

The Cowl



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Providence College Welcomes Dr. Laurie Santos *Yale University Psychologist to Give Commencement Address*

by **Andrea Traietti '21**
Editor-in-Chief
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News Co-Editor

COMMENCEMENT

At Yale University, Dr. Laurie Santos, a cognitive scientist and psychology professor, studies some of life's age-old questions—questions like “What makes us happy?” and “What can we do to achieve the good life?”

Providence College students have likely encountered these kinds of questions in Development of Western Civilization or philosophy classes, but in the midst of a global pandemic that has stretched over a year now, these questions have come to permeate everyday life as people around the world have searched for ways to find happiness even in difficult moments.

PC will welcome Santos to campus as the commencement speaker at the College's 103rd Commencement ceremony on May 20. After a year that often presented challenges and disappointments, Santos's studies in happiness make her a particularly fitting choice to offer perspective to the graduating class of 2021.

Santos graduated from Harvard University in 1997, where she received degrees in psychology and biology. Not only did Santos graduate magna cum laude, she was also awarded the annual Psychology Department Undergraduate Thesis Prize. Santos then went on to earn a master's in psychology at Harvard in 2001, where she focused on cognition and brain behavior—the area in which she would later receive her doctorate in 2003.

Santos began teaching at Yale University after receiving her doctorate and has since proven a valuable asset to the Yale faculty. After receiving her tenure in 2010, she became Yale's director of undergraduate studies in psychology from 2010 to 2015.

In 2018, Santos began teaching a course titled Psychology and the Good Life. It soon became the most popular

course in Yale's history, with about one-fourth of Yale undergraduate students enrolled and 170,000 people from at least 170 countries enrolled in the free online version of the course through Coursera.

Besides teaching this course, Santos is also the director of Yale's Comparative Cognition Laboratory, director of the Canine Cognition Center, and head

Santos was listed as one of the “Brilliant Ten” young scientists of 2007 in Popular Science magazine. In 2010, she gave a TED Talk at the TED Global Conference in the UK. In 2013, she was named a leading campus celebrity by Time magazine. Santos was also featured as the Association for Psychological Science Presidential Symposium speaker in 2011, granted Yale's Lex Hixon '63 Prize

a trustee emeritus of the College from 2011-2020 and currently serves on PC's Career Education Advisory Committee and the PC School of Business Advisory Council, has been a steadfast supporter of PC's multicultural students.

He served as co-chair of the first two “Reflecting Forward” weekends in 2017 and 2020, a PC initiative that celebrates the College's multicultural alumni during a weekend of networking and special events on campus. In 2017, Bouligny and his wife Nancy made a generous gift to PC to name the Bouligny Lounge at the Center at Moore Hall, the College's arts and multicultural facility designed to help promote diversity, equity, and inclusion at PC. The Bouligny's also established the Duane '94 and Nancy Bouligny Scholarship Fund in 2011 to assist African-American and Asian-American students.

John Chan '74 is well known throughout Rhode Island and beyond for the food served at his Woonsocket restaurant, Chan's Fine Oriental Dining—and also for his decades-long support of both famous and upcoming jazz, blues, folk, and cabaret artists and comedians whom he has invited to perform at his restaurant.

Chan gained exposure to both jazz music and the restaurant industry during his time at PC: his roommates, Joseph Small and Nehru King, who had a music show on WDOM 91.3 FM, introduced him to jazz, and he worked as a dishwasher, cook, and server at his parent's restaurant during college. In 1977, he merged the two when he began introducing live music to Chan's, which now holds the slogan “Home of egg rolls, jazz and blues.”

Chan was inducted into the Rhode Island Music Hall of Fame in 2018. He was awarded the Pell Award for Excellence in the Arts by Trinity Repertory Company in 2015 and the Keeping the Blues Alive Award from the Blues Alive Foundation in Memphis, TN in 2011.

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PHOTO COURTESY OF PROVIDENCE COLLEGE

Santos, a Yale professor, also hosts the podcast *The Happiness Lab*, where she shares scientific research and inspiring stories.

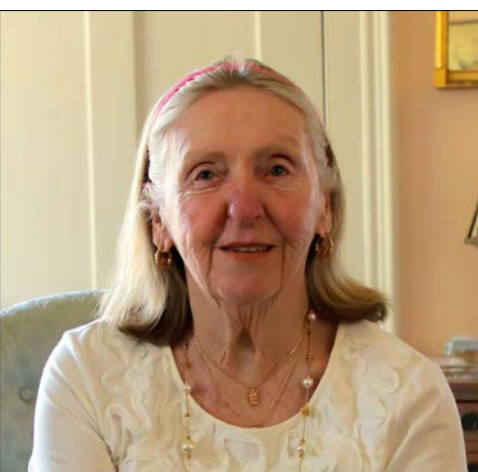
of Yale's Silliman College. Santos also has her own podcast, *The Happiness Lab*, which examines recent scientific research on factors that affect human beings' well-being and happiness.

Over the course of her academic and professional careers, Santos has earned numerous awards and received prestigious recognition. In 2003, her dissertation received the Richard J. Herrnstein Dissertation Prize. She was awarded the Stanton Prize for outstanding early-career contributions to interdisciplinary research by the Society for Philosophy and Psychology and Yale's Arthur Greer Memorial Prize for Outstanding Junior Faculty in 2008.

for Teaching Excellence in the Social Sciences in 2012, and awarded both the American Psychological Association's Distinguished Scientific Award for Early Career Contribution to Psychology and a Genius Award from the Liberty Science Center in New Jersey.

In addition to Santos, four other honorary degree recipients will be recognized at commencement, including: Duane Bouligny '94, John Chan '74, Emily Leary, and E. James Mulcahy '66.

Duane Bouligny '94 is a managing director in the Leveraged Finance group at Wells Fargo Securities based in San Francisco, CA. Bouligny, who served as



PHOTOS COURTESY OF PROVIDENCE COLLEGE

Above from left to right: Duane Bouligny '94, Emily Leary, John Chan '74, and E. James Mulcahy '66 will receive honorary degrees at Providence College's Commencement ceremony on May 20.

UNDER THE HOOD

Providence College's Student-Run Newspaper Since 1935

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Former *Cowl* Editor-in-Chief on Teaching English in South Korea, Connecting With Others, and Hearing Their Stories

by Sara Conway '21
A&E Co-Editor

FEATURE

It had been a long 15 hours for Kerry Torpey '20. Flying across the world to South Korea in order to teach English—and during a global pandemic, no less—was no joke.

There was the proper paperwork to put together before departing from the United States, then there was the 15-hour flight itself. But one of the last hurdles was the temperature check after landing at Incheon International Airport in Seoul.

Since her trip was in February, Torpey wore a sweater and her winter coat for the flight. Unfortunately, when mixed with her backpack—which was “15 pounds heavier than it was supposed to” be—dragging her luggage through the airport, and the general stress of traveling overseas during a global health crisis, Torpey’s temperature was just slightly higher than what the authorities at the airport considered acceptable.

Cue her desperate efforts to cool down once she was in another line for those who had not quite made the temperature cut. The backpack was dropped, the coat was shed, and her hair was up. So close and yet so far.

Although Torpey would not leave for South Korea until February 2021, she began the tenuous process of acquiring the proper paperwork for her journey in July 2020. “Everything’s in the context of COVID-19,” Torpey said, detailing that if something was slightly off, you could be sent back to the U.S. before you even stepped outside of Korea’s airport. Plus, before she could board the plane in the U.S., Torpey needed a negative COVID test, so she spent her last month in America self-quarantining. Hence why she “wasn’t able to breathe” until she actually got to South Korea, made it through the airport gates, and was safely quarantining in her room. And although Torpey has been in Seoul teaching for a little more than a month, she said that it did not feel real quite yet.

Currently, Torpey is teaching English in a public school in Seoul, South Korea, where she has 22 different classes of students ranging from grades four through six. She applied for a teaching position through English Teaching In Korea, a program with the Korea National Institute for International Education, which is under the umbrella of the Korean Ministry of Education. While Torpey’s application was handled by EPIK, her employer is actually the Seoul Metropolitan Office of Education, since EPIK recommends specific applicants to education offices across South Korea that then hire the teachers themselves.

Pursuing a degree in education was on her mind during her time at Providence College, but Torpey was unable to double major in it alongside her English studies. But she remembers *Cowl* copyeditor Jennifer Dorn '18, who received a Fulbright Scholarship to teach English in the Czech Republic. That moment in her sophomore year, Torpey notes, is when she really started looking into teaching English internationally. As to why she wanted to teach abroad—and specifically in South Korea—Torpey had a few attachments to the country, one being a high school friend who resides there.

Another was the vast difference between American and Korean culture. “That intrigued me beyond no degree,” Torpey said. She wanted to be in a place where she would have to learn, adapt, and immerse herself, especially with the language hurdle, although Torpey emphasized that Hangeul, the alphabetical system that forms the basis of written Korean, is “potentially one of the greatest inventions of all time” (no disagreements there). But this cultural difference simultaneously holds infinite possibilities of exploration and fostering a deeper understanding: “the most human connection you can have with someone is talking about where you come from.”

As an English major, a staff writer, and an editor of the Arts & Entertainment section of *The Cowl*, and later Editor-in-Chief, these experiences built solid foundations for Torpey to pursue teaching English. She joined *The Cowl* September of her freshman year and moved up to an editor position by the end of the



PHOTO COURTESY OF KERRY TORPEY '21

Torpey has always had an interest in teaching English abroad.

year, which further developed her “confidence in [her] ability to write, to edit, and [her] grasp of the English language.” While she was too late to double major in education, Torpey did take courses such as Educational Psychology taught by Dr. Kevin O’Connor, which focuses on classroom management and formulating better insight into the kids in your classroom.

She also has been around educators her entire life. Torpey’s grandmother was a teacher; her sister is a teacher; and her aunt is a dean of a law school. In addition, she volunteered in her sister’s second grade classroom for about five years, so Torpey is familiar with the school environment for younger learners.

These experiences also gave Torpey confidence as she prepared for her new role as an English teacher in a new country. She stressed that the schools and their relationship with their native-speaking English teachers are varied, and it depends on where someone ends up. Torpey’s school gives her a fair amount of creative freedom as she structures her lessons around the textbook and adds her own personal touches.

The nucleus of Torpey’s preparation, however, was research. Years of research. She is naturally still learning, but Torpey made sure that she was culturally aware and respectful of Korean customs, many of which are drastically different from those in the United States. Torpey emphasized that it all boils down to respect and understanding what is rude and what is polite, particularly for a culture that is founded on respect and hierarchy such as South Korea. For example, in Korea, one has to give and receive things with two hands.

Torpey is also the youngest teacher in her school, which is a role within itself. Since she is a foreigner, she generally is not expected to know certain customs. However, Torpey’s “effort to learn” demonstrated an awareness and a willingness that deeply respects the country, the history, and the culture of the place in which she now resides.

Language studies was a necessary part of preparations as well. Torpey used online resources including YouTube, a program called Talk to Me in Korean, and various apps. While she was in quarantine in Korea, she took an online class. Currently, Torpey is looking for a course in Korea, noting that she often learns better in a classroom setting.

While she has been studying the Korean language for some time, Torpey does get stressed about speaking. Although it is a persistent hurdle, she is aware that she has to push herself to use the language because “the only way you’re going to get better is if you use it.” In the end, yet again, “it is the effort that counts.” And Torpey does understand more than she gives herself credit, which she acknowledges, recounting, “Sometimes my co-workers will say something to me in Korean, and it’s funny, so I’ll laugh.” Torpey chuckles as she remembers their surprised reactions.

When I asked her about her expectations for South Korea and for teaching, Torpey said she had none. “There’s just so many unknowns that how can you possibly have any expectations?” Torpey muses over how she is usually a planner, but the journey to South Korea, including the 15-hour long flight—and the experience living in the country—has shown her that you can plan all you want, but those same certainties can

be uprooted just as quickly. However, despite having no expectations, Torpey again emphasized respect: “take everything with grace and respect for others and yourself.”

This has guided Torpey from the day she landed in Korea and beyond. Now, a month into teaching, she is “grateful” and excited to go to work every day. However, it all “comes back to the students and their willingness and eagerness to learn and how open they are.” The first day was like how most are when they meet someone new. Her students were “a little shy, a little intimidated,” and Torpey remembers that they were a bit “fascinated” by her since Korea is a relatively racially homogenous place.

Despite the differences in age, culture, and experiences, mutual interests bridge Torpey and her students, who call her “Kerry Teacher.” On the first day, she created an introduction PowerPoint and because she mentioned that she played basketball for a while, she now plays with some other teachers on Wednesdays.

This foundation of openness that Torpey set from the beginning is what characterizes her classroom. By being “welcoming and accepting,” she encourages a mutual exchange that then builds an “inclusive and comfortable” space. Although her students do not speak fluent English, “we can still have conversations in which we are making connections with one another over similar interests in sports or movies or music,” Torpey added. In essence, a “human-to-human connection” is created. She gave the example of one of her lesson games called “Stay Alive,” which made learning “I have a cold” a lot more fun for her sixth graders, many of whom like playing video games. The lesson was designed so students can gain a life, lose one, or, if they were physically in class, steal a life as they worked to improve their writing and speaking skills. Listening to her students and taking note of what they like allows her to “find games that cater to their interests,” thus making the process of learning English more engaging for everyone.

While Torpey is the teacher, there is a great deal that she has already learned in her (short) time in South Korea. “We are all such small fish in a big sea,” she reflected, drawing the conversation to her walks through Olympic Park in Seoul, which she often finds many older Koreans strolling through as well. “The oldest generations here either remember the Korean War or grew up in the years that followed, in which the country was in a serious economic struggle as they tried to create a new nation,” Torpey continues. She emphasizes that the “rich history of South Korea can be seen on every corner in Seoul, and it is important not to forget this history when thinking about South Korea, which many now associate with pop culture.”

However, as Torpey notes, “the people who are here have stories from all of those time periods,” from the Korean War to its economic boom. As the time inches closer to 11 p.m. in South Korea, Torpey thoughtfully adds her personal reflection: “It’s made me realize how important it is for all of us to try and broaden our worldviews.” She emphasizes that there are so many stories ready to be told at our fingertips, and “Korea is a country that is incredibly rich with stories.”

Stories are the common thread: “With the pandemic, when you aren’t around people as much, you kind of lose that humanness a little bit and that connection and that closeness with people.” Teaching in a totally new country, while there are numerous challenges, presents a unique opportunity, where there are new stories and new histories to be found.

There is clarity in Torpey’s eyes as she concludes, “While I can’t speak the language very well, I still feel like there’s so much to appreciate here within the culture, within the people and the stories that they have. That’s why it’s important to me to study the language very hard, too. I’m not going to be an expert by the next year, but I want to be able to talk to people and hear their stories.”

One of Torpey’s favorite Korean words is ha-ru, meaning “one day.” Maybe one day Torpey will be able to speak to the people of Korea and hear their stories in their native language. But even now, she is connecting on a fundamental human level as a teacher, learning about the Korean culture, and getting to know her students—the next generations—and their own stories. And that is a start.

Strong, Resilient, and Beautiful Women Empowered Creates Own Community

by Nicole Patano '22 and Savannah Plaisted '21
Asst. Copy Editor and Opinion Co-Editor

CAMPUS

Before Easter break, *The Cowl* had the opportunity to interview members of Women Empowered's executive board and discuss the importance of the club's presence on Providence College's campus.

Women Empowered was founded in 2012 to give a space to women of color on campus in which they can unapologetically be themselves. According to current president, Talysha Rivera '21, the main goals of Women Empowered are "to create a support group for women of color on campus and to be an advocacy group for women on campus."

The group serves as a safe space for women of color at the College and allows for open discussion in order for voices that are frequently marginalized to be heard. One of the biggest successes of Women Empowered is the community and sisterhood that the members create. At the start of each Women Empowered meeting, members have time to talk about how they are feeling and how their week was. "I don't think anyone comes in with negative energy," said Ekuia Boakye-Mensah '22, vice president of Women Empowered. "You leave your problems at the door."

"We're a group of bad bitches. Even though our voices aren't heard...we still find the power and resilience to stand up for ourselves."

While Women Empowered is typically a member club of the Board of Multicultural Student Affairs, at the beginning of last semester, the executive board decided to take a break from BMSA to devote their attention to Women Empowered. This decision mainly came in response to the events of last summer, including the murders of George Floyd and Breonna Taylor. Rivera explained, "At that time, we were all really drained with continuously speaking, and it felt like a time to be there for each other rather than speak out." Rivera and Boakye-Mensah emphasized that it is not the responsibility of Women Empowered to educate people now, when they are ready to listen, because the group

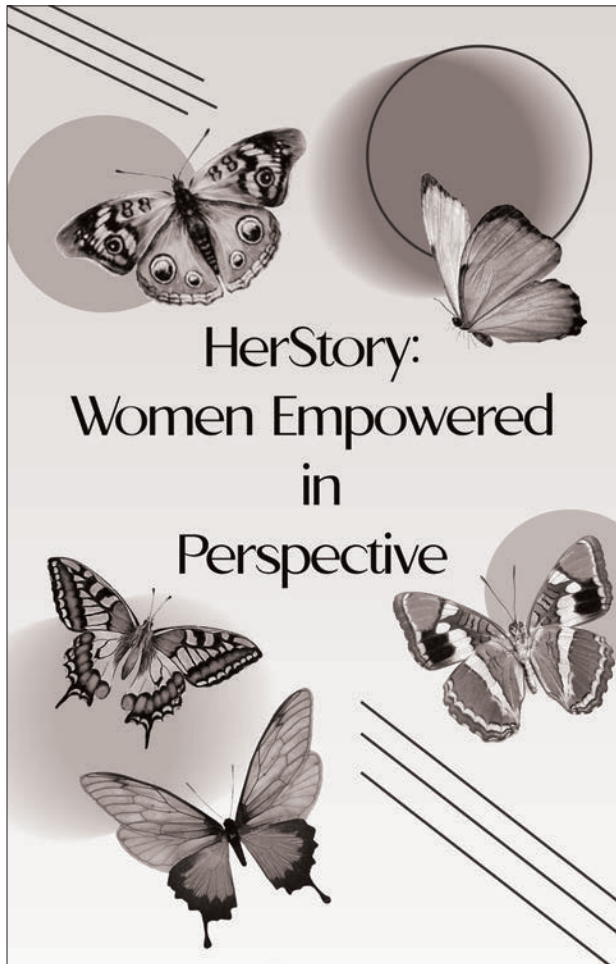


PHOTO COURTESY OF WOMEN EMPOWERED

has been doing it for years with little support or thanks.

Women Empowered's decision to leave BMSA allowed the club to better support and empower its members, which has always been its main goal. Nicola Calabrese '22, one of the club's public relations coordinators, stated that Women Empowered has "definitely always been for ourselves and our own journey." Expanding on this, Boakye-Mensah commented, "Within our own club, I can definitely say we make a difference...but when I was in BMSA and these other spaces where people ask us to come and speak, it just feels like we're just there as a demographic."

There is a large mental health component to Women Empowered that makes it a necessary space on campus for women of color. "Because PC is a PWI [predominantly white institution]," Calabrese shared, "you're surrounded by people who may not look like you or experience the same things that you do, so it's nice to be centered and be surrounded by people who

are feeling similar things that you are." Rivera added, "It's just a good feeling to feel that you can have a space to speak your truth and not feel judged."

In addition to their weekly meetings, the events which Women Empowered organizes provide a space for women of color to express themselves unapologetically. In previous years, Women Empowered hosted a retreat for women of color entering PC in order to provide them with a welcoming environment early on in their college experience. Despite the COVID-19 pandemic, Women Empowered has continued to be a source of sisterhood for many of the women of color on campus.

Two major events that Women Empowered holds annually are Naturalista and Herstory. According to Rivera, Naturalista is "a way of supporting Black-owned businesses while also embracing natural hair products and the natural beauty of women of color that doesn't fit into the standard of what being beautiful is." The event includes a barber, henna, eyebrow threading, and holistic care products for women of color. PC students can even sell their own products, such as swimwear and artwork.

This year, Herstory was held from March 8-12 in the Slavin overlook lounge. The event was titled "Herstory: Women Empowered in Perspective" and included personalized images of women of color on campus with biographies that included how the women understand the world around them. Explaining the significance of Herstory, Calabrese said, "[It] showcases the people who might feel like they're overshadowed on campus, so it gives them the spotlight."

As a club specifically for women of color at a predominantly white institution, Women Empowered has been intentionally and inadvertently belittled, invalidated, and ignored by members of the PC community. After years of fighting for an office space, Women Empowered was finally granted one in Slavin, but Calabrese describes the room as a "closet-looking thing with no windows." Women Empowered's events are also not widely publicized or attended by the College, unlike many other clubs on campus.

Despite these challenges, Women Empowered continues to be a force to be reckoned with. "We're a group of bad bitches," said Rivera. "Even though our voices aren't heard...we still find the power and resilience to stand up for ourselves."

Rivera, Boakye-Mensah, and Calabrese are not disheartened by the obstacles they encounter. Boakye-Mensah knows that "for us to have our space and for us to be on the front lines, is just going to encourage other generations."

Women Empowered meets weekly on Wednesdays at 8 p.m. over Zoom. Meeting information can be found on the club's Instagram page, @womenempowered_pc.

Dr. Laurie Santos and Alumni Honored at Commencement

Commencement

Continued from front page

Emily Leary, along with her husband Bill '10Hon, has donated more than \$3 million to the College: The Learys have a scholarship fund in their name, give to the annual fund, support capital projects, PC Athletics, and more.

In 2013, the Learys established the William C. and Emily D. Leary Endowed Scholarship to support students with financial need from Windsor Locks, East Granby, Suffield, Enfield, East Windsor, or Windsor, CT, or a student in need due to a sudden change in financial circumstances.

Outside of her involvement with the College, Leary has been instrumental in starting and supporting a number of other philanthropic and community projects in Connecticut, where she serves on her parish council, volunteers at a shelter for the homeless in Hartford, and serves as a long-term volunteer and board member of a food kitchen in Enfield. Archbishop Henry J. Mansell of the Archdiocese of Hartford awarded Leary the St. Joseph Medal in 2013 for her efforts on behalf of her parish.

E. James (Jim) Mulcahy '66 served as a member of PC's board of trustees from 2000-2008. He was the inaugural chair of the College's National Board of Overseers from 2009-2020, of which he is now



PHOTOS COURTESY OF PROVIDENCE COLLEGE

This year's honorary degree recipients have collectively achieved a great deal in their careers.

immediate past chair. Mulcahy is also a member of the Providence College School of Business Advisory Council. The National Alumni Association presented Mulcahy with the Personal Achievement Award in 2016 for his service to the College.

Mulcahy graduated from PC with a degree in economics; he received a Master of Business Administration from Boston College in 1970 and a certificate in advanced management from Massachusetts Institute of Technology's Sloan School of Management in 1979.

He began his career with Polaroid Corporation in 1969 and spent the majority of his early career with Dean Witter in Boston. Mulcahy held various roles with Smith Barney, a division of Citigroup Inc., from 1983-2001, and, in 2014, retired from Morgan Stanley Smith Barney, where he was responsible for the oversight of four businesses with assets under management totaling \$24 billion.

With his wife, Kathryn, Mulcahy has endowed two scholarships at PC. The Mulcahy Family Scholarship Fund, established in 1998, supports students from the New York metropolitan area or Cape Cod. The Rev. James Quigley, O.P. '60 Scholarship Fund, established in 2011, supports Hispanic or Latino students who attended a Catholic high school or are from Central or South America.

Mulcahy is active in his community, as well, serving as a trustee of Cape Cod Healthcare, which oversees Cape Cod Hospital and Falmouth Hospital, since 2018.

This year's commencement ceremony for the graduating class of 2021 will take place on Hendricken Field on the Providence College campus on May 20.

PC Plans to Celebrate In-Person Commencement

by Max Waite '21
News Staff

CAMPUS

On Thursday, May 20, commencement exercises for the class of 2021 will be celebrated with an in-person ceremony at Hendricken Field. As much as this past year has been uncertain, it is remarkable to see how far the Providence College community has come in order to make this event as memorable as it can be.

Despite COVID-19 regulations easing up in the surrounding communities, as well as vaccine availability increasing, parents and guests will not be able to attend the outdoor ceremony. Father Kenneth Sicard, O.P., announced, however, that the ceremony will be livestreamed.

In the past several weeks, students have received their caps and gowns and have taken the time to get their senior yearbook photos done. There is a palpable excitement in the air throughout the community. Michael McGreal '21 stated, "I'm sure our entire class was wondering what commencement would be like this year. I felt that it was on us to do whatever we could to prevent the spread of the virus. I'm ecstatic that we're able to have an in-person ceremony."

The ceremonies will start with a commencement mass for the senior class, which is scheduled for Wednesday, May 19 at 4 p.m. Additionally, there will be a separate, in-person ceremony for graduate school and School of Continuing Education graduates on Friday, May 21 at 6 p.m.



PHOTO COURTESY OF PROVIDENCE COLLEGE ATHLETICS

This year's commencement will be held at Hendricken Field rather than the Dunkin' Donuts Center.

Parents and guests will not be able to attend this ceremony either.

The College also announced Dr. Laurie Santos will be the commencement speaker. A Yale University psychology professor, Dr. Santos is the host of a widely acclaimed podcast called The Happiness Lab, where she dives into the factors that can impact our overall well-being. This will certainly be a memorable part of the ceremony, during which the class of 2021 will be sent off with a positive message that we can carry with us on to

the next chapter of our lives.

Students will be notified of graduation honors and class rank before the ceremony as part of their academic transcripts. Students who have been studying remotely for the past year are encouraged to join their class for the ceremonies, and, of course, they must provide a negative COVID-19 test before the ceremony. This past year has not been easy, and it is amazing to be able to celebrate the class of 2021 with an in-person commencement ceremony.

"Darty Season" Spells Impending Disaster *Off-Campus Parties Anger Many Members of PC Community*

by Hannah Langley '21
News Co-Editor

CAMPUS

It was a beautiful day in Providence, RI on Saturday, April 10. With not a cloud in the sky and the promise of a warm 70 degrees, Providence College students began to spill out of their dorm rooms and off-campus houses to enjoy the weather. Ignoring social distancing, mask mandates, and other COVID-19 protocols, many Friars on Eaton Street and in the surrounding area gathered in parking lots and on the balconies of off-campus houses in large numbers.

As videos, pictures, and other forms of evidence began to surface of the parties occurring throughout the day, students and others began to respond in outrage.

The Instagram account @BlackatPC has posted several responses from students of different class years in response to the partying. One student from the Class of '24 stated, "I get it, people are going to throw parties, but of that capacity... just blows my mind... this same thing happened last semester: it got warm, ignorant people threw a huge party, and we were put in lockdown." This statement provides context to the extent of the party that occurred behind the houses on Eaton Street.

Someone also commented on the fact that these kinds of large parties not only affect the PC community, but also the surrounding residents, many of whom are BIPOC. "It's evident that Providence College is a PWI occupied by primarily selfish, privileged students with healthcare. The lack of consideration for others is quite terrifying," said one student from the Class of '23.



PHOTO COURTESY OF THE 02908 CLUB

Students both on and off campus may be facing repercussions after Saturday's events.

On Monday, April 12, President Father Kenneth Sicard, O.P., released a statement in response to Saturday's events. Fr. Sicard stated, "I am concerned that [these behaviors and parties] have done damage to the reputation of the College and to your reputation as Friars. I know that you are better than this."

Fr. Sicard continued, saying there were also reports of vandalism and other reckless behavior that endangered PC students and the larger community. He asked the PC community to continue following guidelines, saying, "Despite the progress being made through vaccinations, we are not yet out of the woods...As we approach the end of the semester and prepare to celebrate graduation, I am imploring you to keep each other safe and to avoid a

recurrence of this past weekend."

While Fr. Sicard's message showed some concern, many members of the PC community were unsatisfied by the lack of measures taken by the College to hold students accountable for their actions.

On Wednesday, April 14, Steven Sears, vice president of student affairs and dean of students, sent an email inviting off-campus students to a conversation to address concerns. "My intention for this virtual gathering is twofold," said Sears. "For us to address and review what took place [and] to work together to identify, imagine, and construct a plan to which we can commit together that meets your needs for living off campus while centering safety and community."

The meeting had 113 attendees:

109 off-campus students, along with Sears; Martin Connell, director of community standards; Lieutenant John Dunbar, crime prevention/community relations officer; and Eric Croce, interim chief of Public Safety.

There were several issues and questions addressed at the Zoom meeting, including discussions about the Providence Police Department's role in monitoring off-campus residences, the consequences for students in violation of the code of conduct, and the role of on-campus students trespassing on off-campus students' properties.

Connell addressed the fact that 1,700 COVID-19 violations have been reported since the fall. These cases have been from reports both on and off campus, resulting in suspensions and other disciplinary actions.

Off-campus students complained that part of the reason for the large size of the "darty" on Saturday was because of on-campus students coming uninvited, refusing to leave, and becoming violent when told to. In response to this, Dunbar and Croce recommended that off-campus students who feel threatened and disrespected by on-campus students refusing to leave should call Providence Police or PC Security.

Sears also stated that a message will be sent to on-campus students in the next few days, making it explicitly clear that they are not welcomed off campus if not invited and could face disciplinary action if found violating this.

As the weather continues to get nicer, and more students get vaccinated, it is evident that all students, both on and off-campus, must recommit themselves to following COVID protocols in order to see a successful completion of this semester and an in-person graduation.

Former Friar Is on Fire

PC Hosts Entrepreneur and Podcast Star John Lee Dumas '02

by Sydney Olinger '23
News Staff

CAMPUS

John Lee Dumas '02, author of *The Common Path to Uncommon Success* and host of the award-winning podcast *Entrepreneurs on Fire*, spoke to students via Zoom on Tuesday, April 13. Dumas shared his story and journey to financial freedom and fulfillment after graduating from Providence College in 2002. He also addressed the lessons and strategies he learned while building his multi-million dollar media empire by interviewing over 3,000 of the world's most successful entrepreneurs. Dumas's podcast, *Entrepreneurs On Fire*, has gained over 100 million listens since its launch in 2012. He has now generated over 1.4 million monthly downloads.

Though he did not know what career route he would take at the time, the beginning of his long journey to success began at PC. From the first time he stepped foot on campus as a kid from Maine, to the present day as a successful businessman in San Diego, CA, Dumas states he has bled black and white as many members of the Friar Family do. After attending his first basketball game as a prospective student on his visiting day, he never missed a home game in all of his four years, which he claims is one of his proudest accomplishments at PC.

While a student at the College, Dumas was an army cadet in the Reserve Officers' Training Corps for four years before officially becoming an active-duty officer. Despite the 6 a.m. alarms three days a week as a member of the ROTC program, he powered through and believed that it was his "North Star" truly helping him to have a sense of focus and drive throughout his four years. He also strongly valued the relationships he made with and lessons he learned



PHOTO COURTESY OF EOFIRE.COM

Dumas's path to success took many unexpected turns.

from the Dominican Friars as a freshman living in St. Joseph Hall.

Following Dumas's graduation from PC in 2002, he traveled to Iraq to serve a 13-month tour of duty at only 23 years old. There he was a tank commander in charge of four tanks and 16 men. Through all of the death and destruction he witnessed as an active-duty officer including four of his own men, Dumas was grateful for the many experiences he had, but he

decided it was time to move on.

Subsequent to his time in the army, Dumas confesses that he struggled to find his place in the world for about six years. He attended law school at Roger Williams University for one semester before dropping out. He then tried corporate finance with John Hancock in Boston, until he realized he did not want to work a cubicle job and quit. After a few attempts of finding his footing, he ultimately made the decision to move to San Diego on his own to try working in real estate. Ironically, his first connection in San Diego within the real estate community was a fellow PC graduate, which further confirms that the Friar Family always sticks together.

Dumas started his own business with 13 employees, whom he had to train himself, which essentially gave clients home evaluations in regards to what a house was worth. He knew at the time that this was not going to be his end career, but he acknowledges that it was a perfect start and that he gained a great deal of business knowledge.

In an attempt to learn more about business for his job at the time, Dumas was unknowingly landing his most successful career yet. He started reading books on entrepreneurship, salaries, etc. but it was the podcasts that he truly enjoyed for inspiration. His favorite podcasts were the interviews with successful entrepreneurs, but when he realized there was not a single daily-interview-with-successful-entrepreneurs podcast that existed, he had, as he claims, his "aha moment."

In September of 2012, *Entrepreneurs on Fire* launched. For seven months, he did not make a single dollar. Dumas continued to consistently interview successful entrepreneurs until, finally, in his 13th month, he brought in abundant revenue. He has remained consistent for five and half years, interviewing thousands of successful entrepreneurs and inspiring many more future entrepreneurs.

Featured Friar: Joey Silva '23

Learning the Ropes of Life in Friartown

by Eileen Cooney '23
News Staff

FEATURED

There is no denying that finding one's place in college can be incredibly daunting. Deciding what you want to study and what clubs, activities, sports teams, and organizations you want to be involved with can be overwhelming. Yet, Joey Silva '23 has navigated these difficult paths and has found himself taking full advantage of all that Providence College has to offer.

Getting involved and developing a strong sense of pride in one's school is not new to Silva, a biology major from Pelham, NY. He attended Pelham High School, where he was class president during his senior year. "I loved being class president," he said. "It provided me with a lot of cool opportunities to interact with classmates, teachers, and administrators. It was a great experience that allowed me to be super involved in my community and make a difference."

Silva decided to go to PC after visiting his older sister, who is a junior, and recognizing the strong sense of community that exists here. He said that this strong sense of community is his favorite part about PC, which he didn't feel at any other college. "I loved how welcoming everyone is with each other and it made it so much easier to adjust to college life." Once he got to campus, Silva knew that he wanted to continue the strong involvement he had in high school.

As an incoming freshman, Silva did the Urban Action pre-orientation program. "I would definitely recommend the program to any incoming freshman," he says. "It's a great way to make friends, get adjusted to campus early, and make some lifelong memories." Once at school, Silva joined Providence College's Gaelic Society and became a member of the College's Board of Programmers. "My favorite thing about being on BOP is the community," he said. "Everyone is so welcoming, and it is amazing to be a part of a club with so many unique individuals who have so much love and pride in their school. Everyone on the board is truly passionate about planning events that make the school a better place for all."

Academically, Silva came into his freshman year undeclared. He explored the various academic programs PC offers by taking different classes to see what he would be most interested in. After some consideration, Silva decided at the end of his freshman year that he wanted to take the leap and declare a biology major. "Going in undeclared helped me to figure out what I wanted to do before committing to something," Silva says. "I am grateful that Providence allows you that flexibility and that they allow you to until the end of your sophomore year to declare your major."

Silva says that the hardest part about adjusting to life on campus was going from classes being from 8 a.m. to 3 p.m. in high school to having classes scattered throughout the entire day with a lot of free time to fill. He said that the breaks were hard to adjust to, and he had to



Silva has adjusted well to his life at Friartown.

PHOTO COURTESY OF JOEY SILVA '23.

figure out a way to remain organized and on top of his work. If he could give any advice to a freshman still adjusting to college life, he would tell them to remain patient because the adjustment comes naturally.

While the fall and spring semesters have obviously been clouded by the COVID-19 pandemic, Silva says that he is incredibly grateful that the College made the commitment to giving the PC community the opportunity to return in-person this year. "It's really a testament to the school's dedication and the strong

spirit of the Friar community," Silva said. He added that going to college during this time has taught him that nothing is promised and that it is incredibly important to take everything one day at a time.

As is the case for many Providence College students, Silva said he is going to miss his friends and campus life the most when the semester is over. "Being home and away from everyone that you normally see every day sometimes makes it feel like you have been a lifetime away from them," he says.

Prince Philip, Husband of Queen Elizabeth, Dies at 99

by Katherine Morrissey '22
News Staff

GLOBAL NEWS

On Friday, April 9, Prince Philip, Duke of Edinburgh, passed away at the age of 99. The news of his passing came around noon in the form of a statement from Buckingham Palace which stated, "It is with deep sorrow that Her Majesty the Queen announces the death of her beloved husband."

The duke, at the time of his death Friday morning, was the longest-serving royal spouse in British history. Prince Philip married Elizabeth, the elder daughter of King George VI and heir to British throne, in 1947. Just two years later, Elizabeth ascended to the throne, and Philip has since been by the queen's side for over six decades. The couple were married for almost 74 years.

Prince Philip served in the Royal Navy during World War II prior to his role as the queen's consort. During his time in the Navy, the duke was praised for his bravery and heroism. He even received the Greek War Cross, a military decoration for acts of heroism, for his role in the Battle of Cape Matapan. This award, amongst other actions, shows how, despite his royal title, Prince Philip lived a life characterized by putting others before himself.

The duke not only put others before himself in military duty, but also spent much of his life playing a pivotal supporting role for the queen, who has served as the monarch of a powerful nation that has gone through challenging times over the past six decades. In a BBC article concerning his death, a tourist visiting London stated, "He's been with her for 73 years. If it wasn't for him, who knows if she would have got through it." In this sense, the strength and service Prince Philip provided for his wife and the monarchy is truly understood.

Prince Philip was also an active philanthropist. His wife and he supported over 1,000 charities as patrons and members during his long life. Some charities which Prince Philip supported include the British Heart Foundation, the World Wildlife Federation, and Book Aid.

As a veteran, Prince Philip also was engaged in military-related charities, working with organizations like The Association of Royal Navy Officers, The Royal Navy and Royal Marines Equestrian Association, the Army Cadet



Prince Philip served his country as a decorated military hero.

PHOTO COURTESY OF WIKIMEDIA COMMONS

Force, and the Army Officers' Boxing Club. He also was very fond of sports and was a patron and member of many prestigious polo and yacht clubs.

While many are saddened to hear of the passing of Prince Philip, it is reported that he spent his final days on his own terms. The duke, who had been suffering from health complications and concerns for the past few years, ultimately retired from public service in 2017. This February, he was admitted and treated for preexisting conditions at two medical facilities in London. He was not discharged until March.

Since being discharged, Prince Philip reportedly spent his final weeks at Windsor Castle. At the end of his life, he spent most of his time awake, sitting in the sun outside with his wife by his side. He died peacefully Friday morning in the comfort of his home with the queen by his side as he wished.

British citizens and millions across the world have joined in mourning the loss of such a prominent figure and social servant. Many world leaders joined in offering their condolences, including President Joe Biden and First Lady Dr.

Jill Biden. They remarked, "His legacy will live on, not only through his family, but in all the charitable endeavours he shipped." This quote showed a shared sentiment from President Biden and the Palace who wished to highlight and remember Prince Philip's charitable works.

While many wished to honor his long life and tremendous legacy by offering flowers and displays at Buckingham Palace in London, the Palace has asked in the midst of the ongoing COVID-19 pandemic that individuals not attempt to partake in the funeral service. Instead, they asked people to consider donating to a variety of the duke's charities.

Prince Philip's death leaves an unsatisfiable void in the hearts of many individuals around the world. Those who have admired the duke and his service may be inspired to implement acts of service and charity into their own lives. While death and the end of a life is saddening, Prince Philip's passing reminds us to reflect on the magnificence of such a long and influential life, challenging each of us to live honorably and charitably even if on a smaller scale.

Congress Updates

by W. Cole Patno '24
Student Congress Representative

UPDATES

On April 6, Student Congress invited Erin Corry, resource coordinator for LGBTQ+ inclusion at Providence College, to speak and answer questions.

Before answering questions, Corry mentioned that Father Kenneth Sicard, O.P., created her position under his administration to foster a more welcoming and nurturing environment.

The first question a member asked was how the Dominican tradition has affected Corry's work and if there have been any challenges. Corry responded that finding compromise is sometimes a challenge, but the Dominican value of dignity of every person has helped bridge the gap.

Another member asked if Corry could further describe how she plans to unite the Dominican values with the LGBTQ+ community. Corry says that she intends to contextualize church teachings with the history of LGBTQ+ communities. Corry also wants to disband the notion that PC's club SHEPARD is where LGBTQ+ identities begin and end. She believes that having Dominicans lead queer programming and discussion will help make students feel more comfortable coming out at PC.

Another member asked if there were plans to talk with the faculty to make the classroom more comfortable for members of the LGBTQ+ community, especially when discussing Catholic doctrine. Corry said this is a discussion that is happening presently, and that work is already being done specifically to the Development of Western Civilization curriculum.

A Student Congress member mentioned the difficulty of coming out at PC and how sometimes it does not feel like members of the LGBTQ+ community are part of the Friar Family. Corry responded that there is a way to uphold PC's values while being inclusive.

Corry then asked Congress members what changes we would like to see regarding LGBTQ+ inclusion at PC. Members responded with answers such as ally and bias training for faculty and Dominican friars on campus, reformation of the guest speaker policy, increased transparency, and the official, full-time hire of someone in the position that Corry is in now.

Student Congress thanks Erin Corry for her time and looks forward to collaborating in the future!

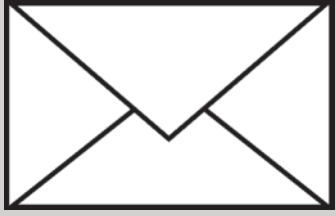
Following Corry's discussion, four pieces of legislation were introduced. The first piece was about making the Awareness, Education, and Collaboration Committee a standing committee on Congress. The next pushed for Pell Grants to be double the amount that they are currently. Another regarded the relocation of the dean of international student success to the Office of IDEI. The final concerned the consideration of environmentally friendly practices in the construction and renovation of Raymond Dining Hall. These pieces of legislation were voted on at the Student Congress meeting on April 13. The legislation regarding the AEC Committee, Pell Grants, and Raymond Dining Hall were passed. The legislation regarding the relocation of the dean of international student success was tabled.



Prince Philip served by the Queen's side for 74 years.

PHOTO COURTESY OF BBC

Have Something to Say?
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Environmental Accountability

Ensuring Corporations Practice Sustainability Is Key to Climate Movement

by Julia McCoy '22
Asst. Opinion Editor

SOCIETY

As Earth Day approaches, many people are encouraging sustainable practices and ways to live a more earth-conscious life. Here at Providence College, EcoPC is promoting an Earth Day Challenge for the month leading up to Earth Day, in which they encourage students to use a reusable water bottle or straw, watch an informative documentary, or learn about gardening and food waste. While these projects are great ways to remind people about what they can do to help themselves and the earth, there are larger hurdles that can not be overcome with just a metal straw.

For years, individuals have been asked to do their part to make their carbon footprint smaller. This means that the blame and guilt of a dying environment has been put on the individuals who were not involved in producing the carbon emissions that caused the most climate issues.

Instead, that blame should fall to the big corporations who not only make up 70% of carbon emissions, but also

have known of their involvement for decades before the public was made aware. In 2015, a report was released that companies like Exxon knew about their impact on the environment, but actively chose to ignore it.

For decades, with that knowledge, these companies allowed individuals to take the blame for the climate crisis. Additionally, they continued to push back against legislation that would have held them accountable.

Not only does this remind us of the lucrative political power of large corporations, it also begs the question of what could have been done to prevent this dire situation if companies had been open and honest about the impact they had on the changing environment.

But now that this information is readily available, people should not settle for an apology or a press release discussing "long-term" solutions. Rather, the narrative should simply be

reversed. The public, who have been guilty for something as simple as drinking from a plastic water bottle, should hold corporations accountable for their actions and failure to respond morally.

Environmental biology major Julia Abbott '22 agrees that there needs to be action from all aspects of society.

Abbott said, "Although individual people should still use their own platforms and actions to increase sustainability, it is up to more powerful corporations to head these movements and fix their mistakes."

Additionally, the resources and money available to corporations provide them a better opportunity to enact quick change.

Although some individuals are committed to leaving a small carbon footprint, others in lower-income communities are not as capable of changing the way they live. And they should not be expected to, since the vast majority

of climate issues are not their fault.

On the other hand, companies like Exxon have the means to tackle their own threatening practices. And, more importantly, they have a moral obligation to. After failing to share the vital information that they had for years—not to mention actively working to continue this abuse—these companies are responsible for the blame and climate reparations that could only begin to help the environment.

Overall, it is important to note that individual sustainable practices are helpful. Though it would take a much higher percentage of the population to make these practices incredibly effective, the use of metal straws, composting, and thrifting can impact your individual life and the larger community as a whole because it endorses and advertises climate-friendly practices. It also slowly pushes companies to get involved.

However, in order to make powerful, sweeping changes, the people should begin to press those companies that have been most culpable for these issues. By putting large-scale blame and attention on their errors, they may finally be forced to do something positively impactful.



PHOTO COURTESY OF PIXABAY

A Statement from the Asian Studies Advisory Committee

by Asian Studies Advisory Committee
Guest Writer

SOCIETY/CAMPUS

Dear Members of the Campus Community:

Over the past year, acts of harassment and violence against Asians, Asian Americans, and Pacific Islanders (AAPI) have risen at an alarming rate. According to the Stop AAPI Hate reporting center, there have been nearly 3,800 bias incidents in the past year, ranging from verbal abuse and shunning to assault and murder. In San Francisco, Vicha Ratanapakdee was slammed to the ground by a random assailant; he later died of his injuries. Just this weekend, five AAPI New Yorkers were assaulted in separate incidents, including a 54-year-old woman who was struck in the face with a metal pipe. And last Tuesday in Georgia, Robert Aaron Long murdered eight people: Xiaojie Tan, Delaina Yaun, Paul Andre Michels, Daoyou Feng, Yong Ae Yue, Hyun Jung Grant, Soon Chung Park, and Suncha Kim. Six of the eight victims are women of Asian descent. So are two-thirds of the victims of this year's bias incidents.

Sadly, anti-Asian bigotry in the United States has a long history. That history has included state-sponsored racism, such as the Page Act (1875), Chinese Exclusion Act (1882), the Gentlemen's Agreement (1907), and Japanese-American Incarceration (1942-1946). It has also included racist propaganda and outright violence, especially during times of conflict like the Philippine-American War, World War II, the Korean War, and the Vietnam War. During the COVID-19 pandemic, leaders who were in the position to advocate for national unity chose instead to sow division, with little care for whether mocking phrases like "Kung Flu" might pour gasoline on an already-raging fire.

The Asian studies program at Providence College condemns in the strongest possible terms this recent surge in acts of harassment and violence against Asians, Asian Americans, and

Pacific Islanders. As a college—and as a country—we must stand together against racism and support the AAPI members of our community. As an institution of higher education, PC needs to combat anti-Asian racism through education. We must work harder to incorporate not only Asian, but also Asian-American perspectives into our curriculum. This includes our own program. Asian studies will be adding courses in Asian-American literature and history, with a view towards becoming a program that encompasses Asia and the Asian diaspora.

Racism is a menace, and the struggle against it has more than one front. We cannot Stop Asian Hate unless we are also willing to affirm that Black Lives Matter. We must work—both domestically and around the world—in solidarity with communities that face racialized and gendered violence and are organizing against it. The violence in Georgia and the hate crimes experienced by Asian-American women can only be understood if misogyny and patriarchy are named along with racism and xenophobia. The Asian studies program looks forward to working with the Asian American Association and other campus partners to educate ourselves and work towards dismantling the ignorance and hate that perpetrate anti-Asian bigotry.

The Asian Studies Advisory Committee:

- D. Colin Jaundrill, History & Classics (Director)
- Fang Dong, Economics
- Susan McCarthy, Political Science
- Eric Sung, Art & Art History
- Trina Vithayathil, Global Studies
- Chun Ye, English
- Bing Huang, Art & Art History
- Alex Orquiza, History & Classics

Special thanks to Alex Orquiza for his help with the statement and list of resources.

Resources

For Recent Anti-Asian Violence and Harassment:

- Stop AAPI Hate reporting and resource guides (www.stopaapihate.org)
- Stand Against Hatred reporting and resource guides (www.standagainsthared.org)
- Playbill.com guide to resources, donation links, etc. (www.playbill.com/article/stop-aapi-hate-a-resource-guide-to-support-the-asian-american-community)
- Bystander and Intervention Training (www.advancingjustice-chicago.org/what-we-do/bystander-intervention-trainings/?fbclid=IwAR1CD1NAuPOxrMuYT02CQmLyiGfPfn8amcoHp_WcN1jAg3U6YfVvKI6pwkM)
- Further Anti-Asian violence resources (https://anti-asianviolenceresources.carrd.co/?fbclid=IwAR0brw8GlcNChji6_XArYMiMeWelgVef4evYWRxUDQCylGhXC9NGUaFMR8)

On the History of Anti-Asian Racism in the U.S.:

- Vox's reading list to understand anti-Asian racism (www.vox.com/culture/22336712/anti-asian-racism-reading-list)
- A literary guide to combat anti-Asian racism (www.electrictliterature.com/books-about-anti-asian-racism-in-america/)
- Testimony of historian Erika Lee before the Subcommittee on Civil and Constitutional Rights Committee on the Judiciary (docs.house.gov/meetings/JU/JU10/20210318/111343/HHRG-117-JU10-Wstate-LeeE-20210318-U23.pdf)
- PBS interview with author/scholar Viet Thanh Nguyen on the history of anti-Asian racism in the U.S. (www.pbs.org/newshour/nation/author-viet-thanh-nguyen-on-the-deep-well-of-anti-asian-racism-in-the-u-s)
- Race in America: History Matters with Erika Lee & Helen Zia (www.washingtonpost.com/video/washington-post-live/race-in-america-history-matters/2021/03/08/8b5acf58-a278-458c-923c-00ffcc23c1d6video.html)
- PBS documentary on Asian American experience (www.pbs.org/show/asian-americans/)

For the PC Campus:

- Bias Incident Report form (providence-advocate.symplicity.com/public_report/index.php/pid810399?)
- Personal Counseling Center
- Follow @pcasianam on Instagram for news, events, and support

What History Fails to Teach Us

Teaching Sterilized Versions of History in Schools Is Detrimental

by Joseph Kulesza '22
Opinion Staff

SOCIETY

The prominent way that people gain knowledge about the world is through the means of testimonial knowledge: knowledge that is obtained from other people. With this said, very little of the world is understood through our direct experience.

In science class, students are not expected to individually discover electron orbitals, as Niels Bohr already did that. In calculus, if it were not for Isaac Newton and Gottfried Wilhelm Leibniz, students would not know much about integrals.

And in history, if it were not for historians who have recorded events of the past, there would be very little to this subject area. Yet, history does not benefit from a thoroughly objective nature that the sciences benefit from, making the testimonial knowledge gained from the sciences reliable knowledge.

History is vulnerable to subjective accounts of events that have occurred, as people often see the world as it seems, and not as it is. Further, it is possible that events have not even been recorded at all.

It is because of these potential shortcomings that there is a danger regarding what history lessons students are taught in school, as there is no guarantee that what is taught accurately reflects what actually happened; in this way, history can fail to teach us.

It might come as a surprise for students to hear about some events that never made it into the standard curriculum taught in schools.

While slavery is a common area in high school curricula, other abuses against Black people, such as the Tuskegee study of syphilis in Black men,



Participants in the Tuskegee study (some pictured above) did not give informed consent, and their syphilis went untreated. The study is often left out of school curricula.

have become part of a history that students are entirely unaware of.

In this study, the U.S. Public Health Service, a federal agency funded by taxpayers, conducted research using Black men to study the effects of syphilis without patients' informed consent. Additionally, participants in this study were lied to about the study, and adequate medical treatment was never given. Today, these circumstances would be classified as medical malpractice.

This documented event is somehow left unrecognized by virtually all high school curricula.

And while the Manhattan Project is thoroughly

cemented into the textbooks of many students, not all of this event is told. It is true that physicists were authorized by President Roosevelt in 1942 to weaponize nuclear energy, but what is lesser known is that medical physicians were also a part of this effort.

During the Manhattan Project, physicists served to create radiation via nuclear fission, while physicians tested the effects of this radiation on humans. Working for the Manhattan Project exposed the workers to unhealthy amounts of radiation, and it was in the government's best interest to understand these effects. When animal testing ended in unsatisfactory results, the government then turned to testing the effects of radiation on humans via plutonium injection.

It is written on the Atomic Heritage Foundation website that "these plutonium injections were given between 1945-1947 at the Manhattan District Hospital at Oak Ridge, the University of California San Francisco, the University of Chicago, and Strong Memorial Hospital in Rochester."

A compromising of human health at best, and human rights abuse at worst, these events are not found in the standard curriculum. The theme of these two instances, as well as other instances of this kind, seems to be an attempt to preserve a type of narrative which results in a government that is immune from criticism.

While it is convenient for a government to have positive public relations, these types of attempts to sterilize American history only do a disservice to the people. In order to properly make decisions regarding the future, an accurate understanding of the past is needed.

A sterilized history is an inaccurate one, and the image of any organization should not take priority over the truth.

Fighting Fast Fashion

Consumers Must Stop Supporting Unsustainable Brands

by Olivia Bretzman '22
Opinion Staff

SOCIETY

Every second, about 20 tons of clothes-based waste is either dumped into a landfill or burned. Every day, college students buy fast-fashion styles online or in-store to keep up with the latest trends for their weekend or classroom looks. These are the clothes that end up in the landfill after they have been worn a few times and deemed "out of style." That is a whole lot of waste.

The fast-fashion industry has swept the world by storm in its opportunity to purchase cheap, decent-quality, and trendy clothes at an extremely fast rate. The rates of purchasing average pieces of clothes has increased tremendously since the early 2000s to the present day. The need for clothes has become replaced with an irrepressible want that often exceeds the balance of need and want in one's wardrobe.

Obviously, the fast-fashion industry has horrid environmental effects and implications for the future. The UN environment programme reports that "twenty percent of global wastewater and ten percent of global carbon emissions" are caused by the fashion industry. Thus, this sped-up, unnatural, wasteful process paired with the ignorance of the consumer creates a cycle of environmental destruction.

As college students, everyone purchases clothing as if it were our day job. Whatever one buys, regardless of identity, one can likely admit to purchasing from a fast-

fashion business such as Zara, Nike, or H&M. This will undoubtedly continue as social media progresses, influencing its users as well as the fashion world itself.

While condemnation is not the correct approach to this issue, education and mindfulness can help preserve the integrity of the environment and mitigate the effects of a rather newly researched problem.

The consumer makes the fashion industry boom. Revenue is the ultimate goal. One way to avoid falling into this issue is to take a step back and look at what you

already have as a consumer and only purchase what you really need.

Secondly, we must make mindful and sustainable decisions. The sustainable fashion industry has blossomed as of late. More brands than ever have begun initiatives to lessen waste in their production, use ethically sourced materials, or even build brands with completely recyclable styles.

Unfortunately, many of these sustainable brands and choices can be expensive. If you cannot afford them, try a thrift or consignment store. The task of rummaging through other people's used clothes

is so daunting and can be really unattractive; however, thrift stores are no longer the back of dad's closet thrown into a paper bag and driven to the store. They are oftentimes highly curated and hold the same pieces fast-fashion stores do.

In terms of the clothes one already has, well, reuse them. Give them away, sell them, or repurpose them for a household chore. Obviously, some things need to be bought from the fast-fashion industry or they will end up in the trash or perhaps at a thrift store; however, the mindful decision-making process of what to do with one's clothes is a tremendous start in the right direction.

In reality, many people do not see how this affects them. Perhaps the environment is "not your thing" or you believe you can do whatever you want with the money you earned. While this is true, it is extremely important to look at the facts and even the type of labor chain fast fashion supports. Perhaps taking a different viewpoint rather than an environmental-based one on the issue will strike a different chord.

Moreover, many people post about advocating for the environment and still feed into this fast-fashion scheme. Avoiding fast fashion is one of the most hands-on, feel-good decisions one can actually make that creates a direct difference for the industry. Keeping your profits in the sustainable-fashion realm will support the environment in more ways than we can even see now.

The future is sustainable fashion. Take hold of the trend!



Despite the appeal of their low-priced products, consumers should not purchase items from fast fashion companies like H&M, as their unsustainable business models negatively impact the environment.

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Recommitting to Community Coming Together in the Face of Adversity



by Andrea Traietti '21
Editor-in-Chief

EDITOR'S COLUMN

This year's commencement ceremony is going to be held on Hendricken Field right on campus—a COVID-related break from the tradition of graduation at the Dunkin' Donuts Center downtown.

The College announced that to

keep the event as small as possible, family members would not be allowed to attend the ceremony—so it'll just be the class of 2021, all together for one last time.

As disappointing as it is not to have graduation at the Dunk and to not have our families present, I certainly feel grateful that we're able to have graduation at all, and one of my roommates recently pointed out that the location of graduation is actually rather fitting.

One of the first times that the class of 2021 gathered all together was on Hendricken, when, on the day we moved in, we all marched onto the field and sorted ourselves into the numbers "2021" for an aerial photo.

So it seems right that things will come full circle on May 20, when we make our way out onto the field together again, this time in caps and gowns, for a very non-traditional graduation ceremony.

I'm proud to be a member of this graduating class. I've watched my friends and peers lead clubs and organizations over Zoom, complete senior theses amidst virtual learning, and offer support to others in need even as we all struggled to cope with

the reality that our senior year would be altered drastically by COVID-19.

More than anything, I think the achievements, both big and small, of the class of 2021 speak to one of the College's core values: community. Teamwork and collaboration, even as we were physically distanced, helped see us through this year.

Recent weekend events and the responses to these events have threatened that sense of community, and there is palpable negativity and tension on campus. In both our actions and our collective campus dialogue, there remains room for improvement.

Many of us chose PC for its sense of community, which from start to end has marked our careers at the College. We can't lose sight of the importance of that unity, even as we near the finish line and go our separate ways.

So in this last month, we have an obligation and an opportunity to recommit ourselves to our community values; to act responsibly, keeping in mind that health and safety are on the line; and to work together, not against one another, as we look towards the College's future.

TANGENTS & TIRADES

PC Should Offer Outdoor Workout Classes

As any fitness-minded Providence College student knows, it is increasingly difficult, if not impossible, to sign up for a gym time at the Concannon Fitness Center.

Because of COVID-19 guidelines and restrictions, there are only a limited number of spaces in the gym at any given time, creating an unfortunate situation for students who wish to work out and yet cannot register for a gym slot because of how quickly they fill up.

With that being said, if there's one thing all Friars can agree on, it is that campus glows during springtime. The weather is warmer, the days get longer, and PC students will do anything to get time outside after the dreary winter months. With the shift to move events outside to remain COVID-friendly, Rec Sports should consider offering workout classes outdoors.

Not only would holding workout classes outdoors allow for more students to join, but it would also make it easier to abide by COVID-19 social distancing guidelines. Additionally, these classes would allow students to get some fresh air and take a well-deserved break from schoolwork and extracurricular commitments.

With the last few weeks of the semester coming to a close, and finals season approaching much sooner than we all would hope, outdoor workout classes could serve as the perfect stress reliever.

—Katie Belbusti '22



PHOTOS COURTESY OF THE NOUN PROJECT

Keeping the Keurig: Making Coffee at Home Is Superior

College students run on coffee like America runs on Dunkin'. With a Dunkin', a Blessed Beans Cafe in Raymond Dining Hall, and a Starbucks in the Ruane Center for the Humanities all on campus, Providence College students have many different options to purchase coffee in the mornings or in between classes.

Even though these options are at one's disposal, college students should not solely depend on these coffee chains.

In order to save money and also protect the environment, people should make their coffee at home. Some argue that buying coffee is superior because it tastes better than homemade coffee, but making coffee at home allows you to make sure it is to your liking.

"You can make it to your specific and personal taste because you decide what goes in your coffee. And if you taste it and decide, 'Oh, this needs more cream or sugar, you can just add it!'" Alexa Katsaros '22 said.

Making coffee at home also saves money. "My 21st birthday gift of choice was a Nespresso," said Caroline Franks '22. "It's the gift that keeps on giving. My New Year's resolution this year was to stop spending money on coffee because it accrues over time."

Additionally, instead of using environmentally unfriendly plastic cups, people at home can use mugs or glass cups in order to protect the environment.

While buying coffee once in a while from Dunkin' or Starbucks is a fun treat, making coffee at home is the smart choice to make.

—Emily Ball '22



PHOTO COURTESY OF THE NOUN PROJECT

PHOTOGRAPHY



SAMMI BUTTITA '23/ THE COWL

ABOVE: Sophia Lupoli '23, Ellie Rogers '23, Patrick Morisseau '23, and Jaclyn Coppinger '23 enjoyed traditional Greek gyros from the Village Greek Food Truck as part of BOP's "Delicious Stops Around the World" event on April 9 on Slavin Lawn.

RIGHT: Habitat for Humanity and BOP hosted "Make Your Own Birdhouse" on April 9 on Slavin Lawn, where students could channel their inner Chip and Joanna Gaines to customize their own bird homes.



BRIANNA COLLETTI '21/ THE COWL



ISABELLA BAFFONI '23/ THE COWL

LEFT: The Providence Friars are back and better than ever at Chapey Field. The Friars defeated the St. John's Red Storm on April 10 with a final score of 19-9.

BELOW: Outdoor Adventure Club and BOP hosted "Saturday Night Vibes" on April 10 on Slavin Lawn, where students could chill around the fire pit, make s'mores, and enjoy Poppy's Waffles Food Truck while watching the sunset.



ROVING PHOTOGRAPHY

*If you could teach any class at PC,
what would it be?*



"Coffee."
Emma Peterson '23



"Astronomy."
Jack MacKeen '21



"Citizenship in the World."
Myles Forgue '24



"Global Service and Solidarity."
Cam McCauley '21



"Movie Quotes."
Clare O'Brien '23



"Spike Ball."
Jay Horan '22



"Being a Boss Woman 101."

-Taylor Swift

Local Area Boasts Flourishing Musical Talent *A Look at Providence's Budding Indie Rock Scene*

by Jack Downey '23
A&E Staff

LOCAL MUSIC

Upon my first excursions into Providence, RI, I could not find a lot of original acts. Most of the venues seemed to just play cover bands or gimmick acts. However, after repeatedly flipping stones throughout the city and beyond, I discovered a shocking amount of local bands making incredible music. "Finally," I thought to myself, "these are my people."

Among the many genres that are showcased in Rhode Island is indie rock: upbeat, simple, and overall fun to listen to. Whether it leans towards punk or it angles more towards funk, there are many varieties of indie rock within the state alone, with some bands even combining the two.

One such band is the always entertaining Rather Nice. This group is a four-piece out of Johnston, RI, featuring Joe Johnson on rhythm guitar and vocals, Mike Teneiro on lead guitar, Nick Reagan on bass, and Oliver Littlefield on drums. Forming and releasing their first EP *Quadratic* just before the pandemic began, Rather Nice has refused to idle, instead creating one of the most engaging social media presences that I have ever seen from a band.

Whether it is having followers help them write chord progressions, constantly live streaming even something as basic as practice, or displaying a video of them playing in (and subsequently getting kicked out of) a mall, they have always let their fans be part of the fun. Since the pandemic started, the band has released two more EPs, *Simp Cycle* in October 2020, and *Winter Vibes* in December 2020. Their newest EP *Fast* is coming soon and has a total runtime of four minutes.

Another musician who dominates the indie rock scene is Harrison Reed Dolan. Aside from being



Rather Nice. From left: Nick Reagan, Oliver Littlefield, Joe Johnson, and Mike Teneiro.

PHOTO COURTESY OF MIKE MONTEIRO

the drummer of grizzlies., a band mentioned in the March 17 issue of *The Cowl*, Dolan is always making music on his own. The range of styles that he covers is astounding: his music vaults from hip hop to indie pop to jazz and more. Combining an honest and mellow vocal delivery with his extensive musical knowledge, Dolan never comes across as a poser or a phony. No matter the genre, he always sounds genuine, which is something that even big time artists fail to do.

Like Rather Nice, Dolan also streams on social media, whether it be on Instagram or Twitch. On these streams, he showcases his impressive usage of the loop pedal and several instruments. As a treat, occasionally his father plays the flute. When it comes to releases, Dolan has numerous EPs and singles out on Bandcamp, but on all streaming services, there is the peaceful and jazzy hip hop song "Dogma," as well as the three-song EP *Forget Me*.

The band FINE. also stands out amongst the indie rock crowd. Formed over four years ago, FINE. is a duo consisting of Iz Dungan on

guitar and vocals and Ly Barber on drums. The band self-defines as "enby grunge-pop for the queers," and the two members have embraced this definition fully in their music, with stormy sounds that contain a melodic sensibility. It is almost like a butterfly in a hurricane. Sometimes the songs are more butterfly than hurricane, but regardless, each one is consistently engaging and hypnotizing, with Dungan's vocals vibrating right below the surface, menacing but also soothing in a strange way. The band has been to multiple states, including Pennsylvania, Ohio, Tennessee, and North Carolina. Their most recent single "Yellow and Pink" was released in 2020.

There are many amazing indie rock bands in Providence and the rest of Rhode Island, though if I wrote them all down here, it would take up the entire issue. I would encourage you to check out the bands I mentioned, as well as to do some digging on Instagram and to check out some other local acts. They always appreciate the support, and you will almost certainly be pleasantly surprised.

Taylor Swift Returns "Headfirst, Fearless" *Releases Fearless (Taylor's Version) Free From Braun*

by Grace Whitman '22
A&E Staff

MUSIC

Her country twang might be gone, but Taylor Swift sent millions of fans back to 2008 with her latest release. You may have laid awake excitedly waiting for midnight to listen to Taylor Swift's re-recorded version of the entire platinum edition of her second album, *Fearless*. By remaking some of her most famous songs, like "Love Story" and "White Horse," Swift brought her classic album not only a more mature sound, but an improved production quality as well. Her voice has become much more polished since 2008, but the entire album sounds nearly identical to her original release, even keeping a subtle giggle in "Hey Stephen." The remade album stays true to the original but possesses evidently smoother and stronger vocals than ever before.

Adding "Taylor's version" to the album title and each song is a nod to how Swift has full creative control and ownership over her music since her contract with Big Machine Records and Scooter Braun expired in 2018. Swift's music is



The cover of *Fearless (Taylor's Version)*.

timeless, and her decision to re-record her songs has fans loving her art even more. In addition to the re-recordings, Swift also put out six unreleased songs "from the vault" originally written in 2008.

The first song from the vault, "You All Over Me," features Maren Morris singing backup vocals. This soft country ballad perfectly blends Swift's *Fearless* era story with the sound of her new albums *folklore* and *evermore*.

Next, "Mr. Perfectly Fine" is the first breakup song that listeners have heard in years from Swift. Flashing back to her life as an

18-year-old, "Mr. Perfectly Fine" refers to her ex-boyfriend Joe Jonas, whom she dated in 2008. Including lyrics like "Mr. Never Told You Why, Mr. Never Had to See Me Cry," Swift seems to be making a reference to how Jonas allegedly broke up with her in a 27-second phone call. The subtle rock tones accompanied by upbeat drums is catchy to the ear and makes anyone want to sing along.

"We Were Happy" may have the word happy in the title, but the storyline will put listeners in an emotional state as Swift sings about how she fell out of love with someone she saw herself marrying one day.

The fourth song from the vault, "That's When," features Keith Urban. Including one of country music's sharpest voices, this song is the perfect duet to be included on *Fearless*. Over a decade after Swift opened for Urban on his 2009 *Escape Together* tour, the two artists collaborated to tell a story from both sides of a romantic relationship that fell apart.

"Don't You" did not make the final cut on *Fearless* but perfectly complements her current discography, as it is the combination of *Fearless*-era country Taylor Swift and modern-day pop Taylor Swift.

With electric guitars and drums heard in the background, this song showcases Swift's musical growth since the original album was released.

The 26th (13—Swift's lucky number—times two) and final song on the album is titled "Bye Bye Bye." If included on the original album, it would have been a perfect radio song. But even today, you will find this catchy song stuck in your head.

Overall, *Fearless (Taylor's Version)* is the beginning of Swift finally taking ownership of the art that she made and telling her story without censorship and need for management approval. Re-recordings from five of her other albums like *Speak Now* and *Red* will be slowly released over the next two years.



PHOTO COURTESY OF YOUTUBE.COM

The lyric video for "Mr. Perfectly Fine," a "vault song" featured on *Fearless (Taylor's Version)*.

Netflix's New Documentary, *Operation Varsity Blues* Exposing the Perverted College Admissions Scandal

by Dave Argento '21
A&E Staff

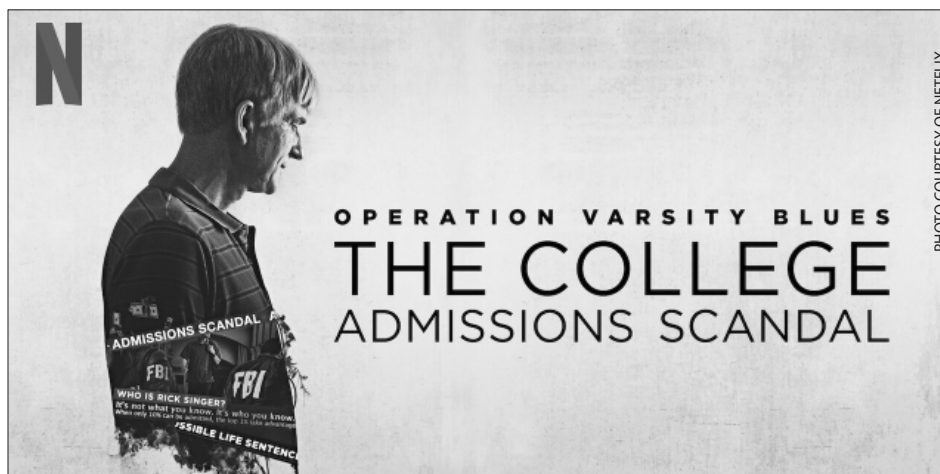
FILM

Providence students are not likely to hold fond memories surrounding the standardized testing and application process that haunts most high school juniors in the United States. Beyond the pressures of future career prospects and connections being influenced by colleges attended, parental expectations have managed to warp the priorities of a young adult's educational flourishing into a toxic rat race for bragging rights. Netflix's new documentary, *Operation Varsity Blues: The College Admissions Scandal*, dives into how independent college counselor Rick Singer capitalized on the college admissions industry through his illegal scheme exposed in 2019. Singer's system brought in approximately \$25 million from wealthy parents; he would bribe coaches and administrators so that their children would have surefire ways of being admitted into the most prestigious colleges in the country. Singer often used the phrase "side door" when selling the metaphor for his services to celebrities like Lori Loughlin and Felicity Huffman to show how he would subvert

the known, legal paths to student acceptance. With top ranked colleges becoming increasingly difficult to get into through the "front door" of the standard application process and the exorbitant price tag on the "backdoor" of donating tens of millions of dollars to schools to buy acceptance, wealthy parents disregarded moral judgements to use Singer's side door option. Singer used many techniques to pull off his heinous operation. His primary method involved bribing notable members of coaching staffs and athletic departments at top schools to commit players to their

teams that often had never even played the sport. Admission via sports teams of lesser notoriety subverted the usual criteria for acceptance if coaches gave approval, allowing Singer to get students through this channel for years. His other method of having students fake learning disabilities so that their private proctor could take their standardized tests to near perfection made genius applicants out of ordinary students in the eyes of those judging applications. Following the scandal, there have been investigations and crack downs on both the student athlete recruiting processes and

the standardized testing protocols. Lauren Kranc of Esquire writes, "In total, 50 people—33 wealthy and influential parents, two SAT and ACT administrators, one exam proctor, nine college athletics coaches, and one college administrator—were charged in Operation Varsity Blues." The documentary combines acted-out portrayals of the major players within the scandal with real life interviews from some of those who worked to bring Singer and his clients down in the FBI's operation. To this day, Singer has yet to be sentenced or to spend any time in prison, as his assistance with exposing many of his clients to authorities earned him some leniency with the law. The college search and acceptance process has always had inequality based on income, but *Operation Varsity Blues* shows how many of the nation's wealthiest went beyond the law in disregarding morality to favor what could be debated as either parental egotism or doing the best for their children. Netflix's documentaries have continued to bring greater transparency to specific topics that might have the mainstream reach to force greater reform within the U.S college admissions process. *Operation Varsity Blues* may just be the tip of the iceberg.



Operation Varsity Blues reveals Rick Singer's strategies to illegally gain his wealthy clients admission into top colleges.

Sexist Comment Wracks *Ginny and Georgia* Taylor Swift Calls out Popular Netflix Show

by Nikki Idelson '22
A&E Staff

TELEVISION

For anyone who has been on Netflix recently, the new television show *Ginny and Georgia* has been all the rage. It was released on Netflix on Feb. 24, and fans have been dying for a second season ever since. The show centers around the relationship between a mother named Georgia and her daughter Ginny. According to Marie Claire magazine, the show goes beyond depicting the relationship between Ginny and Georgia, as they "cycle between love interests, varying degrees of deception, new friendships, a mayoral election, and criminal activity." Marie Claire also described the show as

"half thriller, half coming of age story, with little sprinkles of comedy in between serious moments. It's a grab bag, and there's truly something for everyone in this addicting new show." This is why the show has become so popular, as it truly does have something for everyone. However, *Ginny and Georgia* has also received its fair share of criticism, which stems from the fact that in the final episode of the first season, Ginny makes a sexist comment to her mother. The joke revolves around pop icon, Taylor Swift. Ginny and Georgia are arguing about Ginny's romantic relationships, and Ginny snaps at her mother, saying, "What do you care? You go through men faster than Taylor Swift." In response to the joke, Swift replied on Twitter, saying, "Hey Ginny & Georgia, 2010 called and it wants its lazy, deeply sexist joke back." From the early 2000s to now, Swift has been constantly ridiculed for the very public nature of her romantic relationships, many of which have served as inspiration for music after their respective relationships ended. This unfair scrutiny over the years is a result of the deeply rooted sexism in the music industry that has existed for centuries and continues to prevail today. She has been made to feel wrong for her dating history while men, such as John Mayer, who have also had a very public dating record and have written music about it, have been praised. This unique form of sexism has continued to prevail within society, despite all of the progress that has been made in achieving equality for women. This also shows how important it is for all individuals, especially women, to point out micro-aggressive instances when they see them. Many have come back at Swift, saying that she has taken the joke to an extreme. However, this "joke" is an example of how sexism is still deeply rooted within society. PopSugar commented on the situation, saying, "the 'take a



Taylor Swift expressed her frustration with the sexist joke about her on *Ginny and Georgia* by posting on Twitter.

joke' mentality simply minimizes the irrevocable damage the sexist attitude is causing." From the joke itself to those who deny the severity of it, it is clear that we as a society have much more to do in fighting against the underlying sexism that exists today. It is disappointing to say that neither Netflix nor any of the cast members of *Ginny and Georgia* have said anything regarding the situation. Fans are hopeful that season two will be more conscious of any jokes that are made.

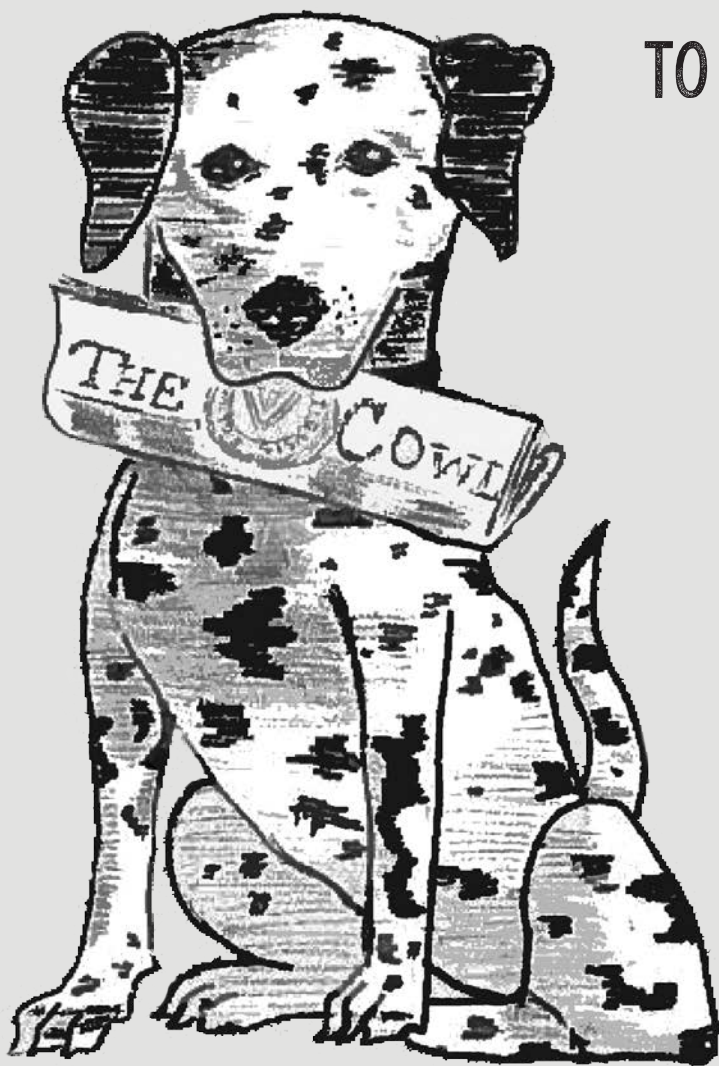
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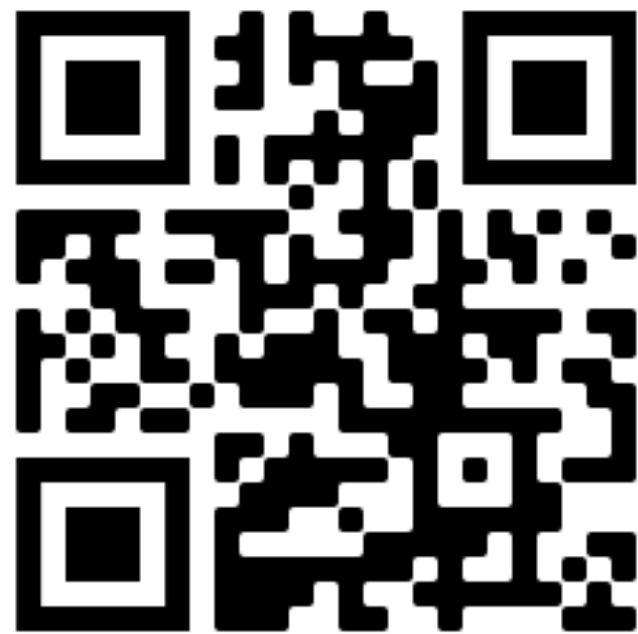
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The Cowl

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OR SCAN THE QR CODE BELOW.



Questions? Contact Andrea Traietti, Editor-in-Chief at atraiett@friars.providence.edu.

Broken Glass

by Grace O'Connor '22
Portfolio Staff

POETRY

She pounds her fists against the glass desperately,
As the clarity in front of her becomes increasingly distorted.
She forces herself to scream, but no one can hear her,
The water starts to fill up her lungs and drown out her voice.

The water eliminates all sound around her,
As the vibration of her pounding fists comes back to slice her.
The water molds her in place like glue,
Pushing her down, refusing to catch her drowning body.
Her mind races to find a solution.

The darkness bleeds through the edges of her eyes,
Blinding her slowly, stopping time.
She prays silently for peace,
As she accepts her fate.

The glass cracks slightly and shatters all at once,
She is pushed to the ground, guided by the water,
Covered in prickly, pale skin.
Her body fills with instantaneous relief and wrath.

She resents herself and her ability to cause this perpetual fear.
As she slowly lifts her shaky body up from the ground,
She is both numb and vulnerable.
She looks at the glass she shattered and feels a pit in her stomach.

She knows she will have to use her strength once again to break glass,
To make her fists bleed in order to let herself take a full breath.
But the water is not her enemy,
It has always been herself.

Nature Has No Curfew

by Taylor Rogers '24
Asst. Portfolio Editor

POETRY

Shadows and I become one as the night falls,
The sunset smiling down at me, waving one last goodbye.
Spring's simplistic desires draw me in,
And I choose to abandon my curfew, deciding to just live.

As we dance, the stars begin to appear,
Wishing to join our game of hide and seek.
Twilight taunts our once innocent thoughts,
Urging us to leave the world behind, and get lost.

The stars dance with me as you sing,
Your heavenly voice calming the creatures of the night.
Bright beams of light illuminate our hearts,
And finally, I lose my fear of the dark.

A full moon guides us back to your car,
And the woods part to form a long, rocky path.
Dark's desire rises from the shadows,
My eyes find yours, and the wind around us blows.

Black gives us the illusion of stealth,
Yet I find myself not caring if the two of us get caught.
Soft, soulful music invades our space of silence,
And we let ourselves partake in some violence.

A few clouds lead us back to my place,
And I look at my house in dread, not wishing to go.
For the last time tonight, you give me a kiss,
And nature says goodbye to me, your taste forever on my lips.

PHOTO COURTESY OF SNAPPYGOAT.COM

your letter, signed

by Marelle Hipolito '22
Portfolio Staff

POETRY

The flashbacks come back in a blur
All the good times, and the ones that hurt
Every phone call and basketball game
Each smile and each touch of pain

But when the rain starts to pour down hard
I wash myself clean from all the scars
And move on to the next chapter of my life
But I leave you behind, a letter unsigned

I gave you everything I was
All I had without a pause
It hurts that I'm always the first to make amends
It hurts cause we're so close to the end

I used to go through photographs of times we laughed
And when we bet on the NBA draft
But I don't feel the need anymore
To sing that song we sang with the windows down
Cry like when I told you about my hometown because
That's all behind a closed door

And now when the rain starts to pour down hard
I trust that time will heal all my scars
And move on to the next chapter of my life
But I leave you behind
And your letter, now signed

PHOTOS COURTESY OF PIXABAY.COM AND GRAPHIC DESIGN BY ELIZABETH MCGINN '21

Memories

by Sarah Heavren '21
Portfolio Staff

POETRY

They haunt the present,
The ghosts of the past
A reminder of
Things not meant to last.

Sometimes they are good
Sometimes they are bad
Preserve the happy
And preserve the sad.

The past has shaped us
For better or worse
It has determined
Much of our life's course.

We can create them
On purpose or not
We might not know why
They matter a lot.

But I do not know
Where I would now be
If it were not for
All my memories.

PHOTOS COURTESY OF PEXELS.COM AND GRAPHIC DESIGN BY SARAH MCLAUGHLIN '23

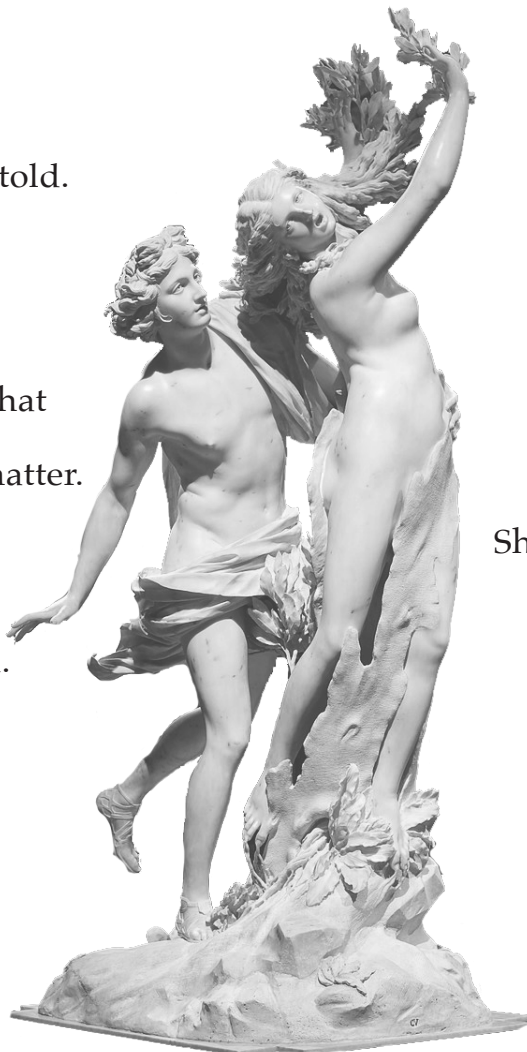
The Testimonies of Daphne, on the Subject of Apollo

by Colleen Joyce '22
Portfolio Guest Writer

POETRY

My testimony discloses the truth—
I rejected each of his proposals.
In fact, I am certain the only words
from my lips, directed towards Apollo,
were dismissals—despite what has been told.
Let me state that I did not want his eye.
My desires were trivial to him.

Eros may claim mockery and “humor”
turned the god of sun to the pathetic
god of pursuit; To me, though, it's clear that
the god needed not a flimsy arrow—
his pursuits would have trailed me, no matter.
The fact is they did. During my travels,
he stalked my each step, just like a lion,
waiting for the moment to engage me.
Forgive me, sir, but there was never a
fine moment—I simply did not want you.
How many times must I clarify this?



Maybe an analogy will suit you:
a gazelle does not choose to be the prey.
She does not tread lightly, cautious, just to
become some predator's toy, nor his meal.
She wishes not to find herself in the
daggers of a vicious, greedy creature.
She would much rather graze at home, able to
mill about without the immense burden
of unrequited quests of seduction.

So, I must say to you, Apollo, stop!
I yearn for life you are not a part of.
But, if I must live one with you in it...
I would much prefer to be cemented
into the tough bark of a laurel tree.
At least then, when I shall decay, I may
escape the cement of your dreadful love.

PHOTOS COURTESY OF WIKIPEDIA COMMONS

At Peace With Death

by Anna Pomeroy '23
Portfolio Staff

POETRY

I understand why old people are so content with death.
Our bones don't grow brittle from their long-lasting bends—
But their existence becomes the unstable foundation for
the external skin that takes the beating of life.
It's hard, life.
I mean, we're meant to make it—
Strong enough.
But there comes a time when our eyes have no tears left to shed,
And no band aid could ever cover the infinite bleeding wound our heart has become.
We accept this.
Because while we may not wake up one morning,
The birds will.
The sun will still shine,
And the grass will grow into the next season.

PHOTO COURTESY OF PIXABAY.COM

Listomania*

Best Places to Use Our Free Foldable Friars Chairs

- By the trash behind Ray
- In the koi pond
- Lane 4 on the track
- The Friar Development Center (until you get caught)
- In Ed Cooley's office
- In line for Dunkin'
- Deep in your closet
- On the roof of Ray
- In Father Sicard's backyard
- Sunbathing outside the Marriott
- In the flame
- In the Suites' elevator
- In line for your COVID-19 test
- Outside Mondo's (waiting patiently for it to reopen)
- The Eaton Street bike lane...oh wait
- Anywhere other than outdoor classes

*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,

The squirrels are back, and they're making it known. Despite being vaccinated, I'm still fearful. How do we defend ourselves against their attack?

Sincerely,

I Draw the Line at Chipmunks

Dear Squirrel-aphobe,

I hate to break it to you, but I think the vaccine only protects you from COVID-19, not from bushy-tailed woodland creatures. You can try staying away from trash cans and trees, but as the old saying goes, if you can't beat them, join them. The army of squirrels on campus is too big for one person to combat, and as finals get closer and you start getting a little squirrely in the head yourself, you might realize that you have more in common with them than you think. As you try to make peace with them, remember that they can smell fear. Good luck!

Nuttily,

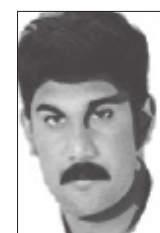


Tiff

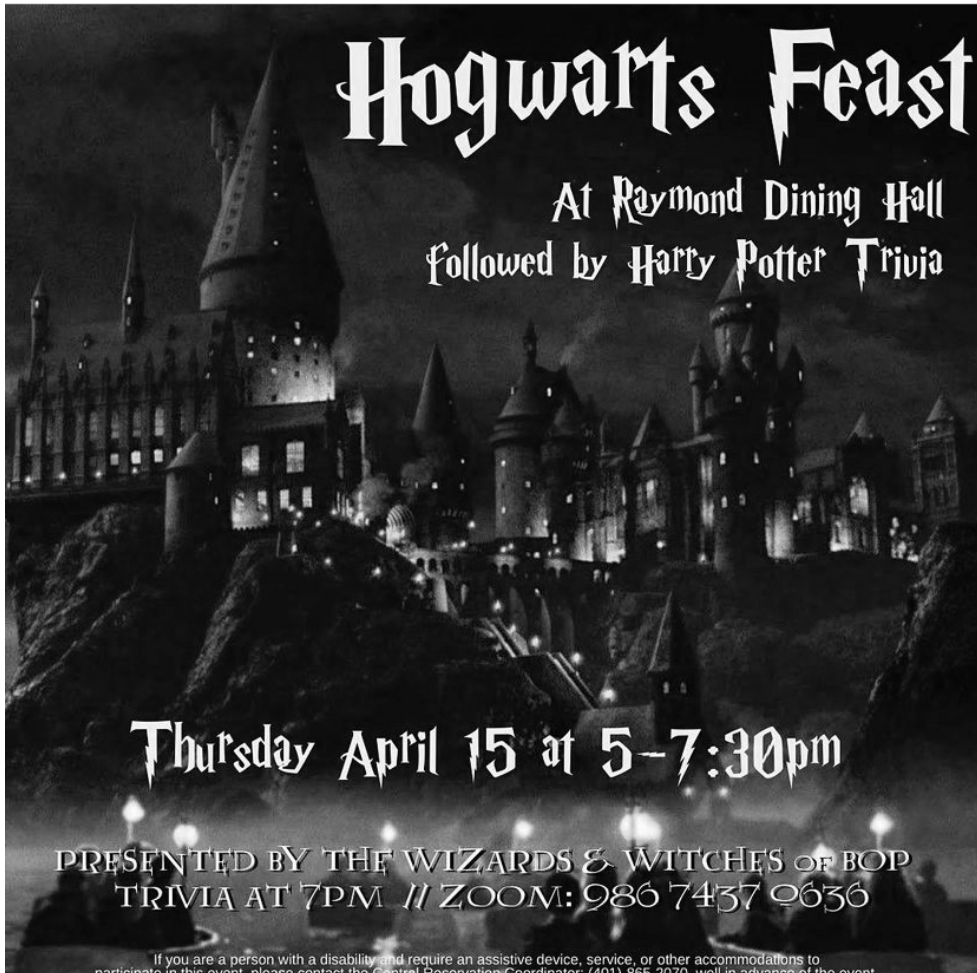
Dear Squirrelhater88,

Only Pfizer works against squirrel bites, so I hope you're in luck! If not, and the reports are true, it's time to fortify your location. Ruane seems like the best building to defend against the imminent squirrel invasion. Pile as many Civ books against the doors and hope for the best. I'd also advise carrying a bag of acorns in case the walls are breached. A final bargaining chip goes a long way. Best of luck against those nutty beasts!

Fearfully,



Earl



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Wheeler and Coffin Set Pace for Friars Track and Field Runners Excel in NCAA Championship Races

by Joseph Quirk '23
Sports Staff
Cam Smith '21
Sports Co-Editor

ATHLETES OF THE WEEK

Last month, two Providence College athletes took their talents to the NCAA championships. Abbey Wheeler '20GS finished fifth in the 5,000-meter at the NCAA Indoor Track and Field Championships. Maria Coffin '21 placed 99th out of 253 runners at the NCAA Cross Country Championships. The Cowl sat down with each runner to reflect on their NCAA experiences, the challenges of racing in the COVID-19 pandemic, and their goals for the future.

Abbey Wheeler '20GS:

During her illustrious career at PC, Abbey Wheeler '20GS has been one of the most consistently dominant athletes on campus. Wheeler, recently named the United States Track and Field and Cross Country Coaches Association 2021 Women's Track Athlete of the Year, recently finished fifth at the NCAA Indoor Track and Field Championships for the 5,000-meter race.

The fifth-place finish earned Wheeler an All-American nod, her third in her PC career. The championships took place in Fayetteville, AR, and Wheeler described the experience as both "wonderful" and "different" from other meets she had been to because of COVID-19 protocols.

"It's always so exciting to be at a meet where you're truly among the best of the best," Wheeler said. "That's always a bit nerve-racking, but also exciting where you get to test yourself in a field where there are no soft spots."

One would imagine that such a race would stir up a slew of emotions, but Wheeler kept herself composed, despite how difficult she said it could be. That would be needed, as she described the race itself as an "odd run" where the pack paced weirdly and stayed together for a lot of the race.

"It was really difficult to remain comfortable and composed with all those weird pacing things going on," Wheeler said. She added that "with everyone

getting a little aggressive with pacing, everyone was pushing and in your head you're just trying to stay in it until the race actually gets going." Despite it being easy to lose focus and composure, Wheeler was able to hang on for a strong finish, passing multiple runners in the final lap when the pack finally began to split.

This was Wheeler's first appearance at the indoor track championships. She had previously competed in the outdoor championships and had qualified for the indoor race last year; however, it was unfortunately canceled. She said that the finish felt like a "long time coming," especially because she felt ready to make this breakthrough at last year's event before its cancellation.

When comparing it to previous 5,000-meter races she had run, she called it her "best performance at the national level. I definitely leveled up a bit there," Wheeler proudly said. "My last one I was second team All-American, so this was the first time I was first team All-American, so that was super exciting." She also pointed to a major difference between the indoor and outdoor versions of the 5,000-meter, citing that the indoor race only features 16 runners while the outdoor race features 24.

Following nationals, Wheeler proceeded to again finish fifth overall at the Raleigh Relays, one of the first races of the spring track season. Her finishing time of 15:46.87, as well as previous years' performances, should be enough to qualify her for the NCAA Outdoor Track and Field First Round in Jacksonville, FL on May 27-29.

When asked about the meet, the humble Wheeler mentioned her excitement about her time and possible qualification, before expressing a lot of happiness for her teammates who she also thinks could qualify following their performances. "It was nice to get a bunch of my other teammates to get times that can be competitive to qualify for that as well," stated Wheeler. "That was pretty much the goal of the meet."

Wheeler made sure to give credit to her coaches and teammates for keeping



PHOTO COURTESY OF PC ATHLETICS

Coffin finished in the top 100 at the NCAA championships this past March, but she has even higher hopes for next season.

each other "grounded" throughout the season, especially with the challenges the COVID-19 pandemic held over both the school and the track season. This was especially important with a short season and a hard winter, making it difficult to stay ready and having less chances to qualify.

When reflecting back on her racing career here at PC, Wheeler noted something interesting. Aside from all the other accomplishments she has, one of her proudest moments actually came from overcoming adversity at a regional meet her junior season. "I was in the 5k and I wasn't in particularly fantastic shape, but I was racing to get a spot in outdoor nationals," she started. "And someone stepped on my shoe early on in the race and so I was running with my shoe kinda off. In the last mile I just kicked it off and I was running with only one shoe."

She said in those kinds of moments it is easy to give up on yourself, but vocal support from her teammates kept her focused and pushed her forward. She ended the race with a qualifying time, and while she said it was not her best race, overcoming that adversity made her really feel that she belonged competing at this level.

As for her goals for the remainder of the season, Wheeler is "just trying to run really fast, make the championship season, and make outdoor nationals. And if I can run fast there, that would be great."

Maria Coffin '21:

In October 2020, Maria Coffin '21 finishing in the top-100 at the NCAA Championships in March 2021 would have seemed improbable. After a summer of hard training, Coffin suffered a femoral stress reaction in October, which effectively shut down her training for the foreseeable future. When she was finally able to ramp back up her training in January 2021, the cross country schedule remained murky as COVID-19 regulations stayed in flux.

Nevertheless, Coffin persevered. Coming into her trip to nationals, she had just raced once, in the Big East Championships. Her performance there booked her a ticket to Stillwater, OK to compete with the best cross country runners in the nation.

The massive field of 253 runners, and a distinctly challenging course, made the event a grueling one for all parties involved. "It was a very difficult course," said Coffin. "Super windy, super hilly,

I'd definitely say it's the hardest one I've run in my career."

Coffin's plan going into the race was to stay middle of the pack for the first half of the event, explaining that "in a course like that you can't really go out too quick, so I was trying to be conservative, stay in the middle, and then do most of my damage in the last half of the race."

Coffin did just that, passing 28 runners in the final 3,000 meters of the race. "When I finished, I really had no idea where I was," explained Coffin. "I was hoping I had gotten in the top 100 and luckily I just made that."

This was not Coffin's first trip to the biggest stage in the sport. In the 2017-2018 cross country season, her entire team qualified for the event, allowing her to participate in nationals in just her freshman year. That time around, Coffin placed 245th.

"That was definitely a tough race for me as a freshman," said Coffin. "I definitely did not do nearly as well [as this time]." Indeed, three years later, Coffin shaved off over a minute on her time, vaulting her up 146 spots. "It was cool to come back and really see that improvement," she added.

As much as Coffin was thrilled to be able to finish top-100 at nationals, she also lamented the fact that her team could not be there with her. It was always going to be an uphill battle for the team, as the Big East Championship was the only time they could all compete together as a squad. "We have such a young team, it was pretty difficult for the freshmen without much race experience to jump right into the Big East Conference meet," said Coffin. "They still did really well there considering that was the first cross country race of their collegiate careers...I think that will help us next year having a few races under our belt."

Coffin, a senior who will be returning as a graduate student next year, will get the chance to again lead her team in a season that will hopefully resemble a normal one. She has high hopes for a squad that she says will return more experienced and more confident. Coffin's goals: a Big East championship, an NCAA regional victory, and a whole team appearance at nationals.

For Coffin herself, "[I want] to improve upon my place and try to get around that All-American top-40 status at nationals." With a full slate of races next season, and an injury far in the rearview mirror, Coffin has what it takes to do just that.



PHOTO COURTESY OF PC ATHLETICS

Wheeler was the only Big East runner to make it to the 5,000-meter race in the NCAA championships, where she finished fifth.

NCAA Basketball Final Fours Filled With Upsets

Men's Final Four

The 2021 NCAA Men's Basketball Tournament featured one of the best Final Four games to ever be played when Gonzaga University defeated the University of California, Los Angeles. It then culminated with a worthy champion in Baylor University.

UCLA, an 11-seed that barely made the field of 68 and had to play in one of the first four games of the tournament, had been playing incredible basketball, knocking off both their region's one-seed and two-seed during their journey to the Final Four. They brought that same energy and momentum into their matchup with Gonzaga and went back and forth with the Bulldogs all night.

The game was filled with iconic moments. One of the best during regulation was when Jalen Suggs blocked Bruins big-man Cody Riley from behind, before immediately following with an incredible bounce pass that sliced through the UCLA defense to find teammate Drew Timme for a slam dunk. Another big moment was Timme's charge that he drew on UCLA star Johnny Juzang when the Bruins had an opportunity to win the game.

In overtime, Timme took over with unstoppable post-moves as the Bulldogs took a late five-point lead. However, the Bruins kept fighting and were able to tie the game thanks to a three-pointer from Jamie Jaquez Jr. and a put-back layup from Juzang.

With three seconds left, Suggs received the inbounds pass, pushed the ball up the court, and pulled up to hit one of the most incredible shots in the history of March Madness.

That is when the luck ran out for the Bulldogs, however, as they were thoroughly outplayed by Baylor in the national championship game. The Bears were automatic from behind the arc and were clearly the more aggressive team on both ends of the court. Led by guard Jared Butler, the Bears brought a level of intensity that the Bulldogs were unable to match. In the end, Baylor took home their program's first-ever national championship.

While this year's tournament was undoubtedly a great one, the lack of fans in the arenas was a noticeable loss. The great moments, while still amazing to watch, could have been even more amazing with seats packed with people. Imagine: Gonzaga and UCLA playing in front of a packed Lucas Oil Stadium. Moments like that deserve to be watched in front of an audience, and hopefully, these special sporting events will soon begin to feel normal again with arenas and stadiums back at full capacity.

-Leo Hainline '22
Sports Staff

Women's Final Four

In a season unlike any other, the NCAA Women's Basketball Tournament was, unsurprisingly, full of excitement.

All but one of the No. 1 seeds were able to make it through to the Final Four of the tournament. The number one seed in the Mercado region, North Carolina State University, was defeated by Indiana University in the Sweet Sixteen.

The three remaining top seeds Stanford University, University of South Carolina, and the University of Connecticut all secured a place in the Final Four, alongside the University of Arizona.

Led by the winningest coach in Division I women's basketball history, Tara VanDerveer, Stanford rolled through their opponents before their Final Four matchup with South Carolina. Prior to then, Stanford had secured victories against Utah Valley University, Oklahoma State University, Missouri State University, and the University of Louisville. South Carolina took care of their work just like Stanford. After dominating Mercer University, Oregon State University, the Georgia Institute of Technology, and University of Texas at Austin, the Final Four matchup between South Carolina and Stanford was set.

In a game which came down to the wire, Stanford was able to survive a gritty South Carolina team 66-65. Haley Jones led Stanford with 24 points and hit the game-winning jump shot. With five seconds left, South Carolina's Aliyah Boston stole the ball and passed to Brea Beal. Beal missed a layup, but the ball fell back into Boston's hand. However, her

put-back also went off the back of the rim, giving Stanford the victory.

On the flip side of the bracket, UConn and Arizona met in the other semifinal matchup. Led by Paige Bueckers, the John R. Wooden Award winner, the Huskies were the likely favorite coming into the tournament. They steamed through the RiverWalk region, winning their first three games by 20 or more points before a close Elite Eight battle with Baylor University.

Arizona was the surprise of the tournament. Led by head coach Adia Barnes, Arizona made it through the Mercado region, upsetting Texas A&M University along the way.

When Arizona met UConn in the Final Four, the Wildcats gave them more than they could handle. Arizona pulled out a 69-59 victory, highlighted by Aari McDonald's 26 points. A stunner of an upset, it ended the Huskies' title hopes.

The championship game was everything one could have asked for, coming right down to the final seconds. Each team's star player, including Stanford's Haley Jones, who was named the tournament's Most Outstanding Player, and Arizona's Aari McDonald, stepped up on the biggest stage. Down by one with seconds to go, Arizona had the chance to win their first title ever, but McDonald's three hit off the front iron, giving Stanford their first championship since 1992 by a score of 54-53.

-Liam Tormey '22
Assitant Editor

Duke Heading to Draft; PC Retools for Another Run

by Scott Jarosz '21
Sports Staff

PROFESSIONAL SPORTS

The Providence College Men's Basketball Team is coming off what many would call an unsatisfactory 2020-2021 season. After being projected to finish third in the Big East Preseason Coaches' Poll, the Friars finished at sixth in the Big East standings upon the conclusion of the season.

PC finished the regular season with an impressive victory over Villanova University at Alumni Hall, but was unable to carry the momentum from this win into the Big East tournament. The Friars fell in the first round of the tournament to DePaul University by a score of 70-62. With the loss, the Friars finished the season with a record of 13-13 and failed to qualify for the postseason tournament.

To add insult to injury, several key players on PC's roster entered the transfer portal shortly after the season ended and one player declared for the NBA Draft. Jimmy Nichols Jr. '22, Kris Monroe '22, and Greg Gantt '23 all announced that they would be leaving PC to search for a new team.

Shortly following this news, star guard David Duke '22 announced that he declared for the NBA Draft, a brutal blow for the Friars. However, despite these announcements, the PC basketball community still has a great deal to be excited about for the upcoming season.

Shortly after the end of the season, Jayden Epps, a highly touted four-star guard from Virginia, announced his commitment to Providence College. The news of Epps' commitment to PC coincided with other good news. On March 17, Nate Watson '21 announced that he will be returning to Friartown for a fifth season. Watson is eligible to play a fifth season because the NCAA granted all winter athletes an additional season of eligibility due to the COVID-19 pandemic.

Elaborating on his decision to return to PC for a fifth season, Watson cited the fans as a major reason for his return. "I did not want to end my career without being able to have my final season



PHOTO COURTESY OF PC ATHLETICS

Durham (left) will have big shoes to fill as Duke (right) was one of the best scorers in the Big East.

playing at the Dunk in front of my family and all the great fans in Friartown," Watson explained. Watson averaged 16.9 points and 6.7 rebounds per game in the 2020-2021 season and was a finalist for the Kareem Abdul-Jabbar Award for the best center in college basketball.

Just over a week after Watson announced that he would be returning to PC for a fifth season, teammate Noah Horchler '21RS announced that he, too, will be returning to PC to play an additional season.

Horchler is a high-energy player whose presence has had a tremendously positive impact on the court. In the final eight games of the season, Horchler averaged 11.5 points and 8.8 rebounds per game. Horchler's return is a welcome one considering the

major hole in the scoring column created by Duke's departure.

Additionally, Al Durham, a guard from Indiana University, announced on Twitter that he will be transferring to PC for his final season of eligibility. Durham averaged 11.3 points per game for IU and reached the 1,000-point mark during his final season with the team. Durham is also an excellent three-point shooter, and he will certainly be a valuable asset for the Friars.

Despite the loss of a few key players, the outlook for the PC Men's Basketball Team is positive due to the return of Watson and Horchler, and the additions of Epps and Durham. The Friars appear prepared to have a successful 2021-2022 season.

A Look Around Friartown

Men's Lacrosse:

4/3 vs. Villanova University, loss 13-8

4/10 vs. St. John's University, win 19-9

Upcoming:

4/17 vs. Marquette University

4/24 at Georgetown University

5/6 at Big East Tournament

Field Hockey:

4/11 at University of Connecticut, canceled

4/14 vs. Boston College, loss 2-0

Upcoming:

4/16 at Old Dominion University

4/17 at Old Dominion University

Softball:

4/10 at University of Connecticut, canceled

4/11 at University of Connecticut, canceled

Upcoming:

4/17 at Villanova University (doubleheader)

4/18 at Villanova University

4/19 at St. John's University

Women's Tennis:

4/9 vs. Villanova University, loss 7-0

4/14 at University of Connecticut, N/A

Upcoming:

4/18 vs. St. John's University

4/19 at Holy Cross University

Track and Field:

5/14-15 at Big East championships

Former Pro Finds Home at PC

by Thomas Zinzarella '21
Sports Staff

PC ATHLETICS

While many 18-year-olds look forward to their freshman year at college, Zach Kapstein '22SCE had something else on his mind: baseball. After being drafted in the 44th round of the 2010 MLB Draft by the Boston Red Sox, Kapstein opted to sign with Boston in pursuit of his childhood dream of one day playing in the major leagues.

"I went from my high school graduation from small town Tiverton, RI to six days later in Fort Myers, FL sharing a hotel room with the Red Sox 1st overall pick in 2006."

It is a road that not many baseball players get the pleasure to venture down, so Kapstein jumped at the opportunity to play. "Our goal was to get drafted and get a shot in the minor leagues," Kapstein said. Less than six percent of high school baseball players get the opportunity to play college baseball and only half a percent of high school players will eventually get drafted by a major league baseball team.

For Kapstein, it all started after playing in the Area Code Underclass Games the summer leading into his senior year of high school. The Area Code Games are an exclusive showcase that draws in the top 225+ high school players in the country. Major Leaguers like Bryce Harper, Clayton Kershaw, and Giancarlo Stanton have taken the field in this prestigious event.

During that summer, Kapstein competed against six future Major Leaguers including Kris Bryant, Christian Yelich, Dylan Bundy, Joc Pederson, Kevin Gausman, and Archie Bradley. At the games, scouts from all 30 MLB teams are present, as well as scouts from some of the top colleges in the country.

Following the event, Kapstein received some college interest from powerhouse programs like the University of Southern California, the University of Texas, and fellow Big East foe at the time, West Virginia University.

After being drafted in June and signing a minor league contract with the Red Sox, he was assigned to their Rookie League affiliate level in the Gulf Coast League. Kapstein would spend 2010 and 2011 in the area before being promoted back to the New York-Penn League and the Lowell Spinners. Injuries shortened some of Kapstein's minor league seasons. Life as a catcher is never easy. As he rose up to the full season single-A affiliates, he transitioned to the outfield. Kapstein reached as high as A+ with the Salem Red Sox, before being traded in 2015 to the Baltimore Orioles.

In the Minors, Kapstein was teammates with big league club players on assignment like Daniel Nava, Jacoby Ellsbury, and Stephen Drew. One story he always gets asked about is the time he spent with former Red Sox and current Los Angeles Dodgers superstar outfielder Mookie Betts in the Minors.

After Betts was drafted in 2011, Kapstein and he were teammates in Fort Myers that summer and fall during instructional league. They spent time together in extended spring training in 2012 before both were assigned with the Lowell Spinners the following summer.

Betts struggled initially in the Minors. Alex Spier, a Boston Globe sportswriter, in his book Homegrown, talks about how Betts almost quit baseball entirely. Kapstein had a front row seat to Betts make the big adjustments in 2012. "That summer every ball he hit was hit hard...it was a complete 180 from the summer before," Kapstein revealed. "He just flipped a switch...we kept saying to ourselves, this kid is going to be in the Major Leagues in two years."

After one year playing in the Orioles organization, Kapstein signed a minor league contract with the Chicago White Sox. He began to think that it may be time to hang up the cleats. Kapstein was offered a coaching position inside the White Sox organization and accepted it. He spent two seasons with the Great Falls Voyagers and Kannapolis Cannon Ballers, the Rookie League and Single-A affiliate of the White Sox respectively.

When asked about his time playing and coaching, Kapstein responded: "I saw a lot of America in which I wouldn't have seen...you really saw a lot of the fabric and the core of America. With me loving history, being a history major now...I saw a



PHOTO COURTESY OF ZACH KAPSTEIN

Kapstein recorded his best year in 2014 where he had his career high 56 hits and a batting average of .280.

lot of the Mid-Atlantic area that played a huge part in the Civil War... I got to see Gettysburg when I was with the Orioles." He also added that it was "interesting to see places I had seen on a map or read about in history and to drive through them."

When he figured it was time to go back to school, all Kapstein could envision was majoring in history. Sure enough, he is now a history major at PC's School of Continuing Education.

Coming in, Kapstein was always fascinated with the history of the U.S., but especially the Civil War and the American Revolution. He has family members who fought in the Vietnam War, World War II, and even World War I. One of his favorite classes he is taking right now is a class on the history of the Holocaust.

He is not the only Kapstein connection to baseball and PC, however. His uncle Jeremy Kapstein was one of the first player agents and played a pivotal role in abolishing the reserve clause and creating free agency in baseball. As an agent he represented players that included Hall of Famers Rollie Fingers, Goose Gossage, and Carlton Fisk, among many others. "He got his start at PC," Kapstein stated. As a student at Hope High School in Providence, Jeremy was able to work the Providence College Men's Basketball games by keeping track of the stats during the games.

After graduation, Kapstein either wants to get back into coaching at the college or professional level or use his history degree in a more traditional way. Kapstein has thought about teaching history and coaching football and baseball at the prep school or the high school level.

Today, besides going to school, Kapstein still gives advice to high school athletes who are in the same boat as he was almost a decade before. "It was definitely a learning experience. It has you grow up very fast and makes you more mature," Kapstein stated. "You don't have anyone saying you have to be up at 7 a.m., you got to do this class, you've got to be in the cage. It's all on you. It makes you very punctual, very responsible, and professional."

If Kapstein does become a history teacher, he will have to get used to the routine of going not into the batting cage this time, but rather, into the classroom.

PROVIDENCE