

The Cowl



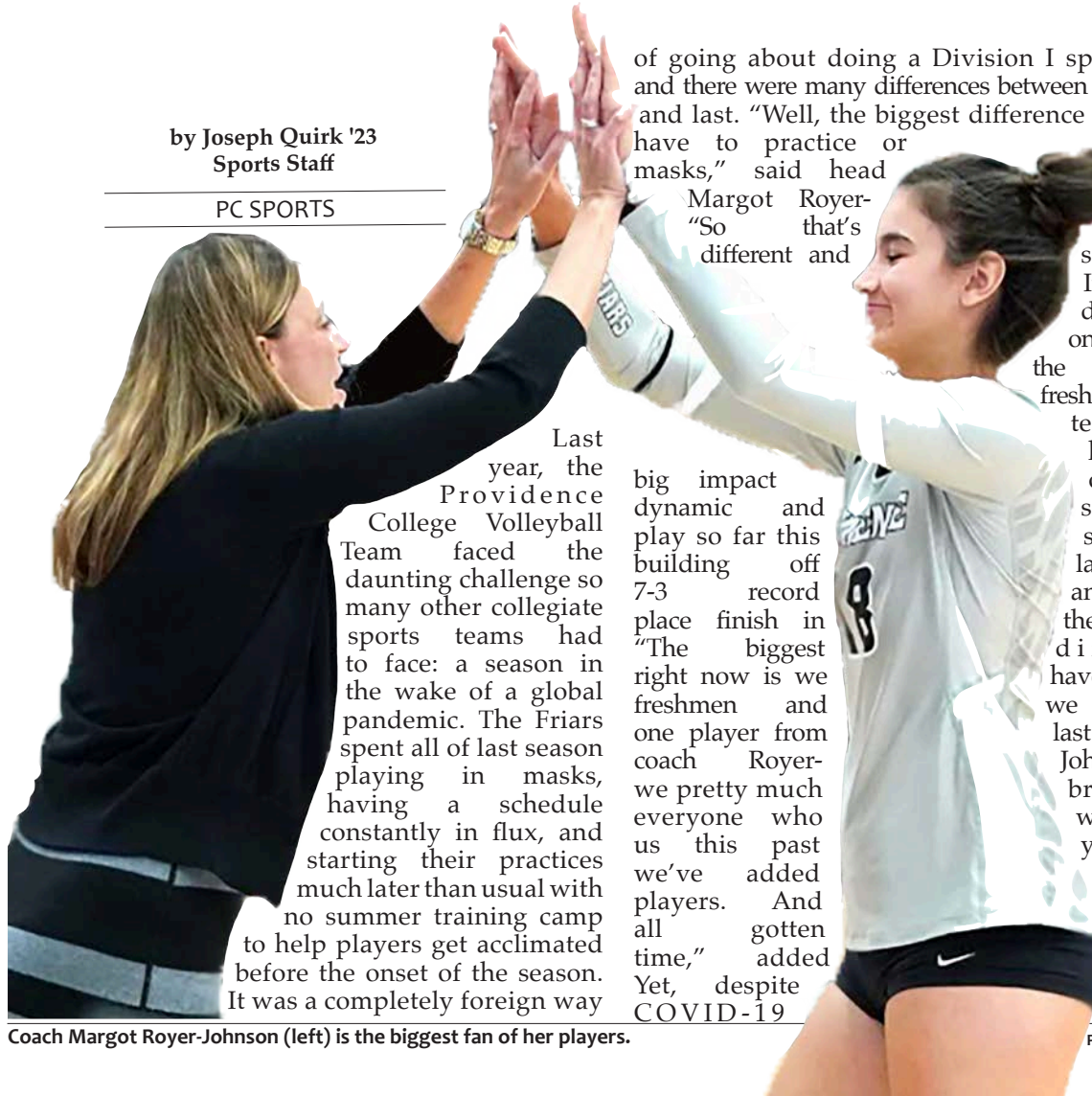
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Friars Dive Into New Season With Confidence *Volleyball Coach and Team Look to Continue Winning Streak on the Court*

by Joseph Quirk '23
Sports Staff

PC SPORTS



of going about doing a Division I sports season, and there were many differences between this season and last. "Well, the biggest difference is we don't have to practice or play in masks," said head coach Margot Royer-Johnson. "So that's definitely different and significant." In terms of differences on the court, the five new freshmen on the team seem to have had a successful season, last year's and fourth-place finish in the Big East. "The biggest difference we have five new players," said Royer-Johnson. "So, we brought back with year and five new players. And all we've gotten time," added Royer-Johnson. "So, we brought back with year and five new players. And all we've gotten time," added Royer-Johnson. "So, we brought back with year and five new players. And all we've gotten time," added Royer-Johnson.

last season, coach Royer-Johnson led the Friars to their first Big East tournament appearance in years. Unfortunately, a COVID-19 outbreak prevented the girls from being able to play in the tournament, but that disappointment seems to have provided them with extra motivation and confidence going into this season. "Yeah, it's definitely stuck with them. I think it's given us the confidence that we need to mentally know that we can qualify for the tournament and be successful in the Big East Conference," said coach Royer-Johnson. She added, "I think confidence is a big part of this game, and so it is a mental game in a lot of ways." That confidence has certainly shown up in the play on the court thus far. This season, the Friars are 12-1 in non-conference play, with their only loss to the United States Military Academy, also known as Army. However, since that loss to Army back in August, the Friars are 11-0 and winning games in dominant fashion with 10 out of their 12 wins being decided by four sets or less.

Bump, Set, Spike/Page 22

Coach Margot Royer-Johnson (left) is the biggest fan of her players.

PHOTO COURTESY OF FRIARS.COM

PHOTO COURTESY OF MAX PIXEL

McPhail's, Music, and Milkshakes, Oh My! *On-Campus Bar Kicks off Semester on a Sweet Note*

by Jack Downey '23
A&E Co-Editor

ON-CAMPUS ENTERTAINMENT

McPhail's is one of the unsung attractions of Providence College's campus. The small bar and activity room on Slavin's lower level not only serves drinks but also hosts many fun events such as trivia nights and bingo nights. It offers a pool table, a ping pong table, a foosball table, and so much more. However, not everybody knows that McPhail's is also the College's premiere music venue.

For a time, perhaps due to a lack of musicians or a packed schedule, the only music coming out of McPhail's was pre-recorded. Then, there was

no music because the COVID-19 pandemic shut the student entertainment center down for over a year. However, McPhail's rebounded in spectacular fashion on Sept. 10, as people once again came to enjoy their Friday night. With the return of the people came the return of live music.

The band for the night, called GraceNotes, provided an excellent backdrop for the joyful occasion. Fronted by Grace Maffucci '22, the band also consisted of Met veterans Joe Genest '22 (lead guitar), Gavin Woods '22 (bass), Cat Mazo '19 (drums), and Griffin May '24

(rhythm guitar). Completing the lineup was keyboardist extraordinaire Jordan McBride '23.

The band spent the night serenading the crowd with well known favorites, such as "I Love Rock 'n' Roll" by Joan Jett. They also played some funk tunes to liven the atmosphere, one of which being "Signed, Sealed, and Delivered" by Stevie Wonder. No matter the genre of music, GraceNotes had people moving—or, at the very least, tapping their feet while they ordered drinks.

Music in McPhail's/Page 13

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Providence College's Student-Run Newspaper Since 1935

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Featured Friar: Alexa Pudlo '22 *Buzzing Around Rhode Island Through Summer Research*

by Addison Wakelin '22
News Co-Editor

FEATURE

Alexa Pudlo is a senior majoring in environmental biology at Providence College. Over the summer, she caused quite a buzz with her summer research which primarily focused on collecting data on different pollinator species throughout the Providence and Westerly areas of Rhode Island, through the creation of bee hotels and bee bowls.

Pudlo, a Vermont native who was raised in Pittsfield, MA, has always felt close to nature growing up. Back in Western Massachusetts, where she attended Pittsfield High School, she was actively engaged in her biology classes, which further cultivated her budding appreciation for the environment.

She also cites going on a school trip to Costa Rica, where she was able to directly participate in hands-on learning through nature exploration of the diverse geographical and environmental features, as another major factor in her decision to pursue something pertaining to the environmental sciences in college.

When not busy collecting data on pollinator species throughout the state of Rhode Island, Pudlo is involved with different clubs at PC. These include Biology Society, Active Minds, and even her own WDOM 91.3 radio show with Audrey White '22.

Initially a biology major, Pudlo shifted her academic track based on her pre-existing appreciation for the environment and environmental science, with the unveiling of the environmental biology major in 2018.

The environmental biology major is a fairly recent academic development for Providence College's Biology Department, as the track particularly emphasizes a foundational focus on ecology, environmental science, evolution, and conservation, in comparison to the typical track for the biology major.

This past summer, Pudlo's field work primarily

consisted of exploring the different pollinator species and creating a reference collection of the species, primarily on bees, within the Providence College campus and the Westerly Land Trust in Westerly, RI.

"Our bee bowls, hotels, and observational data will help start a long-term look into what pollinators call Rhode Island home and inform future studies on how we can help diverse bee species continue to thrive," wrote Pudlo this past summer in a blog post for Providence Pollinator Lab.

Pudlo was able to maximize her research opportunities through the allocation of two Providence College grants: the Walsh Student Research Fellowship and the Summer Undergraduate Research Grant.

The Walsh Student Research Fellowship is a fellowship created by Robert H. Walsh '39 and '66 Hon. to create opportunities for more student research on campus in the fields of chemistry, biochemistry, and biology. The Summer Undergraduate Research Grant program is also an opportunity for undergraduate students to conduct either on- or off-campus research during the summer.

A redeeming quality of the research grants allocated to undergraduate students is the ability to cultivate deeper



Pudlo made Air Bee-n-Bees this past summer as part of her research.

relationships with their faculty mentors. Assistant Professor of Biology Dr. Rachael Bonoan was Pudlo's faculty mentor this past summer, as Dr. Bonoan's field work consists of studying insect pollinators, social insects, and behavioral ecology.

"I had a lot of fun working with and getting to know Alexa this summer. One of the reasons I enjoy working at Providence College is the opportunity to mentor students in field research—I hope to help PC students realize the diverse ways to 'look' like a scientist," stated Dr. Bonoan.

Increased visibility for women throughout the STEM field also remains a challenge, as more women continue to enter the field. According to the American Association of University Women, women only make up 28% of the workforce within the science, technology, engineering, and math workforce in the United States. Consequently, issues consisting of lack of mentorship and workplace inequity for women entering STEM fields have had long-term implications regarding limited visibility of female mentors within those different science fields.

Being a senior, Pudlo's post-graduate plans consist of continuing to explore the different career opportunities within the fields of conservation efforts and environmental science. Pudlo stated, "I've always known I couldn't do the typical, 9-5 office job. I want to do something hands-on."

This summer, Pudlo has made a transformative impact on the further developmental research of pollinator species throughout the Rhode Island area, while also having the opportunity to explore her own long-term career options through direct involvement in field research.

Pudlo's experience engaging in her fieldwork is reflective of her own work ethic and integral character that she has cultivated during her time at PC and with research—so much so that it has transcended beyond her major, and has made her an incomparable presence both within the PC community and beyond.

And, as always, #savethebees.

Taliban Limits Education Opportunities for Women *International Leaders Raise Human Rights Concerns*

by Sydney Olinger '23
News Staff

WORLD NEWS

Since Afghanistan has been taken over by the Taliban, the way in which the country is run and how things function has changed dramatically. Though there have been many changes politically, one thing that has changed for the worse is the treatment of women and young girls.

Women did not have much power in the country politically to begin with, but since the Taliban-takeover, women face a harsh new reality. The new government claims to be opening up schooling again for all children since the violence that recently sparked in the country. These claims have quickly proven to be false.

The only children who have returned to school are boys, which is causing major upheaval and will cause even more if it goes on for much longer. With the installation of the new government, women have lost essentially any and all say that they may have had before the Taliban took over. This is making for an extremely difficult time attempting to help girls return to school.

The director of a girls' school in Kabul, Afghanistan is one of these women trying to make a difference for young girls with hopes of going back to school. As a woman, she is not permitted to attend any sort of meeting where she could have her voice heard. Under Taliban rule, she understands that it is, again, going to be a very harsh new reality and very challenging to enact change.

There is a clear pattern of barring



Afghan women continue to fear for their rights voice over the Taliban's rule.

PHOTO COURTESY OF FLICKR.COM

women from education and imposing Islamic-based education, specifically the intense interpretation of Sharia law, as we have seen this same exact concept put in place in the 1990s before the United States led an invasion in 2001. For 20 years, girls were allowed to attend school, and the female literacy rate actually reached 30 percent.

The Taliban have offered very little information with regards to if or when girls will be able to return to school, but they claim they will eventually be permitted within very particular parameters. One of these parameters is that they will no longer be taught by male teachers. With the shortage in teachers, specifically female teachers, their hope

is most likely that if there are no female teachers, and girls must be taught by only females, they will not be able to attend school at all.

Another parameter articulates what girls will have to wear to school. As of right now, young girls dress in modest clothing and hijab, but with the new Taliban rule, girls will be required to dress in hijabs. Many teachers are now wearing niqabs, in which the only thing that is exposed is the woman's eyes.

A teacher at a girls' school in Kabul stated, "I started wearing the niqab the first day of the coming of the Taliban... We will wear it, but we don't want to stop educating."

In hopes of not giving the Taliban

any reason to shut down the schools, she remarks that, as sad as it is, she will do anything for the children to continue schooling.

Girls have reported to be more anxious to return to school with all of the new parameters and the lack of freedom they will now endure. They have given some hope to women and girls wanting to return to school, but mostly instilled a sense of fear. Women and girls have been greatly deprived of their motivation to learn since the Taliban took over, and international leaders have urged for change to happen so that they are protected from gender violence and discrimination.

FBI Finds Body of Missing Woman, Gabby Petito

by Katherine Morrissey '22
News Staff

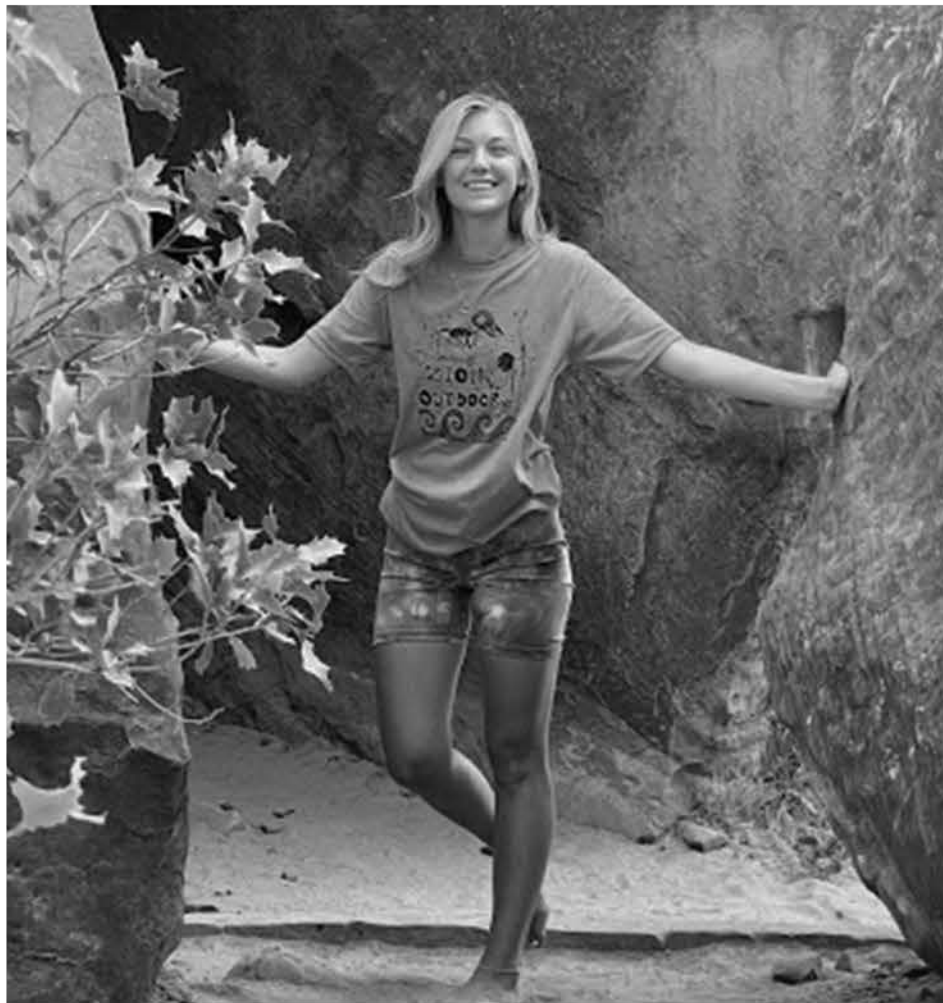
NATIONAL NEWS

After first being reported missing by her family on Sept. 11, 22-year-old Gabby Petito has been found. Unfortunately, however, for all who knew Petito, as well as for the many people following the case these past weeks, it was not a happy ending.

FBI and local law enforcement began to search for Petito in Grand Teton National Park in Moose, WY, Saturday, Sept. 18, with news of remains matching her description being found just a day later on Sunday. Petito, at the time of her disappearance, was traveling from New York to Oregon with her 23-year-old fiancé, Brian Laundrie, who remains missing.

The park is known for being a popular destination in the summer, especially for mountaineering, hiking, backcountry camping and fishing. It is also linked to nearby Yellowstone National Park. Unfortunately, Gabby Petito is just one of three people to be reported missing near the Grand Teton Park area this summer, which raises questions and concerns about the park's safety and potential lack of adequate security. However, with the park being over 300,000 acres, providing substantial security throughout its entirety is difficult and unlikely.

While the case is very much still an open and ongoing investigation,



Petito's remains were found on Sunday, Sept. 19.

PHOTO COURTESY OF FLICKR.COM

locating Laundrie continues to be significant in piecing together the potential storyline of what happened to Petito, as he was likely one of the last people to be with her before her disappearance and untimely death.

With Petito's remains having

been found, the ongoing search for Laundrie has intensified. While the cause of death is still unknown, an autopsy will reportedly be performed on Tuesday. This will be a crucial step in the case as it will provide confirmation that the body is Petito's. Additionally, an autopsy could reveal the cause of death as

well as provide more insight into whether or not there was foul play.

The news of Gabby Petito's death is heartbreaking for her family, friends, and all those who had hoped she would be found safely. Within the time that she was reported missing, her family and the world witnessed the power social media and other platforms have in bringing a story to national attention.

Petito's face and the story of her disappearance spread rapidly through the news, flooding the feeds of various social media platforms. As her story circulated, thousands of individuals began to follow the case of her disappearance, sending prayers to her family and trying to help in whatever way possible.

Petito's father paid tribute to his daughter, commenting that Gabby "touched the world." Her father and family, now in the face of their newfound grief, are not alone, as thousands of people online and across the country are offering her family condolences and support as the case continues into its next phase.

While there are still many unanswered questions, individuals following the case can hold onto the fact that, within the next few weeks, more information will likely be available concerning Petito's disappearance and cause of death. This information has the power to point the investigation in the direction of the person responsible for her death. As the investigation continues, there are hopes that her fiancé Laundrie, who likely holds crucial information, will be found as well.

Congress Updates

by Caitlin Ariel '24
Student Congress Representative

CAMPUS

On Sept. 21, 2021, Student Congress invited Sokeo Ros, Director at Moore Hall, to speak and answer questions.

Before answering questions, Ros spoke about how he came to Providence College as well as his plans for Moore Hall as the new Director.

Members asked Ros if he had any ideas regarding outreach for Moore Hall and how Moore could better establish its presence on campus. He responded that students should be invited to learn more about Moore Hall and what its presence means on campus. Ros suggested having a healthy wellness program in which students can partake in order to focus on their mental and physical health. He also suggested reaching out to student-run organizations to offer them the space. He emphasized that he is looking for student and faculty engagement in Moore.

Another member asked about the current and future plans for the PC/Smith Hill Annex. Ros said that the Annex is a creative space for community organizations to plan events, projects,

programs, etc. He said he is looking to unite PC and the Smith Hill Annex through various student organizations.

Another member asked Ros what he is looking forward to in the near future. He said that he is looking forward to the Movement Languages event, where he will be working with student groups to bring in international dancers as well as members of the community. Through this event Ros hopes to focus on how dance builds community and allows people to learn to heal from past traumas. He wants to involve PC student organizations in this event.

The final question a member asked was how Student Congress can help with his agenda and mission. Ros answered that students should come and use the Moore Hall space. He wants students to know that when you are in Moore Hall, it is not only a safe space, but a brave place for students to enter.

Student Congress thanks Sokeo Ros for his time and looks forward to collaborating with him, as well as with Moore Hall, in the future!

Following Ros' discussion, Dean Sears spoke and said that if anyone had any ideas for events in McPhail's, to let him know.

Finally, there was no new legislation introduced.

Campus Safety Alert

by Maura Campbell '22
News Co-Editor

CAMPUS

On Sept. 19, the Providence College student body received an email from Eric Croce, Interim Chief of Public Safety, notifying the community that a student had reported observing a male subject peeking underneath their shower stall in McVinney Hall. The subject immediately fled the scene upon confrontation.

Providence Police has taken a report of the incident and will be investigating further.

On Sept. 20, Dean of Students Steven Sears sent an email to the student body

stating, "While the College continues to move forward with its investigation, security measures, and overall response, we want to make sure that you know we care, we are concerned, and that there are resources available to you 24/7."



If anyone has seen or sees this individual on campus, please contact the Office of Public Safety.

Resource	Location	Contact Information
Personal Counseling Center	Lower Bedford	401-865-2343 After-hours support: 401-865-2343, press 2
Chaplain	St. Dominic Chapel	401-865-2216
Office of Residence Life & Housing	Slavin Center 105	401-865-2392 After Hours: 401-639-9110
Student Health Center	Lower Davis	401-865-2422
Office of Public Safety	Huxley Avenue Gate	401-865-2222 Anonymous Tip Line: 401-281-9933
Dean of Students	Slavin Center 104	401-865-1722

Cowl Corrections

There was a typo in last week's issue of *The Cowl*. Under the photo of the flag memorial on Ryan Lawn for those who lost their lives in the 9/11 attacks, the caption stated that the attack took place on Sept. 11, 2002 instead of Sept. 11, 2001.

Women Wanted: \$10,000 Reward

Texas Senate Bill 8 Creates a Dangerous Precedent in US Law

by Julia McCoy '22 and Madeline Morkin '22
Opinion Editors

POLITICS

Texas Senate Bill 8 came into effect on Sept. 1 and quickly drew headlines as one of the most restrictive “heartbeat bills” the country has ever seen. This bill’s draconian assertions far exceed the traditional abortion debates that we often discuss. Going beyond just defining life at the detection of a heartbeat, this bill seeks to encourage vigilantism, hatred against, and criminalization of women and those who support them in their endeavours to have an abortion.

The prohibition of a woman to terminate a pregnancy after just six weeks becomes an issue when considering that even a birth control pill taken flawlessly and consistently will still inevitably fail 1-2 percent of the time. Additionally, 45-49 percent of pregnancies are unplanned. So, the new Texas abortion law expects women to make life-altering decisions in a six-week period that many are unaware they have even begun.

Thus, by placing the power into the hands of the people, there are bound to be some citizens—emboldened by this newfound deputism—that feel more inclined towards reward than regard for their fellow citizens. In this case, women’s private lives are put on display and in danger for a quick buck.

The Texas law covertly argues that women are incapable of making decisions for themselves by themselves. A woman’s choice is not considered at any point in this bill, not even whether or not she chose to engage in sexual relations. Texas’ new law bans abortion regardless of how a woman becomes pregnant.

This means that a victim of rape or incest is going to be forced to carry the child to term, which could have significant impacts on her physical and mental health. So, even in cases where a woman might not consent to sex, she will be forced to carry and birth the child of her abuser.

What has led Texas to make such decisions about victims of rape? In a statement after the bill was passed, Governor Greg Abbott assured his constituents that Texas was doing everything in their power to “eliminate rape.” A valiant cause, no doubt, but certainly not an issue that can be solved overnight or by preventing women from getting an abortion as a result of rape. By saying this, governor Abbott undermines the difficulties that many rape survivors face in trying to hold their assaulter accountable.

The Department of Public Safety in Texas accounts for just under 15,000 reports of rape in the year 2019, with only 2,200 people arrested for rape in the same year. Given the staggering discrepancy in these numbers, a question arises: how can Governor Abbott rid his state of rape if its existence has never been approached vigilantly? If there was a feasible way for rape to be altogether eliminated in our society, it would be welcomed. But until it is, it seems wrong to deny women the resources they may need to deal with the effects of sexual assault.

The only circumstances in which a woman will be allowed to terminate her pregnancy in Texas are in the cases that it could “endanger the mother’s life or lead to ‘substantial and irreversible impairment of a major bodily function.’” Thus, women will need to prove that

their lives are on the line in order to have any access to safe abortion.

Although in either of the previously stated special cases which have both been deemed excusable to Texas’ new abortion law, women may still be denied access to safe abortions by the subjective opinion of certain law enforcement and judicial officials—many of whom are men and will never need to make this decision for themselves. So, for the women whose “endangerment” or “substantial and irreversible impairment” are not certified as valid enough to receive legal abortions, there then also becomes a bigger likelihood that they seek unsafe or illegal means of termination of pregnancy elsewhere.

Additionally, SB8 puts a bounty, beginning at \$10,000, directly on the head of any person getting or performing an abortion past this 6-week period. In theory, this bounty was put into place to help lighten the burden on police when they should be focused on enforcing other laws, making authorities aware of violations of the abortion ban. In reality, it pins people against each other by deputizing the citizen and introducing incentives for even the suspicion of an abortion. This subjects pregnant women

potential and real harm to others? In any case, legally supported vigilantism, which encourages untrained citizens to enforce laws at the expense of other citizens, is extremely dangerous territory for the U.S.

We don’t have to conjure up an imaginary dystopian future to see what the consequences of a law of this nature could be. Authoritarian approaches to abortion laws have been dangerous to women in countries where such laws have already been implemented. In 1998, El Salvador banned abortion in its entirety and has enforced prison sentences of up to thirty-five years for women who are accused of having an abortion. This stringent policy has led to 140 women being charged in the small country. Doctors are obligated to call the police if they suspect that a woman has had an abortion. The issue with this, however, is that there is no noticeable difference between a woman’s body after an abortion versus what it would look like after a miscarriage. As such, women have been imprisoned for a tragedy they could not control. Not only do they have to deal with the physical and emotional ramifications of a miscarriage, they are forced to do so in prison. The introduction of vigilantism in SB8 serves as an example of what happens when vigilantism is prioritized over a woman’s safety and health.

Despite being in effect for less than a month, individuals are already trying to reap the rewards of an illustrious \$10,000 bounty. In the first case, Oscar Stilley, a disbarred attorney from Arkansas is filing a suit against Dr. Alan Braid, who publicly stated that he performed an abortion in opposition to the law. Stilley has seemingly no connection to the case itself, Dr. Braid, or the state of Texas.

So, why is he filing a suit against a doctor with whom he has no prior relationship? As Irving Gorstein of the Georgetown Law Center said, “this person seems to be somebody who has no objection to abortions. He just wants to earn a bounty.” The possible ramifications of this are staggering. Will Texas courts be able to handle an onslaught of citizens – some with no relation to their state – looking to take advantage of this newfound bounty?

Texas did a lot more than subvert the precedent set by *Roe v. Wade*. The state has created a culture in which neighbors are asked to turn on their neighbors and instilled a mentality that no one can feel safe in making decisions for themselves. If an Uber driver can get arrested for dropping a passenger off at a clinic, we must consider: what comes next?



PHOTO COURTESY OF PX FUEL

Texas’ Capitol Building looms large over the state, where new abortion restrictions put the law and women’s lives into the hands of the citizens.

Pop the PC Bubble

Students Should Get to Know the Surrounding Community

by Olivia Bretzman '22
Opinion Staff

CAMPUS

There have been countless conversations about respect for neighbors in the Elmhurst neighborhood and other surrounding areas beyond our campus due to last year's COVID-19 trials. The Providence College community attaches many stereotypes to these communities and, frankly, to anything other than PC.

These negative stereotypes and assumptions prove that PC is a bubble—one that, if unaddressed, creates an environment of fear and misunderstanding about our surroundings. There seems to be a truly disheartening belief about the areas around PC. While the rates of crime and gang activity are high in any city, the assumption that everyone who lives in the area is involved in that activity is rash and nonsensical.

The saying “Chad Brown Turn Around” was preached to students of years past, perpetuating these stereotypes. This phrase creates tension between students and residents of the Elmhurst neighborhood, especially those past Chad Brown Street. However, if you find yourself on any side street past Chad Brown, you will see families outside with playing children and encounter friendly smiles and conversation.

Along with the local residents and PC students that live in the area, many other college and university students rent houses in this neighborhood. The fact that they are not PC students does not mean anything—the stereotypes surrounding students of other schools are astoundingly narrow-minded.

Aside from neighborly realities, the fact of the matter is that off-campus is called “off-campus” for a reason. The streets students live on, while just steps away from campus, does not give anyone the right to trash the

sidewalks with glass bottles, empty cans, or litter of any kind.

While people may do what they wish on their own property, littering on community property, or that of one's neighbors, demonstrates a level of disrespect that no student would stand for in their own neighborhood or home.

When it comes down to it, PC is a bubble in which the good of our surrounding community is sometimes forgotten. PC is a beautiful place with wonderful people and opportunities, and students must open their eyes to the rest of the community in which they take part, the city in which they go to school, and the world in which they live.

One can do this easily by getting more involved in the community. This includes simple things like going out to eat or trying a new bar, or it could be more in-depth and personal, such as volunteering or working off campus.

It really comes down to the reality that not everyone is alike in this world. Within a like-minded or similar community, it is easy to believe that “others” are strange, abnormal, or even dangerous. However, the world is a complex place with people completely different from each other, and that is why it is imperative to recognize the classist and racist roots of these stereotypes in order to dismantle them.

I implore the students at PC to reconsider their mindsets about the community around them and to be a bit more mindful of where they are in the world. Students are not the sole individuals in the Elmhurst community, and we should not act as such. Respecting and including other community members is essential to living here; it is our duty to pop the PC bubble and ensure that we are not continuously perpetuating harmful stereotypes that create division between PC students and permanent residents of the Elmhurst area.



PHOTO COURTESY OF BOSTON GLOBE

Seniors look to take advantage of Eaton Street for its close proximity to campus, but they should also consider the benefits of the community that they live in.

Grow Into Who You Want to Be at PC

Why Getting Involved Early Has Its Benefits

by Jeze Tracey '24
Opinion Staff

CAMPUS

Many times, we determine our ability to do something by the amount of time that we “have left.” Thinking about the four years we have at Providence College is intimidating. Whether it is your first year or your last, the opportunity to be a part of clubs and organizations is still available for you!

Oftentimes, the growth that happens in college appears to only refer to academic and intellectual development. However, the personal development that also takes place plays a vital role within that growth.

As you search for the answers to your discussion questions, you are also subconsciously searching for the answers to your life and the meaning that you connect to it.

From the study habits that fit your learning style to your daily existential crises, most of your college career is centered around who you are now and the person you want to become.

It is through forming habits that are not solely academic that this transition begins.

In fact, some PC students join organizations to guarantee that their college experience is not centered around doing work and is more about meeting new people. These opportunities can extend far beyond the classroom, including delivering food with Friar Food Rescue or trying new tricks in Club

Figure Skating.

When it comes to self growth, it does not matter when you start, but rather where you start. Involving yourself in organizations on campus helps you come closer to taking the first step in cultivating that journey of self-discovery. Although this process is focused on the self, the role that others play is equally, if not more, important.

In this case, clubs and organizations on campus would be considered as the “others” in your personal development. While they do require time and commitment, student organizations provide an outlet in that search for “self.”

By becoming a part of these, you will surround yourself with people who have similar interests and motivations.

Through these relationships is how you learn about yourself and the things that will shape you into who you want to become. Yolanda Lewis '24 mentions that her main motivation in joining the debate club is because of her pursuit in the career of law and how it will “familiarize her with the environment” of which she is seeking to become a part.

Of course, it is not always easy to know specifically what you like. There will be some things that you are not comfortable with, and this is okay because it will help you to learn about the things that you both like and dislike.

When you become ready to cultivate yourself, it does not matter whether time has been wasted or

you feel rushed to do so. In fact, it will never feel like the right time to grow. This is why it is very beneficial for you to become involved in anything that you might have a slight interest in.

It is evident in the Involvement Fair that all clubs and organizations at PC are excited to help students cultivate their personality outside of the classroom.

There are a plethora of ways to

be connected to such outlets. One way is through the Involvement Fairs hosted at the beginning of the fall and spring semesters. If you miss any of these, connecting with people that you know that are in the organization is another way you can join.

It is never too late, nor is it too early to grow into the person you desire to be. Taking interest in the outlets provided for you is the first step in your personal development journey!



PHOTO COURTESY OF PROVIDENCE COLLEGE

Providence College offers a number of clubs ranging in focuses such as faith, politics, media, writing, and many more.

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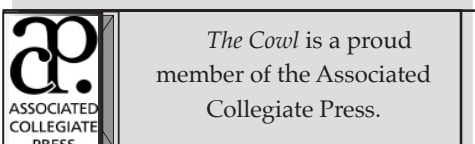
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A Bible for Nerds

When Your Life Lacks Meaning, Open a Dictionary



by Nicole Patano '22
Editor-In-Chief

EDITOR'S COLUMN

Stored in a file cabinet in *The Cowl* office are all of the items you would need to be successful as a journalist:

six thesauruses, five dictionaries, *Law of the Student Press*, *Responsible and Ethical Decision Making: Advertising and Editorial Content*, and *The Essential Writer's Companion*. Each book has obviously been well loved—just not within the last five or more years.

One of the dictionaries, a 1997, paperback Merriam-Webster is nearing its expiration date. The pages have been dog-eared and littered with sticky notes, and the spine is parted like the Red Sea. Over the years, it appears that the job of maintaining the structural integrity of the dictionary has shifted from the binding to a single strip of Scotch tape.

Now, it is impossible to open the book to any page besides that which effectively cleaves the book into two. Yet, there is nothing particularly special about pages 432 and 433 in this aging dictionary. I was not like St. Augustine, who, upon randomly (alternatively: divinely) turning to Romans 13:13 in the Bible, felt that "there was infused in my heart something like the light of full

certainty and all the gloom of doubt vanished away."

I am skeptical that the words on these pages could have provoked the same reaction from me as St. Augustine experienced. How much abstraction or symbolism can one apply to words like "lint," "liposuction," and "list price"? Ironically, "literal" also falls within these pages.

We expect there to be a deeper meaning behind the mundane, but sometimes an old dictionary is just an old dictionary.

This is not to say that we should take things only at face value, or how they seem to be. I would have much preferred to open that dictionary to a page that proffered a sign. The concept of "time management" could have been incredibly helpful this week. Or even the word "no," as it tends to escape my vocabulary when I need it most.

If there is anything you can learn from this anecdote, it's that even if the pages of a dictionary do not seem to have meaning, there will still always be meaning(s).

TANGENTS & TIRADES

End the Stigma: Walk on the Lawn

It is apparent to anyone who has stepped on Providence College's campus how much the College invests in its landscaping.

Nearly every day as students walk to class, there is some sort of work being done to maintain this investment. The lawns being mown on a consistent basis is a prime example. Whether it is the amount of effort put into the lawns or the admiration for the pathways around campus, PC students have created an unwritten stigma around walking across the grass that needs to be broken.

Even though most students understand it would be a lot faster to cut across Slavin Lawn to get Dunkin', everyone adheres to the pathways, most of which are spread out and take more time to walk. Put aside general convenience—it's basic logic to cut these corners.

Why do students who live in Davis walk all the way along the surrounding pathway to go to Accinno when they can cut across the grass to the parking lot? It would not only benefit students in saving some time, but professors would not have their lectures interrupted within the first few minutes by the path-adhering stragglers at 8:35 am.

The stigma needs to end by normalizing walking across the grass on campus. In today's PC culture, the student that walks across the lawn is the odd one out. But really, it is the people who refuse to use the lawns to save time that are the weird ones.

—Zach Rossi '23



PHOTO COURTESY OF FREESVG

A New Commitment to Mental Health

With October being a month focused on mental health awareness, Providence College will be hosting events and initiating many efforts to decrease the stigma around talking about mental health issues and seeking help.

One of these steps is the distinction between the Health Center and the Personal Counseling Center. The Health Center is now located in Davis Hall, while the Personal Counseling Center is located in Bedford Hall.

This separation provides more appointment bookings for students seeking help with both mental and physical health.

It is also a step towards providing more privacy for students seeking mental health guidance from a professional counselor.

"I think it is important to work on privacy because some students just don't feel comfortable with other people knowing about what they are going through," Maddie Guth '22 said. "I hope that the extra space will allow students to be seen faster, especially those who may not feel completely comfortable walking into the Personal Counseling Center."

Separating the two centers also shows students that both mental and physical health are equally important. This is a major step in breaking down the stigma against mental health and encouraging students to seek help when they need it.

The College's decision to separate the Health Center and the Personal Counseling Center is one that will be beneficial to mental health awareness efforts across campus.

—Emily Ball '22



PHOTO COURTESY OF THE NOUN PROJECT

Study Spots Fight for Power

While the number of hours may vary, the amount of time students spend studying at school constitutes a considerable amount of the college experience.

Even for students who are more concerned with their ability to play beer-die than with understanding the concept of quantitative easing in finance class, there comes a time for all students when opening a book is necessary.

And, for the majority of students, the question of where they study is just as important as how.

Tradition at Providence College has allowed the library to enjoy a long interval as the premier study spot for many classes of students. In years past, one was lucky to even find an empty chair on the upper level, much less an entire table on any given weeknight.

But COVID-19 dethroned the library from its long-enjoyed incumbency, and on the post-coronavirus campus, as the power struggle between study spots has left no clear winner, the issue of where to study has become an important topic of discussion.

Among the top study spot contenders is the business school, which, compared to the library, has much more comfortable chairs.

The docket also features the Slavin Center as a top contender, which boasts many more food options than the library.

Despite these advantages, the library needs to once again reinstate its position as the best study spot on campus.

PC's library has lived to bear witness to the sweat, tears, and last-minute papers of many generations of students, and this legacy is more important than comfortable chairs or readily available snacks will ever be.

—Joe Kulesza '22



PHOTO COURTESY OF MAX PIXEL

The Cowl Staff Respond to Last Week's Ed Column What Is The Cowl?

To me, *The Cowl* is an opportunity to write about things I'm passionate about (certainly not Taylor Swift, I definitely haven't written half a dozen articles about her), encourage others to do so, grow as a writer and editor, and share my talents and interests with the Providence College community!
- Madison Palmieri '22

On a large scale, *The Cowl* is a place where a community of students comes together with a common goal: to share their voices with the world in the way they know best—through writing. On a personal note, *The Cowl*, to me, is the place to go for a laugh, where AP-style writing is constantly questioned, and my favorite way to spend my Wednesdays!
- Colleen Joyce '22

Giving tours this summer for Admission Ambassadors, I always made sure to point out *The Cowl* office tucked away in its back corner of the Slavin Center. I've had to do the same with friends who have never seen the office. Our office is rather unassuming, with the only foot traffic it receives coming from people looking to sneak out the back exit of the building. And, yet, for those of us who do wander down that hallway, there is so much creative and welcoming energy inside that office. It's a quirky space, with 2013 Rolling Stone magazines and a Christmas tree that stays year-round, and because of that it's a hidden gem on campus. *The Cowl* is the newspaper that it is because of the collaboration and teamwork within the office.
- Julia McCoy '22

The Cowl is a club where I feel people are able to explore their own inner voices and express them through their writing. Through our newspaper, students can connect through their writing and display their own inner talents in different types of writing, ranging from the creative work of Portfolio to the entertaining celebrity news provided by the Arts and Entertainment section. The creativity and range of *The Cowl* is what drew me to this club, and I hope more people are able to see our vast talents!
- Taylor Rogers '24

To me, *The Cowl* is a project that brings students together and a community of people who are passionate about the work that we do. Sharing in this passion allows us to learn from one another and grow as individuals and as a group.
- Sarah McLaughlin '23



PHOTO COURTESY OF THE NOUN PROJECT

The Cowl *wants to hear from you!*

Do you have an opinion that you want to share? Have a response to an article *The Cowl* publishes? Let us know!

All members of the Providence College community and outside contributors are welcome to submit guest commentaries and letters to the editor. Letters to the editor must be emailed to editor@thecowl.com no later than the Sunday evening before publication. All submissions must include the writer's name, signature, and a phone number where they can be reached. Letters and commentaries can be anywhere between 250 and 750 words in length but will be published as space permits.

The Cowl Editorial Board and its administrative supervisors reserve the right to edit articles for space and clarity. However, if there is a portion you specifically wish to remain unchanged, please inform the editor-in-chief. Letters to the editor are the opinions of the writer only and do not reflect the viewpoint of *The Cowl* staff.

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The Cowl is a welcoming, fun community of creatives that brings out the best in each other. We care so deeply about one another, our work, and our campus as a whole. Our collaboration and teamwork is what makes this club so special.

- Maura Campbell '22

Although I have only been working at *The Cowl* for a couple of weeks now, it already means so much to me. Joining *The Cowl* was both a way for me to become more involved and to meet new people, even in my final year at PC. *The Cowl* staff is an approachable, friendly group of people eager to welcome newcomers and work collaboratively on the newspaper we all know and love. Working on *The Cowl* gives me the opportunity to get to know some great new friends, to be a part of the creation of something special, and a chance to dedicate time to something I care about outside of academics.

- Brooke Rioux '22

The Cowl has given me a place to do what I love: write, talk about local music, and take photos. Being able to do all these things for a school paper with such a creative and passionate team is incredible. I thought applying to the paper would be an intimidating experience, but the staff at *The Cowl* brought me in with open arms. Working for this paper is something that I look forward to every week, and I am so grateful to have this opportunity.

- Jack Downey '23

The Cowl is a solace from the stressors of major-related academia and helps me to embrace controlled chaos. Working on each issue allows me to learn about current events, see the faces of my fellow Friars around campus, discover new music, discuss controversial topics, read poetry, keep up with athletics, and improve my grammar—all in one room!

- Angie Nguyen '22

There will forever be something about a newspaper that just can't be compared to anything else. *The Cowl* is no different, but I get to be a part of that newspaper now. Seeing the work and dedication of everyone a part of this newspaper blows my mind each week. There is so much creativity, passion, and a joy to write and work on a publication each week. I think it goes unnoticed how much these words on paper each week mean to so many people. And, I get to write and express my love for sports by putting my best foot forward on a special creation every week.

- Liam Tormey '22



PHOTO COURTESY OF PROVIDENCE COLLEGE




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Join the *Veritas* staff and help create the yearbook for the class of 2022!

Email Madison Plamieri '22:
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FR. Michael Weibley, O.P.

RCIA Class
9/21 and 9/26
Aquinas Lounge
7:00pm



Topic: The Trinity
Drop-ins welcome

Questions? Contact aklein2@providence.edu

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Write a Letter to the Editor!**



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CAR

Our mission is rooted in James Baldwin's philosophy. We criticize Providence College because we love Providence College.

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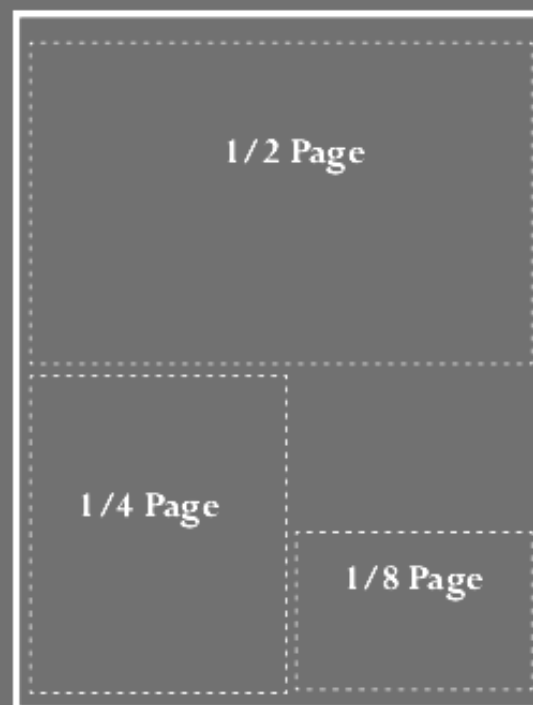
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25%	3%
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#Ads	% Discount	%Upfront	% Discount
3	3%	25%	4%
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8	11%	75%	10%
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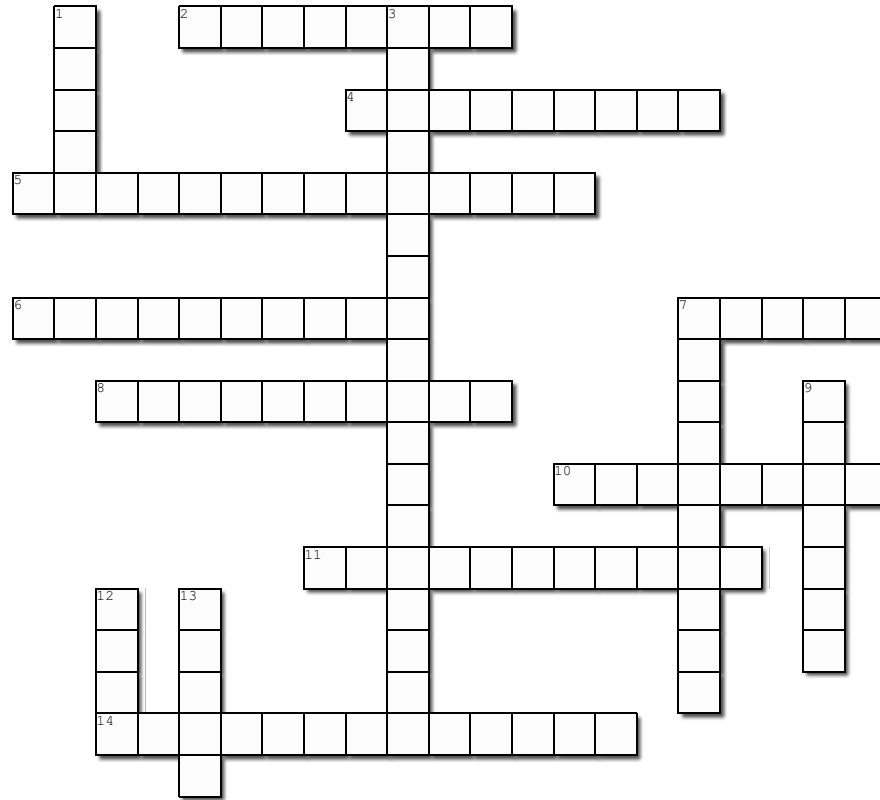
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All advertisements/graphics must be sent to the Cowl advertisement email by 5 p.m. on the Tuesday before the publication date. Advertisements should be in PDF, JPEG, or PSD and should not contain color (unless previously agreed upon). We print on 11x17 paper (tabloid). Please measure your graphic accordingly to avoid distortion. While we typically do not make graphics, we will do so in extenuating circumstances for an extra fee.

MAKING MUSIC AND MAKING HISTORY



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. After the Chicago Cubs win a home game, this song plays.
- 4. This artist's full name is Stefani Joanne Angelina Germanotta.
- 5. This artist was the first ever winner of the television show American Idol.
- 6. This artist became famous upon the release of her single "I Kissed a Girl."
- 7. This artist is famously recognized for being a pioneer of rock and for serving in the army.
- 8. This is the name of the all-female A Cappella group at Providence College.
- 10. Madonna was born in this state.
- 11. This English rock group holds the record for most No. 1 hits.
- 14. This song written by Lil Nas X featuring Billy Ray Cyrus held the No. 1 spot on the billboards for 19 weeks.

Down

- 1. This artist won Artist of the Decade in 2021.
- 3. This song is over eight minutes long and is considered one of the greatest rock songs of all time.
- 7. This artist won the "Top Artist" award at the 2018 Billboard Music Awards.
- 9. Lady Gaga and Bradley Cooper won the Best Song Written for Visual Media Grammy Award for this song.
- 12. The Rock and Roll Hall of Fame is located in this state.
- 13. This is the name of Kanye West's most recent album.

Last Week's Answers

ACROSS

- 3. WOMEN'S HOCKEY
- 4. PEGGY MARTIN WEBER
- 5. CATHERINE OF SIENA
- 7. WOMEN'S STUDIES
- 8. CLASS PRESIDENT
- 9. MCDERMOTT
- 10. SOFTBALL
- 11. DORIS BURKE

DOWN

- 1. JUDGE
- 2. MCVINNEY
- 3. WOMEN'S BASKETBALL
- 6. CO-EDUCATION

RIDDLE ANSWER: WOMAN -> OMAN -> MAN

The Riddler's Rotunda

What kind of a band doesn't play music?

Why do fish make such good musicians?

What is a skeleton's favorite instrument?

What is a balloon's least favorite kind of music?

PHOTOGRAPHY



JACK DOWNEY '23/ THE COWL

ABOVE: Jack Lamere '24 performed at the “Open Mic Night” hosted by BOP on Sept. 17. Students were able to enjoy performances on Slavin Lawn.

RIGHT: Board of Programmers’ assist with making snow cones on Sept. 18. “PROVA (All Things Under the Sea)” was presented by BOP on Smith Lawn.

BELOW: Alexis Rothmann '23 battles against an opponent on Chapey Field on Sept 16. The Women’s Soccer Team defeated Brown University 2-1 in the Crosstown Cup.



MAYA MIGNANO '22/ THE COWL

ABOVE: BOP and Rec Sports hosted “Bubble Soccer” on Sept. 17. Friars were able to bounce around and enjoy music underneath the Hendricken Field lights.



AIDAN CASTRICONE '24/ THE COWL



RYAN TWOMEY '23/ THE COWL

ROVING PHOTOGRAPHY

What is your go-to Dunkin' order?



"Iced Coffee with Sweet Cold Foam."

Michael Dion '24



"Caramel Craze Signature Latte."

Izabella Espinal '25



"Medium Cold Brew with Caramel Swirl & Milk."

Lauren Venuti '22



"Black Coffee."

Scott Onello '23



"Iced Coffee with 2 Creams, No Sugar."

Will Phelan '24



"Large Charli Cold Brew."

Catherine Reid '23



"Just milk and sugar."

- Michael Scott

PHOTO COURTESY of NBC's *The Office*

Photos by The Cowl Staff Photographers

A Welcome Sound: Music Returns to McPhail's *Student Musicians Provide a Fun Night of Entertainment*

Music in McPhail's

Continued from front page

Later in the evening, local music legend Nolan Donato '22 made his return just a day after playing The Met—a live music venue in Pawtucket, RI—to a massive crowd. He led the band through crowd favorites such as "Sweet Caroline," to which nearly everyone sang along. By this point, the crowd was at its peak, and this sing-along was the perfect way to respond to that energy. After Donato's set concluded, May took lead



PHOTO COURTESY OF JACK DOWNEY '23

Griffin May '24 doing his thing.



PHOTO COURTESY OF JACK DOWNEY '23

GraceNotes at McPhail's. From left to right: Joe Genest '22, Gavin Woods '22 (hidden in back), Grace Maffucci '22, Cat Mazo '19, Griffin May '24, and Jordan McBride '23.

vocals on "What I Like About You" by The Romantics. A classic 80s jam, May's onstage charisma and crowd interaction kept the bar's energy at a fever pitch. Riding this wave, GraceNotes took the stage again and played the last hour of the night as the regular crowd shuffled out.

Overall, it was a night that exceeded expectations. People polled beforehand believed that no one would go to the show. After all, it was a Friday night. Wouldn't people rather hang out with their friends and party? It turns out that McPhail's has a greater draw than expected, which, after a year of not being able to enjoy the space, is nice to see.

Aside from the music, the usual attractions of pool and ping pong had lines of people waiting to use them. Throughout the night, the repeated

thwack of paddle hitting ball provided an uneven metronome to the band as they played. The highlight of most people's night, however, was the return of the legendary McPhail's milkshake. McPhail's makes some of the best shakes in the world, and the line to get one was nearly out the door. Eventually, the staff, who handled the entire night like pros, ran out of milk, which disappointed many. Fortunately, the band was there to keep people's spirits up, and there will be many more milkshakes in the nights to come.

Live music at McPhail's is set to become a more regular occurrence on campus, with a concert billed for Sept. 25. Hopefully, this is a continuing trend, and McPhail's will become known as "the place to be" to hear what Providence College has to offer musically.

Providence College A Cappella Club Preview *A Look at the Three Different Groups on Campus*

by Grace Whitman '22
A&E Staff

ON-CAMPUS

When someone mentions a cappella, the first thing that comes to mind is *Pitch Perfect*. With that said, at Providence College, what comes to mind is Strictly Speaking, Anaclastic, and Special Guest. Performing without instrumental accompaniment, singing a capella truly showcases the vocal talents of PC students.

Although they all fall under the A Capella Club tree, the three groups are unique in terms of what kind of songs they perform and their member demographics.

Three students in a capella came forward to share their experiences in the club and explained what sets their respective group apart from the other three groups.

Michael Henshaw '23, a member of the male-only group Special Guest, said, "One thing that sets Special Guest apart from the other three groups is the different energy we bring to the stage at every performance. We like to have fun during practices and during our performances and I think that people who come to watch us see that when we're up there. There's a

reason we're all so close and having that type of chemistry on stage helps a lot. We're also extremely known for our unorthodox song choices that are guaranteed to be 'crowd pleasers.'"

When they performed songs like "Classic" by MKTO and "Easy" by Lionel Richie last year at their spring concert, the audience could not help but sing along.

Rachel Denney '22, a three-year member of Anaclastic, said, "Anaclastic

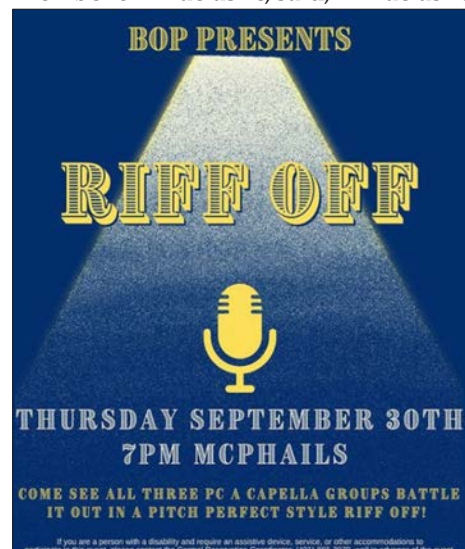


PHOTO COURTESY OF @PC_STRICTLY_SPEAKING ON INSTAGRAM

Providence College's three a cappella groups will face off in a riff-off competition at McPhail's on Thursday, Sept. 30 at 7:00 p.m.

is set apart from SG and Strictly in a few ways. First and most obviously, we are the all-girls group, so each of our groups looks different in participation."

She continued by saying, "Something that I love about Ana is that we describe ourselves as a 'girl gang' and share a sense of sisterhood with one another. While I am sure all of the groups have a community feeling, there is something so special about Anaclastic and the way that we all grow together, work together, love, and support each other. Ana is a family and that means we can be goofy, serious, creative, raw, and open with one another, and I hope that this shines through in our performances over the next year."

Strictly Speaking member Cole Patno '24 said, "Strictly Speaking is unique, for we are the co-ed group on campus. We are a family in Strictly and we try to find ways to get every member to shine." Although there is no music director for Strictly, A Capella Co-President, Richie Caporusso '22, is in the group and Patno says, "he keeps us on track, but what we put out to the community is truly a collaborative effort."

On Sept. 30 at 7:00 p.m. in McPhail's, the three groups will be facing off in their annual Riff-Off. The winner will be determined by which group receives

the most applause in several categories of songs including Throwbacks, TV Show Theme Songs, and Love Songs, so make sure to head to Slavin to cheer on your favorite group.

Be on the lookout for an announcement regarding the A Capella Club's fall & winter concert and other events at which they will be performing, such as Christmas Carols. Also, be sure to follow all three of these groups on Instagram at @pcacapellaclub, @pc_strictly_speaking, @pcanaclastic, and @pc_special_guest!



IMAGE COURTESY OF VECTORSTOCK

Met Gala Fashion: How Guests Tackled the Theme

All Eyes on Hollywood Celebrities for the Annual Event

by Riley Coyne '24
A&E Staff

FASHION

One of the most exciting and anticipated events of the year for the fashion industry is the Met Gala. Elle Magazine has even referred to it as “the Oscars of the fashion industry.” Some of the biggest names in Hollywood gathered in New York City on Sept. 13 and showed off their extravagant outfits, custom-made by designer brands. This year’s theme was “In America: A Lexicon of Fashion,” and guests were free to interpret that however they deemed fit.

First was *Riverdale* star Lili Reinhart, who took a very creative approach making her appearance in a stunning pink floral dress. While at first glance it seemed like her ensemble did not reflect the event’s theme, Reinhart revealed after the event that there were exactly 50 flowers on the dress, representative of the 50 states. In fact, they were the official state flowers.

Another television sensation, *Saturday Night Live*’s very own Pete Davidson, looked quite put together in his Thom Browne suit dress—he even rocked a pair of shades. Despite the stylish clothing, his accessories and jewelry were what stood out the most because they held a very sentimental meaning. Davidson’s father was one of the brave firefighters who responded to the tragic 9/11 terrorist attacks and unfortunately,

he never came out of the building he entered in an attempt to save others. Losing his father in such a devastating way significantly affected Davidson’s life, so he wore a garnet necklace to honor his father and all the other innocent lives lost on Sept. 11, 2001.

Nineteen-year-old music artist Billie Eilish wore a corset gown inspired by American icon Marilyn Monroe. Eilish used to be known for wearing very baggy, oversized clothes that would hide her figure. She dressed this way out of fear of receiving negative comments about her body. In an interview with *Vogue*, Eilish shared that she used to love to wear dresses when she was a little kid, but “It’s really body image that tore that s**t down. Why do you think I have been dressing the way I have for years?” Thanks to her newfound confidence as well as her stylists, she was able to live out her childhood dreams by wearing a dress to the Met Gala.

Kendall Jenner blew everyone away in her sheer, diamond-encrusted gown that paid homage to the late Audrey Hepburn in the 1964 movie “My Fair Lady.” Jenner’s sister, Kim Kardashian-West, was also in attendance along with a mysterious figure some believed to be her estranged husband Kanye West. The two wore interesting ensembles: black Balenciaga bodysuits that covered their bodies head-to-toe, including their faces. Although the pair had seemed to be on a break, these matching outfits sparked speculations that they



Billie Eilish stuns on the Met Gala red carpet in a custom-made Oscar de la Renta corset gown inspired by her childhood love of wearing dresses and Marilyn Monroe.

PHOTO COURTESY OF PEOPLE.COM

were back together. Unfortunately for fans of the former power couple, it was later revealed that Kardashian-West’s plus-one was Balenciaga’s creative director, Demna Gvasalia.

Up-and-coming rapper Jack Harlow partnered up with designer Tommy Hilfiger and made his debut at the Gala in a velvet-striped suit. Harlow

mentioned in a heartfelt Instagram post that his grandfather grew up on the same street as Tommy Hilfiger, so this collaboration really meant a lot to him. When informed of their connection, Hilfiger said to Harlow: “I could see your grandpa’s house from my front porch.” It really is such a small world, even in such a big industry.

Fashion and Politics at The Met

Alexandria Ocasio-Cortez’s “Tax the Rich” Dress Draws Controversy

by Claudia Fennell '24
A&E Staff

CULTURE

Sept. 13 marked the date of this year’s long-awaited Met Gala, the annual fundraiser held by the Metropolitan Museum of the Art’s Costume Institute. Often referred to as the “Oscars of fashion,” celebrities from Kendall Jenner and Kim Kardashian to Shawn Mendes and Hailey Bieber dressed to showcase the 2021 theme: “In America: A Lexicon of Fashion.”

The Gala attendee whose outfit is getting the most press, however, is not a Hollywood star, but rather United States Representative Alexandria Ocasio-Cortez. Ocasio-Cortez, often referred to as A.O.C., has served in the Democratic party as a U.S. Representative for New York’s 14th Congressional District since 2019. This was her first Met Gala appearance. She was invited in 2019 after being inaugurated into Congress but declined the invitation, and the event was cancelled in 2020 due to the COVID-19 pandemic.

A.O.C. has been in the headlines since she beat the previous U.S. Representative for New York’s 14th Congressional District, Joe Crowley, a 10-term incumbent, in the 2018 election. Ocasio-Cortez was only 29 years old at the time of her election, making her the youngest woman to ever serve in the United States Congress.

Her choice of dress for the Met Gala came in response to a plan that House Democrats unveiled which aims to raise the corporate tax rate to 26.5 percent. A.O.C. has been an advocate for solving wealth inequality in America, working hard against House Republicans to make the wealthy pay a higher percentage of taxes. She is a campaigner for climate reform, Medicare for all, and free public college, policies that have all been met with



PHOTO COURTESY OF THE NEW YORK TIMES

U.S. Representative Alexandria Ocasio-Cortez in her Met Gala dress with designer Aurora James.

hostility from her House Republican opponents.

Aurora James, a Brooklyn-based fashion designer and founder of the Brother Vellies label, designed Ocasio-Cortez’s dress. On Instagram, A.O.C. posted that she was proud to work with

James, a Black, female immigrant who started out her business selling clothes at a flea market.

James designed a floor-length, off-the-shoulder white gown with the phrase “Tax the Rich” sewed upon the back in large red lettering. In an Instagram post explaining her dress choice, A.O.C. said, “The time is now for child care, health care, and climate action for all. Tax the Rich.” The representative is now facing intense backlash from the media and some of her fellow politicians for her choice of dress.

Met Gala tickets cost \$35,000 per person and a table costs over \$200,000. Critics are calling A.O.C. a hypocrite for attending an event that costs tens of thousands of dollars while simultaneously wearing clothing with a message that criticizes the wealthy. Ocasio-Cortez intended to bring attention to the important bill that House Democrats unveiled, but figures on both sides of the aisle have condemned her statement.

Right-wing commentators used the spectacle as yet another reason to critique her. Donald Trump, Jr. took to Twitter to call A.O.C. a fraud for promoting the taxation of the rich “while she’s hanging out with a bunch of wealthy left-wing elites.”

Even her left-wing supporters are expressing disapproval of the dress. When speaking to the *New York Times*, socialist writer Danny Haiphong remarked, “A.O.C. and the Squad are not leveraging their enormous base of support to demand the very thing she put on her dress.”

Critics on both sides of the aisle are calling the statement performative, and are pointing out how Ocasio-Cortez has yet to use her power to force a vote on raising the minimum wage to \$15, among other measures. While the Congresswoman’s dress was designed to advocate for a progressive agenda, it turned out to be an invitation for criticism.

MTV Video Music Awards 2021

Industry Giants and Rising Stars Win Big

by Olivia Riportella '25
A&E Staff

MUSIC



PHOTO COURTESY OF VARIETY.COM

Madonna opened the 2021 VMAs with a surprise performance.

The 2021 VMAs were back in-person for their 40th anniversary this year with nominee and pop icon Doja Cat making her hosting debut. Featuring performances from Lil Nas X, Justin Bieber, Machine Gun Kelly, Olivia Rodrigo, Kacey Musgraves, Ed Sheeran, Alicia Keys, Shawn Mendes, Chlöe, and various other big names, it was not a show to miss.

MTV legend Madonna opened the show by surprising the audience with a toast to the ceremony. The queen of pop has a decades-long relationship with the VMAs. With 20 wins and 68 nominations to her name, Madonna holds the record of most Moon Person awards for an artist.

Justin Bieber, however, was the leading artist in nominations this year with a total of seven. He took home two wins in the Artist of the Year and Best Pop categories for "Peaches," which he shared with Daniel Caesar and Giveon.

Bieber also took the VMA stage for the first time in six years, performing his hit song "Stay" with The Kid Laroi and Justice's "Ghost."

Trailing Bieber in nominations was Megan Thee Stallion with a total of six, four of which were for her collaboration with Cardi B, "WAP." Sadly, she ended up going home empty-handed. Artists that received five nominations each were Billie Eilish, Doja Cat, Olivia Rodrigo, BTS, Drake, and Giveon.

Lil Nas X was the night's big winner with three wins and six nominations. He proved to be the star of the show, on and off the stage. His sparkly purple Versace suit dress caused quite the stir on the red carpet, with most praising the stunning piece. Unfortunately, one journalist interviewer, Jamila Mustafa, was not a big fan of the icon's look. When he asked her if he looked good, she responded, "Listen—I'm not going to say I'm hating on the 'fit but...let's move on.'" Ouch.

Nonetheless, Lil Nas X proved to be a show-stopper during his performance of his number-one hit "Montero (Call Me by Your Name)" and his more recent song "Industry Baby" feat. Jack Harlow. Later in the night, he was awarded Best Direction and Best Visual Effects for "Montero." He was also the winner of the top prize of the VMAs, with "Montero" taking home the Video of the Year award.

Breakout artist Olivia Rodrigo also proved herself a force to be reckoned with this year, taking home three Moon Person awards. Her smash hit "Drivers License" won Song of the Year and her May 2021 rendition received the Best Push Performance of the Year award. She was also honored as the Best New Artist against tough competition such as The Kid Laroi, Polo G, Saweeti, Giveon, and 24kGoldn.

Chlöe (from the sister R&B duo Chlöe x Halle) made her VMA debut with the performance of her first-ever solo single "Have Mercy." Another artist making her VMA debut was Kacey Musgraves, performing the title track "Star-

Crossed" from her newly-released studio album.

Legendary rock band Foo Fighters received a special honor this year: the first-ever US Global Icon award. According to MTV, the award honors "an artist/band whose unparalleled career and continued impact and influence has maintained a unique level of global success in music and beyond." Foo Fighters also received three nominations for their song "Shame Shame" in the Best Rock, Best Cinematography, and Best Choreography categories. The group returned to the VMA stage to perform for the first time since 2007.

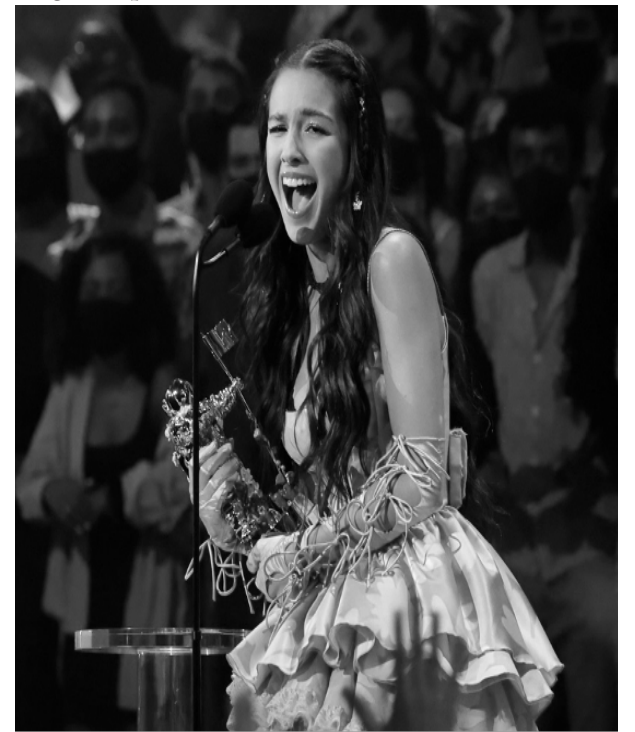


PHOTO COURTESY OF MTV

Olivia Rodrigo accepts the 2021 VMA award for Best New Artist.

Alanis Morissette's Bravery and Genuineness

The Artist's Mission to Make Sure Her Truth is Told

by Grace O'Connor '22
A&E Staff

MUSIC

This past week, Alanis Morissette expressed her disapproval of the documentary *Jagged*, which was released on Sept. 13, 2021. *Jagged* follows Morissette's life from the beginning of her career in her early 20s leading up to the release of her album "Jagged Little Pill" in 1995. She has stated that she is unhappy with the finished product of the film and will not support it.

According to The Washington Post, Morissette "agreed to participate in director Alison Klayman's documentary under the guise that it would celebrate the 25th anniversary of her iconic album release. But in a statement issued by her publicist, Morissette said she was interviewed 'during a very vulnerable time' in the midst of her 'third postpartum depression during lockdown.'"

Morissette believes that the interviews she gave during this difficult time in her life were twisted in ways that did not depict the truth. She feels betrayed and is angry with Klayman for her "salacious agenda." As The Washington Post explains, Morissette feels "the full impact of having trusted someone who did not warrant being trusted, not unlike many 'stories' and unauthorized

biographies out there over the years, this one includes implications and facts that are simply not true."

She concluded her remarks by saying that "while there is beauty and some elements of accuracy in this/my story to be sure—I ultimately won't be supporting someone else's reductive take on a story much too nuanced for them to ever grasp or tell."

Jagged goes into depth about Morissette's experiences with sexual abuse and mental health. In

the interview footage, it appears that Morissette felt liberated by talking about these experiences, as both she and the filmmakers felt she could open up to them.

For instance, Morissette had never discussed her experiences with sexual assault in-depth in a public way prior to the documentary. In *Jagged*, viewers learn that the musician became a victim of sexual assault at the age of 15.

As The Washington Post notes, Morissette's comments in the film

"mark a new moment of frankness."

The star has tended to speak in striking but impersonal terms about the issue of sexual misconduct. She told the Sunday Times last year, for instance, that "almost every woman in the music industry has been assaulted, harassed, raped. It's ubiquitous—more in music, even than film." Morissette hoped that the first public mention of her personal experiences with assault in *Jagged* would reflect the reality of the difficult situation, but this did not come to pass.

The film's inauthentic display of Morissette's life during this time of hardship felt demeaning to her. Klayman, however, saw the movie as a success. In a statement to The Washington Post, she said, "it was a privilege to make this film and I'm really proud of it. Hopefully there will be other opportunities in the future for [Morissette] to come to film events."

Klayman evidently does not see the film as a fabricated depiction of Morissette's life, but rather as a means of creating a ripple effect, which will hopefully provoke other stars to speak up about injustices that they have faced in the entertainment industry. Whether Morissette's comments regarding the film may reverse or enhance this ripple effect remains to be seen, but her critique of the film demonstrates her bravery, genuity, and mission to make sure that her story is truthfully told.



PHOTO COURTESY OF ESQUIRE.COM

Alanis Morissette has expressed her disapproval of a new documentary about her early life and career.

Album Review: Kacey Musgraves' *star-crossed* Singer Offers a Bittersweet Perspective on Heartache

by Kate Picone '22
A&E Staff

MUSIC

The woman who made us believe in love with her hit 2018 album *Golden Hour*, Kacey Musgraves, has just dropped *star-crossed*—a new album that tells the story of how the sun has set on her marriage. It is hard to believe that the relationship that inspired “Butterflies” and “Golden Hour” could ever have come to an end, but Musgraves has used her pain to inspire new and beautifully tragic songs to explain why it is over. Unlike other break-up albums filled with anger and spitefulness, *star-crossed* is more of a reflection of how desperately she tried to make her marriage work, but in the end, she and her husband just could not salvage it.

The album begins with the song for which it is named, “star-crossed.” Its first lyric, “Let me set the scene/Two lovers ripped right at

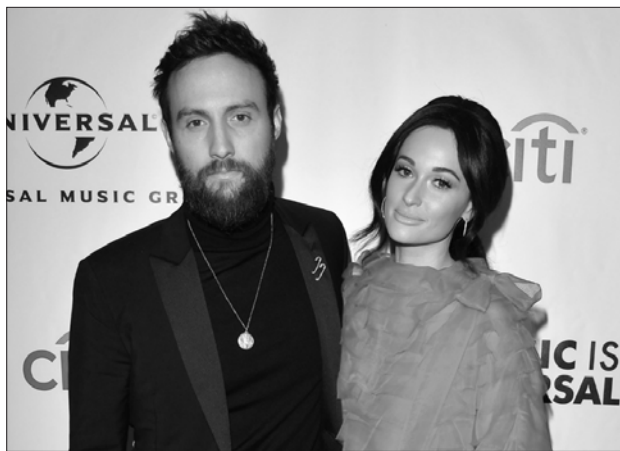


PHOTO COURTESY OF PEOPLE.COM

Kacey Musgraves with her now ex-husband at a red carpet event.

the seams,” instantly tells listeners that she will be explaining the fall of her marriage. The lyric implies that at first she and her husband were so connected it was almost as if they were sewn together, but this is no longer the case.

During an interview with *Elle Magazine* in May, Musgraves admitted that in recent years she felt like her career was taking off, but her personal life was in disarray. She said, “I felt like I was dying inside. I was crumbling. I was sad. I felt lonely. I felt broken.” Musgraves went on to add that it was the pandemic that prompted her to reflect on her relationship, and she started writing her album then.

The artist said that she “could have coasted for another couple of years” in the relationship, which she expresses throughout the album. One clear example of this is the song “good wife,” in which Musgraves expresses that she strives to be a good wife so badly, but she cannot seem to figure out how to do so. In spite of this, however, the lyrics also suggest that she still loves her husband and wants to make their marriage work.

While there is a melancholy tone to most of the songs, it would not be “Spacey Kacey” without a couple tracks about her strength. The song that showcases this inner power most clearly is “what doesn’t kill me.” As a strong woman, she makes sure it is known that “What doesn’t kill me/Better run.” It is a very inspirational track, especially for people who have been kicked down by life and are trying to get back up stronger than ever. She even pays homage to her last album with the lyric, “I’ve been to hell and back/Golden hour faded black.” Since that album is about her falling in love with her now ex-husband, it is only fitting to incorporate it in this way.

Musgraves ends the album with the song “gracias a la vida,” which was originally by Violeta Parra, a composer who committed suicide shortly after writing the song. The translation of

the title is, “Thanks to Life.” By including this track, Musgraves thanks all the good and bad that has happened in her marriage, even though the relationship ultimately had to come to an end. This song features autotuned effects that first make it sound like it is an old record with static, but then switches into her usual soft pop motif. This is the perfect way for Musgraves to end this album about the highs and lows of her relationship and to say “thank you” to her ex-husband for everything they have been through together.

Kacey Musgraves' *star-crossed* is now available for streaming on all music platforms.



PHOTO COURTESY OF PITCHFORK.COM

The cover of *star-crossed*, the new album from Kacey Musgraves.

Album Review: Drake's *Certified Lover Boy* Does Popularity Equal Quality?

by Talia Rueda '23
A&E Staff

MUSIC

Everyone knows Drake, and for the most part, everyone loves Drake. Of course, there is always that batch of rap lovers or R&B fiends that outwardly prefer to go against the grain—those who claim not to love Drake.

This is not uncommon in the music industry. An artist becoming mainstream is often as devastating as it can get for an OG listener, but what does this mean? Do artists like Drake that have become widely popular lose significant amounts of dedicated fans just because they have gained more of them?

It is quite a bewildering situation when a mega-famous artist is opposed just for being remarkable. In Drake's case, for example, he is not losing popularity. In fact, the public's ever-growing admiration for him is what causes some antagonistic opinions of him. In simple terms, fame makes him less compelling.

Still, he is never even slightly in competition with other artists for the leading spots on the Billboard Hot 100 and dominates the topics of our conversations. Basically, if there's a conversation that is going to be had about a newly-released album, chances



PHOTO COURTESY OF PITCHFORK.COM

The cover art for *Certified Lover Boy*.

are it's going to be about Drake.

He's just universal like that.

But, with this popularity, questions emerge concerning his swift takeover of every United States chart and also of every topic of conversation. Does he reach the top because of his signature fusion of hip-hop and R&B, or simply because of his enormous popularity and reputation worldwide?

Drake's sixth studio album was released on Sept. 3, 2021 by OVO sound and Republic Records. The album was widely embraced, but it was also met with the apprehension that comes with being launched by such an established artist. Both of these viewpoints towards *Certified Lover Boy*, though, can be justified after a proper listen of the album.

Fans have a genuine basis for their adoration of Drake and his new album. It's everything they love about him, and it's clear that Drake still reigns as the ideal medium of the past and present of both R&B and hip hop. “Fair Trade” is a significant example of this blend, as a Charlotte Day Wilson sample in the intro holds a nostalgic place for Drake listeners. Wilson perfectly captures various aspects of R&B when she sings behind the beat.

Notably, such usage of female R&B samples is prominent in Drake's discography, such as Jhene Aiko in “From Time” and Jorja Smith in “Get It Together.” Regarding Drake's admirable mixture of this R&B sound with hip-hop in “Fair Trade,” Travis Scott's feature illustrates the latter genre's synthetic ideals.

Now, these characteristics are what Drake is known and cherished for, so when do they become labored and monotonous? Those at odds with Drake's same old sad-boy sounds and typical journey of love through fame seem to be allowed some sort of grounds.

For starters, the first thing listeners hear on the album is a common sample that has gone viral from Masego's “Navajo,” which is a pitched version of The Beatles' “Michelle.” This is surprising to listeners, as Drake's samples are often a breath of fresh air and have become

a distinguishable component of his projects. Drake is also known for his worthwhile lyrics, and some could claim that many of those on *Certified Lover Boy* are senseless. In “Way 2 Sexy,” for instance, Future mumbles that drugs are the reason for his sex appeal, and in “Girls Want Girls” he famously says, “Yeah, say that you a lesbian, girl, me too.”

Thus, many may argue that Drake's newest music seems strained due to the absence of meaningful lyrics and repeatable samples. Additionally, some may allege that he is only at the top due to his strong popularity rather than the actual quality of his latest album.

However, how come the reason for his success can't be both?

Most fans expect an up-to-date sound from Drake with every album he releases, yet some are relentless when they don't hear the same seriousness that came from *Nothing Was The Same*, or the “old Drake.” Some listeners appreciate the less-weighty version of him, while many seek the same heartbreak heard at the beginning of his career.

Both versions of the artist deserve the respect that they get.

While it seems that Drake cannot please us all, the charts suggest otherwise and indicate that there is something in his extensive discography for everyone.

What Is “a Happy Ending to Host Search Drama?”

Jeopardy! Appoints New Hosts Through the End of 2021

by **Madison Palmieri '22**
A&E Co-Editor

TELEVISION



PHOTO COURTESY OF THE NEW YORK TIMES

Alex Trebek, the longtime host of *Jeopardy!*, passed away earlier this year, leaving fans wondering who would take over his hosting duties.

Ever since the first iteration of *Jeopardy!* premiered in 1964, the word has become synonymous with fun, educational, and high-stakes trivia. It also conjures images of longtime host and television icon Alex Trebek.

Various early versions of *Jeopardy!* ran on the small screen from the late 1960s through the early

1980s. However, the most well-known, long-running incarnation of the quiz show is the Trebek-hosted, syndicated program that premiered on Sept. 10, 1984.

Trebek served as *Jeopardy!*'s master of ceremonies from then until Oct. 29, 2020, when he taped his final show before passing away 10 days later. A victim of stage IV pancreatic cancer, Trebek fought for 20 months before ultimately succumbing to the disease at the age of 80.

While viewers around the world mourned the loss of the beloved host, they were comforted by the fact that Trebek's final episodes would continue to air, at least for the time being. Indeed, his final episode did not air until more than two months after his death, on Friday, Jan. 8, 2021.

As the search for a new permanent host began, a series of temporary celebrity guest hosts took over Trebek's duties. In a tribute to Trebek's legacy of kindness, they made donations to charities in

dollar amounts matching contestants' winnings. These guests included everyone from television's medicine guru Dr. Oz, *Today Show* host Savannah Guthrie, CNN personality Anderson Cooper, and Green Bay Packers quarterback Aaron Rodgers to scientist and actress Mayim Bialik, *Jeopardy!* executive producer Mike Richards, and infamous *Jeopardy!* Champion Ken Jennings.

In August, fans learned that Richards was slated to assume the position as the show's sole host. However, past remarks quickly came back to haunt him and fans began to call for his removal. The comments, made on his 2013-2014 podcast *The Rando Show*, included disparaging words about women and repeated praise for "the average white-guy host." He also made use of derogatory terms for people with dwarfism and the mentally disabled.

In a recent statement obtained by *The Hollywood Reporter*, Richards addressed his controversial past: "It is humbling to confront a terribly embarrassing moment of misjudgment, thoughtlessness, and insensitivity from a decade ago. Looking back, there is no excuse, of course, for the comments I made on this podcast and I am deeply sorry."

In addition to offering this apology, Richards stepped down from his newly-appointed position as host as well as from his behind-the-scenes role as an executive producer on *Jeopardy!* With Richards out, it appeared that the future of the show was uncertain.

On Thursday, Sept. 16, however, Sony announced that Bialik, who had already been tapped to host *Jeopardy!* spinoff series, would split hosting duties with fellow former guest host Jennings. The two plan to trade off on the role of master of ceremonies as their schedules allow.

Although the long-term future of the show has yet to be decided, it seems that, at least for now, the future of *Jeopardy!* is no longer in jeopardy.



PHOTO COURTESY OF TV INSIDER

Mayim Bialik and Ken Jennings, the newly-appointed hosts of *Jeopardy!*

A&E Editors' Picks:

The Best Albums to Get You Excited for Autumn



Red

Taylor Swift



Hozier

Hozier



For Emma, Forever Ago

Bon Iver



Babel

Mumford & Sons



Cleopatra

The Lumineers



Wild World

Bastille



Men Against Mountains

The Revivalists



folklore


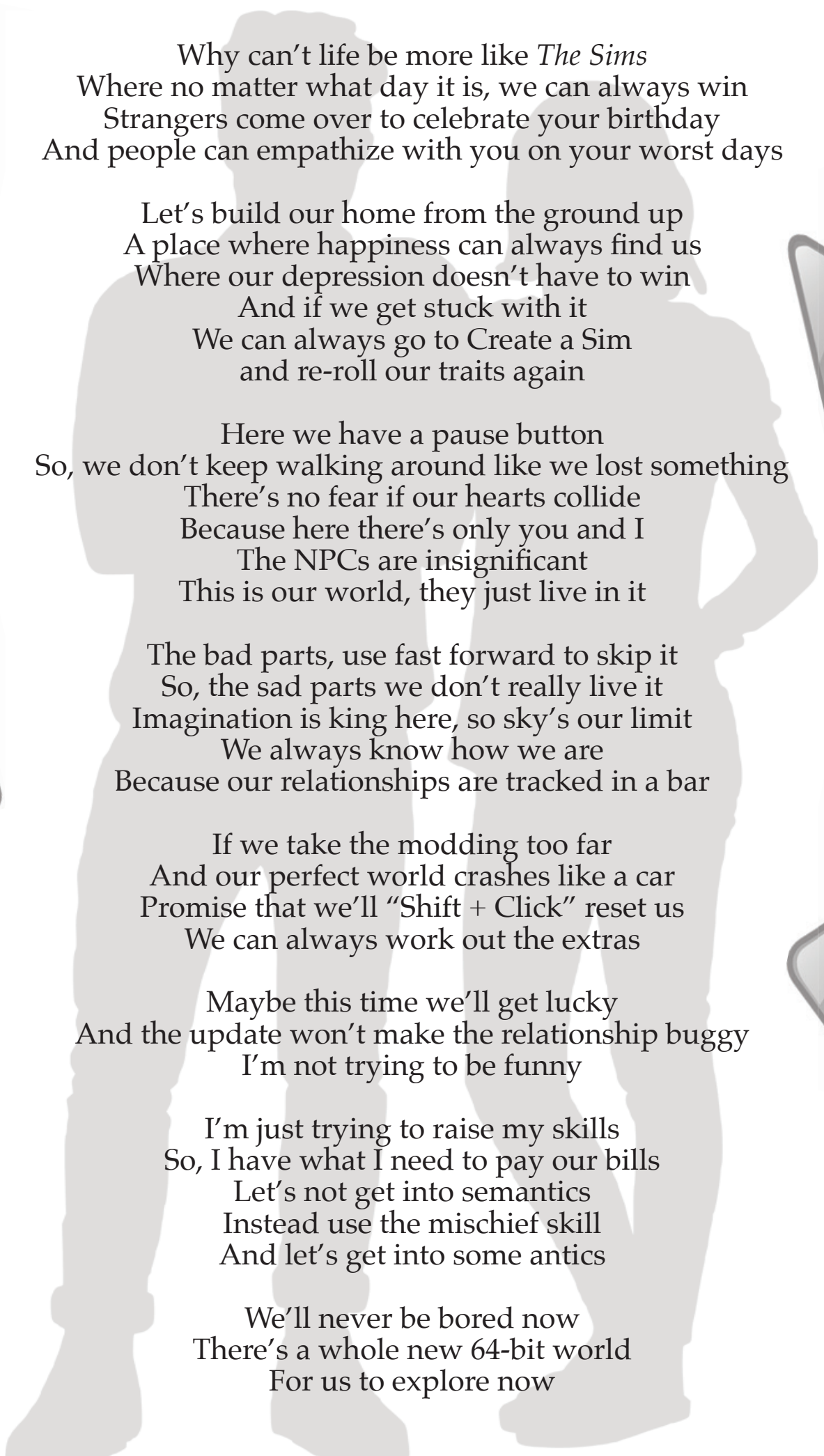
Taylor Swift



The Sims


by Toni Rendon '24
Portfolio Staff

POETRY




Why can't life be more like *The Sims*
Where no matter what day it is, we can always win
Strangers come over to celebrate your birthday
And people can empathize with you on your worst days

Let's build our home from the ground up
A place where happiness can always find us
Where our depression doesn't have to win
And if we get stuck with it
We can always go to Create a Sim
and re-roll our traits again




Here we have a pause button
So, we don't keep walking around like we lost something
There's no fear if our hearts collide
Because here there's only you and I
The NPCs are insignificant
This is our world, they just live in it



The bad parts, use fast forward to skip it
So, the sad parts we don't really live it
Imagination is king here, so sky's our limit
We always know how we are
Because our relationships are tracked in a bar

If we take the modding too far
And our perfect world crashes like a car
Promise that we'll "Shift + Click" reset us
We can always work out the extras



Maybe this time we'll get lucky
And the update won't make the relationship buggy
I'm not trying to be funny

I'm just trying to raise my skills
So, I have what I need to pay our bills
Let's not get into semantics
Instead use the mischief skill
And let's get into some antics

We'll never be bored now
There's a whole new 64-bit world
For us to explore now

Be Patient

by Grace O'Connor '22
Portfolio Staff

POETRY

Being patient makes her head spin and her nausea take over.
Being patient makes her feel like she is locked in a small space,
With the walls closing in on her, darkness preparing to give her a suffocating hug.

Being patient leaves marks on her skin of irritation and fear.
Being patient leaves her forgetting how to breathe,
As she attempts to force air into her shallow lungs, her heart pounding for mercy.

Being patient makes her forget how to live.
Being patient makes her thoughts stab her brain like nails,
Piercing through soft tissue, paving the way for her lifeline to trickle down.

Being anxious feels more natural to her.
Being anxious allows her to give in to her own worst enemy,
Providing herself temporary relief and a quick moment to breathe.

What's the difference between the two?
Being patient is how she is told to act and being anxious is instinctive to her.
What's worse one may ask?

She doesn't know, and will she ever?
She craves a quick fix, giving in to her inner vices,
As patience looms in the far distance, unreachable from darkness's tight hug.

She yearns for normalcy,
Wondering day by day if she'll ever feel that true bliss.
Every year she is one step closer in this taxing marathon.

She knocks down barriers that her mind puts in her way.
Stopping herself from giving in to temporary fixes,
Learning how to embrace patience despite how excruciating it may be.

Be patient.
Stop worrying.
Why do you care so much?

If only her overworked mind was willing to listen all the time,
This battle would be easy.
But does growth come easy? Never.

She will never stop fighting.

PHOTO COUTESY OF PIXABAY.COM

MAMMOTH

by Kate Ward '23
Portfolio Staff

FICTION

The ice creaked and groaned, my pickaxe clanking dully against the ice. I could barely make out the animal we were meant to be digging out from the ice. The museum needed it by morning, an impossible deadline. I looked at my coworkers who were shivering and trying to coax a fire to spark in the icy cavern.

"It isn't going to work, man, my hands are shaking too much," Tommy said as he gave up on the fire and decided to light a cigarette.

"I thought you gave that up," Jennifer gestured to the cigarette as she continued to try and spark a flame.

Tommy shook his head. "Tried patches and gum, even tried those flavored things kids like but—" a long drag and a puff of smoke, "didn't work."

"Work will keep you busy enough so you don't have to kill yourself," I mentioned as I swung my pick forward into the ice.

He grunted, "I been workin' longer than you've been alive, boy."

"Good, so you should be used to it by now," I groused. I hated Tommy; he never pulled his weight.

"He's right you know, just help the kid out," Jennifer said as she dusted her hands

on her pants and slowly stood up, knees cracking.

"I don't need to do anything. I am taking a break," Tommy argued, a frown curling his lips.

I turned towards him fully, "Yeah? Taking a break? You'll take a permanent break once this axe finds a home in your skull!"

Jennifer lifted a hand, a soft laugh bubbling from her, "Stop, stop, boys. We don't need to do this."

Tommy leaned against the wall of the cavern, nursing his cigarette. "We have plenty of time. But if you want to kill me, please do the honors so I can get out of here."

I shook my head, pinching the bridge of my nose. "You are insufferable! I want to go home just as much as you do, so help me!"

Jennifer had fallen silent. I looked at her to support my point but instead, she looked petrified. Her eyes dilated, face going pale. "I don't think you need to do any more work."

"What do you mean?" I asked them, back turned to the

ice wall I was working away at.

A foot emerged, then a tusk, as an enraged, rumbling roar shook the cavern. I dropped the pickaxe and staggered back a few steps. "I see what you mean now."

"You two are both being dramatic," Tommy said as he turned to face us. The cigarette dropped from his lips, hitting the ground with a light pat. "What on...God's green Earth is that thing?"

"If you read the assignment, it's the mammoth we are supposed to be transporting to the museum," I whispered as the ice wall gave way and the beast emerged, slowly shaking the ice and snow from its woolly pelt.

Tommy picked up my pickaxe and held it defensively. "And why, pray tell, is it awake?"

"Why don't you ask it?" I replied as I looked up at the looming creature in front of me.

"Why don't we get the hell out of here?" Jennifer cried before starting to scramble across the frozen floor towards the mouth of the cavern.

The mammoth stamped its

front legs, lifting its trunk as it released another mighty roar. I turned and started to move after Jennifer. Running was awful, it was a chore; it felt like when I try to run in my dreams, sluggish and lagging. I grabbed Tommy by the jacket sleeve and tried to haul him with me but the large man shook me off and ran toward the mammoth.

"Don't!" I shouted as I slid to a stop, watching as he swung the pick at the mammoth's tree trunk leg.

Upon impact, both Tommy and the mammoth howled and screamed. The mammoth swung its head and its tusks, catching Tommy and flinging him against the wall. Tommy hit the wall and crumpled in a heap. The mammoth grunted and charged at him, lowering his head angrily.

"Stop! Stop, no! Hey, look over here!" I picked up a chunk of ice and hurled it at the mass of fur. That only seemed to anger it further. It reared up and its front feet came down hard upon Tommy. Blood and chunks of his body splattered against the ice, then the mammoth turned on me.

"We're out of time," I whispered.

PHOTO COUTESY OF WIKIMEDIA COMMONS

a highway is no place for a deer

by AJ Worsley '22
Portfolio Staff

POETRY

happier when i'm away, i do my best to keep a distance.
all i hope for is that while i'm away you forget my existence.

if that were to happen, i'd have no reason to return,
you don't know what you have until it's gone, a lesson you've yet to learn.

pick and choose between red pill, blue pill, but why pick one?
take it all for yourself, everybody prefers a purple tongue.

these things are never easy, and i don't belong here,
this danger creates anxiety, like a highway for a deer.

i want off the rollercoaster, i'm nauseous and numb
these loops and turns have stripped me of sympathy and i'm not having fun.

it's like a dwindling flame, and every time the fire wishes to die
you bring it back to life with some gasoline and a thoughtless lie.

always everyone else's fault that you're so alone,
God gave you a body but you just have to show bone.

i'm either selfish or depressed there is no escape,
in constant battle with myself where thoughts take new shape.

both parties can't win, so who do i choose?
myself for the first time, or you? a lose-lose.

so tell me, why should i be your savior,
if there are no rewards for good behavior?

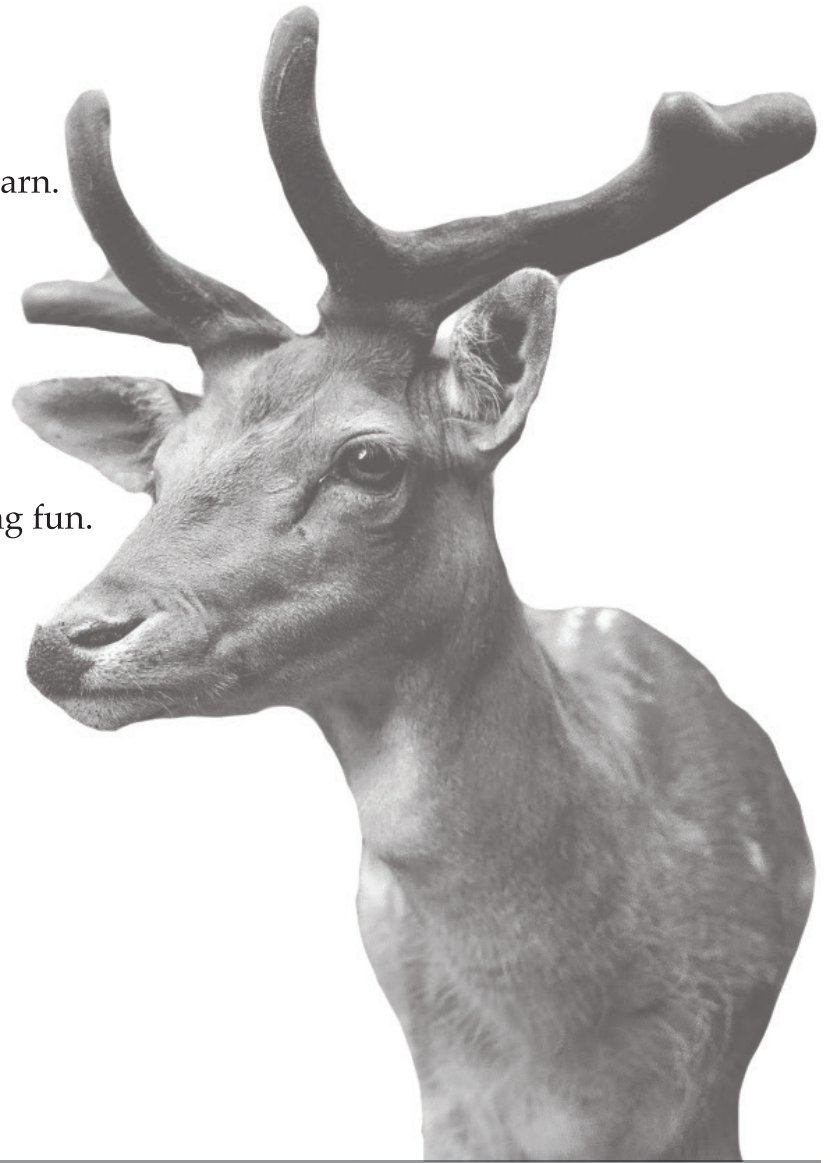


PHOTO COUTESY OF PEXELS.COM

L l e n i t a

Content Warning: This piece contains content that could be triggering regarding eating disorders and body image.

by Mariela Flores '23
Portfolio Staff

POETRY

She called me *llenita*.
Those words poked at my round belly,
her eyes threw daggers into the soft flesh of my cheeks,
her hands pinched my sides,
as if she were trying to rip off the excess fat.



At eight years old I was forced to notice my body,
every tamale, pupusa, tortilla, weighed
me down.
I began to sink within myself.
I had no strength at eight years old to carry
the weight of being *llenita*.

I noticed every curve—
the bluntness or the angles that protruded,
the soft skin not yet tainted
by the sharpness of my very own words.

I listened as the women around me talked.
Their voices held a dissonant tune
notes and cadences crashing into one another.
It reached my ears,
the words *dieta* and *gordita*, joined the chorus leaving no room for a bridge.

I had been called out and accused.
They were the judge and juror sending me to a life sentence
of questioning if I was too *llenita*, *gordita*, *feita*.

They handed me rope that I would tie around my waist
measuring my worth every single day.
Llenita was tattooed onto my forehead.
A reminder that being too full was the worst thing I could be.

If I was *llenita*,
no one would ever think I could be *bonita*.

PHOTO COUTESY OF PIXABAY.COM



Golf Party: Civil War

by Aidan Lerner '22
Portfolio Staff

SATIRE



This past week, the Providence College senior class was torn asunder by a significant conflict centered around the bi-annual event, Golf Party. Sources confirmed that a portion of the class would have preferred to host the Eaton Street bash this past Saturday, while the other group fought to have it held this coming Saturday. The fallout has been devastating for all involved.

One student told me that, "We've been through a lot of adversity as a class. There was the time we all found hella snakes in the Ray food, the pandemic that killed millions of people: putting our future as students in doubt, and the time they renamed Suites. In my opinion, this is what finally broke our spirit."

Another student relayed their harrowing tale teary-eyed: telling me that, "I have been dating my boyfriend since Freshman year. Yesterday, I

found out he voted for 'this Saturday.' I broke up with him immediately. I could never be with someone who does not stand with the 'Next Saturdays.'"

While the two sides seem unlikely to reach a resolution, they do agree on one issue. Late in the battle, a small group of radicals emerged who demanded that two Golf Parties be held: one on each Saturday. Spokespersons for both mainstream parties stated that this concept was, "sacrilegious and tantamount to nihilistic anarchy."

I managed to catch up with Mr. S, the leader of this organization of extremists, and I asked him an impartial and not-at-all leading question.

"How do you respond to those that would say that this entire debate is stupid, pointless nonsense?"

Mr. S replied, "I would say come ask me at graduation whether I accomplished

anything important. They have no idea what I plan to do next."

"And what is that?"

Mr. S answered me confidently, "If we can manage to hold two Golf Parties, that is a massive achievement and a revolutionary moment for the student body. After that, I would like to do everything in my earthly power to make a lifelong dream of mine reality: throwing a party where a bunch of people wear cool stickers. Also, I'd like to end racism on campus. We'll see what I can get done this year. I am sort of busy, and my GPA sucks. I should probably study every now and then."

Lofty goals, indeed. In this reporter's opinion, I'm free either Saturday so I'll probably just head down with some of the boys if I see heads.



PHOTOS COURTESY OF PIXABAY.COM

Tiffany & Earl

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

Dear Tiff and Earl,

It's that time of the year—the squirrels are starting to gain awareness again and have begun pummeling our heads with acorns. How should we wage war against them? I think we might want to get the pigeon involved.

Sincerely,

Fallen Soldier

Dear Fallen Soldier,

You are right to revolt. We must rise up. But don't be hasty. If the pigeon is of sound moral character, he'll join us in our fight, and I suspect he may be the key to our victory. But let's not put all our eggs in one bird nest. First we must establish whether we can trust our beaked brother. He's not a bird you want to meet in a dark alley. Your first mission is to determine where his loyalty flies. Should he prove trustworthy, your second mission is to enlist him and arm him (wing him?). Three words: Concealed carrier pigeon. Now three more: We will overcome. The squirrels will never know what hit them.

Warmly,

Tiff

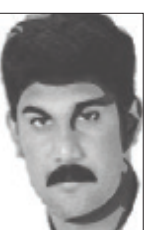


Dear Fallen Soldier,

You're absolutely right: in this years-long, hard-fought, violent battle between the defenseless students of Providence College and the malicious squirrels that seek to threaten our very way of life, the pigeon is our last best hope. Since all pigeons are obviously government drones planted with the intent of spying on the unsuspecting public, we'll need to hijack the FBI's database. Let's just hope we can save some of the computer science majors from the squirrels before it's too late.

Your comrade-in-arms,

Earl



Listomania*

Most Interesting Stickers I've Seen on Campus

- Bo Burnham quotes
- Stickers from bananas
- Father Shanley's face
- Huxley
- The "Berries and Cream" guy
- The ones they gave out during orientation week
- B.O.P. stickers on people's laptops who aren't in B.O.P.
- A singular wooden spoon
- Apple logo stickers on MacBooks
- Stickers from hometowns/states
- Faded involvement fair stickers
- Cowl stickers (can we get some please)
- "I voted" stickers from seventeen-year-old freshmen
- The chapel
- "Gaslight, gatekeep, girlboss" with little star emojis
- *The Office* or *Criminal Minds* (why is it always Michael Scott in a bandana?)
- Friar Dom

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

Sports Shorts

by Will Murphy '23
Sports Staff

PC ATHLETICS

Women's Soccer

The Providence College Women's Soccer Team played one game this week, picking up a 2-1 win at home against Brown University on Thursday, Sept. 16. The Friars went down 1-0 in the 17th minute, but were able to battle back and take the win thanks to two clutch second-half goals. Meg Hughes '24 scored the equalizer in the 62nd minute, and Hannah McNulty '22 netted the go-ahead goal in the 71st minute. Looking ahead, the Friars will take on Xavier University on Thursday, Sept. 23.

Field Hockey

The Providence College Field Hockey Team went on the road to face Villanova University on Friday, Sept. 17. After trading goals in the first quarter, the Friars went into the half-tied 1-1. Each team scored two goals in the third, but Villanova pulled away in the fourth with two more goals for a 5-3 win. Sophia Pompeo '23 scored two goals and Amanda Collins '22 scored the third. The loss dropped the Friars to 4-3 on the year. Looking ahead, the team has a matchup with Monmouth University on Sunday, Sept. 19, and Georgetown University on Friday, Sept. 24.

Men's Soccer

The Providence College Men's Soccer Team traveled to South Orange, N.J. to face No. 19 Seton Hall Pirates on Saturday, Sept. 18. The Friars were trailing 2-1 until the 81st minute when they were able to break through with two unanswered goals in two minutes. Brendan McSorley '24 scored the first and Paulo Lima '22 was able to notch the go-ahead goal in the 83rd minute. The win pushed the Friars to 4-1-1 on the year, and 1-0 in Big East play. The Friars next take on Brown University on Wednesday, Sept. 22.

Volleyball

The Providence College Volleyball Team continued their strong play as they traveled to the Bronx for the Fordham Tournament on Saturday, Sept. 18. The Friars started the day with a match against St. Francis College and won in straight sets. In the next match, they faced the host, Fordham University, and after four sets they entered the pivotal fifth set tied 2-2. In the deciding set, they were able to win 15-13, taking the victory. The undefeated weekend pushed the Friars to 12-1 on the year.

Volleyball Veterans Lead the Way Friars Look to Continue Hot Start to Season

Bump, Set, Spike

Continued from front page

However, since that loss to Army back in August, the Friars are 11-0 and winning games in dominant fashion with 10 out of their 12 wins being decided by four sets or less.

Coach Royer-Johnson points to added depth as another reason for the team's tremendous start. "Well, we have a lot more depth than we've had in the past," said Royer-Johnson.

"We have a lot more depth and a lot more talent. A lot more experienced talent, so we don't have to play certain players in certain positions. We have options" she added.

On the topic of depth, coach Royer-Johnson mentioned that last season, the team only had two outside hitters, and while they had players that could play there if necessary, she feels much more comfortable allowing players to play their own positions.

Coach Royer-Johnson also discussed the team's experience as a big factor in its performance. "The two biggest experience factors are our setter and libero," said coach Royer-Johnson.

The team's setter Allison Barber '23GS is a grad student, using her extra year of eligibility due to COVID-19, and coach Royer-Johnson pointed out that she had been the team's setter since her freshman year. "When you have basically your quarterback coming back, that's obviously an experience boost," said the coach.

As for the team's libero, Mackenzie Taylor '22 is a senior who has been playing crucial minutes since her freshman season. "The leader of



PHOTO COURTESY OF PC ATHLETICS

The PC Volleyball Team has had a lot to celebrate this season as they are off to a 12-1 start. Big East play gets underway for the Friars this Friday, Sept. 24, at Xavier University.

our defense is the libero and she's a senior this year and she too has been starting for us since her freshman year," said the coach.

Coach Royer-Johnson then added, "So the leaders of both our offense and defense are our veterans, and, yeah, I think it most certainly makes a difference."

The Friars now get the week to prepare before starting Big East competition this Friday, Sept. 24 on the road against Xavier University.

When asked about the impending Big East Conference play and whether the team was going to keep using their current strategies, coach

Royer-Johnson showed respect to the competition before saying that the Friars only wanted to be better before conference play began.

"Yeah, it's definitely going to be a step up in terms of level of competition," stated Royer-Johnson. "I think we're just hoping that by that time we have a lot of our skills honed a little bit, that our connections that we've been making with our hitters are a little more precise and our passing is a little more precise, our serving is a little bit tougher."

However, immediately after this remark, she was quick to point out how the Friars are leading the conference in aces per set and that it is a strong part of their game—she just wants the team to perfect it.

The Friars now have the rest of conference play and hopefully tournament play to look forward to.

After a great season last year and a fantastic start this year, coach Royer-Johnson said that their expectation and hope this season is to prove the haters wrong.

"We have a little bit of a chip on our shoulder given how well we did in the spring, and what we believe in ourselves, we were picked only eighth in the Big East. We felt like we were pushed down a little bit by that, so I think one of our goals is to just prove 'em wrong," emphasized coach Royer-Johnson.

She also mentioned what the coaching staff is looking for going forward in the season. "We're just looking for everyday improvement. You know, that one-percent-better-every-day improvement."

The Friars look to continue their fantastic start into Big East play this Friday against Xavier University in what will hopefully be the first of many Big East victories for Providence College this season.



PHOTO COURTESY OF PC ATHLETICS

Allison Barber '23GS, who Coach Royer-Johnson calls their "quarterback," leads the team with 473 assists. The next leader on the Friars' team in assists has 46.

Providence College Investigates: Pro Sports

What Is the Best Sports City in the United States?

Boston

Everyone knows which city is the greatest sports city in the world: Boston. This city is known for countless championships in hockey, basketball, football, and most recently, baseball.

In combinations ranging from red, white, and blue to black and gold to green and white, these colors represent everything to the people of this city.

Boston is the greatest sports city in the world and that is a fact. The Bruins, Celtics, Patriots, and Red Sox organizations represent greatness and what it means to win. Since 2000, Boston has won 12 championship trophies and has been the only city to have a championship trophy in all four major sports (baseball, basketball, football, hockey).

The New England Revolution, who recently have been on a tear in the MLS are among the teams not in the spotlight in Boston as much as the four major sports teams.

Other notable teams outside the four major sports in Boston include: the Boston Pride in the National Women's Hockey League and the Boston Cannons, the only Major League Lacrosse team to be added to the new Premier Lacrosse League.

The Red Sox are the only team in the MLB to win four World Series in the new millennia. The Sox are a trivial part of the city of Boston. Fenway Park, the Curse of the Great Bambino, Ted Williams, 1999 All Star Game, 2004 World Series Champions, and the 2013 World Series Champions for the Boston Marathon victims are all moments that carry gravity

with the people who cheer for the Red Sox and Boston as a city.

On the ice, the Bruins are a powerhouse, not just in the Atlantic Division or Eastern Conference, but also throughout the entire NHL. The B's have reached the postseason in 16 of the past 19 seasons. They have long tenured superstars like Brad Marchand, David Pastrnak, and the captain himself, Patrice Bergeron, who have all had sensational seasons in recent memory.

On the court, the Celtics have been up and down since their NBA championship in 2008 but seem to have rebounded with young stars like Jayson Tatum, Jaylen Brown, and Marcus Smart. The Celtics have proven themselves in the playoffs over the past 10 years and with young stars on the rise, seem set for another run of dominance.

Tearing it up on the gridiron, the New England Patriots won six Super Bowl titles in 20 years. With the unstoppable tandem of Quarterback Tom Brady and head coach and general manager Bill Belichick, the Pats could not be stopped for 20 years. The Patriots were a dynasty from 2000 to 2019, winning six Super Bowls, nine AFC Championships, 17 AFC East Division titles, and 17 straight playoff appearances.

This is the definition of winning. This is the way, the Boston way.

-Justin Bishop '24
Sports Staff



Los Angeles

The unprecedented success of the New England Patriots during the 2000s and 2010s has shut down the debate over which U.S. city is the sports capital of the country. To many, Boston is the undisputed city of champions and the most dominant city in the United States for professional sports. However, another city might be overlooked, a city with a rich history of success in sports, and the home to some of the best athletes the world has ever seen: Los Angeles.

The L.A. Lakers are considered by many to be the best basketball team of all time. While the Boston Celtics hold the crown for most NBA Championships, no other team has won more playoff games than the Lakers organization. The Lakers have had the privilege of producing elite hall of famers such as Magic Johnson, Shaquille O'Neal, the late Kobe Bryant, and now LeBron James. It is no surprise that the best players in the NBA are attracted to the city of L.A. and their premier basketball club.

Having such a strong market for sports and an almost overwhelming population density, it is surprising that L.A. has gone so many years without an NFL team. The city was home to the original Los Angeles Rams from 1942-1994. During that period they had limited success, making the Super Bowl only once and never taking home the Lombardi Trophy. It was not until the team moved to St. Louis

that they won a Super Bowl during the 2000 NFL season with a high-powered offense that was labeled "The Greatest Show on Turf" under quarterback Kurt Warner. Football is currently back in Los Angeles as they are home to the Rams once again and the Chargers.

Baseball has been praised in the city of L.A. since the Dodgers moved from Brooklyn to California in 1958. The Dodgers immediately found success in L.A. by winning the 1959 World Series and continued to impress the baseball world into the '60s. The pitching tandem of Sandy Koufax and Don Drysdale gave the Dodgers what they needed for an additional two championships in 1963 and 1965. L.A. was also home to pitching phenom Fernando Valenzuela, who was beloved by fans and led the club to another championship in 1988. They have won multiple World Series since the '80s and continue to be dominant today.

While Boston is home to the greatest football player to ever live, and the NBA team with the most championships of all time, it is impossible to exclude Los Angeles from the conversation of the "Greatest Sports City in The United States."

-Luke Sweeney '24
Sports Staff



An Entertaining Season Ahead in the English Premier League

by Leo Hainline '22
Sports Co-Editor

PROFESSIONAL SPORTS

The 2021/22 English Premier League season is off to a competitive start and is shaping into one of the most intriguing title races in recent years. There are four clubs that could be argued as title contenders: Chelsea, Liverpool, Manchester United, and Manchester City. Each has made improvements to their squads during the summer and currently hold four of the top five spots in the EPL table.

Chelsea look poised for a run at the Premier League title, especially after signing striker Romelu Lukaku from Inter Milan for \$135 million. The Belgian goalscorer is making his return to Stamford Bridge after starting his time in English football playing for the Blues back in 2011. Lukaku was a key factor in Inter Milan's success the previous season, winning Serie A and ending Juventus' dominant streak of nine consecutive league titles. His game matured during his two-year stint in Italy, and he returns to English football as an established world-class talent. Lukaku has scored three goals in four Premier League matches this season.

The Blues are also coming off a successful 2020/21 season as they claimed their second ever Champions League title. Manager Thomas Tuchel, who took over for Chelsea-playing legend Frank Lampard midway through the season, deserves much credit for their recent triumphs. He turned a talented but inconsistent Chelsea roster into a

dominant force that can consistently compete with Europe's best.

Chelsea sits at the top of the Premier League table with Liverpool and Manchester United, each winning four and drawing one through five matches. Liverpool and Chelsea drew against each other on Matchday 3 in a highly entertaining 1-1 draw that saw Chelsea hold on against a relentless Liverpool attack after going down to 10 men in the first half. Liverpool added depth to their defense by adding Red Bull Leipzig's Ibrahima Konate, but unlike the other title contenders, decided not to sign any player that would notably alter their starting XI. The team is fairly similar to their 2018/19 Champions League winning squad and the one they fielded during their 2019/20 record breaking season. They will continue to rely on Mohamed Salah and Sadio Mane to create scoring chances and Dutch center-back Virgil van Dijk to lead the defense.

Manchester United, on the other hand, added to their squad multiple world-class players whom they will rely on to bring glory back to Old Trafford. Of course, Cristiano Ronaldo headlines this list. The five-time Ballon d'Or winner, who established himself among the footballing greats at Manchester United from 2003-2009, has already asserted his presence since arriving from Italian club Juventus, scoring four goals in his first three matches. He is also reunited with former teammate Raphael Varane, who the Red Devils also acquired this summer. Varane and Ronaldo won four Champions League trophies at Real Madrid and will hope to claim more silverware together soon.



PHOTO COURTESY OF UK TODAY NEWS
New signing Romelu Lukaku (above) is expected to be Chelsea's x-factor this season, having arrived to the club from Inter Milan in exchange for \$135 million.

United also signed 21-year-old English winger Jadon Sancho from German club Borussia Dortmund. Sancho returns to Manchester having played his youth career for rivals Manchester City. Despite his \$100-million price tag, Sancho may not establish himself as a consistent starter in manager Ole Gunnar Solskjaer's starting XI, as the Red Devils have arguably the deepest squad in the Premier League. They have backups in every position that would start on nearly any other team in England's top flight.

Manchester City round out the title contenders. The defending champions made headlines this offseason in their pursuit of Englishmen Harry Kane and Jack Grealish. They were only able to acquire the latter, signing the Aston Villa winger for \$139 million. Kane, who plays for Tottenham and captains England, would have been an even heftier price

tag. City decided against matching Tottenham's asking price, leaving a void in their attack after the departure of club-legend Sergio Aguero and lack of an elite no. 9 on their roster. This weakness proved to be detrimental earlier in the season, with City losing to Tottenham 1-0 and dropping points at home to Southampton in a 0-0 draw. However, they are only three points back from the league leaders, and manager Pep Guardiola is an established winner who can get the most out of his players, expecting nothing less than another trophy.

Simply put, this will be the most entertaining EPL season in years. The number of legitimate title contenders and pure talent influx into the league this offseason has already made for must-watch entertainment, and the stakes will only get higher as the season persists into its later stages.

A Look Around Friartown

Men's Soccer:

9/18 at Seton Hall University, win 3-2

9/22 at Brown University, 3-0

Upcoming:

9/25 vs. Xavier University

10/2 at Marquette University

Women's Soccer:

9/12 at Wisconsin University, loss 3-2

9/16 vs. Brown University, win 2-1

Upcoming:

9/23 vs. Xavier University (#17)

9/26 vs. Creighton University

10/3 at Georgetown University

Women's Volleyball:

9/18 vs. St. Francis College Brooklyn, win 3-0

9/18 vs. Fordham University, win 3-2

Upcoming:

9/24 at Xavier University

9/25 at Butler University

10/1 at Seton Hall University

10/2 at St. John's University

Women's Field Hockey:

9/17 at Villanova University, loss 5-3

9/19 at Monmouth University (#20), loss 7-0

Upcoming:

9/24 vs. Georgetown University

9/26 vs. University of Massachusetts Amherst

10/1 at University of Connecticut

PROVIDENCE

Men's and Women's Cross Country

by Leo Hainline '22
Sports Co-Editor

PC ATHLETICS

The Providence College Men's and Women's Cross Country teams are off to a flying start, both winning the Friar Invitational that took place just outside state lines in Attleboro, MA at Mark Coogan Course. The Friar women dominated their race, scoring 18 points compared to competitors University of New Hampshire's 54 points and Stony Brook University's 67 points.

The women's success this past weekend was no surprise given that preseason polls ranked the Friars 26th in the nation and second in the Northeast region. Their roster is very international, with four women hailing from Ireland, two from New Zealand, one each from England and Canada, and the seven others being local products from the Northeast.

In addition to having a global team-makeup, the Friars are full of key members who have multiple years of eligibility remaining. Apart from Maria Coffin '21GS, who was the only Friar to qualify for last year's Women's Cross Country NCAA Tournament, the team is primarily led by juniors and a few underclassmen, which was highlighted in the Friars' performance on Sept. 10. PC's Laura Mooney '24 (Cappincur, Ireland), Lilly Tuck '23 (Sunderland, Canada), and Orla O'Connor '23 (Waterford, Ireland) took first, second, and third in the Friar's Invitational. Maria Coffin (Annapolis, MD) was not close behind, finishing fifth. Other Friars Alex O'Neill '23 (Ennis, Ireland), Kimberley May '25 (Auckland, New Zealand), and Holly Brennan '25 (Bettystown, Ireland) also finished in the top 10.

Coffin will look to lead this current squad as she is the only Friar to have qualified for the NCAA tournament in cross country this past year. Her qualification followed her fourth-place finish in the 2020/21 Big East Tournament race, which was the best out of any Friar. At the NCAA tournament, she was able to finish 99th out of 253 runners.

One of the main goals of the current squad is to make the NCAA tournament in Florida this November. Mooney, who topped the field in Attleboro two weeks ago, conveyed that "one of the key things for the team to achieve their goal is to work together." As a sophomore, she is particularly excited about the season as she has yet to experience one under normal conditions given that COVID-19 prevented the team from having a normal season during her first year in Friartown.

The men's cross country team was similarly successful in Attleboro, scoring 29 points to defeat Stony Brook (34 points), Boston College (77 points), and New Hampshire (102 points). The Friars, who are ranked fifth in the Northeast region, looked sharp with four runners listed in the top 10. Marcelo Rocha '21GS, the Friars' star runner from last season who had a fantastic spring track season as well, finished first in the men's side of the Friar Invitational. He dominated



PHOTO COURTESY OF PC ATHLETICS

Marcelo Rocha '21GS won the men's side of the Friar Invitational.

the entire race and finished over 30 seconds faster than second place, earning him Big East Athlete of the Week. PC also had three other runners finishing in the top 10, with newcomer David McGlynn 'GS taking third, Liam Back '24 finishing sixth, and Ryan Gallagher '21GS finishing eighth.

The Friars return many of their key members from last year's roster, with their top seven runners from last year's Big East Tournament all returning. In addition, many of these runners on coach Ray Tracey's squad are seasoned veterans. Rocha, who finished eighth in the tournament, Gallagher, who finished 21st, and David Rosas '21GS, who finished 32nd, were all seniors that season who returned to Friartown as graduate students. Matthew Lepine '22 is now a senior, as is Sean Meehan '22. The two finished 47th and 51st respectively. Shane Coffey '24 and Back were the two young guns on the roster who made valuable contributions. The foreigners, with Coffey from Ireland and Back from New Zealand, had a nice introduction to the states last year in regards to their performances and aim to grow into a bigger role their sophomore year.

This Friday, both the men's and women's cross country teams will face tougher opposition in the Battle of Beantown, hosted by Boston College. The top five teams in the Northeast on the women's side will all be in attendance, including the Friars, University of Connecticut, Boston College, Syracuse University, and Harvard University, as well as over 20 other schools. As for the men, every top-five team in the Northeast is competing except for the top-ranked Iona College. In both competitions, the Friars will be the sole BIG EAST representative. This will be a prime opportunity to send a message from afar that PC is a force to be reckoned with on both the men's and women's sides. Last year, the men finished fifth in the Big East Tournament, while the women finished third. All signs suggest that both have notably improved since the previous season and should not be overlooked as title contenders.



PHOTO COURTESY OF PROVIDENCXC TWITTER

The Women's Cross Country Team leads the pack at the Friar Invitational on Sept. 10. The Friar women took seven of the top 10 spots in the race, dominating from start to finish against Stony Brook University and University of New Hampshire.