

The Cowl



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Overcoming COVID-19 As a Friar Family The Lessons We Take With Us Into The School Year

by *The Cowl* Editorial Board
2021-2022

EDITORIAL

To say anything positive about the impact of the COVID-19 pandemic is an intimidating task. However, to combat the mass bereavement that follows the loss of over 4.5 million members of our global community, it is necessary that we, as individuals and a society, think about how the COVID-19 pandemic has changed us for the better. Our morals, values, and priorities have been constantly challenged since cases were first reported in Wuhan, China more than a year and a half ago. *The Cowl's* 2021-2022 Editorial Board has reflected on the changes we have experienced and witnessed and has compiled a list of lessons we have learned as individuals as well as those we all should have learned from the COVID-19 pandemic.

1. We are all in this together. Though everyone has been affected by the pandemic differently, we have all been affected to some degree.

COVID-19 strikes indiscriminately, unconcerned with a person's health, age, race, socioeconomic status, gender, or nationality. News stories seem like a macabre ad lib in which you can "Insert name here." Any of our names can fill in that blank, which has taught us empathy on a wider scale than ever before.

2. You never truly know what someone is going through. When we were all sent home in March 2020, we each returned to a unique situation. Some of us may have had to navigate being on Zoom at the same time as parents and siblings. Others may have had to step up and become caretakers for other family members. Still, others may have stayed with first responders and bore witness to the horrors of the pandemic firsthand. Everyone's pandemic experience was uniquely their own, but each was marked by adversity. Our common struggles have shown us the importance of consideration for others.

3. The world is incredibly interconnected. Though communications technology had become an integral part of our daily lives long before the

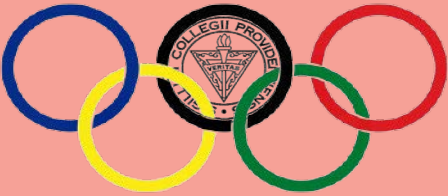
pandemic, it was only when we were physically unable to see one another that we realized the power of human connection across time differences and long distances. While we could not celebrate birthdays and holidays with shared meals and warm hugs, our love for each other passed from one screen to another. This has taught us how truly powerful the human connection is.

4. Self-care is not selfish. As much as you are expected to be a member of the global community during a global pandemic, it is just as important that you spend time with yourself. Self-care is no longer an indulgence; rather, it is a necessity. Wearing pajamas all day, binge-watching Hallmark movies, or writing in a journal instead of talking to others are necessary. Doing activities which provide you comfort are just as important as attempting to maintain the normalcy of pre-COVID life. These concepts also do not have to be mutually exclusive—no one will know if you wear sweatpants during a remote interview.

5. Normal may be comfortable, but it may not be best. If the

COVID-19 pandemic has taught us anything about humans, it is that we are incredibly adaptable creatures. Life over the past year has been transitory and dynamic, changing drastically in less than a week's time. We have created new technologies, new ways of learning, and new social norms to adjust to life during the pandemic.

6. Take stock of what you have and do not take those things for granted. Never has the phrase "You do not know what you have until it's gone" been better proven than through the pandemic. Prior to COVID-19, it may have been relatively easy to take even the smallest moments for granted. To salvage the safety and well-being of our communities, particularly at and around the College, students were unable to enjoy the simplest, yet exciting aspects of college. Now, we know more than ever that we should value and cherish the bustle of passing time in between classes, each meal with friends at Raymond Dining Hall, and late nights spent in *The Cowl* office.



Friars Take on Tokyo PC Alumni Race in Summer Olympics

by Liam Tormey '22
Sports Co-Editor

PC ALUMNI

Two Providence College alumni, Emily Sisson '14 and Ben Connor '15 competed in the 2020 Tokyo Summer Olympics. Sisson, one of the most decorated Friars of all-time, competed in the women's 10,000-meter competition while Connor competed in the men's marathon.

A lot of hard work and preparation went into both competitors' journeys to the Olympics. Sisson, a resident of Phoenix, AZ, was a former All-American and NCAA Champion in Friartown.

In 2015, Sisson competed at the NCAA Outdoor Track and Field Championships in Eugene, OR where she became an NCAA Champion in the 5000-meter race with a time of 15:34.10. She then went on to do the same thing in the NCAA Indoor Track and Field Championships in Fayetteville, AR where she won the 5000-meter race with a time of 15:32.15.

Sisson, now 29 years old, was also part of the Friar cross country team in 2013 which won the NCAA Championship.

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Getting Into Good Trouble PC Student Embodies the Spirit of Service Leadership

by Sydney Olinger '23
News Staff

FEATURE

Michaela Campbell '22 has truly made her mark on Providence College during her three years on campus. However, her career serving her local communities began long before attending PC.

Campbell is from Holliston, MA and is currently majoring in public and community service studies with a minor in Spanish. In addition to her academic studies, she is the president of the Society Organized Against Racism, a member of the Dialogue, Inclusion, Democracy Lab, an orientation coordinator, and a former Feinstein Fellow at Sophia Academy.

Aside from her ongoing involvement in service within the PC community, Campbell was nominated by Father Kenneth Sicard, O.P., the College president, to participate in the nationwide Newman Civic Fellowship beginning in early September. This program, which recognizes community-committed students who are change-makers and problem-solvers, will continue throughout the academic year. Campbell views this fellowship as "a unique opportunity to foster unity with values-aligned peers across the country as we exchange best practices, extend empowerment, and spearhead change."

"In all of these roles, I strive to use my privilege as a platform for good, amplifying the voices and needs of community members who have historically and systemically been ignored, marginalized, and oppressed," stated Campbell.

In the fall of 2020, Campbell interned with Project

351. This nonprofit elects one eighth grade student from each of the 351 municipalities in Massachusetts to serve as an ambassador of service, leadership, and unity for one year.

Featured Friar/Page 3



Michaela Campbell '22 will participate in the Newman Civic Fellowship which runs from September 2021 to May 2022.

PHOTO COURTESY OF PROJECT 351

UNDER THE HOOD


Providence College's Student-Run Newspaper Since 1935

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News

Colleen Joyce '22 helps Providence College welcome its newest members!

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A&E

Check out all of the best local eats in Grace Whitman's '22 article on Rhode Island Food Fights.

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Portfolio

Mariela Flores '23 explores her changing opinion of her body as she grows in and out of love.

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Providence College COVID-19 Update *Masks Reinstated as National Cases Soar*

by Addison Wakelin '22
News Co-Editor

CAMPUS

On Aug. 12, Father Kenneth Sicard, O.P., released an all-campus email pertaining to revised mask guidance for the Providence College community. The email detailed the reinstatement of required mask-wearing while inside campus buildings, regardless of vaccination status, effective Aug. 25.

The mandate comes as a proactive measure to prevent potential COVID-19 outbreaks before the start of the anticipated academic year, in efforts to keep both the College and the greater Providence communities safe.

Exceptions to the indoor mask mandate remain similar to the last two semesters. These mask exceptions include: students in their own residence hall rooms, faculty or staff members working alone in their own offices or isolated workspaces, and fully vaccinated faculty members while teaching.

Earlier this summer, mandated vaccinations, with strict medical

and religious exemptions, were also established in efforts to control the risk of potential COVID-19 outbreaks among the College's population.

In the mandate, Fr. Kenneth Sicard, O.P. stated, "Things are considerably more concerning than we anticipated even a few weeks ago, and, particularly because of the high transmissibility of the Delta variant, we need to band together to protect our campus community, as well as our family members and others with whom we come into contact."

Along with reinstating mask mandates, the President's Cabinet also released the new COVID-19 testing schedule. Vaccine-exempt and partially vaccinated students are required to test twice weekly (Mondays and Thursdays) at the Asymptomatic Testing Center, located in the former Mural Lounge space in Raymond Hall. For symptomatic testing, students should contact the Student Health Center for clinical testing.

The decision comes as COVID-19 cases continue to surge across the United States at a near exponential rate from last summer, in large part due to emerging variants. The highly contagious Delta variant continues



COVID-19 cases soar as the Delta variant ravages the United States. PHOTO COURTESY OF FLICKR.COM

to pose a significant threat to the United States in officially ending the pandemic. According to the Center for Disease and Control, the Delta variant accounts for "83 percent of new COVID-19 cases and 97 percent of people hospitalized with COVID-19 are unvaccinated."

The rising cases and new hospitalizations are overwhelmingly those of the unvaccinated population. Although breakthrough infections do occur for those who are vaccinated,

they are still rare. The states currently most affected by the COVID-19 case surge include Alabama, Wyoming, and Mississippi, all of which have the lowest rates of population fully vaccinated in the United States.

The newly established mask mandates and compulsory vaccinations will work toward ensuring the PC community remains healthy and safe from the highly contagious variants as its members aim to return to fully in-person academic classes.

U.S. Troops Withdraw from Afghanistan *Kabul Airport Attacked by ISIS-K as Taliban Takes Over*

by Eileen Cooney '23
News Staff

WORLD NEWS

After nearly 20 years, U.S. armed forces officially withdrew from Afghanistan on Aug. 31, 2021. This withdrawal marks the end of the longest war in U.S. history, which began in 2001 following the Sept. 11 terrorist attacks.

On Thursday, Aug. 26, a suicide bomber detonated a bomb at the Abbey Gate in the already chaotic scene at Hamid Karzai International Airport that killed thirteen U.S. service members and left at least one-hundred and seventy Afghans dead. This bomb attack, which was carried out by the terrorist group known as "ISIS-K," was followed by an assault led by gunmen.

It is still unknown how a person carrying a bomb was able to get through a Taliban checkpoint and come into such close proximity with U.S. Marine Officers. In the wake of the swift collapse of Kabul, the U.S. military has been working around the clock to evacuate U.S. citizens and those Afghans who helped America in the last twenty years, but those on the ground in Kabul have described the work as extremely dangerous. Marines have been left with no choice but to push through large crowds of desperate people in order to sort through who has the proper paperwork and credentials to be evacuated.

The suicide bomber is believed to have been wearing an atypically larger bomb vest. Most average around 10 to 20 pounds, but the one detonated at the Abbey Gate is believed to have been about 25 pounds. The bomb unleashed lethal pieces of metal shrapnel that wounded at least 15 other U.S. service members and many other Afghans in the crowd.

In the wake of the attack, President Biden addressed the nation, poignantly declaring, "To those who carried out this attack, as well as anyone who wishes America harm, know this: We will not forgive. We will not forget. We will hunt you down and make you pay." In line with Biden's remarks, the military announced late Friday evening that it had carried out a drone attack against

an ISIS-K target in Afghanistan's eastern Nangarhar province. United States Navy Captain Bill Urban said initial calculations indicate that the unnamed target was killed and no known civilian casualties have taken place. This airstrike carried out by the United States is believed to have been "preemptive" according to military officials. They believe that this individual was planning more attacks in Kabul.

In the wake of Thursday's bombings, crowds, though noticeably smaller than in days past, continued to swell outside the airport on Friday, as desperate Afghans and stranded American citizens tried to evacuate before the Aug. 31 deadline set by President Biden. Some describe standing in sewage and seeing "blood and pieces of flesh and torn-off clothes on the ground" as they waited outside the airport. Until Tuesday's deadline, the mission of American service members remained extremely dangerous, and the threat of more attacks, officials have warned, is imminent.

On Friday in the early afternoon, the bodies of the

13 U.S. service members were flown to Dover Air Force Base in Delaware. President Biden has said that the lives lost "were given in the service of liberty, the service of security, and the service of others. Like their fellow brothers and sisters in arms who have died defending our vision and our values in the struggle against terrorism, of the fallen this day, they are part of a great noble company of American heroes."

Prior to the Aug. 31 withdrawal deadline, officials at the Pentagon acknowledged that evacuating all American citizens and Afghan allies still in Afghanistan was becoming increasingly unlikely. The American evacuation mission at the airport in Kabul remained a rapidly evolving situation through Aug. 31 deadline. Following the deadline, the Biden administration stated that "90 percent of Americans in Afghanistan who wanted to leave were able to leave" before the deadline. As for the remaining 10 percent, President Biden stated that the U.S. officials "remain committed to get them out if they want to come out."



U.S. troops withdraw from Afghanistan after nearly 20 years as the deadline approach-

Featured Friar: Michaela Campbell '22

Making a Difference at PC and Beyond

Featured Friar

Continued from front page

Since being chosen to serve as an ambassador in 2014, Campbell has continued her work with Project 351 in a number of ways. Her experience as an intern as well as an architect of their largest fundraiser of the year, 35One Day, demonstrate her commitment to serving others and giving back. Campbell's dedication in this role exemplifies Providence College's goals to promote the common good, the human flourishing of each member of the campus community, and service of neighbors near and far.

This summer, Campbell interned with the WooSox Foundation, the philanthropic arm of the Worcester Red Sox. Here, she led in-game fundraising initiatives, donation distribution, regionalization efforts through their newly introduced WooSox Road Show, and other efforts to advance equity, accessibility, and inclusion in the program. She is looking forward to continuing her work with this foundation throughout the fall semester.

"The mission of the organization lies at the intersection of sports and social justice, so the lessons I have learned have been endless," said Campbell.

Beginning this semester, Fr. Sicard is nominating a nation-wide fellow under the Newman Civic Fellowship, a year-long program recognizing community-committed students who are change-makers and problem-solvers on their college campuses and beyond. Clearly, Campbell was the perfect fit for this opportunity. She is honored to have been chosen and is eager to foster unity with value-aligned peers across the country as we exchange best practices, extend empowerment, and spearhead change.

Though it may appear that she does not have much



PHOTO COURTESY OF MICHAELA CAMPBELL '22

Michaela Campbell '22 has made a positive impact in her numerous service roles.

"In all of these roles, I strive to use my privilege as a platform for good, amplifying the voices and needs of community members who have historically and systemically been ignored, marginalized, and oppressed."

time in her schedule for leisure, she enjoys spending time with her family in Cape Cod and especially with her puppy Finn. Throughout quarantine, she began to experiment with cooking and she loves to "chef it up" for her roommates. Her favorite part of PC has been the community she has found within the public and community service department as well as the social justice leadership groups she is involved in.

"The legacy of empowerment, compassion, and advocacy that has been cultivated since the founding of the College is like no other space on campus and I couldn't be more grateful," says Campbell.

Campbell will surely leave behind a positive legacy at Providence College, as a truly exceptional and invaluable member of the community.

It All Starts With Orientation

Providence College Welcomes the Class of 2025

by Colleen Joyce '22
News Guest Writer

CAMPUS

For new students, it all starts with Orientation—a seven-day program that occurs over the duration of the first two weekends of school. This fall, the Orientation program has given first-year and transfer students a chance to explore and experience Providence College.

Orientation Leaders, known as OLs, consider the program to be a crucial element in helping students to adjust to life at PC. Joshua Flynn '22, a Fall Orientation Leader, stated, "For me, Orientation is all for the kids and making their transition into college easier so they can feel supported and seen in their new environments." With this goal in mind, new students meet several times in sessions and small groups throughout the program to form connections with their fellow first-year students, upperclassmen, and the College itself. Sessions such as *Building an Inclusive Community*, *Step Up! Bystander Training*, and *Dominican Traditions* embody some of the College's most essential elements.

Additionally, OLs are also given a chance to pass their wisdom onto new students during sessions like Tough Questions, where leaders share their candid thoughts and experiences at PC with their orientation groups. This vulnerability creates the space for students, OLs and new students alike, to develop deep and meaningful relationships with each other.

While Orientation has always been a noteworthy tradition of PC, this year's fully in-person program was particularly special. As a result of the COVID-19 pandemic, Orientation was entirely virtual during the Fall of 2020. While the program still contained many of the same educational lessons, many leaders who staffed both last year's virtual and this year's in-person programming found notable differences between the two experiences. Fall Operations Team Member Cassie Santos '22 shared, "I found that in-person orientation experiences this year helped students feel more included on campus and felt more part of our Friar Family!" While both virtual and in-person programs were beneficial for students, leaders often found that

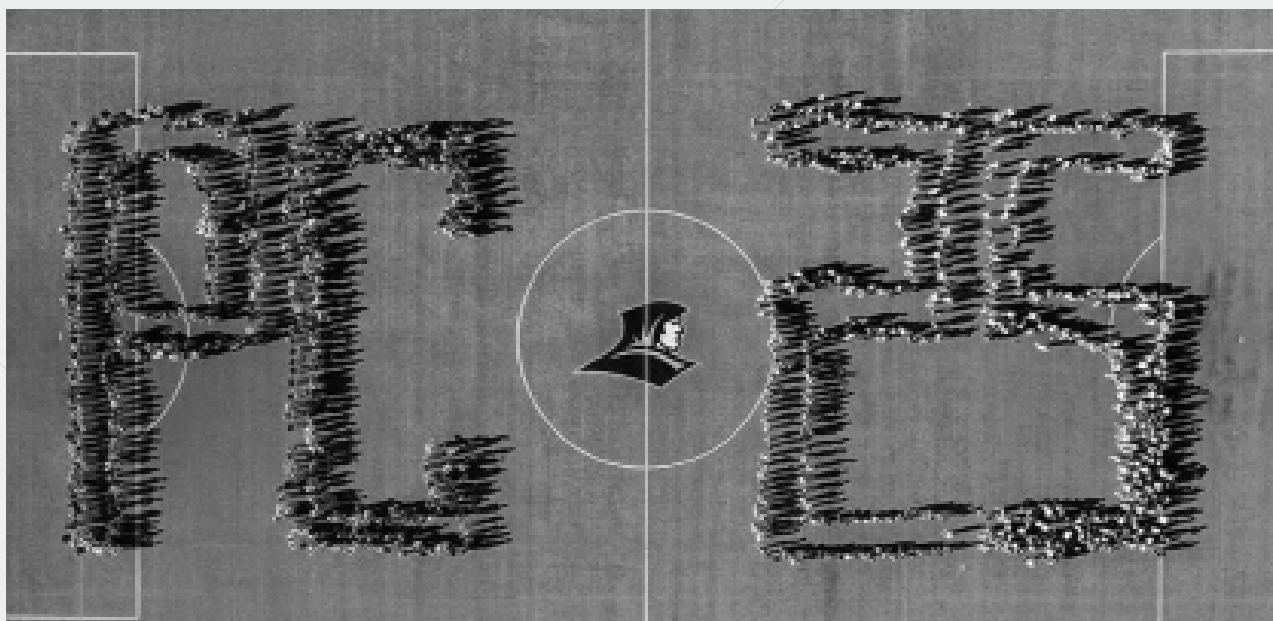


PHOTO COURTESY OF NEWS.PROVIDENCE.EDU

1,049 new first-year students joined the Friar Family this year.

in-person events allowed for deeper connections within their small groups, making the Orientation experience even better.

In addition to programming for first-year students, members of the Class of 2024 were able to participate in introductory experiences on-campus following a difficult year conducted over Zoom. A program titled "Sophomore Experience" gave rising sophomores who spent a decent portion of their first year online a new opportunity to find community on campus.

AJ Worsley '22, a Sophomore Experience Leader, explained, "This class of students joined our community while the pandemic was at its worst and because of this, spent most if not all of their freshman year remote. This program urged students to build connections with their peers who they may have only seen through a computer screen. The feeling of unity brought upon us through this program was crucial after spending such a long period of time in unique and often isolating situations." While their freshman orientation was essential to their introduction to PC, Sophomore Experience has

provided the Class of 2024 with further opportunities for student development and adjustment to on-campus life.

When asked about her experience with the program, Victoria Cannon '25 noted, "I found Orientation to be a very helpful experience to acclimate me to PC. It gave me a built-in network of friends on those first few days when I knew no one, and now they will be familiar faces for the next four years. Most importantly, Orientation allowed me to find a support system in my OLs. I know I could ask them for anything, and they would help me in a heartbeat, which makes me feel super comfortable attending this school." These sorts of reflections demonstrate precisely the goals of the Orientation program: to create new and exciting friendships, to assist students in attaining a sense of the College, and to provide support from esteemed student leaders. As part of a 50-year tradition, the Orientation program continues to be an essential shared experience for students at Providence College.

Open Door, Open Mind *Why PC's Unspoken Rule Deserves Praise*

by Julia McCoy '22
Opinion Co-Editor

CAMPUS

How do you meet people in college?

This appears to be the question on most students' minds as they enter into their first year of college.

It is a universal concern, though no one is willing to talk about it aloud.

Of course, things take time, so you are bound to meet people during your time here, but there are certainly ways that you can accelerate the process.

Keeping your door open is the best way to do that.

There is no written rule that students need to keep their doors open here on campus, but it has become an unwritten rule that leaving your door open promotes a welcoming and friendly atmosphere.

Living in a traditional dorm may not look like it has perks upon first glance, but it provides a great environment for first year students who are looking to make the most of their four years here at Providence College.

No matter which freshman dorm you end up in, every student has the opportunity to reap the benefits of a close-knit community sharing a common space.

Resident Assistants on each floor—older students who have once been in the shoes of the freshmen they now look after—should make sure that they are cultivating an



Traditional residence halls, like Aquinas Hall, provide students the opportunity to foster friendships and communities with their floormates.

environment that lends itself well to this policy, where students are excited to meet and get to know those they will be living near for the next year.

Keeping your door open is a simple and effective way to send a signal to your floormates that you would like to get to know them better.

It provides a view of the hallway and presents the opportunity to say hi to people as they walk by back to their own room.

Abigail Pruchnicki '22 is very grateful for the open-door norm on her floor freshman year. When asked why she thought it was so effective, Pruchnicki said, "the policy allows for small everyday interactions that eventually grow

into longer conversations." A simple "hello" can be a great first impression and the catalyst of conversations in the future.

No matter where you end up living sophomore, junior, and senior year, all freshmen are going to have the same traditional dorm living experience their first year here.

That means there are two full semesters to take advantage of the community environment that the dorms provide.

Because of the tradition that the open-door policy has become, it is freshmen's first introduction to the Friar Family and the ways in which we are all here for each other.

Especially after everything that the world has gone through in the past year and a half, people are looking for

a way to reconnect with each other.

Although students will be wearing their masks inside buildings, being able to establish a connection with the people that they are seeing everyday is certainly a good way to combat any loneliness that the pandemic tries to force upon us.

Sophomores who are living in Aquinas Hall should also take advantage of the community within their dorm building.

After having a normal first-year experience hindered by the coronavirus, these students have another opportunity to meet more people from their grade.

With students returning to all in-person classes, there is going to be more movement in the hallways and it is important to capitalize on this experience since it was lost last year.

The general anxieties of all incoming freshmen coupled with the lost interactions due to the pandemic present the need for the open-door policy more prominently now than in any other year.

We are all eager to reunite with old friends and meet new ones, so reminding ourselves of the traditions of Friar Friendliness is the best way to do that.

Though they do not boast the amenities that a suite or apartment might have, the traditional dorms on PC's campus offer something just as important: a community that all new students will be grateful for.

Making up for Lost Time *The Importance of Fostering In-person Relationships*

by Olivia Bretzman
Opinion Staff

CAMPUS

Last year was a bust.

Each grade missed out on some of the most pivotal moments of their college years—no exceptions, none better nor worse than the other. No one wants to hear the "woe is me" story anymore, and neither do I.

This year will be different.

Even if Providence College students continue to mask and be tested occasionally, we feel a bit closer to being out of the "thick of it" than we once were. It is something to be genuinely proud of and definitely not taken for granted.

It is a gift to be able to attend college in the first place—and a private, prestigious one at that.

Many students would likely agree that there are days they do not put in one hundred percent effort into their studies, or are fully appreciative of the students, professors, and knowledge around them. It is definitely understandable on off days.

At this point, though, having each of those lovely aspects ripped out from underneath the whole student body for a year and a half, there is no excuse not to recognize the blessings surrounding us and take one's education seriously.

While Zoom classes were nice at some points, they also negated the entire aspect of relationship building, which is incredibly important to one's

education.

Creating relationships with professors is one of the most influential aspects of one's college career because getting to know one's student, their interests, and their abilities creates a sense of trust and intellectual depth. Frankly, this cannot be replicated online.

Aside from relationships with professors, some of the most amazing friendships are created through in-person classes.

These friendships help in understanding materials, intellectual thought, and overall class experience. Often, these relationships grow with you throughout college and in your majors and minors as you advance together.

Since Zoom had no real-life interaction and a lot of the classes were hardly personal, these relationships were lost—this stunted the main reason that makes college so enjoyable and meaningful. This semester will allow PC students to return to these relationships.

Of course, let us not forget, any and all campus functions, clubs, and sports became nonexistent.

This, too, nullified any sort of relationship making and true diversion outside of classwork.

Thankfully, our events and clubs are slowly coming to fruition and allowing for the many passions, creativity, and abilities of our students to fully shine through.

All these absences point to the need for intentional learning and lifestyle this Fall 2021 Semester. It is our duty as PC students to create these relationships purposefully, to place effort into our education, and our obligations.

We must support each other, uplift each other, and create an environment of gratitude in the aftermath of the initial covid outbreak.

With this mindset, we will be able to destroy some of the damage and loss that has occurred in this past year and a half.

Take your year, whether it be freshman, sophomore, junior, or senior, very seriously. Capitalize on the opportunities we have and never forget where we came from.



PHOTO COURTESY OF PROVIDENCE COL-

This semester, students should focus on taking the time outside of the classroom to better get to know professors and peers as an advantage of having in-person opportunities back.

Being Undeclared Is Not Uncool

There are Benefits to Exploring Your Options at PC

by Emily Ball '22
Opinion Staff

CAMPUS

Coming into college, you are presented with a multitude of majors from which to choose. There are the sciences, the humanities, the business programs, and the arts. But within these categories there are even more specific programs, like biology or chemistry, marketing or management.

The decision to declare a major as a freshman is a daunting task, which is why coming into college as an undeclared student is beneficial for freshmen.

Many people consider the idea of being undeclared problematic because there is a misconception that students will not be able to graduate in time if they wait to declare their major in their sophomore year. This viewpoint is inaccurate, as colleges create a deadline to declare a major that ensures you will graduate in your expected year; Providence College has a deadline of the end of sophomore year for students to declare a major.

Coming in as an undeclared student, one might wonder if there are any pressures. Lauryn Anthony '22, who came in undeclared, praised PC for the way the undeclared program works here. "I never felt pressured to know exactly what my decision for my major was going to be, which I think is a great thing about Providence College because you have a lot of time," Anthony said. "It wasn't so much that my advisors were like 'you need to pick something now'; they came at it from the standpoint of 'is this what you are going to love to study?' I declared biology a week before the deadline sophomore year and what I would say to people is that it doesn't have to come to you quickly, and that is totally fine."

Being undeclared is beneficial as it allows you to experiment with classes that interest you until you finally find your passion.

Students come into college as a seventeen or eighteen year old; why should they be expected to know exactly what they want to do for the rest of their lives right when they step foot onto campus?

"I'm really glad I came into my freshman year undeclared because it gave me a chance to explore my options and figure out what I'm passionate about," Sophie Riddick '22 said.

Riddick was allowed to explore all of her options. "I was interested in both psychology and marketing, so I took classes in each discipline [during] first semester freshman year. While I enjoyed both classes, psychology stood out to me as it was the one I was genuinely excited to attend every day. Being undeclared and having that chance to experience different majors ultimately gave me the clarity and assurance I needed to feel confident that psychology was for me," Riddick said.

The classes you use to experiment and find your passion teach you valuable lessons and skills that can be used in both your declared major and life in general.

The classes that you take within other disciplines—for example psychology, philosophy, or biology, can benefit you in the classes for your eventual major.

Elements of core curriculum classes are bound to be seen in themes of novels in English courses, case studies within sociology, or ethical issues within a business ethics course.

For some people, however, they know exactly what they want to do for a post-graduate occupation.

But for those who are even slightly uncertain, being undeclared is beneficial and allows students

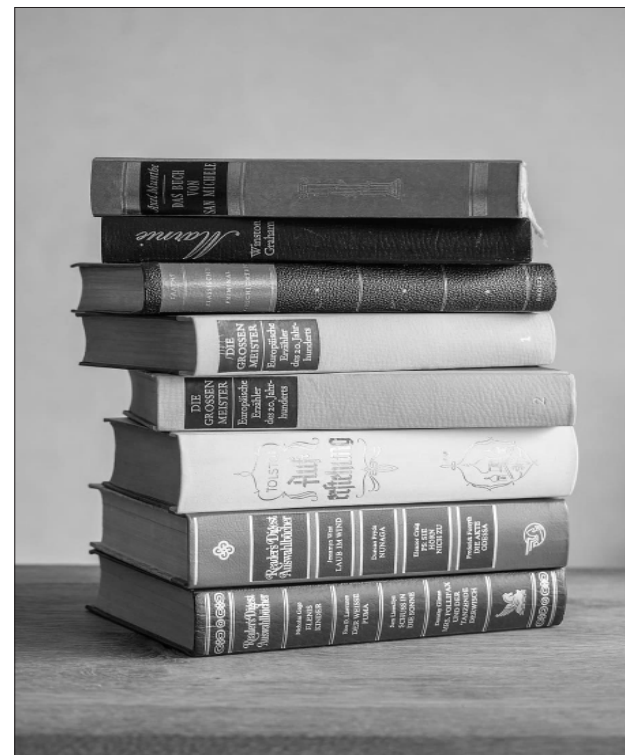


PHOTO COURTESY OF PXFUEL

When students come in undeclared, they are presented with the opportunity to explore a number of disciplines.

to experiment until they find their educational or occupational passion.

Being undeclared is highly beneficial and rarely puts students at a disadvantage.

There should be no stigma around coming into college undeclared and no pressure to decide on a major right away.

Take the time you need to explore all of the classes PC offers its students.

Check in on Yourself

Alone Time is Still Necessary as People Begin to Return to Normal

by Maddie Morkin '22
Opinion Co-Editor

CAMPUS

Returning to school after a long summer away from friends is often an exciting time filled with happy reunions.

While friends and classmates settle back into Friartown together, it is also important to remember to take time alone to reflect on your own mental health.

Last year, COVID-19 swept through Providence College's campus, forcing students to physically distance themselves from even their closest friends.

Emotionally, students battled their own stresses regarding the pandemic. Internally, every individual student thought somewhat differently about the virus because of their own personal circumstances—their mental state, living situation, political beliefs, health status of loved ones, personal health issues, etc.

While every student had to consider these innumerable new pressures, they were also being forced to avoid the physical comfort and company of some of those who they love spending time with the most.

Friartown felt lonely, but it had to in order to keep people healthy and avoid further spread of COVID-19. Mentally, this was difficult.

Students struggled, and without being able to connect normally with family and friends, it could feel like everyone was struggling alone.

These necessary considerations and adjustments around COVID-19 took an emotional toll on many people.

The College saw an opportunity to aid students by implementing sporadic mental health days in the 2021 spring semester.

On these days, students could spend time catching up on work and relaxing a bit without having to also attend classes.

These days off acted as a nice break from all the

pressure of students' schoolwork and personal lives during the COVID-19 pandemic.

PC is not implementing these same days off into the 2021-2022 academic calendar. Although students will not have the relief of designated mental health days, it is still equally as important to remember to take time to check in on your mental health individually.

PC students must acknowledge that spending time with friends and being able to be physically present together is equally as taxing as it is exciting for many people.

After several months of loneliness, trauma, fear, isolation, and stress induced by the COVID-19 virus, it can be easy to become consumed by the normalcy that seems to be somewhat returning.

Masks are not mandatory in many places, some businesses are back to allowing 100% occupancy, and social gatherings are allowed to exceed the previous limits.

While some things may appear to be normal, that does not mean that the virus is gone.

Today's more lenient COVID-19 world might take away some of the worry caused by the initial shocking spread of the virus, but it is important not to become overwhelmed with the excitement of it all.

The virus seemingly took a negative toll on everyone's mental health.

So, while it will be exciting to be back with friends and spend more time physically together, it is important to step away every once in a while, and be alone to check in on your mental health and the past year.

Students do not want to feel lonely or distanced from friends again, but taking time every so often to acknowledge what happened and how you have changed will allow for a better, more comfortable social life now and, eventually, post-pandemic.



PHOTO COURTESY OF WIKIMEDIA COMMONS

Spending time alone can be a relaxing way to check-in on yourself and take a well-earned mental health break while keeping up with the pace of this everchanging world.

**Providence College's
Student-Run Newspaper Since 1935**

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The Clothes Don't Make the (Wo)Man Senior Year Offers Us a Chance to Start Over



by Nicole Patano '22
Editor-in-Chief

EDITOR'S COLUMN

On Saturday, Aug. 28, a day before my scheduled move-in at Providence College, I sat in my room and finally began packing the clothes I would be bringing with me to campus. It wasn't until I started this process that I realized

why I had put packing off until the last possible second.

I never felt comfortable walking around campus, regardless of how much I tried to project the opposite. If you see me, I'm typically wearing a dress or heels or some funky, "fashion-forward" outfit. When I elected to study remotely last year, I subscribed to the "business on the top, party on the bottom" method of dress for classes, pairing blouses with sweatpants and fuzzy socks. Unfortunately, this is not a socially acceptable outfit for in-person courses.

As soon as the bustle of repeatedly climbing four flights of stairs slowed and I was left to put away what I had just packed the day before, the same tight feeling rose in my stomach. I worried about my outfit for the first day of classes, when and where I would eat lunch and dinner, and how on earth I would be able to get a newspaper published in under three days. What wasn't on my radar was a faulty smoke detector, which provided my roommates and me with a 5 a.m. wake-up call.

While we sat in the hallway and waited for someone to fix the detector, I found myself laughing at the absurdity of the situation. Despite how much I

worked to ensure I had the most perfect and productive first day of classes, my plans were foiled. Yet, as much as I cursed my bad luck, I was thankful for the extra three hours of early morning productivity.

I wish that I had this mentality as a freshman; however, as I spoke with a fellow member of the Editorial Board Wednesday morning, she made me realize that I, and all PC students, have been given an opportunity to redo freshman year. Now, I'm not saying you will be able to make the bad roommates or bad feelings in your stomach disappear; however, I think you can use this fresh start to reflect on your experiences and make this the best "freshman" year you have ever had.

As I have learned in my time at PC and just this week, how you respond to a situation matters more than the actual experience. The next time you find yourself faced with a difficult decision or an uncomfortable circumstance, treat it as a piece of clothing and take it off, so to speak. You will feel much lighter as a result.

And if this year doesn't pan out, you know what they say: third time's a charm (seniors excluded).

TANGENTS & TIRADES

The Great Scholarly Divide: How Should We Take Notes?

A particular controversy has been tacitly playing out all over college campuses for as long as colleges have been around.

Only second to pen or pencil is the dilemma involving another aspect of students' note-taking ability, that being loose leaf paper or notebook.

Notebooks or loose leaf paper is quite possibly the Pepsi or Coke of higher education, and, like its soft drink counterparts, it is a sticky subject.

This seemingly benign topic can elicit the greatest of emotions among students, as note-takers pick their sides as early as elementary school.

Advocates of loose leaf paper brag about their ability to rearrange pages as necessary.

Coupled with a binder, loose leaf also allows for the inclusion of three-hole-punched class handouts.

Across the aisle stands the steadfast notebook users, who relish in their notebooks' resilience against page tear out.

In addition to this, notebook users also flaunt the page-flipping ability of their notebooks, something that loose leaf paper advocates with three ring binders cannot say.

Despite the inherent disagreements, this existential schism between these two parties is dwarfed in comparison by an even greater foe, the laptop note-taker.

An enemy of many students and teachers alike, the laptop note-taker is a threat to the 3,000-year-old scholarly tradition of taking notes on paper, which began with the Greeks and their notes known as *hypomnema*.

With this said, students must arm themselves with pens and pencils, note books and loose leaf paper, and unite for the sake of our handwritten tradition.



—Joseph Kulesza '22

PHOTO COURTESY OF NOUN PROJECT

In-Person vs. Online Grocery Shopping

We have all had to adjust our daily routines and habits during the past year and half, but, now that things are starting to move back in the direction of "normal," will some habits go back the way they were or stay in their newest form?

For example, grocery shopping was an activity that was considered a drag, a possibly exciting event, or even a chance to see friends and family from that neighborhood.

However, with the ability to now have groceries delivered to your home with just the click of a button, will people feel the need to return to the same grocery store routine?

With online grocery shopping, we can complete and buy groceries from any location, making a busy day become less of a hassle when multiple tasks can be checked off from your dining room table. But is this process worth the potentially forgotten much-needed item or emails that the items you selected are sold out?

Going to the store may be more of a time-consuming process but it would ensure that all these questions are answered in real-time.

Each option has its benefits, and whichever you choose depends on your preference, but the next time you shop online or in person, think about which is more helpful to your schedule.

Given the pros and cons of each approach, it seems clear that in-person shopping offers more ease and allows for creativity to flow. Online shopping simply checks items off a list while in-person shopping allows for new items to be found and interests to grow.

In the end, there is a benefit to the in-person process that outweighs the burden of a slightly busier day.

—Erin Garvey '22



PHOTO COURTESY OF NOUN PROJECT

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PHOTOGRAPHY



LILLIE HUNTER '22/ THE COWL

ABOVE: The Providence Friars Women's Field Hockey team defeated Boston University in a non-conference game 2-1 on Aug. 29 on Lennon Field.

RIGHT: Office of Student Activities & Cultural Programming hosted "Sunday Funday" on Aug. 29 on Slavin Lawn. Catherine Ciampi '23, Diana Matarazzo '23, Josh Rykiel '25, and Olivia Privitera '23 are pictured painting rocks.

BELOW: Kevin Vang '22, Davis Smith '21GS, Adam Riis '23, Paulo Lima '22, and Gevork Diarblian '24 celebrated their goal at Chapey field on Aug. 29. The Men's Soccer team defeated the Saint Peter's Peacocks with a final score of 6-2.



SAMMI BUTTITTA '23/ THE COWL

ABOVE: Mariela Flores '23, Odalis Flores '23, and Em Teixeira '22 painted a skyline at the "Paint Night" on Aug. 23 in '64 Hall.



AIDAN CASTRICONE '24/ THE COWL



ISABELLA BAFFONI '23/ THE COWL

ROVING PHOTOGRAPHY

What was your summertime song?



"I'm Gonna Be' by Post Malone."
Emily Knapp '23



"Kiss Me More' by Doja Cat."
Courtney Caccia '22



"dead' by SLAW (feat. Big Gill)."
Noah Gillingham '22 and Cole Dougherty '22



"Heat Waves' by Glass Animals."
Molly Sullivan '23



"Young Blood' by Noah Kahan."
Linda Ineus '22



"Goodbye' by Bo Burnham."
Jazmine Díaz '24



All of them!
- Olaf

PHOTO COURTESY OF CBR.com

Photos by The Cowl Photography Staff

RI Food Fights Offers a Taste of Competition, A Fun and Easy Way to Explore Local Flavors

by Grace Whitman '22
A&E Staff

LOCAL FOOD



PHOTO COURTESY OF RIFOODFIGHTS.COM

RI Food Fights' cupcake championship was one of their first events, and remains one of their most popular.

Have you ever sat in your dorm room and said to your roommates, "guys, what should we have for dinner? The Ray food just isn't cutting it today?" If so, log onto Instagram and check out Rhode Island Food Fights' account (@rifofoodfights). The local blog posts the best food finds across the state of Rhode Island.

You may ask, what makes RI Food Fights different from any other state food Instagram account? Each month, they bring people together by hosting competitions between local restaurants and other food businesses.

RI Food Fights originally only hosted competitions in set locations. The purpose of these contests was for restaurants to compete with one another in order to find the "Best in Rhode Island." The first food "fight" was a cupcake challenge held at The Spot Underground in March 2011. This competition was such a success that the company expanded their events to include ice cream and cookie challenges.

As RI Food Fights grew bigger and became more popular, it became harder for restaurants to bring their hot food like burgers, pizza, and wings to an off-site event. This complication sparked the creation of a second type of food fight: the passport event.

How does this event work? RI foodies buy a \$25 passport full of coupons for 20-30 shops or restaurants in the Ocean State. Participants travel to these different locations and vote on which stops are their favorite. Each month, the food voted on varies. Recent contests have centered around ice cream, pizza, donuts, and hot wings.

This past month, Providence College students participated in the #BestScoopsRI competition, traveling to 25 different ice cream shops in 31 days.

Kate Zenobio '22 said she "would highly recommend participating in RI Food Fights!" Zenobio explained, "I have gotten to explore the state of RI and try some really good ice cream! My favorite is from the Sacred Cow in East Providence! Definitely give it a try!"

Each monthly competition is split into two categories: one judged by the people of Rhode Island and the other by expert judges, who are chefs and food industry professionals. Past

#BestDonutsRI
LoveFest



February 1st-28th
rifofoodfights.com

PHOTO COURTESY OF RIFOODFIGHTS.COM

Knead Donuts has won the #BestDonutsRI competition for the past four years.

winners have been Providence's Knead Donuts, who have claimed victory in the donut category for the past four years, Cranston's La Casa for best Taco, and Federal Hill's Bun Fun for Best Burger.

Since these local shops only span approximately 48 miles from the northern border of Rhode Island to the state's southernmost tip, stopping at them won't kill your car's mileage. With over 90% of the Providence College student body coming from out of state, participating in the RI Food Fight Passport Program can be a great way to explore the Ocean State during your four years at PC.

Those looking to participate in an upcoming Rhode Island Food Fights event can head to their website, www.rifofoodfights.com, to buy a passport. The month of September will be best Vegan Eats & Treats, October will be Best Tacos, November will be best pizza, and January will be best wings.



GRAPHIC CREATED BY MADISON PALMIERI WITH PHOTOS COURTESY OF RIFOODFIGHTS.COM

Rhode Island Food Fights offers local restaurants and foodies alike the opportunity to celebrate their love of food and find out who truly is the best of the state.

A Successful Summer in the RI Music Scene

Local Bands, Venues Resume Live Performances

by Jack Downey '23
A&E Co-Editor

LOCAL MUSIC

The summer of 2020 was a bleak time for musicians everywhere, especially those performing live shows. As the COVID-19 pandemic raged throughout the world, people were forced to spend much of their summers hunkered down, biding their time until life began to return to normal.

However, to say no good music came out of this time would be a lie. Many artists capitalized on their



PHOTO COURTESY OF JACK DOWNEY

Harrison Reed Dolan, drummer for grizzlies, performing live at Dusk on June 27.

newfound abundance of free time to write and record. Nonetheless, there was a sense of tension regarding what would become of the music industry.

However, the summer of 2021 was a completely different picture. With a brief window of semi-normalcy made possible by the COVID-19 vaccines before the Delta Variant began fighting back, music surged back into the world. Suddenly, concerts and other live music events became commonplace once more. Although there were still certain rules in place to mitigate the re-emergence of the Coronavirus, live music was definitely back in season.

Rhode Island was no exception to this resurgence. As people began to feel more comfortable stepping out of the safety of their homes, Providence venues such as Dusk and Askew offered them fun places to go. The former began to host spacious outdoor shows and the latter hosted socially-distanced open mic nights. Eventually, as COVID-19 cases lowered even more, both of these places began to host weekly concerts that were booked in the blink of an eye. Local bands jumped at the chance to get back to doing what they love, and many played to record crowds as Rhode Islanders, starved of the live music experience, flocked to shows.

The need for live music was so great that some bands took matters into their own hands and hosted large

house shows as the most popular local venues slowly reopened. For instance, Atomic Action and Youth Distribute, two record labels from Middletown, Rhode Island, threw barn shows. The first one of these performances was hosted on June 14 at Simmons Farm and featured a bill including local legends Bullet Proof Backpack as well as Massachusetts screamers Peace Test, New Hampshire-based hardcore band Tossed Aside, and the righteous fury of New Jersey band Gel. Despite the threat of downpours, people showed up en masse to throw down in the mosh pit. Merch was sold in spades, as was vegan food from the Born From Pain food truck. The show ended as lightning began crashing all around, providing a dramatic conclusion to an intense but welcome experience.

Another example of a house venue offering a unique live experience this past summer was the Lake House in North Smithfield. Hosted by Seb Toledo of the band Amanita, shows were held out among the trees near a serene lake. While bands played, attendees could go cool down from the summer heat or simply relax near the water. The atmosphere of this venue is unlike any other in the area, and it will be interesting to see what they do next.

Famed venue AS220, located in downtown Providence, mainly stuck to livestreams. However, referring to these productions as "livestreams"

would be somewhat inaccurate, as their production quality was off the charts. Recently, AS220 has begun allowing people back inside their doors, combining limited capacity concerts with their high-grade video productions. This setup gives bands the unique opportunity to have professional live footage and audio at their disposal, an asset that local music groups hardly ever have. These recordings could help give local bands a more legitimate sheen, and AS220 are doing the scene a great service.

Although the Delta Variant now seems to be lurking around every corner, local music does not appear to be going anywhere for now. Hopefully, the forward momentum established during the summer months can continue into the fall, giving local bands more of a chance to do what they do best: create and perform.



PHOTO COURTESY OF JACK DOWNEY

Alex Simmons of Bullet Proof Backpack performs at Simmons Farm on June 14.

A Preview of Ed Sheeran's Anticipated New Album

The Musician Returns to the Spotlight with '='

by Grace O'Connor '22
A&E Staff

MUSIC

Ed Sheeran is once again in the spotlight, this time with the anticipation surrounding the Oct. 29 release of his new album, '='. It has been four years since he released his last traditional album, '+', so fans are excitedly awaiting the day that they can enjoy his newest release.

The Guardian describes how "Sheeran had trailed the album with an image of a chrysalis, with butterflies featuring on the album cover itself. Speaking on Instagram Live while on holiday with his family, he said the imagery represents 'new life - I've been through, over the last four years, different experiences in life, including getting married, having a kid, losing a friend.'"

Evidently, these major life events have given Sheeran plenty of inspiration for '='. Fans and music critics alike are expecting it to be an impactful record



PHOTO COURTESY OF COMPLEX.COM

The cover art for Ed Sheeran's upcoming album '=' is available Oct. 29.

and a strong representation of Sheeran's talent based on the previews the musician has offered so far.

On Aug. 25, Sheeran performed a small show at hmv Empire in Coventry, England. He introduced two love songs, "First Times" and "Overpass Graffiti." The hit-heavy set also featured recent singles "Bad Habits" and "Visiting Hours." A close examination of the lyrics and composition of these songs reveals that they were put together with focus and contemplation. Sheeran reflects on small, impactful moments, turning them into works of art that are both meaningful to him and relatable to fans around the world.

'=' features 14 new songs. Interestingly, the album's final tracklist was significantly cut down from an original set of songs. According to The Guardian, Sheeran described the process of making final decisions about which tracks to include on the album as "painstaking." However, of the songs that made the final cut and the album as a whole, he said, "They all have their place - I love it, I think it's the best piece of work I've done, it's cohesive and it feels great." It certainly seems that this album has been carefully crafted and will truly represent Sheeran's hard work and the growth he has experienced over the course of his career.

Indeed, the amounts of time between the release of each one of Sheeran's albums highlight different turning points in the singer's life, making his discography uniquely heartfelt and impactful. In a recent statement, Sheeran described '=' as "a coming of age record" and stated, "I've never been more proud of a body of work."

For those eager to learn more about the upcoming release, Variety offers a sneak peak. The magazine describes that "thematically, '=' finds Ed taking stock of his life and the people in it, as he explores the varying degrees of love ('The Joker And The Queen', 'First Times', '2step'), loss ('Visiting Hours'), resilience ('Can't Stop The Rain') and fatherhood ('Sandman', 'Leave Your Life'), while



PHOTO COURTESY OF AMAZON.COM

Ed Sheeran has broken countless records throughout his career and gained hundreds of thousands of fans along the way.

also processing his reality and career ('Tides')."

Sheeran's career has been filled with many highs. For instance, his 2014 album 'x' was the 49th best-selling album ever in the UK. After releasing his third album '+', he embarked on a world tour that would become the highest-grossing and most-attended tour of all time.

Much of Sheeran's success has to do with his dedicated fans who not only relate to his music, but are also in awe of his unique, pure talent. Over the course of the past ten years, his career has skyrocketed and he has become a household name.

His career is being especially celebrated this year as the tenth anniversary of the release of '+', his debut album, approaches on Sept. 9. Loyal fans who have been with the musician all these years, as well as the fans he's won during this time, are excited to see where Ed Sheeran's career will take him, and are counting down the days until they can hear his latest masterpiece on Oct. 29.

First *Spider-Man: No Way Home* Trailer Released Teaser Confirms Ties to Other Spider-Man Franchises

by Madison Palmieri '22
A&E Co-Editor

FILM



PHOTO COURTESY OF WIKIPEDIA.ORG

After months of anticipation following leaked set photos and rumors regarding plot, casting, and other aspects of the production, the first official trailer for Marvel's long-awaited upcoming film, *Spider-Man: No Way Home*, has arrived.

The exciting first look at the film shows Tom Holland's Peter Parker dealing with the aftermath of the events of *Spider-Man: Far From Home*, in which his identity is revealed. Struggling to cope, he asks Doctor Strange to cast a spell so that everyone forgets that he is Spider-Man.

However, as the trailer suggests, things do not go according to plan.

The movie is the third Spider-Man film in the Marvel Cinematic Universe. It has been in the works as early as 2017, when *Far From Home*, the second movie in the franchise, was released; however, development of the project stalled due to negotiations between Marvel and Sony over the rights to the beloved comic book character. The two companies ultimately reached a compromise in September 2019 that allowed Spiderman to remain in the MCU.

Rumors about the potential plot of the film began to swirl in October 2020, beginning with the news that Benedict Cumberbatch would be reprising his Marvel Cinematic Universe role of Dr. Stephen Strange. Fans were quick to point out that the character's next appearance after the then-untitled Spider-Man movie would be in *Doctor Strange in the Multiverse of Madness*.

Given the potential for multiple universes and, consequently, multiple versions of the same character, fans began to theorize that the new film might tie into Sony's two live-action Spider-Man franchises. The first was a trilogy directed by Sam Raimi that starred Tobey Maguire in the titular role. The second was a duology featuring Andrew Garfield as the lead.

Speculation intensified in late 2020, when it was revealed that Jamie Foxx would be reprising his role as Electro from Sony's 2014 *The Amazing Spider-Man 2* and Alfred Molina would be reprising his role as Doctor Octopus from Sony's 2004 *Spider-Man 2*. Fans quickly grew convinced that Maguire and Garfield would similarly return, featuring as Spider-Men from other universes alongside Tom Holland's MCU Spider-Man.

Although it remains unclear whether fans will see all three Spider-Men together on the big screen, Marvel has already paved the way for such coexistence of different versions of the same character—on the small screen.



PHOTO COURTESY OF INDIANEXPRESS.COM

The newly-released *Spider-Man: No Way Home* trailer hints at the possibility of a team-up between Spider-Man (Tom Holland) and Dr. Strange (Benedict Cumberbatch).

Throughout 2021, the MCU has released original series on Disney+ that tie into its films. These live-action shows each have fewer than 10 episodes and amount to several hours of screen time. The most recent series, *Loki*, directly featured or hinted at nearly a dozen versions, or variants, of the titular character in addition to the "main" version played by Tom Hiddleston. Notably, *Loki's* finale also confirmed the existence of the MCU multiverse.

While this does not guarantee that Tobey Maguire and Andrew Garfield will similarly appear as Spider-Man "variants" in *No Way Home*, the fact that other cast members and characters from their franchises will be appearing in the film makes it a real and exciting possibility.

Indeed, the trailer gives fans confirmation of the appearance of the multiverse, with flashes of lightning signaling Electro's return and the actual appearance of Doctor Octopus. The brief clip also hints at the return of Green Goblin, another villain from the Sam Raimi trilogy.

However, Marvel fans wondering what this means for the MCU's Spider-Man, and the future of the franchise as a whole, will have to wait until the film's premiere on Dec. 17 to find out.

A Milestone in the "Free Britney" Movement Spears Makes Gains in Her Fight for Freedom

by Nikki Idelson '22
A&E Staff

MUSIC

For the past thirteen years, American singer and pop culture icon Britney Spears has been forced to live under an arrangement known as a conservatorship. According to *The New Yorker*, a conservatorship is "a legal structure in which a person's personal, economic, and legal-decision making power is ceded to others." It is "intended for people who cannot take care of themselves."

Spears' conservatorship was enacted nearly fifteen years ago due to personal struggles that affected her decision-making skills. However, since then, the singer has received the help she needed and experienced much personal growth as a result. For this reason, she and her fans have fought for her to be free from the conservatorship's control in a movement dubbed "Free Britney."



PHOTO COURTESY OF POPSUGAR.COM

American singer Britney Spears recently spoke out about her conservatorship publicly for the first time.

At the center of Spears' battle for freedom is a struggle against her father, Jamie Spears. She and her legal team have been seeking his immediate removal as one of her conservators. Until recently, it appeared that he would retain control over his daughter's life and affairs.

However, on June 23, the singer was finally granted time in court to share how truly controlling the conservatorship has been. This court appearance was significant as Spears' team had previously not allowed her to discuss the conservatorship with anyone. She gave a heart-wrenching testimony about how her life has been controlled.

According to Spears, the limitations on her freedom include everything from only being allowed to post certain content on social media to a lack of autonomy to make decisions about her own body. For instance, she is unable to remove her IUD. According to NPR, Spears explained that, "I wanted to take the IUD out so I could start trying to have another baby. But this so-called team won't let me go to the doctor to take it out because they...don't want me to have children."

In court, Spears was completely open and honest about her feelings towards those responsible for her limited freedom. According to NPR, when talking about her father, she reflected on "the control he had over someone as powerful as [her]" and asserted that "he loved the control to hurt his own daughter, 100,000%. He loved it." This statement suggests that Spears' father has encouraged the conservatorship to continue not out of concern for his daughter, but rather because he enjoys having complete control over her.

Spears also shared what touring has been like under her conservatorship. She discussed how in 2018, she was forced to go on tour and work incessantly under the threat of punishments such as "not being able to see her kids or boyfriend."

The singer's heart-breaking testimony makes evident that her conservatorship has resulted



PHOTO COURTESY OF BBC.COM

Spears' loyal fans have supported her throughout the process of challenging her conservatorship in what has been dubbed the "Free Britney" movement.

in a complete loss of freedom and control over her own life. While some fans have been hoping that members of her team would help her cause, many of them, especially her father, have financially benefited from her conservatorship: her money and success have provided them with housing and other forms of financial support.

Unfortunately for Spears, the court chose not to make a motion for considering even minor changes to the conservatorship. However, since her appearance in court, there has been a small victory in the fight for her freedom. According to NPR, "Jamie Spears has filed a document in Los Angeles Superior Court agreeing to step down as the conservator of his daughter's estate." Even though this is not a complete win for Spears, it marks a promising first step towards ultimately regaining her freedom.

Indeed, she has finally been able to speak her truth, and the public has finally been able to hear how controlling the conservatorship is. For Spears and the devoted members of the "Free Britney" movement, these small wins are promising signs of victories to come.

When Your Body Was a Token

by Mariela Flores '23
Portfolio Staff

POETRY

I was fifteen years old when I decided I could handle the weight of being “sexy” for their love. I could put on the right clothes, give the right looks, say just the right things—until they couldn’t get enough of me, trapping them in my prose.

I was fifteen years old when I convinced myself I was ready to bare it all for their love. They looked at me like I was pure Mayan gold, shiny new treasure they could break in, they could treat me like I deserved because I did not know the value of my body.

I was fifteen years old when they reached inside and took all that I had to offer them, their hands were tainted red, blood trickling the sheets, blood trickling our time, I tried to keep the noises down, the moaning—the pain, this was love, love, love.

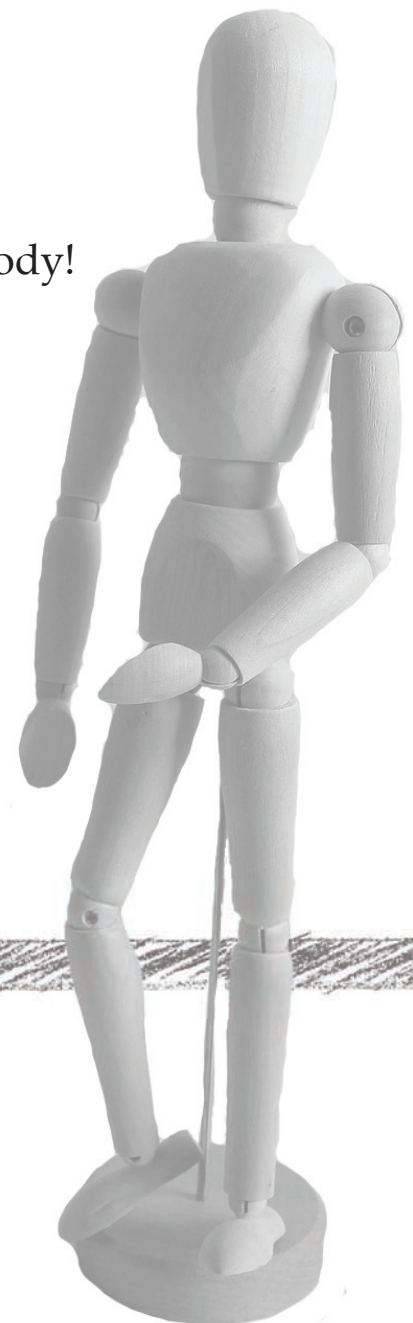
I was fifteen years old when there was nothing left to keep us tethered. There was something wrong—the only place they still told me they loved me was when we were entangled in red sheets and I was in the act of proving that this was love, love, love.

I can still feel the bruises on me.
The pain of fingers gripping onto flesh,
scrapping walls, tearing walls, wounding walls.
But that was love, love, love.

I’m twenty now and I don’t know how to be “sexy” for any love.
I don’t know how to move my body—oh, how I hate to hate my body!
There are no right clothes, no right looks, no more sticky prose.

When your body was a token—a ticket to someone’s love,
it’s hard to remember how to be anything else.
It’s been so long.

I wish I could remember.



A Short Composition About The Sun

by Taylor Rogers '24
Portfolio Editor

CREATIVE NONFICTION

Like my tiny, overgrown succulents and plants, I naturally lean towards the sun. Sun for me is like water for fish, its harsh rays embracing me in the same way the ocean delicately wraps herself around a fish's entire being. The sun and her beautiful rays call out to me daily, begging for me to leave the comfort of my bed, to stroll outside and just live. As her loyal servant, I obey her orders, letting the sun's stubborn heat darken my skin and lighten my hair. I allow her to peek through my curtains curiously, guiding me through my days, reminding me that yes, everything will be okay.

Naturally, I find myself wanting to be around the sun constantly, as her blinding light is one that never fails to enchant me. Sometimes, I am able to find this light in the best of people, whose aura is somehow able to match the starking clarity of the sun and her light. These people have rays instead of hair, their constantly bright personalities forever bringing me up. Their luscious laughs make even Scrooge-enthusiasts grin, cracking Medusa's stone-cold statues with their striking smiles. Sun for these people is their oxygen, serving as the sole reason they are able

to lazily walk down the same path as I do. These people are ones who give my simple life meaning, their pure, unfiltered beauty one I refuse to shy away from.

While my body strains towards the sun, the sun turns her back on me, acting as a mother who has decided to abandon her child. Like her child, I fail to receive a hint of warmth from the sun's rays anymore, despite her whispered promise that she would embrace me forever. Traces of the sun clumsily stick around me, only reminding me that she decided to escape from me, ditching me and my failures behind. For her, harsh colors were the only way to see the true me, the one hidden underneath staged Instagram posts and silly fake "chaotic moments" shared with acquaintances that are as shallow as the delicate waves that crash on the sand by my home. I can't help but stare at the sun angrily, wondering why? Was my personality so terrible, that not even I deserve a little bit of sun? What did I do for her to turn her stunning rays away from me?

The more I focus on the sun and her cruel game, the less I notice yet another being fondly

looking at me. This creature stares at me, their head perched on their neck, watching me proudly. Their stone gray eyes happily stare, eyeing me with an expression I am not used to. While this being is far from perfect, it is still beautiful- their tiny light creeping into my room at night, when the sun decides to take her daily rest. The first time they keep me awake, I find myself still crying over the sun's harsh abandonment, my salty tears staining my face and tainting my typically flawless skin. The moonlight's soft glow pityingly reflected these miniature signs of despair, sighing as I drew in yet another shaky breath.

One night turned into many, and I found a new comfort: the moon. Instead of wrapping myself up in my blankets and falling to sleep, I would stay wide awake, engaging in strong discourse with a celestial being who successfully distracts me from my worries. Tears no longer flowed down my face, and my once empty skin now had its own personal craters, one that matched my new influencer's. Happily, the moon introduced me to their family, their inviting glow one that was not harsh like the sun's, but comforting like a shower after

a long, tiring day. These new friends immediately accepted me, loving me despite my flaws and reassuring me that perfection doesn't equal happiness.

Two prominent bags permanently relax under my eyes, yet these small marks are ones I would not give up. Instead of searching for that superficial sun, I find myself gravitating towards people who remind me of my speckled friend in the sky, as their acceptance of me is far superior to the falseness of my sun-filled acquaintances. The moon and her precious light remind me that as humans, we are all flawed, not a single one of us truly possessing that blinding vision of perfection the sun attempts to force upon us. Their guidance has allowed me to give up this toxic view, and the stars have encouraged me to do what the sun has done to me in the past: turn my back on her. While I can no longer aim for the perfection of the sun, I now find comfort in knowing that the moon and their stars will accept me no matter how damaged I am, and I find that affirmation far more beautiful than anything else.

PHOTO COUTESY OF PUBLICPICTURESDOMAIN.

The Voice

by Toni Rendon '24
Portfolio Staff

POETRY

Can't see the flow of the colors
Stopped feeling the breath of the wind
Hollowness calling your name
Do you fall back in?

Come to me

Looking around no one's there
So back to the grind instead
Put pencil to paper and write beautiful words
But the creative voice can't be heard

He's not here

You hear it again, but no one's around
So put on some music to drown it out
And maybe in the songs
There's some inspiration to be found

Not so fast

Sweating profusely, droplets falling on loose leaf
Hearing voices when you're home alone

Thinking about picking up the phone
But you don't, at the risk of sounding crazy

Good idea, they won't believe you

The voice has started booming
The walls beginning to close in
Drowning you in insecurities
Thinking, "Am I really such a bad human?"

Yes, you are

Crying uncontrollably
Wondering how he got a hold of you
This feeling, who let him through?
Thought he only belonged to the old you

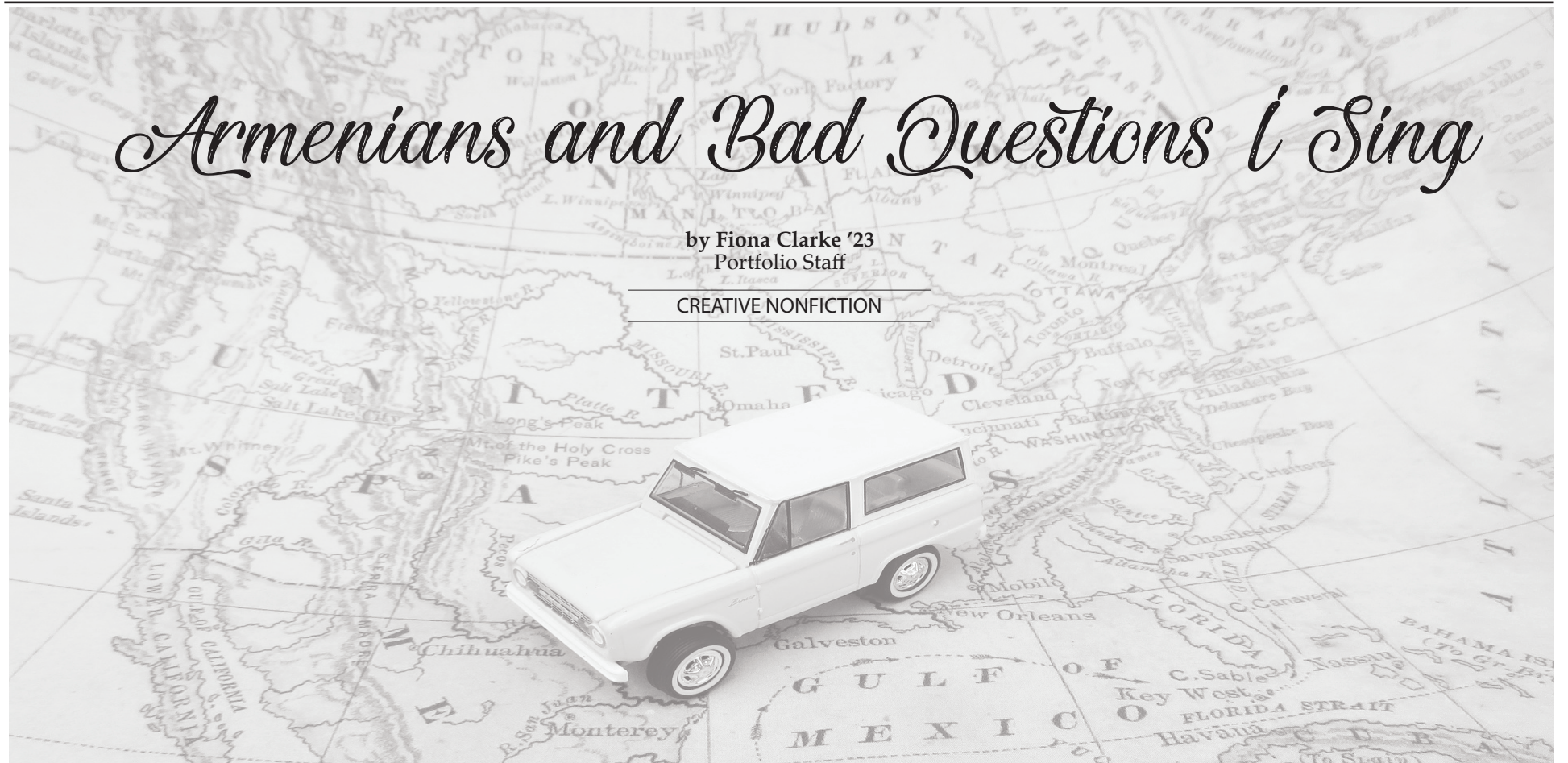
Nah, me and you, we're forever

PHOTO COUTESY OF FLICKR.COM

Armenians and Bad Questions I Sing

by Fiona Clarke '23
Portfolio Staff

CREATIVE NONFICTION



A guest may often ask his or her host this question: “Do you have a bathroom?” Some people call this an inane or insane question. I, however, think it’s both perfectly sane and sane. I am suspicious by nature and can sympathize with someone afflicted with reasonable doubt as to whether his host possesses a bathroom. Some people might suggest that the question “Where’s your bathroom?” is more suitable, but those people are naïve, because the question “Where’s your bathroom?” assumes two facts not in evidence: one, that the host actually has a bathroom, and two, that the host is willing to share that information. Like I said, I’m suspicious. I can all too easily imagine a host being gripped by the sadistic impulse to withhold the answer to that question. I’ve certainly had that impulse towards certain people in my house. I can also imagine a scenario where the host has no bathroom. That is a terrible thought but I find comfort in the notion that that depraved person will someday encounter a just God.

I like the question “Do you have a bathroom?” just fine. But it is precisely this sort of pleasant question on which I can only reflect nostalgically, because at every semester’s beginning

I encounter more questions that I don’t like than questions that I do like. One of these is “Where are you from?” I have found that I am unable to answer this question without hesitating, no matter how often I am asked it. So, mental mouth agape in confusion, I hesitate. Probably, since it’s a pretty easy question, I look like a ditz—or like someone with something to hide. The truth is nearer the latter.

The safe, half-truth answer is that I’m from Massachusetts. Insofar as my family lives in Massachusetts, this is true, but prior to that, I have lived in Ohio, Michigan, Mississippi, Michigan again, Washington, and Connecticut. That’s a can of worms that I seldom open, but if I should do so, the follow-up questions are predictable. No, neither of my parents was in the military. Were we in the Witness Protection Program, ha-ha?

Well, funny guy, I answer, you’re not so far off.

Since 1986, my family has been on the run from the Los Angeles Armenians.

It all began at my sister’s third birthday party in the mid-1980s, in Glendale, California. The birthday party was supposed to take place at a local park, and so early that morning my dad and my two grandfathers

ventured there to stake their territory and escape the party preparations. After an hour or two, a large contingent of the local Armenian population came upon them. (How my forefathers determined that they were part of the Armenian population has escaped my memory—maybe they were waving flags.) The Armenians claimed the territory as theirs for a family reunion. My Irish forefathers claimed it as theirs for a family birthday party. The Armenians made a case for theirs being the greater need. The Irish cited the policy of first-come, first-serve. The Armenians said something to the effect of, those who serve last serve best, and muttering darkly (or so I imagine), retreated, but set up camp within spitting distance of the Irish. Every time my parents glanced in that direction, they were met with Armenian glares, and when they left, the Armenian glares followed them. The Armenian glares have followed us from California to Washington to Ohio to Michigan to Mississippi to Michigan to Washington to Connecticut to Massachusetts. My parents are even now plotting their next move.

Do you really think that a gang of California Armenians are out to get you, after thirty-five years,

over a measly park table, you ask? No. I don’t think they’re out to get us over the table. I think they’re out to get us with the table. A sturdy park table is a great battering ram, and he who finds one finds a treasure. I think I’ll know when my time is running out. I think I’ll wake up some morning and find a park table out in the yard. Then the next day I’ll wake up and find a little toy park table on my pillow, and that will be the last thing I ever see.

L.A. Armenians, if you’re reading this, let my people go. Let the park table stand between us no more.

And as this semester begins, and I arm myself with the required biographical facts, I still don’t have a satisfactory answer to the question “Where are you from?” Satisfactory for me, anyway. I can tell you where I’m not from, though, and I am definitely not from Massachusetts. On no planet, am I from Massachusetts. At the risk of offending the Massachusetts people as well as the Armenians, maybe that’s a good answer to give.



The Writer

by Sarah McLaughlin '23
Portfolio Editor

POETRY

When I should die, think only this of me:
That there's some weathered notebook tucked away
Behind the dusty novels. My childhood reads
These words—these words my childhood shapes
From *airy nothing* into lines and scenes.
With ballpoint tip to page, with blue ink running dry,
I scratch and dot my i's and cross my t's,
Letters becoming words, words brought to life.

And think, these stories, inscribed on every page—
Reflections of my mind, blurred photographs—
Implore to be preserved eternally.
So let my work's life last beyond my age,
Let it be more than just my epitaph—
My fount of youth, my immortality.

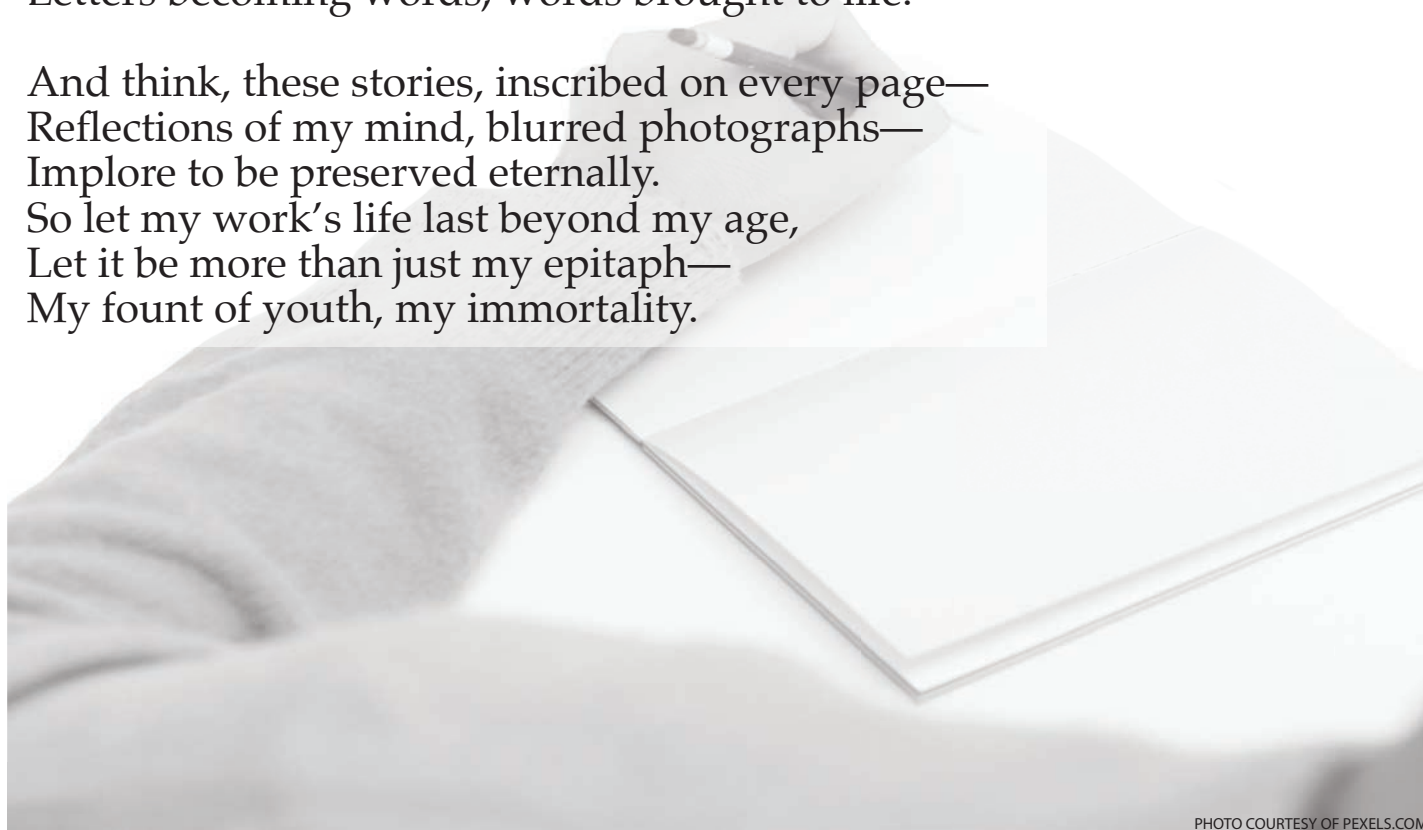


PHOTO COURTESY OF PEXELS.COM

Listomania*

Things I Forgot at Home

- Supplies for the elaborate prank I had planned on my roommates
- A fan...I guess I'll just melt
- The pet hamster I was going to smuggle in
- All of my Friars merch
- My Goldfish stash
- Motivation for classes
- A pair of party shoes
- Room decor that'll make my dorm look less depressing
- Shower shoes... hopefully the communal bathrooms aren't too dirty
- Anti-roommate spray
- My sanity
- A phone charger (sent from my computer)

Tiffany & Earl

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

Dear Tiff and Earl,

It's been so long since I've had to attend class in person. I'm so used to sitting on my bed and using my phone during class. How do I adjust to being a normal, functioning student again?

Sincerely,

Still In My Pajamas

Dear Sloth,

It's a good idea, when you enter a new, dangerous environment, to surround yourself with things that will remind you of your happy place: a pillow, a stuffed animal, a special blanket, maybe a few scented candles. Maybe sing yourself a little lullaby and ask your professor and classmates to join. How poorly can it go? The odds that you were ever a "normal, functioning student" to begin with are low...

Warmly,



Tiff

Dear Zoned-out Zoomer,

As somebody who thrived on Zoom, I now also struggle to function in my in-person classes. My advice to you is to find a few students in the same boat as you and instantly befriend them. These can be the people you end up having staring contests with while you're zoning out in class, which will provide ample entertainment when your teachers are lecturing. Said friends will also be key people to vent to, who can assist you with the looming workload of in-person classes. Making friends can be tough, but don't be afraid to put yourself out there and talk to the people in your classes!

From A Social
Butterfly,



Earl

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

Sports Shorts

by Ben Bilotti '23
Sports Staff

PC ATHLETICS

Men's Soccer

The Providence College Men's Soccer team took on Saint Peter's University at Chapey Field Sunday, Aug. 29, to improve their record to 2-0-0. Providence College beat Saint Peter's with a final score of 6-2. Davis Smith '21GS and Thomas Tuglar '25 each had a goal and an assist. Miguel Candela '21 and Brendan McSorely '24 also each had goals in the match. For the first time since 2011, the Friars scored six goals. The last time was against Seton Hall University.

Women's Soccer

The Providence College Women's Soccer team shut out Sacred Heart University on Aug. 25 with a score of 4-0. Fifth-year Amber Birchwell scored early for the Friars. Shortly after, Maria Pavaglio '25 scored her first career goal to make it 2-0. In the second half, Angie Suaza '23 scored her first career goal, followed by a goal by Kyla Gallagher '24. Emma Bodmer '24 earned her first career shutout in net for the Friars. Providence College travels to Piscataway, NJ to take on Rutgers University Sunday, Aug. 29.

Field Hockey

The Providence College Field Hockey Team faced Bryant University on Friday, Aug. 27. The Providence Friars bested the Bryant Bulldogs beating them 4-0. Goals were scored in the first, second, and third quarters by Olivia Ward '21GS, Roose Michiels '24, and Celia Preveza '25. Sunday Aug. 29, the Friars took on Boston University. Providence beat Boston with a score of 2-1. Ward scored early in the second quarter. In the fourth quarter Niamh Gowing '21 scored to give the Friars the lead back. Sophomore goalkeeper Asia Porter had an impressive second quarter making four saves in the frame.

Women's Volleyball

The Providence College Women's Volleyball team took on Iona College Aug. 28. The Friars took down Iona winning the match 3 sets to 1. In set on Allison Barber '21GS led the Friars with 13 assists while Maryanne Boyle '24 and Shaliyah Rhoden '25 led the set with four kills apiece. Iona took the second set of the match, but the Friars would come back to win the third and fourth sets. Barber shined in the third set as well with 10 assists and five digs. In the fourth set, Providence led for the majority. Rhoden recorded seven kills on 10 total attacks, and Barber added 15 assists, while leading the team with seven digs.

The Grand Stage of All: The Olympics *Friar Alumni Sisson and Connor in Tokyo*

Olympics

Continued from front page

After graduating in 2015, Sisson's first major appearance was at the World Championships in London, United Kingdom in 2017. There she would race in the 10,000 meter race and finish 9th with a time of 31:26.36.

In the buildup to the Olympics, Sisson was required to race in the U.S. Olympic Trials in Eugene, Oregon on June 26, 2021.

Sisson had originally entered the U.S. Olympic marathon trials and was the favorite in the event in Atlanta back in 2020. She would end the race in heartbreak; after 22 miles she dropped out of the competition.

In a later interview, Sisson said "That really broke my heart. I went all in on that, and it really didn't work out. I was very confused after."

She would then race in the 10,000 meter event in Eugene, Oregon and won the race in an Olympic Trials record time of 31:03.82. After taking the lead in the fifth of 25 laps, Sisson never looked back and dominated the event in hot conditions.

Then came the 2020 Summer Olympics in Tokyo. In an interview after the race, Sisson said her goal was to finish sixth to eighth in the race which would be her Olympic track debut.

In the end, she placed 10th in the event with a final time of 31:04.46.

Sisson is still coached by Friar head coach Ray Treacy who has continued to help athletes in his time. She and coach Treacy thought the start of the race may go out a little faster than it did and Treacy told Sisson to "go with the second pack and reel people in and win the race that you're in."

In the end, Sisson said "It was a grind, but I'm proud of my effort. Another learning experience."

The second Providence alumni, Ben Connor, competed in the Men's Marathon. Connor, from Derby, England had a successful four years in Friartown.

His senior year from 2014-15 would be his most complete year. In Cross Country, Connor placed eighth



PHOTO COURTESY OF AP PHOTO

Emily Sisson '14 has continued to show success graduation. One of the most decorated Friars finally reached the pinnacle stage of the Olympics this summer.

at the BIG EAST Championships with a time of 23:59.9. A couple of weeks later, he finished second at the NCAA Northeast Regionals with a time of 30:29.2 and collected an All-Regional honor.

Sisson:

"It was a grind, but I'm proud of my effort. Another learning experience."

At the NCAA Cross Country Championships that same season, Connor placed 30th with a time of 30:48.6 which earned him All-American honors. He would not compete in indoor or outdoor track in his final year as he did his sophomore and junior years.

Connor's personal best records in his Providence stint was 8:12.18 in the 3,000 meter event, 14:08.11 in the 5,000 meter event, and 29:18.62 in the 10,000 meter event.



PHOTO COURTESY OF PC ATHLETICS

Ben Connor '15 raced his first marathon in the 2020 London Marathon which was the prequel to qualifying for the Olympic marathon at the British Athletics Marathon.

After graduating, Connor would head back to the United Kingdom to train and compete. Just like Sisson, Connor trained with coach Ray Treacy in the United States and in Manchester, United Kingdom. However, since 2019, Connor has self-coached.

In 2017, Connor would compete in the English National Cross Country Championships where he won the event. In 2019, Connor won the British Championships Night of 10K PBs event and the Podium 5k event. In 2020, he ran a half-marathon personal best time of 1:00:55 in Antrim where he finished third but was the fourth fastest half marathon time by a Briton.

Connor's first marathon was the 2020 London Marathon. He finished the race as the second highest finishing Briton, at 10 seconds better than the Olympic qualifying time. He would finish 15th in the event.

In the 2021 British Athletics Marathon, Connor met the qualification time and finished second at the trial event to qualify for the 2020 Summer Olympics.

Connor:

"Obviously it was hot, but my legs just couldn't run, I don't know what it was."

Unfortunately, Connor was one of 30 competitors in the race who was unable to finish due to the soaring heat and humidity during the race.

Connor said in a later interview with Eurosport, "Obviously it was hot, but my legs just couldn't run, I don't know what it was."

He hopes to later on become a coach in the running circle when done competing.

Either way, Sisson and Connor made the Providence College community proud by competing at the Olympics this year.

Who Will Win the 2021-22 College Football Season

Providence College Investigates: NCAAF

Alabama Crimson Tide

As always, we head into this NCAA football season with the spotlight centered on the same couple teams that we always see.

The University of Alabama Crimson Tide enters the season as the favorites to win the national championship, with The Ohio State University, Clemson University, and The University of Oklahoma right behind them as teams to look out for.

Although they each have a chance, no one will be stopping Alabama, who will be lifting the trophy at the end of the season.

The Crimson Tide will have a tough task ahead of them replacing nearly all of the superstar talent that they had on offense during the 2020 CFB season.

At quarterback, Nick Saban suffered a huge loss this offseason when his record-breaking quarterback, Mac Jones, was drafted in the first round to the New England Patriots (let's go Mack). The man to fill his rather large shoes is 20-year-old Bryce Young.

The coaching staff in Tuscaloosa is more than confident that their young quarterback can get the job done, and scouts around the country concur.

Reigning Heisman trophy winner DeVonta Smith (WR) was also taken in the first round of the NFL Draft and will be dearly missed by the Alabama offense. Najee Harris (RB), Jaylen Waddle (WR), Alex Leatherwood (OT), Landon Dickerson (C), and Deonte Brown (G), are also key members of the

2021 Crimson Tide offense who were drafted to the NFL, so they definitely have their work cut out for them this off-season.

While expected to be great, it's quite unrealistic to ask rookie Bryce Young to repeat what Alabama has done the past few years under Mac Jones.

Reports state that while comfortable in the pocket, Young will not be slinging the rock as frequently and effectively as past 'Bama quarterbacks have.

And we can't forget about their defense losing exceptional cornerback Patrick Surtain II to the Denver Broncos in the first round of the NFL Draft. Stay on the lookout for a hole in the Alabama defensive backfield.

Oklahoma is another team that I plan on keeping my eye on throughout the 2021 CFB season (as they always are). They are coming off an explosive season, ranking number 1 amongst all CFB offenses in 2020 and averaged close to 500 yards per game.

Oklahoma native quarterback Spencer Rattler is returning to the Sooners with his eyes on one thing: a National Championship. With seven returning starters around him, he may have the supporting cast to get the job done. With that being said, good luck against Alabama, Spencer.

-Luke Sweeney '24
Sports Staff



Clemson Tigers

All the talk is about the Alabama University Crimson Tide this season, but the Clemson University Tigers are going to be National Champions once again under head coach Dabo Swinney.

To win in college football, you need a coach who can round his team together. Besides Nick Saban of Alabama, Dabo Swinney is the best coach in college football, and he has shown that for years now. Coaching matters.

The Tigers come into the 2021 season with the second best odds to win it all behind the Crimson Tide, but quarterback DJ Uiagalelei has already shown flashes of what he is going to do for Clemson this year.

After losing Trevor Lawrence, who entered into the NFL Draft and was the number one pick to the Jacksonville Jaguars, the team suffered a huge loss. However, Uiagalelei is no scrub. He is more than capable of leading his team to a National Championship.

Uiagalelei is a five-star and top-ten recruit out of California from the class of 2020 who played last season when Lawrence was ruled out due to COVID-19 protocols.

He is exactly the type of player Clemson often recruits. He's a very big player, standing at six foot four and 249 pounds with the arm strength to run any type of offense.

Although the Tigers lost to the University of Notre Dame in the first game Uiagalelei played, he still stood

out with 439 passing yards and three touchdowns.

In the next game against Boston College, Uiagalelei led the Tigers to a come-from-behind win and made one thing sure: He is impressive enough to be starting this upcoming season.

Then, it is not hard to look at the other side of the ball and see how impressive Clemson's defense really is.

It becomes a lot easier for Dabo Swinney when he recruits top star talent, but he still needs to mesh everyone together. Even when their best players are out the door after three seasons, Swinney and his staff recruit well.

This year, the Tigers bring back nine of their 12 top tacklers. Linebacker Baylon Spector is the key returner in the heart of the defense as he led the team with 65 tackles and tackles for loss with 10.5.

Clemson dismissed All-ACC corner Derion Kendrick, but still had steady options in the backfield with Nolan Turner and Lannden Zanders.

By putting this team together with DJ Uiagalelei under center and a defense with a lot of returners, Dabo Swinney will win his third National Championship at Clemson.

-Liam Tormey '22
Sports Co-Editor



Guide to the 2021-22 Fantasy Football Season

by Joe Quirk '23
Sports Staff

PROFESSIONAL FOOTBALL

The 2021-2022 NFL season is just around the corner, and that means it is also fantasy football season. This season has the potential to be especially unpredictable and crazy, especially in fantasy football.

Fantasy football is all about risk versus reward. Players often find themselves weighing the risks of players; for example, they must consider the players' injury history, team, and recent production while also considering what the player could produce. The name of the game is considering value.

When it comes to Saquon Barkley and Michael Thomas, that value critically dictates where they should be drafted. Saquon Barkley is coming off an ACL injury and is expected to work himself back into a primary back role.

He will likely play week one, but may not have all his touches just yet. It is also worth noting that he is coming off a significant injury in the ACL. Yet, Barkley is an elite athlete, one who is highly likely to bounce back from such an injury and produce given health and opportunity.

And provided he is a key piece in a team banking on offensive improvement and his rare combination of receiving/rushing skills, Barkley should still be a



PHOTO COURTESY OF NFL.COM

Michael Thomas will miss the start of the season but will be straight in fantasy owners lineups when he returns.



PHOTO COURTESY OF AP PHOTO

Saquon Barkley returns for the New York Giants after missing the majority of last season with a torn ACL. The Giants are hopeful Barkley is fit to return week one and will be a major boost for fantasy owners.

high first round pick.

Normally, he should be a second rounder, yet the value on running backs this year may be at an all-time high with so few key backs capable of being top end backs. This is causing large and early draft patterns where running backs are being drafted early and often.

The opposite is true of wideouts. And Thomas, coming off an unproductive season, a serious injury causing him to miss time, a new quarterback and drama with his coach, Thomas doesn't seem poised to be a big producer this season. With such a large quantity of good receivers available, many other producers could be available as well.

Make sure you draft your wideouts one and two before taking Thomas on to sit the bench and hopefully push late in the season.

One of those other receivers that could really produce this season is Thomas' teammate Marquez Callaway. Callaway, along with Las Vegas Raiders wide receiver Bryan Edwards, are two receivers that

have not only impressed at camp this summer but seem to be in line for their respective teams' number one receiver spot.

There has been a lot of talk about receivers so far, and for good reason because there are more receivers to be drafted than running backs. And while there are many good ones, there are certainly bad ones.

The trio of receivers in Pittsburgh, Juju Smith-Schuster, Chase Claypool, and Dionte Johnson are ones to stay away from. All three are playing in a run first system with an aging QB.

That is not to mention Smith-Schuster's inconsistently producing as a starting wideout, concerns with Claypool's numbers being touchdown dependent and Johnson's drop issues. And the poor offensive line is a key reason to stay away from rookie running back Najee Harris.

This football season should be one to look forward to, and fantasy football is always a way to keep things interesting.

A Look Around Friartown

Men's Soccer:

8/26 vs. Fordham University, win 3-0

8/29 vs. Saint Peter's University, win 6-2

Upcoming:

9/3 at University of New Hampshire

9/6 at University of Rhode Island

Women's Soccer:

8/19 vs. University of Rhode Island, tied 1-1

8/25 vs. Sacred Heart University, win 4-0

8/29 at Rutgers University, loss 5-1

Upcoming:

9/2 vs. Stony Brook University

9/5 at Monmouth University

Women's Volleyball:

8/27 at Army West Point, loss 3-1

8/28 vs. Iona College, win 3-1

8/31 at University of Rhode Island, win 3-2

Upcoming:

9/3 vs. Siena College

9/3 vs. Fairleigh Dickinson University

Women's Field Hockey:

8/27 vs. Bryant University, win 4-0

8/29 vs. Boston University, win 2-1

Upcoming:

9/4 at Maine University

9/5 vs. Harvard University

Men's Soccer Preview

by Leo Hainline '22
Sports Co-Editor

MEN'S SOCCER

Providence College Men's Soccer is enjoying a strong start to the season, having won their opening two matches against Fordham University and Saint Peter's University.

The Friars have buried nine goals between the two games thanks to their relentless attacking style of play, creativity, and clinical finishing in the final third.

Their early performances indicate that this squad has the potential to disrupt the assumed hierarchy of the Big East, which ranked the Friars fourth in the preseason poll behind Georgetown University, Seton Hall University, and Creighton University. Both the Hoyas and Pirates are ranked in the nation's top 10.

In the season opener against 23rd-ranked Fordham, the Friars successfully defended their home turf at Chappy Field.

Midfielder Luis Garcia '23 brought his shooting boots that evening, bagging a brace that helped propel the Friars to a 3-0 victory. Both of his goals were well taken; for his first, Garcia created space for himself and fired a low left-footed strike to the far right corner of the net, while his second perhaps required a bit of luck as he scored directly from a corner kick, beating the keeper at his near post.

Davis Smith '21GS opened his scoring account by capitalizing on an ill-advised back-pass that gave the striker a one-on-one with the goalkeeper. PC was also sharp defensively, and their clean-sheet marked the first time the Friars have not conceded a goal in a season opener against a top-25 program.

PC continued their momentum in Sunday's match against St. Peter's, defeating the Peacocks in a highly entertaining 6-2 match.

The high score was a product of a fantastic team effort that saw much of the squad receiving solid minutes and six different names on the score sheet.

Although Saint Peter's opened the game's scoring, the Friars quickly drew level after Gevork Diarbian '24 dusted his defender and dumped the ball off in the box where it eventually found Miguel Candela Bravo '22, a transfer from Franklin Pierce University, who slid it past the keeper.

Soon after, the Friars took the lead when both Adam Riis '23 and Thomas Tulgar '25 pressed high up the pitch to dispossess a Peacock center-back, giving Tulgar a one-on-one with the keeper that he finished with composure.

The game's best highlight came close to halftime when Kevin Vang '22 produced a moment of magic, dancing through two Saint Peter's defenders in a Messi-esque fashion and dishing to Tulger, who sent the ball across the face of goal to striker Brendon McSorley '24, who made the score 3-1.

In the second half, Davis Smith grabbed his second goal of the season by scavenging a loose ball in the box, and Samuel Biven '24 grabbed his first collegiate goal through a great individual effort, in which he chased a ball down the right flank, attacked his defender, and created a yard of space as moved the ball to the left foot.

From there, Biven placed the ball past the diving keeper into the bottom right corner of the net. A well taken penalty from Vang in the game's closing moments completed a satisfying afternoon for the Friars.



PHOTO COURTESY OF PC ATHLETICS

Gevork Diarbian gets his sophomore year for the Friars underway with three assists in two games after a total of seven points in nine games last season.



PHOTO COURTESY OF PC ATHLETICS

The Friars will have three more non-conference games before getting Big East play on Sep. 18 against Seton Hall.

Although there were some departures from last season's squad, the Friars retain many players who made significant contributions from their shortened 2020-21 season.

Midfielder Paulo Lima '22 and center-back Ramzi Qawasmy '22 were both named to the preseason All-Big East team and will assume roles as senior leaders both on and off the pitch.

Lima was awarded with an All-Big East First Team selection for the 2020-21 season and possesses many of the qualities one would want in a central midfielder: great vision, physicality, and even the ability to contribute to the score sheet, as he led the Friars in scoring during their 2019 campaign.

As indicated by their first two performances, the Friars are full of attacking potential.

Standing at 6'7", Davis Smith is a proper no. 9 and is a unique threat that defenses will have to face. Sophomores Brendon McSorley and Gevork Diarbian also have a knack for finding the back of the net, with Diarbian leading the Friars in scoring the previous season.

The Cranston product was one of the most talented freshmen in the conference and will look to build on his already impressive resume in Friartown. Do not be surprised if Diarbian achieves All-Big East First Team status.

Likewise, his fellow Cranstonian, Kevin Vang, has the ability to culminate his career at Providence College with All-Big East accolades. The midfielder stands out for his quickness and exceptional vision, which were both fully on display against Saint Peter's on Sunday afternoon.

Christopher Roman '22 is another attacking player to keep an eye on this year. The right winger possesses speed, strength, and the technical ability to create chances for his teammates. He has started all matches for the Friars since 2019 and will likely again be a staple of the squad's starting XI.

In their next two matches, the Friars will be on the road as they travel north on Friday to face another top-25 program in University of New Hampshire, and then square off against in-state rival University of Rhode Island three days later.

They return to Chappy Field on Friday, September 10 to host Loyola University Maryland. Big East play begins the following week, as the Friars will travel to New Jersey with the goal of conquering last year NCAA semi-finalists Seton Hall, a match every Providence College player and fan should have marked on their calendars.

Likewise, while the rest of the Big East cannot be overlooked, save the date for October 13, when the Friars will host Georgetown, who, like Seton Hall, made the NCAA semifinals last season.

The Hoyas also won the 2019 NCAA tournament and have established themselves as one of the top collegiate programs. Results against Seton Hall and/or Georgetown would be massive for momentum and would help the Friars reach their goal of qualifying for the Big East tournament, which only consists of the top four teams in the conference.

However, given the early season success that has revealed this squad's quality and cohesion, the Friars will be hungry to achieve more illustrious objectives such as winning the Big East and not only qualifying for, but also making a run in the NCAA Tournament.

Their talent combined with hard work and leadership can definitely help this team accomplish these goals.

PROVIDENCE