

The Cowl



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An Interview With Footprints Gospel Choir

by Nicole Patano '22
Editor-in-Chief

LISTENING TOUR

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

Students who attend the 10 p.m. Mass on Sundays in St. Dominic Chapel are familiar with St. Dominic Ensemble. However, there is another group of students on campus who are just as passionate about expressing their faith through song: Footprints Gospel Choir.

While Footprints Gospel Choir did not become an approved club until 2012, it had been around campus since 2010. Dara Makeda '12 and Laurie Moise '12, founded Footprints to provide students (students of color in particular) an opportunity to lead, serve, and share their heritage as rooted in the tradition and history of gospel music.

Since its founding, Footprints has spread the "good news" on and off campus. While they do not typically perform at the 10 p.m. Mass, Footprints Gospel Choir has performed at various on campus events, such as last semester's Amplifying Voices, the Board of Programmer's Fiestaval, and the annual Christmas tree lighting to name a few. Most recently, Footprints took the stage on Wednesday, Feb. 9 for the Martin Luther King Jr. Convocation Committee's Uplifted: A Student Celebration.

The Cowl had the opportunity to discuss the past, present, and future of Footprints Gospel Choir with members of its executive board. This conversation included president Brianna Harper '22, vice-president Ann Papin '22, treasurer Sara Poulard '22, and choir director Jermaine Curtis.

Curtis, though new to the program, emphasized the role growth plays in Footprints for himself and each member. At the beginning of the year, he noticed that some members were scared to or self-conscious about singing; however, in just a semester, he has been able to "see the confidence literally unfolding." Now, the group "can just get up, pick a song, we're confident with the notes, and we can go ahead and we can sing," Curtis explained. "And it can sound good, and it can be to the glory of God."

This is one of Poulard's favorite parts about Footprints Gospel Choir: hearing the songs come together after learning them. This is especially significant as she grew up Catholic and was not used to "the clapping and singing and dancing and all that." As a freshman, Poulard was intimidated because she did not know any of the songs or how to perform them. She credits the community within the group for her decision to join and remain part of Footprints: "We're always laughing and having a good time. I think that helped me overcome that struggle in feeling a little intimidated"

Listening Tour/Page 2

David vs. Goliath on the Court Men's Basketball Stands up to Villanova, Now 21-3

by Liam Tormey '22
Sports Co-Editor

MEN'S BASKETBALL

The Providence College Friars came into the week moving up once again in the AP Poll, this time up to No. 8 in the country.

The second ever top-ten matchup in Providence College Basketball history occurred on Tuesday, Feb. 15. The first came when the No. 10 Friars hosted No. 8 Xavier University in 2016 at the Dunkin' Donuts Center, where the Musketeers came out victorious 75-68. The second would be between the Friars and No. 10 Villanova University.

The Friars came into Tuesday night 21-2 on the season, 11-1 in Big East play and on their second eight-game winning streak of the season. Their eight-game winning streak earlier in the season was ended

when they traveled to Wisconsin and lost by 32 to Marquette University.

The score would not be as brutal, but the Friars were unable to emerge victorious in a sold-out Dunkin' Donuts Center during a "Pink Out" Game.

Friar fans packed the Dunk' and arrived three and a half hours before tip-off in anticipation of one of the biggest regular season games in men's basketball history at PC, and the atmosphere did not disappoint. Before the game, head coach Ed Cooley said, "Grab some popcorn. Put a helmet on." The intensity level

for this top-ten matchup was off the charts.

The Wildcats got out to an early 13-8 lead after the first media timeout behind Justin Moore's early eight points. He quickly was into double figures and recorded a total of 18 points in the first half. Although the Wildcats weathered the storm of the sold out arena, the Friars never let the lead get out of hand.

Pink Out/Page 18



The starting lineup of the Feb. 15 game.

PHOTO SCOURTESY OF PROVIDENCE MBB TWITTER

Lax Is Back in Black and White Gabrielli Discusses Players New and Old

The Providence College Men's Lacrosse Team is beginning their season and looking to rebound after last year's Big East Conference tournament semifinal exit to the then-ranked No. 9 in the country, Denver University. The team is entering this season with 33 returners from last season, along with 16 guys representing the black and white jerseys for the first time. Head coach Christopher Gabrielli named Matt Grillo '22, Evan McGreen '21GS, and Mike O'Grady '22 captains for the 2022 season. Grillo was named to the Preseason All-Big East Team as an attackman. The attackman is a critical piece in the Friars' offense, as Grillo led the team in goals last season with 22. The Friars are projected to finish fifth in the Big East this year from the Big East Coaches poll, whereas Georgetown University is projected to finish first in the conference. "You always come into the season with those lofty goals of winning that Big East title and making the national tournament," said coach Gabrielli, "but we take a daily approach to goal setting where we take it one day at a time."

The team has already played two games this season as of Thursday, Feb. 17 and currently has a 1-1 record. The first game was a 16-9 win over

the College of the Holy Cross, in which captain, McGreen, had six goals and two assists, responsible for half of the Friars' total points. "We have great leadership from Evan McGreen," coach Gabrielli added. "Evan is one of the best midfielders in the country and a little bit underappreciated." Another player who lit up the score sheet was Ryan Bell '25, who tallied two goals and five assists. Coach Gabrielli said, "Ryan Bell is as talented a freshman that we have had around here since Tate Boyce '19." The comparison of Bell to Boyce says a lot about the potential of Bell, as Boyce earned All-Big East First Team in his freshman year. The ceiling is high for the high school All-American freshman out of Port Jefferson, NY.

With regards to the Feb. 5 game against Holy Cross, the Friars were "ultra-aggressive" according to coach Gabrielli and captain McGreen "set the tone for the rest of the team" with his play. "We needed to be tougher on ground balls," coach Gabrielli added, saying that Holy Cross played more resilient in the second half. He continued, saying, "We need to execute clearing the ball better, we failed five times in the third quarter." This is something the team will work on in practice.

GabrielliPage 18

UNDER THE HOOD

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News	2
Opinion	5
Photography	9
A&E	11
Portfolio	15
Sports	18

News	
Providence College welcomes a new group of early accepted students to campus.	
Page 2	

Opinion	
Taylor Rogers '24 explains how the College's celebrations of Black History Month can be more comprehensive.	
Page 5	

A&E	
Hey baby! Read about the role PC Pep Band plays in energizing crowds at sporting events.	
Page 11	

Students Express Faith Through Song

Footprints Gospel Choir Offers Safe Space to Learn and Grow Listening Tour

Continued from front page

Papin also expressed that she was nervous coming into the group freshman year because "it's very different from my own background." However, this aspect of gospel music has become her favorite part of Footprints.

Poulard, Papin, and Harper emphasized the community Footprints has created in their lives on campus and the unique opportunity it has provided for their faith formation. Harper shared that by "consistently singing gospel music, you are able to build a stronger connection with God and your faith." Thus, in addition to their weekly rehearsals, Footprints performs frequently at campus events and church services to, as Poulard said, "showcase our talent and bring spiritual enlightening to the community."

This year especially, Footprints Gospel Choir has been performing as much as possible since the COVID-19 pandemic had rendered them unable to rehearse and perform for over a year. In order to sustain the community of the gospel choir, Harper explained that the group had regular faith formation events over Zoom in place of in-person rehearsals. During these calls, the members joined together to discuss inspirational videos and scriptures. Harper credits these calls with building the faith of Footprints' members and with helping the group be ready to sing again. Despite the pandemic making singing more difficult for the group, Harper said, "We're so much more appreciative now of having the opportunity to sing in person and actually have concerts."

The pandemic was not without

its consequences for the group, however. Curtis noted that COVID-19 negatively impacted the gospel choir's ability to recruit, meaning that half of the group are currently seniors. He emphasized how important this year is for recruiting. Which is why, Poulard said the group is "making sure we're putting ourselves out there as much as we can by attending events [and] singing at so many different events either within the school or within the Providence community." These opportunities are necessary not only for the choir to share their talent and faith, but to continue to grow and flourish as a community.

As the seniors begin to think about the future of the group after graduation, they described to The Cowl what they hope their legacy is. Harper, Poulard, and Papin look to leave Footprints Gospel Choir as a place in which students of all backgrounds and faiths feel welcomed

and safe. "I just want it to be a safe place for others to enjoy themselves, to learn more about their faiths, and to just express themselves," Papin said. Poulard echoed this sentiment, saying, "I would love for it to be a place that literally anyone can go to...an open space for anyone to feel compelled to want to join in, and sing along, dance along, and just enjoy the community."

Harper added that she wants her legacy to be seeing the choir flourish. Footprints Gospel Choir places heavy emphasis on the individual and their personal success. Curtis stated that "each [student] that comes through those doors is a soul, a soul that God cares about, also a soul that will need as much support as we all do in this journey called life." He wants Footprints to be about more than music, acting as a spiritual mentor in addition to his role as choir director.

Footprints Gospel Choir is truly a group to witness and join. As

Poulard explained, "The family that [gospel] creates, that it fosters, is really something that is so gravitating." Poulard and Curtis enjoy the energy that the choir provides and the fact that "everyone has the right spirit; everyone wants to get better."

For students who are interested in joining Footprints Gospel Choir, their rehearsals are on Sundays from 6-7:30 p.m. in room 219 of the Smith Center for the Arts. Show your support by attending their events happening this spring. On March 19 at 7 p.m., Footprints has a concert at Mount Hope Missionary Baptist Church. From April 6 to April 13, Footprints will be holding their Easter Fundraiser in the Slavin Atrium, during which they will be selling goodie bags. To round out the semester, the choir will be having their annual gospel fest on May 1.

Follow the choir's Instagram (@pfootprintsgc) for more information about their rehearsals and events.



Footprints Gospel Choir performs at the Center at Moore Hall.

PHOTO COURTESY OF BRIANNA HARPER '22

PC Holds Early Accepted Students Weekend

Welcoming the Newest Members of the Friar Family

by Eileen Cooney '23
News Staff

CAMPUS

This past Saturday, Feb. 12, the Friar Family welcomed over 1,700 accepted students and their families to celebrate the annual Early Accepted Students Weekend. The day kicked off with a series of academic programs for students and parents to attend, ending with a pep rally at the Dunkin' Donuts Center, an inspiring speech by Coach Ed Cooley, and another amazing Providence basketball win against Big East rival DePaul University.

The admissions office has been eagerly anticipating this event, as it is the first in-person early admitted students day to take place in

over two years since February of 2020, before the COVID-19 pandemic spiraled globally

Early accepted students were given the opportunities to attend various lectures, seminars, and series that gave a deeper insight into what life is like in Friartown. Sessions offered information on Providence College staples such as its various study abroad programs, its defining Dominican identity, the Development of Western Civilization Program, and its continuing work to pursue social change, justice, and responsibility through the Center at Moore Hall, the Feinstein Institute for Public Service, and Campus Ministry.

These programs also included Q&A sessions with current PC students, where admitted and enrolled students could hear their personal anecdotes about what makes PC home for those who attend. In addition to these events, there was also a resource fair so prospective students could

learn about the numerous clubs and activities available for students at PC's campus.

The day finished at a sold-out Dunkin' Donuts Center with an amazing win by the men's basketball team against DePaul. After the win, head coach Ed Cooley said, "This is not just about what our team is doing, this is about our College, our city and our state! Another amazing night at the Dunk' [with] OUR fans, especially the students!"

"Overall, it was such a great day," said Seamus Crowell '23, an admissions ambassador and speaker at one of the student panels. "You couldn't have asked for better weather, and it felt great to be able to connect with families in person again and show them what Friartown is all about." Now, those in the admissions office wait and look ahead to accepted students day in April!

Magnifying the Voices of PC's BIPOC Community

Uplifted MLK Student Performances in Celebration of Black History

by **Yamel Camilo '23**
News Staff

CAMPUS

The sound of Lauryn Hill's *To Zion* filled Slavin '64 Hall on Feb. 9 as students eagerly gathered to hear inspired MLK Student performances. *To Zion*, a beautiful ode to her son, is included in the classic album "The Miseducation of Lauryn Hill." This classic album was the first rap Album of the Year despite the genre's rich history throughout the 1980s and 90s. It gave her a chance to identify and express herself freely, which the student performers embody through their ode to Martin Luther King Jr..

The event started with a stomp as the Footprints Gospel Choir took the stage with a rendition of "Ride on King Jesus." This soulful performance was evocative of Black churches with lively gospel music. The song speaks on the hope of Black slaves as they call for Jesus their king to liberate them from their captivity. During the era of slavery, slaves were not allowed to attend church, and when they did, slave patrollers sat behind them. If the slave was to speak out, they would be immediately silenced. The performance is a testament to the will of African Americans to hold out for their Lord for so long.

Next, Eliana Lopez '22, a member of Believer Of Words (BOW), spoke on the mascotification of Dr. King. When he was alive, both King and his family were villainized and constantly threatened, in

large part due to his speeches being too radical. After his death, and only after his death, King became a hero, a martyr of civil rights.

Now, King's message of nonviolence has been distorted to be used as a weapon against the Black Lives Matter movement. Particularly shown in the wake of the unjust deaths of Breonna Taylor and George Floyd, those protests became targeted and distorted, in which protestors were told not to object to the very institutions that have been built around systemic racism and prejudice.

Lopez also spoke on the isolation of Black students at Providence College. PC has long struggled to provide more inclusive spaces for those students, faculty, and staff who comprise a community of underrepresented groups on campus. Most people of color on campus live in Fennell Hall, further exacerbating the racial divide on a predominately white campus.

The Director of Residence Life, Ned Erilus '03, delivered a stirring original piece titled: "A State of a Dream Address." He goes through the process of Black liberation, from slaves in chains to slaves of consumerism and the backstep of progress. Calls for action have become commercialized and performative to fill news channels. And he is right. After George Floyd's death, a street was named after him but black men continued to die at the hands of the police. The most stirring line "Gravity compels compliance, so we descend" stunned the crowd as he asks for

King's help from Heaven.

Other student performers included Mariela Flores '23, who performed a ukulele cover of "Creep." PC alum Kingsley Metelus '21 rapped on the fragility of Black lives. Fellow alum, Angela Black, used art as liberation as she skimmed over a beat with flow and passion.

The performances are representative of the artistic spaces needed for BIPOC students and faculty to perform their own creative pieces; these include through poetry, music, and dance. The event presented the opportunity for the performers to express themselves through amplifying the recognition of diversity and awareness that are further imperative to achieve inclusive and equitable treatment for all members of the PC community.

There are several other events in celebration of MLK Convocation month here at PC. On Tuesday, Feb. 15, from 12-1 pm, there will be the MLK Convocation through Zoom, which will be led by local Black scholar, Marco Williams. Registration for the Zoom is open on PC's website. On the same day from 12-1:30 pm there will be a "Be The Change" luncheon in McPhail's. Students, faculty, and staff will have the opportunity to eat a complimentary lunch and discuss how to be a leader.

On Wednesday, Feb. 16, at 3:30 pm, the 2022 Rev. Dr. Martin Luther King Jr. Vision Awards and Reception kicks off in Moore 125. The presentation honors individuals or groups who exemplify Dr. King's pedagogy.

Float Like a Butterfly, Sting Like a Friar

Public Safety Encourages Students to Attend Self-Defense Training

by **Addison Wakelin '22**
News Co-Editor

CAMPUS

The Personal Safety and Self-Defense class, offered by Providence College's Office of Public Safety, is one of the many undervalued programs offered to PC students. The class, which meets every Monday at 7 pm in the Peterson Recreation Center, is a free program that teaches the fundamentals of self-defense training to students.

The program had initially begun as a student project almost eight years ago, in which a student approached PC's Public Safety Office regarding holding classes on self-defense training.

The class is run by Jarrod Tillinghast, Tessa Herbold, and Rich Zola. All are boxers from the New England area that are a part of the Legendary Boxing Gym, which is on 2051 Smith Street, North Providence, RI. PC's Lieutenant David Marshall is also in attendance of the classes.

Tillinghast, Rhode Island native and an undefeated professional boxer, describes the transferable skills that boxing has in self-defense training. He describes, "We all need to know how to do a little bit, even in today's day and age. The ability to understand your balance and stay on your feet [is essential]."

Julia Sinople '23, whose own personal experience last semester with the ensuing crime, greatly altered her perceptions of her surrounding settings. She describes,

"At that moment, I had no idea how to defend myself. Taking this class empowers me. If anything were to happen like that again, I'll know what to do. It puts things in perspective and gives me new strength. I really appreciate this class a lot." The class is important in that it develops both the participant's mental and physical strength to be prepared for any dangerous situations that they may be confronted with.

The Office of Public Safety has faced a rather tumultuous academic year, unfolding with the number of on- and off-campus crimes peaking in Oct. 2021. As a result of the various crimes that left many PC students

feeling uncertain about the handling of the potential threats of crime. After the events that ensued from the Oct. 5 open forum with the Office of Public Safety and the Providence Police Department for students to address their safety concerns, the training class received an almost exponential increase in sign-ups.

"It took a full swing last semester when we had the violence off-campus, and we had 40 students apply for the class," described Lt. Marshall.

The larger PC community has expressed their concern with the handling of the reported on- and off-campus crimes; in that

implemented initiatives, like these self-defense classes, will encourage students to actively take safety measures and precautions of their own, while developing better relationships with the Office of Public Safety.

"[The program] has been a success. It gets the students confident in themselves that they can get away," continued Lt. Marshall.

Public Safety has long had a contentious relationship with the PC student body. In promoting the importance of students protecting themselves through self-defense training and mechanisms, Public Safety hopes to more amicably connect with the greater PC community to keep students safe both on- and off-campus.

Public Safety strongly encourages all PC students to try out the program, to garner the experience necessary to protect one's self in any situation they are placed in. By gaining the skills necessary to defend one's self, they will be able to know how to defend themselves in various situations and how to make quick-second decisions.

As esteemed American former professional boxer, George Foreman, puts it: "Many people fail not so much because of their mistakes; they fail because they are afraid to try."

The complimentary class meets every Monday at 7 p.m. in the Peterson Recreation Center. For individuals looking to participate, email Lt. David Marshall at dmarshall@providence.edu.



PC Public Safety is offering self-defense classes throughout this semester.

PHOTO COURTESY OF ADDISON WAKELIN '22

PC Hosts Dr. Anika Prather

On the Canonical Importance of Black History

by Emma Stremper '24
News Staff

CAMPUS

Last week's Humanities Forum hosted Dr. Anika T. Prather, Professor of Classics at Howard University and founder of the Living School in Maryland. Her talk, which is part of the MLK Convocation Month, was titled: "Living in the Constellation of the Canon: The Lived Experiences of African American Students Reading Great Books Literature." In which it focused on the intersection between the Classics of Antiquity and the story of Black liberation in the United States.

Dr. Prather came to love the Classics in her thirties. Tasked with helping struggling teachers communicate the ideas of Aristotle to students, Dr. Prather decided to use drama and music as ways of communicating the ideas of the philosopher. Reading Aristotle in this context, as an adult and as a teacher, she was immediately hooked. She had found "a place that provided answers to the mystery of life."

To her, Great Books literature, and the stories and ideas found in them transcend race, ethnicity, nationality, and class. Dr. Prather opened her lecture with a quote from Socrates that she says sums up her Great Books experience. "I am not an Athenian or Greek, but a citizen of the world." Common humanity can be found in the canon of Great Books literature.

Despite the universality found in the classics, there is a specificity that she believes to be incredibly important to the African American story. Dr. Prather likened Great Books literature to Polaris, the north star, a touchstone of truth and ideas about humanity that remains steadfast.

Rams, Bengals, and Commercialism

Taking a Closer Look at Super Bowl Commercials

by Olivia Coletti '24
News Staff

CAMPUS

The Super Bowl isn't just a competition for a ring and title; it's a game to captivate the viewer's attention. While there are players, there are also brands being advertised. Hundreds of these big-name companies compete to win the viewer's favor with their brand and pay big bucks to win over the audience.

This year, the commercials cost nearly seven million dollars for just thirty seconds of airtime. Although the price may seem absurd, it is a great selling opportunity for these companies. Considering that this year's Super Bowl LVI was viewed by an estimated 112 million Americans, that cost per viewer is a matter of mere cents. This spare change is insignificant for the viewer's attention, along with the invaluable nature of word of mouth.

The Super Bowl is consistently the most viewed sporting event in the United States, and this year proved to be no exception. With this being said, the ongoing COVID-19 pandemic continues to impact both the professional sports world and the lives of individuals across the United States. Many of Super Bowl LVI's advertisements honed in on these specific themes while also looking forward optimistically towards the future. Some of the key themes of Super Bowl advertisements this year concentrated on new technology, reconnecting amidst COVID-19, and the classic light-hearted humor and celebrity cameo appearances.

Providence College professor Janet Letourneau, whose marketing experience has spanned almost two decades, describes the marketing inequities among consumers: "And what I find even more curious is that there are many pockets of this country still that don't have the infrastructure to go online. My humble opinion is that tech focus is not on a level playing field with such a large audience, as it relates to affluence."

The lack of technology is something to consider, even today. According to NASDAQ, seven percent of adults in the United States do not use the internet at all. This further reinforces how the

Dr. Prather interspersed singing of, "Follow the Drinking Gourd" in her lecture. Black slaves, working through the underground railroad with the hope of escape from bondage, sang this song. Just as slaves used the constellations in the sky to navigate their way to freedom, the Classics continued to serve African Americans in a post-slavery America.

"The light of literacy," according to Dr. Prather, was a major factor in the liberation and success of the abolitionist and orator Fredrick Douglass. A young Douglass, deeply depressed by the realization of a life in bondage, was brought out of the "darkness" by reading the dialogues of Socrates and Cato, particularly those between slave and master. Dr. Prather says that "Douglass was freed when he read these ancient dialogues." Studying as much as he could, rhetoric and logic were how he came back in touch with his humanity.

Dr. Prather named other influential Black liberation activists, including W.E.B. DuBois, Anna Julia Cooper, and James Baldwin, who were all in various ways critical of the western tradition, and who found purpose and meaning in the Classics.

A century after Douglass, Martin Luther King Jr. quotes Socrates in his famous "Letter from Birmingham Jail," saying that it was necessary to create a tension in the mind so "that individuals could rise from the bondage of myths and half-truths." Socrates and these ancient texts were essential tools for King to rise from the myth of racial essentialism and white supremacy.

If you could not attend Dr. Prather's talk, be sure to visit her website <https://drprather.com/> or look into her book, *Living in the Constellation of the Canon*.

commercialization of heavily technology-centered advertisements may go over an even larger proportion of viewers' heads. However, as time goes on, that percentage gets smaller, as access to technology increases across the country, in even the most rural areas.

Letourneau continues, "I seek Super Bowl ads that hit my heart – funny or deeply emotional. I thoroughly enjoyed the E-trade ad."

Advertisements like E-trade were more common, attempting to bring cheerful humor to their image. Even the little details, like the exploratory jungle location of the humorous Doritos ad, can get a mix of adventure and comedy to their brand image. In this post-peak pandemic stage, brands use humor and adventure to perceive a positive and exciting association with their product or service.

One technology advertisement that sparked conversation was Coinbase, which displayed mysterious QR code that, when scanned, brought users to Coinbase's website. This brief, simple advertisement led to so much virality the app itself crashed. Some critics found this tactic "genius" while others thought it "confusing". Either way, the traffic and attention that the advertisement brought the brand further reflects the importance of advertising. Indeed, commercials often consume much of the football game itself. Coinbase pushed the boundaries with this advertisement, which matched the growth theme targeted by brands. This boundary-pushing adventure was a key infiltrating theme, considering the worldwide lockdowns of the past couple of years.

Advertisements are a driving force in consumer culture in the United States. The Super Bowl, although a grand physical event, is a further reflection on the cultural consumption that steers much of U.S. society. A recent Washington Post article described how, "There was probably more future-messaging at the Super Bowl this year than ever before." Advertisements, especially those showing new technological innovations, are reflections of the vision of the future both within the U.S. and internationally; a direct reflection on the ensuing role of technology in our everyday lives.

Diversity Spotlight

by Isabella Chinaea '25
News Staff

FEATURE

This article is part of The Cowl's ongoing series committed to Diversity, Equity, and Inclusion efforts at Providence College.

Almost 100 years ago, in 1926, the second week of February became "Negro History Week," a title that later progressed into Black History Month, nationally recognized by U.S. President Gerald Ford in 1976. The month of February was chosen because of the birthdays of Abraham Lincoln and Frederick Douglass taking place on Feb. 12 and 14, respectively. In the years leading up to 2022, the United States has seen gradual growth in the appreciation of African American lives, however, our method of celebration remains flawed and lacking a clear understanding of Black history.

For 28 days, schools teach about important African American figures and their accomplishments, along with an acknowledgement of our country's dark past of slavery and the Jim Crow era. These topics are then labeled as Black History. Schools, including our own here at Providence College, put up beautiful posters recognizing powerful Black figures and the amazing things they have contributed to our country; but when March rolls around, they are taken down and the celebration comes to an end.

It is time to create the necessary change to solve such systemic issues that are deeply embedded in this country. It starts with recognizing that Black History and American history are one in the same and they deserve to be taught in that manner. Black history does not have to be separated from American History in order to celebrate Black lives, rather the two can be taught simultaneously in the U.S. education system.

Though it is the shortest month of the year, February is slowly but surely coming to an end, but the celebration does not have to come to a close along with it. There are countless ways to promote support and love for the monumental contributions African Americans and their culture make to our country. There is a dark history surrounding the mistreatment and prejudice against Black Americans; but along with that oppression and racism came a beautiful story of a people who persevered and blossomed in rebuilding an identity that was robbed from them.

Some first steps to better advocate for the BIPOC community, especially on the local level, can consist of becoming more aware of the places to which you give your money. Next time you're looking for somewhere to eat or shop, consider a BIPOC owned alternative over your typical choice.

The Boston Globe published an article this past November with an extensive list of Black-owned businesses in Rhode Island. While a majority of small businesses were negatively impacted by COVID-19, those that were BIPOC-owned especially carried this damaging weight.

A recent H&R Block survey found that of about "3,000 small businesses, 53 percent of Black business owners saw their revenues drop by half compared to 37 percent of white owners."

As society begins to open up again over time, white-owned businesses are bouncing back from the pandemic's effects, while Black-owned one's continue in their struggle. With this new awareness of a growing issue, if you are looking to continue in the celebration of Black history, start by supporting businesses near you and research "Black-owned businesses and POC-owned companies in Rhode Island."

The Implications of Celebration *Black History Month Celebrations Should be More Inclusive*

by Taylor Rogers '24
Opinion Guest Writer

CAMPUS

When one thinks of February, many people instantly associate the month with the holiday of Valentine's Day, a time of love, the color pink, and complaining about whether a groundhog has managed to see his shadow or not. February also happens to be the shortest month of the year, the 28 (sometimes 29) days rapidly flying by as people mentally prepare for spring. Yet, February also contains an extremely significant celebration for people of color, and Black people especially, as Feb. 1 kickstarts Black History Month.

During this month, people rack their brains for any bit of information they know about Black History, referring to a list of the same few people they are convinced are the epitome of Blackness in America: Martin Luther King Jr., Malcolm X, and George Washington Carver. Many people fall victim to this "allure" of emphasizing Blackness and Black greatness for a singular month of the year, recognizing something that is quickly forgotten the second March hits and people turn to preparations for St. Patrick's Day celebrations.

Providence College is no exception to this concept, highlighting Black excellence yearly during Black History Month and displaying the importance of key Black people who are not just important to Black history, but are important to American and global history. The PC athletics Instagram has been honoring current and former Black athletes who have attended the college, having these athletes briefly describe what Black

history means to them. Students this semester have also been given MLK visions awards, this coinciding with the College's plan to celebrate the Martin Luther King Jr. Convocation Month and Black History Month as one event, not two separate entities and commemorations. This celebration intends to last all of February, with each convocation event named after Martin Luther King Jr., focusing on his key letters and speeches as well as the great reverend's life.

This celebration of Martin Luther King Jr. is commendable, yet creates a conflict, as the implication that Martin Luther King Jr. is the only important Black figure in history is problematic. On the PC website, the school has stated that the convocation program is meant to "coincide with Black History Month" and states no other events focused on the other successful Black people in history that have changed not only America, but the entire world. Nowhere on the College's website is there a mention of Ruby Bridges, the first African American student to integrate the William Frantz elementary school in Louisiana, which ultimately led to the desegregation of schools. There is not a single word about civil rights pioneer Claudette Colvin, who refused to give up her seat to a white woman at the age of 15, nine months before Rosa Parks' more famous protest and became a plaintiff in the *Browder v. Gayle* case that ruled segregated bus systems unconstitutional. There is a failure to mention Garrett Morgan, the inventor of a traffic light with a third 'caution' signal (the yellow light) to alert drivers they would soon need to stop, preventing both car crashes and casualties since 1923.

Many other Black scientists, politicians,

historians, artists, musicians, and activists have positively changed society, forming many cultural and social norms that our society relies on and values today, such as the music students stream on Spotify or the retro style people frequent. The diminishment of these accomplishments is apparent when centering a Black History Month celebration around one significant Black person, as the implication of Martin Luther King Jr.'s Convocation being the main focus of Black History Month eradicates the other key figures of Black history and American history. Martin Luther King Jr. may be the first person to come to mind when one thinks of Black History Month, but this month is not meant to just celebrate the great reverend and his accomplishments, but aims at celebrating excellence of all Black people, ranging from the athletes dominating in their sports to the scientists

diligently coming up with new solutions and inventions that better society.

Combining Martin Luther King Jr.'s Convocation at the College and the school's Black History Month celebrations into one event rather than two separate events lessens the significance of other successful Black people both within and outside of the Providence College community. Black History Month is a time to embrace and uplift the voices of Black people, emphasizing their excellence and accomplishments in all aspects of life. While celebrating Martin Luther King Jr. is extremely significant and commendable, it reflects poorly on the goal of Black History Month, which is to honor and commemorate the accomplishments of all, not just one, versions of Black excellence.



PHOTO COURTESY OF MECKLENBURG COUNTY
Black History Month should continue to be celebrated prominently across campus, but should focus on other prominent Black figures, like those who appear above and in the Center at Moore Hall.

The Realities of *Euphoria* *A Plea for Help in the United States' School System*

by Olivia Bretzman '22
Opinion Staff

POPULAR CULTURE

Content Warning: This piece contains discussion of drug use and addiction.

HBO recently released season two of *Euphoria*, the hit show about teenage lives filled with real-life emotional, mental health, LGBTQ+, drug, and family struggles.

The show follows Rue, played by Zendaya, during her battle with drugs and rehabilitation. It describes Rue as a character who has "no plans to stay clean." Watching the show, one can see the troubling reality of drug abuse among young people.

Wherever Rue goes, drugs seem to follow. They are readily accessible, and seem to be the answer to maintain a social existence as well as her mental health.

According to IMDb, *Euphoria* has won three Primetime Emmys and various other awards. There is no question about the allure in the intensity of the show itself.

This general excitement and awe about the show is highlighted on social platforms. Social media has been blowing up about *Euphoria*, particularly TikTok, one of the most-used platforms by young, teenage people.

When scrolling, one can find many TikToks about the show itself, its characters, etc. But underneath the fan-following, there is a dark and worrisome reality that highlights the violence and drug-abuse

rampant within the United States school system.

These particular TikTokers state things like, "You think *Euphoria* is a joke? Have you ever attended high school in X city?" or "When Rue from *Euphoria* is your reality" followed by blurry, tear-filled photos of drugged-up nights and family battles in high school.

Other TikToks include *Euphoria*-like stories that give legitimate examples of violence, drugs, addiction, mental health crises, etc. in various high schools around the states.

Amazing, yes. Terrifying? Absolutely. These TikToks are no joke. They are a testament to the opioid crisis that plagues our population starting at the most fundamental stages of development.

The New York Times states, "Overdose deaths in the United States has exceeded 100,000 a year, more than the toll of car crashes and gun fatalities combined."

As a country, we are failing. We are failing the mental health of the United States through poor drug control, failure to regulate medicinal use, the lack of medical and therapeutic support in our schools, failure to provide easily accessible rehabilitation, and the lack of support within familial units. Drugs are exceedingly available and getting more accessible by the minute.

Euphoria has simply opened the door to have more open conversations about this horrid reality within our youngest population. The sad reality is no one with true power can really see the severity without being exposed to its darkness firsthand.

Because of the media today, unless experienced, glamorized television series seem like fictional dramatizations depicting far away problems. However, social media is proving otherwise,

emphasizing that something else needs to be done.

The Providence College community itself has been exposed to these crises more times than it would like to admit. Many gloss over these tragedies by not telling the true stories of victims who die of overdoses or purposefully overdose to feel better.

Mental health and drug addiction among young adults is no joke. Our own school system, highlighted by *Euphoria* and its glamorization of the tragedies that students face.

To aid in this country-wide crisis, one can do a few things. Check in on your family and friends, especially those who seem to be hurting or masking their pain with substances. Sadly, this crisis is not going anywhere any time soon, but sometimes a smile or a call can make a huge difference.



PHOTO COURTESY OF WIRED
Zendaya, who portrays Rue in *Euphoria*, has won a Primetime Emmy for her role. But what does the character's addiction say to the teenagers watching?

Extra Plates, Extra Waste

The Issues of PC's Food Waste Problem

by Kaelin Ferland '23
Opinion Staff

CAMPUS

Food waste is one of Providence College's main environmental problems. Last semester, EcoPC filled two bins with food waste from Raymond Dining Hall in less than two hours. According to Feeding America, approximately 108 billion pounds of food are wasted every year in the United States alone, about 40 percent of the food in our country. Food waste also has a significant economic impact, costing \$408 billion annually. However, while many people know that food waste is harmful to the environment, they are not aware of why this is the case.

Food waste is a leading contributor to greenhouse gas emissions. According to the Food and Agriculture Organization of the United Nations (FAO), if food waste were a country, it would be the third greatest greenhouse gas emitter. Furthermore, they estimate that food waste is responsible for approximately 8 percent of our global greenhouse gas emissions. This is because as food decomposes in landfills, it releases methane, which traps heat 25 times more effectively than carbon dioxide. Thus, food waste has a significant relation to climate change and global warming.

Other environmental issues, such as deforestation, land use, and water waste, are interconnected with food waste. Wasteful to use such resources when much of the food produced will be thrown away.

In order to increase land for agricultural production, forests around the world, including rainforests, one of the most biodiverse ecosystems in the world, are destroyed to make fields. Deforestation is not only an issue in terms of habitat destruction for native species, but the elimination of trees minimizes the amount of carbon dioxide that can be removed from the atmosphere through photosynthesis. Additionally, it is unsustainable to clear trees for farmland when most of the food cultivated on this land will not be consumed; yet, FAO estimates that 90 percent of deforestation is for agricultural purposes. Furthermore, every year, 1.4 billion hectares of farmland are used to produce food that will ultimately be wasted.

Water waste is another environmental issue that is connected to food waste. It is estimated that around 70 percent of our freshwater is used in agriculture and that 9 billion people could have used the water that was used to produce wasted food. This is primarily because conventional agriculture is inefficient in terms of its water use. Many crops are grown in hot and dry climates where water evaporates before it can be used by the plants, requiring more water. About 40 percent of water used in agriculture is lost because of this. There is no reason why crops should be grown in these warmer, humid climates.

Also in the agriculture sector, the meat industry heavily relies on water. For example, the production of only one pound of beef requires about 1,800 gallons of water. This is especially concerning since we are currently in the midst of a global water crisis. According to the World Health Organization, one-third of people around the world do

not have clean drinking water, including individuals in the United States. Water scarcity and shortages are only expected to worsen in the future. While it may seem as though we have an infinite supply of water on our planet, it is important to note that less than three percent of our planet's water is freshwater. Therefore, individuals should strive to decrease their food waste, as it will help to minimize unnecessary water loss.

PC should make changes to decrease the amount of food we waste on campus, as it continues to be a significant issue. To start, smaller portions would be a simple and easy way to decrease food waste. Additionally, composting is an effective way to reduce greenhouse gas emissions. With food waste being one of the greatest contributors to climate change, as well as many other environmental problems, PC should take actions to mitigate food waste on campus.



PHOTO COURTESY OF PC GO GREEN
Eco PC, the environmentally conscious group on campus, hosts an event that displays how much food is wasted in Raymond Dining Hall. This image shows two full trash bins of food.

Code Switching on College Campuses

The Everyday Reality Students of Color Face Attending a PWI

by Jazel Tracey '24
Opinion Staff

CAMPUS

Throughout the years, Providence College's diversity rates have certainly increased. This is important to providing an equal opportunity to education for all BIPOC students. However, it does not eliminate the realities BIPOC students experience as a result of being a person of color on a predominantly white campus. Oftentimes, many students of color must alternate between two different personalities: one that corresponds with one's identity and the other that responds to their social setting. This process is known as code-switching.

While code-switching is generally in the context of race, it is important to note that code-switching can also be practiced in circumstances where there is a difference in age, or profession, among others. For context, think of the ways in which one talks around their friends and parents. Due to the fear of appearing disrespectful or improper, they would not speak or act the same way around their parents as they would their friends. However, this sign of unprofessionality becomes perplexing when it is applied to the racialized norms and expectations of students of color.

Code-switching is not something uncommon. Rather, it has become something normalized into a "second nature" for all people.

While code-switching can be generally understood as a choice, it is a necessity in the day-to-day life experiences of a person of color on a predominantly white college campus. Oftentimes, when a person of color does not code switch, they are not able to comfortably interact with people different from them. Sophia Gaines '24 explains, "I don't talk about everything with a white person the same way I would with a Black person because I won't have a direct connection with them."

Students of color are not only aware of what to say and not to say in a casual conversation with white students, but also white

authority figures. There exists a fear of appearing unprofessional to their professors and other authorities. The ways in which students of color talk with their counterparts and adults are not accepted as appropriate ways of communicating.

Gaines also provides that, as a person of color, it is important to "align the ways you speak with how white people do." She justifies this by suggesting that the ways white people speak are "identified as the proper way of speaking." Thus, code-switching might make a student of color feel more confident in their conversations with their professors.

A simple shift in approaching

your professor with "Yo, what's poppin'?" to "Hi! How are you doing?" is a prime example of code-switching. While white students might also use phrases like this, the chances of them making a professor or other students uncomfortable are much lower.

As a result of these experiences, students of color have to operate with a double consciousness.

According to W.E.B. Du Bois, to have double consciousness is to look at oneself through a "white lens." This lens is used to assess whether a person of color's comments or actions are acceptable or not. Myles Johnson '24 explains this intersectional awareness as a "unique crossroad" between "authenticity and professionalism."

While code-switching is often joked about as a hidden power people of color have, in reality, it is an essential skill of survival in a predominantly white institution. Not all Black students are granted this skill. Take for example, a student of color who has never interacted with white people before coming to college versus one who attended a predominantly white high school. The Black student who has more experience in a predominantly white environment is more likely to be able to comfortably communicate and interact with white people than the one who was not.

Although it can sometimes water down one's personality and character, code-switching makes being a person of color at a PWI so much easier. This is the honest truth, within a harsh reality.



PHOTO COURTESY OF OWLCLATION

Code-switching involves changing the way you speak based on the environment that you are in and the people that you are surrounded by.

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When the Phone Rings, Answer It

The Friar Family Always Picks up



by Nicole Patano '22
Editor-In-Chief

While the phone in *The Cowl* office is fully functional, it gets almost as much use as the fax machine (which probably has not been used in over 10 years). If I am not in the office, the phone does not get answered. Though, to be honest, even when I am in the office, the phone does not always get answered. I am a firm believer in the old (circa 1979) adage that if it is important, the person

will leave a message.

Despite how nervous talking on the phone makes me, I will admit that seeing the glowing red indicator brings me an unreasonable amount of excitement. Who could be calling today? Someone requesting a copy of *The Cowl*? A telemarketer? From the single message I received on Jan. 28, all I knew was that the person's name was Frank Sullivan, he was a member of the class of 1965, and he wanted to speak to me.

What began as a call to connect *The Cowl* with one of the Providence mayoral candidates turned into a coffee date spent poring over Providence College's 1965 yearbook and discussing the history of both the College and the local Providence community. I left Seven Stars Bakery with the yearbook (to borrow), a LaSalle Academy class of 1961 baseball cap (to keep), and, most importantly, an arsenal of information to better understand what the College was like in the '60s (to treasure forever). Father Vincent Cyril Dore, O.P., was president of the College, students were trying to avoid the draft in whatever ways they could, and the men's basketball team went 24-2 in the 1964-65 season.

Frank told me that most people are

comparing this year's team to the 1972-73 team, and he thinks this is in large part because most people are not alive to remember the 1964-65 team, led by Jimmy Walker '67.

I cannot express how fortunate I feel to have been able to sit down with Frank and talk about his time at the College. He is a piece of living history with the mind of a steel trap at 78 years old. He is an example of how the Friar Family does not disappear after one graduates. In fact, after over 50 years of separation from the College, the connections one feels to the institution and its current students may even grow stronger if Frank is any indication.

While I always look forward to the Friars I meet on campus through *The Cowl*, my classes, and my extracurriculars, there is something so special about meeting Friars who have long since graduated but who still care about the College as a source of knowledge production for young people like myself. Young people who must work on answering their phones when they ring.

This is the age of technology; opportunity doesn't knock anymore. It calls. When you miss a call, you might miss an opportunity!

TANGENTS & TIRADES

Get off Your Phone While Walking

Walking to the Slavin student center from Phillips Memorial Library takes approximately three minutes. Most of that time, althoughsobrief, is spent on one's phone.

When walking alone from a residence hall on lower campus to the science building, the task becomes even more daunting. There seems to be an unwritten script for students to quell their feelings of discomfort walking alone by going on their phones.

Students hardly ever walk alone with their head up or ears unplugged. This habit has become part of almost everyone's daily life and is incredibly detrimental. In life, there are supposed to be moments of silence, of respite, of repose. Life should not just be a huge jumble of distractions and screens.

Our campus yearns to be appreciated. People are meant to be acknowledged and smiled at. Humanity finds its place in nature by looking up every once and a while and putting down one's phone.

Not only do people lose out on opportunities to be silent, but also to learn something. By looking for the details on our campus and in others' faces, students, professors, administrators, and coaches can gain a perspective on life that will impact them far more than anything on their iPhone.

Of course, there are moments during one's walk that are perfect for a phone call to one's mother and should be cherished, but aside from a call or genuine human interaction, it simply makes no sense to pass up on the opportunity to look around and smell the roses.

Everyone can and should try to embrace the discomfort of being alone when walking around campus and take in life for its raw and pure nature.

— Olivia Bretzman '22

Is Being a "Material Girl" in College a Good Idea?

For the last couple of months, one of the most popular sounds on TikTok has been "Material Girl" by Saucy Santana. Many users have been quoting the sound to brag about their poor spending habits while actually having little-to-no money in their bank accounts. While it is fun to listen to, and can be entertaining to pretend everyone can live out their "Blair Waldorf" dreams, most expenses are unnecessary and give insight into how wrapped up young women have become in material items. Some girls will brag that they cannot stop buying expensive oat milk lattes or constantly have packages from Amazon arriving at their houses. However, spending hundreds of dollars on nails that last two weeks or fast fashion is merely short-term gratification, and in the long term, women will likely regret spending money on these items because many college students do not have steady incomes and either work few hours at minimum wage jobs or live off the money their parents put in their bank accounts.

While these TikTok videos are jokes and are often intended to merely poke fun, it is concerning that the trend seems to be encouraging young women to buy useless items that they do not need. To combat this, it would be wiser for college-aged girls to begin to recognize their toxic spending habits now before it leads to dangerous adult behaviors that could affect one's credit score or ability to save money. For example, instead of instantly buying something or constantly "treating yourself," try to sit on online orders for longer and recognize that the things you want are probably not needed. There is already a stigma that young women do not know the value of money—prove everyone wrong.

— Ashley Seldon '24

The Serenity of 7 P.M. Mass

As a Catholic institution, Providence College does a phenomenal job providing Mass to its students. In their tours of PC, nearly all members of Friars Club or Admission Ambassadors discuss the Mass options for students, focusing on one specifically: the 10 p.m. mass. While this service gets an abundance of attention and hype at the College, it is inferior to the 7 p.m. Mass.

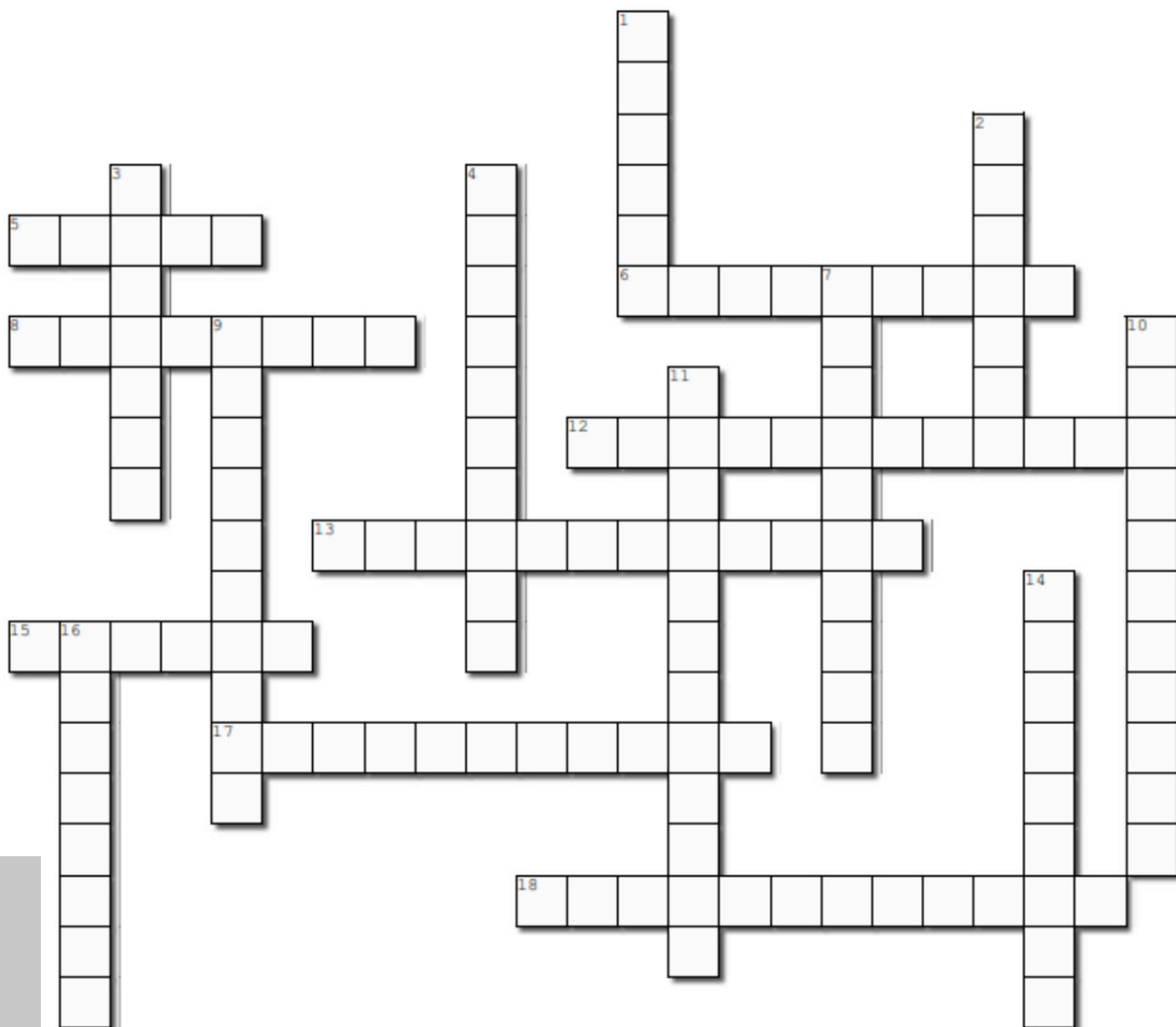
The 10 p.m. Mass is often completely filled with students. To get enough seats for yourself and your friends, you need to get to the chapel relatively early. It tends to get so packed because the Mass is such a production. The music, performed by some of PC's best singers and musicians, is unique to the service and gives a more contemporary alternative to a traditional Catholic Mass. While this format can be refreshing, it likens the service to more of a spectacle than an actual Mass. The environment of it all, tied in with getting out at 11 p.m., gives people the feeling of attending a packed, late-night concert. The 7 p.m. Mass, on the other hand, is at a reasonable time and gives people the chance to enjoy a traditional Catholic Mass, and without being on top of one another.

The 10 p.m. Mass has a great reputation, but is it really all that? The 7 p.m. Mass offers a standard service and gives one the chance to enjoy it with one's friends in a comfortable setting. While one may be unique, the other is more preferable if a person is really trying to just enjoy Mass.

— Zach Rossi '23



Hoopin' in Friartown



Last Week's Answers

- Across
 1. Candy hearts
 5. Sweethearts
 9. Oxytocin
 11. Hershey's kisses
 12. Roses
 14. Taj Mahal
 18. Hallmark
 19. Jewelry
- Down
 2. Alexander Graham Bell
 3. Teachers
 4. Flowers
 6. Venus
 7. Tomato
 8. Cupid
 10. Zero
 13. Caramels
 15. Sweden
 16. Texas
 17. Iran

- Riddler's Rotunda
 What type of flower is kissable?
 - Tulips
 Why did the banana go out with the fig?
 - He couldn't get a date
 What did the paper clip say to the magnet?
 - I find you very attractive
 How did the telephone propose to his girlfriend?
 - He gave her a ring
 What did the farmer give his wife for valentines day?
 - Hogs and kisses

Across

5. The two brothers on the men's basketball team share this last name
 6. Providence college's all-time leading scorer
 8. The former Providence College guard who was selected fifth overall in the 2016 NBA draft
 12. In the 1989-1990 season the women's basketball team made it to the
 13. The former Providence coach who now is the head coach of the Chicago Bulls
 15. The school that beat Providence College in the 2021 Big East Tournament
 17. The first-ever Providence College Women's Basketball coach
 18. The former Providence center who is known for his legendary coaching career at Georgetown

Down

1. The women's basketball team beat this team in the first round of last years Big East Tournament
 2. In 1982 the women's basketball team joined this league
 3. Men's basketball player Al Durham transferred to PC from this school
 4. The current head coach of the women's basketball team
 7. The former Friar guard most known for his signature dribble move
 9. The former PC Women's basketball star who led the Friars in assists three of her four seasons with the team and was awarded B
 10. The women's basketball player with the most points this season for the Friars
 11. The first Providence basketball player ever drafted to the NBA
 14. The furthest Providence College has made it in the men's NCAA tournament
 16. The current men's basketball coach who is one of the most loved people in Friartown

The Riddler's Rotunda

- Why are basketball players so messy when they eat?
 Why did the basketball player go to jail?
 What do you call a pig who plays basketball?
 Why do basketball players love cookies so much?
 Why aren't basketball players allowed on vacation?

PHOTOGRAPHY



ISABELLA BAFFONI '23/ THE COWL

LEFT: Kari Robles '23 engages in conversation at the “MLK Be the Change Luncheon” on Tuesday, Feb. 15 in McPhail’s. Guest speakers, Olubunmi Olatunji and Stephanie Nunes '11 from Providence Youth in Action discussed advocacy and being a leader in the community.

BELOW LEFT: Students skate on the ice at Skate Night in Schneider Arena on Saturday, Feb. 12. The Office of Student Activities and Cultural Programming offered refreshments and free skate rentals for students.

BELOW RIGHT: Then, Now, Next: 50 Years of Women at PC hosted “Picture a PC Scientist: Then. Now. Next” on Friday, Feb. 11 in the Science Complex. Dr. Kerry Murphy Benenato, Ph.D. '99 is pictured speaking at the event. She is the vice president for platform chemistry and formulation at Moderna.

BOTTOM: Jared Bynum '23 and Nate Watson 22'GS were pictured at the Providence College men’s basketball game vs. DePaul on Saturday, Feb. 12. The Friars defeated the Blue Demons 76-73 in overtime at the Dunkin’ Donuts Center.



AIDAN CASTRICONE '24/ THE COWL



LILLIE HUNTER '22/ THE COWL



RYAN TWOMEY '23/ THE COWL



TESSA McANDREWS '23/ THE COWL

ROVING PHOTOGRAPHY

What's your favorite Super Bowl snack?



Pizza.
Justin Solano '23



Buffalo Chicken Dip.
Lauren Muldowney '22



Funnel Cakes.
Natalia Carranza '25



Tortilla Chips.
Daniel Charapp '25



Pigs in a Blanket.
Izzy Smith '22



Buffalo Chicken Dip.
Abby Flynn '24



Lay's Chips.
- Paul Rudd and Seth Rogen

PHOTO COURTESY OF POPCULTURE.COM

Photos by The Cowl Staff Photographers

Giving Credit Where Credit Is Due

Pep Band's Role in the Excitement of PC Men's Basketball Games

by Jack Downey '23
A&E Co-Editor

ON-CAMPUS ENTERTAINMENT

As of late, sporting events at Providence College have been buzzing with excitement. This is especially true for the PC Men's Basketball Team, which is looking to make some big waves come March. Saturday's game against DePaul University, which normally would not be a massive event, was absolutely packed not only because of Admitted Students Day but also because of the dwindling number of home games left before March Madness.

Adding to the excitement is the always-reliable PC Pep Band. Ever since the start of the spring semester, the band has been electric, putting their all into every game no matter the sport. This was never more apparent than at the game versus DePaul. The student section at this game was positively packed, and so was the pep band section: row upon row of brass blasted out beloved tunes of all genres, and the rhythm section held it down in the front.

Conducting the band at this game was Cole Patno '24. When Patno leads the pep band, a quick glance at the group always turns into a double take due to his remarkable energy. Indeed, rather than simply guide the band through the songs, Patno puts his entire being into each tune. The band feeds off this energy, creating a supercharged atmosphere that electrifies every arena, no matter the size.

Something else that added to the energy of the band on Saturday was the return of multiple alumni: Liam O'Hara '21 (trumpet), Danielle Colucci '21 (saxophone), and Pat Nigro '15 (saxophone). Nigro

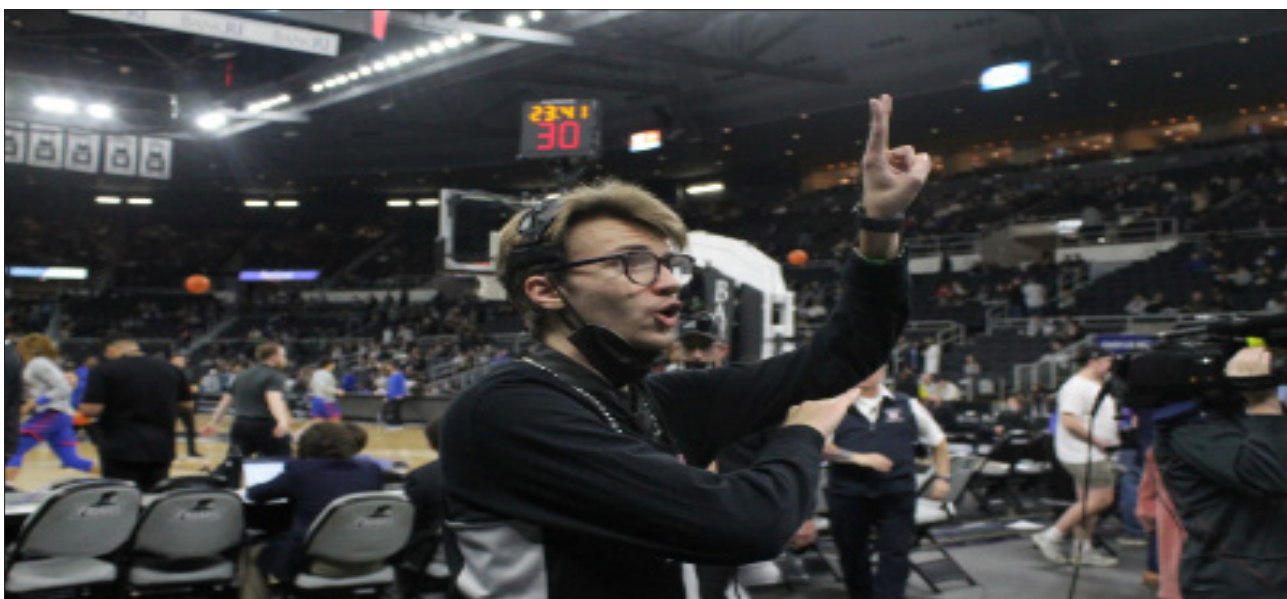


PHOTO COURTESY OF JACK DOWNEY '23

Cole Patno '24 conducting the Pep Band on Saturday, Feb. 12.

in particular added a lot to the band's sound: taking multiple blistering solos that had people staring in awe, he added a sonic dimension to the music that made the listening experience even more enjoyable than it usually is. He also added subtle touches that elevated many of the songs. For example, in the all-time classic "When the Saints Go Marching In," he played a harmony over the final three chords of the song, making it even more majestic and spacious.

Among members of the band itself, excitement is beginning to grow about the prospect of traveling with the Providence College Men's Basketball Team in March. The team has not been this highly

ranked since 1973, so their anticipation is palpable.

In a spectacular season for the Friars, the pep band deserves a lot of credit for setting the tone. Together with living legend DJ Finesse, the music and energy at the PC Men's Basketball games is unreal and truly something to be experienced, and few games demonstrate this as well as the game against DePaul.

Although the outcome of the team's game against Villanova this past Tuesday was not quite what Friar fans were hoping for, the pep band nonetheless brought the energy to this game—as they always do.

The 2022 Oscar Nominations

A Look at the Most Notable Nominees and Snubs

by Olivia Riportella '25
A&E Staff

FILM

The nominations for the 2022 Oscars have officially been announced in anticipation of the Academy Awards' 94th annual ceremony. This exciting list includes names and films from a wide range of genres. Set to take place on March 27, the awards will feature its first host in three years, although it is not yet publicly known who has been chosen for this honor.

Notably, every year, the Academy creates a theme for the ceremony, and this year's theme is "Movie Lovers Unite," which is quite fitting given that this is the most highly-anticipated and closely-watched Oscars season in years. Indeed, from big-budget films to small arthouse productions, the 2022 race is already on track to make history.

The film that dominated this year's nominations was *The Power of the Dog*. Notably, four of the movie's 12 nods are for acting honors, and the movie's director, Jane Campion, has made history with this drama by becoming the first woman to be nominated in the Best Director category more than once. Campion was previously nominated for her work on the 1993 drama *The Piano*. Trailing close behind *The Power of the Dog* is the sci-fi epic *Dune*, which

secured 10 nominations, including the night's top prize of Best Picture.

Moreover, in addition to Campion's exciting feat, a second directing nominee has set a new record: the iconic Steven Spielberg. His production of *West Side Story* earned a whopping total of seven nominations from the Academy. Spielberg has now set the record for most films nominated for Best Picture, with 11 to his legacy. Denzel Washington is another record-setter, extending a record he holds as the most nominated Black actor ever by earning his 10th nomination for his performance in *The Tragedy of Macbeth*.

The Best Actor category produced expected and deserving nominations. In addition to Washington, Benedict Cumberbatch was nominated for *The Power of the Dog*, Andrew Garfield for *Tick, Tick...BOOM!*, Will Smith for *King Richard*, and Javier Bardem for *Being the Ricardos*.

The Best Actress nominations also did justice to this year's standout performances, with Nicole Kidman nominated for *Being the Ricardos*, Olivia Colman for *The Lost Daughter*, Penelope Cruz for *Parallel Mothers*, Jessica Chastain for *The Eyes of Tammy Faye*, and Kristen Stewart—in her first Oscar nomination ever—for *Spencer*.

There is always room for nomination backlash, however, in light of major snubs. An anticipated



PHOTO COURTESY OF THE GUARDIAN

Still images from films nominated for this year's Oscars.

pick for the Best Actress category was Lady Gaga for her performance in *House of Gucci*, but the leading lady was not named among the nominees. Another surprising snub this year was in the Best Director category. Denis Villeneuve, who directed the ten-category nominated motion picture *Dune*, was noticeably not recognized.

Yet another major motion picture snubbed this year was *Spider-Man: No Way Home*. While the Academy tends not to consider franchise movies for its awards, fans were hopeful that the Marvel film would prove an exception to the rule: it has already become

the sixth highest-grossing movie in global box office history, seen nearly \$1.8 billion in ticket sales, and was easily the highest-grossing movie of 2021. Although Sony Corp. and Disney Co. were both campaigning for this critically-acclaimed film to receive its due recognition, their efforts were to no avail.

Nevertheless, this year's pool of Oscar nominees are talented and deserving, which will undoubtedly make for an exciting and entertaining awards ceremony.

A Delightful Parody of the Female Psychological Thriller

The Woman in the House Across the Street from the Girl in the Window

by Grace Whitman '22
A&E Staff

TELEVISION

Everyone has seen the “Let’s Hide Behind the Chainsaws” Geico commercial mocking the fact that people in horror movies often make poor decisions which result in their deaths. Netflix’s new original series, *The Woman in the House Across the Street from the Girl in the Window*, pokes fun at that same concept.

The name itself is a ridiculous spoof on several mystery psychological thrillers and their unrealistic plotlines, including *The Woman in the Window* (2021), *The Girl on the Train* (2016), and *Rebecca* (2020). Netflix’s new parody points at familiar plotlines about women attempting to solve a murder on their own and in turn being gaslit and accused of crying wolf.

The eight-episode series follows Anna (Kristen Bell), who has become an alcoholic and ombrophobic—someone with a fear of the rain—following a recent divorce sparked by the death of her daughter on a rainy day. Against her therapist’s recommendations, Anna mixes full bottles of wine with her medications, which leads her to escape her traumatic reality through hallucinations. Across the street from Anna, a new, widowed neighbor Neil (Tom Riley) moves in with his daughter Emma (Samsara Yett). While enjoying a rainy night inside, Anna looks across the street into this neighbor’s window and witnesses Neil’s girlfriend being murdered. After calling 9-1-1 to report the murder, Anna collapses, overcome with her fear of the rain. Her quest to solve the mystery begins, despite being told she is “crazy” and imagining the whole situation.

As a viewer, it is difficult to determine which scenes are fantasies that take place in Anna’s head and which are actual events. This not only creates confusion for viewers, but also leads Anna to question her own sanity, particularly with regard to her capacity for violence, especially in light of how her community and local law enforcement gaslight her.

In addition to the obvious parodies of similar plotlines found in other psychological thrillers, *The*



PHOTO COURTESY OF WIKIPEDIA

Woman in the House Across the Street from the Girl in the Window also offers some comedic moments that poke fun at mystery movies and their perfectly-timed, ironic scenarios. For example, in *The Woman in the Window*, Anna Fox has crippling agoraphobia, whereas Anna in *The Woman in the House Across the Street from the Girl in the Window* has ombrophobia—and, of course, it always seems to be raining during intense scenes. This convenient coincidence, paired with the fact that the characters in the two thrillers are both women named Anna, makes for a delightful parody.

The series ends with a cliffhanger, setting the show up perfectly for a second season. However, with that being said, Rachel Ramras, co-creator of the series, has said that “it is a limited series and, in its conception, that’s how it ended. Part of the fun of the ending is that thrilling cliffhanger.” This choice is similar to how *Gone Girl* leaves viewers wondering what Nick and Amy Dunne’s life will be like in the future, with many questions and no clear answers.

Overall, as affirmed by its long run on Netflix’s Top 10 Chart, this deadpan psychological thriller is a must-watch for its spoof of the thriller genre.

iHeartRadio Music 2022 Nominees Announced

by Talia Rueda '23
A&E Staff

MUSIC



PHOTO COURTESY OF RADIO.COM

Nominations for the 2022 iHeartRadio Music Awards were released on Jan. 27. The nominees represent categories ranging from country music to dance music and constitute the most-listened-to artists and songs of the past year.

The awards ceremony itself will air live from the Shine Auditorium in Los Angeles on Tuesday, March 22. Not only will the show highlight 2021’s iconic moments in music, but it will also offer music fans an exclusive look into what they can expect from their favorite artists in the coming year.

Notably, while the nominations have been released, many other details regarding the awards ceremony have yet to be announced, including the line-up of performers, which is one of the main reasons why fans tune into the iHeartRadio Music Awards.

This mystery surrounding the show’s production, however, effectively works to generate excitement about the ceremony among fans and in the media. Indeed, it prompts excited speculation about the possibilities of star-studded lineups and never-before-seen-collaborations.

Another fun aspect of the iHeartRadio Music Awards is that they allow music fans to focus on artists and projects that they may have forgotten about over the course of the previous year, given how many artists release new material throughout the 12 months since the last ceremony.

One category in which this is typically not the case, however, is song of the year. The artists nominated in this category are those whose tracks have consistently met with great critical and commercial success throughout the year and are certainly recognizable to any music fan. This year’s nominees are “Bad Habits” by Ed Sheeran, “drivers license” by Olivia Rodrigo, “Easy On Me” by Adele, “Kiss Me More” by Doja Cat featuring SZA, “Leave The Door Open” by Silk Sonic, “Levitating” by Dua Lipa, “MONTERO (Call Me By Your Name)” by Lil Nas X, “Peaches” by Justin Bieber featuring Daniel Caesar & Giveon, “positions” by Ariana Grande, and “Stay” by The Kid LAROI & Justin Bieber.

The iHeartRadio Music Awards are also exciting for music fans because of the wide range of categories in which artists can be nominated: no matter one’s taste in music, there is certain to be a category that they are excited for, especially since there are several categories whose winners are decided by viewers.

For example, one “socially voted category” recognizes America’s favorite TikTok song. This year’s nominations for the category are: “Beggin’” by Måneskin, “good 4 u” by Olivia Rodrigo, “Just For Me” by PinkPantheress, “Kiss Me More” by Doja Cat featuring SZA, “MONTERO (Call Me By Your Name)” by Lil Nas X, “Stay” by The Kid LAROI & Justin Bieber, “Thot Sh*t” by Megan Thee Stallion, “TWINNEM” by Coi Leray, “Up” by Cardi B, and “Woman” by Doja Cat.

Thus, while the iHeartRadio Music Awards recognize today’s most popular musicians and their moving works, they nominate and awards these musicians with the ordinary people listening to this music in mind, whether that be through the ceremony’s more traditional-style awards in which the organization itself recognizes the artists they believe best represented a certain musical genre to listeners or through the newer style of awards that allow listeners, themselves, to decide the best of the best.

For this reason, while the iHeartRadio Music Awards will only be holding its ninth award show this year, it is sure to solidify its place in the long tradition of music awards shows for years to come.

Adele Cancels Residency A Look at the Artist’s Controversial Decision

by Grace O’Connor '22
A&E Staff

MUSIC

Adele’s fans were shocked when, 30 hours before her first show in Las Vegas was scheduled to take place, the beloved British singer announced that she was postponing her residency. After their initial shock subsided, fans felt a wide range of emotions from irritation to confusion. Caesar’s Palace, the location set to play host to the residency, was also caught off guard and confused why Adele waited until the last minute to cancel her shows.

Knowing that she owed her supporters an explanation, Adele took to social media to express the reasoning behind her last-minute decision to cancel her Vegas performances for the time being. According to *Cosmopolitan*, she explained in a set of Instagram stories that “the show was not ready for the stage and that her team has been absolutely destroyed by delivery delays and Covid.” This message offered the singer’s fans the answers they were looking for and demonstrated how distraught she is over the unfortunate situation. At one point in the post, she was visibly upset as she explained to viewers that “half my team, half my crew are down with Covid, they still are, and it’s been impossible to finish the show.” The singer added that she is “gutted” about canceling her shows and apologized profusely for disappointing her fans last-minute.

While Adele’s social media speech demonstrates her distress and suggests that the artist has a valid reason for wanting to postpone her Las Vegas residency, many are speculating that there is more to the story.

TMZ, for instance, has claimed that Adele was “unhappy with various set pieces, a choir, the sound system, and other items associated with the show,” and felt that multiple elements of the show “were not good enough” despite it costing millions

of dollars in total. Similarly, according to *The Sun*, “there was no real clarity around what Adele wanted for the show because of the endless changes being made to the production. It seemed that while she has always preferred a stripped-back performance, she was under some pressure to come up with a huge extravaganza.” If these accusations are true, they paint Adele’s heartfelt speech in a superficial light, and the possibility that Adele actually postponed her residency for those reasons has angered some fans, especially those initially upset by her decision to do so.

These fans feel that Adele’s desire to create an ideal, perfect show is a selfish reason for canceling, as it has left many scrambling for refunds. For many, their loyalty to and respect for the artist has diminished, given that she did not seem to take into account the inconvenience and financial burden that her canceling would cause them, let alone how much it would disappoint them.

Hopefully, Adele will find a way to make it up to her fans, lest she risk further alienating them.



PHOTO COURTESY OF CNN

The Amazing Spider-Artist

Saraceno Combines Passion for Art, Spiders, and More in New Exhibit

by Claudia Fennell '24
A&E Staff

ART

Tomás Saraceno is trailblazing through the art world with his unique, futuristic art. Inspired by his passion for a need for environmental reform, his work reflects the dilapidated environment that his Berlin studio is located in. Saraceno is now gaining popularity for his public art installations, such as his transparent bubbles and enormous spider-web-like sculpture creations.

Born in San Miguel de Tucumán, Argentina in 1973, the 48-year-old artist studied architecture at Universidad Nacional de Buenos Aires in the late '90s. After finishing his undergraduate education, he went to Europe to complete his postgraduate studies at the German art school Städelschule. Once Saraceno finished his schooling, he began to undertake his goal of creating culturally-relevant art.

In 2012, he bought a studio in Berlin. It was a crumbling brick building sitting on land that had been used for industrial purposes for over a hundred years, causing the property itself and the land surrounding it to become toxic. As the New York Times reports, Saraceno remembers being warned when buying his studio, "Please don't plant apple trees near the street...people will eat an apple and be poisoned." Surrounded by this toxic wasteland, Saraceno became inspired to create artwork that reflected his environment.

Notably, aside from creating such art, Saraceno has produced scholarly research about his two main areas of interest: spiders and solar-powered balloons. His research, combined with his interest in art, has allowed him to combine art, architecture, physics and other aspects of the natural world, and engineering to create his masterpieces.

Saraceno's largest U.S. exhibition to date will be

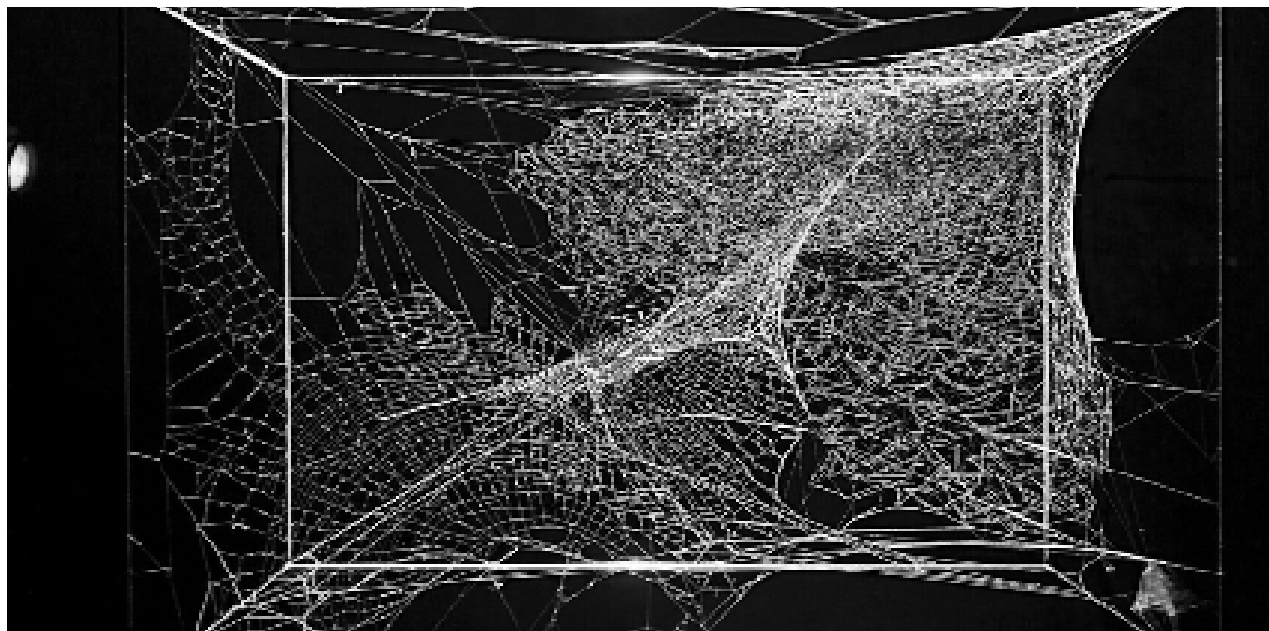


PHOTO COURTESY OF THE NEW YORK TIMES

Tomás Saraceno's art installation at The Shed .

on display at The Shed, a New York City museum located at The Bloomberg Building on 30th Street. According to their website, "The Shed is a new cultural institution of and for the 21st century... [it] was designed to break with the traditions that separate art forms and audiences." The museum describes Saraceno's work as a large-scale exhibition that offers viewers a sensory experience.

Saraceno's art installation is centered around the concept of spiderwebs and allows the viewers to partake in the experience of being one with a spiderweb. It is titled "Free the Air" and is composed of two spider-web-like creations made out of metal. The piece is suspended in a balloon, a nod to Saraceno's other major passion aside from spiders and art.

The installation is also massive in size: its balloon has a diameter of 95 feet and fills the

entirety of The Shed's 17,000-square-foot courtyard. One of the webs lies 40 feet from the ground, and the other web lies 12 feet off the ground. The total diameter of these pieces is 48 feet.

45 people at a time are allowed to be admitted to experience the piece, and each person is allotted an eight-minute time slot to remain within it and observe it. The installation allows viewers to lie on its nets as its lights dim, which, as Saraceno explains, is intended to show viewers what the world would look like from the perspective of a spider, a creature with lackluster vision.

Needless to say, this installation offers viewers a unique experience, unlike anything they could find at other museums. Saraceno's work will be on display at The Shed from Feb. 11 to April 17.

Enjoyed *The Queen's Gambit*? Meet the Real-life Female Stars of the Chess World

by Sarah McLaughlin '23
A&E Guest Writer

TELEVISION/GAMES

The Queen's Gambit, a Netflix mini-series adaptation of the Walter Tevis novel of the same name, carried a new wave of players into chess, players who had little to no prior experience with the game or the community surrounding it. In March 2020 alone, Chess.com, the leading online chess platform, grew from 280,000 to over 1 million daily active users. Furthermore, after *The Queen's Gambit's* main character, Beth Harmon, captivated an enormous audience, real-life female chess players have experienced rapid growth on platforms like YouTube and Twitch. Here are just a few for those interested in learning more about chess and the chess community to check out:

Anna Rudolf is a Hungarian chess player and commentator who holds the International Master and Woman Grandmaster titles. On her YouTube channel, she uploads entertainment-focused chess content consisting of commentary on popular chess figures and other YouTubers, as well as commentary on her own games. She commentates live on Twitch during professional and amateur tournaments and streams on her own channel. In one of her most popular videos, she tells the story of how she was accused

of cheating at a tournament because of her lip balm. Rudolf is outspoken on the topic of sexism in the chess community. She is considered by many to have a 'wholesome' personality, and she has coached internet celebrities such as Pokimane in chess.

19-year-old Swedish chess player Anna Cramling holds the title Woman FIDE Master and has represented her country in the Chess Olympiad. She uploads regularly to her YouTube channel, analyzing both games of her own and those of others—including

those of her parents, who are both Grandmasters. Her mother, Pia Cramling, is often featured in her videos; she was one of the first women to achieve the Grandmaster title and has been the highest ranked female player in the world on multiple occasions. She also streams frequently on Twitch.

Sisters Alexandra and Andrea Botez, ages 26 and 20, have amassed over 700,000 YouTube subscribers and 1 million Twitch followers. Alexandra holds the Woman FIDE Master title, and both sisters are known for commentating on the Chess.com Twitch channel during tournaments and coaching fellow YouTubers and streamers. They are a dynamic duo who frequently interact with other popular online creators, and their most recent endeavor involved traveling the world and live streaming over-the-board (real-life) chess in a number of different countries. The Botez sisters in particular have popularized chess as not just online education, but also as online entertainment.

For those who enjoyed watching *The Queen's Gambit* and are interested in learning more about chess, these content creators can provide a fun gateway into the chess community. While they are certainly engaging and interesting for experienced players, much of their content is geared toward and accessible to beginners.



PHOTO COURTESY OF DEXERTO.COM

Alexandra and Andrea Botez.

Book Review: *Anxious People*

A Clumsy Mischaracterization of Anxiety

by Tully Mahoney '23
A&E Staff

LITERATURE

Fredrik Backman is a multi-time bestselling author, making his novel *Anxious People* utterly disappointing and tacky. The premise of the novel is a bank robbery gone wrong that turns into a hostage situation

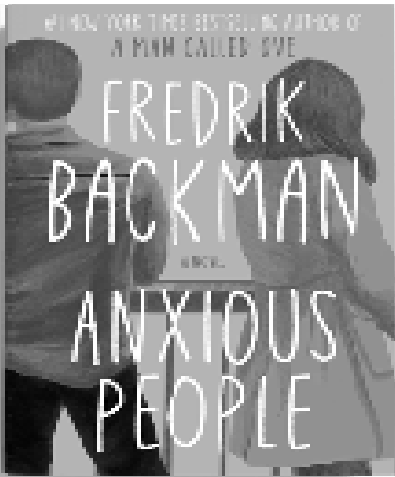


PHOTO COURTESY OF RICHMONDNEWS.COM

in an apartment complex in Stockholm, Sweden. Simultaneously, it is a tale about how all of its characters' backgrounds intertwine into a single storyline, which is outright predictable. A few themes that Backman highlights are generational differences, second chances, compassion, anxiety, and the difficulty of the human experience.

The premise of *Anxious People* is unfortunately unrealistic. For instance, its clumsy police officers are a father-son duo who quarrel about family drama and walk on eggshells around each other throughout the investigation. In real life, if father and son police officers could not properly interview suspects due to

their underlying drama, their station would likely not allow them to work together. Furthermore, stations do not typically assign partners who are related because there are too many factors that would simply make them poor partners. This is just one example of *Anxious People's* plot that is genuinely not feasible.

As its title suggests, the novel is about anxious people. However, its characterization of their anxiety is completely stereotypical, leaving *Anxious People* with a lack of depth. The novel delves into each character's background, but each character is portrayed as having experienced some traumatic event in their past that made them the person that they are in the present-day setting of the novel. This commonality comes off as unrealistic to readers as well as a tasteless portrayal of anxiety. If the point of this novel is to illuminate the anxiety that plagues so many people, then the origin of each character's anxiety should not be nearly identical to one another. The truth of anxiety is that some people have it genetically and others develop it due to certain events. Furthermore, everyone's anxiety presents in different forms, and *Anxious People* fails to show such depth to the people with anxiety and anxious tendencies.

In addition, the characterization of each figure in the novel is cookie-cutter and flavorless. Each introduction of a new character is written identically, which makes the first 100 pages of the novel quite tough to remain engaged with—and there are too many characters to follow in the first place. Moreover, *Anxious People* consists of far too much narration and not nearly enough description. Backman does not give any attention to details, making the reader feel like an observer rather than a participant visualizing the action. This level of

narration makes the novel's plot confusing, as it is hidden under so much background context.

Backman also attempts to make *Anxious People* highlight fundamental truths of human existence. However, the revelation of these truths comes across as forced because the author deliberately tells readers the deeper meanings rather than revealing them through descriptive imagery. Some lines that exemplify this disappointing revelation are: "we are asleep until we fall in love," "love is wanting you to exist," and "personality is just the sum of our experiences." These truths are not ground-breaking, earth-shattering epiphanies. Instead, they are reminiscent of advice a grandmother tells her grandkids while looking back on her life. Since Backman lacks depth in details and descriptors, he is unable to make these truths come across naturally in a way that would make the reader feel like they stumbled across a new revelation.

Backman's style of writing has a learning curve for some readers. Chapters range from a typical writing style to a police officer's investigation notes. Backman uses humor throughout *Anxious People* and, sometimes, his writing appears to be a stream of consciousness. Despite the novel's shortcomings, Backman succeeds in producing a connection between characters and readers through his ability to create sympathetic characters. Indeed, the novel has the potential to make readers feel less lonely—since it ultimately seems to be more about lonely people than anxious people—and realize that their human experience is not so different from that of everyone else. If there is any lasting impact of *Anxious People*, it is certainly this.

Book Review: *American War*

One Girl's Ruin in a Futuristic America at War With Itself

by Madison Palmieri '22
A&E Co-Editor

LITERATURE

If asked to free associate given the phrase "American War," chances are you would immediately think of

the Civil War: a conflict that, while nearly tearing the United States apart, took place in the distant past.

In *American War*, however, Omar El Akkad imagines a second civil war, one that occurs in the not-too-distant future: the latter half of the twenty-first century. The novel is narrated by a fairly anonymous figure with short government memos, letters, and other documents slipped in here and there. This is because, as the narrator tells readers in the opening pages, he is a historian and the account of the war that is to follow is a final act of revenge upon someone as he nears the end of his life. He also clarifies that "this isn't a story about war. It's about ruin."

The novel's main narrative follows the Chestnut family. When readers first encounter them, they are trying to secure passage to the North, out of the increasingly war-torn South. Father Benjamin leaves home one day and does not return after setting out for a distant office which might be able to help the family do so. As mother Martina struggles to grapple with the loss of her husband, she and her three children, Simon, Dana, and Sarat—who was named Sara at birth but added the "t" when a schoolteacher pronounced her name with it—leave their home in Louisiana for a Mississippi refugee facility, Camp Patience.

The Chestnuts are able to make a sort of home for themselves at the camp in the seven or so years they spend there, and it is here that Sarat meets many of the various figures who will shape the course of her life—for better or for worse. When Northerners attack the facility and destroy everything the young girl has come to know and love, it ignites something dormant inside of her—something deadly.

Sarat and her surviving family members relocate to Georgia, where she throws herself wholeheartedly into the Southern cause. She quickly makes a name for herself, successfully killing one of the North's top generals with her beloved rifle named after the South's first rebel in the war, Julia Templestowe, who walked into a crowded

federal event with a bomb strapped to her chest.

Despite her skill, Sarat is soon captured and brought to Camp Sugarloaf, a detention and torture center for Southern rebels. Although she holds out for as long as she can, tolerating even permanent damage to her eyes and bends in her back, her captors eventually force her to confess—not to killing the high-ranking Northern general, but to crimes that she did not commit.

Sarat is eventually released and returns home to find that her brother got married and had a son in her absence. Slowly but surely, she bonds with her nephew, whose initial fear at the sight of his aunt, deformed and misshapen with scars all over her body from the years of hardship she has endured, gives way to adoration.

Reunited with her family and aware that the war is coming to an end, Sarat could easily accept defeat and attempt to move on with her life. However, as the narrator asserts at the opening of the novel, "this isn't a story about war. It's about ruin." Even though the war seems to be over, Sarat's ruin is far from complete. She makes a choice with profound consequences for herself, her family, and her country—not to mention the narrator.

American War is a haunting tale of how the environments which shape one's existence define who they become. Sarat herself recognizes the tragedy of this aspect of the human condition when, in a diary entry that serves as the novel's final lines, she writes: "When I was young, I lived with my parents and my brother and my sister in a small house by the Mississippi Sea. I was happy then." This is where *American War's* true power lies: readers are able to follow Sarat as she transforms from that happy, innocent little girl into someone unrecognizable. Indeed, as Sarat learns, "the universal slogan of war...was simple: If it had been you, you'd have done no different."

Rating: 5 / 5 stars

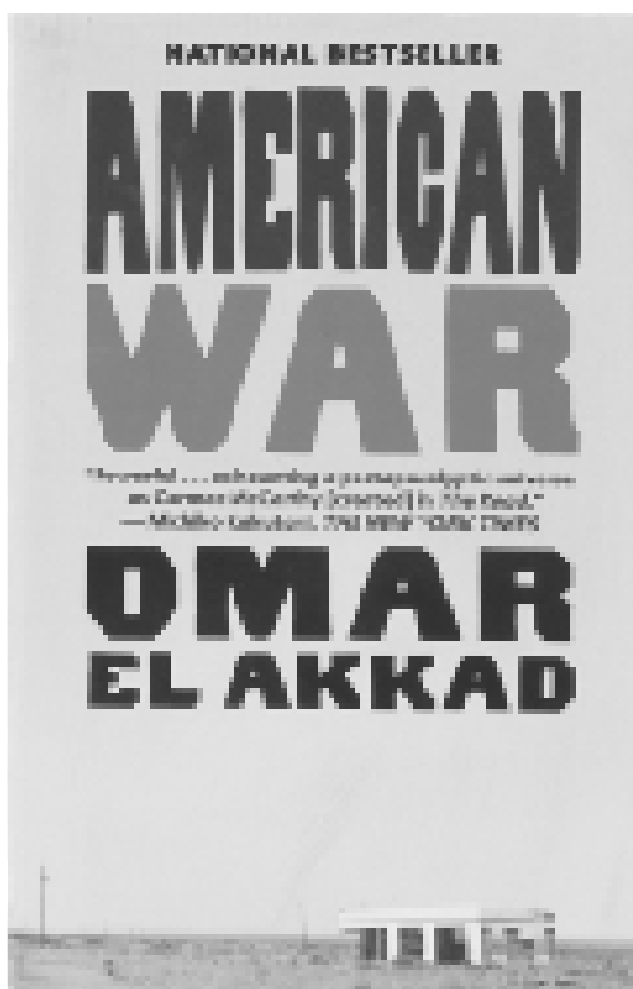


PHOTO COURTESY OF MACLELLANBOOKS.COM

Trojan Horse

by Taylor Maguire '24
Portfolio Staff

FICTION

It was April in New York. There was that weird uneasiness in the air that made your skin itch. All anyone could say was that "it is absolutely gorgeous outside," yet the weather almost seemed too good to be true.

"I don't know, I just have a bad feeling about today," I explained to my friend Elijah, who stood at my door trying to pry me out of my sardine can of an apartment.

"Jules, seriously, I don't want to hear it," he said. "You need to get out of this cave full of unwashed sweaters." He wasn't wrong to critique the apartment. Usually, the curtains were never closed and natural light would drown the place. It had a big poster of Billy Joel and a *What's Up, Doc?* movie poster that I bought for two dollars at a flea market. There was a big fluffy green carpet on which many of my friends had fallen asleep when the walk to their own place was too grueling of a journey to make at 3 a.m. But now it seemed like the joy had been sucked out of it, leaving the shell of what it symbolized. Even the walls that I had painted a ballerina pink seemed to have lost their sweet touch amongst the sea of navy blue wool that pooled at my ankles.

Before leaving, I changed out of the Talking Heads shirt I had been living in for the past week. I put on my mother's old magenta skirt that went down to my ankles. It was all tattered at the bottom, despite my grandmother's many attempts to fix it with her tailoring fingers, which were now chewed up by severe arthritis. I also had on one of those cropped shirts that read TEEN ANGST in bright red letters. It was my second year of college, and I still couldn't escape the TEEN ANGST phase from high school that was brought upon by birth control, breakups with boyfriends, and fights with parents about not being able to cut your own curtain bangs.

We went to a bodega on the Upper West Side that sold egg sandwiches for four dollars, and got one each with a Diet Coke.

"It's on me," Elijah said, looking over at me while he pays.

Elijah had a pair of heterochromatic eyes that everyone in the tristate area fell in love with. The first semester of college, I convinced myself that I was in love with Elijah. We had met for the first time in film class and eventually I found myself spending time thinking about him through statistics and ceramics. However, that dreamy, idealized version of him quickly dissolved at the seams when we kissed in

the Rambles of Central Park, and there was simply no spark. After pulling away he remarked, "I think it's better that we stay friends. And I'm not saying that to get out of that complicated awkwardness, I'm saying it because I mean it."

Elijah's lovers came and went so quickly; you couldn't pick them out of a lineup even if held at gunpoint. The only thing I could say about Elijah for sure is that he doesn't like blondes. But, I mean, who really likes blondes? Anyways, we laugh about it now.

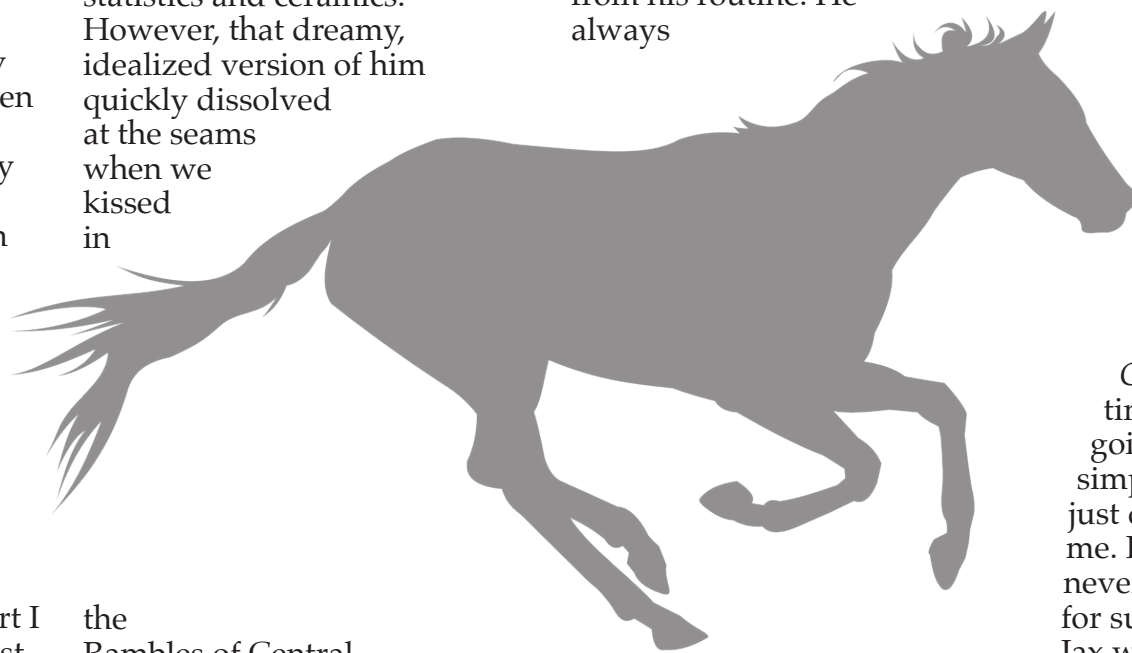
As we entered Central Park now through the 86th Street entrance, I could feel Elijah

looking at me. It was that look that you receive from your parents when they deliver the news that your goldfish died. Or from your college guidance counselor, when you get rejected from a school they told you was a safety.

"What?" I said.

"I didn't say anything," Elijah replied.

What I admired about Elijah was how he preferred the company of a caterpillar to a butterfly, never caring about the rules and restrictions of the college status quo. He was a creature of habit, never straying from his routine. He always



spent his mornings filling out crossword puzzles in my tiny kitchen, his afternoons at the skatepark, and his nights waiting tables at the restaurant around the corner. He always appeared interested in any conversation even if the topic was dull, and he always gave people the time of day even if they didn't deserve it. What I hated about Elijah was the certain looks he whips out during times like those. They were easy to decipher after putting up with him for two years. The pitiful expression in his eyes that popped out at me

then was as startling as a jack-in-the-box.

"I'll just say this. I have never been more happy now that Jax is gone."

"I don't think I have ever felt more miserable in my life," I replied.

"Think of the positive," he said, grabbing an egg sandwich from the bag. "Me and him will no longer be in a silent life-or-death battle for your attention." My ex, Jax, and Elijah never saw eye to eye. Part of the reason we split was because he was always accusing me of cheating on him with Elijah. Breaking up with someone after a long period of time feels like you're flushing all those precious memories you wrote about in your diary down the toilet to join the rest of New York's sewage. Sprinkle in the accusations of cheating and lying, and it really just leaves you with a shitty feeling in your gut.

"Falling out of love with someone takes time, I get it. I know the only thing you want to do is wear sweatpants and rewatch *Girls* for the hundredth time, but you can't avoid going out to do things just to simply avoid him entirely. It'll just damage you more, believe me. I mean if I did that, you'd never see me downtown, that's for sure. Besides, I always said Jax was a prick. And I can say that because he wore designer clothes to Washington Square Park. And only pricks do that."

"He did love that purple Balenciaga shirt," I said.

Then suddenly, as if we had manifested his appearance, Jax appeared out of thin air, hand-in-hand with an unremarkable blonde girl beside the Mister Softee parked across the street from the two of us.

"He would settle for a blonde," Elijah said, and I couldn't help but laugh.



Yes, That's Me

by Marelle Hipolito '22
Portfolio Staff

PROSE POETRY

It was a Thursday morning when the second grade substitute went through the roster. "Lianne?" Yes, that's me. But that's my first name. I go by Marelle, my middle name.

That afternoon I asked my mother why. "Mama, why am I called Marelle? Everyone at school goes by their first name. Shouldn't I go by Lianne?" My mother smiled. "No, you should go by Marelle. 'Marelle' means Mary in Hebrew. 'Mary,' the Mother of God. I honor the Mother of God by naming my daughter Marelle. You honor her, you pray to her by being called Marelle."

I was proud to go by Marelle. It was unique, it was pretty, it was faithful. I honored Mary by writing my name in the Sunday service volunteer list. I prayed for my friends who were hurting by signing their get well card "Marelle." I celebrated the Mother of God in being Marelle, the theology major.

One afternoon, I asked our priest to pray for me. "Hello, Father. Can I ask you to please pray for me? I had a really rough day today." The priest laughed. "Come on, Marelle. Just get over whatever happened today; one bad day is nothing to pray about. Pray about things that really matter."

I was proud to go by Marelle. But not anymore. It was naive, it was too trusting, it was hurting. Each time I wrote my name I drew a question mark after the second "e" with my eyes. I signed my initials when I emailed the service director, telling her I was no longer available to serve on Sundays. I put my last name down in the document to switch my major. I didn't want to honor Mary. The people who prayed to her only dishonored me.

It was a Monday when the professor went through the roster. "Lianne?" Yes, that's me.



PHOTO COURTESY OF PIXABAY.COM

Criseyde

by Mariela Flores '23
Portfolio Staff

POETRY

This poem gives voice to Criseyde from Chaucer's work, Troilus and Criseyde.

There is no honor in loving you, Troilus.

There is only shame that roots itself in between my bones
until my movements grow stiff and my choices none.

There is no beneficence in loving you, Troilus.

There is only greed. You take from the gardens in my soul
and you leave me with no petals to weigh your worth upon.

There is no indulgence in loving you, Troilus.

There is only need—your need fills my lungs.

I drown in the waters of your misguided affections until I am only breathing you.

There is no honor in loving you, Troilus.

I am a woman who had earned her sovereignty.

Loved and lost a lifetime to a man,

I adorned the black clothing; I closed my mouth shut.

I pressed delicately into broken ground and sprouted an army of one.

But you came along, and you chose this life for me.

Ensnared by my long noble strides,
trapped by the hair between my eyes,
struck by the arrow of a cruel god—one who never thought of me.

The god of love only sought to punish you.

You critiqued his work on our earth, you dared to laugh at the love of others
and now you and I must bear a love that is not ours.

There is no honor in loving you, Troilus.

But there is no choice in loving you either.



PHOTO COURTESY OF WIKIMEDIA COMMONS

Performative Activism Sucks Ass

by Taylor Rogers '24
Portfolio Co-Editor

POETRY

Performativity's persuasive lies pour out of your pale mouth,
Claims that are far from true stretching out your already thin lips.
The more you speak, the more my stomach resembles a worn-out washing machine,
Churning your chilling words and soiling already clean clothes.

Each second feels like days as you speak,
Continuing to weave your white web filled with white lies,
Encouraging wrongful interpretations of a movement you know nothing about.
Despite never wearing my hole-filled Converse,
You preach that your journey and mine have been the same,
Spreading your hateful light that constantly dims my own.



You turn a movement that
was meant to be colorful
into one that highlights a
sinister white,
Speaking to an experience
you have never actually
lived.
While your aim is to teach,
what you do is far from
effective,
As you erase the stories that
need to be told with your
made-up fantasies of being a
savior.



PHOTO COURTESY OF PIXABAY.COM

Listomania*

Things to do over the long weekend

- Attempt to salvage my grades
- Take the plastic wrap off of those textbooks
- Catch up on shows I've missed
- Binge watch *Too Hot to Handle*
- Make arts and crafts
- Catch up on all of *The Cows* from this semester
- Actually buy groceries to cook real food
- Finally pick up my packages
- Clean out my desk
- Try out a new TikTok trend
- Eat discounted Valentine's Day chocolate
- Write some scathing RateMyProfessor reviews
- Book a hotel and plane tickets for spring break

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

Tiffany & Earl

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

Dear Tiff and Earl,

I slipped and fell on the ice
in front of an entire civ class
coming out of Ruane this
morning. No one even helped
me up (what happened to
"Friars Hold Doors"?). How
do I recover from this embar-
rassment?

Sincerely,

Professional Ice Skater

Dear Professional Ice Skater,

The best way out of a faux
pas is to make it seem inten-
tional. Don't be afraid to be
idiosyncratic. You head right
back out and wipe out on that
ice as dramatically as you
can. If you're nervous, have a
shot of some liquid courage
first. Repeat as necessary until
your reputation is no longer
that of a ham-footed klutz,
but that of a brave and inter-
esting individual. It's fool-
proof, believe me.

Cheers!

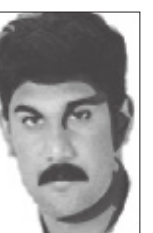


Tiff

Dear Professional Ice Skater,

Revenge is a dish best served
ice-cold. The night before the
next time this civ class meets,
dump buckets of cold water
on the spot you tripped on
and let mother nature do the
rest. Those students will rue
the day that they betrayed
the most sacred law of Provi-
dence College: "Friars Hold
Doors." Sure, some innocent
people might succumb to
your icy trap as well, but if
your ice skating career doesn't
work out, this will make for a
great villain origin story.

Watch out for ice, ice, baby!



Earl

Sports Shorts

by Luke Sweeney '24
Sports Staff

SPORTS SHORTS

Men's Basketball:

The now No. 8 Providence College Friars have been rapidly climbing the national rankings all season. After a huge overtime win this past Saturday, Feb. 12 at The Dunkin' Donuts Center, coach Ed Cooley and his squad look towards March with great hope and unlimited potential. On Tuesday, Feb. 15, the Friars played the No. 10-ranked Villanova Wildcats at home in a packed house. The Friars fought until the end, but the Wildcats came out with a 89-84 victory. Despite this, PC remains first in the Big East at 11-2.

Women's Hockey:

The No. 20 Friars Women's Hockey team traveled to Merrimack Tuesday, Feb. 15 to challenge the unranked Warriors for some more mid-season Hockey East play. The Friars have faced Merrimack twice already this season, both times coming up victorious and proving that they belong among the best teams in the nation. Lindsay Bochna '24 and Hayley Lunny '21GS lead the team in points this season and hope to make a massive presence in this upcoming matchup. If the Friars can prevail, they should expect to move up in the national rankings once again.

Men's Lacrosse:

The Providence Men's Lacrosse team started their 2022 season in the last two weeks with a victory in their opener against Holy Cross. The boys were able to seize victory in their first bout in dominant fashion, winning 16-9. Evan McGreen '21GS has had an impressive start to the season with six goals in the first game against Holy Cross. The Friars hosted the Bryant Bulldogs this past Saturday, Feb. 12 for their season home opener. Unfortunately, the Bulldogs proved to be too much as Providence lost 19-7. Shots on net, possession time, faceoffs and ground balls were the deciding factors in this loss.

Men's Hockey:

In recent Men's Hockey news, the Providence College Men's Hockey team suffered a tough loss to the Boston University Terriers last Thursday at the Schneider Arena here on campus. The Friars currently sit at No. 19 in the nation, and have fought hard through a grueling Hockey East season thus far. In their recent matchup with Boston University, Patrick Moynihan '23 was the only member of the team to find the back of the net, but there were many areas of struggle for the still young Friars team. They travel to face the University of Massachusetts Lowell River Hawks this Friday, Feb. 18.

Men's Lacrosse Back Underway *Taking It One Day at a Time With Big Goals in Mind*

Gabrielli

Continued from front page

The Friars had their home opener at Chapey Field on Saturday, Feb. 12 with an Ocean State rivalry against No. 20 Bryant University, who coach Gabrielli described as "a very exciting opponent." The Friars got out to a 2-1 start, and it went downhill from there, resulting in the Bulldogs strong-arming the team to a gut punching 7-19 loss. A bright spot for the team was when seven individual Friars scored. Bell led the team in points with two (assists). Despite the 10-4 score at the end of the first half, Providence played a solid technical game. The team went 11-12 on clearing the ball, something that coach Gabrielli said they needed to work on, along with only turning the ball over six times, compared to Bryant's nine.

This is Gabrielli's 10th season as head coach for the Providence Friars, and he has nothing but good things to say about his team. He spent six years with Duke University's lacrosse team as their defensive coordinator and helped them reach the Final Four six times, the national title game twice, and total victory in 2010.

It is safe to say that Gabrielli knows how to win and what a winning culture looks like. He has had plenty of good lacrosse players come through Huxley gate, but the two that stand out are Jared Neumann '17 and Boyce, who both play professional lacrosse in the

Premier Lacrosse League and National Lacrosse League.

Coach Gabrielli and the team have been itching to play, with him saying, "We've had 40-something practices and you only get 14 games, and we just want to play the game."

Gabrielli is looking for leadership that starts with the older guys: "guys like Evan McGreen, Drew Edwards, Mike Harris, Mike O'Grady, Matt Grillo, and Matt Gould who are really great leaders." These are names to watch out for this season to see the impact they make on the field and the interactions they have with the rest of the team on the sidelines during games.

A group of younger players that Gabrielli says are "poised to fill the shoes of" key pieces of last year's team of Ryan Nawrocki '20, Tim Hinrichs '20, and Daniel Axelson '20, are "Chris Cusilito '24, Michael Chabra '24, Ryan Bell '25, and Wynton Bastian '23," coach Gabrielli stated. Nawrocki led the team in points last year and Axelson, Hinrichs, and Nawrocki were all selected to All-Big East teams. "Chabra and Cusilito got a ton of experience and learned a lot playing with [Axelson, Hinrichs, and Nawrocki] and their ceilings are tremendously high" coach Gabrielli said, praising the sophomores for their play last year and their expected play this season. PC may not have the heaviest bodies on the field, but something that they use to their advantage is their speed in the midfield. Coach Gabrielli said the speed of the players allows the team to control and



PHOTO COURTESY OF PC ATHLETICS

The Friars faced No. 20-ranked Bryant University this past weekend in a good early-season test.

adapt to the speed and tempo at which each game is played.

Coach Gabrielli also praised the athletic department and the College for highlighting not just basketball or hockey, but all sports in their new athletics commercial. "Most people think that it's just people in Rhode Island that see that commercial, but that's a national commercial," Gabrielli explained. "I think it's a statement for how our athletic department highlights all athletics, and it's really cool we were included in that."

For context, McGreen is depicted in the commercial in lacrosse gear, standing next to Friars volleyball player Sammie Ruggles '24, in front of the Ruane building.

PC lacrosse takes on Siena College in New York on Saturday, Feb. 19 and then is back at Chapey Field to play St. Joseph's University on Saturday, Feb. 26. Tickets to the home games are free, so be sure to come support your Friars.

Top-Ten Matchup at the Dunk' *Villanova Disrupts Pink Out Game in Fantastic Atmosphere*

Pink Out

Continued from front page

Villanova led for 18:23 of the first half and the only lead the Friars had was for a minute and four seconds at 32-31.

Both teams shot phenomenally in the first half, the Friars 43.8 percent from the field while the Wildcats were 53.1 percent and ended the last few minutes of the first half hitting their last seven of eight shots opening the lead heading into the break to seven, 46-39.

Jared Bynum '23 had double digits in scoring after the end of the first 20 minutes with 10 after being named as the Big East Player of the Week for the second consecutive week.

The last 20 minutes of action would belong to Villanova's best player, Collin



PHOTO COURTESY OF AP PHOTO

Jared Bynum '23 was named Big East Player of the Week for the second consecutive week.

Gillespie. PC had no answer for Gillespie who finished with a game-high 33 points, 23 of them coming in the second half.

The dagger came with 28.2 seconds remaining when a defensive miscommunication by the Friars left Gillespie open from downtown to extend the Wildcat lead to five.

The Friars never wavered, continuing to claw back and chip away behind the near 13,000 spectators. It came down to the last few minutes, but unfortunately the Friars fell 89-84, and 11-2 in Big East play.

Nate Watson '21GS led the Friars with 20 points and six rebounds while Bynum added 18 points. The Friars struggled from downtown, shooting 5-23, 21.7 percent, one of which came from Bynum with five seconds remaining when the game was locked up for the Wildcats.

Coaches from both sides commented on the tremendous atmosphere of the game Tuesday night. Wildcats head coach Jay Wright said, "That was a big time Big East basketball game. That was a great environment." Ed Cooley said, "I'm always grateful for [our fans] and the energy they bring."

Coach Cooley was left displeased with the way his defense performed. A team which allows only 64.6 points per game and 31.2 percent from beyond the arc, they let up 89 points and the Wildcats shot 47.8 percent from three.

Cooley said, "Our defense was left at Eaton Street or the dorms."

There is, and still should be, optimism



PHOTO COURTESY OF PC ATHLETICS

Nate Watson '21GS provided Friartown with another dominant performance on Tuesday.

within the Friar camp. They lost to a team which has won seven out of the last eight regular season Big East titles, with one of the best coaches in college basketball and a star player who put up 33 points.

Cooley said, "Last time I checked, the Friars are still in first place." And, indeed they are. With four games left to go in the regular season, the Friars control their own destiny. Win out and the Friars will secure their first ever Big East regular season title in program history.

Cooley added, "Sometimes when you lose you win," taking the positives from Tuesday and going forward now, "I'll challenge our guys Thursday, Friday, and Saturday, I promise you that."

The Friars look to get back to winning ways this weekend at Butler University for a 1:00 tip-off time on Sunday.

Should Steroid Users Be in the Baseball HOF?

Providence College Investigates

Yes

The Baseball Hall of Fame recently announced the inductees for 2022, but unfortunately, those who were not chosen to be inducted have been more of a story than those who have been.

While some of baseball's biggest stars over the past 20 years had the honor of being inducted, such as former Boston Red Sox slugger David Ortiz, others did not hear their names called in their last year eligible to appear on the ballot.

As it stands, to be inducted into the Baseball Hall of Fame, it is required to have at least 75 percent of the votes. Barry Bonds, Roger Clemens, and Sammy Sosa all had legendary careers playing Major League Baseball. Bonds was in the league from 1986-2007, Clemens played from 1984-2007, and Sosa played in 18 seasons from 1989-2005, but each was unable to reach the 75 percent threshold necessary for induction.

The reasoning behind many of voters' exclusion of these stars was steroid use, whether it was proven or alleged. It is not necessarily in the best interest of baseball to keep the players who may or may not have used steroids from making the Baseball Hall of Fame. The stated mission of the Baseball Hall of Fame is to tell the story of baseball to its audience.

By leaving out stars such as Bonds and Clemens, an important part of baseball's story is being excluded.

Many players during the steroid era changed the game for the better throughout their remarkable careers which shaped the way baseball is played today. This era was a period of time when it was believed a number of players were using performance-enhancing drugs (PEDs) from the late 1980s to the late 2000s. Testing for PEDs in the MLB did not begin until 2003.

It is impossible to accurately tell the story of baseball while leaving out memorable events such as "The Great Home Run Race of 1998" between Sammy Sosa and Mark McGwire. Although both players are alleged steroid users, Sosa has denied the use of steroids while McGwire has admitted to steroid use. These players' home run race in 1998 brought many new fans to baseball.

Leaving out events and players as monumental as these from the Hall of Fame seriously damages the stated goal: tell baseball's story.

Another reason against leaving alleged steroid users out of the Baseball Hall of Fame is poor consistency. It sends the wrong message to allow some rumored steroid users into the Hall of Fame, but holds others out for the sole reason that they were rumored to have used steroids.

-Will Murphy '23
Sports Staff

No

There are three reasons why steroid users should not be allowed in the MLB Hall of Fame. One: holding these players accountable upholds morality in that it does not reward those who cheated during their careers. Two: although steroids became relatively common in the MLB, their prevalence in the league should not condone their use. Three: accepting steroid users into the Hall of Fame would marginalize the accomplishments of clean players.

Current talk surrounding steroid users entering the Hall of Fame has increased lately due to the most recent slate of nominees, including David Ortiz, Barry Bonds, and Roger Clemens. Ortiz received 77.9 percent of the votes and was inducted into Cooperstown, while Bonds (66 percent of the votes) and Clemens (65.2 percent of the votes) failed to be admitted into the Hall of Fame due to their steroid use. This was the last time Bonds and Clemens will be eligible for the ballot.

Bonds is arguably one of the greatest players of all time, hitting the most home runs at 762. Due to his use of performance-enhancing drugs, he is not in the MLB Hall of Fame, which is the correct outcome. Although his greatness cannot be overlooked, leaving him out of Cooperstown upholds the ethical standards of the Hall of Fame and

maintains the honor for those who played baseball clean throughout their careers.

Clemens is another baseball great and arguably one of the best pitchers the league has ever seen, owing to his nickname "Rocket." Like Bonds, he was not inducted into the Hall of Fame due to steroid usage. Again, this outcome maintains baseball's moral responsibility to only induct those who did not seek to gain an unfair advantage on the diamond.

The Hall of Fame should be kept as an institution that honors the greatest players in MLB history but also must leave this recognition for those who achieved their success the right way. Ortiz is an example of such a player, being one of the league's most feared hitters who turned the Boston Red Sox into a World-Series-winning team. He is an essential spokesperson for the franchise and is admired for his contributions on-and-off the field.

Reflecting upon this most recent Hall of Fame ballot, the voters made the correct decision in ultimately not inducting Bonds and Clemens into Cooperstown.

-Margaret Maloney '23
Sports Staff

First Time Winners Celebrate in Super Bowl LVI

by Joe Quirk '23
Sports Staff

PRO SPORTS

What a game. Super Bowl LVI was this past Sunday, Feb. 13 and really capped off a spectacular NFL regular and postseason. The game was played at SoFi Stadium in Los Angeles, CA, home to both the Los Angeles Chargers and the Los Angeles Rams during the regular season.

The Rams were always expected to be here. Head coach Sean McVay is one of the youngest coaches in the NFL and is heralded as an offensive genius. He has taken the Rams to the Super Bowl before, only to lose to the New England Patriots. But he and team general manager Les Snead would not be denied again. They went and got star power. They traded for stars such as quarterback Matthew Stafford from the Detroit Lions and pass-rusher Von Miller from the Denver Broncos, and signed wide receiver Odell Beckham Jr. when he was released from the Cleveland Browns. All of this added to a core that already featured top-tier

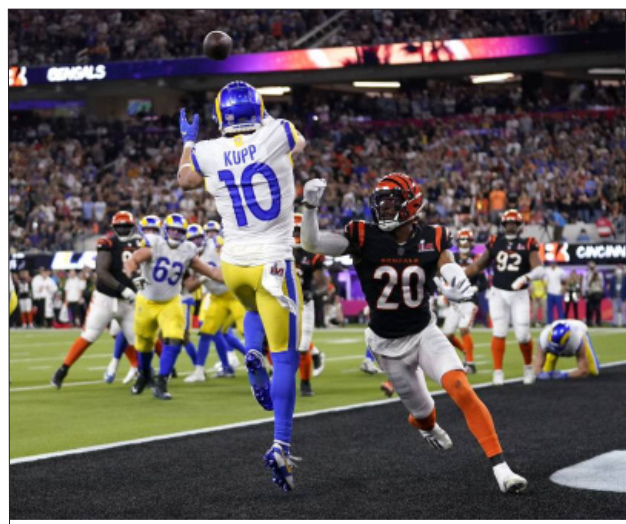


PHOTO COURTESY OF THE MANILA TIMES

Cooper Kupp snagging the game-winning touchdown for LA.

talents such as Leonard Floyd, Aaron Donald, and Jalen Ramsey on defense and Cooper Kupp, Andrew Whitworth, and Robert Woods on offense.

The Bengals, on the other hand, had a miracle run to get here. Just a few years ago they had the worst record in the NFL and the first overall pick in the draft, selecting Louisiana State University quarterback Joe Burrow.

Unfortunately, Burrow would suffer significant ligament damage to his knee midway through his rookie campaign and miss the remainder of the season. The Bengals finished last in their division again and used the fifth overall pick in the draft on LSU wide receiver and former teammate of Burrow's, Ja'Marr Chase.

The rest of the Bengals group was slowly coming together. They had talented safeties but questionable corners. They had taken some fliers on the defensive and offensive line—only the defensive line panned out. The one undisputed fact was the skill position talent this team had. Chase joined a wide receiver room featuring promising young receivers such as Tee Higgins and Tyler Boyd and star running back Joe Mixon.

Both the Rams and the Bengals fought hard to win three games before reaching Super Bowl LVI. The Rams took care of business, winning two of their three games by only three points. The Bengals had some close finishes, including a field-goal in overtime against the defending Super Bowl Champion, the Kansas City Chiefs, to send them to the Super Bowl.

Now for the game itself; the scoring started early when Beckham Jr., who was resurrecting his career with these playoffs, caught a touchdown over the head of a Bengals cornerback.

The Bengals responded, getting rookie kicker Evan McPherson into range for a field goal to make it 7-3 Rams at the end of the first half. It was an exciting first half and looked to be a close game early on. Stafford and the Rams responded as best they could, and Stafford found Kupp for an eleven-yard touchdown in the second quarter. However, a fumbled snap led to a botched point-



PHOTO COURTESY OF SPORTING NEWS

Aaron Donald celebrates with his teammates after stopping the Bengals on 4th & 1, sealing the victory for the Rams.

after-attempt, so the Rams only walked away with six.

Around this time, star wideout Beckham Jr. suffered a non-contact knee injury. The Bengals wanted to end the half only down three and dialed up a trick play where Mixon found Higgins in the endzone for six. Cincinnati was fired up for the second half, as Burrow hit Higgins for a 75-yard score on the first play. A Stafford interception led to another Bengals field goal. This gave the Bengals a seven-point lead, which was cut into later with a Matt Gay field goal for the Rams. Then, after a scoring drought in the fourth quarter, Stafford found Super Bowl MVP Kupp in the endzone for an 11-yard game winning score. The Rams were victorious, winning 23-20 and capping off a fantastic NFL season.

A Look Around Friartown

Men's Basketball:

2/6 at Georgetown University, won 71-52

2/12 vs. DePaul University, won 76-73 (OT)

2/15 vs. No. 10 Villanova University, loss 89-84

Upcoming:

2/20 at Butler University

2/23 vs. Xavier University

2/26 vs. Creighton University

Women's Basketball:

2/11 vs. Butler University, won 64-53

2/13 vs. Xavier University, loss 62-60

2/16 at Butler University, won 69-41

Upcoming:

2/18 at Seton Hall University

2/20 at St. John's University

2/25 vs. Marquette University

Men's Ice Hockey:

2/4 at University of Connecticut, loss 2-1

2/5 vs. University of Vermont, won 4-1

2/10 vs. No. 20 Boston University, loss 4-1

Upcoming:

2/18 at No. 16 University of Massachusetts Lowell

2/19 vs. No. 16 University of Massachusetts Lowell

2/25 vs. University of Maine

Women's Hockey:

2/11 at University of Connecticut, won 2-1

2/12 vs. University of Connecticut, loss 2-0

2/15 at Merrimack College, won 3-0

Upcoming:

2/18 vs. Boston University

2/19 at Boston University

2/25 Hockey East Tournament

PROVIDENCE

Optimism in the Air for Friars Softball

by Stephen Foster '22
Sports Staff

SOFTBALL

The Providence College Softball Team is primed for a return to the diamond for a full season this year, and they cannot wait. After having two years of disrupted and shortened seasons due to COVID-19 concerns, the Friars plan on having a preseason filled with several tournaments to become game-ready.

Coach Jill Karwoski explained that it was difficult to face opponents last season who had played 20-30 more games than the Friars, and she highlighted the strength of this team to fight through this disadvantage. She stated, "Our team has been so resilient. We essentially lost two seasons, and they kept a positive mindset. We are ready to go this season."

Karwoski has been the head coach at PC for four years, and she has been coaching college softball in the NCAA for more than 17 years. This experience gives her an understanding of the ups and downs of D1 college softball and how to bounce back after a down year. The Friars' coach emphasized the opportunities that await the team this year and how their offseason preparation readied them to take on the new challenges of the season.

Karwoski detailed, "To prepare for the season, our players have been seeing a variety of live pitching and making adjustments. There has been a lot of work off the field with culture and team building. Their preparation creates the perfect storm of opportunity." PC softball has remained dedicated to their craft on and off the diamond throughout the offseason, and they will prove themselves to be a contender this season.

The Friars' game plan involves leaning on their strong pitching core to keep opponents' run totals low, while outscoring the opposition with their equally tough hitting. PC's softball team is led by a core of strong pitchers, including returners Daniela Alvarez '22 and Tori Grifone '24.

Alvarez has pitched for the Friars for three consecutive seasons, posting a 2.58 earned run average (ERA) and 25 wins throughout her college career. Grifone hopes to build off of a freshman season that saw her significantly contribute to the team on offense and defense. Not only did she finish the year with a 3.90 ERA in five pitching starts, but she also led the team in batting average (AVG) with a .354 AVG in 48 at bats.

The Friars' pitching staff is rounded out by Elysia Cunnigan '23 (0.00 ERA in 2.2 innings in 2021), Gianna Magrino '23 (1.45 ERA and 466 strikeouts in high school), and Jessica Walter '25 (0.96 ERA in 95.1 high school innings in 2021). All three hope to be decent contributors this season.

In addition to Alvarez, PC hitting is led by dual threat pitcher/outfielder Cunnigan (.297 AVG in 2021), infielder Jessica Tomaso '22 (.281 AVG and 13 walks in 2021), catcher Lyndsey Evix '24 (.279 AVG in 2021), and infielder Madi Traver '22 (11 runs batted in 2021). In addition, there are six incoming freshmen hoping to contribute to the Friars' success in 2022.

The softball team will play 51 games this season, far more than the 19 they played last year. They begin the season with three tournaments.

Beginning on Friday, Feb. 18, they have the Elon Softball Phoenix Invitational where they travel to



PHOTO COURTESY OF PC ATHLETICS

Daniela Alvarez '22 is a force on the mound and will be key to the Friars' success this season.

Elon, NC to play Elon University, Morgan State University, and University of Massachusetts Lowell.

Next, they take on the University of Santa Barbara Invitational, where they travel to Santa Barbara, CA to play Idaho State University, University of California Santa Barbara, and Boise State University.

The third tournament to begin the season is the Demarini Tiger Clash, which takes place in Towson, MD. The Friars face off against Coppin State University, Towson University, and Columbia University. Coach Karwoski expressed her and the team's excitement at engaging in these three tournaments to start their season off strong.

Playing against different competitors who they would not normally face will help PC grow as a team and get some competitive games in to prepare for when Big East conference play begins.

The Big East looks to be full of competition as always, with teams like Creighton University (4-0 in 2022) and Butler University (4-2 in 2022) already kicking off their seasons in the win column.

Last year, PC had an off year in the conference, going 4-13-1 in conference play and 5-16-1 overall. DePaul University (13-1 in Big East, 25-11 overall) and Villanova University (15-2 in Big East, 37-15 overall) dominated the conference in 2021. Providence College looks to bounce back in 2022 as they maintain numerous returners and welcome new talent.

Coach Karwoski and The Cowl encourage students to come out and watch the team play as they make a run for the Big East conference championship.

Karwoski emphasizes, "We are just going to be fun to watch this year. We have a lot of home games and a lot of options in our lineup, with some very competitive games. We have plenty of opportunities to make a run for the conference championship." The Providence College Softball Team plays their first home game of the season at Glay Field on Wednesday, Mar. 2 against Boston College.



PHOTO COURTESY OF PC ATHLETICS

Lauren Nunez '22 has been an instrumental part of the Friars' infield over her career in Friartown. Last season in 21 games, she tallied 10 hits and five runs while recording a .867 fielding percentage.