. The reason the grant's money is spread out the way that it is "is to encourage institutionalization of the campus project to continue engaging athletics in the broader campus prevention effort."

With the money from the grant, PC will build upon the already existing Friar Family Step UP! Bystander Intervention Program utilized to increase alcohol awareness education, prevention, and intervention skills among our student-athletes, coaches, athletic trainers, and the broader student body.

"I am confident that the proposal submitted by our team of



PHOTO COURTESY OF FRIAR ATHLETICS

program developers will result in a very meaningful and sustainable program that will positively impact our entire campus community during the three-year period." said Robert Driscoll, athletic director and associate vice president for athletics at PC.

NCAA/ Page 18

## Olympic Kickoff



by Jack Belanger '21  
Sports Co-Editor

ATHLETICS

This week will mark the beginning of the 2018 Winter Olympics, with the official opening ceremonies set for Feb. 9 at 6 a.m. Eastern Standard Time. There has already been plenty of controversy even before any of the athletes boarded their planes for PyeongChang, South Korea.

In December it was announced that Russia was banned for one of the biggest doping scandals in history. On Jan. 17, North and South Korea came to an agreement where their athletes will walk under one unified flag and combine to have one women's hockey team for the two countries.

Olympics/ Page 20

## No Environment, No Olympics



by Taylor Godfrey '19  
Opinion Co-Editor

ATHLETICS

From hockey to skiing to ice dancing to curling, there are plenty of sports to get excited about during the Winter Olympics. The games are a time to come together as an entire world and to celebrate not only our differing nationalities but also our commonalities as one human race. But how can we come together as a world if that very same world is the one we are slowly killing?

The 2018 Winter Olympics start this Friday, February 9, in PyeongChang, South Korea, and according to research reported by The New York Times and conducted by Daniel Scott at the University of Waterloo in Ontario, PyeongChang may soon be one of the only cities in the world left able to host the winter games.

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## UNDERTHEHOOD

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## Fly Eagles Fly: Students React to Philly's Win *How a College in New England Reacts to the Patriot's Loss*



by Alexandra Huzyk '20  
News Staff

ON CAMPUS

On Sunday, February 4, Super Bowl LII was held in Minneapolis, Minnesota. Many Providence College students tuned in for the event, rooting for either the Philadelphia Eagles or the New England Patriots. Both McPhail's and Campus Ministry hosted watch parties for the big game. In order to accommodate students watching the Super Bowl, the normal Sunday Mass schedules were altered.

The Providence College campus, located in the heart of New England, seemed to be scattered with students in red, white, and blue attire this past Sunday. As a college comprised predominantly of students who live within this region of the country, it comes as no surprise that many students chose to support

the New England Patriots. Matt St. Jean '20 said, "I'm a lifelong, diehard Pats fan, so I was rooting for them in the game." St. Jean expressed that while watching the game, he became worried when the New England Patriots were losing to the Philadelphia Eagles. "The problems weren't with scheming, but with talent. So I knew the defense would have problems all day," he said. St. Jean also shared that when the game progressed into the second half, he felt that only a miracle could result in the Patriots' victory.

Amidst the sea of Patriots fans, some students were rooting for the Philadelphia Eagles. Rita Murphy '19 explains that, due to her loyalty to the New York Giants, she was rooting for the Philadelphia Eagles. Murphy said, "I went by the Campus Ministry center for the game because they always have really great food made by the Knights of Columbus as well as a huge projection screen to watch the game on." She also explained that because of the College's large New England Patriots fan base, watching the game was a bit tense.

Ben Simons '18 was another student rooting for the Eagles. He says that he has been a fan of the Philadelphia Eagles his whole life because his family is originally from Pennsylvania. "As I have grown up in an area with predominantly Pats fans," Simons said, "I grew up dealing with the Pats dynasty and their fair-weather fans." Simons, who watched the game with other non-Patriots fans, describes being anxious while watching the game.

To the chagrin of New England fans, and to the delight of Philadelphia supporters, the Philadelphia Eagles won with a final score of 41 to 33. "The campus



has shown a resilient spirit after the Patriots' loss, but I was definitely feeling joyful for the Eagles' victory," said Murphy. Simons said that he felt ecstatic when the Philadelphia Eagles won the Super Bowl. Leicia Henderson '19, a student who attended the watch party in Campus Ministry and a New England Patriots supporter, said, "I was obviously upset about the outcome of the game but I hope that the Patriots can work well in the off-season."

Although the campus seemed to be divided, as students rooted for their respective teams, a love for football seemed to unite the campus this past Super Bowl Sunday. Following the game, there was a celebration, which was planned to be held at the Calabria Plaza Torch on Slavin Lawn. However, due to the rain, this small gathering was held in the Slavin Atrium.

PHOTO COURTESY OF NFL.COM



## Inside Out Week Encourages Students to Practice Self-Care

### Inside Out Week:

Continued from front page

Traditionally, Inside Out Week features booths set up outside the Concannon Fitness Center, as well as fitness classes and other fun events, which all help promote the message of self-love and self-care. While all those things were still included, the booths were moved to Lower Slavin. "Our usual targets are those coming into the gym for classes and workouts," Mackey said, "but we decided moving the booths to Lower Slavin would help reach out to more people." The booths also incorporated a broader range of topics surrounding the message of living a healthy lifestyle, as it was not so concentrated on body image, but more on wellness of the whole self. Each day, booths were set up from 10 a.m. to 1 p.m. and centered around a different aspect of health.

Monday focused on "myth busting" surrounding health and nutrition as portrayed by the media, as Marianna Martinez '16, the graduate assistant for the recreational sports and fitness department, explained. The day ended with their kick-off event, which began with a reading of *The Good Body* by the author herself, Eve Ensler. The reading was followed by a fun cardio class, led by fitness trainer Brittany Price '18, and a frozen yogurt bar.

Price talked about why she loves Inside Out Week, saying, "It gives us a chance to really remind people that they need to be in tune with how they feel on the inside instead of solely focusing on what they look like on the outside. Mental health is just as important as physical health, and that message needs to be portrayed more." By holding her class, which she described as a "huge dance party," on Monday, she hoped to inspire this message in everyone who attended.

Tuesday's booth, according to Martinez, was all about "learning how to use exercise, food, and energy management practices to find balance." There was also an Embody Love Workshop, which was all about empowering women and helping them speak their minds and begin to think differently about themselves and others. Wednesday had a "Set Your Intention" event, which allowed people to create their own inspiration boards for healthy living and also featured PVDonuts.

To end the week, those who participated in the events or classes throughout the week could come to the "Relaxation Café." Those who participated in four or more events, as proven by a whole punch card they received, won an Inside Out double walled tumbler and could receive a chair massage. People who went to some of the events could also trade



Students get their groove on at the Inside Out Week kick off event.

NORA JOHNSON '20/THECOWL

in their whole punched card for raffle prizes and baskets, which included PC gear, fitness and gym equipment, or beauty products.

To promote Inside Out Week, Mackey also coordinated with Sarah Ereio, RD, LDN, registered dietitian for Providence College Dining Services, to create healthy meal options available at Raymond Dining Hall throughout the Week. Some of the meals they came up with included a grilled Asian chicken salad, turkey Bolognese with whole wheat pasta, and a make your own guacamole bar.

Mackey looks forward to coordinating this event each year and especially enjoyed planning this year's

Inside Out Week. By celebrating Inside Out Week earlier in the month, she was able to put more time and attention into some of the ideas she wanted to emphasize. "It's about getting in touch with what your own needs are rather than working for the perfect body," she said. Briana Alberti '19, president of the Simply Healthy club at PC, also talked about how she always looks forward to Inside Out Week.

"It gives students the opportunity to learn more about personal well-being and loving oneself from the inside out. The events on campus throughout the week really teach the importance of self-love, spreading a great vibe around PC."



# Featured Friars: Generation Citizen

## New Club On Campus Focuses on Civic Engagement

by Catherine Brewer '20  
News Staff

FEATURED FRIAR

“We are an assisted advocacy project that works to break down the root cause of the issue to reach our goals, and our purpose is to teach students to use their voice to reach their representatives,” exclaimed Cara McCluskey '19 of this week’s Club Spotlight: Generation Citizen (PCGC). McCluskey is one of four GC chapter directors at Providence College, and she shares this role with Emily Conley '20, Patrick Reynolds '18, and Caleigh Rockwal '19. “Our goal is to empower students to make an impact,” McCluskey added.

Although GC is still awaiting official approval from Student Congress, the chapter has been active on campus for a few years, and GC as a national organization is well established. GC was founded by eight Brown University students in 2008 with a mission to “ensure that every student in the United States receives an effective action civics education.” In 10 years, the organization has spread to the San Francisco Bay Area, Central Texas, Massachusetts, New York City, Oklahoma, and throughout Rhode Island.

To reach their goals, each GC chapter enlists student volunteer democracy coaches to bring the program into local schools and create their own lesson plans modeled on the organization’s standard framework. McCluskey explained that in PC’s program, Democracy Coaches are assigned classrooms in pairs by the head of the Providence chapter, Jaretta Konneh. The first two classes provide students with basic civic knowledge before they choose a class a community issue to focus on. “No two GC projects look the same,”



PHOTO COURTESY OF CARA MCCLUSKEY '19

Civics Day takes place at the Rhode Island State House, and is put on by GC.

said McCluskey. In her own experience, McCluskey worked at a high school in Providence where students felt that there was not enough English learning support. With that concern in mind, McCluskey and her partner democracy coach worked with students to determine two legislative issues to work on: that the school had inadequate English proficiencies required for legislation and that the lack of ESL aids was creating a learning divide among students.

“Though students have total control on what issue they want to work on, popular issues that classes choose are homelessness, bullying, police brutality, and increasing student voice in their schools,” said Konneh of projects in Providence that PCGC students are involved in. She explained that one of the most memorable projects she has worked on is improving the quality of lunch at Roger Williams Middle School.

After discussing the district and state requirements for nutrition with the Sodexo General Manager, the students

decided to push for the establishment of a Student Food Advisory board. They created an outline for the purpose of the board, its positions, and meetings with Sodexo, and the students were even able to present their plans to the Health and Wellness sub-committee at the Providence School Board. “It was inspiring to see how motivated and successful the students were in achieving their goal, and also how well their democracy coaches [two PC social work majors] supported them,” praised Konneh.

Rockwal shared that the most rewarding part of her involvement with PCGC has been experiencing student growth. “The two times I have taught in a classroom, my students came in with very little knowledge of the American government and how to engage with it.” She explained that a new sense of confidence accompanied their learning, and that students who were once shy now had the courage to call their public officials. “Knowing that I played a part in that inspiration and that drive is a feeling

unlike any I have ever had, and it’s what keeps me coming back to GC,” stated Rockwal.

After finding primary and follow-up tactics, the students work to have their voices heard by lobbying for their cause. “The GC program culminates at Civics Day, which for us is held at the State House,” said McCluskey. Students also prepare to present their work throughout the program to other Rhode Island groups, as well as community members and public officials.

In regard to the success of the student projects, Konneh explained that the results differ based on scale. “For example, if a class chose to work on a school based issue, it will have a high chance of being successful because students have exposure to teachers and administrators,” she stated. Some projects can be more difficult if they require the response of public officials, which can often be time consuming. However, Konneh maintains that the GC experience is ultimately rewarding for both students and DCs. Members of PCGC are surveyed at the end of each semester. “In the fall, 83 percent of participants expressed that GC has developed their leadership, communication, and time management skills, as well as strengthened their ability to effectively engage with people from differing backgrounds and perspectives,” said Konneh.

The PC Chapter of GC will be accepting applications on a rolling basis, but applicants are encouraged to act fast. “We are seeking committed, curious, and passionate college students who have a heart for service and care about social change,” Konneh revealed. Prospective students can apply at [https://generationcitizen.formstack.com/forms/dc\\_application](https://generationcitizen.formstack.com/forms/dc_application), and work study is also available.

# Black History Month Kicks Off At the Black Expo

## Afro-Am Showcases Exhibit on African American Leaders

by Catherine Brewer '20  
News Staff

ON CAMPUS

February is Black History Month, and Providence College has only just begun the wide variety of student and staff organized commemorations on campus. At 7 p.m. on Wednesday, February 7, the Providence College African-American Society, fondly called Afro Am, hosted the second major event of the month: the annual Black Exposition. The focus for this year’s celebration was the Black Panthers, a militant black rights political organization that was established in 1966. The Black Expo was held in Moore Hall and featured a trivia raffle, as well as refreshments provided by Jersey Mike’s.

“The Black Panthers haven’t been discussed enough, but they were a central part of the Black Rights Movement,” explained event coordinator Acklynn Byamugisha '20. While Byamugisha currently serves as Afro-Am secretary, she has already been elected as next year’s president. According to Byamugisha, the Afro Am wanted to showcase influential Black Panther figures to provide an inside look at the diversity within the community in order to help end the stigma that the Black Panthers were a purely violent group.

Byamugisha explained that one key aspect of this diversity is the difference in the discrimination that black men and women have faced, adding that it was unique for the group to work through the gender divide to achieve common goals. “Black women were at the very bottom,” Byamugisha firmly stated. She described how in the Black Panther Party, women were able to have their voices heard more easily through the partnership with their male

counterparts. Byamugisha added, “It’s time we show a different light of the Black Panthers.”

The choice to hold the event in Moore Hall was strategic, as Byamugisha explained that while it could have been successful in other campus locations, Moore Hall carries the newly cultivated sentiment of students uniting and fighting for a more inclusive campus. “However, we still need to get people more involved in these events,” said Byamugisha. Throughout Black History Month, she recommends attending the NAACP Black History Mobile Museum from 10 a.m. to 5:30 p.m. in Slavin 112 and '64 Hall on Feb. 14.

The performance portion of the event was kicked off by Chalayna Smart '18 of Believers of Word (BOW). Smart delivered an original poem in her trademark style, closing with a powerful message that is central to Black History Month: “Black culture

lives on.” After her reading, she elaborated on her motivation to be involved in the event, stating, “I wanted to speak here because while they are often ridiculed, I admire the Black Panthers.” Smart explained that the display of the movement gave her hope and demonstrated that “militant isn’t always violent.”

Kristen Rezuze '18, a guest at the event, explained why it is critical for us to commemorate the Black Panthers today. “It is important to understand the true purpose of the Black Panther Party, especially in a time where police brutality and the murders of young black men are at the forefront of our minds.”

The next PC sponsored Black History Month event will be the Marshall Movie Screening and Discussion on Feb. 8. Office of Student Activities and Cultural Programing will host the event in the Moore 125 Lounge at 4 p.m.



Students walked around Moore Hall looking at exhibits showcasing African American leaders.

MAGGIE BRANHAM '18/THECOWL



# African American Read-In Kicks Off Book Drive

## PC Collaborates with the Non-Profit Books Are Wings

by Sabrina Guilbeault '18  
News Editor

ON CAMPUS

As part of Black History Month, the Office of Student Activities and Cultural Programming and the academic committee of Student Congress are working together to sponsor a book drive that will benefit children living in Rhode Island. The books will be donated to Books Are Wings, a not-for-profit literacy organization that works in Rhode Island.

The book drive kicked off this past Tuesday at the African American Read-In, an event that multiple colleges and universities across the country participate in, which highlights African American authors, poets, and leaders.

Elizett Pires, the assistant director of student activities and cultural programming, explained she had participated in the read-in during her own undergraduate experience, and was excited to showcase African American authors and put books with an emphasis on multicultural stories in the hands of Rhode Island's youth.

"When underrepresented groups see themselves in their leaders or materials they are reading, they develop a stronger connection to reading," said Pires. "When you are more connected to what you are reading, you are more willing to read." Pires, who worked with literacy programs during her time

on Americorps, went onto explain that research shows that students who fail to meet their reading level at the third grade are four times more likely to not complete high school, and therefore getting books into the hands of children is very important.

"Having access to books and literature is easy to take for granted," said Gabi Dess '18, chair of the academics committee on student congress. "Not everyone has the opportunity to purchase books and it is awesome that we can collect books and donate them to our surrounding community."

The academics committee has sponsored their own book drive for the past two previous years, and is excited to collaborate with the Office of Student Activities and Cultural Programming and Books Are Wings. Paige Clausius-Parks '03, an alumna of Providence College, works with Books Are Wings and is also excited to collaborate with the College.

The book drive, taking place this February, coincides with Books Are Wings' March Reading Madness program. During the program, the organization will visit schools in Providence, Pawtucket, and Central Falls, and students will be invited to bring the donated books home with them.

Pires explained she is hoping PC students can be part of this event. "Something I asked myself was how can PC benefit the community," she said, and went on to say that this Book Drive will do just that.



PHOTO COURTESY OF THECLIPARTS.COM

The campus community is invited to donate books with multicultural stories, and they will be collected at the Office of Student Activities and Cultural Programming until spring break. "Kids look up to the leaders that they see and read about, so it is important that they have access to these characters in stories and leaders in real life," said Dess.

The book drive and read-in are part of a month's worth of events celebrating black history. Pires explained she's excited to contribute, especially in regards to bringing more events celebrating Black History Month to campus.

"It's great to celebrate the history, as well to get people to think a little bit more," she said.

Other events that will be occurring this month include the *Marshall* movie screening, the Black History Mobile Museum, the Black Panther Gala, and a performance by the ZuZu African Acrobats.

Donations via Venmo will also be accepted, and those donations will be used to purchase more books for the book drive. "Reading helps to foster education," said Dess. "It encourages children to continue their academic pursuits, and follow their dreams."



# Congress Updates

by Connor Nolan '19  
Student Congress Publicity

CONGRESS

At this week's general meeting of Student Congress Adam Hauerwas, who is in charge of Sakai, came to open up a dialogue regarding use of Sakai in student elections. There had been questions regarding discounted ballots due to inefficiencies in Sakai's interface that allowed students to vote for multiple candidates for the same positions. This most often pertains to class representative elections, as the system is unable to stop students from voting for more than five candidates. Hauerwas explained that while this leads to discounted ballots, it has never been by a margin that fully changed the outcome of the election. Instead, it has just changed the percentage of victory. He implored the Congress to look into ways to lessen the number of special elections needed as there has been at least one almost every election cycle.

Hauerwas then fielded a few questions from the members of congress. One involved the implementing software on the school website, and Hauerwas said students who want to do so should contact those who run the website, as Sakai is an independent system. He also added that while parts of Sakai are able to be accessed through the Providence College app, elections cannot be made available there since they are separate systems. The Congress thanks Hauerwas for coming to speak and looks forward to welcoming Father Brian Shanley, O.P., attendance at next week's meeting.

**Legislation**

A piece regarding student elections and students returning from study abroad was postponed as it needs more work.

Last week's allocations piece was reintroduced with the changes in funding for the upcoming semester. There had been a mistake with the information

shown to the Congress, but upon clarification from the presenter the budget was set to be voted upon. One member pointed out that the clubs with zeros next to their name received no increase, but would instead be keeping what they already were allocated. A graph was also provided in order to show how the money was spread across various clubs on campus. The piece was then put to a vote and was passed unanimously.

A new piece of business was introduced by members of the Congress to clarify previous legislation regarding the status of the Board of Programmers' representative to the Congress. The presenters spoke to its necessity, as there are two different explanations of BOP's role, one calling them a passive member and one saying they have a vote within the Congress. The second of these will be removed if the piece is passed, and the Board of Programmers would return to being a passive non-voting member. One member applauded the piece, saying the contradiction within the constitution needed to be fixed and that this had started from controversy years ago. It should be voted upon at next week's meeting.

One final piece of legislation was brought before the Congress with the intention of having the campus evaluated by a third party to judge if the campus is fully accessible to disabled students. The presenters believed that with the many changes the College is undergoing, it is a necessity to not forget the disabled students that struggle to get certain places on campus. The changes currently being made to the Department of Public Safety were sparked by a third-party review, and the presenters hope this would enact similar changes. One member of the Congress asked who will pay for the review, and the presenters hoped that the funding would come from the dean's office. Many members spoke to the necessity for this and the need for the Congress to fight for all students. The piece should be voted upon next week.



## PROVIDENCE COLLEGE CELEBRATES

**AFRICAN AMERICAN READ-IN & BOOK DRIVE - FEBRUARY 6TH**  
11:30am - 2pm in Mural Lounge  
Sponsored by: OSA-CP & Congress

**BLACK EXPO - FEBRUARY 7TH**  
6pm in Moore 125 Lounge  
Sponsored by: AFRO AM SOCIETY

**MARSHALL MOVIE SCREENING & DISCUSSION - FEBRUARY 8TH**  
4pm in Moore 125 Lounge  
Sponsored by: OSA-CP

**TASTE OF CARNIVAL DINNER - FEBRUARY 13TH**  
4:30pm - 8pm in Ray Dining Hall  
Sponsored by: OSA-CP & SODENO

**BLACK HISTORY MOBILE MUSEUM - FEBRUARY 14TH**  
10am - 5:30pm in Slavin 112 & '64 Hall  
Sponsored by: NAACP

**BLACK PANTHER MOVIE - FEBRUARY 17TH**  
3:30pm at Providence Place Mall  
Sponsored by: HORIZONS

**BLACK HISTORY Month 2018**

**THE BLACK PANTHER GALA & AFTER PARTY - FEBRUARY 17TH**  
8pm - 1am in Moore 125 Lounge  
*'All Black Attire'*  
Sponsored by: HORIZONS & RECREATIONAL SPORTS

**HERSTORY - FEBRUARY 22ND**  
6:30pm - 8pm in Slavin 112  
Sponsored by: OSA-CP, WOMEN EMPOWERED & BOW

**THE ZUZU AFRICAN ACROBATS - FEBRUARY 28TH**  
5pm in Peterson  
Sponsored by: OSA-CP

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

## Cowl Corrections

In last Thurday's issue in the A & E Section, the article "PC Students Shine in Recent Premiere of *Hamlet*," a caption to the article's photo misidentified AJ Roskam '18 (who plays Laertes) as Timothy Brown '20 (who plays Hamlet).



# Bursting the PC Bubble

## A Review of the Larry Nassar Case at MSU

### *Student to Student, We Asked MSU Students What They're Thinking*

by **Brian Garvey '20**  
News Staff

WORLD NEWS BRIEFS

On Wednesday, January 19, Dr. Larry Nassar was sentenced to up to 175 years in prison on charges of criminal sexual conduct. A former USA Gymnastics team doctor and sports medicine physician at Michigan State University who treated stars such as Aly Raisman, Gabby Douglas, and Simone Biles, Nassar has been accused by over 150 women in court. Before her ruling, Judge Rosemarie Aquilina stated, “It is my honor and privilege to sentence you. You do not deserve to walk outside a prison ever again. You have done nothing to control those urges and anywhere you walk, destruction will occur to those most vulnerable.” Yet the guilt does not lie solely on Nassar.

USA gymnastics has been accused of neglect and attempt to cover up the abuse. In a report by the *Indianapolis Star*, approximately 360 cases spanning 20 years were uncovered in which athletes accused coaches of sexual misconduct. The entire board of USA Gymnastics has resigned, and three members of the USA Gymnastics Board of Directors have already stepped down, including chair Paul Parilla and vice chair Jay Binder.

Three-time Olympic gold-medalist Aly Raisman stated, “I’m so angry that, after realizing that we were abused, they let him continue to molest other gymnasts when they told me there was an investigation going on. They told me to be quiet. I thought that they were doing the right thing, and I didn’t want to tip off the investigation. I trusted them, and I shouldn’t have.”

Michigan State University, Nassar's former employer, has also come under fire. Former athletes have come forward saying that MSU



PHOTO COURTESY OF MSU.EDU

showed the same disregard for accusations as USA Gymnastics. ESPN interviewed four women who said they told MSU coaches or trainers about Nassar as far back as the 1990s. Two of those women said that they told Kathie Klages, MSU’s longtime gymnastics coach, about Nassar in 1997. Klages resigned in February.

Maddie Desnoyer, a sophomore student at Michigan State, said, “I think both the students and staff are feeling disappointed and embarrassed with the way that the administration handled this Larry Nassar scandal.” She went onto say that this situation makes her very upset knowing that something this terrible and disgusting has been going on for so long. “This trial is going to follow MSU for years to come in a very negative way and

this isn’t the reputation I want my university to have,” she said.

MSU president Lou Anna Simon resigned hours after the sentencing, deflecting accusations. The popular MSU athletic director, Mark Hollis, retired the following Friday. The controversy has also spread to MSU’s most vaunted sports, with beloved head football coach Mike Dantonio accused of negligence, and Hall-of-Fame basketball coach Tom Izzo also accused of covering up incidents.

As a result, MSU’s campus has been in a state of uncertain turmoil, with much of the student body angry and demanding answers. Eryn Van Der Hoeven, another student at Michigan State, voiced the discontent that many students feel, saying, “I think students on campus feel let down. There’s a lot at stake for students to hear that administration doesn’t have their back in terrible situations.”

Students have been clamoring for updates and answers, and the school has been attempting to be as open as possible about the investigation. Emma Frame, another student at Michigan State, explained that the school has overall kept its students very updated on what’s been going on. “I have had most of my professor’s talk about it in the beginning of class, and express their feelings on everything,” she said. “I have also received many long emails on the topic of the trial, ex-president Simon, and the victims from multiple people.”

While Nassar’s fate is very much sealed, the future of Michigan State University remains unclear. The university could be facing serious legal trouble, as the U.S. Department of Education and the NCAA have opened a formal investigation into the university. Michigan Attorney General Bill Schuette is embarking on a “full review” of the Nassar case as well.

# Talking Politics: The Trump Presidency Turns One

## *Trump Delivers His First State of the Union Address*

by **Darren Squillace '19**  
News Staff

WORLD NEWS BRIEFS

President Trump gave his first State of the Union address on Tuesday, January 30. Reading off of a teleprompter, Trump’s speech was concise in comparison to his usual off-the-cuff speeches that viewers have grown accustomed to. Instead of trying to divide those on both ends of the political spectrum, Trump tried to rally Americans together with unifying statements such as, “So let us begin tonight by recognizing that the state of our Union is strong because our people are strong.”

In regards to the content of the speech itself, it has received a mixed bag of reviews. According to a poll conducted by CNN, Trump’s speech received the least positive reactions in recent history, with 48 percent of viewers giving his speech a “very positive” review.

Throughout his speech, Trump included both heartwarming and inspirational stories that showed America and its people in the best light possible. Some of these stories included that of Preston Sharp, a 12-year-old boy who started an initiative when he realized there were no American flags over the graves of veterans on Memorial Day

and raised over 40,000 flags as a salute to veterans.

When discussing the external threats Americans face from rogue regimes, Trump told the story of Ji Seong-ho, a North Korean defector who escaped the dictatorship on wooden crutches after injuring his legs in a train accident that led to the amputation of his left leg without the use of anesthesia.

These stories, regardless of partisanship or ideological agenda, received applause from both sides of the aisle. However, when Trump got to the meat of his speech, discussing issues facing the United States, the audience in the Chambers of Congress became completely divided.

Some of the main issues Trump focused his speech on were the economy, infrastructure, and immigration. Trump touted several recent economic successes since he has taken office, including approximately 2.4 million jobs that have been created since his election victory, the investment in and building of distribution plants in the U.S. by corporations such as Apple and Fiat-Chrysler, and the lowest African-American and Hispanic-American unemployment rates in history.

He attributed many of these successes to the GOP tax bill that was



In his State of the Union, Trump deliverd his proposals for the coming year. PHOTO COURTESY OF CNN.COM

recently passed, which has lowered the corporate tax rate to 20 percent and lowered the taxes of many individuals yet has been unfavorably perceived by the majority of Americans according to most polls.

The one issue that Trump really tried extending an olive branch of unity towards Democrats in was immigration. To the dissent of his supporters, Trump proposed a four-pillar plan for immigration in exchange for the permanent citizenship of 1.8 million “dreamers” who are here in the U.S. under the provisions of DACA.

Trump’s proposed barter on

immigration and his speech in general was universally criticized by Democrats, as many saw his reference to MS-13 gangs as well as other crimes committed by illegal immigrants as a cruel overgeneralization of a vast majority of people who genuinely wish to become contributing Americans. Trump's speech reinforced his stance on many controversial issues, including unemployment and immigration. With Republicans holding the Senate at 51-49, the effect the State of the Union address will have on the upcoming mid-term elections remains unknown.



## Make Student Involvement Integral in Hiring Process

by Lela Biggus '18  
Opinion Staff

CAMPUS

College students should be an integral part of decision-making processes when it comes to hiring new teaching staff and assistant professors. Students are consumers of education and should therefore have some degree of control over what they are getting when they pay any amount of money, let alone \$60,000 per year.

Multiple departments at Providence College are currently sifting through candidates for a variety of teaching positions, and every department has its own way of making sure student sentiment becomes part of the equation.

The English department welcomes student involvement in hiring decisions by inviting them to sample classes led by candidates and then requesting feedback. Comments from students are then referred to during search committee deliberations.

Dr. Bruce Graver, Chair of the English Department, commented, "We have never included students on the search committees, nor have students been invited to our departmental deliberations. Applications have confidential information in them, and our deliberations also are confidential, and our department has not been comfortable with sharing this kind of confidential information with students."

The history department, in its search for an assistant professor of 20th century African American history, followed a similar procedure, inviting students to a candidate-taught lecture and requesting student feedback.



Classroom in the Feinstein Institute for Public Service

PHOTO COURTESY OF AICU RHODE ISLAND

Assistant Chair of the history department Dr. Sharon Ann Murphy said, "The department has also invited students in African American Studies and leaders in Af-Am groups to attend the lecture and provide their feedback as well."

Reaching out and including campus groups relevant to the position being filled displays thoughtful engagement with the whole campus, not just the department and its majors.

This kind of campus-wide engagement should be replicated because professors with expertise in certain areas are often called upon by campus organizations and classes within other majors to give lectures, speak on panels, or be a part of larger

campus conversations.

The global studies department takes considerable measures to engage students with the faculty hiring process. Chairperson Dr. Nuria Alonso García commented, "Majors are viewed as colleagues and partners in decision making; their participation in department dialogues is expected, and their input is highly regarded and attended."

Rather than offering optional lectures for students to attend, global studies brings candidates into capstone class times and embeds these lectures into course syllabi. Majors are also engaged in the process by attending informal lunches with candidates and guiding candidates on tours around campus.

Respect and consideration for student voices in decision making is extremely important and central to what Dr. Alonso García referred to as the "global studies student-driven democratic ethos."

The more students that are involved in new faculty hiring, the better. Students should not only feel they are receiving the best education possible from faculty that are dedicated to their success, but also have the right to know and be reasonably satisfied with what they are paying for as consumers.

That is not to say that students who disagree with a potential hire on political or other matters should be able to reject that individual because they do not wish to be discomforted or challenged. Students often do complain of professors subtly pushing one agenda or another, but that is no grounds to provide incriminating feedback, nor should those things have sway in the decision making process.

However, students must feel satisfied with their professors in other ways: how professors communicate and relate with students, how they enhance student learning, how interesting and engaged they are, how organized they are, and if they make their expectations clear or not.

College students have been in school a long time. Students, especially upperclassmen, know the key difference between "he's a great guy" and "he's a great teacher." This is a kind of wisdom unique to students that should be tapped into and taken seriously when decisions are made that will primarily and most directly impact student experience.

## Climate Change Threatens Future of Winter Olympics

### Environment:

Continued from front page

Scott analyzed data from past Olympic host cities as well as climate change models to determine that in 50 years, nine of the previous host cities will be too warm to host the Winter Games again. This data is staggering, considering that two of the cities, Sochi, Russia and Vancouver, Canada, each played host to the Winter Olympics in the last 10 years. Yet by the middle of the century, neither will likely have cold enough temperatures to host them again.

Climate change can often seem like a vague problem, distant from our everyday lives. We do

not feel a dramatic rise in temperature every time we throw out a styrofoam cup or fill up our cars with gasoline. Yet, this study puts the problems with global warming into perspective.

Temperatures rising just a few degrees can spell disaster for many venues of outdoor sports. According to the *Times* article, temperatures were so warm during the last Winter Olympics in Sochi that some sports, like the snowboard halfpipe, became downright dangerous due to unsuitable conditions.

This could affect the future of the Olympics as well. If future elite athletes no longer have access to the frozen ponds and snowy hills where many get their start, how many people will be able to participate in future Winter Olympic Games?

And this problem does not just pertain to elite

events like the Olympics. If rising temperatures threaten the places where Olympic Games have historically been held, they will threaten the places where ordinary people go to ski or snowboard or skate as well. If places in Canada and Scandinavia are no longer able to support outdoor winter sports, that will certainly limit the areas accessible to, say, students living in Providence, Rhode Island.

During the 2014 Winter Olympics, 105 athletes partnered with environmental advocacy group Protect Our Winters to release a statement calling on more government commitments to stop climate change, according to *National Geographic*. Now, four years later, the same problems continue to persist.

And while big environmental change should come from governments and organizations with power, there are things ordinary people can do as well. Using reusable containers or water bottles to reduce waste, or carpooling or taking advantage of mass transportation options to limit carbon emissions, are a good start.

This is not just about changing actions, but shifting an entire mindset around global warming and climate change. It affects everyone, and no, saying "Well, I'm more of a Summer Olympics person" is not an excuse.

The Olympic Games are a good reminder that while we all come from different places and diverse backgrounds, there is one thing we all have in common: we all call this planet home. And it is the only one we have, so we have to make an effort to protect it, not only for the future of winter sports as we know them, but for every future person who will someday call this planet home too.



The 2018 Winter Olympics start Friday, February 9.

PHOTO COURTESY OF JULIAN FINNEY / GETTY IMAGES



# Are Video Games Really Just Games?

by Nicholas Moran '19  
Opinion Staff

SOCIETY

As America wakes up to news of yet another senseless mass killing, an outraged media sets its sights on the killer’s video game shelves.

Glossing over complex issues like mental health treatment and gun culture, journalists like *Fox and Friends* anchor Steve Doocy condemn violent games like *Grand Theft Auto V* and *Mortal Kombat*. Gunning down innocents in the virtual streets of Los Santos is supposedly a dry run for violent crime in real life, intensifying gamers’ blood lust and aggression.

After all, the Sandy Hook shooter played violent video games into the early hours of the morning, as did the Aurora, Columbine, and Virginia Tech shooters. Surely there is a causal link, right?

While op-eds criticizing video games still litter America’s newspapers, there is little evidence causally linking violent video games to mass shootings. In reality, this is a classic case of confusing correlation with causation.

Yes, journalists are correct in noticing that these heinous criminals often play violent games, but the American Psychological Association reports that 90 percent of American children play video games, and 85 percent of those games are violent. With the vast majority of America’s youth playing these games, is it surprising that violent youth play them too? After all, finding a copy of *Grand Theft Auto* in an American youth’s bedroom is just as ubiquitous as a pair of blue jeans or an iPhone.



PHOTO COURTESY OF UNSPLASH

Millions of peaceful and productive youth enjoy violent games, and numerous studies have failed to prove that these youths are damaging their mental health.

After Western Michigan University researcher Whitney DeCamp examined 6,587 Delaware schoolchildren, he concluded that that violent games, “no matter how bloody, did not predict violent behavior.” Rather, gender and family abuse issues were far better indicators of violence.

Similarly, researchers at the University of York failed to find a link between violent virtual acts and aggression in real life. After having test subjects play violent warfare games, the researchers quizzed

the subjects with word association puzzles, expecting the violent gamers to choose “more violent word associations.”

This would show that virtual violence makes it “easier to use [violence] in real life,” as it becomes less taboo in the gamer’s mind. Instead, there was no difference between the control and test groups, even when the researchers exposed testees to more graphically violent games.

With a mounting body of research casting doubt on the popular theory, 238 scholars have urged the American Psychological Association to abandon “outdated and problematic statements on video game violence.”

Many of these researchers have noted that violent crime has fallen amongst America’s youth, despite the meteoric rise of the video game industry.

In fact, there is a measurable dip in real life crime after popular violent video games are released, as research in the *Southern Economic Journal* suggests. Ironically, Stetson University professor Christopher Ferguson argued that violent games “keep [youth] off the streets and out of trouble!”

Similarly problematic for the theory, other nations consume significantly more violent games than the United States while suffering much less violent crime.

According to the *Washington Post*, America’s video game spending per capita lags behind eight other nations, yet the U.S. leads in percentage of gun-deaths. While the world’s leader in video game consumption, the Netherlands, suffers less than .5 gun deaths per 100,000, the U.S. has six times more at three per 100,000. After years of debate over causation, these figures put even a correlation in doubt.

The next time a breaking news alert rumbles on your phone, be weary of the pundit who supposedly discovered the sole cause of any crisis.

Seeking a boost on social media, a pundit will lazily notice something that correlates with a crisis, and then rally anxious citizens into a frenzy against it. Instead of solving the problem, the frenzy only distracts from actual solutions, prolonging the nation’s pain and suffering.

Always look for evidence that something is actually causing the problem, not just happening at the same time!

# Mental Illness: Fight Against the Stigma

by Hannah Paxton '19  
Asst. Opinion Editor

SOCIETY

In a time where people are so intensely divided—whether it be politics, sports, or any other issue—it is easy to pretend that the world is black and white. When *Glee* actor Mark Salling committed suicide last Tuesday, his death was celebrated rather than mourned.

There is no question that Salling’s actions before his death were despicable, having been found guilty of possessing child pornography. There is no question that the court would have been justified in sentencing him to four to seven years in prison. But how rational is it to incriminate a human being to the extent that we delight in their death?

Regardless of his faults, Salling was still a human being. His crimes were contemptible, but they should not erase the fact that he was mentally ill. No matter how appalling his actions were in life, death by suicide is tragic and should never be glorified.

Salling’s unstable mental health should not excuse his actions, but it also should not be cause for ignoring the manner in which he died. Nor should we ignore the condition he was in when he was alive.

According to a recent study from the Center for Disease Control (CDC), the United States has found a 1.8 percent increase in suicide, remaining the tenth cause of death as of 2017.

Additionally, a 2016 National Institute on Mental Health (NIMH) study found that one in six adults in the U.S. has a mental illness. Young adults ages 18 to 25 had the highest percentage of any mental illness at 22.1 percent.

Mental illness and suicide are topics the world does not like to talk about. The stigma towards people with



Salling committed suicide after facing trial for child pornography charges.

PHOTOS COURTESY OFNICOLE EVATT/AP/REX/SHUTTERSTOCK

depression, anxiety, or any other mental illness is so prevalent that we have become numb to its effects.

This stigma only perpetuates the shame felt by those who live with a mental illness. Despite the large number of people not only in the U.S. but worldwide who have a disorder, we refuse to normalize anxiety and depression.

When we pretend that there is something wrong with a person who is anxious or depressed then they will begin to think the same. No one should have to feel ashamed for who they are, regardless of the mental state they are in.

Shaming someone with a mental disorder is not only ignorant but inhumane. No person should ever have to be in a position where they think ending their life is the only answer. When we see someone else experiencing feelings of guilt and despair, we should not turn the other way.

Perhaps Salling deserved to spend years in prison, but he did not deserve to die the way he did. Rejoicing in a man’s death is just as dehumanizing as his possession of child pornography. Suicide is never the answer, regardless of any criminal actions that were committed in life.



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# Learning to Move On After Failure

by Paige Calabrese ’18  
Associate Editor-in-Chief

EDITOR’S COLUMN



After the Patriots suffered an unexpected loss in Sunday’s Super Bowl game against the Eagles, we were reminded that life does not always go the way we anticipate, or even want. When we experience setbacks or disappointments, the manner in which we respond to them is more determinant of our character than any individual achievement or failure. Everyone knows the crushing feeling of frustration and shame that floods your body when you prepare for a reward or beneficial outcome after spending hours studying, working, or practicing, only to be grossly dismayed when you miss the mark entirely and fail miserably. Similarly, everyone knows the subsequent aftermath of sitting alone in a dark bedroom while online shopping, eating Ben & Jerry’s, and listening to the “Life

Sucks” playlist on Spotify. However, limiting our self-pity and wallowing is essential to bouncing back and coming to an understanding of our goals and life paths. Rejections and let-downs and disappointments happen because not everything is meant to be part of an individual’s life path; as upsetting as they are, they serve as indicators that a person, job, object, etc. is not right for us and that something else, something that better fits our needs, is out there. Failure and rejection are terrifying to anticipate and depressing to experience, but maintaining an open mind and optimistic outlook throughout will lead to deeper self-reflection, better understanding of your values and goals, and greater appreciation for what you already have.

# TANGENTS & TIRADES

## #TimesUp Grammys

The Grammy Awards, while an entertaining tradition, have unfortunately become another brick wall women have to face on the long-standing and challenging road to gender equality. Only one woman was broadcasted receiving a solo Grammy award during the 60th Grammy awards show this past weekend. When confronted about the lack of inclusion in the awards show, Neil Portnow, the Recording Academy president, responded with a rather insensitive and ignorant response: “[They need] to step up because I think they would be welcome.” In light of the recent #MeToo and #TimesUp movement, it is not only morally incorrect, but obviously false to say that women have done nothing besides “step up” this past year. To make matters worse, the Academy’s hypocrisy in terms of the gender equality movement was evident as they hosted Kesha’s performance of “Praying,” a powerful audio and visual display of the #MeToo movement while simultaneously snubbing Kesha for an award. Kesha gave an emotional performance that referenced the abuse she had to endure at the hands of Dr. Luke, an American music producer whose colleagues were also in attendance at the awards show. It seems that the Academy supports the #MeToo and #TimesUp movement on paper because it is the path of least resistance that will grant them the least amount of problems. However, when it comes to actually taking meaningful strides towards equality—they fall short.

-Laura Arango ’20

## Keep the Ball “Black and White”

The Black and White Ball is making a much anticipated appearance later this month, thanks to the Board of Programmers (BOP). That being said, is it really going to be a Black and White Ball? Right after the dance was announced, BOP cleared up some wardrobe confusion by expressing that students can wear any color they want. They are not highly encouraged to just wear black or white like last year. Because of this change, the Black and White Ball is not a black and white ball anymore. Although it is nice that BOP decided to take the theme in a completely different direction, they should have renamed the dance to something more inclusive. Names like sophomore Friar Ball or the freshman Spring Fling would be perfect for this type of school-wide dance. They are simple, flexible, and do not imply a specific theme or color scheme, unlike the Black and White Ball. While this is definitely not the most pressing issue on campus at the moment, it is a little confusing. If BOP wants to keep the name of the dance the Black and White Ball, students should then be highly encouraged to wear black and white. However, if BOP does not want to restrict students to certain colored attire, they should consider renaming the event. However, regardless of what color students wear, the Black and White Ball is still going to be a night to remember. So, what color will you be wearing?

-Katherine Torok ’20

## At Least We Still Have the Memes

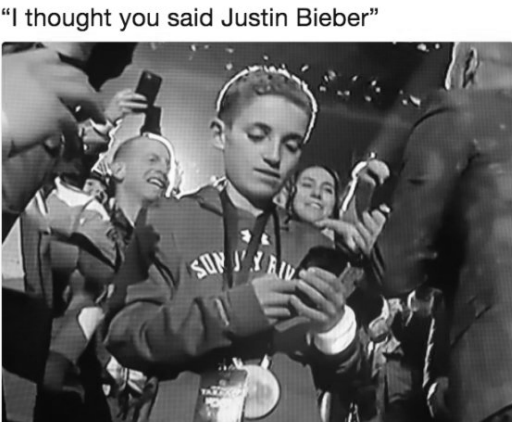
As Patriots fans are mourning their way through this tragic week for New England, we can perhaps still take away at least one positive from Super Bowl LII: all of the memes that have come and will come from Justin Timberlake’s Super Bowl selfie with a young fan. If you happened to miss his halftime show, in the midst of a compilation performance of throwbacks and new songs (and even a commemorative Prince performance), JT walked up into the stadium seating to sing and dance with fans. During this celebration, Timberlake posed for what appeared to be a simple selfie with a young boy. Yet after the photo was taken, the boy’s reaction was anything but that of a happy fan. Totally frozen, the boy continued to stare at his phone despite JT standing right next to him. Whether he was in awe, complete shock, or in denial of the selfie that had just been taken, this young boy could barely lift his eyes from his phone screen. An expression of sheer confusion seemed to take over his face. After this was captured on film, social media has done what it does best, creating countless memes narrating this boy’s experience while he stared into his phone in the midst of Justin Timberlake’s performance. So while we may cry over the Super Bowl, we should not forget to smile at the memes we now have from the halftime show.

-Sarah Kelley ’18



RPDR memes  
@rupaulmemes

Google search: who is Justin Timberlake



PHOTOS COURTESY OF TWITTER



# Writer vs. Writer: New Charge on To-Go Boxes



NICHOLAS CRENSHAW '20/THE COWL



MAGGIE BRANHAM '18/THE COWL

by Kevin Copp '18  
Opinion Staff

CAMPUS

The Take3 option in Alumni has long been a favorite meal option for ambitious freshmen and internship-bound seniors alike. Sophomores and juniors often use it to balance a busy schedule or grab a quick bite without dipping into their precious FriarBucks.

However, the Take3 option, in addition to the many other items students may bring out of Alumni, is threatened by the new 50 cent charge on to-go boxes. Such a change, while seemingly minimal on the surface, could harm the overall business of Alumni and send even more students down to the Eaton Street Café.

Although a charge of 50 cents is far from excessive, the principle of adding on fees for containers might bring some students to question their decision to opt for Take3. Because Take3 has always been a “free” option in the past in the sense that it is already included in their meal plan, students feel as though they have been able to save themselves FriarBucks and cash.

Even though the charge is only implemented if the customer needs a plastic container in addition to the paper basket in which the meal comes, it takes away the feeling of “gaming” the system if they do prefer a plastic to-go container. Students may no longer flock

to the haven of Take3 if they are required to pay a fee for a plastic to-go container when they have previously obtained it free of charge. The new charge also begs the question as to what is and what is not available to have a price placed on it. If to-go boxes are being charged today, will water cups be charged tomorrow?

Stuart Gerhardt, the general manager for Providence College Dining Services, noted that customers can easily store their paper basket of food in a paper bag that is available at no additional cost. Yet is a paper basket inside of a paper bag the best way to transport a messy chicken patty oozing with bleu cheese and hot sauce? Will students and athletes travelling long distances want to have their food rolling around inside a paper bag?

One athlete who has frequented Take3 for years believes that the charge for to-go boxes is unnecessary and inconvenient. Tom Planek '18, a member of the Providence College Men's Basketball Team, expressed his frustration with the new charge; “I am on the go and often take a chicken patty with me before or after practice. The amount of tuition I pay should be able to cover to-go boxes.”

The convenience of plastic to-go boxes and Alumni overall, especially for those who are always on the move, is in serious jeopardy because of the new charge. The confines of the Eaton Street Café suddenly look much friendlier for students who want to take out their food for free.

by Andrea Traietti '21  
Opinion Staff

CAMPUS

The recent decision to charge 50 cents for each to-go box at the Take3 station in Alumni Hall represents a step in the right direction towards making Providence College a more sustainable campus.

Currently, PC boasts an array of different sustainable resources and environmental protection efforts. The Slavin Center Bioretention System and the several bioswales on campus aim not only to control flood water quantity, but also to improve the water quality of often-polluted rainwater. The Slavin Center is also home to a Building-Integrated Photovoltaic system, which converts sunlight directly into enough electricity to light much of the building. Along with these systems, the College takes care to monitor and track both its carbon footprint and its water conservation.

The charge for the to-go boxes, however, places more responsibility directly on students, thus broadening the scope of PC's campus sustainability efforts. It is inevitable that sometimes we simply have to use a plastic box or drink from a plastic water bottle. However, the additional charge for the

box makes students consider that there are cheaper—and more environmentally friendly—options available to them.

Environmentally speaking, plastic is a dangerous material due to its chemical properties. Plastic takes a while to break down, which makes recycled plastic unfit for manufacturing. However, this characteristic of plastic presents an even larger problem for non-recycled plastic thrown into the trash or onto the ground. Plastics are non-biodegradable, so they persist in both natural environments and in landfills.

Therefore, plastic is piling up both in the ocean and on land, killing marine and terrestrial animals alike. Considering the effects of plastic on wildlife and on the environment in general, plastic production, consumption, and recycling need to be reevaluated.

Perhaps in the future the College should make more of a concerted effort in eliminating plastic either by further raising the cost of containers or by ending the use of plastic bags and containers altogether.

But for now, the move to charge a fee for Take3 containers is enough to not only begin decreasing PC's plastic consumption but also to start a conversation about how we can create an environmentally sustainable campus and community.

# Meld Perspectives in the College Environment

by Gabrielle Bianco '21  
Opinion Staff

SOCIETY

Is college serving America's needs? This question served as the prompt for two commentary pieces in the *Providence Journal* regarding the role of colleges today. The two pieces took contrasting views.

The first, written by Michael S. Roth, president of Wesleyan University argued that the college institutions are worth fighting for, as they provide students with the chance to be exposed to a variety of perspectives and educate students to impact the world around them.

The other article, written by Teresa Mull, a research fellow in education policy at The Heartland Institute, argued that colleges are becoming corrupt as they create a homogeny of liberal thought and pointed out the fact that while society stresses the need to go to college, it might not be the best option for everyone.

Students are left to contemplate where they fit into this debate. The answer is not black and white, but rather calls into question how knowledge is spread and the role of colleges in society.

The college years serve as a golden window of opportunity to be exposed to not only a wide variety of classes, but a variety of perspectives. For many students, going to college is the first time they have lived away from home and

have the opportunity to live with and meet people they have not grown up with.

This melding of perspectives can be invaluable as students prepare to go out into a diverse and ever-changing world. Early exposure to different people can create a more sympathetic and accepting tomorrow. For this reason alone, colleges prove to be a worthy asset to society.

That being said, colleges have shown a trend in prioritizing liberal views. These partisan biases have been called into question as the animosity between political parties has heightened in recent years. According to Mull's article, 58 percent of Republicans believe that colleges have a negative effect on the nation while 72 percent of Democrats believe the opposite. This divide is dangerous.

People involved at all levels of education must take action to ensure that dialogue is facilitated in ways in which people are free to speak out for what they believe without disparaging others with a different viewpoint.

In addition to raising questions about the imbalanced distribution of perspective in universities, the articles raise an interesting question regarding how society makes the college experience seem like the only option after high school graduation. While this notion may be widespread, it is far from

true.

As Mull pointed out in her article, there are many instances in which a trade school or some other form of education may be a better course of action after graduating high school.

Likewise, the importance of learning through life experience must not be disregarded in favor of textbooks. A gap year before college is one way in which students can gain more experience about the world and themselves.

Jack Murphy '20 decided to take a gap year before beginning his time at Providence College. He said, “Coming out of high school, I was pretty sheltered and unmotivated. I hadn't gotten to know many people that weren't like me, and I also had no idea what I wanted to do with my life. I ended up taking a gap year and spending nine months teaching in Paraguay...”

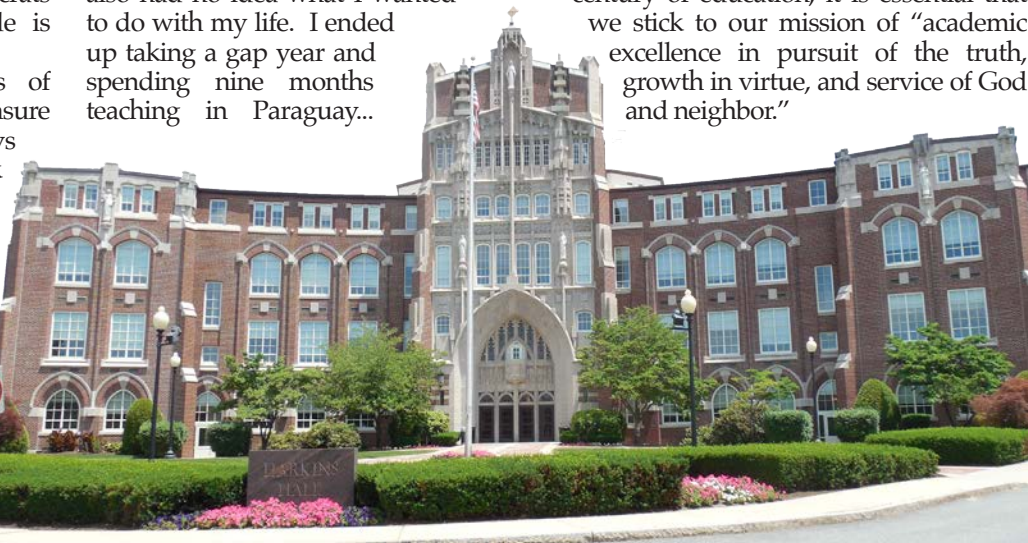


PHOTO COURTESY OF WIKIMEDIA



# PHOTOGRAPHY



MAGGIE BRANHAM '18/THE COWL

**ABOVE:** Rob Richie, executive director and co-founder of FairVote, speaks at the Humanities Forum on Friday, February 2. Richie’s talk, titled “How to Fix Our Skewed Democracy,” focused on his advocacy for systemic electoral reform.

**RIGHT:** Rodney Bullock '18 gets a rebound before scoring in the final minutes of the second half. The Providence College Friars defeated the Georgetown Hoyas 73-69 on Tuesday, February 6.



NICHOLAS CRENSHAW '20/THE COWL

**BELOW:** Katherine Pineo '21, Shay Toohey '21, and Cameron Villaruel '21 help each other skate around the ice rink at Schneider Arena during Skate Night, sponsored by Student Activities and Cultural Programming.



BRIANNA COLLETTI '21/THE COWL



# ROVING PHOTOGRAPHY

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February 8, 2018

VALENTINE'S  
DAY EDITION



## What is the worst date you've ever had?



**"We played soccer, and  
he kicked my shin instead of the ball."**  
Lauren Hoefling '20



**"She didn't talk."**  
Thomas Koch '20



**"He said it would be a surprise...  
He brought me to a cemetery..."**  
Rob Lesch '20



**"We went to the movies and  
got kicked out for talking too loudly."**  
Alyssa Steele '20



**"Triple date at Cheesecake Factory."**  
Christian Corbett '21



**"She got up and left in the middle of the movie."**  
Dan Higgins '18



**"She forgets everything, so it's  
always a first date."**

**-Adam Sandler as Henry Roth  
in *50 First Dates***

PHOTO COURTESY OF COLUMBIA PICTURES

Photos by Laura Chadbourne '20 and Maggie Branham '18, Staff Photographers



## Providence Art and Design: The Lore Collection

by Catherine Goldberg '20  
A&E Staff

ART

*Time Magazine* has named Providence the number six “top city for hipsters.” As the home of Brown University and the Rhode Island School of Design, Providence is in “the Ivy League of hipsterdom.” *Time* names Providence’s artsy college students and residents “Wayfarered nerds,” constantly getting “creative and theatrical” in the city.

These ‘nerds’ have brought many exciting new ideas, places, and things to the world of arts and entertainment. Right off of College Hill rests a tiny art boutique called The Lore Collection.

Lore is a collection of art and design objects centered on the creative vision of two Providence residents and designers, Margaret Hinge and Jayna Aronovitch. These women share a strong desire to expose talented artists, creators, and designers whose work “excels.”

They strive to support independent artists and designers based in New England and give them a space to share their innovative, contemporary, and individualized art. On show now at the Lore Collection are 18 New England artists with talents in fashion, jewelry making, and household items.

When wandering the small boutique, coming across endless trinkets and beautiful paisley scarves, one artist’s



The Lore Collection in Providence, Rhode Island exhibiting artists such as Zoe van Buren, Mike Bykovski, and Lisa Billings.

PHOTO COURTESY OF LORE COLLECTION

work will truly draw your attention. Jon-Michael Frank’s numerous pieces of art rested on the shelf, but the 8 x 10 cartoon designs truly came to life. His works consists of simple cartoons of everyday life, yet portray dark, yet comical, meme-like messages along the bottoms.

Frank’s comics scattered along the artsy boutique comment on life’s fundamental difficulties. The childlike drawings are very simple, yet the messages are very dark. However, the accuracy of

most his statements are so on-point that it almost becomes comical.

One of his piece’s pictures a woman casually lounging in a bathing suit, blowing bubbles. A seemingly happy and relaxed woman, however, the quote along the bottom reveals something arguably very relevant to us Providence College students: “One of these days I will do something special and important with my life but not today not today.”

With so many places just like Lore in the area, PC students have

tons of opportunities to break out of the PC bubble and explore downtown Providence. From the exhibits of the Rhode Island School of Design to the wide range of pieces at the Providence Athenaeum, the art scene in Providence is booming.

The Lore Collection is open Tuesday through Sunday from 12 p.m. to 5 p.m. and 11 a.m. to 6 p.m. on Saturdays. If you are interested in signing up for Lore’s email subscription to receive updates on their collections, go to [lorecollection.com](http://lorecollection.com).

## Meet Your 2018 Spring Concert: Galantis

by Blaine Payer '18  
A&E Staff

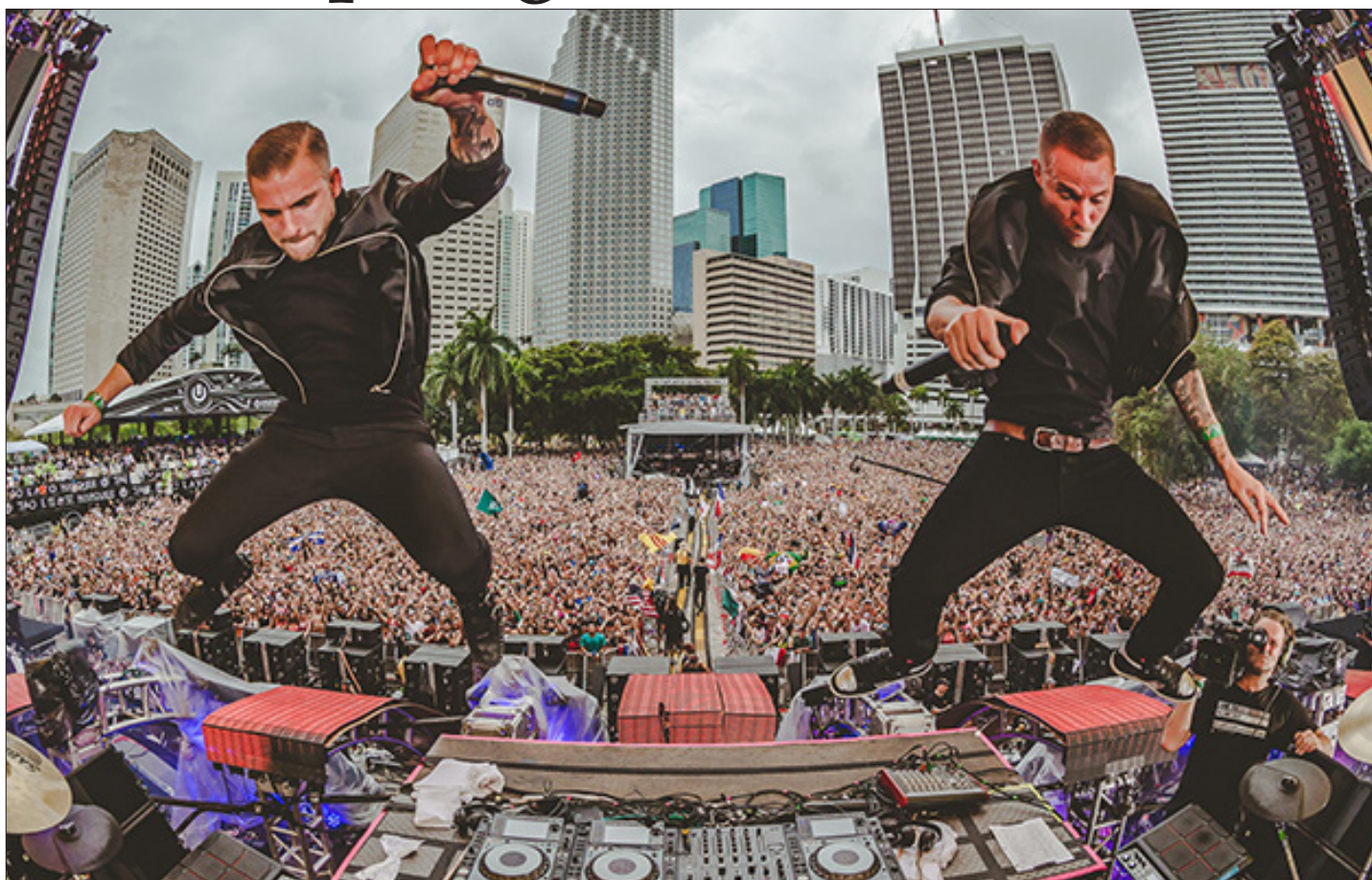
ON-CAMPUS

Word of Swedish-based EDM duo Galantis taking the stage for the upcoming Spring Concert is spreading through campus like peanut butter jelly, and the students could not be more excited.

The Board of Programmers (BOP) announced the decision to invite Galantis following the two previous years’ theme of transforming the Spring Concert into a massive dance party. If Galantis puts on a show half as fun and energetic as Rae Sremmurd did last year, then this year is sure to be a Spring Concert that will not soon be forgotten.

Cashing in on the ever-growing EDM scene in Europe, the duo, consisting of Christian Karlsson and Linus Eklöw, have been climbing the ladder of fame since their 2015 album *Pharmacy*. Presenting a new take on EDM music, Galantis focuses more on the musicality of their songs and tries to break the tired mold of never-ending dance loops that so many popular electronic dance artists display today.

After gaining international fame with songs like “Runaway” and “Peanut Butter Jelly,” Galantis started touring the world and have since established themselves as top-tier EDM artists. “Our goal when we started planning was to have a fun, positive, and energetic concert that would exceed expectations, and I think this act can deliver all that and more,” says BOP entertainment committee chair Ryan McSweeney '18. “What’s unique about their act is that no one



Galantis duo, Christian Karlsson and Linus Eklöw, perform at ULTRA MUSIC FESTIVAL IN MIAMI, FLORIDA.

PHOTO COURTESY OF DREW RESSLER/RUKES.COM

can resist dancing to their music.”

Other students have been quick to respond to the inevitable dance party as well. Gabriella Reimer '18 remarked that “it’s the perfect choice for PC,” citing the popularity of EDM music and the fun vibe it sets as validation. Even a casual listener cannot help but tap a foot when “Peanut Butter Jelly” comes on, never mind hearing it in a concert venue filled with all of your friends.

Alex Pollan '18 displayed similar excitement. “I’ve known about Galantis for years now,” he told *The Cowl*, “So I was really excited to find out that they will be coming here.” Galantis is not PC’s first A-list performer, either. Panic! At the Disco set a high bar back in 2015, a bar that only seemed to get higher with the Chainsmokers and Rae Sremmurd occupying the last two Spring Concert main stages.

Tickets will be going on sale soon, and if any of the last three years are indicators, it would behoove one to buy them as soon as they go on sale, for the limited supply goes fast. In the meantime, everyone should bust out their dancing shoes, start to stretch, and “visualize it,” because Galantis is ‘ace high and going all in’ just for us, and they are sure to bring the party with them.



# And the Winner of PC’s The Voice is...

## Providence College Students Compete for Gift Cards and Spring Concert Tickets

by Patrick Fuller '21  
A&E Staff

ON- CAMPUS

On Friday, February 2, Providence College’s Board of Programmers (BOP) filled every single seat in McPhail’s, and then some, for PC’s version of *The Voice*. By the time the setup crew handed host Fr. Dominic Verner, O.P., the mic, the excited chatter of the crowd began to quiet down and the competition began.

The three judges, Ryan McSweeney '18, Shanice DaSilva '18, and Ryan O’Keefe '19 uncapped their pens and turned their backs to each performer, only turning around to see the face behind the voice when they had come up with an objective score.

Prizes were given to the first, second, and third-place winners once the judges’ scores were combined. First place received an Amazon gift card and a ticket to the Galantis Spring Concert while the two runner ups each received an Amazon gift card.

To open the night, Tilly Burzynski '19 gave a soft-spoken rendition of Birdy’s cover of “Skinny Love,” strumming her acoustic guitar throughout the song’s melancholy chorus. McSweeney connected to the performance on a personal level, commenting that he had “cried multiple times to this song in the past.”

Molly Powers '19 followed up with a passionate, strong version of Rihanna’s “Unfaithful,” while Lauren Wilson '19 convinced O’Keefe



Molly Powers '19 and Nate Jakaitis '20 compete in the first round of PC’s *The Voice*. LAURA CHADBOURNE '20/THE COWL

that Lady Gaga herself was singing “Million Reasons” in the college’s bar.

Later, Will Best '21 stunned the judges with his raspy, nerves-ridden journey through Hozier’s “Work Song.” After, Wini Kennedy '20 gave the audience a dose of nostalgia with Young the Giant’s “Cough Syrup,” a tune which had spectators and judges alike lip-syncing the words and swaying their heads with the music.

McSweeney then told Fiona Pearlman '20 that she destroyed Taylor Swift’s “All Too Well” in a “good way,” despite being on Team Kanye. This judgement led to Pearlman placing third in the competition.

Second place was awarded to Acklynn Byamugisha '20 who covered Khalid’s catchy “Location.” However, the highlight of the night, to judges and audience alike, was Steph Rizzo’s '20 near perfect replication of Adele’s “Rolling in the Deep.”

Despite Adele’s inhuman range and ridiculous falsettos, Rizzo conquered each moment of the song with confidence and courage. All of the judges agreed that Adele is hard to live up to, no matter the level of talent or mastery one may have. Therefore, they were all impressed that Rizzo was able to tackle the song with such perfection and boldness.

In the end, Rizzo ended up walking away with an Amazon gift card, a free ticket to the Galantis Spring Concert and the champion of PC’s *The Voice*. It is safe to say that PC has hidden singers all around campus; even Fr. Dom was able to show off his chords at the end of the competition.

# “I know where you been, where you are, where you’re going” Logic Uses Grammy Spotlight to Acknowledge Suicide Prevention

by Julia Vaccarella '20  
A&E Staff

MUSIC

The 60<sup>th</sup> annual Grammy Awards aired on the evening of Sunday, January 28, with popular singers like Bruno Mars celebrating a year of music at Madison Square Garden. With several awards presented and performances from Kendrick Lamar and Lady Gaga, rapper Logic stole the show with his performance highlighting suicide awareness.

Sir Robert Bryson Hall II, a Maryland native, who produces rap music under the name Logic, was nominated for two Grammys: Song of the Year and Best Music Video. Both nominations are for the song “1-800-273-8255,” a popular track from the album *Everybody*. “1-800-273-8255” is appropriately named after the phone number that corresponds with the National Suicide Prevention Lifeline, which provides free, around-the-clock support to at-risk individuals. NSPL Dr. John Draper has said that calls to the hotline have increased by over thirty percent since the song was released in late April of last year. This upward trend has been attributed to both the mainstream success of the song, and its music video, which has been viewed over 100 million times on YouTube.

Logic has discussed his inspiration for the song and his music in general during several interviews. He has been vocal in explaining his desire to create a platform that will help others and expose current issues like mental health on a grand scale. He said to *Newsweek* with regards to “1-800-273-8255,” “I think it was one of those things where I’ve just been blessed enough to have an undeniable song that people needed and wanted,

and [they] wanted to spread awareness so much that it became hopefully what it’s still becoming.”

In addition to Logic, the song also features R&B artist Khalid and the Grammy award-winner for Best New Artist, Alessia Cara; the trio had previously performed “1-800-273-8255” at the 2017 MTV Video Music Awards, and the National Suicide Prevention Lifeline also saw a large spike in the number of calls received after that awards show.

During the recent Grammy performance, however, Logic, Alessia Cara, and Khalid were also accompanied on stage by dozens of suicide survivors and the families of past victims. The group wore

T-shirts printed with the phone number as well as the phrase “You Are Not Alone.” Cara also appeared wearing a shirt with the words “Give Us Hope.”

The song explores Logic’s personal struggles with depression and mental health. At the same time, it is also general enough to apply to individuals that may be listening on their own. Many critics characterize the song as depressing and sad, but Logic has been praised for his willingness to support suicide prevention.

According to CNN, calls to the lifeline tripled in the two hours following Logic’s performance. He has recognized the fact that this is an issue pervading our society and wants to do something about it.



Logic performing at the 2018 Grammy’s singing “1-800-273-8255” to acknowledge the National Suicide Prevention Lifeline. PHOTO COURTESY OF HORNETAPP.COM



# EDITOR VS. EDITOR

This Week: Which On-Campus Board of Programmers Event is the Best?

## CLAM JAM

by Kerry Torpey '20  
A&E Co-Editor

As the weather gets warmer and students flock to Slavin Lawn for some time in the sun, Providence College's Board of Programmers gears up to host their best event of the spring semester: Clam Jam. From food trucks to a 35-foot slide, Clam Jam has carnival games, live music, and so much more. One thing that makes this event unique from other BOP events is definitely the food. Food trucks like Haven Brothers and Friskier Fries come together to keep Friartown satisfied with their signature subs and fries. Carnival favorites like cotton candy and kettle corn can be seen everywhere as students eat BBQ and delicious food from Rick's Roadhouse. There are plenty of fun games and activities that keep students laughing for hours. Last year, a fan favorite was the water gun game in which students shot water at a target to get a mini race car to move; the first person to get the car to the end got a prize. Other games like balloon darts, ski ball, and basketball are sure to keep you entertained. For those who enjoy getting creative, Clam Jam has henna tattoo artists, sidewalk chalk, and necklace making. Students can be seen proudly showing

off their DIY creations to their friends as they listen to live music. For anyone who is 21+, the beer garden offers a variety of wines, beers, and other alcoholic refreshments. In 2017, customers enjoyed a bargain with \$2 Bud Lights. Last year, the grand prize of PC's *The Voice* competition was a set at Clam Jam. With the voices of our fellow Friars as the soundtrack of the event, Clam Jam proves itself to be not only the ultimate grand prize for *The Voice* winners, but also the best BOP event on campus.



LAURA CHADBOURNE '20/THE COWL

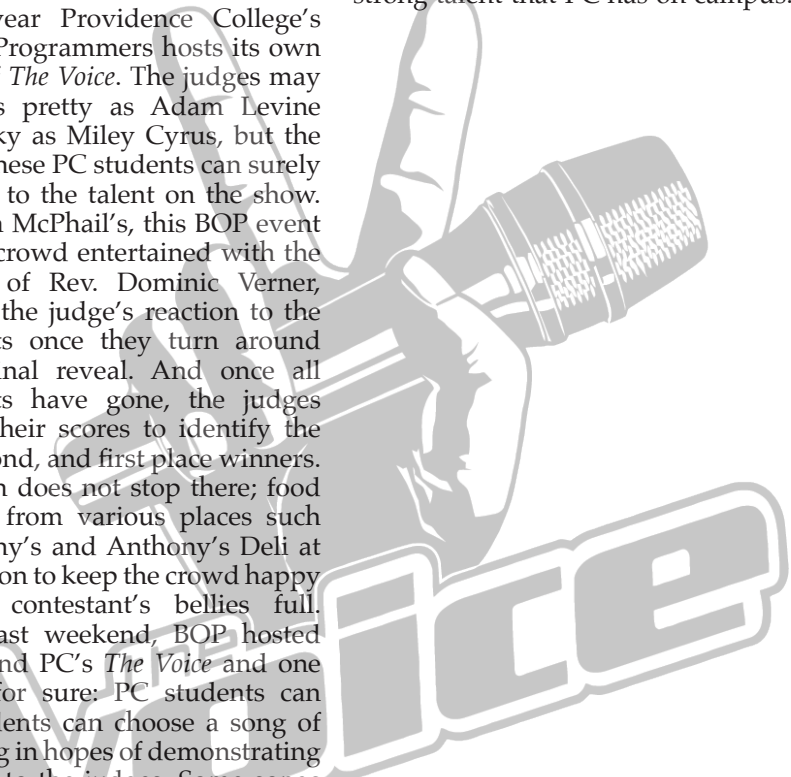
## THE VOICE

by Abigail Czerniecki '19  
A&E Co-Editor

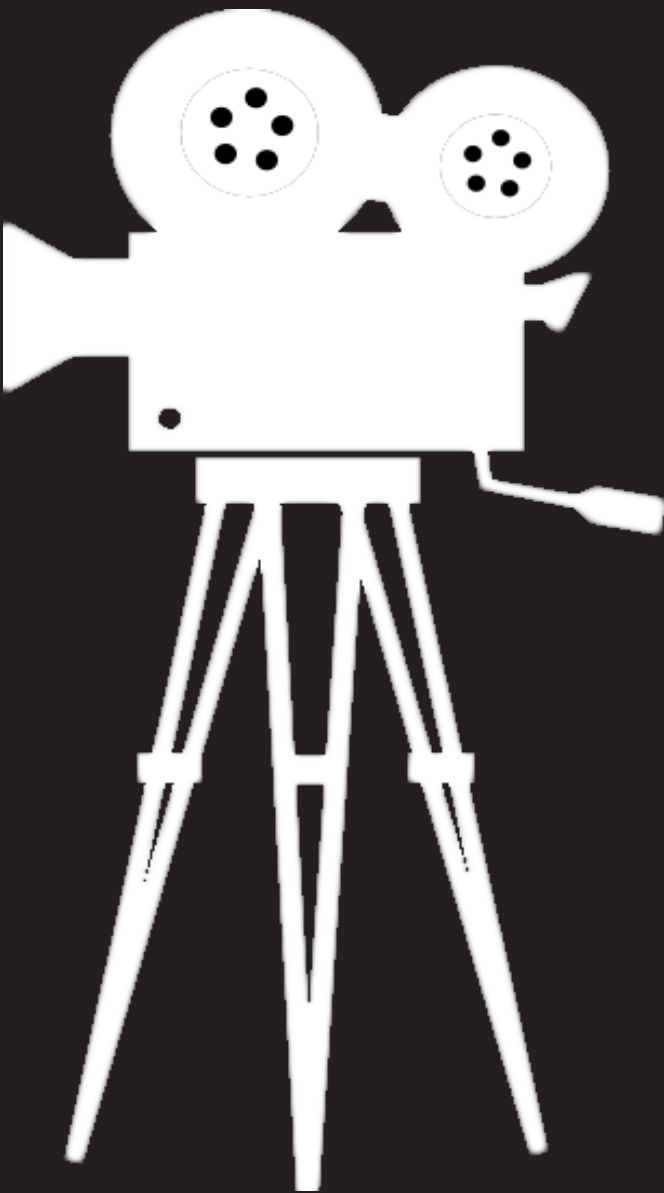
brings the student body together to recognize and appreciate the strong talent that PC has on campus.

Each year Providence College's Board of Programmers hosts its own version of *The Voice*. The judges may not be as pretty as Adam Levine or as funky as Miley Cyrus, but the talent of these PC students can surely match up to the talent on the show. Held in McPhail's, this BOP event keeps its crowd entertained with the "humor" of Rev. Dominic Verner, O.P., and the judge's reaction to the contestants once they turn around for the final reveal. And once all contestants have gone, the judges tally up their scores to identify the third, second, and first place winners. The fun does not stop there; food is served from various places such as Big Tony's and Anthony's Deli at intermission to keep the crowd happy and the contestant's bellies full. This past weekend, BOP hosted their second PC's *The Voice* and one thing is for sure: PC students can sing. Students can choose a song of their liking in hopes of demonstrating their skill to the judges. Some songs that were sung this past weekend were Rihanna's "Murderer," Khalid's "Location," and Adele's "Rolling in the Deep." I swear Adele could have been the one signing on stage. Beautiful sounds coming from beautiful people are what make PC's *The Voice* special. It is a night that

The event is a wonderful way to encourage students to share their talent with others and to have some fun on a Friday night after a long week. Be sure to catch the next PC's *The Voice* on Friday, February 9. Who knows, you may even listen to the next Adele.



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Happy  
Valentine's Day



From,  
Portfolio!





by Marelle Hipolito '21  
Portfolio Staff

FICTION

There’s a jar in your room. It’s on your shelf, by the window. I hid it behind a few books, the ones that you kept only as decoration. I knew you wouldn’t think of giving them a second glance, so I kept the jar there. It’s on the far left. Do you see it now? It’s a clear jar, but you can’t see what’s inside because of the confetti. It has a silver top on it. If you pick it up, you might hear clinks from the things inside moving around. And now, you’re wondering what’s making those clinks. Well, open it up.

If you shake the contents out of the jar, you’ll find a keychain, a necklace, an earring. Just in case you don’t remember what any of these objects are, and what they mean, let me remind you.

For Halloween, we went to the arcade and ended up with buckets of tickets. We were about to pick a prize when you saw a little girl crying, since the prize she wanted cost many more tickets than what she had. You looked at me, and I already knew what you were thinking. After getting the little girl the crown she wanted, we traded in the last 10 tickets for a keychain, with a tiny red seven ball on the end. We let it sit on the bedside drawer, as a reminder of that night. But to me, it was a reminder of your kind heart.

That Christmas, you and your family went to Hawaii. When you came back and were about to give me my souvenir, I joked about it probably being a corny, stereotypical surfer necklace. You paused for a moment, then pulled out a surfer necklace and quietly gave it to me. I put it on the drawer alongside the keychain in hopes that you’d see that I appreciated it, but you were still sad and annoyed at me. We didn’t talk much for a few days after, until the basketball game, which, coincidentally enough, brings us to the earring.

Although you were still bitter about the necklace, you still came with me to my little sister’s championship basketball game. It was a close game but they won, and you were going to take me and my sister out to celebrate, until some drunk in the parking lot made a very derogatory remark about my sister as we walked by. Of course, as the hothead I am, I turned to you and said, “Hold my earrings.” And

you did. You let me get a punch in, but when the guy was about to hit me back, you beat him to it. Then you, me, and my sister hauled ass into the car and left the parking lot before any cops came. As we were driving away, I asked you for my earrings back. You opened your hand, to show only one earring. We figured that the other one got lost when you punched the guy and decided not to head back



for it. Even though I couldn’t really wear the earring anymore, I kept it on the bedside drawer, along with the keychain and necklace. It reminded me that you wanted me to fight my own battles, but also that you would fight them alongside me.

That February, you were offered a position as a sportswriter, your dream job since you were a little kid. We threw a huge house party, celebrating your dreams coming true. When we were cleaning up the confetti, you told me to not throw away all the confetti, but instead to keep it, for my party, for when I got my dream job as an archaeologist. I laughed, knowing it was a one-in-a-million chance. But I listened to what you said and put all the confetti in one bag, except for a handful, which I put in the mason jar. It was that night, when you pushed

me to follow my own dreams, that I knew that I would love you forever.

Five months later, I was waiting for you to come home one night when I got a call. It was the vice president of the internship I had applied for, a three-year archaeological dig program in Greece. He was calling to congratulate me on my acceptance, on my dream coming true.

When I heard your keys in the door and you walk inside, I ran down the stairs and told you. Your reaction to the best news of my life...I’ll never forget it.

You didn’t hug me or say congratulations.

You didn’t smile or jump up and down, telling me that you knew I could do it, that I would have my dreams come true.

Instead, you quietly said, “But, I’m here. Our life is here. You can’t just leave.”

After all the love you gave me, all the beautiful moments and memories, I never would’ve thought that I would say, “But who would I be if I stayed?”

Looking back on it now, Jackson, I don’t regret leaving. Greece is a beautiful place, with beautiful sites and people. I’m growing to become the person I’ve always wanted become, and the person you’ve pushed me to be. Right now, my life is almost perfect. Almost.

I wish I could say that I wanted you to be here with me right now, but I don’t. I want you to keep following your dreams and become the great sportswriter you are meant to be. I hope one morning, I’ll read the newspaper on my way to an excavation site and see your name in the sports section. The way I see it, Jackson, we didn’t have a sad ending. Things didn’t go wrong, or bad. We just never finished our love story. It’s just there, hidden, unchanging unlike the rest of the world. You and me, we’re the contents of that jar.

Do me a favor. Put the keychain, the necklace, and the earring back in the jar with the confetti. Twist the silver cover back on top, and hide the jar back behind those three books you’re never going to read, on the far left of your shelf by the window. Keep it there.

And never open it again.



# Journal Entry : January 3

by Marisa Gonzalez '18  
Portfolio Staff

FICTION

The beginning of school is always the worst and not just for shadows. It's the beginning of school, of course it's going to be terrible, but luckily for me, this is when students are least awake and anything can come out of their mouths. Today's juicy topic: Rachel is now dating Keith. Keith Upton is notorious for dating two girls at the same time and getting new ones each week. Now who in their right mind would want to date someone like that? Well, Rachel. Seeing as girls still go out with him can only mean one thing: go out with Keith and be the talk of the school. Well ta-da, Rachel. You did it. Now how do you feel?

"Keith was totally checking me out Friday and so I, like, talked to him. He said I was cute and Jessica was so last week. He then wrapped his arms around me and said, 'I like ya perfume.' Isn't that adorable?" Rachel's squeaky voice resonates throughout the room. Excuse me while I gag.

"Yeah, Ray, so great. I am so jealous. I wish Mike told me he liked my perfume. But no, he's all, 'So babe, ya still wearing that perfume?' Ugh, what a jerk." Totally. They continue babbling about how awesome Keith is, and I tune them out. I try to concentrate on you, Journal, but I can't help it. My mind is wondering. Will anyone think I'm cute? Should I

interact with these girls, maybe ask them to make me more noticeable. Wait! What am I saying? Talk to them? Please, I can do so much better. Who knows, I might end up liking Keith if I talk to them. Yuck! What's the deal with relationships anyway? It's basically two people going goo



goo over each other. What's so great? Of course, I'm saying this and I haven't been in a relationship. I don't even have friends, well, other than you, Journal. And no, Arnold Kipper does not count as a boyfriend. He ate my glue in kindergarten. That's all.

Oh boy! Another round of babbling. Sarah just came in. She's dating Josh. She looks flustered. I wonder why. Oh, she's coming closer. And, Journal she just sat down next to me. What do I do? Help. Ok, she wants to talk. Five minutes later Hey again. Man, that was weird.

So here is what happened. Sarah sits down. Her hair is in a messy ponytail and she looks like she is about to vomit. She speaks. "Ugh. Like so gross." "What?" I ask. She sighs and shakes her head. "So Joshy." Joshy? Another reason why I hate relationships. Silly pet names. "So

Joshy was kinda drunk last night and his friends came over. Then they got drunk, and I was so mad. They were totally ignoring me, and I just got my hair done. It's so like reddish-brown now, see?" I nod. "I know. It rocks. But no one noticed." She sighs and sinks into the chair. "So, like, anyway, I had to be the driver and it was my dad's car, and it's, like, super new. But then stupid Joshy and his friends had to go and puke all over it! So, I like had to clean it up!" She sighs again.

Then she looks at me. She seems confused. Her eyes squint. "You're not Rachel." I laugh a little. "Um, no. She's over there." Sarah looks perplexed, then mad. She gets up, flips her new reddish-brown hair and walks to Rachel's table. Oh, Journal. Being a shadow is so much fun. I can have a whole conversation with someone and they would never even notice it's me! I should become a spy! And a spy needs no one. So, I don't need a boyfriend. No way! They are simply too much trouble.

I can't believe I'm talking about this. Stupid Rachel for talking about Keith. She started this madness. Must change the topic. Awesome. The bell! Class! Time for more of my shadow work. Stay tuned, Journal. Today is going to be great. I can feel it! ~Mal

PHOTO COURTESY OF CLAIRE.S.COM

# Backhanded

by Jay Willett '20  
Portfolio Staff

POETRY

I won't lie to you  
I'm not the most athletic,  
But the exhilaration of a touchdown or breakaway is won through patience.  
I'm not the most intellectual,  
But learning is my reason for existence, and gradually learning is diligent.  
I'm not the wealthiest,  
But the money made is hard-earned, saved, and the excess is distributed among others.  
I'm not the most popular,  
But companions are won through kindness, not competition.  
I'm not the biggest player,  
But connections and relationships are built through trust and loyalty.  
I'm not the strongest,  
But regular exercise and good health comes with a value of temperance.  
I'm not the greatest,  
And as an elder introduced me to another he said,  
"This is him, he's not really good at anything."  
At least he wasn't lying,  
Philippians 4:8.


PHOTO COURTESY OF GREENBOOKBLOG.ORG



# celebrity tinder profiles

●●●○ ATT 9:41 PM 100%


tinder





Donald, 71


6'3", 45<sup>th</sup> President of the United States  
Enjoys tweeting, winning, and cheeseburgers  
400 miles away

Very stable genius looking for foreign-born white women with attractive daughters. I'm, like, really smart. I went to the best schools and my mind is simply penetrating. Life with me won't be boring. I'm, like, filthy rich and I'll tell it to you like it is so if I swiped right for you, it's because you're a winner. I know, cause I'm a winner. Nobody wins better than me. Swipe right for the Don, baby. We'll be fantastic together. Let's make something magic happen. See you soon. It's gonna be yuge (in 'China').










●●●○ ATT 9:41 PM 100%


tinder





Tom, 40


6'4", Quarterback for the New England Patriots  
Likes football, new socks, and personal trainers  
40 miles away

Hi everyone! I am currently married to Gisele, but I am just on Tinder looking for a good time. If we link up, you cannot tell Gisele for we have a family, including wonderful children. Also, if we match, please tell me your favorite Patriots game moment. I want to make sure that you're a real fan before we hang out. Best regards, the OFFICIAL Tom Brady. P.S., do not tell me that I am dreamy if you hit me up. I already hear this enough from my fans. Thank you!












●●●○ ATT 9:41 PM 100%


tinder





Charlie Brown, 8 and-a-half


4'1", Student at James Street Elementary School  
Likes baseball; no rocks or footballs, please  
1,389 miles away

Hello! My name is Charlie Brown. This Valentine's Day, I'm finally looking to talk to the Little Red-Haired Girl that goes to my school. I've always been very shy around her, but I'm hoping that this profile might let her know how I feel. Maybe if she sees it, she'll finally see me, and I'll be able to talk to her! I don't know if she's on Tinder, but if she is, I hope she reads this and learns how much I want to meet her. If any of you see her, maybe you could tell her about this profile? Any help would be greatly appreciated.










●●●○ ATT 9:41 PM 100%


tinder





Doggo, 1


18", logo for *The Cowl*  
loving, outgoing, does much wagging of tail  
Less than a mile away

Hey, I'm Doggo! If you feel like you've seen me before, it's probably because you see my pic on the front cover of every issue of *The Cowl*. So yeah, I'm pretty famous. I love running around my home, Providence College, and delivering *The Cowl* newspapers. But I do wish I could have another doggo to share all my awesome PC hoomans with, do much wagging of tail with and help me be a good boy ;) Honestly, I'm just looking for some puppy love. Dm me if you're interested.









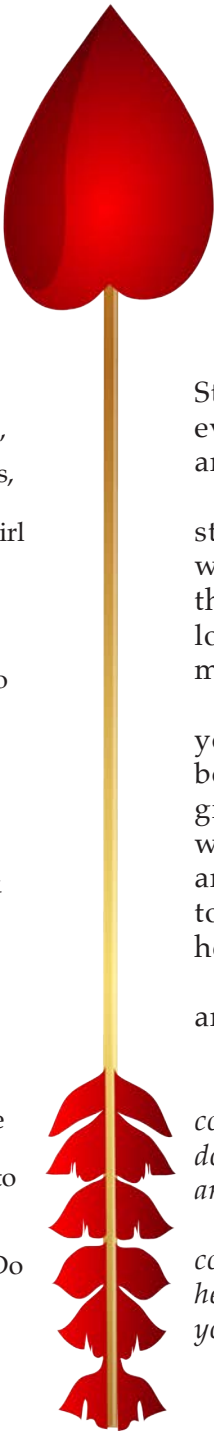


# DOCTOR LOVE

by Connor Zimmerman '20  
Portfolio Staff

FICTION

“I’m telling you it’s all about the confidence.” I nod my head in response, only half listening. Matt continues to talk at me, but it’s all white noise. I see my friend Jack in the distance, and to escape this hellish nightmare, I quickly call him over, “Hey Jack, c’mon over here.” Jack reluctantly walks on over, and nods towards Matt. He says to us, “What’s up guys? Haven’t seen you in a little while.” Matt quickly interjects, “I’m trying to explain what it takes to get a girl to like you.” Rolling my eyes, I respond, “Okay, please continue explaining why I am going to die alone, while you are going to be living to an old age with a girl that is half yours.” Matt angrily replies, “This is what I’m talking about. Who is going to want to date you when you do not have any confidence?” Jack tries to slowly walk away, but if I must endure Matt’s pedantic rant I will not be alone. So, I say, “Jack, what are your thoughts?” With a spiteful look he says, “I think you are both right. You got to have confidence, but you shouldn’t try to force anything that isn’t there.” Matt, with his famous selective hearing replies, “See, man, even Jack agrees with me.” Growing tired of Matt, I say to Jack, “Hey, I have to grab something from my dorm, want to come?” He nods his head, and we begin to walk away from Matt, who says, “I’ll catch you guys after class and then we can talk some more.” As we walk, Jack looks at me with a smirk and says, “So he was giving you the talk?” I laugh as I say, “I’m guessing you have gotten the talk too then.” He nods his head in reply. I continue on, “Classic Matt. He scores a date on Tinder, and he has to try and help us with our love lives now.” Jack laughs and says, “Yeah he keeps calling himself Doctor Love.” I shake my head, “Yeah he has been bragging about that to me too. Do you know what he told me? He said, ‘Don’t be afraid of the dumpster fires.’” Jack laughs and says, “He told me that too, but odds are he has got himself a dumpster fire.” I reply, “Yeah, Tinder is no place to find love.”



# Soulmate

by Jessica Polanco '20  
Portfolio Staff

FICTION

Twelve years later I still remember the first day we met. Starting that day, there were no battles I had to face alone ever again, no laughter not shared and no tears not collected and restored with faith and hope. Since then, because of you, my days always had a bright star illuminating every experience and even though there were times when it rained and poured, under the sun, there were you with an umbrella dodging every drop. Your loyalty has shielded our friendship and my heart to make me feel like I’m not alone in this world. 12 years later I’ve grown to love everything about who you are. Two persons who are completely different are bound to learn how to love a garden that’s constantly growing with beautiful different flowers we never thought we’d lay eyes on. When the seasons were never in our favor and our skies were black and white, you lent me your stem to lean on and after a long day, it was surprisingly all my heart needed. In the next 12 years, may the storms hydrate our flowers and our loyalty give strength to our friendship.

*Aunque hemos pasado tormentas y hemos sentido que la conexión se has rodado en un hilito, eres un regalo del cielo y le doy la gracias al Mas Alto por esta amistad. Por ti has sentido un amor que le das alas a mi corazón cada mañana.*  
*Although we’ve experienced storms, and we’ve felt that the connection has been dragged on a string, you are a gift from heaven and I thank the Most High for this friendship. Because of you, I have felt a love that gives wings to my heart every morning.*

—For Ashley Alvarez

# It Looks Like. Feels Like. Sounds Like

by Kiley McMahon '20  
Portfolio Staff

POETRY

I have never been in love,  
but I know what it looks like,  
feels like, and sounds like.

It is appealing on the outside,  
sweet and content on the inside;  
nobody can compare  
to the one true love of your life.

Your two hearts beat harmoniously and in unison,  
as if they could jump out of your synonymous chest  
at any given moment.

Your palms sweat and your stomach fills with butterflies  
when your love enters the room;  
nobody can compare  
to the one true love of your life.

It sounds like, “For you,  
I will live eternally,  
through good times and through bad,  
through happiness, and through illness.”

“I love you” is a statement often implicit on the first date,  
not thinking twice about whether or not you truly love  
your one true companion, that is for life.





*'on the breath of a hope to be shared'*

by Jonathan Coppe '18  
Portfolio Staff

POETRY

Is joy more real when it is shared?  
I seek a soul to share my joy,  
To wrap in zeal for life and bathe in love  
Of every precious thing that pulls  
My cheeks into a smile.  
To see her smile too—and not for me!—  
for finding something more to love,  
within the hollow earth,  
Oh what a gift to give, to spread  
My tiny share of joy!  
For I know what I seek:  
A heart that's like my heart and so completes  
The rhythm of the song that my heart beats.

But where might such a one be found?  
Each person all their own, so fierce, so fraught,  
The heart will not yield up to joy,  
We all remain apart.

In sorrow like a bank of fog I came to you,  
With lids dropped low, in sagging step, with heavy breath.  
How strange a single night could open up my hope,  
A morning in your bed remold the very earth  
And color all its vast expanse  
In rosy red and heron blue.

PHOTO COURTESY OF KIKETELE.COM

THREE LINE THIRD WHEEL STORIES

his voice is all i can hear,  
and she calls him "dear."  
can i please just disappear?

—Marisa DelFarno '18

Walking out of my dorm, my two friends see me and invite me to come to the dining hall.  
I find their booth, and they are both sitting on the same side, already done eating.  
I sit down and eat in silence, as they feast on each other with their eyes.

—Connor Zimmerman '20

I love my two best friends, we do almost everything together.  
We three drink, sleep, eat, play, and laugh all day,  
Sometimes they make it weird and kiss and hold hands, but I don't mind.

—Jay Willett '20

*It was kind of like the third person on the sidewalk  
But worse...  
Because I hear one of them whisper, "how do we get rid of her?"*

—Sam Pellman '20

PHOTO COURTESY OF KISSPNG.COM



# Listomania

## Things Our Exes Have Sent Us For Valentine's Day

## Baked Alaska

## Anthrax

## Feral Cats

## Raw Chicken

## A Picture of Their New Partner

## A Guide to Shaving Your Legs

## Old Clothes

## Molotov Cocktails

## Star Wars: The Phantom Menace on Blu-Ray

# A Manuscript of a Novel About the Relationship

## Breath Mints

## 200 Handwritten Love Poems...Laid in Rose Petals

## A Tandem Bicycle

PHOTO COURTESY OF SWEETCLIPART.COM

**IF YOU'RE SAD ABOUT BEING ALONE  
ON VALENTINE'S DAY, JUST  
REMEMBER...**

**NO ONE LOVES YOU ON THE  
OTHER DAYS OF THE YEAR  
EITHER**

PHOTO COURTESY OF BEAHEADINGBOREDOM.COM

# TIFF AND EARL

*Making PC an emotionally stable  
place one letter at a time*

Dear Tiff and Earl,

My girlfriend wants to go out for nice dinner on Valentine's Day, but I'm set on going to the PC vs. Villanova game. She's not really a fan of basketball. How should I bring up this obviously sensitive issue without getting put in the dog house?

Sincerely,

## Kiss Cam Hopeful

Hmmm.

This is a tricky one.

I want to say break up with her.

I also want to say SCREW YOU for putting  
a BASKETBALL GAME BEFORE YOUR  
GIRLFRIEND!

Are you an idiot? How many freaking basketball games have you gone to while you have been at PC? Go take your girl out to some fancy-ass restaurant, buy her chocolates, maybe a pretty necklace, and maybe go out to see *50 Shades Freed*.

Trust me, if you'll do that you'll have a much better evening than if you take her to a PC basketball game. After watching a movie like that, you're sure to spend a night in handcuffs, which in my opinion are much better than basketballs.

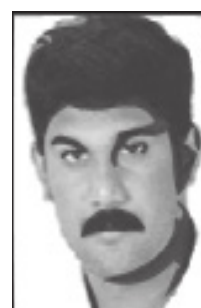
Use protection,



Tiffany

Dear Mr. Desperate,

If you're hoping to get on the Kiss Cam, you definitely don't belong at the 'Nova game. Valentine's Day isn't about you. It's not about her. It's about selling cards and chocolate in between Christmas and Easter. If you really want to stick it to those miserly capitalists, just buy your chocolate after it goes on sale and stop trying to take advantage of your girlfriend at sporting events.



FARL

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



Now do us a favor,  
and keep  
your germy hands  
Off!





Last Week's  
Answers

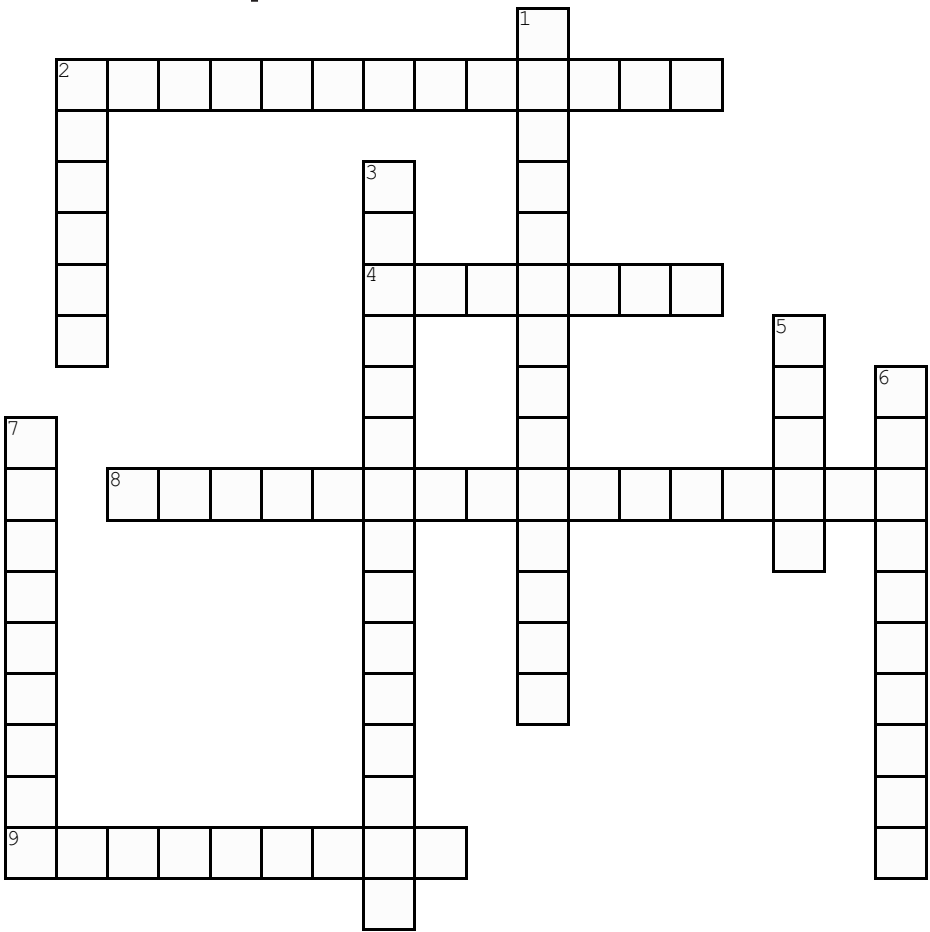
Across:

- 2. Shaun White
- 4. Pyeongchang
- 5. Curling
- 7. Bobsleigh
- 8. Lindsay Vonn
- 9. Figure Skating

Down:

- 1. Skeleton
- 2. Snowboarding
- 3. Luge
- 6. Ice Hockey

Off-Campus House Names



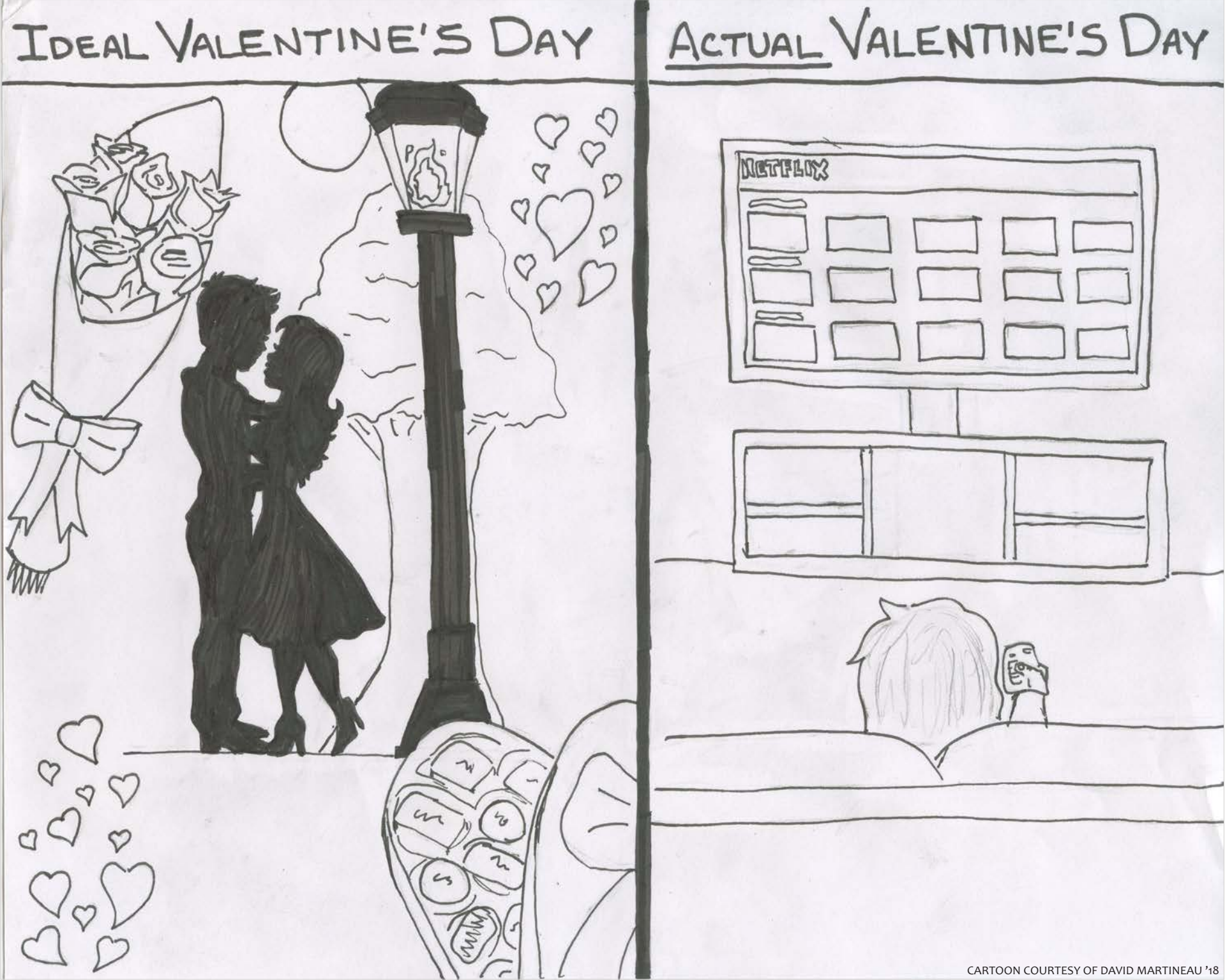
Across

- 2. High-end department store
- 4. Fancy, super high-end hotel chain; also the name of a popular appetizer/snack cracker brand
- 8. A popular New England summer vacation destination, especially for some PC students; the house is the closest to the PC gate
- 9. It's a country and also a continent; the house itself attracts many feral cats

Down

- 1. Searchin' for my lost shaker of salt
- 2. Important & popular attraction/landmark in London
- 3. A hit song by '70s rock band the Eagles
- 5. 'What happens in \_\_\_\_\_ stays in \_\_\_\_\_'
- 6. Iconic comedy movie from the '80s featuring Chevy Chase and Rodney Dangerfield
- 7. One of the largest cities in Spain; the house is located directly behind the 'Australia' house

PHOTO COURTESY OF THETEACHERSCORNER.NET



CARTOON COURTESY OF DAVID MARTINEAU '18



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Providence College Department of Theatre, Dance, and Film

# Falling by Deanna Jent

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& 7:30  
Sunday, February 18 @ 2  
Angell Blackfriars Theatre  
\$5 general admission

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# Black History Is OUR History

Check out these awesome resources from the library

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Black Abolitionist Papers  
Atlantic History  
America History and Life  
African-American Periodicals  
Black Studies Center  
Filmmakers Library Online  
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Call ahead or stop in today!



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Real SMART men buy ours*



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## Birds Stun Pats *Eagles Win Their First Title*

by Sullivan Burgess '20  
Sports Staff

PROFESSIONAL FOOTBALL

In a shocking turn of events, the Philadelphia Eagles defeated the New England Patriots in Super Bowl LII 41-33. In a game filled with trick plays, incredible catches, and beautiful runs, as well as a new *Solo: A Star Wars Story* ad, MVP stats, and a Prince tribute from Justin Timberlake, the Super Bowl brought a nail biting victory for the Eagles.

Not only is this the first time the Eagles beat the Pats in the Super Bowl, it is the first time the Eagles have won a Super Bowl in the history of their franchise. Before the game even began, the Eagles were on a whole new level of prepared and hyped as they ran out onto the field, with Meek Mill's "Dreams and Nightmares" blasting through the stadium's speakers.

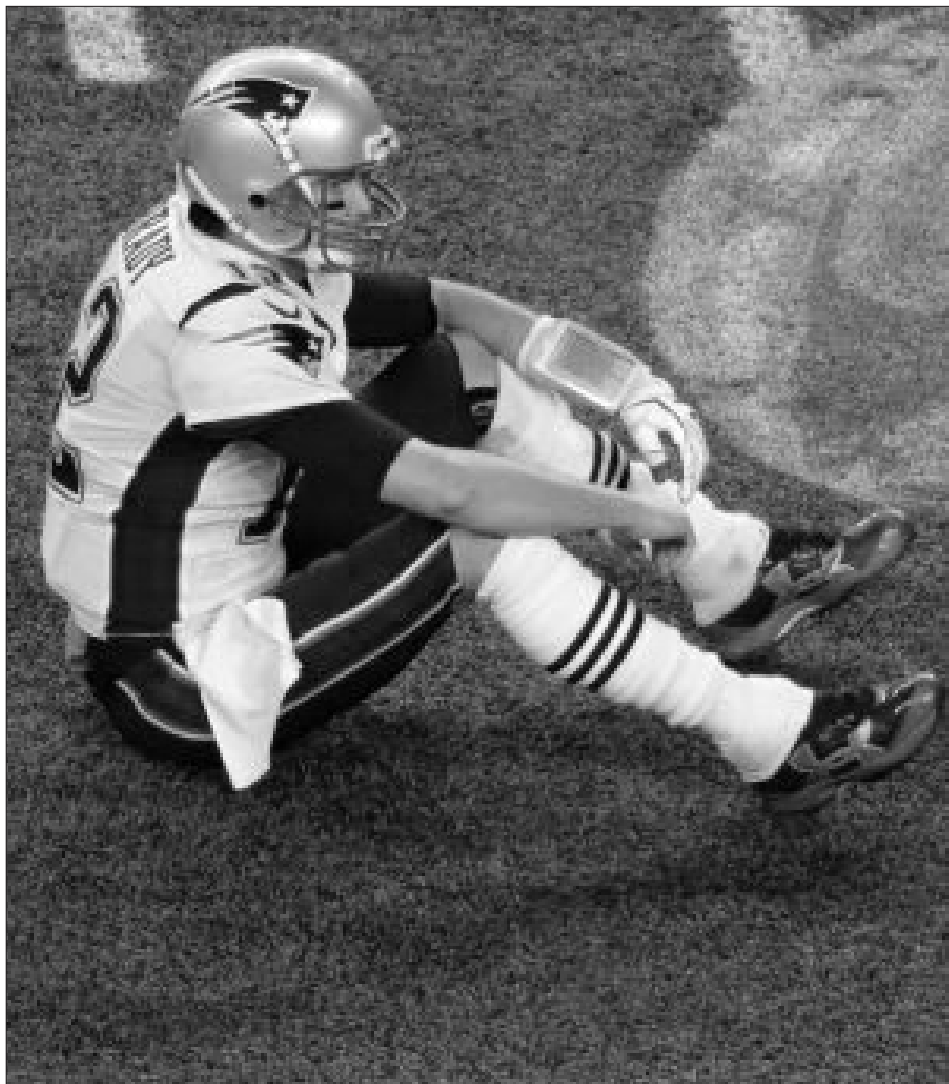
Throughout the game, the Eagles played consistent defense against 2017 MVP Tom Brady. While Brady managed to set a record by throwing 505 yards and three touchdowns with no interceptions, his arm and

his offensive line could not match the strength and the speed of Fletcher Cox and the rest of Philadelphia's defense. One play the Pats tried to use to trick the Eagles was a reverse to New England wide receiver Danny Amendola, who attempted to throw it to Brady, but Brady missed the ball as it hit his fingertips.

The Eagles at fourth and goal ran a wildcat counter to Trey Burton who threw it to Nick Foles for a touchdown in the 2nd quarter before halftime. Foles ended up winning MVP of the game for throwing 373 yards, three touchdowns, and one interception.

Granted Foles's performance was not MVP status compared to Brady, we have to take into consideration that he was the second string quarterback for the Eagles coming into the season.

The original starting quarterback, Carson Wentz, a 2017 MVP candidate, suffered a torn ACL in December, ending his season. Credit must be given to Foles as he stepped up huge in a time of need and brought the spark needed for the team alongside veteran players



Brady in disbelief after losing his third Super Bowl.

PHOTO COURTESY OF THE AP/FOX NEWS



Foles raises Philadelphia's first Lombardi Trophy in history.

PHOTO COURTESY OF THE NFL

such as Alshon Jeffery, Torrey Smith, Zach Ertz, Jay Ajayi, and LeGarrette Blount.

Blount and Chris Long are notable players who came from New England last season and have now secured back-to-back championships playing for different teams. One of the biggest impacts on the Eagles was undrafted Wisconsin rookie running back Corey Clement. Clement lead in receiving yards for the Eagles with four receptions for 100 yards and one touchdown.

On the other side, Amendola, who finished the game with eight receptions for 152 yards, stepped up alongside Rob Gronkowski after Brandin Cooks suffered a head injury early in the game.

Another notable player who did not play for the Patriots was cornerback Malcolm Butler, who intercepted Russell Wilson at the end of Super Bowl XLIX to secure the win for New England in 2015.

Before the national anthem, Butler was informed that he would not be starting the game, which came as a shock to fans and even himself. Coach Bill Belichick, who called the move a "football decision" after benching a player who played 97.8 percent of the team's snaps during regular season, stated, "We put the players and game plan out there that we thought would be the best, like we always do." Recently, reports stated that Butler was

benched for missing team curfew and other reckless activities, which both Butler and Brady denied to the press. Regardless of his presence off the field, it seemed the Eagles were in it to win in the long run.

Fans on campus had mixed emotions about the results of the game. Although New England fans were displeased with the outcome of the game, some shared that they were pleased the game was not a blowout.

Eagles fans on campus felt differently. Devoted Eagles fan Cayla Veverka '20 stated, "Overall, I think the Eagles defense made a lot of good coverage plays. Foles had a great game with Ertz and Smith making amazing plays. I think the Pats missed crucial plays like the missed field goals and Brady dropping the pass. Fly Eagles Fly."

Overall, this will go down in history as one of the greatest upsets and games in Super Bowl history. In the end, the Lombardi trophy is heading to Philadelphia for the first time in history. Philadelphia now joins New York City, Boston, Chicago, and Los Angeles as the only cities to win the World Series, the Stanley Cup, the NBA Finals, and the Super Bowl. Congrats to the Eagles, and best of luck to them and all the other teams in the upcoming NFL Draft.



# Beckham To Create New MLS Team

by Joe Myko '19  
Sports Staff

PROFESSIONAL SOCCER

Former England national team soccer captain David Beckham announced on Monday Jan. 29 that his long-awaited Miami-based Major League Soccer team will be launched, becoming the 25th team included within the franchise.

Beckham and Miami were formally granted an expansion side by Don Garber, an MLS commissioner, at a ceremony at the Adrienne Arsht Center on Monday. Beckham himself promised, "The team we will bring into the league will be the best team."

The club is still unnamed, with no official badge, known team colors, or officially signed players; however, it has been confirmed that the Miami-based side will play at a 25,000 capacity stadium in the Overtown neighborhood of the city.

Having played for Manchester United, Real Madrid, Milan, Paris Saint-Germain and LA Galaxy, Beckham was well-travelled in his sporting career, something that will no doubt prove useful for developing and building this club from scratch. He said "I've had a long career in the game. I've had a wealth of experience from playing with different clubs in different cities around the world, so I've been able to experience different leagues and different cultures, so

that's where I can add my expertise into this ownership group. That will be my role to bring great, talented players, but also to build this academy."

Beckham announced his intentions to establish the club in 2014, after having exercised a clause in his contract with LA Galaxy which allowed him to buy an expansion franchise. It has been a rather frustrating four years for those involved with the project, as there have been various disputes which have halted progress, mainly in relation to Miami residents disapproving of the placement of potential stadium builds.

Since joining LA Galaxy back in 2007, a team he went on to make 98 appearances for, the former-midfielder has been vocal about his appreciation and support for the growing enthusiasm for soccer within the United States. Beckham, speaking at the announcement ceremony on Monday, told the BBC that "I joined the Galaxy because I realised the long-term potential in this league." He went on to say, "Commissioner Garber came to me and sat down and explained the plan of this league and where he wanted to take it. I was in from day one."

Though many of the specifics

surrounding this Miami-based MLS team are unconfirmed, Beckham has in fact ruled out any role as a coach or manager. The 42-year-old confirmed that "Management has never been something that I've felt passionate about doing." However, this does not mean Beckham will not still have a very hands-on approach to the development of his club he went on to say that his major role will be to help develop the academy and its players.

Ultimately, this announcement is great news for not only Miami-based soccer fans, but all United States soccer fans. Beckham, as one of the sport's most famous and recognizable names, should have no problem marketing and bringing more interest to the league.

The MLS, and the United States in general, has long been considered a sleeping giant within the soccer sphere, so Beckham's promises to bring in top players and coaches could prove pivotal in helping to unlock the league's potential. It is also good news for the nation's young talent, as the former Ballon d'Or nominee was quoted on Monday as enthusiastically saying, "We keep talking about building this state-of-the-art academy in Miami, because we have a hotbed of talent in young kids here and I believe if we build the right facilities, if we bring the right coaches, then we have a chance of bringing home-grown talent into this team."



Beckham looks to lead the MLS's newest franchise.

PHOTO COURTESY OF AARON DAVIDSON/GETTY IMAGES

# NCAA CHOICES Grant

## NCAA:

Continued from front page

With the first installment of the money, PC so far has most notably brought in Chris Herren, a former professional basketball player. Throughout his entire career, Herren suffered from a serious substance abuse problem that ultimately led him to overdosing on heroin while driving. This resulted in him crashing into a utility pole. He was declared by paramedics to have been dead for thirty seconds. After his overdose, Herren went to rehab and has officially been alcohol and drug-free since 2008.

In 2011, The Herren Project (THP) was started by Herren with the goals of positively impacting those who suffer addictions, educating youth on the importance of a healthy lifestyle, and providing scholarship programs to clinics and camps. As a part of this project, Herren himself visits schools of all levels to educate students on the dangers of substance abuse through telling his own story—which is exactly what he did this fall at Providence College.

"Having someone come in and tell stories...actually moves you to be emotional about it," Hadley Tate '19, a member of Providence College's Women's Softball Team commented on the benefits of having speakers like Herren come and discuss their stories. In fact, Tate and teammate Julianne Rurka '18 both agree that having the



Herran has been traveling around the country warning students of the dangers of alcohol and drugs.

PHOTO COURTESY OF NBC SPORTS

speakers come in is the most beneficial way to raise awareness towards substance abuse.

"I really like the speakers that they have come in...just having that opportunity to hear from people is really cool," said Rurka. "We do a lot of...programs, automated training methods, that we all have to do it. Now, with the money to do things different from that."

Both Rurka and Tate are members of the Student Athlete Advisory Council (SAAC) at PC, which is made up of generally two members from each sports team. With this grant, SAAC's goal is to have "student-athletes as leaders to promote less excessive, unsafe [drinking] habits," according to Tate.

When questioned about how the student-athletes will be looking to make a direct impact, Rurka explained

that each team will be creating videos that relate their sports to alcohol abuse. With sayings like "getting home safe," the videos will not be focusing on the "cold hard facts" that both Rurka and Tate agreed need to be avoided.

"[The] slogans really hit the whole awareness part right on the head without being over-dramatic on the statistics...once the student body sees all of the statistics and things like that they kind of get put off from it. I think it's kind of cool that we can deliver a very important message that doesn't deter people from paying attention to it," stated Rurka. "We're a very big and well-known group on campus ...we all have that platform where we could reach a lot of different students and maybe listening to one of these videos could change that perspective."

Tate chimed in saying, "Like it or not, just being a student athlete sets

you apart from being a normal college kid, so having a different platform to work your actions can be more effective."

While PC's student-athletes will be the main group on campus heading up the alcohol abuse awareness campaign, they will not be going at it alone. One of the guidelines for the grant as stated on the NCAA website asserts that "projects must partner athletics with other campus departments in the development and implementation of effective alcohol education projects." Therefore, SAAC will be collaborating with both Student Affairs and the Counseling Center to ensure that a successful campaign takes place across campus in the years to come.

Aside from Herren, videos were shown at Late Night Madness and a BASICS training session is being planned for coaches and athletic trainers as a part of this new initiative.

Looking ahead, SAAC has also collaborated with Active Minds, Student Affairs and Academic Affairs in securing two mental health speakers that will be coming to campus to talk on Monday, February 12. The talk, titled "You're Never Alone in Friartown," will feature speakers Kate Fagan, ESPN correspondent writer, former basketball player, and author of *What Made Maddy Run*, and Chamique Holdscaw, the number 1 pick in the 1999 WNBA Draft and 2000 Olympic Gold Medalist. The event takes place at 7 p.m. in the Mullaney Gymnasium and is open to all students.



# PCI: What is the best Intramural Sport at PC?

## Softball

by **Sam Scanlon '19**  
Sports Staff

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PCI

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Is there anything better than hitting a softball over the fence on Glay Field and off of the 5th floor of Suites? Intramural athletes long for the days when they were athletically relevant, so participating in the intramural softball league and reliving the glory days is just about the closest thing to it at this point. Softball stands alone as the best intramural sport due to the competitiveness surrounding it, as well as the pure excitement of playing softball on a state of the art field. It does not get much better than that for your typical washed up high school athlete.

Providence College has one of the nation's most highly participated in intramural sports program, and that is mostly due to the large number of players that intramural softball attracts. With upwards of 30 teams participating in the league, softball can become extremely competitive as most of the student body competes to fight for the coveted intramural champion T-shirt for softball.

The high volume of students playing softball is a huge reason why it is the best intramural sport. The winners of this sport are truly some of the best players

that the student body has to offer, so the satisfaction of winning the Championship makes it great. Everyone gives it their all on the softball field, usually resulting in extremely high scoring but close games. You will see a lot of jumping, yelling, screaming, smiling, and laughing on the softball field as emotions run high. You will really feel as if you are in a meaningful game and for us intramural hardos,

there is nothing better than that. Additionally, the participants are not only those who excelled in high school and gave up their dream upon coming to PC; since it is a spring sport that falls close to the end of the school year, the winter sports have ended and some varsity athletes create a team and join the league as well. If you are lucky, you have a chance to go up against some hockey and basketball

players to prove that your team is in fact the best team at PC. Baseball and softball are America's pastimes, so coming together with your friends and hitting balls over the fence on your way to claiming PC's most difficult T-shirt is what makes intramural softball far and away the best intramural sport to play.



Glay Field is home to PC's intramural softball league.

PHOTO COURTESY OF PC ATHLETICS

## Hockey

by **Jeremy Perrigo '18**  
Sports Staff

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PCI

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Providence College has a host of intramural sports for students to play all year-long, no matter the season. Those sports include ping-pong, five-on-five basketball, water polo, and ultimate frisbee to name a few. However, one intramural sport stands out among the rest: intramural hockey.

If you have been looking for a place to show up your buddies with some sweet dangles, look no further.

Maybe you dabbled in junior hockey, or simply got by as an Average Joe on your high school team. It could be that you just decided to strap on a pair of skates last week thinking to yourself "Hockey looks easy, let me give it a shot." Sign up, there is a place for you.

Over the span of four to five games, PC's finest are given the opportunity to blur the line between the glory days and men's league as they compete against fellow classmates (both male and female) for the chance to win a coveted intramural T-shirt.



PC's intramural hockey teams get to play on the same ice at the varsity team.

PHOTO COURTESY OF PC ATHLETICS

Whistles are blown infrequently, giving players the ability to expand their creativity, or simply realize that they should probably go to the gym one or two more times a week to work on cardio.

Goaltenders, be ready to face a barrage of shots, as offense is prioritized over defense. This means lots of two-on-ones, three-on-ones, and straight up breakaways. There are few feelings as satisfying

as gliding over a freshly resurfaced sheet of ice in Schneider Arena. As you float seamlessly over the reflective surface, you begin to imagine thousands of fans roaring your name from the stands as you cut through opposing players from one end to the other, all while doing your best impression of Bobby Orr.

Playing intramural hockey at PC means getting a glimpse into the exhilarating life of a perennial NCAA Championship men's hockey team which won it all back in 2015.

You may not have what it takes to dangle, snipe, and celly with the best of them. You might not even be one of the top three fastest players on your team. But those 40 minutes of running clock tick by ever so slowly when you find yourself alone on a breakaway with a goaltender you know has been giving you an earful all night long. You are living in the moment.

In short, it is a great idea to be a well-rounded athlete that finds enjoyment in a variety of different sports and athletic activities. Just do not pass on the opportunity to lace up a pair of skates with a few of your closest puck junkies. Be sure to participate in PC's intramural hockey league.



# Let the Games Begin

## What to Watch for from Opening to Closing Ceremonies

### Olympics:

Continued from front page

This is not the first time North and South Korea have walked together, having joined forces for the opening ceremonies for the 2006 Turin Olympics. What makes the decision controversial has to do with the escalating tensions between the United States and North Korea over the past year due to North Korea’s heightened nuclear missile program and the U.S. sanctions on them.

While the joint hockey team shows that there may be signs of dialogue and peace between North and South Korea, North Korea has yet to show any signs of slowing down missile tests. Vice President Mike Pence is expected to attend the opening ceremonies, and according to a *Washington Post* report, he is going to bring the father of the late Otto Warmbier, an American student, who was jailed in North Korea in 2016, where he fell into a coma which eventually led to his death in June 2017. It is rumored that Warmbier’s coma was potentially caused by brain-damaging torture inflicted in the North Korean prison.

Despite some of the controversy, there are plenty of reasons to look forward to the games this year.

Like most games, U.S. athletes are favored to win multiple events. Here are some of the names and events to look for if you want to see that red, white, and blue on the podium:

**Ted Ligety, Alpine Skiing:** Ligety, 33, is entering his fourth Olympics and is looking for his third gold medal after securing his second in Sochi for giant slalom. Ligety is known as one of the greatest American alpine skiers in history, as he has seven gold medals between the Olympics and World Championships. He is trying to make a comeback after missing most of the 2017 season with a back injury.

**Women’s Alpine Skiing:** The U.S. has two of the top skiers in the world in Lindsey Vonn and Mikaela Shiffrin. Vonn, considered one of the greatest women’s skiers, won two medals in 2010 in Vancouver before missing the 2014 games. Shiffrin, at only 22, already has four gold medals between the Olympics and the World Championships. She is also in first place for women for the 2018 season according to the International Ski Federation. According to *Sport Illustrated’s* Brian Cazeneuve, either Shiffrin or Vonn is favored to win gold in four of the five alpine events.



Ted Ligety looks to win his third gold medal. PHOTO COURTESY OF GETTY IMAGES



Maddie Mastro, 17, hopes to reach the podium in her first Olympics. PHOTO COURTESY OF SEAN M. HAFLEY/GETTY IMAGES

**Men’s Ice Hockey:** For the first time since 1994, the Olympics will not see any current NHL players compete for the gold. The NHL barred its players from competing Olympics has interfered with their schedule in past years. This year’s U.S. team will feature a mix of minor league players with NHL experience, college players, and some Americans playing overseas. Current Boston University forward Jordan Greenway is one of four college players on the team. While it may take another miracle for U.S. to take the gold, expect the team to play hard for a chance to win a medal.

**Men’s and Women’s Snowboarding:** If you are a fan of snowboarding, you are in luck as the U.S. should be well represented on the podium in the various snowboarding events. On the men’s side, Shaun White returns for his fourth Olympics, looking for his third Olympic gold medal in the halfpipe and a return to the podium after a fourth-place finish in Sochi. Chris Corning and Red Gerard, both

making their Olympic debuts, are looking to make the podiums in the Big Air and Slopestyle events. On the women’s side, 17-year-old Chloe Kim is looking to grab a medal in the halfpipe in her first Olympic appearance. This event could see a U.S. sweep as five-time Olympian Kelly Clark and newcomer Maddie Mastro could also make the podium.

**Things to watch for:**  
If you miss the opening ceremonies in the morning, you are in luck. NBC will show the ceremonies again on primetime at 8:30 p.m. (EST) on Feb. 9.  
There will be 12 gold medals handed out this weekend. Some of the events to catch include: Men’s ski jumping at 7:35 a.m. and men’s snowboarding slopestyle at 8 p.m. on Saturday, February 10, and the women’s snowboarding slopestyle at 8 p.m. and men’s 5000 meter in speed skating at 3 p.m. on Sunday. Be sure to check your TV schedules as NBC has plenty events airing throughout the day.