

The Cowl



SINCE 1935

Vol. LXXXV No. 9 | February 25, 2021 | thecowl.com

Coaches for Action An Interview With Coach Ivan Thomas

by Cam Smith '21
Sports Co-Editor
LISTENING TOUR

This article is part of The Cowl's Listening Tour, a series that aims to amplify the voices of BIPOC members of our community and bring awareness to social justice initiatives on campus.

On May 25, 2020, just before 8 a.m., a white woman made a 911 call in Central Park, in which she falsely accused Christian Cooper, a Black birdwatcher,



of threatening her life. Just a few hours later, George Floyd would be killed in Minneapolis, MN, after a police officer pinned Floyd's neck under his knee. Both incidents, captured on video, would go viral, igniting what is now considered the largest mass movement in U.S. history.

For Ivan Thomas, an assistant coach for the Providence College Men's Basketball Team, both of these incidents were jarring, but far from surprising. "I was brought up in the South...I've seen a lot," Thomas said. What was different this time was that the incidents happened to be caught on camera during a time period when a COVID-19 lockdown had the whole nation glued to their screens.

As protesters took to the streets, companies and organizations began releasing statements in support of the movement for racial justice. For Thomas, it was vital that these

words of support be backed up with meaningful action. "It was important that you're just not releasing a statement," said Thomas. "I've seen a lot of people release statements. And you know that's good, to come out and say where you stand, that you don't believe in it, but what actions are you taking to prove that you don't believe in it?"

It turns out that other coaches in the Big East held the same sentiments. Thomas soon began speaking with Marquette University associate head coach Dwayne Killings, University of Connecticut assistant coach Kimani Young, and Villanova University assistant coach Kyle Neptune as they pieced together what they could do to enact meaningful change. The product of these talks: Coaches for Action, a coalition of all 21 Big East assistant coaches of color.

Listening Tour/Page 21

Providence's Underground Rap Scene Moves Closer to the Surface

by Jack Downey '23
A&E Staff
MUSIC

When anyone thinks of active hubs for hip hop and rap, the cities that normally come to mind are Compton, CA, New York, or even Atlanta, GA. However, an uncommon answer would be Providence, RI. That perception is quickly changing.

Although this answer might seem strange, Providence and its surrounding areas are home to quite a high number of rappers. Additionally, these rappers have a drive and hunger that can only be admired. In a time when almost anyone can become a rapper, thanks to increasingly accessible recording software, equipment, and sites such as SoundCloud, truly talented rappers typically get buried under an avalanche of hacks and wannabes. It is also hard for people to make a name for themselves in a small state like Rhode Island, especially since it is so close to states with bigger cities such as Massachusetts and New York. Despite these challenges, various rappers in and around Providence are making a beeline for the spotlight.

Local Rap/Page 13

PC Professors Lead COVID-19 Research

Projects to Offer Perspective From Five Different Academic Disciplines

by Kyle Burgess '21
News Co-Editor
Sydney Olinger '23
News Staff
CAMPUS

Nearly a year after the first string of international lockdowns due to the COVID-19 pandemic, the race to find the most effective and obtainable vaccine for the novel coronavirus continues to heat up. Major pharmaceutical giants such as Pfizer, AstraZeneca, and Moderna have each developed their own respective vaccines

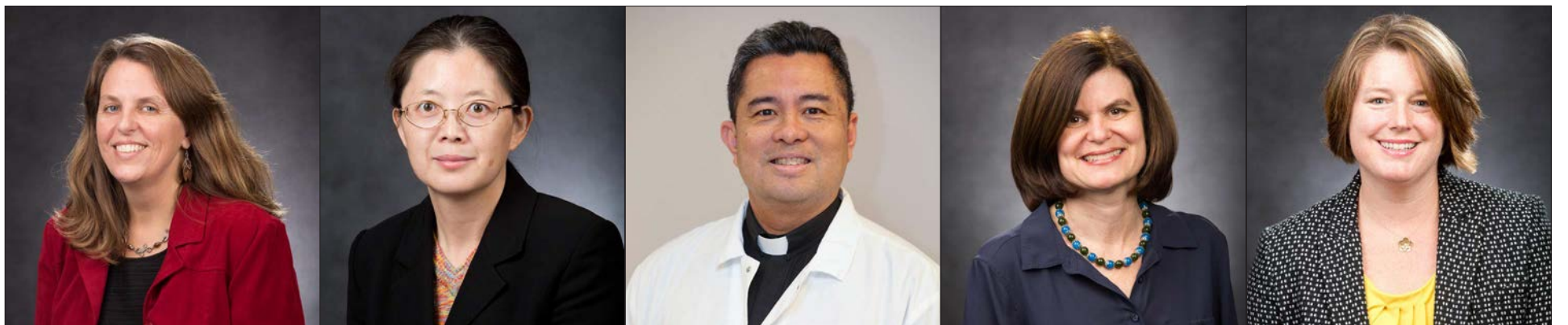
and have seen their wares distributed across the United States and Europe. Although the finish line for herd immunity appears to be in sight, much work remains in helping to understand the medical, economic, and social consequences of this historic moment.

Here at Providence College, five faculty members have taken it upon themselves to assist in answering these questions with their own research projects. Each of them has received short-term research grants from the College's Office of Sponsored Projects and Research Compliance totaling \$10,000 in funding with support from the Rhode Island IDeA Network of Biomedical Research Excellence.

Dr. Kris Monahan, director of SPaRC, explained how PC wanted to provide an opportunity for both faculty and students to make the most out of the current situation in conducting research.

"A strategic decision was made in consultation with the SPaRC advisory committee that the best way to support faculty scholarly work this year was to provide direct support to faculty who wanted to work with students to explore, understand, and develop solutions related to the COVID-19 pandemic," said Monahan. "While we don't expect to be positioned to always make direct grants, we are pleased that we were able to fund these pilot projects."

Research/Page 4



PHOTOS COURTESY OF PROVIDENCE COLLEGE

The five PC professors conducting research were awarded grants totaling \$10,000 in funding. From left to right: Dr. Marcy Zipke, professor of education; Dr. Fang Dong, associate professor of economics; Rev. Nicanor Austriaco, O.P. '20G, professor of biology and of theology; Dr. Licia Carlson, professor of philosophy; Dr. Jessica Mulligan, professor of health policy and management.

UNDERTHEHOOD

Providence College's Student-Run Newspaper Since 1935

News	2
Opinion	7
Photography	11
A&E	13
Portfolio	17
Sports	21

News

Read about Ben Downing '03, a PC graduate running for governor of MA.

Page 5



Opinion

Elizabeth McGinn '21 discusses the return of the corset to women's fashion.

Page 8



Portfolio

Read "In Memoriam: Brownie," a tribute to a pet by Fiona Clarke '23.

Page 17



“My Greatest Asset Is My Mind” Kareem Abdul-Jabbar Speaks at MLK Convocation

by Hannah Langley '21
News Co-Editor

CAMPUS

In honor of Rev. Dr. Martin Luther King, Jr., Providence College held its fourth annual MLK Convocation, hosting Kareem Abdul-Jabbar as this year's honorary guest speaker on Feb. 11.

Throughout his career, Abdul-Jabbar has made a name for himself both on and off the basketball court. Beginning his basketball career at the University of California, Los Angeles, he went on to play 20 years of basketball in the NBA, playing for the Milwaukee Bucks and the Los Angeles Lakers.

Besides being a basketball superstar, Abdul-Jabbar has also spent most of his life as an influential activist, advocating for racial justice and societal change. Among other accomplishments, he established the Skyhook Foundation, an organization working to make science, technology, engineering, and mathematics education more accessible to children in Los Angeles, and was awarded the Presidential Medal of Freedom by President Barack Obama. He has also written New York Times best-sellers and has produced several films, all proving what he has said: “I can do more than stuff a ball through a hoop. My greatest asset is my mind.”

In previous years, the convocation was held in the Peterson Recreation Center, but because of COVID-19 restrictions, Abdul-Jabbar spoke to the PC community via Zoom Webinar. In many ways, holding the event as a webinar had some benefits, as it allowed for even greater participation beyond the current students, faculty, and staff at PC, giving alumni, parents, former faculty, and others the opportunity to listen to Abdul-Jabbar as well.

The event began with Sean Reid, provost and senior vice president for academic affairs, and College President Father Kenneth Sicard,

O.P., who welcomed and thanked Abdul-Jabbar for speaking. Fr. Sicard noted that having Abdul-Jabbar come speak was a great opportunity for the PC community to continue its work towards becoming a beloved community.

This year's convocation was held in a question and answer format, which allowed participants of the webinar to submit questions ahead of time for Abdul-Jabbar to answer during the event. These questions were read by Julia Murphy '21 and David Duke '22, both student athletes at the College.

The first question asked was in regards to Abdul-Jabbar's past, as he once met Martin Luther King, Jr. while leading a civil rights mentorship program in Harlem, NY during the summer of 1964. Abdul-Jabbar recalled his time as a member of the Harlem Youth Action Project (HARYOU), saying he received a press pass to attend one of Martin Luther King, Jr.'s speeches as a journalist.

Abdul-Jabbar spoke about how as a young teenager, he was more inspired by the work of Malcolm X than of Martin Luther King, Jr., as Malcolm X was a more militant, stronger voice that gave people like the young Abdul-Jabbar comfort in the idea of fighting back during the civil rights movement.

He said, however, “Dr. King's example showed me long-term change would come through peace, reason, and discourse.” Abdul-Jabbar has taken that with him throughout his career and life, especially advocating for these types of actions in today's world of racial injustice.

“This is the same civil rights movement,” said Abdul-Jabbar. “You won't see a difference between what we're doing now and what we did with Dr. King.”

When asked if he thinks we will see equal treatment of people of color in our lifetime, Abdul-Jabbar made a point about the subjectivity of the concept “lifetime.” He noted that the change he will see in his lifetime will not be the same as what



PHOTO COURTESY OF FLICKR.COM

During his professional career, Abdul-Jabbar met many well-known players from PC.

his granddaughter will see, pointing out the need to focus more on what actions make sense right now that can ultimately help make progress and change.

When discussing the actions many NBA players have taken this year in standing up for racial injustice, Abdul-Jabbar noted how he thinks the NBA has done a great job of allowing each of the players to make their own decisions and to take their own approaches when speaking out, while also allowing some players who feel less comfortable doing so to publicly remain more silent. He also recognized the great work done by some WNBA players this year in working for justice and social reform.

Nick Sailor '17, '19G, director of training and education for diversity, equity, and inclusion and former PC soccer player, asked how this new wave of student athletes should utilize their voices. Abdul-Jabbar stressed the idea of remaining patient and peaceful, not responding with anger. “Anger turns people off,” he stated. “We will encounter a lot of things that make us angry, [but] we can't let anger get in the way of communicating.”

He advised the attendees, especially students, to appeal to others' logic and common sense and to think critically. “Critical thinking is the only thing that will help us find the truth,” Abdul-Jabbar said.

He also encouraged those who might be more hesitant to have uncomfortable conversations, especially white people, to learn and

grow in awareness and to accept the truth of America's downfalls. Once everyone can accept the truth, he said, there will be real progress.

When asked what advice he would give his younger self, Abdul-Jabbar laughed, saying, “Don't listen to the 73-year-old,” but he would tell himself to make good decisions and to take things where he wants to take them.

Abdul-Jabbar also reminisced on his college and professional basketball career, discussing how he knew PC players like Ernie DiGregorio, Jimmy Walker, and others. He talked about how the advice of his college basketball coach, John Wooden of the UCLA Bruins, inspired him to be the man he is today.

“He taught us to be good citizens, good fathers, good husbands,” said Abdul-Jabbar about coach Wooden. “He talked it like he walked it and walked it like he talked it.”

Abdul-Jabbar also talked about how coach Wooden would always say, “Failing to prepare is preparing to fail,” which is also a famous quote from Benjamin Franklin. He has carried this quote with him throughout his life, saying, “Without preparation, I'm not going to get as far as I can get. I want to see things happen the right way.”

To close, Dr. Reid thanked Abdul-Jabbar for speaking with the PC community, noting how there is still work to be done to create a beloved community at PC, but how the College is ready and committed to working towards that change.



Abdul-Jabbar spoke about his personal experience meeting Dr. King. PHOTO COURTESY OF PROVIDENCE COLLEGE

Celebrating the Heritage Behind Black History

PC Extends Usual MLK Convocation Week to the Whole Month

by Kyle Burgess '21
News Co-Editor

CAMPUS

The Providence College community is celebrating its fourth annual Rev. Dr. Martin Luther King, Jr. Convocation this February to commemorate Black History Month. Due to the continued restrictions brought on by the COVID-19 pandemic, some of this year's events, but the College's determination to recognize the contributions and sacrifices of Black people to the American dream remained unchanged.

While the addition of the Rev. Dr. Martin Luther King Jr. Convocation Month to the school calendar is a novel development in PC history, the origins of Black History Month are over a century old. In 1915, American historian and journalist Carter G. Woodson established the Association for the Study of Negro Life and History, now called the Association for the Study of African American Life and History, as he looked to bring attention to the Black migration from the South following the end of the Civil War. Nine years later, Woodson and his fellow members of Omega Psi Phi, a historically African-American fraternity, created Negro History and Literature Week (later shortened to Negro Achievement Week). Woodson would introduce the ASALH to Negro History Week in 1926, and it soon enjoyed success in many schools across the nation.

The impact of Negro History Week on American society was hard-felt. The appearance of Negro history clubs on many school campuses was commonplace, and mayors of predominantly Black cities and towns began making Negro History Week proclamations each year. In 1937, Woodson began the tradition of choosing a unique theme for each year's celebrations. This tradition continues to this day with the theme for 2021 being "Black Family: Representation, Identity, and Diversity."

In the decades following the establishment of Negro History Week, many young Black intellectuals began invigorating other Black Americans to take pride in their history, leading to increased popularity of the celebration. This growing interest in the holiday escalated in the wake of the civil rights movement, with President Gerald Ford publicly calling for all Americans



PHOTO COURTESY OF TREVETT.HENRICOSCHOOLS.US

PC has held several events throughout the month of February to celebrate Black history.

to observe a month dedicated to Black history in the United States in 1976. As America celebrated its bicentennial anniversary of independence, Ford reminded Americans that "freedom and the recognition of individual rights are what our revolution was all about... Yet it took many years before these ideals became a reality for Black citizens." Such a celebration, he argued, would

provide the nation with "the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Today, Providence College honors the accomplishments of Black Americans through a variety of talks and social events, such as a cultural paint night with musical entertainment and food, an MLK prayer vigil, and a day of service in the local Providence community. "The commemoration has been a success, since in just a few years, certain events that have impacted the campus community have become anticipated annual occurrences," explained Quincy Bevely, assistant vice president of institutional diversity. "The success in the celebration lies in the recognition and knowledge that is shared throughout the community. It has been seen in the past through the attendance of students and faculty, the participation of members in our community, as well as the creativity that students bring to life."

Bevely was also delighted by the turnout for the marquee virtual talk with former NBA star Kareem Abdul-Jabbar, noting that his themes of unity and working towards a community of love were in line with the teachings of King and other civil rights activists. Bevely explained that there is potential for future online events, as eliminating the obstacles that travel presents will allow for the College to invite speakers from across the globe.

Ultimately, the best way for students and faculty at PC to participate in commemorating Black History Month, Bevely says, is to just participate. "Come as you are, seek to celebrate, seek to learn, seek to engage. Black history may be honored in one month, but it can be celebrated daily in our choices to continuously educate ourselves and make ourselves available to the celebrations around us. If attending events during Black History Month doesn't align for you, then seek ways to be present in your residence halls, classrooms, and student spaces. Commemorating Black history is a significant way to honor the past of Black folks as it intertwines with the present-day efforts and changes of Black lives."

Although Black History Month is quickly drawing to a close, it is never too late for Friars to show their appreciation for their fellow classmates and faculty members of color.

Rhode Island Recovery Effort Experiences Growing Pains

Citizens Become Frustrated With Vaccine Dispersal

by Max Waite '21
News Staff

LOCAL

As of Feb. 22, eligibility for the COVID-19 vaccine has expanded in Rhode Island to those who are 65 and older. Though this age group is now eligible, it has already proven to be difficult to book vaccination appointments at various testing centers and pharmacies like CVS and Walgreens.

Appointments are quickly being booked extending into the immediate future as more groups are becoming eligible for the vaccine, and citizens have expressed their frustrations with the online format's technical issues.

Approximately 9,900 citizens were vaccinated across both state-run testing facilities during the first three days of operation. Over the past six weeks, the vaccine administration rate has increased by 89 percent in Rhode Island, with more than 211,000 doses of the COVID-19 vaccine having been administered to date.

Overall, the state has seen a



Vaccine rollout has affected a variety of people all over the country. PHOTO COURTESY OF NEWS.HAMLETHUB.COM

steady decline in new cases and hospitalizations. Field hospitals in Providence and Cranston will be taken out of service, as Rhode Island has seen a 47 percent decline in hospital admissions since last month. The Rhode Island Convention Center will have its last day of patient care on Friday, Feb. 26, and Cranston's site is scheduled to shut down within the next couple of weeks.

On another note, Rhode Island has placed New Hampshire back on the state travel advisory list, along with Louisiana.

In the past seven days, Rhode Island reported the most COVID-19 deaths as a percentage of its population in the country. For the past year, the state has had the fourth-highest COVID-19 death rate in the country, behind New York,

New Jersey, and Massachusetts. Six percent of the population in Rhode Island has been fully vaccinated.

For Providence College students, the routine of weekly testing remains the same. Over the past week, the number of positive test results at the PC testing center has significantly declined.

On Feb. 18, Rhode Island reported a 1.72 percent COVID-19 positivity rate, with an average of 2.2 percent over the course of that week. Though eligibility for vaccinations is expanding across the state, the College continues to urge students to remain conscientious of social distancing guidelines, having students remain in their pods and encouraging them to only leave for essential purposes.

There have been concerns regarding the continuation of large gatherings off campus, and if the positive numbers increase significantly again, there may be trouble ahead in Friartown.

In the meantime, as vaccination efforts continue to progress, it is best for everyone to continue to do whatever they can to stop the spread of the virus.

In Memoriam: William R. Davis

by Hannah Langley '21
News Co-Editor

IN MEMORIAM

As members of the Providence College community, we all know Davis Hall. Whether you have personally lived there or not, the residence hall is one of the first buildings you see when entering campus from the Huxley Gate, making it a notable landmark for many.

On Tuesday, Feb. 9, William R. Davis, Esq. '52, '91Hon. passed away peacefully in his home at the age of 90. In addition to being the namesake of a building on campus, Davis had a rich history with the College.

Growing up in Connecticut, Davis attended Weaver High School before coming to PC in 1948. Davis graduated magna cum laude from PC, was a platinum Torch Bearer in the 1917 Society, and was also a member of the Harkins Society.

Following his graduation from PC, he went to the University of Connecticut School of Law and received his law degree in 1955. He then partnered with Attorney Leon RisCassi to form their firm, RisCassi & Davis, in Hartford, CT, where he worked for 65 years.

Davis gave back to the College in several ways. In 1985, he and his late wife, Doris O. Davis, established the William & Doris Davis Scholarship Fund to aid incoming PC students from Hartford who needed financial assistance. He served on the board of trustees for the College from 1992-2002, as well as on the PC Corporation. In 1994, Davis Hall was dedicated in his and his wife's name in recognition of their long-standing support of the College.

Davis is remembered by those who knew him as humble, kind, compassionate, charitable, and helpful, among other virtues. He had a deep love and appreciation for baseball and football, as he was an athlete himself, running and walking numerous marathons. He was considered to be a mentor, true gentleman, great lawyer, and friend to all who knew him.

Mr. Davis is survived by his son, Russell J. Davis, and daughter-in-law, Susan, as well as four stepchildren, eight

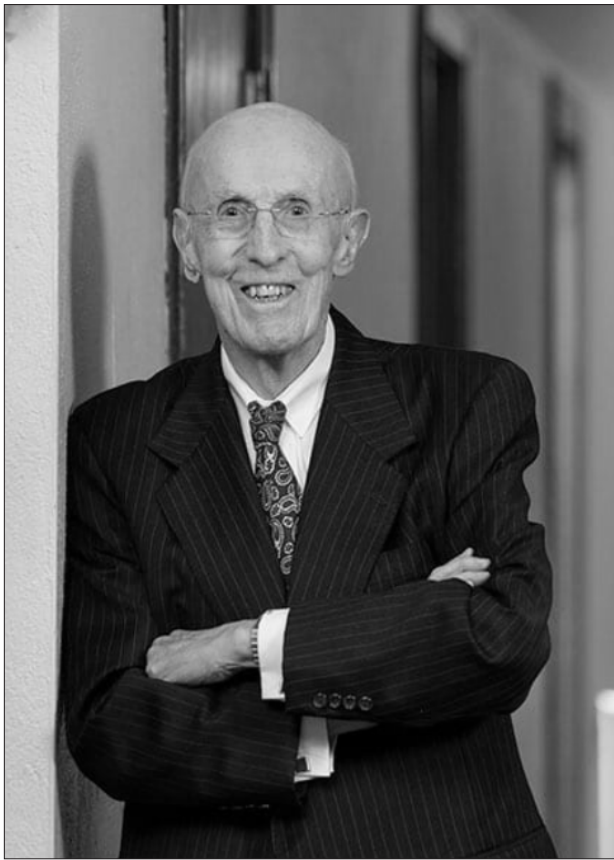


PHOTO COURTESY OF PROVIDENCE COLLEGE

William Davis's legacy is survived on campus through the residence hall that bears his name.

grandchildren, two great-grandchildren, and several nieces, nephews, and cousins. He was predeceased by his wives Doris O. Davis and Joanne Gleason, and by his two daughters Carolyn Davis '79 and Alyce Davis Knapp.

A walk-through wake was held at the Molloy Funeral Home in West Hartford, CT on Monday, Feb. 15 from 4-7 p.m., where friends and family paid their respects while socially distanced. A Mass of Christian Burial was held the following morning at 10 a.m. at the Church of St. Timothy in West Hartford, CT, as well.

Congress Updates

by Margaret Mahoney '21
Student Congress Representative

UPDATES

Student Congress welcomed Father Kenneth Sicard, O.P., president of Providence College, to our weekly meeting on Feb. 9. After giving an overview of his current priorities as president, Fr. Sicard answered questions from members of the Student Congress.

When asked about his priorities for the spring semester, Fr. Sicard said he is focused on handling COVID-19-related challenges and diversity initiatives. Fr. Sicard stated that the College is continually working to keep students safe and to make experiences in isolation and quarantine as comfortable as possible. He also said that PC will be directing more funding towards diversity initiatives and will be conducting a cluster hire in the Black studies department.

When asked about the mental health of students in isolation and quarantine, Fr. Sicard said that there will be counselors available to them. Furthermore, he said that the College is working to make quarantine comfortable by providing Dunkin' Donuts and specialty meals to the students.

He also discussed his "Friarside Chats" program, wherein students have the opportunity to speak with him in person about their experiences at PC. At recent Friarside Chats, topics such as COVID-19 protocols; diversity, equity, and inclusion questions; mental health concerns; and commencement in the spring have come up in conversation. Fr. Sicard encourages students to attend these conversations in the upcoming semester.

Thank you Fr. Sicard for taking the time to attend our meeting and speak with us.

Making a Worthwhile Investment

PC Provides Grants for COVID-19 Research

Research

Continued from front page

Some of their findings have already begun making headlines in the battle to contain the virus's spread. Father Nicanor Austriaco, O.P., of the biology department, for example, has been spending his sabbatical leave at the University of Santo Tomas in the Philippines developing a yeast-based COVID-19 vaccine. He was inspired by the plight of many Filipinos who were unable to obtain Western vaccines due to their socioeconomic status.

Unlike the vaccines produced by many leading pharmaceutical companies, Fr. Austriaco's vaccine would not need to be stored at lower temperatures and could be dispersed at little to no cost for potential recipients.

"The poor are [the] beloved of the Lord," he explained. "We should make COVID-19 vaccines available to them at no cost. This is both the ethical thing to do, because we should provide for those in need, and the scientific thing to do, because the poor often live in densely populated areas that tend to harbor the virus."

Meanwhile, Dr. Fang Dong, associate professor of economics, is hoping to comprehend the economic fallout from the pandemic. More specifically, she aims to discover the interrelatedness between unemployment rates, COVID-19 cases, and stringency/movement restrictions indexes.

With the College's financial backing, Dong has been able to hire two research assistants from the economics department to collect data across the globe on variables such as gross domestic product and unemployment in 2020. "There are so many colleagues who had already been or are also working either solely or collaboratively on COVID-related research projects and I am just lucky to receive the grant," she explained.

For some communities, the consequences of the COVID-19 pandemic have only compounded previous natural and economic disasters. Dr. Jessica Mulligan of the health policy and management department, along



Many Rhode Islanders are still serving on the front lines of COVID-19 testing and treatment.

PHOTO COURTESY OF FLICKR.COM

with the help of five student researchers, is looking at the experiences of healthcare workers in Puerto Rico as the island continues to reel from the effects of Hurricane Maria, which hit in 2017.

The team aims to identify the ethics of care styles circulating among healthcare workers during COVID-19, develop dialogues with healthcare workers working after what they call "compounding disasters," and establish policy recommendations to improve working conditions within the U.S. territory.

Elementary and special education professors Dr. Marci Zipke and Dr. Lori Dunn are using the College's generous financial grant to investigate how pre-service teachers can best prepare themselves and their students for learning during the pandemic. "We have administered a survey to the undergraduate pre-service teachers who took methods courses last semester in

order to explore best practices," said Zipke.

"We suspect that a combination of synchronous meetings and asynchronous assignments, with flexibility and judicious use of technological tools is most effective for course work, and that virtual field experiences have clear benefits in terms of the students' perception of their preparedness for teaching, but we are still analyzing the data and holding focus groups."

Both Zipke and Dunn believe that their research will help teachers learn which course designs, technological tools, and field component formats will work best in the virtual classroom as social-distancing measures continue to keep schools closed.

With the help of these grants, the Friar Family is beginning to unravel some of the complex and multifaceted consequences caused by the COVID-19 pandemic.

From Political Science Major to the Political Arena

PC Alumnus Announces Candidacy for Massachusetts Governor

by Nicole Silverio '22
News Staff

LOCAL

Ben Downing '03, a former Democratic Massachusetts state senator and Providence College graduate, announced his candidacy last Monday for governor of Massachusetts. If he wins, he will take Republican Governor Charlie Baker's position. Downing is the first person to announce his candidacy for the 2022 Massachusetts gubernatorial race.

"I'm excited for this. I really am," Downing told the WBUR News Service. "The opportunities that are in front of Massachusetts, they're huge, and the only thing that's missing is leadership."

Downing has introduced some issues he is particularly passionate about through his announcement. A native of Pittsfield, MA, Downing has expressed his knowledge of and experience with being surrounded by blue collar workers.

He has also discussed how he has witnessed attempts to address the contamination of the Housatonic River, saying, "The legacy of industry that created jobs, but sacrificed our environment and public health, then left us to clean up." In the Massachusetts State Senate, he expressed his passion for clean energy and climate change.

In recent weeks, Downing has slammed Governor Baker with



PHOTO COURTESY OF WIKIMEDIA.ORG

Downing is the first individual to announce his gubernatorial candidacy for 2022

regard to the COVID-19 vaccine rollout, saying, "The vaccine rollout has been fumbled pretty badly, and I think there are surprisingly simple solutions to the position that we've found ourselves in, and you see that in other states, you see that in some of our own communities."

Downing revealed that he, along

with other Massachusetts Democrats, are interested in creating a mobile vaccine program and providing free COVID-19 testing in all cities.

He has also commented on Baker's other policy decisions. On Twitter, Downing wrote, "Focus on the record—Being Governor isn't just about solving single specific issues at agencies. But even by that limited measurement, @MassGovernor is coming up short."

Downing will join the race without any money from his previous work as a state senator. He closed his campaign account in 2017, donating the remaining \$20,000 to PC in order

"The opportunities that are in front of Massachusetts, they're huge, and the only thing that's missing is leadership."

to create a scholarship fund.

Downing was inspired to give the College this scholarship fund after he graduated from PC in 2003 with a degree in political science. Downing also earned a master's degree in urban and environmental policy from Tufts University in Boston, MA.

He has political experience working for state representatives and senators in Washington, D.C.

His most notable job was working for former Rep. John Olver. Downing was also elected to the Massachusetts State Senate at 24 years old and served there for a decade, from January 2007 to January 2017.

This week, Downing released his first campaign video addressing his intentions if elected as governor. "We've lost a lot—people close to us, livelihoods, and small businesses," he said in the video. "Those losses hurt more because they reveal how our leaders failed to build a community and an economy that works for everyone everywhere, that tackles racial justice and climate change. Growing up, my family reminded us that too many people don't get the opportunities we did, and that we have a responsibility to change that."

Downing expects that he will not run in the Democratic race unopposed. According to multiple sources, Harvard professor Danielle Allen and Massachusetts Attorney General Maura Healey have hinted at their gubernatorial candidacies, which would give Downing competition in the race.

Meanwhile, Governor Baker has not announced whether he will run for a third term. If he does, he will likely face Republican challengers, such as state Rep. Geoff Diehl.

Downing referred to a competitive race as "a good thing for the public." He added, "Big, messy, fun debates are a good thing."

The Massachusetts gubernatorial election will be held on Nov. 8, 2022.

Lone Star State Besieged by Bad Weather

Biden Declares Major Disaster in Texas

by Eileen Cooney '23
News Staff

NATIONAL

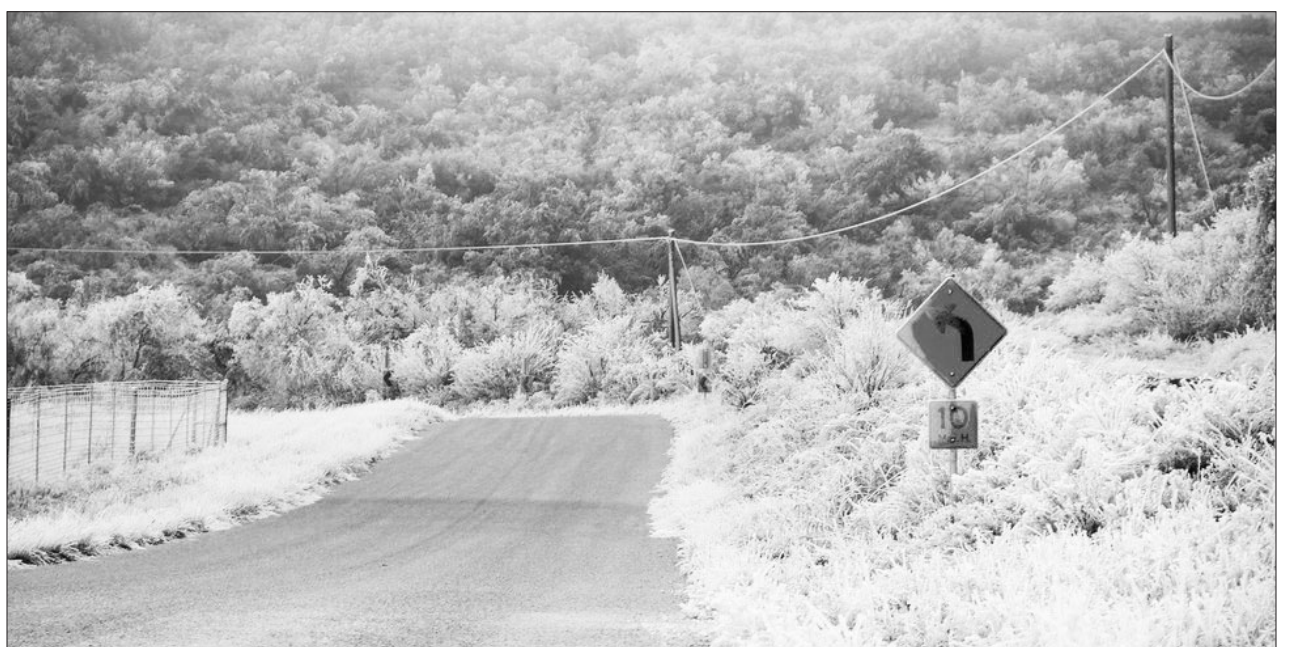
On Feb. 20, President Joseph Biden declared a major disaster for the majority of the state of Texas in the wake of a severe winter storm that left most of the state without electricity and killed 28 people.

In recent days, more than 14 million Texans have been under boil water advisories, which remain in effect for more than 189 counties. The Texas Army National Guard has been deployed across the state in order to conduct welfare checks, assist local authorities, and find those who are in need of warming stations. Additionally, since many Texans are without water, the National Guard has delivered more than 28,000 water bottles.

President Biden's declaration of a major disaster unlocks grants for temporary housing, home repairs, and low-cost loans in order to protect those who have property that is uninsured. In addition, these funds will help small businesses recover from the effects of the storm and provide federal aid to local government offices and nonprofit organizations so that they can provide protective measures and enact danger mitigation efforts.

Additionally, congresswoman Alexandria Ocasio-Cortez has helped raise more than \$4 million in relief efforts in conjunction with Texas's 29th congressional representative, Sylvia Garcia, and Rep. Sheila Jackson Lee, who represents Houston, TX. In a press conference, Ocasio-Cortez said, "This shows that New York stands with you, but the whole country also stands with you."

This is in sharp contrast to other politicians who have taken heat for their response to the storm in recent days, in particular, Senator Ted Cruz of Texas. On Wednesday, Feb. 17, Cruz was seen boarding



The severe winter storm is responsible for at least 28 deaths.

PHOTO COURTESY OF FLICKR.COM

a flight with his family to Cancún, Mexico while millions of his constituents remained without power or running water in record cold temperatures. Cruz claimed that he was traveling to Cancún "to be a good dad" to his daughters and wife, saying, "On the one hand, all of us who are parents have a responsibility to take care of our kids, take care of our families. But I also have a responsibility that I take very seriously in fighting for the state of Texas."

For at least 12 hours after photos emerged of him at the airport, Cruz's office refused to provide a comment. However, after facing intense public backlash, Cruz flew home, admitting that the trip was "obviously a mistake" and that he had "second thoughts" about it. He spent just one day on his trip.

This winter crisis in Texas and other states across

southern America has profound implications, suggesting that climate change is bringing with it intense, volatile fluctuations in weather patterns. Alice Hill, who oversaw planning for climate change risks under the Obama administration, says, "We are colliding with a future of extremes." Experts have been warning that other states and electrical grid operators should take note of the causes of the current situation in Texas.

On Saturday, the Public Utility Commission of Texas, Texas's utility regulator, reported that it was investigating the factors that, combined with extreme winter weather effects, disrupted the distribution of electricity to millions of Texans. Additionally, Governor Greg Abbott is convening an emergency meeting to investigate and examine what occurred.

BOP PRESENTS...

Friartown ★★☆☆

Contest

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Speaking Out Is There a “Right Time” to Open up About Sexual Assault?

by Julia McCoy '22
Asst. Opinion Editor

SOCIETY

Trigger Warning: This article discusses sexual assault.

Imagine telling a deeply personal story about trauma that you have experienced and immediately facing backlash from people stating that you are lying or that your story is fabricated. Sadly, this is the difficulty that thousands of women who speak out about their sexual assault face.

When it comes to speaking up about private, personal experiences, there is never one particular time to do it. The only timeline that people should follow is their own, especially when it comes to something as troubling as sexual assault.

In our time, with movements like #MeToo, people—specifically women—have begun to feel more empowered when speaking up about their experiences with sexual assault. This open environment has certainly been reassuring for some, but it does not solve the backlash that comes with speaking up.

Oftentimes, when a woman opens up about the trauma she has experienced, there will be those who question her motives, asking why she chose that moment to speak out, saying it was too early, too late, or in order to get something for herself.

Just a few weeks ago, congresswoman Alexandria Ocasio-Cortez posted an Instagram Live video to discuss her personal experience during the Capitol riot on Jan. 6. Among a variety of other important



PHOTO COURTESY OF WIKIMEDIA COMMONS

There are numerous factors which may cause survivors of sexual assault to hesitate about speaking out, so it is important that we listen to those who do—no matter how long ago the incident may have occurred.

topics, Ocasio-Cortez also briefly mentioned that she is a survivor of sexual assault.

In response to this aspect of her conversation, many took to Twitter or conservative news stations and claimed that the congresswoman was exaggerating her assault experience to heighten the popularity of her account of the attacks. Kim Klacik, a former Maryland Republican congressional candidate, spoke on Fox News after Ocasio-Cortez went live, saying, “A lot of things she does is for attention, I wouldn’t be surprised if AOC makes money off her posts.”

Klacik’s sentiments were strongly echoed across the country, with many people quick to dismiss Ocasio-Cortez’s story as a fictional retelling of events. They agreed that her discussion

of experience with sexual assault was a tactic to draw attention to her story, rather than an honest look into her past.

Ocasio-Cortez is unfortunately far too familiar with this scrutiny, but she is not the only person to experience this judgment after speaking out. Her experience only highlights the skepticism that thousands of women face when discussing their own personal experiences with assault.

This issue brings up a more general question: is there a right time to discuss your experience with sexual assault? If Ocasio-Cortez had opened up earlier in her career, would people have been more receptive and understanding? Why should any woman have to fear the response to some of her most emotional experiences?

Sexual assault is far too common in the United States, and especially on college campuses throughout the country. According to a 2016 survey from the National Sexual Violence Resource Center, over 20 percent of college-aged women have experienced “completed or attempted sexual assault.”

Of course, these are only the estimated numbers, as many cases could go unreported for years, or even a person’s entire lifetime. With this in mind, it is worth wondering how college campuses and society in general can become more accepting and open for women to discuss these deeply personal experiences.

The best thing that schools, and Providence College specifically, can do in these situations is to listen to survivors, regardless of when they decide to tell their story. Sexual assault and any form of violence is often hard to process, so survivors often take different amounts of time to cope with what has happened to them. Knowing that, it is important to foster an environment of compassion and understanding.

Based on the example of Ocasio-Cortez, it is clear that women of all statuses are judged for their individual coping processes. If this is happening to high-profile individuals, it is certainly happening in more private spheres with young adults and college students. Because there are so many women who experience some level of sexual assault during their time in college, it is important that all schools work to ensure that every story is treated with equal respect through counselors and Title IX coordinators.

Struggling for a Slot IMLeagues Registration Restrictions Need to Be Made

by Madeline Morkin '22
Asst. Opinion Editor

CAMPUS

In semesters prior to the COVID-19 outbreak, Providence College students often went to bed at night by setting morning alarms for class, the gym, or just as a wake-up for the general start of their next day. Just as COVID-19 has affected many of the once-regular ways in which students function around campus, it has led to the quite irregular use and practice of setting midnight wake-up alarms or reminders prior to the 12 a.m. IMLeagues release of gym slot openings for the following day.

Prior to COVID-19, PC’s Concannon Fitness Center welcomed any student or professor seeking to use the facility. With leisure and without thought, the PC community could make plans or last-minute decisions to utilize the gym’s machines, workout mats, weights, and other facility offerings whenever they wanted to go and for however long they desired to stay. Unfortunately, new COVID-19 restrictions on campus have led to a much more difficult and inconvenient process when one attempts to work out on campus.

Now, for the sake of maintaining safe social distances between gym-goers, Concannon Fitness Center allows only 50 students to work out simultaneously. Through a registration process on IMLeagues, students are forced to register for a one-hour-and-10-minute-long time slot in which they can utilize the facility. However, signing up through this platform is a difficult process in itself. Now, it is

necessary to be awake at midnight in order to secure a spot in the gym for any time the following day.

During both this current spring and the past fall semester, students have had to say goodbye to the days of convenient workouts, last-minute decisions to head to the gym, and even the certainty of getting to work out every day. Sometimes, these one-hour-and-10-minute-long time slots fill up just minutes after their 12 a.m. release, pushing many students onto a waitlist with the hopes that one of the 50 lucky registered students may decide to cancel last-minute, making one more spot available.

Additionally, IMLeagues offers no restriction on how often a student may sign-up for a gym slot. With over 4,500 undergraduate students, and only 50 one-hour-and-10-minute-long time slots starting at 6 a.m. and ending at 9 p.m., many students are left without any option to utilize the facility at all.

While working out has been proven to be a great way to reduce stress and to stay healthy, students have been stripped of the ease and, often, even the potential of maintaining either a regular or irregular workout schedule on campus. Working out may fit into the typical daily routine of many students at PC, but IMLeagues’s spot release time does not consider that many students are—or would like to be—asleep at this hour. In addition, it does not consider that the students who are more prepared with set alarms and reminders are those who consistently secure these slots.

For the benefit of all PC students, IMLeagues should offer some type of restriction on how frequently a student may register for the gym. Whether this be developing a restriction on the maximum number of

times in which a student may register for the gym per week, or how many days in a row a student may register for a gym slot at a particular time, the College should acknowledge that the campus community, as a whole, is not currently maintaining the once recent ability to achieve a healthy lifestyle by heading to Concannon Fitness Center. Developing registration restrictions would create a more fair and realistic process to allow more students to head to the gym, like they once could so easily.



PHOTO COURTESY OF PROVIDENCE COLLEGE ATHLETICS

Concannon Fitness Center currently operates under strict capacity limits due to COVID-19, meaning students need to compete for coveted time slots.

The Return of the Corset

How a Fashion Trend Represents a Step Backwards in Women's Equality

by Elizabeth McGinn '21
Opinion Guest Writer

SOCIETY

Trigger Warning: This article discusses eating disorders.

A quick browse through any social media platform reveals today's current trends, including baggy pants, middle-parted hair, and feathered eyebrows. However, one concerning trend is making a comeback from an infamous and symbolic garment in women's fashion—the corset.

From Victoria's Secret to TikTok and Instagram, young women have been sporting an item that their forebearers fought to free them from. The corset had been painted by early-wave feminism as the epitome of women's oppression, as women were forced to wear clothing that restricted their mobility and breathing while upholding standards of femininity based upon thinness.

So, why are women wearing corsets again in 2021?

Some merely like the aesthetic; others find it sexually liberating. The bondage community has wholeheartedly embraced the corset, adding a nuance of sexuality to corsets today. This connotation, in conjunction with its history, makes the corset a symbolic hotbed.

Modern day corsets are typically much less physically restrictive than historical ones. In the late 1800s, doctors studied the health effects of corsets, finding common problems such as fainting, back problems, and restricted movement of the internal organs. When it fell out of style in the 1920s—thanks to the influence of women's right's movements—women could literally and figuratively take a breather.

While the majority of modern corsets do not

carry the same physical dangers as historical ones, many are bought and worn in an effort to "waist train." This corresponds more to the original purpose of corsets; waist training is an attempt to secure a slimmer figure through the restrictiveness of corsets. The increasing popularity of shapewear, similar in purpose to a waist trainer or corset, attests to the importance of women's body shapes in fashion.

Although many women wear corsets merely for aesthetic purposes, the phenomenon of waist training is indicative of a much more pervasive issue in women's fashion: the obsession with thinness.

While Lizzo and other celebrities attempt to promote body positivity, the norm among celebrities and within the fashion industry is extreme, waiflike thinness.

Just last week, Kendall Jenner posted a mirror selfie that went viral for her tiny figure, with many commenters yearning for a body like hers or stating that they would not eat for the rest of the day. The expectations of looking like Kendall Jenner or other models or influencers promote toxic behavior.

With social media creating a mirage of a perfect life and perfect body, without acknowledging filters or photoshop, normal and healthy women may resort to unsafe measures to achieve the unattainable.

A slew of consequences occur from this impossible quest, including the rise of eating disorders in all genders and the emergence of a \$60-billion-a-year diet industry. To put it shortly, businesses profit off women's insecurities.

Because of society's obsession with thinness, corsets are dangerous. Their original purpose was to mold the female body into a more slender shape, and while not all attempt to distort the body, waist trainers are becoming more and more popular.



PHOTO COURTESY OF WIKIMEDIA COMMONS

Despite the controversial history associated with corsets, these garments are making a comeback in the modern fashion world.

Even nearly a century after feminists fought for the rights of women to vote and wear pants, society still places immense pressure on women to look a certain way.

When the fashion industry actually commits itself to body positivity and celebrates all body types and shapes, perhaps then corsets can be reclaimed as something that is empowering instead of restrictive. Until then, corsets are a painful reminder of how oppressive women's fashion has been—and will likely continue to be.

PC Polls

This Week's Question:

After our nation achieves herd immunity and we begin to transition back towards normalcy, should PC continue to offer a fully-remote option to its students?

Vote online until Monday, March 1 using the link on our Facebook and Instagram pages, and check next week's issue for the results!



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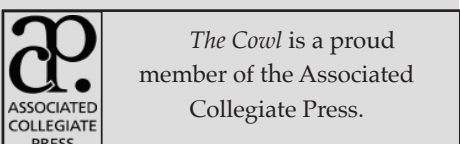
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A Few of My Favorite (PC) Things

Appreciating the Things that Make PC Home



by Andrea Traietti '21
Editor-in-Chief

EDITOR'S COLUMN

This week's Roving Photography question—"Tell me you're a student at PC, without telling me you're a student at PC"—is one of my

favorites we've had in a while. (Shoutout to Bri Colletti '21 and Aislinn Hoover '21, photographers and Cowlers extraordinaire for the creativity this week!).

We all love a good TikTok reference, of course, but I also like this question because these days, as my final semester at Providence College continues to feel like it's speeding by, it's a good reminder about all the little things that make PC the place that it is—a place that will surely be difficult to leave in only a few short months.

If I were answering the Roving question this week, I'd probably say something about the fact that so many of us are weirdly good at Jeopardy!, thanks to two years of intensive studies in history and classical literature in DWC. Or that we'll all line up out the door of the dining hall on Thursday afternoons for chicken nuggets when, let's face it, they're pretty much just your average chicken nuggets. Maybe the fact that Dot retiring legitimately felt a little

heartbreaking, or that it's a familiar feeling to have to awkwardly jog to the door of a building when you're still far away but someone insists on holding it for you.

My roommates and I have a bucket list of a bunch of things that we want to do one last time before we graduate in May, and we've been laughing about a few of the list items because they're really not your typical hard-to-achieve bucket list goals. On our list are things like getting chicken nuggets one last time and planning to spend one more late night together in the library.

However simple and silly they might be, though, we've attached meaning and different memories to the things on our list over the past four years. And while I love so many of the "big things" about PC, all the selling points highlighted on the pages of admissions packets, sometimes it really is the weird quirks about a certain place—the things that make it unique—that make it feel like home.

TANGENTS & TIRADES

Convert to Cold Showers

Just Stop Using the "R-Word," Please

Normalcy Via Viewing Friars Athletics Virtually

Other than going to bed, a hot shower is one of the small things that people often look forward to at the end of each day. This welcomed event takes anywhere from five to possibly even 45 minutes, depending on how stressful of a day you had and how long you have before you deplete your hot water tank and end up with angry family members.

It is considered heresy to speak out against hot showers, given their almost sacrosanct status in everyone's lives. Hot shower's long forgotten brother—the cold shower—is therefore left only for those who are insane enough to wish themselves pain and misery as the cold water droplets bombard their skin.

It is unfortunate that cold showers have gotten this bad reputation, especially given that most of the people who speak out against cold showers have never actually taken one themselves.

Hot-shower-takers would be surprised to hear that cold showers carry with them many benefits: increased blood circulation, expedient recovery after workouts due to a phenomenon known as vasoconstriction, and better looking hair and skin.

All of these benefits, and many more, can be had by adopting cold showers as part of your nightly routine. So come and be a defector, or even heretic against the tyranny of hot showers. Your skin and hot water boiler will thank you.

—Joseph Kulesza '22



PHOTO COURTESY OF PIXABAY

One of the most disturbing and common practices in today's society is using slurs to degrade someone, particularly when used by educated, "morally righteous," Christian students at Providence College. More than ever, the "r-word"—one of the most outdated, outwardly malicious words—has been notably prevalent recently.

The "r-word" is never acceptable to use. Period. Obviously the same goes for any other slur. The use of slurs simply serves to harm people.

Utilizing the idea of a person with a disability who holds the exact same dignity as oneself to make fun of someone or something opposes the very nature of Christian ethics. It degrades an entire group of wonderful and capable people that bring beauty and honesty into the world.

Not only do people offend the entirety of the world's disabled population when they use the "r-word," but they also offend those who have people with disabilities in their lives. The use of this word stings them to their core and creates resentment within relationships. It makes one re-evaluate the very nature and character of the offender. This word also nullifies the Catholic concept of inherent human dignity.

It simply makes no sense. Feeling the need to use this word should serve as a call to action to reevaluate oneself and what one is trying to say. Before using this word, perhaps think about how using it only serves to show more about oneself than it does the person the word is directed towards.

—Olivia Bretzman '22



PHOTO COURTESY OF THENOUNPROJECT.COM

One of the biggest benefits of Providence College is the sense of Friar pride at sports games. Whether it's a basketball game at the Dunkin' Donuts Center, a hockey game at Schneider Arena, or a field hockey game at Lennon Family Field, students always show up excited to cheer on the Friars.

Amid a pandemic, it is still important to watch sports games, even virtually, in order to maintain the sense of pride and normalcy that students experienced at PC in the pre-pandemic world.

Some believe that watching these games virtually is not worth it because it is not the same as being there in person. However, watching these games online can still foster a sense of pride and community when you watch them with your roommates.

"Even though it feels very different, I still love to watch all of the basketball games with my housemates," Madeline Guth '22 said. "We stream them on our TV and make food, so it is still a very fun experience even if it isn't the same as it was when coronavirus wasn't a thing. I love cheering on PC sports teams because it makes life feel slightly more normal."

Students can still feel a sense of Friar pride by tuning into the virtual sports games and watching them with roommates or housemates.

In a world that does not feel very normal, it is important to adapt to this new reality and to do things that make life feel as close to the pre-pandemic reality as possible.

—Emily Ball '22



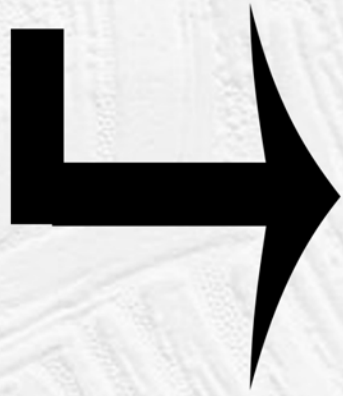
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PHOTOGRAPHY



RYAN TWOMEY '23/THE COWL

Love was certainly in the air last week as students on campus celebrated Valentine's Day! This holiday is not only for couples, but can also be a day to show your friends and family your appreciation for them!

ABOVE: BOP's "Meet your Matcha" event was held on Feb. 9 in Lower Slavin. Students, like Aileen Deegan '23, sipped matcha tea and decorated customizable mugs.

BELOW: BOP continued to kick off Valentine's Week with their "Self Love & Spread Love" event Feb. 11 and Feb. 12 in the Slavin Atrium. Students could spread the love by signing valentines notes and sending crush grams to their friends, or could show themselves a little love by picking up candy-filled mason jars and DIY crafts.



AIDAN CASTRICONE '24/THE COWL

ABOVE: Asian American Association and Board of Programmers teamed up to host a Lunar New Year celebration on Feb. 12 at the Concannon circle. Students could enjoy dining al fresco by picking up food from Ming's Asian Street Food Truck as well as gift boxes full of candy, origami, and more!

BELOW: Intramural sports are back! Grab your teammates and sign up to play a variety of socially-distanced sports like ping pong and badminton. Do we think Danny Cabrera '24 and Christian Sciarretta '24 will win the championship t-shirts this year?



SAMANTHA BUTTITA '23/THE COWL



Photos compiled by Brianna Colletti '21, Photography Editor

LILLIE HUNTER '22/THE COWL

ROVING PHOTOGRAPHY

Tell me you're a student at PC, without telling me you're a student at PC



*"Most of my masks have friars on them."
Declan Francis '22*



*"I buy my family merch every time I go to the bookstore."
Abby Kiernan '21*



*"I'm doing my Civ seminar prep right now."
Sam Brennan '23*



*"I have a friar as one of my professors."
Ryan Jendzejec '21*



*"I have a friar's number saved in my phone."
Melissa Paugh '21*



*"My dorm shuts down at 10 p.m."
Matt Ciesla '24*



"White and black are actually my favorite colors. I have a black and white car."

- Kim Kardashian

Local Rap Groups Take the Lead *A Look at Providence's Underground Rap Scene*

Local Rap

Continued from front page

Some have taken to forming groups rather than going solo to increase their chances of attracting a following. Groups in rap are not a novel concept, as seen through acts such as Migos and A\$AP Mob who dominate the charts. However, at a local level, groups come as a surprise, as they require a certain level of commitment and passion that many small-time performers do not have.

The biggest example of one of these groups is Nycto Mafia, a five piece collective that officially formed in late 2020. Members of this group include the prolific Rey Trxll, the horrorcore rapper John, and the atmospheric producer and rapper OmegaKami. Also included are Viizzy, who incorporates gloomy overtones into his music, and Jrussell, also known as JayR15, whose raps are earnest and heartfelt while remaining well-constructed and engaging. Nycto Mafia's five members are all incredibly passionate about what they do, and by creating this group, they are also creating a larger fanbase, not to mention a unique level of intrigue. As of right now, the group has not released anything as a collective, but each member has released a decent amount of work on their own, all of which can be found on SoundCloud and Spotify.

Another local rap group is Tré Medusa Entertainment. According to their Instagram bio, they are a group made up of artists from Rhode Island and New York. This collaboration is a powerplay; by extending their influence into New York, Rhode Island artists are giving themselves more of a spotlight. The members of this group, which started around a month ago, include the aforementioned JayR15, producer Arloo, rapper Escobar, and the elusive Tré Medusa, who runs the



Nycto Mafia: Clockwise from left: John, JayR15, OmegaKami, Viizzy, and Rey Trxll.

PHOTO COURTESY OF @VIIZZYNRDIIES ON INSTAGRAM

Instagram account. At the moment, this group is still a mystery, though their Instagram hints at something to come, with the bio reading "XX/XX/21."

Outside of forming groups, Rhode Island rappers are finding other ways to be heard, including radio shows. Two members of Nycto Mafia, Viizzy and Omega, have both started radio shows. Viizzy's is called "Reject Radio," while Omega's is called "Omega and Friends," with the former focusing more on hip hop and R&B and the latter focusing more on heavy music. Either way, the two musicians now have another avenue to make a name for themselves. Curious listeners have the option of following the two on social media, which will then make

them privy to their music, not to mention that the two can promote more music from their scene.

With the return of live performances uncertain, it is inspiring and promising that so many rappers are continuing to strive for success. It is certainly paying off as well, as these rappers have a substantial number of followers both on social media and music sites, and their fan bases continue to grow. The hype for new projects is also great; JayR15 released a single called "Downfall" a few weeks ago, and in five days it had over a thousand listens on SoundCloud. Overall, one cannot help but root for these rappers as they make their move toward the top and, hopefully, their mark on the rap game.

Bath Food Co: Innovating Food Delivery Service *Kitchen Rentals Expand Restaurant Opportunities*

by David Argento '21
A&E Staff

LOCAL FOOD

As we approach almost a full year of COVID-19 quarantines and reinvented ways of life, the shifts in consumer trends and business models will likely leave a lasting impact on the new normal of industries, such as the restaurant industry. Given that the usage of food delivery apps has grown exponentially since the start of the pandemic, Uber Eats, DoorDash, and Grubhub will remain household names for the foreseeable future. Restaurants have been forced to adapt to this trend as the proportion of sales coming from mobile orders has surpassed 50 percent for many.

Although food delivery has seen such a significant boom, many challenges threaten the long-term feasibility of the business model. Levi Sumagaysay of MarketWatch writes, "While the companies are seeing a surge in business, their costs remain too high to post any sustained profit." These costs often lead to noticeable fees that each transaction collects, which deter both restaurants and consumers from

using the services. This bottleneck of process inefficiencies coming from charging high fees and swallowing the costs of labor is a major issue for the industry as businesses search for adequate solutions.

to reduced indoor dining is to act as the bridge between the kitchen and the customer. Essentially, with Bath Food Co., restaurants are able to rent out one of their kitchens to be part of the hub of dining options,

for Providence students to enjoy as the close proximity to campus makes pickup and delivery as quick and inexpensive as possible.

When a food delivery person or mobile order enters the minimalist warehouse-like building, they are greeted with a check-in point of five iPads and a pick-up window for their food. The process is as simple as possible so that little to no wait is required to obtain the order. The lack of a need for waiting staff and restaurant upkeep keeps margins high for the producers while providing the same level of quality one could expect from the original locations of the restaurants. The advantageous location allows more deliveries to occur at an expedited rate.

As the vaccines and decreasing rates of positive testing provide a light at the end of the tunnel, it will be fascinating to see how a return to a new sense of normal will impact those that have flourished in the COVID-19 environment. Delivery apps had already been on the rise before the pandemic, so if the trend continues, innovative business models like Bath Food Co. may be here to stay for the dining industry at large.



PHOTO COURTESY OF BATHFOODCO.COM

Bath Food Co. offers a wide range of restaurants, from The Stack House to Pokemoto.

An effort to find such a solution can be found local to Providence College at Bath Food Co., which is a new response to the COVID-19 dining landscape. They bring a new efficiency for restaurants and mobile food ordering services by simplifying the process. Their creative response

serving as another potential location for chain or local restaurants.

Approximately a mile from the College's campus, at 65 Bath Street, many students are likely to notice the new dining options available. Chick-fil-A, Pokemoto, and Tilly's PVD are only a few of the choices

Preview of the 63rd Grammy Awards Show

Artists Remain Prolific Despite Pandemic Setbacks

by Liam O'Hara '21
A&E Staff

MUSIC

The Grammy Awards show is arguably the biggest celebration held annually in the music industry. Some go so far as to describe it as the Super Bowl of the music world. Musicians and artists of countless genres work tirelessly their whole lives to be nominated for specific Grammy categories and then, hopefully, to receive a gilded gramophone for their outstanding musical works. Artists and their works that are recognized for this year's Grammys released their respective recordings between Sept. 1, 2019 and Aug. 31, 2020.

The ceremony is what every musical artist hopes to be a part of one day. It is not easy to get to, and it was certainly more competitive to receive a nomination this year. Music became more of a hobby over the months at the start of the pandemic. Harvey Mason, Jr., the interim president and CEO of the Recording Academy, a company sponsored by the Grammy Awards, said, "I've spent a lot of time talking to artists, managers and labels and getting a feel for how the pandemic is affecting the release of music—and as I'm sure you noticed, the amount of music released has actually increased during the pandemic, so we would not want to delay our date with so much great music coming out." Artists tend to create music when working in private

settings, and over the last year, people have had more time to work in quiet environments. It really is no surprise as to why more music was released during this time spent in quarantine.

Among the pool of nominees, the most recognized artists are Beyoncé with nine nods, followed by Dua Lipa, Roddy Rich, and Taylor Swift all tied at six. Brittny Howard earned five, and Megan Thee Stallion, Billie Eilish, DaBaby, Phoebe Bridgers, Justin Bieber, John Beasley, and David Frost all received four.

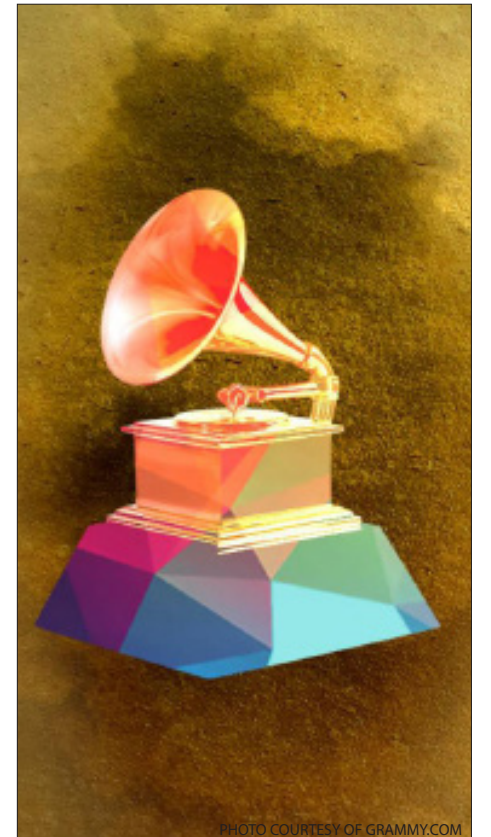
Since 2000, the awards ceremony has taken place at the Staples Center in Los Angeles, CA. Alicia Keys has hosted the last two years, but this year, South African comedian Trevor Noah will take over. The awards were originally scheduled for Jan. 31, but, in early January, Los Angeles County saw a spike in COVID-19 cases, causing many health and safety concerns for the community. Given the circumstances, it was then decided that the ceremony should be pushed later to March 14.

This year's show is sure to be unique. Mason expects the ceremony to "be live at the Staples Center, with no audience, or maybe something more virtual with some elements from different locations." Finally, Mason expects that the show will not only contain the announcement of all 83 award winners as well as performances from select artists, but that "the civic

and social unrest will be recognized too, and we always encourage artists to voice their opinions, so I expect we'll see messages both from the artists' side and the Academy side." Catch this year's Grammy Awards on March 14 at 6:30 p.m. live on CBS.



Female singers continue to dominate the Grammy Awards with Dua Lipa, Beyoncé, and Taylor Swift all receiving multiple nominations.



The 63rd Grammy Awards have been re-scheduled to March 14.

A "Love Story" Retold by Taylor Swift

Swift Announces the Release of Fearless Re-Recording

by Madison Palmieri '22
A&E Staff

MUSIC

2021 is shaping up to be quite an exciting year for Taylor Swift fans. Following a year that saw the release of not one, but two surprise albums, in addition to three music videos, a documentary, and a concert film, the singer has somehow found a way to top her 2020 achievements.

On Thursday, Feb. 11, Swift announced live on *Good Morning America* that she had re-recorded her second studio album, 2008's *Fearless*, which is the most-awarded country album of all time. In addition, she shared that one of the re-recorded album's hit singles, and one of the most popular and beloved songs of her career, "Love Story," would be available that night.



PHOTO COURTESY OF @TAYLORSWIFT ON INSTAGRAM

According to Swift's official website, the *Fearless* re-recording will be available April 9.

Swift took to Instagram to reflect how "*Fearless* was an album of magic and curiosity, the bliss and devastation of youth. It was the diary of the adventures and exploitations of a teenage girl who was learning tiny lessons with every new crack in the facade of the fairytale endings she'd been shown in the movies."

She then added that, in addition to re-mastered versions of the songs that fans know and love, she plans to include new tracks for a total of 26 songs. Indeed, she wants fans to "have the whole story, see the entire vivid picture," and to let them "into the entire dreamscape that is my *Fearless* album. That's why I've chosen to include 6 never before released songs on my version of this album, written when I was between the ages of 16 and 18, these were the ones it killed me to leave behind."

A hidden message in Swift's post names April 9 as the date of *Fearless*'s re-release but until then, fans can enjoy her "Love Story" re-recording and its accompanying music video, which consists of behind-the-scenes pictures and videos from the *Fearless* era, especially those of her with fans.

Notably, the official name of the re-recorded songs and albums will consist of their original titles and the phrase "Taylor's version" in a nod to the fact that the singer owns these remasterings, unlike the original versions of them.

Swift's inability to attain ownership of her original recordings led her to re-record her music in the first place. On Instagram, she insisted that "artists should own their own work for so many reasons, but the most screamingly obvious one is that the artist is the only one who really knows that body of work. For example, only I know which songs I wrote that almost made the *Fearless* album. Songs I absolutely adored, but were held back for different reasons."

Although Swift is legally able to re-record her first five albums, she must wait until 2022 to re-

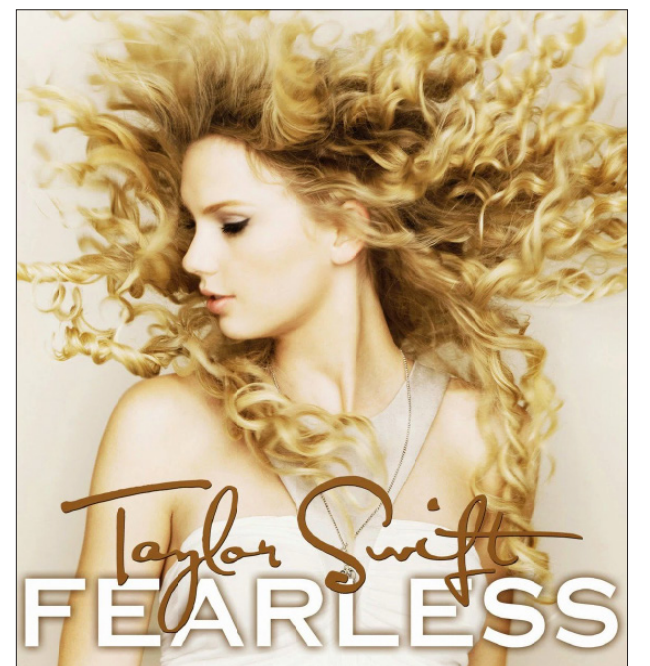
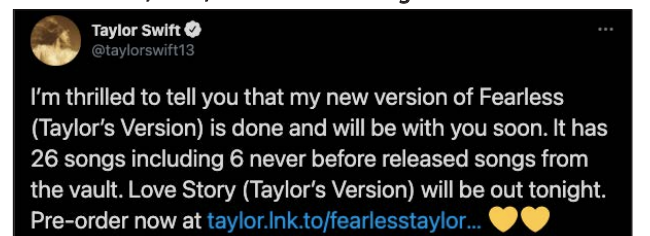


PHOTO COURTESY OF THE TAYLOR SWIFT WIKI FANDOM

Taylor Swift's re-recording of *Fearless*, originally released on November 11, 2008, will include 26 songs instead of 13.



master her sixth studio album, 2016's *reputation*. With five other re-recorded albums, in addition to bonus tracks and any other surprises the singer may choose to share, however, fans have plenty to enjoy until then as the love story between them and the artist continues to remain strong.

Not So Rosy After All: *Bachelor* Nation Outraged Harrison and Kirkconnell Enveloped in Racism Controversy

by Nikki Idelson '22
A&E Staff

TELEVISION



PHOTO COURTESY OF THE BACHELOR

Within the past week, Chris Harrison, the host of *The Bachelor* and *The Bachelorette*, has come under fire for defending racist behavior that current contestant, Rachael Kirkconnell, openly displayed in the past. According to *Cosmopolitan*, following the first episode, which aired on Jan. 4, TikTok user Maddy Bierster "accused Rachael of teasing her in the past for liking black men." Bierster made another video shortly after in which she showed seven messages that she had allegedly received from various individuals claiming that Kirkconnell had also

bullied them in both high school and college. In February, pictures emerged on Twitter of Kirkconnell attending what is known as an "Old South" antebellum-themed fraternity formal in 2018, at Georgia College & State University. The two photos depict Kirkconnell and her friends dressed up in southern belle dresses. Elizabeth Boyd of *New York Times* notes that these parties are "signs of nostalgia for a bygone, segregated South and all its attendant privileges," and that they characterize Southern sorority life.

Fans of *The Bachelor* have shown their outrage and disgust with Kirkconnell by speaking out against her actions through social media. However, it was Chris Harrison's response to the allegations that resulted in many *Bachelor* fans boycotting the show altogether. In an interview done by *Extra* on Feb. 9 with former *Bachelorette* Rachel Lindsay, Harrison essentially defended all of Kirkconnell's actions. Lindsay asked Harrison to comment on the photos of Kirkconnell attending the Old South party, to which he answered, "Well Rachel, is it a good look in 2018, or not a good look in 2021?" Lindsay responded by saying, "It's not a good look ever. She's celebrating the Old South, which is not okay." Harrison then

used the argument that "50 million people did that in 2018, that was a type of party that a lot of people went to," and continued to question if this lens was available in 2018, and if "we were all looking through it in 2018?"

These insensitive and harmful comments have led many *Bachelor* fans to criticize Harrison. In a Feb. 10 Instagram post, he responded to the backlash, saying, "I will always own a mistake when I make one, so I am here to extend a sincere apology. . . What I now realize I have done is cause harm by wrongly speaking in a manner that perpetuates racism, and for that I am deeply sorry." Harrison has since announced that he will be stepping back from the

franchise for an unknown period of time. Kirkconnell issued her own apology shortly after Harrison. However, it is clear that this apology in no way excuses the racist behavior she has exhibited in the past. It is evident that racism continues to manifest even on mainstream national television. Despite the progress that has been made, it is not nearly enough, as can be seen through the actions of Kirkconnell and Harrison. Racism continues to prevail through various micro-aggressive behaviors, this incident being one of many. With such a diverse public audience, television personalities must use their platforms to begin dismantling racism instead of perpetuating it.



PHOTO COURTESY OF RACHAEL KIRKCONNELL; GETTY IMAGES/INSTAGRAM

The Night That Changed His Career Indefinitely Morgan Wallen Faces Consequences for Using Racial Slurs

by Grace O'Connor '22
A&E Staff

MUSIC

On Feb. 2, Morgan Wallen's career suffered a major setback, rightfully so, when he was caught using a racial slur by TMZ. According to the *Los Angeles Times*, Wallen "was taped. . . by a neighbor after Wallen's group made a lot of noise honking and hollering." He aimed this racial slur at one of the men in his group. This unacceptable incident caught the public's attention, leading Wallen to issue a public apology, saying he was "embarrassed and sorry." He went on to say that "there is no excuse for this type of language ever."

Following Wallen's appalling actions, two major radio stations suspended Wallen's label indefinitely and he was made ineligible for the



PHOTO COURTESY OF JOHN SHEARER PHOTOGRAPHY

Wallen, after coming under fire for using racial slurs, posted an unlisted YouTube video with an apology.

Academy of Country Music Awards this spring. His contract at Big Loud Records, based in Nashville, TN, has been suspended as well. Fellow country star Mickey Guyton tweeted, "This is not his first time using that 'unacceptable' racial slur, and we all know that. So what exactly are y'all going to do about it. Crickets won't work this time." Nate Deaton, general manager of KRTY-FM (95.3) San Jose, took a firm stand: "His recent behavior is not in keeping with standards expected in society. . . we are suspending all airplay at this time."

"The systematic racism is what keeps artists of color out. It's what enables behavior like Wallen's past and present actions."

An apology for Wallen's actions simply is not good enough. He will never be looked at the same after this incident, not only by society, but by his dedicated fans. A telling statement made by Black singer-songwriter, Rissi Palmer, illustrates how there are many more underlying issues brought to light by Wallen's statement. Palmer claims, "The systematic racism is what keeps artists of color out. It's what enables behavior like Wallen's past and present actions. Sure, Wallen was stamped out

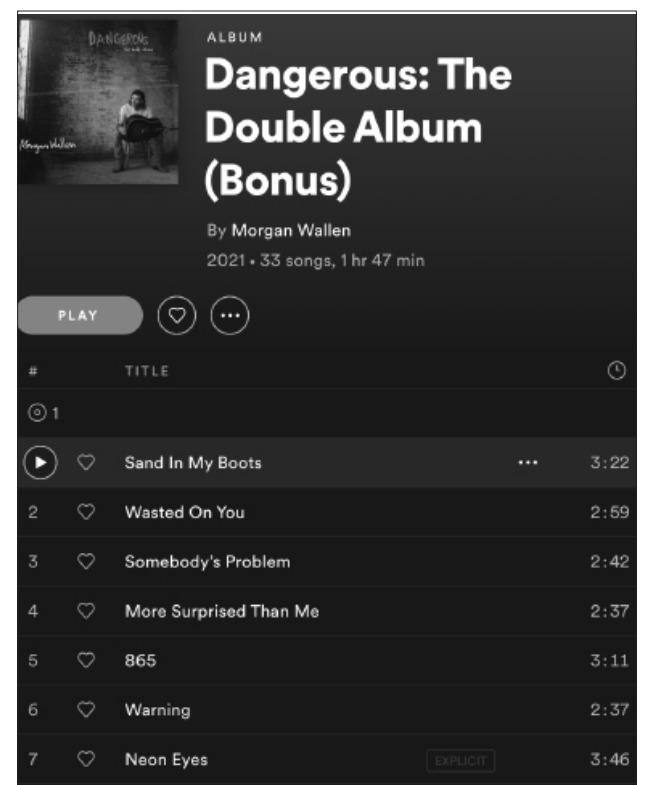


PHOTO COURTESY OF SPOTIFY

Despite video evidence of Wallen using racial slurs, his recent album, *Dangeous*, remained the No. 1 album on *Rolling Stone's* Top 200 Albums chart.

for now, what about the label heads that won't sign artists of color or LGBTQ+ artists? What about the radio stations that only play a limited amount of songs and all those spots go to white men? That's the bigger work. That's the bigger picture." While the country music industry's response to Wallen's racist behavior reveals that the industry is taking steps towards becoming more accountable, there is much more work to be done in the areas of diversity and inclusion.

The Weeknd's Blinding Lights at Super Bowl LV

by Grace Whitman '22
A&E Staff

MUSIC

After releasing the most-streamed song of 2020, "Blinding Lights," and being snubbed by the Recording Academy for the 2021 Grammy Awards, The Weeknd took on the Super Bowl LV halftime show with a unique storyline.

Although many viewers felt that the halftime performance was as boring as the game itself, it requires a deep dive into the Weeknd's creative vision to understand the true masterpiece that he put together.

Appearing in one of his signature red jackets, The Weeknd opened the show in a futuristic Las Vegas scene, replicating the opening of his music videos for "Heartless" and "Blinding Lights." Several of the later aspects of the show included cameos from his music videos for the album *After Hours*. A 14-minute performance followed, filled with a gospel choir, funhouse mirrors, and lots of bandages. In a medley of his best hits,

PHOTO COURTESY OF THE WEEKND ON YOUTUBE



PHOTO COURTESY OF ASHLEY LANDIS/AP

bandages also had a deeper meaning.

The Weeknd began promoting his fourth studio album in November 2019 when he revealed his signature red jacket in the music video for "Heartless." A few months later, in January 2020, he released the music video for his smash single, "Blinding Lights." The music video opens with a gory close-up of The Weeknd's face covered with blood seeping through his teeth. Later, keeping with the theme, the same alter-ego character is depicted in the music video for "In Your Eyes" with a bandage just covering his nose.

Throughout the rest of the year, the singer appeared at several award shows and performances with the same bloody aesthetic. While accepting his American Music Award in November 2020 for Favorite Soul/R&B Male Artist, The Weeknd walked onto the stage with a full-face bandage. The Weeknd is seen with a swollen post-plastic surgery face in his music video for "Save Your Tears," which he released in January.

As the era went on, the severity of his staged injury got progressively worse, but the final chapter concluded with his Super Bowl performance when his face was completely back to normal. After the show, he revealed the meaning behind the bandages in an interview with *Variety* magazine. He said, "The significance of the entire head bandages is reflecting on the absurd culture of Hollywood celebrity and people manipulating themselves for superficial reasons to please and be validated." With the symbolism revealed, perhaps the Super Bowl performance marked the end of The Weeknd's *After Hours* era.

the singer-songwriter exemplified his versatility by including songs like "Starboy," "I Can't Feel My Face," "I Feel It Coming," and "Earned It." Additionally, because of social distancing requirements, the entire football field was made available for the performance.

One of the most memorable parts of this performance was the background dancers' full bandages on their faces. While the bandages acted as a facemask to protect themselves and others from COVID-19, the



PHOTO COURTESY OF THE WEEKND ON YOUTUBE

The Weeknd portrays a bloodied alter-ego in the music video of his hit song, "Blinding Lights."

I'm running out of
time
'Cause I can see
the sun light up
the sky
So I hit the road
in overdrive,
baby, oh
The city's cold
and empty (oh)
No one's around to
judge me (oh)
I can't see
clearly when
you're gone

"Blinding Lights" - The Weeknd

GRAPHIC BY SARA CONWAY 21/THE COWL



Spotlight on Providence's Underground Rap Scene, from top left:

Omega, bassist and singer of the band The Dirty Mushrooms, is the host of "Omega & Friends" on 89.9 The Juice radio. Per their Instagram, the show is "For lovers of heavy, and obscure music everywhere." Horrorcore rapper John and his recent shoot with photographer Roxas (@kuro_sky). Rey Trill released his new single "Circa 1777" on Feb. 9 (bottom left). Nycto Mafia brings together five prolific Providence musicians (bottom right).

In Memoriam: Brownie

by Fiona Clarke '23
Portfolio Staff

FICTION

When someone says, “My dog died,” there’s a certain somber ring to it. It’s a few shades less solemn than “My grandpa died.” But unless you’re Jimmy Stewart in *Harvey* (1950)—whose best friend is a 6’ 3.5” white rabbit, invisible to everyone else—then, well, man’s best friend is rarely a rabbit. It’s the same thing with ferrets, I imagine, and no one’s face falls in the same way when you say, “My gerbil died.” From me, at least, you’d get a better reaction if you said, “The battery in my Woody the cowboy doll died,” because when Woody’s batteries run low, he sounds like he’s been possessed by a malevolent demon. Now, if you said, “My capybara died,” well, a capybara sounds like a plant, or maybe it’s what you call your grandmother, and with that much room for interpretation, there’s really no telling what reaction you’ll get.

When my brother was 13, he had a pet mollusk that he named Moby. Moby—“lived” just doesn’t seem the right word, partly since I’m not sure he was even alive, and even if he had been, I don’t know if you can call existence in a mozzarella tub “living”—at any rate, Moby remained with an indeterminate amount of vitality in a mozzarella tub for two months. Then he began to wilt (if a mollusk could wilt—he was already pretty limp). Then he began to *smell*. My brother, whose nasal powers are insignificant (unlike his nose, which, like mine, might be more aptly entitled, in the Yiddish, a “schnozz”), remained in denial about Moby’s declining health (if mollusks at any point possess health). Eventually, a foot, attached to a parent with a keener nose, came

down firmly, and Moby was laid to rest in the river near our house.

Unsurprisingly, Moby was no more touching in death than he had been in life (or whatever would be the most apt term for the time in which his unsegmented body was housed in the mozzarella tub). In this, as in most categories, rabbits have the upper hand, and not just because they have appendages that at least loosely resemble hands, unlike mollusks, which don’t have any limbs. Rabbits are lovable little buggers, and, well, not to put too fine a point on it, mollusks are lumps of cold, wet flesh. If I explained to a stranger why I was crying, I think that it’s more likely the reaction would be one of sympathy if I were to gulp out, “My rabbit died,” as opposed to “My mollusk died” (or, if I were being honest, “My mollusk was disposed of”)—to which that stranger would probably try speaking Russian to me, hoping they’d misheard, or maybe beat a nervous retreat.

When I found out, a few weeks ago, that my rabbit died, I was at my desk job. My mom and I were sobbing to each other on the phone, and my snorts and snivels were echoing throughout the art gallery, at the moment that the only gallery visitors of the day chose to wander in. Mutually embarrassed by such an unseemly display, the visitors and I hastily and idiotically apologized to each other, and I turned my attention back to my mother’s description of my dad digging the grave with grim determination, knee-deep in the frozen ground.

This wasn’t just any rabbit. I had Brownie for nearly fourteen years, since, to be precise, November 4, 2007. At the tender age of seven,

my petitions for a pet rabbit were answered. Brownie was a normal-sized rabbit, neither small nor large, with mottled brown and black fur so soft you almost couldn’t feel it. My mom built him a cage out of chicken wire, which in retrospect, I hope didn’t trigger any kind of identity crisis. We gave him a towel—which he chewed to shreds. As much as that sounds like it could be in a mopey love song, maybe a duet version of Taylor Swift’s “Back to December” (“You gave me roses, and I left them there to die” / “I gave you towels, and you chewed them all to shreds”), I don’t say that in reproach. I just hope he enjoyed it.

Brownie lived a long, rich life. He was well-educated; I used to hunker down by his cage and read aloud to him. He was well-fed; I used to give him parsley. He was well-traveled. When my family moved from Michigan to Washington in 2011, Brownie rattled around in the back of the station wagon—and then was rudely relocated to the back of the 12-seat once the station wagon gave up the ghost on the side of a road in Montana. When we moved from Washington to Massachusetts a few years after that, he was no longer the sole beast in the bus—he had to share his

carriage, like a character in a Jane Austen novel trapped with an unwelcome suitor. The suitor in that case was the cat, or rather the two cats, who were very loudly enraged at being thwarted in following their killer instincts. The cats have outlived Brownie, much to the chagrin of my dad—who I think preferred Brownie because he was silent and didn’t get under his feet.

It’s funny that Brownie isn’t there. I don’t remember ever really thinking about him not being there. I think it’ll be strange, the next time I go home, that he’s not there. I think I believed he would live forever. I’m glad he was around as long as he was, especially for this reason: My two-year-old niece has an etymologically inexplicable name for rabbits, the very Germanic-sounding “P. Heiss.” The “P” is her pronunciation of “pink,” and she does have a pink stuffed rabbit, but the origin of “Heiss” is known only to her—and we’re not even German. When her dad, my brother (not the erstwhile mollusk-owner), heard about Brownie, he gave me a crumb of comfort: “Siobhan will miss him.” I’m glad that P. Heiss was around long enough to be a highlight of my niece’s day.



The Sculptor

by Sarah Heavren '21
Portfolio Staff

POETRY

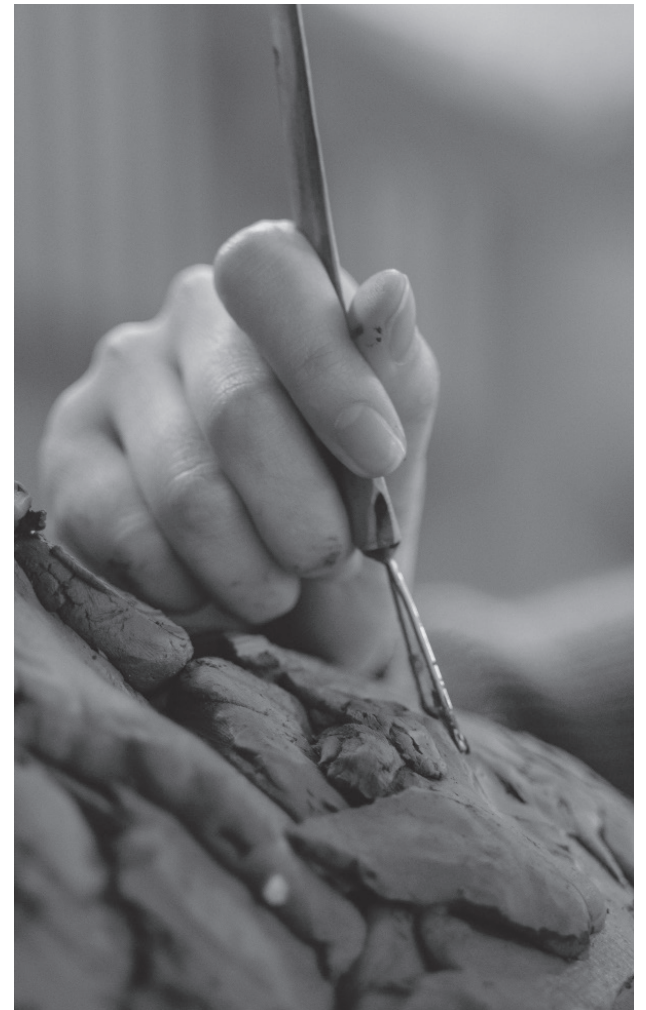


I am a block of marble.
There is potential hidden inside.
But from the whole outside world,
My purpose and value seem to hide.

I exist for my Sculptor
Who crafts me with unmatched care and skill.
He has a unique vision
Of a purpose that I can fulfill.

Sometimes He carves out large parts,
Ones which I once believed I needed.
He reveals something better
That has been hidden deep beneath it.

I have learned from my Sculptor
That I myself can't know my true form.
I must trust my Sculptor's work
And His graced hands to make me transform.



PHOTOS COURTESY OF PEXELS.COM

Hypothetical Imperative

by Kate Ward '23
Portfolio Staff

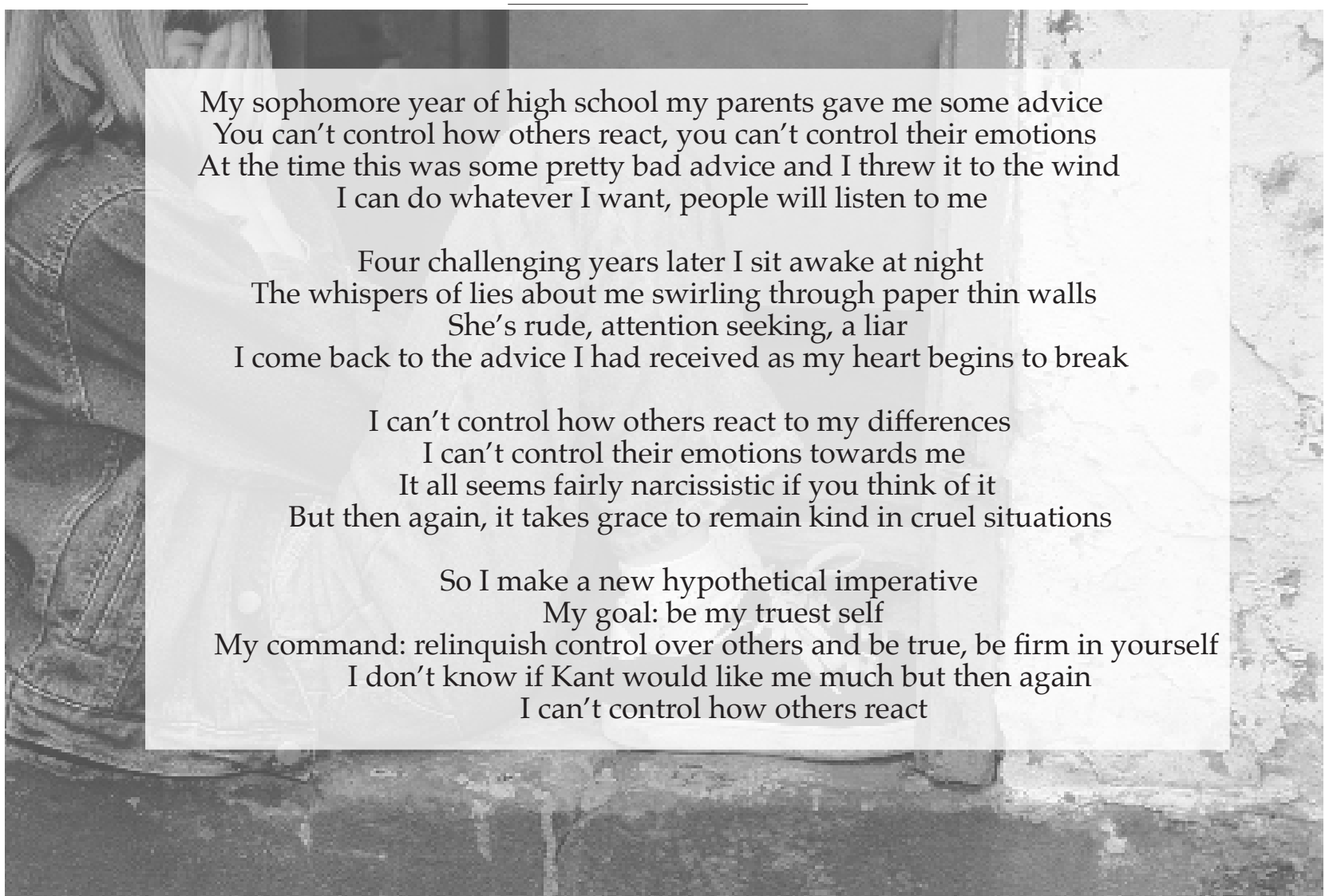
POETRY

My sophomore year of high school my parents gave me some advice
You can't control how others react, you can't control their emotions
At the time this was some pretty bad advice and I threw it to the wind
I can do whatever I want, people will listen to me

Four challenging years later I sit awake at night
The whispers of lies about me swirling through paper thin walls
She's rude, attention seeking, a liar
I come back to the advice I had received as my heart begins to break

I can't control how others react to my differences
I can't control their emotions towards me
It all seems fairly narcissistic if you think of it
But then again, it takes grace to remain kind in cruel situations

So I make a new hypothetical imperative
My goal: be my truest self
My command: relinquish control over others and be true, be firm in yourself
I don't know if Kant would like me much but then again
I can't control how others react



PHOTOS COURTESY OF PIXABAY.COM DEVON.MUDDYSTILETTOS.CO.UK

Sweet Is the Tune the Harsh Wind Carries

by Matthew Ciesla '24
Portfolio Staff

POETRY

'Twas on a venture, enveloped in quiet cold, That a belief quite unusual did take hold: Sweet is the tune the harsh wind carries Of times long past and forgotten.

And to our feeble sentiments it so varies, For 'tis of vast nature's heart begotten.

Past dark limbs a'sway I did walk No one to laugh nor one to talk. Empty was the scene I eyed,

The soulless, lonesome path ahead. And 'tis when all distracting banter died That a distant melody filled my head.

How unbelievable it seemed to me

To bear such longing in the presence of thee. Though tightly covered holding warmth, I stopped and moved to lend an ear.

But as suddenly as thou came forth Thou whistled past me, no longer able to hear.

And so I did return

To that same place I now struggled to discern. A path took shape and led me away,

As soulless and lonesome as before.

Past those dark limbs once a'sway

I walked no longer knowing what for.

Thus this venture passed me by

But thenceforth with conviction so think I: Sweet is the tune the harsh wind carries Of times long past and forgotten. And to our feeble sentiments it so varies, For 'tis of vast nature's heart begotten.

PHOTO COURTESY OF PIXABAY.COM AND GRAPHIC DESIGN BY ELLIE FORSTER '24

Cargo → Flight → Crashing → Demigod

by Sam Ward '21
Portfolio Staff

POETRY

CARGO

The captive in the cargo hold
Was the captain of a space vessel, Captured, or so we're told,
With ancient symbols superimposed On her chest, classic bodies,
What are they worth,
With no cause or effect?

FLIGHT

Do you hail from a distant star? Some planetary figure,
Where foreign tongues scratch Alien fibers stitched up in the skins Of strange beasts,
like some Rudimentary interface for Pre-space faring communication.

CRASHING

The creative impulse embedded in creatures, To conceive, to birth, to raise,
Has released sources of energy,
Unfit for the hands of their makers.
I still think of her, or what was told, Clutching her possessions, Crashing to the surface.

DEMIGOD

You skirted evolution,
Caught not in space,
But some time lost
To the atoms of enlightened matter. Your cursed tombs will burn,
When we break through the atmosphere. Down, down, down, down, descent.

PHOTOS COURTESY OF PIXABAY.COM

CAROLINA PINE

by Sarah McLaughlin '23
Portfolio Co-Editor

POETRY

The red soil gives them their color
And in return, they give their needles
Painting the ground a ruddy orange.
A nesting place for wrens and chickadees
And dragonflies they provide, and the air
Breathed by coyotes, does, and dingoes.
Beware the yellow jasmine that twists its way
Up unsuspecting trunks
To cinch them like a snake
Suffocates its prey.

PHOTO COURTESY OF SARAH MCLAUGHLIN '23

Listomania*

Things to do with my one mental health day:

- Get a lobotomy
- Watch iCarly
- Get back to my knitting
- Start crocheting (knitting's too advanced)
- Catch up on the sleep I haven't been getting
- Have an existential crisis
- Yell at the sky
- Not leave my room...oh, wait. I do that every day
- Take a shower
- Catch up on crying (and then my work)
- Play on Webkinz and revert to my childhood self
- Get banned from Club Penguin
- Make up a fantasy world in my mind
- Write my memoir, because you never know what tomorrow will bring
- Cut my bangs
- Start a cult
- Buy 50% off Valentine's Day chocolate
- Oh no. It's 1 p.m. already

*Listomania and Tiffany & Earl are both satirical pieces that do not reflect the views of Providence College or The Cowl.

Tiffany & Earl

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

Dear Tiff and Earl,

I can't handle *The Cowl* not publishing a new issue every week anymore. What do I do with my newfound free time in the off weeks?

Sincerely,

Cuckoo for *Cowl* Puffs

Dear C4CP,

We at *The Cowl* are deeply flattered by your dependence on our weekly issues. Because you love *The Cowl* so much, I think you can explore ways of displaying that and thoroughly integrating it into your life. Take your next Civ exam on our latest issue, or try to make a shirt by folding and stapling the pages (although don't plan on wearing it on a rainy day). The possibilities are really endless. You'll also be promoting recycling at the same time. Maybe you can even figure out how to make a mask out of old issues of *The Cowl*. You're never too old for arts and crafts.

Creatively,

Tiff

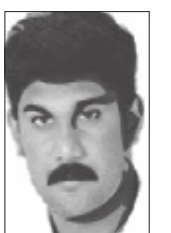


Dear Cuckoo,

The lack of a *Cowl* issue every week can be jarring. Luckily, I have two things for you to do on campus to pass the time. The first is to try to set the Ray chicken nugget day record. I would say 76 nuggets should cement your place in PC history. Next comes the McVinney stair challenge. Please just do not do it on the same day as the nuggets. These two events should buy you enough time until the next issue; perhaps you will even get on the front page!

Your friend,

Earl



Sports Shorts

by Thomas Zinzarella '21
Sports Staff

SPORTS SHORTS

Men's Basketball:

Heading into their Feb. 16 matchup at the University of Connecticut, the Providence College Men's Basketball Team was looking to build up some momentum in the month of February as they usually do. Unfortunately, it appeared they ran out of energy. The Huskies returned multiple players back from injury including James Bouknight and Akok Akok in their 73-61 victory. Alyn Breed '23 led the Friars in scoring with 14 points. PC's interior defense struggled against a juggernaut UConn front court that torched the Friars with 46 points in the paint.

Women's Basketball:

On Feb. 20, the Friars faced off against Seton Hall University on the first day of their tri-state weekend series. PC held an early 14-11 lead in the first quarter, but Seton Hall would come roaring back in the second quarter, outscoring the Friars 23-11. The team never quite got their momentum back and fell to the Pirates 67-55. Alyssa Geary '22 paced the scoring for the Friars with a team high 17 points and nine rebounds. On Feb. 21, PC went down to Queens, NY to take on St. John's University. Coach Crowley's team was looking for the season series sweep. Although it was close at the half, the Johnnies ended the third quarter on a 7-1 run, propelling them to a 65-47 victory over the Friars. Geary once again led PC in scoring with 13 points on 6-of-12 shooting.

Men's Lacrosse:

In their first Big East game of the season, the Providence College Men's Lacrosse Team downed St. John's 16-8. PC led from start to finish in this one thanks to early goals from Dan Axelson '21GS and Matt Leader '21. Both would finish with three goals in the afternoon. The Friars now look to improve to 2-0 in Big East play as they take on Denver University on Feb. 27.

Women's Soccer:

The PC Women's Soccer Team has started the season strong, thanks in large part to their defense. After pulling off a 2-0 over the University of Rhode Island in their first game of the season, the Friars downed their other in-state foe, Bryant University, 4-0 on Feb. 21. The Bulldogs did not even record their first shot on net until the 67th minute of the game. The Friars outshot Bryant 10-0 in the first half, although the scoring did not start for the Friars until Kyla Gallagher '24 buried one off a cross to start the second half. PC is now 2-0 on the season and starts Big East play at home against UConn on March 4.

Big East Coaches Come Together Thomas Details Coalition's Initiatives

Listening Tour

Continued from front page

"We began to form a think tank in terms of what we wanted to do with the platform that we have, to better take action for the athletes that we recruit," said Thomas. "We wanted to make sure that we just did not talk or form a group of coaches that was symbolic. We wanted to take real action for our players."

Thomas explained that the main purpose of the group was to make sure they offered their current players a platform that could simultaneously teach them how to use their voices while amplifying the players' voices as well. From this, Coaches for Action founded themselves on three main initiatives meant to deliver concrete action.

The first was to place Black Lives Matter patches on all Big East men's basketball uniforms for the upcoming season. "We thought it was very important to give them an opportunity to basically say that their lives matter," said Thomas. "We were the first to put forth having in collegiate athletics, BLM put on our uniforms." Their efforts were successful. Thomas credits the support of PC athletic director Bob Driscoll, as well as Big East commissioner Val Ackerman, with getting the resolution passed.

The Friars, and the rest of the Big East, have now played almost an entire season with the BLM patches on their uniforms. "I was very pleased with how it came out," said Thomas. "It means a great deal not only to me but to our players, and we want to be clear when saying Black Lives Matter, we're attaching ourselves to the statement: our players' lives matter. And we want you to understand that it matters not just when they're in uniform...when they're not shooting and dunking for your entertainment, that their life matters outside of that uniform."

The second foundational initiative was centered around familiarizing student-athletes with voter registration and election issues. This took the form of a Big East-wide voter drive that made sure student-athletes were registered to vote in the November general election. Thomas spoke to the



PHOTO COURTESY OF PC ATHLETICS

Alyn Breed '24 sports the BLM patch that all Big East teams are wearing this season.

emphasis Coaches for Action placed on the importance of each of the players using their vote as a way to project their voice.

Indeed, the initiative was a resounding success. Thomas proudly relayed that the Big East reported 100 percent voter registration for both men's and women's basketball. This was part of a remarkable push for student-athlete registration across the board in November, as PC's Student Athlete Advisory Council also reported 100 percent voter registration for all eligible voters across all sports at PC.

Finally, Coaches for Action's third foundational initiative was establishing a scholarship fund for first-generation students of color to attend Big East institutions. This was a pivotal step in ensuring one of the group's main goals: sustainability.

"We wanted to take action in terms of education," said Thomas. "We created this scholarship, which is still growing, and we want to eventually give it to young men and women to attend one of the 11 Big East schools that are non-athletic related."

Furthermore, Thomas stressed that "in order to take real action, education has to happen, and diversity within education." While the Coaches for Action coalition is still working on the details, its members hope to begin officially awarding the scholarship as soon as possible.

Even as all 21 coaches are deep into their basketball season, they continue to provide a platform for their student-athletes. "We still talk regularly," commented Thomas. "We have leadership building skills for our players. We've had different opportunities for building leadership skills with our current coaches." When the basketball season ends, they will likely turn their attention to a new set of initiatives, in addition to the ongoing efforts in building the scholarship fund.

Thomas identified two potential areas of focus for these future

initiatives. The first centers on the coaches themselves, as each is an aspiring head coach in their own right. "We want to make sure that we are ready for opportunities of leadership, so we do empowering sessions for ourselves in preparation," said Thomas. Ingrained in this idea is also the importance of diversity in positions of power. "We think it's important that we try to impact administratively, we can't talk about diversity if none of the people who are hiring are diverse," added Thomas. "You tend to hire people who look like you and talk like you. In order to make that happen, we have to effectively get more people of color in positions of power, and get these positions balanced."

The second area focuses on the future of their student-athletes, beyond the realm of basketball. This includes ensuring that the players use their educational and athletic experiences at PC in the most successful manner possible. "We want to make sure our players take full advantage of their education and get opportunities to be in diverse situations that they are not typically hired in," said Thomas. "Whether it's Wall Street, whether it's executive positions, and then putting their expertise of leadership that they learned for four years, and team building, of being part of something collectively, to good use."

Whatever their next initiative ends up being, Coaches for Action will continue to provide an impactful voice for social justice on all 11 Big East campuses. Their voices are much needed in a country plagued by racial inequality, even as it has receded from the front pages of the news. "Progress is slow," noted Thomas. "James Baldwin said, 'How long?'... and it has been a steady crawl in terms of meaningful, impactful progress. The biggest thing is that you can't just change the mindset of a nation overnight, but what you can do is impact what's right. Just impact and do what's right."



PHOTO COURTESY OF PC ATHLETICS

Men's Soccer Starts Season Strong

Friars Knock off URI in Second-Half Blowout

by Leo Hainline '22
Sports Staff

MEN'S SOCCER

The Providence College Men's Soccer Team opened their season with a 4-0 victory, protecting their home turf against their in-state rivals, the University of Rhode Island. The Friars and the Rams were both scoreless in the first half, but a second-half offensive explosion helped PC seize the victory. Head coach Craig Stewart has plenty of positives to take away from the Friars' first game.

The Friars were initially scheduled to play against Boston College for their opener, but due to COVID-19, the Eagles were forced to postpone the matchup to a later date. URI was able to step up at a moment's notice and square off against PC in Friartown on Feb. 20. Last year, URI made the NCAA Division Men's I Soccer Tournament and was one of the most dominant teams in the Atlantic 10 Conference. Their top goal scorer from last year, Filippo Tamburini, continues to lead the team. The match was anticipated to be a good challenge for the Friars, especially without Preseason All-Big East selection Paulo Lima '22, who was out with a lower-leg injury.

During the first half, the Friars were energized and physical on the pitch, but the team appeared a bit rusty as they struggled to generate key passes needed in the final third of the field to break-through on goal. PC was strong in possession and delivered a few precise through-balls but created no clear-cut opportunities. It was actually URI, against the run of play, that had the best chances to score. A few shots on goal forced several solid saves from goalkeeper Rimi Olatunji '22, who kept the game deadlocked at 0-0.

The floodgates opened in the second half. In the 54th minute, Christopher Roman '22 out-muscled the URI defender on the right flank and supplied a dangerous cross into the box. Gage Raftery '23 attacked the ball and volleyed it into the back of the net. This was Raftery's first goal for the Friars,



PHOTO COURTESY OF PC ATHLETICS

Gevork Diarblian '24 (left), a Rhode Island native, shined in his first game as a Friar. The freshman picked up his first career goal to give PC a 2-0 lead in the second half. Just three minutes later, he recorded his first career assist.

and it was certainly a memorable one.

PC doubled their lead five minutes later. Gevork Diarblian '24 dished the ball to Kevin Vang '22, who returned a perfect through-ball that Diarblian was able to finish into the top right corner. Diarblian played high school soccer a few minutes away from Friartown at La Salle Academy, and the local product could be an integral part of the squad going forward.

Soon after his goal, Diarblian contributed an assist to Roman that just about sealed the Friars' victory. Brendan McSorley '24 attacked up the left flank, finding Diarblian in the middle of the box. Diarblian then laid the ball off for Roman on the right side. From there, all Roman had to do was

fire the ball into the back of the net.

Even then, the Friars were not done scoring. Aidan Melville '24 introduced himself to Friartown by striking a pin-point freekick on his debut. He powered the ball over URI's wall and placed it so perfectly into the top-left corner that URI's goalkeeper, Stefan Schmidt, did not even attempt to save it. After this strike, it is likely that Melville will step up to take similar dead-ball situations in the future.

The Friars will play their first Big East game at the University of Connecticut on Feb. 27 at 2 p.m. If PC performs the way they did in the second half against URI, the Huskies could be in for a long afternoon.

Season Finally Arrives for Swim and Dive

Men and Women Swim First Races of the Year

by Jack Belanger '21
Sports Co-Editor

SWIMMING AND DIVING

One week after their opening race of the season was canceled, the Providence College Swimming and Diving Teams each had their first meet of the 2021 season. The men's team fell to Bryant University, 169-119, and the women's team lost to the University of Rhode Island, 165-108.

Out of the four first-place finishes for the men, three of those came from Justin Viotto '22 in the 800- and 400-meter freestyle races as well as the 200-meter individual medley. The women were able to win five races during their meet. Katie Winklowski '24 won two individual races, while the 200-yard freestyle team of Katie Thornton '21, Sami Martin '24, Lauren Zawacki '21, and Jennifer Bankes '22 also took first place.

Even though PC did not get the outcomes they were hoping to see, the teams are excited to be back in the pool after an extended break. On top of getting their season pushed back, the teams were not able to practice as an entire group, forcing swimmers to train on their own time.

"Typically, we have a practice week where most training groups lift twice a week," said assistant coach Margaret Howe. "We really have not been able to lift at all this year."

With the reduced number of team



PHOTO COURTESY OF PC ATHLETICS

Katie Thornton '21, Jennifer Bankes '22, and Lauren Zawacki '21 all return this season after setting the school record in the 200-yard freestyle relay last season.

activities, several athletes have had to schedule gym sessions in the Concannon Fitness Center or run outside on their own. Howe also pointed out that the loss of full team activities has hurt the process of building team chemistry.

While every sport has had to make scheduling adjustments, the swimming and diving teams had to cut down some of their usual travel due to the varying COVID-19 protocols across different states and college campuses. The Friars were fortunate enough to schedule

several dual meets with teams around New England that were within driving distance, including their annual rivalry meet against the College of the Holy Cross Crusaders.

Some of the notable returning swimmers include Viotto and captain Andrew Ferrell '21 on the men's side. Howe noted that Ferrell's versatility to compete in a variety of events will be big for the team. Viotto currently holds four school records while Ferrell holds three.

As for the women, Zawacki and Sally

Alrutz '23 should help carry the team. Zawacki currently holds the school record for the 50-yard freestyle and is hoping to get a chance to break the 100-yard freestyle record at the Big East Swimming and Diving Championships. Alrutz currently holds the school record in the 100- and 200-yard backstroke events.

Howe also expressed her excitement for a recruiting class that brought 22 new swimmers to PC. "It's crazy that we haven't gotten to see any of them race [before the season]," she said. "But I'm looking forward to working with every single one of them."

While uncertainty and adjustments due to COVID-19 can be sources of distraction, the coaches have made sure players are focused when it comes to practice and training.

"We are trying to create an environment where you are cheering for your teammates at practice or you are really going after the set you have on the board [during workouts]. We want to create that team atmosphere during practice. We want the sport to be a bright spot in all of the craziness that's going on."

COVID-19 has made it harder for the teams to practice together, but the coaches have made the best situation for their swimmers. Both Howe and head coach John O'Neill have committed to creating a program that provides all their athletes with a chance to improve and compete at a high level.

Where Will QB Deshaun Watson End Up? Providence College Investigates: The NFL

Hopefully, The New York Jets

Upon the completion of the Super Bowl, football fanatics have turned to trade rumors, the impending free agency period, and the NFL draft for sources of entertainment. On top of the list of trade rumors is Deshaun Watson, quarterback for the Houston Texans.

Although the Texans front office keeps downplaying rumors of a trade, Watson wants to depart after four years in Houston. Multiple NFL teams have expressed interest in trading for Watson, leaving fans on the edge of their seats wondering where the superstar will end up.

Any potential return for Watson in a trade will feature a tremendous haul of draft picks and possibly even players. In particular, the New York Jets are a very realistic buyer in the Watson sweepstakes. The Jets have an excess of draft picks, most notably the second overall draft pick in the upcoming 2021 NFL Draft. The Jets also hold the 23rd overall pick, a pick acquired from the Seattle Seahawks in exchange for All-Pro safety Jamal Adams. These two picks will almost surely be included if the Jets have any hopes of acquiring the superstar quarterback.

Another factor working in the Jets' favor is the possibility of a Sam Darnold trade. It seems very likely that the Jets will draft or trade for another quarterback and settle for a second-round draft pick in exchange for Darnold, the former third-overall pick in the 2018 draft. With an additional draft pick received

for Darnold, Jets' general manager Joe Douglas would gain another pick that could be flipped for Watson.

Jets fans would certainly find it reassuring to acquire Watson via trade instead of drafting either Zach Wilson from Brigham Young University or Justin Fields from Ohio State University. It is almost certain that Trevor Lawrence of Clemson University will be off the board with the first overall pick. Lawrence, without question, would have been the best quarterback to draft if New York had the first pick. Now, with the second pick, the Jets' office is in a similar situation as they were when they took Darnold in 2018.

While it would be unfair to rule out the possibility of Wilson or Fields becoming stars in the NFL one day, if the Jets have the chance to obtain Watson, they should not hesitate. Another factor to add to the uncertainty of the rookie quarterbacks is the cancellation of the NFL combine. General managers will not have the ability to assess potential draft picks, instead relying on their college film.

The Jets cannot afford to miss out on acquiring a culture-changing quarterback like Watson. If the Texans call, the Jets need to pick up the phone and get the deal done.

-Ryan Carius '21
Sports Staff



Ignore the Noise: Houston

The Houston Texans traded away star receiver DeAndre Hopkins last season to the Arizona Cardinals for running back David Johnson, as well as a second-round pick and a fourth-round pick. Long-time defensive cornerstone J.J. Watt recently asked to be released. Indeed, the Texans are in disarray, but they simply cannot afford to trade Deshaun Watson.

The franchise quarterback wants out of Houston and has said he does not want to play another snap for the organization. After he was not involved in the hiring of new general manager Nick Caserio, and after the Texans failed to hire Kansas City Chiefs offensive coordinator Eric Bieniemy as head coach, Watson was frustrated.

Although a trade seems likely, there is strong reason to believe that Watson may still be part of the Texans organization when the season starts. After an interview with Caserio at the end of January, Caserio stated, "We have zero interest in trading the player."

Watson, who has a career 28-25 record with a 67.8 percent completion percentage, 104 touchdowns, 36 interceptions, and 269.2 yards per game, may not have much of a choice even if he wants out of Houston.

Over the course of recent years, it has become common for players within the NBA to ask for trades, putting their respective organizations in a difficult position. This phenomenon now blended over to the NFL, as is seen in the case of Watson and other star players recently

like Jalen Ramsey and Antonio Brown.

However, it should not be this easy for players to demand a trade away from a team. Watson's personal unhappiness should not require the Texans to trade him. He is still a part of the organization, and the Texans must do everything they can to keep such a talent.

In light of Houston's salary cap situation, trading Deshaun Watson would most likely mean having to absorb \$21.6 million in dead money over the course of the next several years, putting the Texans well over the cap limit. Of course, the Texans can restructure the rest of their roster, but trading Watson would put them at a major financial disadvantage.

Houston does have leverage over Watson. According to sports writer Adam Schefter, the Texans can fine Watson \$95,877 for missing minicamp, \$50,000 per day of training camp missed plus one week's salary, and \$620,000 for each preseason game missed. Finally, the Texans can collect the \$21.6 million if Watson retires.

Yes, Deshaun Watson wants out of Houston, but no player is bigger than the organization itself. The Houston Texans need to make the right decision and not trade their superstar quarterback.

-Liam Tormey '22
Sports Asst-Editor



Weekly Award Roundup: Four Friars Honored

by Scott Jarosz '21
Sports Staff

PC ATHLETICS

Despite drastic changes as a result of the COVID-19 pandemic, Providence College athletics are now in full swing. Teams that would normally play in the fall are now playing in the spring, adding to the teams that usually play their games in the current season. With athletic teams from all seasons playing simultaneously, a plethora of PC athletes recently earned awards. On Feb. 15, Mary Baskerville '22, David Duke '22, Emma Bodmer '24, and Nick Poisson '24 all received awards in women's basketball, men's basketball, women's soccer, and men's hockey, respectively.

Baskerville was a star for the PC Women's Basketball Team during the week of Feb. 8, averaging 16.5 points, six rebounds, 4.5 steals, and three blocks over the course of two games. Baskerville's impressive numbers earned her a spot on the Big East Weekly Honor Roll. In the first game of the week against Creighton University, Baskerville recorded her fourth double-double of the season, scoring 14 points and grabbing 10 rebounds. In the second contest of the week against Marquette University, Baskerville scored an impressive 19 points on nine of 13 shooting from the field. Baskerville will look to build off of this outstanding week as her and her team forge on through the remainder of the season.

David Duke, a guard for the men's basketball team, also earned an award on Feb. 15 after putting on two impressive performances. Across two games, Duke averaged 17 points, 9.5 rebounds, three assists, and two steals. These averages secured Duke the Big East Player of the Week award. This marks the second time Duke has been named Big East Player of the Week this season. Duke and the Friars played two games over the course of his award-winning week, the first being

at home against the University of Connecticut, and the second being away at DePaul University. He scored 17 points in each game and also led his team to victory in both games. Duke hopes to maintain his high level of performance moving forward as he and his team eye a run in the Big East Tournament.

Another PC athlete who received an award on Feb. 15 was Emma Bodmer, the goalkeeper for the women's soccer team. Bodmer was named Big East Goalkeeper of the Week after her first collegiate appearance on Feb. 14 against the University of Rhode Island. She recorded three saves in her first game and did not allow a single goal. Thanks in part to her performance, PC came out victorious over URI by a score of 2-0. Bodmer's outstanding debut bodes well for the Friars, as she has big shoes to fill following the departure of former standout goalie Shelby Hogan '20RS after the COVID-19 pause. She has continued to fill in those shoes valiantly, as on Feb. 22, she was again named Big East Goalkeeper of the Week.

Nick Poisson of the men's hockey team was named Hockey East Rookie of the Week on Feb. 15 thanks to his strong performance in PC's game against UConn. He tallied two assists, guiding PC to a 4-0 victory over the visiting team. Poisson has recorded a total of four goals and six assists this season, and he will look to continue his strong rookie year play as the Friars wrap up their season.

Even though their seasons have been drastically impacted by COVID-19, PC athletes have adapted to the changes and have performed at an elite level. These four athletes in particular have proven that hard work pays off, especially during this unusual time in collegiate sports.

Feb 15. award winners pictured from top to bottom: Mary Baskerville '22, Nick Poisson '24, David Duke '22, Emma Bodmer '24.



GRAPHIC BY CAM SMITH '21

A Look Around Friartown

Men's Basketball:

2/16 at University of Connecticut, loss 73-61

2/24 vs. Xavier University, N/A at time of press

Upcoming:

3/3 at St. John's University

3/6 vs. Villanova University

Women's Basketball:

2/20 at Seton Hall University, loss 67-55

2/21 at St. John's University, loss 65-47

2/24 vs. Villanova University, loss 63-58

Upcoming:

2/27 vs. DePaul University

Men's Ice Hockey:

2/13 at University of Connecticut, postponed

2/23 vs. University of Massachusetts-Amherst, loss 8-1

Upcoming:

2/27 at Northeastern University

2/28 vs. Northeastern University

Women's Ice Hockey:

1/17 vs. Merrimack College, win 4-2

2/12 at Boston College, loss 2-1 (OT)

2/13 vs. Boston College, postponed

Upcoming:

2/28 vs. Boston University
(Hockey East Quarterfinals)

Men's Soccer

2/20 vs. University of Rhode Island, win 4-0

Upcoming:

2/27 at University of Connecticut

3/3 at Villanova University

Women's Soccer:

2/21 vs. Bryant University, win 4-0

Upcoming:

3/4 vs. University of Connecticut

PROVIDENCE

Fall Sports: Back in Action

by Joseph Quirk '23
Sports Staff

PC ATHLETICS

The COVID-19 pandemic has affected millions of people worldwide and has made competing in sporting events especially difficult. At Providence College, fall sports managed to complete a full season in 2019 prior to the onset of the pandemic. However, with the pandemic continuing throughout the summer and into the fall of 2020, having a new season start on time was nearly impossible. This led sports like volleyball and field hockey to switch their seasons to the spring, beginning their games in the snowy month of February.

For Margot Royer-Johnson, the head coach of the PC Women's Volleyball Team, the biggest challenge was making sure her team was in the right condition for the start of the abridged season. In an interview with The Cowl, coach Royer-Johnson said, "Not having access to outside gyms, that kind of thing because of COVID, our bodies just aren't in competitive shape just yet. That's been a challenge because we have had to slow practices down a little bit to avoid injuries, and not cover as much as we would normally because we have to stay healthy."

Royer-Johnson also noted that starting the season in late winter as opposed to mid-fall is "surreal," and that other unusual issues have come up, such as scheduling conflicts with the men's and women's basketball teams. These are just some of the challenges many teams are now facing as a result of the pandemic.

Much like coaches from other teams at PC, Royer-Johnson had to get creative over the past year, especially when her team was studying remotely last spring semester and was unable to have formal practices this fall. "Our strength and conditioning coaches gave them workouts that they tried to modify as best as they could to support them or use the equipment that they have at home," said Royer-Johnson. "We did a lot of Zoom calls where we did a lot of 'get to know you' sort of things. We also did a lot of diversity and inclusion work that I think we all truly needed and continue to need."

Royer-Johnson also noted that while this whole experience has been difficult, she does try to find the silver linings. She mentioned that the team was given time to "reflect" and to "get in touch with reality," in addition to feeling a deeper appreciation for the way things were pre-pandemic.

All of this hard work seems to have paid off, however, as the Friars started their season off right with a 3-1 victory over Bryant University on Feb. 14 before posting another 3-1 victory over the University of Rhode Island on Feb. 22. When asked about how confident she is in her team heading into the rest of the season, coach Royer-Johnson said, "I feel really confident with the process and where we are right now." She emphasized that the team is pleased with their progress this season, especially considering the significantly lesser amount of practice time than usual.

While volleyball deals with its challenges as an indoor sport, head field hockey coach Diane Madl expressed her concerns as an outdoor fall sport starting in what has been a very snowy winter. "I



PHOTO COURTESY OF PC ATHLETICS

Madison Babineau '21 was a unanimous selection to the Preseason All-Big East Team after starting in all 19 games for PC last season.

think there's definitely that component of things that is out of our control, and we tried to acknowledge that from the get-go," Madl said. "We knew there was going to be a need for adjustment, and we did our best to prepare the team."

That sentiment of adjustment was something coach Madl mentioned several times in her interview, saying that one of the biggest challenges to a delayed start is adjusting the routine that she previously used during a normal season. Much like Royer-Johnson, Madl got creative to help her players during the offseason.

One of the ways she did so was by doing team building exercises over Zoom. "We do the best we can to have good video opportunities over Zoom, not just showing some hockey but also doing some team building stuff," said Madl. "Everything from family feud to Jeopardy, to whatever we could come up with."

In terms of any potential positives of a delayed season, coach Madl expressed the increased time frame to incorporate new additions into the team. "As a fall sport, a lot of times you're coming in and you have a very short preseason for the newcomers to blend into the team in a way that takes time," she said. "So, I think having that extended period of time, albeit very different and very unique, I think it did afford the opportunity for those newcomers to blend into the culture of our program and get to know everyone a little bit better."

The field hockey team has their first game of the season on Feb. 28 against the University of Connecticut. Coach Madl feels confident heading into their season opener. "We feel good," she said. "Again, it's a unique year, and the one thing we learned is that we can accomplish a lot by sticking together and fighting for each other." She believes her team has what it takes to push through any challenges the start of the season may throw at them.

For coach Royer-Johnson and coach Madl, the start of their respective seasons is a relief after a long and difficult wait. Despite the adversity caused by the pandemic, each has gotten creative, and their teams look ready to beat the odds in a very unique year.



PHOTO COURTESY OF PC ATHLETICS

Friars celebrate after beating in-state rival University of Rhode Island. The team is scheduled to play Seton Hall University on March 5.