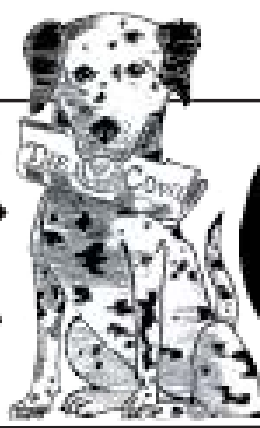




The Cowl



SINCE 1935

Vol. LXXXVII No. 14 | March 16, 2023 | thecowl.com

Harmful Algal Bloom Threatens Human and Marine Health

by Kaelin Ferland '23
Opinion Staff

ENVIRONMENT

In October, a harmful algal bloom was detected in Florida. However, the red tide has recently become significantly more dangerous. Since then, the red tide has dispersed its red waters to the entire southwest coast of Florida, spanning 5,000 miles and devastating marine ecosystems. Since Dec. 12, 2022, 20 tons of fish have been found beached along the coast. It's estimated that 104 sea turtles and seven manatees have also died. Human health is similarly at risk with some Florida residents reporting coughs, difficulty breathing, and burning of the eyes. The red tide is not expected to end in the near future, with conditions expected to worsen before they improve.

Red Tide/Page 6



"Feeling Smaller in the Room"

Improving the POC Experience at PC

by Meghan Mitchell '23
Opinion Staff

CAMPUS

The year 1968 marked the end of the Civil Rights Movement, a time when African-Americans across the United States came together to demand equality for all. However, this is not where the story ended. As a predominantly white institution, Providence College tries to be an inclusive place for all, but is it succeeding? Is PC really doing enough to make students of color feel safe and welcomed?

An interview with a female-identifying African-American student who wished to remain anonymous provides insight into this question. When asked how she would summarize the Black experience at the College, her response was, "Tense. Always being on guard...I feel like other people of color would agree with me. This is why we have programs like Horizons, and why we have affinity clubs like OLAS, and SHEPARD, and Afro-Am...we have these because we feel tense all the time and we need spaces to relax." Furthermore, when asked if she ever felt uncomfortable being a student of color at a predominantly white school, she responded, "Oh absolutely." While situations like being the only P.O.C. in a class wouldn't normally be an issue, she is aware that there are students who, while not openly racist, do hold racial prejudices.

Improving the POC Experience at PC/Page 5

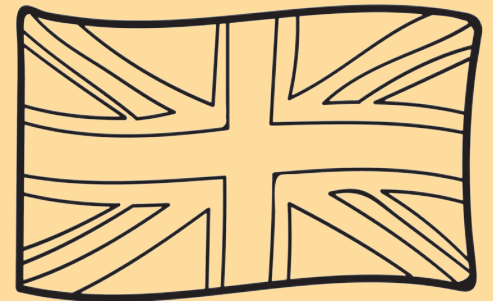
PC Students Journey to Oxford, England *Immersion into the Life and Work of C.S. Lewis*

by Kaitlyn Hladik '25
News Staff

CAMPUS

Students are often excited to spend their spring break avoiding schoolwork, spending time with their families, or traveling somewhere warm. However, one group of students, accompanied by three professors, enjoyed a spring break class trip to Oxford, England. A one-credit humanities reading course that focused on the work of C.S. Lewis was able to offer these students the experience of a lifetime by doing hands-on seminar work and exploring the places C.S. Lewis used to frequent.

Oxford Trip/Page 3



Local Bands Bring the Energy to Pub on Park, Cranston

by Jack Downey '23
A&E Co-Editor

LOCAL MUSIC

While many PC students went away during spring break, including a large portion of the class of 2023 who went to Punta Cana, some of us remained in the frigid temperatures of New England. However, a recent local show warmed things up significantly.

On March 5, a concert consisting of four bands occurred at Pub on Park in Cranston. The order of the acts was as follows: Neglected Witches, The Hopeless Romantics, Bozo Brain, and Vertigo. Neglected Witches took the stage at around 8:00 P.M., their outfits and stage demeanor immediately catching the attention of the audience. With amps cranked to the max, the band kicked off the show, with even the bass coated in fuzz and distortion. Bassist and singer Quinten Ouellette showcased some remarkable vocal chops, jumping from sinister low

tones to shrieking highs and back as if it was child's play. Guitarists Evan Lachance and Joey Raymond chugged and shredded away on their guitars, and drummer David Costanza kept things moving the entire time. Overall, fans of heavy music should absolutely check this band out.

Following Neglected Witches were The Hopeless Romantics. Something notable to mention about this group is that it is made up entirely of PC students. Declan Henry '24 and Reid Kieper '24 both sing and play guitar, Colin McNamara '25 plays bass, and Sean Smith '24 plays drums. The last gig this band played was nearly a year ago, so anticipation for their return was high, and The Hopeless Romantics absolutely delivered. Featuring a nice blend of originals and covers, their set had something for everyone. Members of the crowd actually stood up and moved close to the stage during the band's take on Nirvana's "School."

Pub on Park/Page 12

Knotwork

by Sara Junkins '23
Portfolio Staff

FICTION



With the Irish brogue, red hair, and emerald eyes, O'Reilly looked like the stereotypical leprechaun archetype. We used to make fun of it. But that wasn't the most noticeable thing about him. It was the fact that his office was full of carefully-tied knots, all in various patterns, hanging from hooks on the walls where bookcases should have been. Around his desk were illuminated manuscripts on display, with celtic knotwork snaking throughout the margins, similar to the pages of the Book of Kells. Pathways upon pathways with no distinct finale, endless loops. People said if you stared at the designs for too long, you would be hypnotized, losing

yourself in the lacework.

The mathematical genius, however, was rarely visited by those asking for help with finding solutions to literal equations. Instead, he helped individuals solve their relationship problems. Supposedly wildly successful, with sightings of formerly teary-eyed couples reemerging goo-goo eyed once again after an office appointment, we decided to investigate this new Cupid for ourselves. None of us believed things could be seemingly fixed just like that. That it could be so easy, just like magic.

Full story on Page 16

IMAGE COURTESY OF OPENCLIPART

UNDERTHEHOOD

Providence College's Student-Run Newspaper Since 1935

News	2
Opinion	4
Photography	10
A&E	11
Portfolio	14
Sports	18

Opinion
David Salzillo Jr. '24 writes in defense of the electoral college.
Page 4

Portfolio
Taylor Rogers '24 details her daily afternoon runs in Barcelona while studying abroad.
Page 15

Sports
Joseph Quirk '23 covers the men's and women's Hockey East tournaments.
Page 20

Sociology Students Travel to Tijuana, Mexico

by Shannon Kelly '26
News Staff

CAMPUS

Global Border Crossing is a class that is taught by Dr. Kara Cebulko and Deborah Lopez '21. To call it a class is a minimization of all that it truly is; the course really opens your eyes to a side of the world from which many PC students are normally sheltered. It's less about immersion into a community; rather, it prioritizes understanding and engaging with various communities.

This class focuses on immigration while also calling our attention to the significance of borders both in our local Providence community and all around the world. It is predicated upon the notion of "justice across borders," and students are encouraged to confront the injustice that occurs at most borders in the world. Students are constantly challenged to think critically about the ways in which borders separate, isolate, and structure the ways of life of people on both sides.

Throughout the semester, students have specifically studied borders involving Israel and Palestine and the border that is shared between the United States and Mexico. Service is a large part of this class, and students flew to San Diego, California, before crossing the U.S.-Mexico border.

Before crossing, students spent a day in San Diego and, while there, they visited Chicano Park. Chicano Park is located in Barrio Logan, which has the oldest Mexican-American community in San Diego. Chicano or Chicana is a chosen identity for those who are Mexican and born in the United States. The park centers itself on pride, and there are many breathtaking murals throughout. The murals tell stories and expose injustices that have been erased throughout history.

For many students, this trip was their first experience crossing a border by foot. The process was relatively quick. While in Tijuana, students



SHANNON KELLY '26/THE COWL

The murals tell stories and expose injustices that have been erased throughout history. Hispanic social justice activists are pictured in the above mural. Cesar Chavez was a prominent labor organizer and his slogan was "Si se puede" roughly translating to "Yes, it can be done." Chicano Park in San Diego is well-known for their many murals similar to this one.



SHANNON KELLY '26/THE COWL

traveled to help build a house for a local family and made significant progress for five days.

Another aspect of this trip was experiencing Mexican culture and customs. Culture can be transmitted in various ways, and one of the students' favorites was through eating new foods.

One of the most salient parts of the trip was visiting Casa del Migrante, which is a house that offers shelter, food, a psychologist, a social worker, and other services to migrants for up to 45 days. The class met children from Chile, Honduras, El Salvador, and other parts of Mexico while visiting the house. The goal of the house is to provide protection for those who have been deported, uprooted, are en route, or are seeking refuge. Many people who stay at this house are awaiting immigration appointments to come into the United States and/or documents.

While in Mexico, the class also had the opportunity to visit La Playa and see the border that separates Baja California (Mexico) from the United States. This is a very touristy place and many of the cafes and restaurants have been Americanized. There were many Border Patrol Agents present.

This trip provided a great opportunity for PC students to open their eyes to inequities and new cultural experiences.

While in Tijuana, students traveled to help build a house for a local family over the course of five days and made significant progress. Pictured are the students in front of the house they built on their last day of the trip.

Student Congress Updates

by Tess Carty '25
News Guest Writer
and Kaitlyn Hladik '25
News Staff

CAMPUS

Student Congress welcomed Dr. Nick Longo, professor of global studies, to our general assembly meeting on Tuesday, March 14. He was invited to present alongside Valeria Morillo '23, a student fellow at the Dialogue, Inclusion, and Democracy (DID) Lab and the chair of the Awareness, Education, and Collaboration Committee of the 73rd Student Congress. Dr. Longo's presentation was titled "Conversations for Change: How can we create spaces for inclusive dialogue at PC?" Dr. Longo attended Providence College as a member of the class of '96.

He opened his presentation by asking why we need constructive dialogue and answered his own question with the fact that at Providence College, because of our mission and who we are, we have the capacity to take on these conversations and societal challenges on the basis of real facts. He educated the Student Congress on free speech versus hate speech and how we need to emphasize the importance of defining the difference between the two to create safe environments through our conversation.

Dr. Longo shared Tufts University's philosophy for Civil Discourse, created by Nancy Thomas. The goals for civil discourse include:

1. Learning and advancing knowledge
2. Strengthening intergroup relations
3. Transforming conflict, healing
4. Policy and decision making
5. Collaborative action and culture change

He introduced the concept of Student Fellows as a part of the DID Lab. They partner with a specific unit on campus in order to advance meaningful conversations for change. The group will be in charge of the DID Walls and other civic spaces as well as participating in a weekly learning community and attending selected professional development workshops. The application is due Friday, March 17, 2023. Through this fellowship, a \$2,000 grant in addition to six credits will be given.

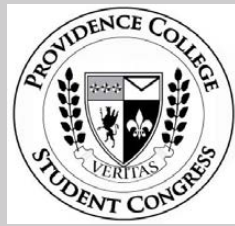
One tangible project students throughout the College might have noticed are the DID Walls, the aim of which is respectful discourse. There is an

opportunity to rethink public space in order to amplify the voices of students. The DID Walls are currently located in the Feinstein Academic Center, Ryan Business School, The Center at Moore Hall, the Athletics Complex, and the Science Complex. Their aim is to place one in the Slavin Center with the help of Student Congress. The walls often ask a question in order to capture the opinions of students and spark conversation among the community.

Dr. Longo then opened the floor to questions from the audience.

One member asked, what is one of the long-term goals of the office, and can Student Congress help reach it in any way? Dr. Longo discussed the need for a culture change to make PC feel like a more inclusive space. This starts with small conversations and moves to being able to have a voice in policy decisions. This is where Student Congress can help create more inclusive processes so that the flow of information and decision-making is not solely occurring at the top.

Another member asked what their involvement is with faculty and administration, and if they would consider a DID wall in the faculty lounge. Dr. Longo loved this idea and explained the role of faculty fellows and how they have training in their expertise but not on how to facilitate difficult conversations, so they work with faculty to accomplish that. The hope is that faculty will contribute to the public DID walls that are already



established.

A member then asked what relationship Dr. Longo will have with the upcoming "With Mutual Respect" conversations that will be conducted with Father Sicard, O.P.. Dr. Longo explained that Fr. Sicard, O.P. showed a lot of leadership by setting up these conversations and DID was not involved in the first talk. The future discussions should have student voices and involvement and he feels that they should not be conducted in a debate style but rather as an open, respectful conversation.

The next student asked if the DID Lab had any social media in order to promote the DID Walls and other activities that they are hosting. @didwallpc is the new Instagram account run by a creative fellow.

Morillo and Dr. Longo spoke about some events coming up in the near future. On Monday, March 27, the communications department, the DID Lab, and Student Congress are hosting an event on Cancel Culture. Keep a lookout for more information.

One member asked if they have ever considered collaboration with other clubs on campus to help promote and include all the groups at the College. Dr. Longo said they have had few, but are absolutely open to any collaborations and encourage people to reach out if they want to work together.

Student Congress would like to thank Dr. Longo for coming and encouraging discussion, and we look forward to working with him in the future.

Voting for the executive board for the 74th Student Congress will begin next week on Sakai. A presidential debate will occur prior in order to learn more about the candidates.

Legislation SCRC 73-02 regarding graduation stoles for first-generation students will be passed.

For those who are interested in joining Student Congress, we will be hosting a coffee house for students to learn more.

Oxford Trip: Continued from front page

Rev. Isaac Morales, O.P., assistant professor of theology; Rev. Jordan Zajac, O.P. '04 assistant professor of English; and Andrew Horne, Ph.D., visiting assistant professor of humanities, accompanied 11 students across various grades on their trip to England. The professors led four seminars across the week, and each focused on a variety of works by C.S. Lewis and J.R.R. Tolkien. The works studied included *Surprised by Joy*, *The Chronicles of Narnia: Voyage of the Dawn Treader*, and excerpts from *The Inner Ring*, *The Weight of Glory*, and *On Fairy Stories*. Prior to leaving for the trip, students partook in intellectual discussions following movie showings about Lewis and his life.

One student who attended the trip, Jenny Chen '23, says: "I've wanted to go to Oxford for years now, and I am so grateful I was finally able to go due to the generosity of this program! In *Surprised by Joy*, C.S. Lewis wrote about the 'fabled cluster of spires and towers,' and his first impression upon arriving at Oxford was to marvel at their beauty. Over spring break, I felt myself doing the same as he once did all those years ago."

The course complements full credit courses available throughout the semester at PC, including DWC 202: The Life and Writings of C.S. Lewis and THL/HUM 348: C.S. Lewis, Christian Thinker. The description states that the main objective of the program was to "give students a taste of the context in which Lewis lived, wrote, and taught in order to gain a better appreciation of the social, material, and historical factors that contributed to his thought."

In addition to the seminar readings, students were able to visit the home of Lewis and his grave. They became acquainted with the city as they participated in a scavenger hunt through Oxford and took walking tours of the various colleges in the city, including Magdalen College. Sites of the

scavenger hunt included the door and lamppost that allegedly inspired the *Narnia* series, the Radcliffe Camera, the Bridge of Sighs, the Alice Shop, and the pubs Lewis and his "inner ring" used to meet at: The Eagle and the Child, the Lamb and Flag, and the Turf Tavern.

For group bonding, the students joined the professors for a group dinner at the Wilding on Clarendon Street, where they were able to have intellectual discussions and get to know one another better. The trip additionally included afternoon tea at the Vaults and Garden Cafe, visiting the Magdalen College Chapel for Choral Evensong, and dinner at Quod on

High Street. To conclude the trip, the group took a train into London Paddington and visited C.S. Lewis' spot in Poets Corner at Westminster Abbey. The students were free to explore the city after touring Westminster Abbey. Sites visited by the students included Harrods, the London Eye, the British Museum, Buckingham Palace, Black Friars, the Westminster Cathedral, and much more.

The experience furthered the education of the individuals, unlike any classroom experience, showcasing what a global approach to education can offer.



C.S. Lewis Oxford group in front of Magdalen College

PHOTO COURTESY OF PCLEWISFELLOWSHIP INSTAGRAM

Disastrous Weather

Eleventh Atmospheric River of the Season Hits California

by Kaelin Ferland '23
Opinion Staff

ENVIRONMENT

In December, January, and March, California experienced severe flooding, rain, snow, and wind due to atmospheric rivers, areas of high moisture that transport water vapor from tropical regions to different locations across the world. Once atmospheric rivers arrive on land, they release water in the form of precipitation. These rivers can range anywhere from 250 to 375 miles in width and 1,000 to 2,000 miles in length. Unlike those in California, not all atmospheric rivers are catastrophic and dangerous. Rather, they are essential for delivering water to areas that need it. However, due to climate change, these phenomena could become significantly stronger and more frequent.

Last December, over one third of Americans were issued winter weather and wind chill alerts in response to reports of unprecedented weather conditions anticipated in 37 states around the country. California was one of these states. By the end of December 2022, about 17 feet of snow had fallen in Sierra Nevada, and since October

2022, 50 feet of snow have fallen in this area. In terms of rainfall, some areas in California were seeing over 40 inches of rain from Dec. 26 to Jan. 11. Millions of people were under flood alerts and thousands were told to evacuate.

Another atmospheric river has already begun to hit California, the eleventh this winter. On March 10, Governor Newsom and later President Biden issued a state of emergency for 34 counties in the state. As of Monday, 18 million Californians were under flood

alerts, and this number continues to grow. Elevations over 7,000 feet are expected to see four feet of snow and those over 9,000 are projecting snowfall amounts around eight feet. Lower elevations are expected to experience significant flooding and high winds.

Climate change exacerbates natural disasters and extreme weather events. Catastrophes including hurricanes, floods, and wildfires are only a few examples of disasters anticipated to increase in severity and frequency, with

atmospheric rivers expected to see similar trends. When our planet increases in temperature, the atmosphere is able to hold more water vapor. This means rainfall numbers and storm intensity will become even greater. According to NASA, these atmospheric rivers will become larger and more frequent. They estimate that they will increase in size by 25 percent and increase in frequency by 50 percent.

As we continue to accelerate climate change, we will only see more natural disasters and endanger countless more people. As we emit more carbon dioxide due to our reliance on fossil fuels, our atmosphere will absorb more heat. With this added heat, more water vapor can be held in the air meaning more severe and intense rainfall. To prevent these storms, we need to start transitioning from fossil fuels to clean energy and prioritize achieving net-zero emissions.



PHOTO COURTESY OF CNN

In Defense of the Electoral College

Benefits of the Controversial System

by David Salzillo Jr. '24
Opinion Staff

POLITICS

Rep. Marjorie Taylor Greene—on Presidents' Day, no less—proposed a “national divorce,” a separation of red states from blue. At first glance, her proposal appears to have little to do with the electoral college. After all, the mechanics of a “national divorce” are and ever will be unworkable. “A house divided against itself cannot stand,” as Lincoln once put it.

Yet we would be wrong to dismiss the sentiment behind Rep. Taylor Greene's statement outright. Former Secretary of Labor and notable progressive activist Robert Reich shows us why. Just two days after Rep. Taylor Greene's statements, he said, “The fact is, majorities both in red states and in blue states do seem to want fundamentally different things.”

Inadvertently, Reich gives us perhaps the strongest argument for the electoral college. I say “inadvertently” because Reich actually supports the abolition of the electoral college. Now, as a progressive Democrat, I understand his concerns. He calls the electoral

college “antiquated,” and he claims it subverts the will of the people as expressed in the popular vote.

He misses an important point, though: Americans are not an undifferentiated mass of voters. If they were, we would not be talking about red states and blue states, and we almost certainly would not be talking about national divorces. The “will of the people” in Rhode Island is different from the “will of the people” in Wyoming. Reich himself tells us as much. Wouldn't it be short-sighted of us to try to simply average out the difference?

To some I may appear to be engaging in political appeasement here. Don't I recognize that blue cities exist within red states, and that blue states have red towns and red counties? Yes. Then why don't I see the absurdity in allocating votes by state? Because, if voting by state is absurd, then so is having states at all. If those that wish to abolish the electoral college seek to replace it with a “simple national popular vote,” then why not have a government according to the “simple national popular will?” Why have different states with different laws, and why force the federal government to share power with

and leave certain responsibilities to the state governments? Why, in short, treat states like they are something separate from the federal government?

In fact, many of the arguments used against the electoral college can be turned against the existence of states themselves. Does the electoral college cancel out the votes of Democrats in Ohio? Well, doesn't that already happen on the statewide level, when Ohio elects its governor? If one is unfair and undemocratic, then why isn't the other? And why should Democrats in Ohio have to obey laws a Republican governor signed into law? Shouldn't they be governed according to the will of “the simple national majority,” and not the whims of the state of Ohio?

My point is this: if applied consistently, the logic behind abolishing the electoral college undermines the whole idea of federalism. Namely, that the United States is not just a collection of individual citizens; instead, it is a larger community consisting of smaller communities. And further, that these communities—even the smallest of them—should have a say in the workings of the federal government as a community.

Does my argument sound too much like “states' rights” for you? It shouldn't. It is why we have the European Union and not one giant country called “Europe.” In fact, imagine for a second that the European Union did not have votes by member country. Imagine if France or Germany or Spain was the deciding vote on every single policy proposal that ever came before the EU. Wouldn't the people in smaller countries—like, say, Greece—be rightfully upset that their unique interests as a community were not taken into account? Wouldn't they rightfully feel unfairly represented in such a system?

Far from being about states' rights or appeasing the right, keeping the electoral college is about keeping the representative in representative democracy.

Improving the P.O.C. Experience at PC

Continued from front page

Another problem she faces going to a predominantly white school is, "Always feeling smaller in the room and never being able to take up space in the same way that I feel other people feel like they can."

"I want to exist as a human being in a room," she says, "but it's hard when you're the only one that looks like you in that room." Despite this, she said that generally she does not feel unsafe, since while some students may believe racist sentiments, in her experience most do not seem openly malicious. She also added that her skin tone has an effect on how people treat her, as she has a lighter skin tone compared to other African Americans.

Since 2020, there have been many discussions based on what has to be done in order to make the US a safer and more inclusive place for P.O.C. One of the questions asked during the interview was what she would change in the U.S. to make it safer and more inclusive. She said that reporting hate crimes and having justice for victims, law enforcement treating them like they would any other major crime, would be one thing. Since racism is something that is learned, she also expressed a desire for education programs

to teach people to unlearn racism, and how to become better people. In addition, she said there needs to be reform at the congressional level, as they are continually allowing injustices against people of color to occur.

As someone who identifies as white, I did not understand the full scope of the BIPOC experience at the College. While the experience has improved over the years, there is still work to be done. Racism is

something people learn and it can be expressed both consciously and subconsciously. While PC has a requirement that students must take a diversity course of their choosing, many of these courses focus on understanding various cultures rather than directly confronting the issue of racism.

While it is not always possible to change the way a person thinks, it is possible to at least try to give them some awareness as to why

the way they perceive reality is wrong and that it is never too late to learn from your mistakes and become a better person. To conclude the interview, I asked the student if there was anything she wanted readers to know. She said, "Do keep in mind that there are different types of Black people. No Black person is the same and we shouldn't be treated as a monolith...even though some of our experiences will be the same, a lot of them will inevitably be different...you're going to have the outgoing Black person and the shy Black person...and when, especially white people, especially racist white people look at a group of people and just see one bad thing altogether, and just see one monolith of whatever stereotype they have in their head, they are denying themselves friends. They are denying themselves diversity, fun, and friendships."



PHOTO COURTESY OF FORBES

Underappreciated Movie Scores

Add Them to Your Current Playlist

by Abigail Brockway '24
Opinion Staff

MEDIA

I have many guilty pleasures, but my longest-held is that I am chronically obsessed with listening to movie scores. My previous Spotify Wrappeds have reflected this obsession, and recently, my featured artists were composers John Williams, Hans Zimmer, Bear McCreary, and Rachel Portman. I listen to my Spotify curated movie score mix constantly: when I cook, clean my apartment, walk to class, shower, and do homework. 20-year-old college students are typically more in touch with pop, rap, and country artists. Yet, I find indescribable comfort, nostalgia, and peace when I listen to my cherished mixes, and you should consider adding movie scores to your regular rotation of genres.

I find comfort and nostalgia in listening to movie scores because it feels like I'm rewatching my favorite movies. With movie scores, I can experience the comfort and nostalgia I usually feel when watching my favorite flicks, but I don't have to dedicate hours and my undivided attention.

Many tracks on movie scores are either character themes or are titled referring to dialogue from its particular scene. The *Pirates of the Caribbean* franchise is a perfect example. Almost every track on the five albums from all installments features these types of titled tracks, as opposed to some albums that read "Prologue, Scene 1, 2, etc." "Jack Sparrow" features Sparrow's easily recognizable character theme, packed with fast-paced violin, drums, and guitar sequences that perfectly embody

the adventurous and spontaneous pirate. "Davy Jones" is the musical theme attached to the main villain in the franchise. It interestingly features a soft piano motif that contrasts with Jones' evil character, which is then followed by booming organs and wind instruments. Finally, my favorite track, "I Don't Think Now is the Best Time," is taken verbatim from Elizabeth Swan's dialogue in the third movie, *At World's End*. Elizabeth and the pirates of the Brethren Court battle with Jones' sea creature-human hybrid pirates. Elizabeth's love interest Will Turner suggests they get married amid the chaos, to which Elizabeth ironically responds, "I don't think now is the best time!" When I listen to these tracks, I can visualize the characters and the particular scenes so clearly that it feels like I'm watching the movie again.

Another benefit of movie scores is that they can alter and influence your mood. When I listen to my movie scores, I play songs that I know will make me feel a sort of way. I sometimes walk a little faster to class if I listen to the score from an intense battle scene, or I find myself more mellow and slow-moving when listening to a soft love theme. When I need to get motivated for an exam or to complete household chores, I go to specific songs, and when I need to cool down and relax, I go to different tracks. The beauty of all music is that it persuades you to feel a certain way—movie scores included. They are the quintessential soundtrack. If you've seen a movie, I can promise you an album including its score exists somewhere on Spotify or Apple Music.

So I encourage you, if you have a favorite movie or TV show, to listen to its score the next time you're doing homework, mindless house chores, or need a nostalgia boost. If you're drawing a blank and need some suggestions, here

are some of my, and the rest of the world's, most favorite and easily recognizable movie scores and suites: the *Pirates of the Caribbean* franchise ("One Day"), the *Harry Potter* franchise ("Dumbledore's Farewell, Battlefield"), *Hook* ("Prologue"), *Pride and Prejudice* ("Your Hands Are Cold"), *Outlander* ("Fallen Through Time"), *Titanic* ("The Portrait"), *Star Wars* ("The Imperial March"), *UP* ("Married Life"), *The Lion King* ("Under the Stars"), and *Forrest Gump* ("I'm Forrest... Forrest Gump").



PHOTO COURTESY OF IMDB

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

Publisher: **Dr. Steven A. Sears**

Advisor: **Fr. Jordan Zajac, O.P.**

Editor-in-Chief: **Sarah McLaughlin '23**

News Co-Editor: **Emma Stremper '24**
News Co-Editor: **Sydney Olinger '23**

Opinion Editor: **Christina Charie '25**

Arts & Entertainment Co-Editor: **Claudia Fennell '24**
Arts & Entertainment Co-Editor: **Jack Downey '23**

Portfolio Co-Editor: **Taylor Rogers '24**
Portfolio Co-Editor: **Kate Ward '23**
Portfolio Co-Editor: **Max Gilman '25**
Portfolio Co-Editor: **Meg Brodeur '24**

Sports Co-Editor: **Joseph Quirk '23**
Sports Co-Editor: **Will Murphy '23**

Photography Co-Editor: **Isabella Baffoni '23**
Photography Co-Editor: **Ryan Twomey '23**

Co-Head Copy Editor: **Delaney MacDonald '23**
Co-Head Copy Editor: **Emily Baldo '24**

Copy Editors: **Halle Beranek '24, Sarah Van Riper '24, Veronica Butler '25, Spencer Johnson '24, Duncan Brown '23, Claire Mulvey '23, Sarah McCall '26, Abi Turano '24, Liam Dunne '26, Olivia Gleason '26, Alyssa Caneira '26, Michael Nunes '25**

The Puzzlers: **Alex Alutto '23, Adam Henschel '23, Ellis Riccio '23**

Social Media Staff: **Abigail Brockway '24, Carolyn Doonan '23, Jake La Verde '24, Grace Rehak '24, Jacqueline Cardin '25, Riley Coyne '24**

Business Staff: **Emily Knapp '23, Riley Coyne '24**

Why Celebrate Women's History Month at PC?

An Interview With Dr. Abigail Brooks



by **Sarah McLaughlin '23**
Editor-In-Chief

March marks Women's History Month, which can trace its roots back to Women's History Week, first celebrated in 1978, and the original International Women's Day, which was first celebrated in 1908 when thousands of New York City women garment workers went on strike due to poor working conditions and low wages. Women's History Month was designated by the US Congress in 1980—a decade after Providence College began admitting women as students, and seven years before the establishment of PC's Women's and Gender Studies program.

"Women's History Month is significant because it pushes us to uncover, make visible, recognize, respect, and celebrate women's knowledge and contributions across time and space," says Dr. Abigail Brooks, director of the Providence College WGS program and associate professor of sociology. "In truth, learning and teaching about women's history should

not be limited to one month a year... Still, Women's History Month pushes critical awareness, teaching, and learning about women's contributions."

In the Women's and Gender Studies program at PC, students study social and natural sciences, health sciences, the humanities, and the arts. Students learn and develop skills in reading, writing, critical thinking, and constructive dialogue. "Students are introduced not only to women's contributions and struggles, but to gender as a critical category of oppression and analysis," says Dr. Brooks, "and to the intersections between women, gender, race, class, sexuality, and other identities, categories, communities, and lived material realities that inform and shape people's everyday lives, contributions, and struggles." WGS majors often have other majors and minors as well, and students can pursue careers in law, health and medicine, social work, journalism, education and higher education, academia, business, and nonprofits.

Many students believe that the College has an obligation to do better in regard to women's equality, rights, and inclusivity on campus. Here are a few testimonies from women students:

"As a woman in math and computer science, I feel like the math faculty and other math students have been extremely supportive and have not been biased in the fact that I'm a woman. But I will say that at some points, when I tutor specifically computer science, I get people who are surprised that I'm tutoring computer science because of my gender."

"Being a woman at PC has its challenges. There are times when I am the only one of three women sitting in my economics classes; there are also times in my political science

classes when the male students feel that they can speak to me differently than their male counterparts. But in terms of male faculty being supportive of my endeavors, I can't say enough."

"I am really reluctant to find misogyny in people. I like to always err on the side of ignorance and not malice. In my three years here, that part of me has decreased. Very very smart men, professors on campus, have said things that are really shocking to me and people I know."

Dr. Brooks suggests that PC should incorporate "more feminist, intersectional material, research, scholarship, and contributions into course curricula." She also recommends that PC reassess and expand the current diversity proficiency requirement. Additionally, diversifying faculty across all departments would be beneficial. Many students agree also that PC should better provide affordable day-care facilities and family leave policies for faculty and staff. Increasing, expanding, and improving resources and promotional support for women's sports should also be on the College's agenda.

In regard to the WGS program, Dr. Brooks is hoping to help the program transition to a department. They will be submitting their proposal by the end of this semester. "A key goal for Women's and Gender Studies is to grow our student numbers, and to continue to expand and evolve in new and exciting ways into the future. Spread the word!"

Red Tide

Continued from front page

by **Kaelin Ferland '23**
Opinion Staff

ENVIRONMENT

In October, a harmful algal bloom was detected in Florida. However, the red tide has recently become significantly more dangerous. Since then, the red tide has dispersed its red waters to the entire southwest coast of Florida, spanning 5,000 miles and devastating marine ecosystems. Since Dec. 12, 2022, 20 tons of fish have been found beached along the coast. It's estimated that 104 sea turtles and seven manatees have also died. Human health is similarly at risk with some Florida residents reporting coughs, difficulty breathing, and burning of the eyes. The red tide is not expected to end in the near future, with conditions expected to worsen before they improve.

Harmful algal blooms are formed when algal growth increases exponentially. Usually, algal blooms aren't harmful, serving as a food source for animals that rely on them. However, harmful algal blooms, as the name implies, produce toxins that threaten both wildlife survival and human health. If humans inhale these toxins, they will enter the body and cause a variety of health issues

including coughing, difficulty breathing, and eye and skin irritation. If contaminated fish are consumed, however, the human health effects can be much more severe, leading to multiple forms of shellfish and fish poisoning illnesses including paralytic shellfish poisoning and neurotoxic shellfish poisoning.

The animal health effects are very similar to those experienced by humans. Harmful algal blooms affect not only fish but also marine mammals and seabirds. Fish and shellfish are part of the diets of many marine species, including dolphins and seabirds. This means that, like humans, these organisms are ingesting toxins by eating contaminated fish. Marine mammals, specifically ones like dolphins and manatees that require oxygen, can also inhale toxins when they visit the surface to breathe, leading to respiratory problems.

A main factor that leads to harmful algal blooms is climate change. Blooms begin to form when there are more nutrients in the water. Nutrients usually enter water via runoff following periods of precipitation. As climate change increases the severity and frequency of weather events, precipitation and runoff will become more common,

fueling more harmful algal blooms. Increases in carbon dioxide in our atmosphere also promote algal growth as algae are a plant species that relies on photosynthesis. Increased temperatures are also optimal for algal growth which will become more common due to global warming. Usually, the winter weather moves algal blooms away from the coast. However, as climate change makes our winters milder, this allows harmful algal blooms to persist and cause further damage.

Climate change continues to have a relationship with the most devastating environmental issues we are witnessing today. Actions need to be taken to mitigate climate change and prevent subsequent environmental catastrophes.



PHOTO COURTESY OF NATIONAL GEOGRAPHIC

Disclaimer

The opinions and positions expressed in *The Cowl* do not necessarily represent those of Providence College or *The Cowl's* staff, and the content of advertisements do not necessarily communicate endorsement by the College or *The Cowl's* staff.

Letter/Guest Submission Policy

The Cowl welcomes guest opinions and letters to the editor from members of the Providence College community and outside contributors. All submissions must include the writer's name, signature, a phone number, and an email address where he or she can be reached. Letters should be no more than 250 words in length and will be printed as space permits. Guest commentaries should be limited to 500 words in length, and only one will be published per week. *The Cowl* reserves the right to edit articles for grammar. Submissions must be emailed to *The Cowl's* office no later than 9 p.m. on the Sunday before publication. We do not print previously published articles. Email responses to commentary@thecowl.com, and remember a guest submission is only an email away.

Accuracy Watch

The Cowl is committed to accuracy and carefully checks every article that goes into print to ensure that the facts are presented clearly and truthfully. If you find an error in any article, please email the Editor-in-Chief at editor@thecowl.com. Corrections will be printed as necessary.

Advertising

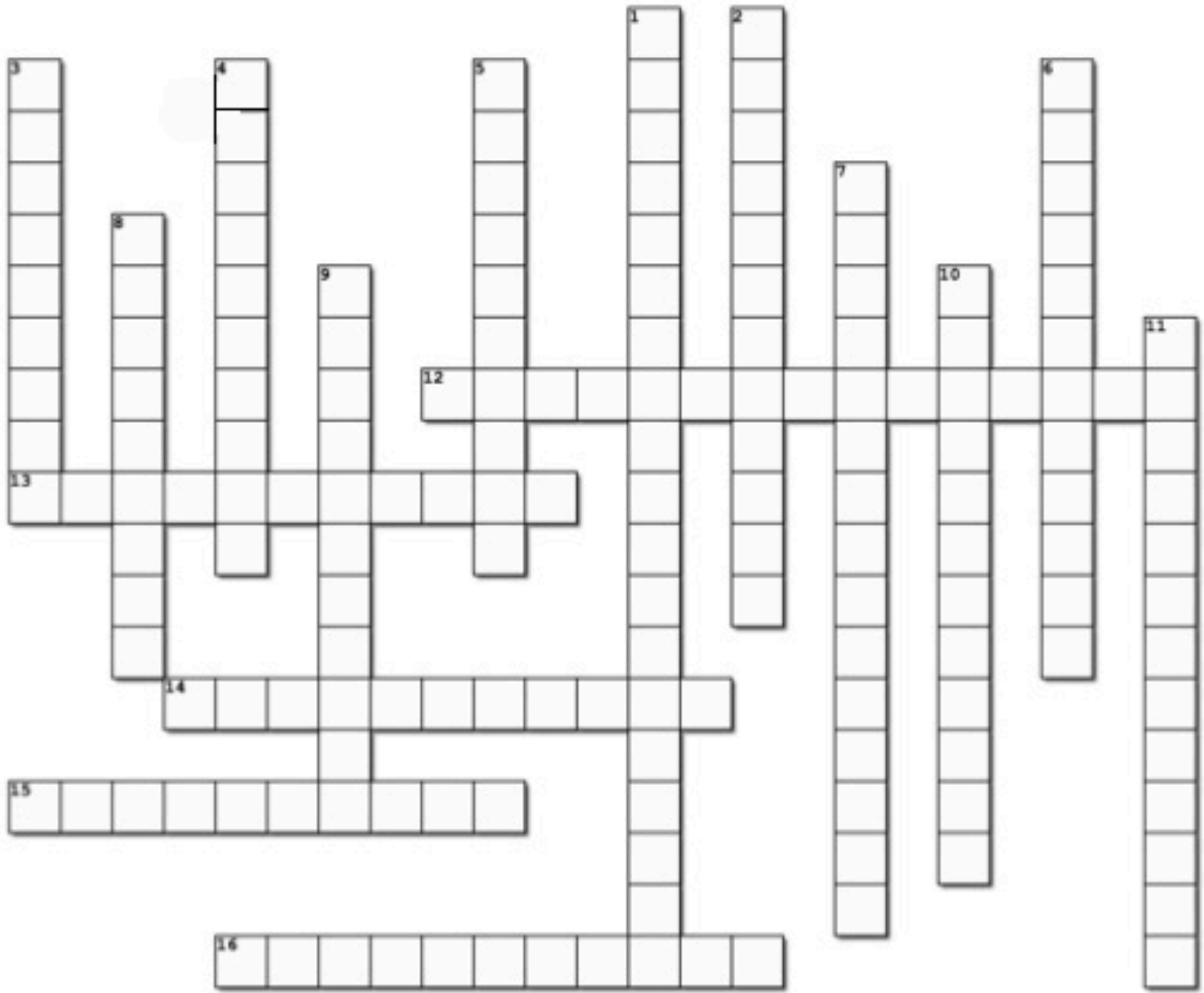
Contact *The Cowl* with advertising requests and questions at cowlads@thecowl.com or, if necessary, via telephone at 401-865-2214. Visit www.thecowl.com/advertise for rates, publication dates, and other information about advertising with *The Cowl*. We reserve the right to decline any advertisement at any time for any reason. We reserve the right to label an advertisement with the word "Advertisement" when, in our judgment, this action is necessary to clearly distinguish between editorial material and advertising.

Subscriptions

Subscription rate for a weekly issue by mail is \$100 per year. Send payment to The Cowl, I Cunningham Square, Providence, R.I. 02918; make checks payable to *The Cowl*. Student subscription is included in tuition fee; issues are available around campus on Thursday nights.

The Cowl is a proud member of the Associated Collegiate Press.

Women Who Define Us



Across

- 12. The first female CEO of a fortune 500 company and first female publisher of U.S. newspapers
- 13. The first woman to earn a PhD
- 14. The discoverer of radium and polonium
- 15. The Virgin Queen
- 16. The person with the most oscar nominations

Down

- 1. Known as the founder of modern nursing
- 2. The author of The Feminine Mystique
- 3. The author of the Harry Potter series
- 4. The author of Pride and Prejudice
- 5. The first woman to conquer Mount Everest
- 6. The first female Vice President of the U.S.
- 7. The face of the "We Can Do It!" poster
- 8. Arrested for refusing to give up her seat on a bus
- 9. The world's first computer programmer
- 10. The first female African American billionaire
- 11. The first woman to fly solo across the Atlantic

Interested in winning a \$10 Dunkin' gift card? Submit a photo of your finished crossword to @the_cowl on Instagram! The fastest crossword solver wins!

Last Week's Answers

- 1. What is in the middle of water but not an island? (The letter "t")
- 2. What do turtles and beaches both have? (Shells)
- 3. Where can you find the Indian Ocean without any water? (A map)
- 4. What has eyes but cannot see? (A hurricane)
- 5. What is the first thing everyone does when getting in the ocean? (Get wet)

USE YOUR REUSABLE TO-GO BOXES IN ALUMNI!

Have feedback for The Cowl? Interested in submitting a Letter to the Editor? Want to put in an ad for a club or an event on or off campus?

Email editor@thecowl.com!

The Department of English presents
a film screening

RUTH STONE'S VAST LIBRARY OF THE FEMALE MIND

"A remarkable portrait of a remarkable life... How do grief and language shape us?"

Wednesday, March 29, 2023
5:00 – 7:00
Ruane 105

Film Screening and Q & A with director, Nora Jacobson, Off the Grid Productions and Prof. Emeritus Chard deNiord

A FILM BY NORA JACOBSON
Light refreshments

If you are a person with a disability and require an assistive device, service, or other accommodation to participate in this event, please contact the Central Reservations Coordinator (401-865-2070; M-F 8:30a.m. – 4:30p.m.) well in advance of this event.

ANNA E. LAVOIE MEMORIAL LECTURE

SCIENCE AND HEALTH COMMUNICATION AND REPORTING IN THE ERA OF COVID-19

Brianna Abbott '17
Health Reporter,
Wall Street Journal

Mallary Tenore '07
Associate Director, The Knight
Center for Journalism in the
Americas

MONDAY, MARCH 20, 2023
SCIENCE COMPLEX ROOM 206
3:00 PM | RECEPTION TO FOLLOW

About the Anna E. Lavoie Memorial Lecture
Teresa Lavoie, J.D., Ph.D. '89 established the Anna E. Lavoie lectureship in tribute to her late mother. Its purpose is to encourage PC students to consider a wide array of career paths in the sciences through interaction with distinguished scientists and other professionals.

Event Registration: <https://prov.ly/lavoie-23>

PHILLIPS MEMORIAL LIBRARY

CITATION WORKSHOPS

- Learn why we cite
- How to avoid accidental plagiarism
- How to use online citation tools/generators ethically
- How to use citations to help you do your research and save time

3/23 Thu @ 11 am

4/17 Mon @ 2pm & 7 pm

3/27 Mon @ 2pm & 7 pm

4/19 Wed @ 7 pm

Research Education Classroom (Library 233) on the 2nd floor of the library

NEED A LINKEDIN HEADSHOT ?



PHOTO CLUB AND WOMEN IN BUSINESS INVITE YOU TO:

LINKEDIN PHOTOSHOOT

MONDAY MARCH 20 5-8PM
SLAVIN SOFT LOUNGE



SIGN UP TODAY ON CAMPUS GROUPS!

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE AN ASSISTIVE DEVICE, SERVICE, OR OTHER ACCOMMODATION IN ORDER TO PARTICIPATE IN A CCC EVENT, PLEASE CONTACT THE CENTRAL RESERVATIONS MANAGER AT (401) 865-1040 M-F 8:30 AM-4:30 PM WELL IN ADVANCE OF THE EVENT.



Visit by **ANIMAL AMBASSADORS** from the **ROGER WILLIAMS PARK ZOO**

Saturday, April 1 at
12pm in Ruane 105

Colleges Against Cancer Presents

Relay for Life

April 23 10 - 4
Peterson Center

Scan to Sign Up!



IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE AN ASSISTIVE DEVICE, SERVICE, OR OTHER ACCOMMODATION TO PARTICIPATE IN THESE EVENTS, PLEASE CONTACT THE CENTRAL RESERVATIONS MANAGER AT (401) 865-1040; M-F 8:30 AM-4:30 PM WELL IN ADVANCE OF THE EVENT.

THE PROVIDENCE ANIMAL WELFARE CLUB PRESENTS...



Therapy Dogs Visit
MARCH 18 FROM 3-4:30PM
IN '64 HALL



VS



PC vs URI Match

March 19th
1:00 pm

At Old Mountain Field in Kingston, RI

first collegiate pickleball match this
season...

LET'S GO FRIARS!

ECOPC Meetings

BI-WEEKLY ON
MONDAYS AT 8:30 IN
FEINSTEIN 116



Follow us on Instagram!
@pcgogreen

PHOTOGRAPHY



RYAN TWOMEY '23/ THE COWL

ABOVE: Noah Locke '23 shoots a three pointer against No. 10 UConn at Madison Square Garden on March 9. The Friars lost to the Huskies 73–66 in the quarterfinals of the Big East Tournament.

ABOVE RIGHT: A candle is lit at St. Dominic's Chapel on March 15. Students can celebrate the Third Sunday of Lent and St. Patrick's Day this weekend at the Chapel.

RIGHT: Brigid McEvoy '23, Tory Hanlon '23, and Kyle Meyer '23 enjoy Irish Fest at McPhail's on March 14. Gaelic Society hosted the event which included delicious food and performances by the PC Irish Dance Club.

BELOW: The men's basketball team celebrates after being selected to play in the NCAA Tournament on Mar 5. The Friars will face the Kentucky Wildcats at the Greensboro Coliseum in Greensboro, NC on March 17.



ISABELLA BAFFONI '23/ THE COWL



EMMA CODY '26/ THE COWL



RYAN TWOMEY '23/ THE COWL

A Review of Miley Cyrus's New Album *Endless Summer Vacation*

Expressing A Self-love Journey Through Music

Claudia Fennell '24
A&E Co-Editor

MUSIC

30-year-old singer and pop sensation Miley Cyrus released her eighth studio recorded album titled *Endless Summer Vacation* on Friday, March 10, 2023. This album follows her 2020 album *Plastic Hearts*, a hit sensation rock pop album. Since 2020, the singer has finalized her divorce with her ex-husband, Liam Hemsworth, and many are speculating that he is the center focus of the album since Cyrus released the lead single of her new album on his birthday. The two were dating on and off for 10 years, and Miley is reinventing herself now as a newly single woman by releasing this lively, self-confident album.

The lead single of the album, "Flowers," was released on Jan. 12, and has become a massive success on the charts. This week the song was at the top of the Billboard Global Charts again for the seventh week in a row, with 97.9 million streams so far. This lead single is a fast-paced, upbeat, anthem for female independence which includes verses like, "Started to cry but then remembered I/I can buy myself flowers/Write my name in the sand/Talk to

myself for hours/Say things you don't understand." Setting the tone for the album, this lead single is a representation of the new independent woman that Miley has become after her divorce. The first verse of the song references a catastrophic house fire that burned Cyrus and Hemsworth's home to the ground. In a 2020 Rolling Stones interview, Cyrus explained that this fire was symbolic in her mind of her relationship. Cyrus stated, "the fire did what I couldn't do myself... It removed me from what no longer served its purpose." Cyrus writes about this event in 'Flowers' with the verse, "Kinda dream that can't be sold/We were right 'til we weren't/Built a home and watched it burn."

Preceding the release of her new album, Cyrus took to Instagram to share her thoughts on the content behind the album. She started out by explaining that the album is meant to be divided into two parts, 'a.m.' and 'p.m.', or morning and night. The first half of the album is meant to represent the morning, in which there is light, energy, and endless possibilities to be had. In the second half of the album, however, the singer describes a nighttime setting, which creates the feelings of "grime but glamor at the same time." This represents ways in which one can go out and create new experiences in nightlife

but also find relaxation at the end of the day.

This album contains a unique blend of emotions, encompassing the feelings that arise during different hours of the day. Created on her path of self-discovery and independence, Cyrus's *Endless Summer Vacation* is an empowering, must-listen to album.

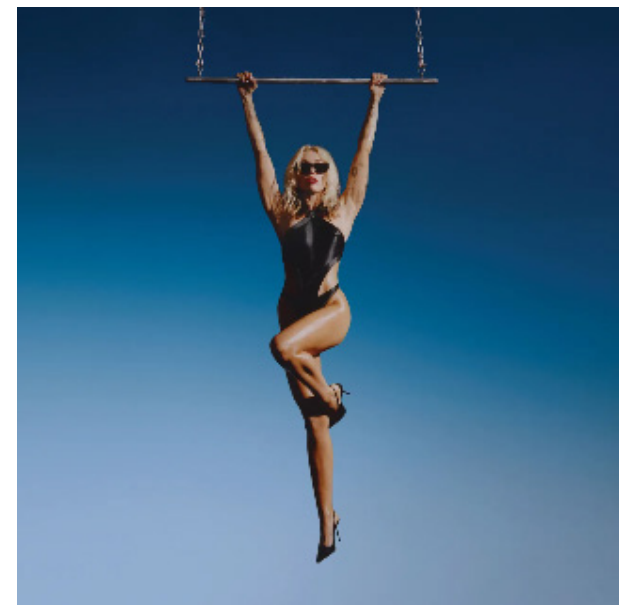


PHOTO COURTESY OF PITCHFORK

The 2023 Oscars

A Summary of One of Hollywood's Most Star-Studded Nights

by Olivia Riportella '25
A&E Staff

FILM

The Academy Awards are back for the 95th annual Oscar celebration, paying tribute to a whopping nine and a half decades of cinema. The event took place this year on Sunday, March 12, returning to its home at the Dolby Theatre at Ovation Hollywood, Los Angeles for the first time since the COVID-19 pandemic. After experimenting with multiple hosts at last year's historic award ceremony, the Oscars invited Jimmy Kimmel back as the sole host for this year's show, which honored movies released in 2022.

The 95th Academy Awards were one for the history books with a remarkable number of firsts. With performances from artists such as Rihanna and a surprise performance from Lady Gaga, the 95th celebration was star-studded indeed. Rihanna delivered a captivating tribute to the late Chadwick Boseman with her *Black Panther: Wakanda Forever* theme song "Lift Me Up," which also received a nomination for best original song. Gaga confirmed her performance minutes before the ceremony,

singing an emotional, stripped down version of her best original song nominated "Hold My Hand" from *Top Gun: Maverick*. At the end of the night, the infectious "Naatu Naatu" from Indian blockbuster *RRR* took home the trophy for best original song, making history as the first Telugu song, and first Indian film, to win the original song Oscar.

Everything Everywhere All At Once had by far the biggest night at the Academy, as it took home seven awards out of its eleven nominations. Sweeping nearly all of the biggest categories in the film industry, the futuristic film from the studio A24 took home the award for best picture, best director, and three of the four major acting categories. Making history once again, Michelle Yeoh of *Everything Everywhere All At Once* took home the trophy for best actress, becoming the first Asian woman to receive the award. In an emotional comeback story, Ke Huy Quan took home the title for best supporting actor, becoming the first Vietnam born actor to win an Oscar. After early career success in movies such as *Indiana Jones and the Temple of Doom* and *The Goonies*, Quan's career grew stale to the point of resorting to stunt work. This win marks a big comeback for him.

"Dreams are something you have to believe in," Quan remarked in a tearful speech. "I almost gave up on mine. To everyone out there, please keep your dreams alive."

The night became even more emotional when John Travolta returned to the stage at nearly 70 years old to introduce the In Memoriam tribute, as he tearfully remembered his late *Grease* co-star Olivia Newton-John, who passed away last year after a long battle with breast cancer. "In this industry, we have the rare luxury of getting to do what we love for a living, and sometimes getting

to do it with people that we come to love," Travolta said. "Since tonight is a celebration of the work and the accomplishments of our community this past year, it is only fitting that we celebrate those we've lost who've dedicated their lives to their craft, both in front of and behind the camera." Using the words of one of Newton-John's most famous *Grease* songs, Travolta ended with saying, "They've touched our hearts, they've made us smile, and became dear friends who we will always remain hopelessly devoted to."



PHOTO COURTESY OF NPR

Pub on Park

Continued from front page

Some of the band's original material also drew positive reactions from the audience, including the songs "If Only I Knew" and "Maybe We Weren't Meant to Be." This band is definitely one PC students should check out.

Up next was Bozo Brain, a two piece hardcore band featuring Meg Pereira on bass and vocals and Tate Lymburner on drums, though the two switched off at one point during the set. While it might seem as though a two piece band would have a hard time creating enough sound to entertain an audience at a rock show, this couldn't have been farther from the truth. With Pereira's amp being channeled through multiple effects pedals and two amps, the sound of her bass was massive, and Lymburner's drumming added a steady backbeat under the wall of sound. From the opening song "Bozo Brain," which serves as a mission statement for the band, the crowd was hooked by the pounding melodies and powerful lyrics. In a scene where hardcore bands are as numerous as the stars, Bozo Brain manages to stand out.

Finally, Vertigo closed out the night with a sound so massive it could've

filled a stadium. The band is only a trio, consisting of Jake Draven, Meg Pereira, and Drew Correra, but they sound like a group twice their size. Draven's guitar playing, which encompasses both rhythm and lead playing within the same song, is enhanced by a wide array of pedals as well as a built-in pad that allows him to control frequencies with a swipe of his finger. His howling vocals ride on top of the shrieking guitars like a fierce wind. Meanwhile, Pereira's bass remains as loud as ever, and Correra's drumming adds an insane amount of dimension and scope to the songs. Throughout the past year, the band has improved their craft and are now a tight live unit, so they were very exciting to see, and the audience was captivated until the last note.

To check out these bands, follow them on Instagram:

@neglectedwitches,
@officialhopelessromantics,
@bozo_brain
@we.are.v3rtigo

A Review of *Malibu Rising*

by Elizabeth Keating '24
A&E Staff

LITERATURE

Malibu Rising by Taylor Jenkins Reid is a gripping novel that takes the reader on a journey through the lives of the Riva family, a group of siblings who are trying to come to terms with their tumultuous pasts and find a way to move forward.

Set in the summer of 1983, the story follows the Riva siblings as they prepare for their annual end-of-summer party, a tradition that has become legendary in the affluent beach community of Malibu—but this year's party is different. Each of the Rivas is struggling with their own personal issues, and as the night wears on, their secrets and tensions come to a head.

At the heart of the novel are the four Riva siblings: Nina, Jay, Hud, and Kit. Nina is a famous surfer and model who is struggling to come to terms with the end of her marriage. Jay is a renowned photographer who is hiding a dark secret from his past. Hud is a successful businessman who is trying to keep his family together, despite his own personal struggles, and Kit is the youngest sibling, a wild child who is determined to make her mark on the world.

As the night unfolds, the Rivas are forced to confront their pasts and

their relationships with one another. Reid does a masterful job of weaving together their individual stories, using flashbacks to reveal the events that shaped their lives and the family as a whole.

One of the strengths of *Malibu Rising* is the way in which Reid captures the essence of 1980s Malibu, with its sun-drenched beaches, glamorous parties, and excess. The novel is a love letter to the era, and the vivid descriptions of the setting and the characters' fashion choices transport the reader back in time.

At its core, *Malibu Rising* is a story about family and the bonds that hold us together, even in the face of tragedy and heartbreak. Reid writes with empathy and compassion, creating characters who are flawed but ultimately relatable. The Rivas are a family that has been through a lot, but their love for one another endures.

Overall, *Malibu Rising* is a captivating and moving novel that will leave the reader thinking long after the last page has been turned. Reid's writing is both evocative and powerful, and the story is one that will resonate with anyone who has ever grappled with the complexities of family and the search for identity.

Come Visit the Courts of Prythian and Rekindle Your Love of Fantasy!

A Review of the Book Series *A Court of Thorns and Roses*

by Nina Miscioscia '24
A&E Staff

LITERATURE

Come one, come all, back to your childhood love for reading! Whether you were a Harry Potter, Hunger Games, or Percy Jackson kid, I have the fantasy series for you! This five-book series debuted in 2015, but fully blew-up on TikTok's "BookTok" from 2020 to 2021—and rightfully so. *A Court of Thorns and Roses* by Sarah J. Maas is a romantic fantasy novel with an epic twist on a classic *Beauty and the Beast* retelling.

The first novel in the series introduces the 19-year old protagonist Feyre and her enemies-to-lovers counterpart, Tamlin. Feyre, the youngest in her family, braves the cold to find food for her family after they lose their riches and her father is beaten for their debts. Her oldest sister Nesta refuses to adjust to the life they now live, followed by her other sister Elain who is deemed too innocent to follow Feyre in her hunt for survival. After killing a wolf in the forest on the border of the faerie world of Prythian, Feyre is abducted from her home to pay for the blood she spilled. The meeting between Feyre and Tamlin is bathed in classic fairytale murder, abduction, and abandoning of family for the hot love interest. Throughout her journey, Feyre encounters new foes, mythical beasts, and the perilous, but darling Rhysand (if you read the books, you will get this pun). Maas builds a revolutionary fantasy world that will deeply immerse you into Prythian, a faerie world littered with magic, danger, and betrayal. Prythian is home to seven courts: the Summer,

Autumn, Winter, Spring, Day, Dawn, and Night Courts. Yet, the magic is dampened in the faerie realm from the work of an unspoken villain which Feyre is destined to face. To be fully introduced to these characters and follow this epic world building, I recommend you look up the pronunciation of the names so you don't get to book three—and believe me, if you finish book one you will get to book three—and realize you have been reading Feyre incorrectly. I will warn anyone who picks up this series that the first novel is a bit slow, but you will most definitely finish the last 200 pages in one sitting so plan ahead!

In addition, the move from *A Court of Thorns and Roses* to *A Court of Mist and Fury* is an abrupt change from a young adult series to new adult, so keep that in mind if there are certain things you are uncomfortable reading. Still, as you transition to the next books in the series, the world of Prythian continues to grow larger along with the threats it carries and the political games that are at play. However, I must apologize in advance, because there is not another book series I have read since reading *A Court of Thorns and Roses* that has been comparable, so be ready to be hooked and hurt! Although I cannot spoil it, I leave you with some words of wisdom: when a spooky, grim reaper-esque creature says "stay with the high lord," definitely read into it.

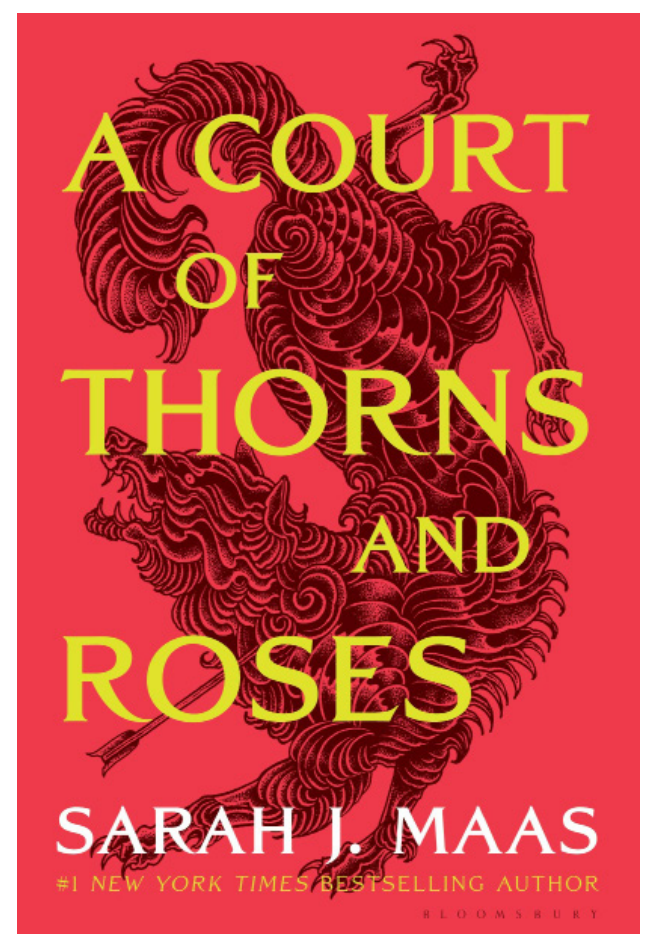


PHOTO COURTESY OF AMAZON

Artist Spotlight: Jack Johnson

Meet the Man Behind Meet the Moonlight

by Madelyn Young '25
A&E Staff

MUSIC

When I ask people if they listen to Jack Johnson, their immediate response usually has something to do with the *Curious George* movie. While he was responsible for the classic 2006 song, "Upside Down," Johnson has been pretty busy since then.

In fact, the singer and songwriter has released 10 albums since his debut (*Brushfire Fairytales*) in 2001. Probably his most well-known album is his 2005 *In Between Dreams*, which includes songs like "Better Together" and "Banana Pancakes." Most of the other songs in this album are just as upbeat and positive as these two, making it a perfect addition to any springtime playlist.

A personal favorite is *From Here To Now To You*, which was released in 2013. It is easy to see why this album wasn't as popular when it came out, considering that 2013 was the prime of artists such as One Direction and Miley Cyrus. This album, however, offers a very different style than 2010s pop with songs like "I Got You" and "Tape Deck," in which Johnson recounts stories about his upbringing in Hawaii. In fact, many of his songs reveal personal accounts about his life, including his relationships with his wife ("Do You Remember") and his children ("You Remind Me of You").

While the instrumental aspect of his music is amazing itself, the lyrics are often what draw people in. My favorite example of this

is "Inaudible Melodies" from his first album. He even makes a reference to Plato's Allegory of the Cave (Civ throwback!) to make a point about the way people take in information.

Johnson's most recent album was *Meet the Moonlight*, which came out in early 2022. In my opinion, this was a big shift from his previous albums in terms of the style. When the single by the same name came out, I was expecting a fast-paced and upbeat song, but was instead met with a mellow, slow song. However, this song set the stage perfectly for the rest of the album. While there are a few faster ones such as "3AM Radio" and "Don't Look Now," the majority of the album is composed of songs very similar to "Meet the Moonlight." This was a great change of pace and something that stood out to fans, especially because it had been five years since his last album was released.

During the summer of 2022, Johnson went on tour, and I was fortunate enough to be one of the first people to hear his new album live! Hearing his songs in person was an incredible experience, and the concerts felt more like a relaxing guitar session with friends than an artist performing for a crowd. This mellow and positive feeling that his music exudes is what makes his work so unique. And, of course, it probably reminds everyone of the *Curious George* movie from our childhood. If you need a great addition to your spring and summer playlists, be sure to add some Jack Johnson songs!

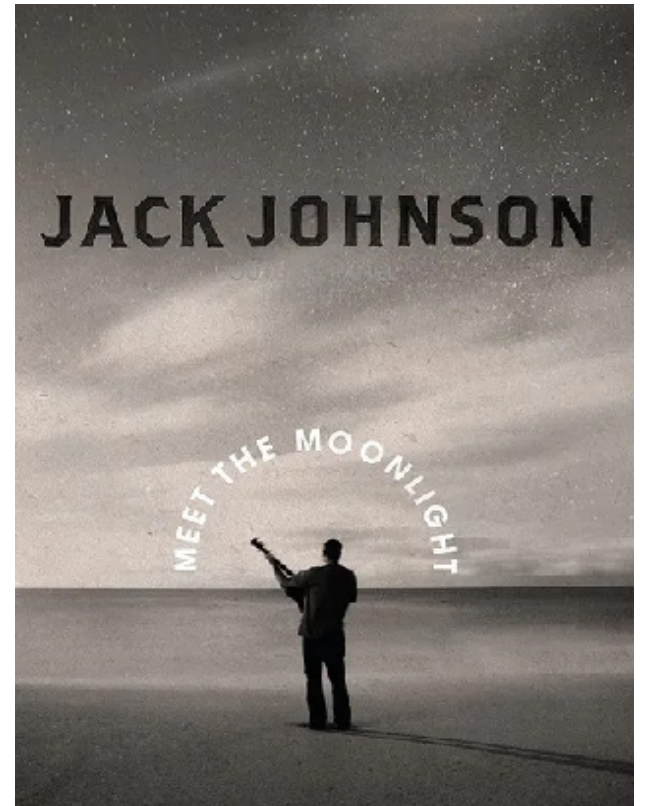


PHOTO COURTESY OF PITCHFORK

Artist Spotlight: Gracie Abrams

by Madelyn Young '25
A&E Staff

MUSIC

Gracie Abrams is a rising singer-songwriter who has been making waves in the music industry with her emotionally charged lyrics and beautiful voice. Born in Los Angeles, California in 1999, Abrams grew up in a creative family, with her father being a film director. She was surrounded by music from a very young age and began to write her own songs when she was only thirteen years old.

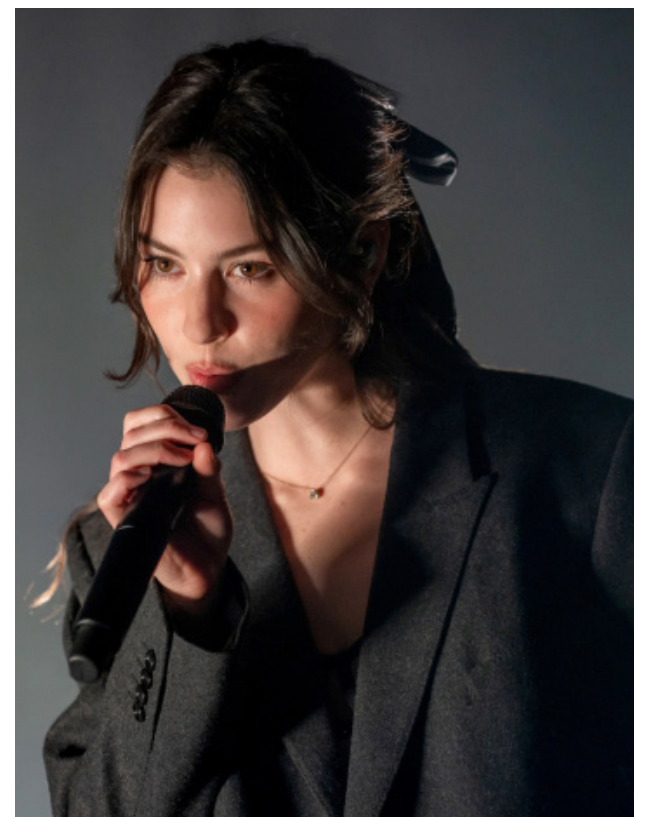
After graduating high school, Abrams moved to New York City to pursue a full-time career in music. She started posting her original songs on social media platforms like YouTube and Instagram, where she quickly gained a following. In 2019, she released her debut single, "Mean It," which was produced with the help of Grammy-nominated producer Blake Slatkin. Her debut single was a commercial success, and this top hit helped to establish Abrams as an upcoming star in the music industry.

Since then, Abrams has released a multitude of singles and EPs, including "Stay," "This Is What It Feels Like," and "Minor," which includes her most streamed song of all time "I Miss You, I'm Sorry." Her music is often known for its raw and honest lyrics that tug at the heart strings of listeners. Her songs explore the themes of love, loss, heartbreak, and self-discovery. Abrams also is extremely vocal about her struggles with depression and anxiety, and she uses her public platform to

raise awareness about mental health issues. In an interview with *Billboard* in 2019, Abrams admitted that writing and performing music felt therapeutic for her. "A lot of the songs I write are therapy for me. They're the way I work through things that are going on in my head." She truly encourages her fans to reach out and seek help for their mental health if they need it. In an Instagram post in 2020, Abrams shared the following statement "It's okay to not be okay. There's no shame in asking for help. You're not alone." By being so open about such a taboo topic, Abrams is able to use her music to connect with others who may be going through similar experiences.

Beginning on March 6th, the 23-year-old artist kicked off her North American tour for her recent album released in February, titled *Good Riddance*. In the past, Gracie Abrams has toured alongside many other successful artists like Olivia Rodrigo, mxmtoon, and Conan Gray. Not only does she have her own tour coming up over these next few months, but in addition to that she is also touring with one of the most talented female musicians of this generation: Taylor Swift.

With her unique voice, and deeply personal and relatable lyrics, Gracie Abrams has quickly become a favorite among fans and critics alike. As she gains popularity, it will be exciting to see where her career takes her next.



PHOTOS COURTESY OF WIKIPEDIA

Unreciprocated Love

by Margaret Brodeur '24
Portfolio Co-Editor

POETRY

She reminded him of clementines in the summer and
auburn maple leaves glowing in the autumn
She gave him fluttering feelings in his stomach and
made the corners of his mouth lift into a bashful grin

He reminded her of a time before it all started to hurt,
Back when breathing didn't feel like drowning
And laughter was a daily occurrence, not a sacred rarity

His ebony hair felt soft against her golden fingers,
Ending abruptly at the temples, and hardly
brushing up against the nape of his neck

His pristine appearance guarded him like a cloak of propriety,
Diverting her focus away from his ever-wandering eyes
and leading her toward the rickety bridge—
between friendly affection and something much more

The words slipped off his tongue like sweet venom,
Filling her ears with promises of his loyal devotion
Vowing that his affection for her was in full bloom
And had been ever since that enchanting night—

Surrounded by the four burgundy walls of that Paris hotel room,
They gave away their friendship in exchange for a chance at
something more—
And with a tender kiss, they sealed Aphrodite's bargain

In the months that followed, her mind twisted and bent
A pattern mirrored by the beating organ in her chest

He called her beautiful, his best friend, his confidant
And spun her tales of his own swooning,
Before quickly reminding her that he wasn't ready for commit-
ment
And praising her for her patience with false sincerity

Still mending from the last shattering
he denied the role he played in the breaking of his own heart—
having fallen for her when he was still in a relationship
and consequently dragged his ex down with him

Still, she wanted to trust him
Wanting this romantic endeavor to end in something other than
heartache,
Yearning for what deep down she always desired—
a reciprocated love

But when she asked about his shifting focus
he called her insecure, jealous, and crazy—

He stifled her voice, and sketched her a picture of two lovers
strolling around Savannah—
A sweet gesture turned a cruel joke on the 14th of February,
When she watched him bring the image to life,
Hand in hand with the newest recipient of his attention

My Daily Afternoon Runs

by Taylor Rogers '24
Portfolio Co-Editor

CREATIVE NONFICTION

Every afternoon, I lace up my beat-up Brooks running shoes that are starting to develop holes, indicating I might have to buy a new pair when I return to the States. I wear my most American outfit of leggings and a sweatshirt, tugging my hair out of my headphones that always get tangled the second I find a decent playlist. Thick curls are shoved into a bun as I grumble about having to run today, and my feet scream in protest as I take the first steps out of my apartment. For the past two months, I have been running, fleeing, and escaping reality in the large city of Barcelona, where palm trees guide me up and down winding streets and I struggle to find routes that don't take me by the *Sagrada Familia*. While most aimlessly wander down these streets, I coast through them, counting how many stop signs away I am from the beach or from the Arc de Triomf. I use it as my little game so I don't stop running, so my feet continue to burn as they collide with pavement and so that the sweat dripping down my back fails to bother me.

I sprint around people conversing in Spanish on the phone, who happen to be out walking their tiny dogs as the sun gently beats down on us. My face breaks into a natural smile upon seeing the adorable pets, and I start counting how many dogs I see as I slow down for yet another stoplight. Jogging in place, I usually try to hum the *Bad Bunny* album that remains my current hyperfixation, only to give up as he sings far too fast and flawlessly for my off-pitch vocals. Hundreds of restaurants open their doors to me, smells of freshly cooked empanadas and Barcelona's "best tapas" begging me to stop my run. My stomach growls but I push on, as I know that I can get a decent meal *after* I finish another mile. The sights that used to make me stop my runs for photographs are now ones I breeze by effortlessly, as my cracked iPhone fails to capture the beauty my eyes see almost daily. Barcelona and her familiarity have transformed my runs from terrifying adventures to an expected, everyday portion of my routine as each afternoon, I lace up my shoes and fall in love with Barcelona more and more.

PHOTO COURTESY OF PIXABAY.COM

Stories of the Veldt

by Kate Ward '23
Portfolio Co-Editor

PROSE POETRY

The sun beats down on the baked savannah, and I look out through my binoculars. I spot her trotting along the ground, grass trampled beneath her paws. Her tongue lolls from her mighty maw like a lifeless limb. Her splotchy fur glimmers and hangs loosely like an ill-fitting coat. She eases back on her sloping hips and lays in wait; eventually, her pig-like nose lowers briefly. She looks up at me and releases a loud cackle. I listen to her, watching as she continues to chatter, punctuating sentences with licks to her paws.

Do you like my laugh? Do you like the prehistoric sounds we make as the sun sinks just behind the tall grasses? We are a lot like you, but you refuse to acknowledge it. We can push you out just like you continue to do to us. We can count your bodies like you count bullets needed to strike us down. We prowl closer, gnawing at the edges of your homes but we are met with fire. We collapse at the perimeter like beaten rugs, mounds of forgotten flesh that you won't move. You know that something larger will take care of the problem for you.

Do you like my coat? It is rough like Africa; it is speckled like a quail's egg. It is what you make your rugs out of without our permission. I wish I could make it past my fallen comrades and crunch down on your necks like the antelope I stalk. I wish I could make you feel my coat, how it quakes with rage as I watch you drown my pups. I wish I could make you see that after the antelope, you are my second favorite food.

I lower my binoculars and watch as she lifts and continues her march, patrolling her lands for me, the invader.



And Choice Made all the Difference

by Max Gilman '25
Portfolio Co-Editor

POETRY

A cliff has become of the heart,
The hearth, ill-chilled silent and still,
wind-wisps echo of wind-chimes,
And billows of night exists in breaths of frost,
chuffed up, upward into the b r e e z e ~ ~
A blistering bark had become of the outerwear,
As boils of bones propagating exodus,
Protruded skin like branches from a tree,

i think of why then
my hair skim, face—mold,
and i yelled inside latex, ate
vapid.

eyes and paper—want letters written
for others to see and taste unwritten emotions,
loneliness is no passing ager,
embroidered, unfastened within mind's ledger
lonely is fast, violent
like upheaving singular finger nails with a clawhammer.
And I don't know why feet don't speak for the mind
when in the end
I've been falling for an eternity.

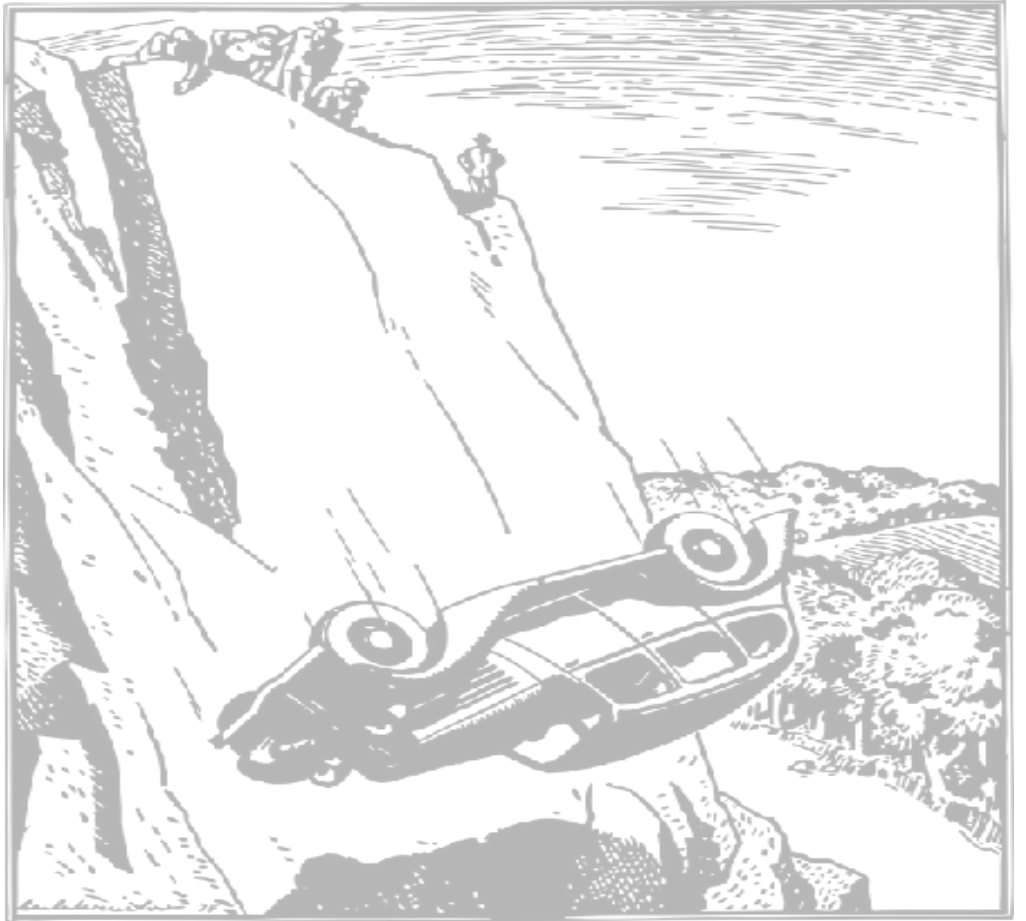


PHOTO COURTESY OF PEXELS.COM

Knotwork

by Sara Junkins '23
Portfolio Staff

FICTION

With the Irish brogue, red hair, and emerald eyes, O'Reilly looked like the stereotypical leprechaun archetype. We used to make fun of it. But that wasn't the most noticeable thing about him. It was the fact that his office was full of carefully-tied knots, all in various patterns, hanging from hooks on the walls where bookcases should have been. Around his desk were illuminated manuscripts on display, with celtic knotwork snaking throughout the margins, similar to the pages of the Book of Kells. Pathways upon pathways with no distinct finale, endless loops. People said if you stared at the designs for too long, you would be hypnotized, losing yourself in the lacework.

The mathematical genius, however, was rarely visited by those asking for help with finding solutions to literal equations. Instead, he helped individuals solve their relationship problems. Supposedly wildly successful, with sightings of formerly teary-eyed couples reemerging goo-goo eyed once again after an office appointment, we decided to investigate this new Cupid for ourselves. None of us believed things could be seemingly fixed just like that. That it could be so easy, just like magic.

It wasn't. Harriet and I saw the first couple leaving, but something blank was behind their enamored stares. Smiling on the surface and gazing into their partner's eyes yet also an emptiness. An acceptance, an eerie settling of dust upon a window with no desire to clean it off. No frustration, no pain, no desire for depth. Robots complementing each other. Nothing more. They felt more real before the mesmerization.

"Look," Harriet said, noticing the colorful bands wrapping around their arms. "It's a bracelet." Her face scrunched into confusion.

The little ropes intertwined like strands of DNA. They were beautifully bright yet felt strange to behold and ominously untouchable, like poisonous frogs.

We both looked at each other with uncertainty. We knew they weren't sporting those bracelets an hour ago. Why was O'Reilly giving couples odd bracelets? It seemed like a sinister twist on the friendship bracelets people made for each other in elementary school. Yet these bracelets looked finely crafted and woven with precise fingers. Shackles of devotion to each other.

We approached the couple, hoping to get a few answers about O'Reilly and his methods, but, entranced, they took no notice of our greetings and went on their artificially merry way.

We peered into the open office door from afar. There was a glint of gold like lightning and the clatter of coins spilling to the floor, and then the door slammed shut.

Neither of us wanted to go into that office after that, not even to interview. Luckily, some of our friends were braver and decided to go interview him instead.

Carl and another of our friends came out of the interview with notes scrawled hastily onto a scrap of paper, which they handed to us, saying nothing.

We scanned the paper. O'Reilly was an expert at weaving, sewing, crocheting, and especially crafting knots.

Under the first paper was a transactional page of sorts, and signatures of many couples. Too bad people usually don't read the fine print because this currency wasn't cash but literally listed as "emotional gold."

In ghostly handwriting the final line of fine print read, "Never make a deal with a."

We bolted out of there after reading that. We still don't know

to this day if it was an elaborate prank, but it was all strange nonetheless.

We came to understand after that day that each contract, each bond, each tie is a knot that can't always be so easily undone. Not long after our discovery, O'Reilly mysteriously disappeared, leaving a single knot hanging in his office.

PHOTO COURTESY OF PEXELS.COM

Cure

by Connor Rohan '24
Portfolio Staff

FICTION

Death has always been a driving force behind our species' choices, taking whatever path they can to avoid trying to find an answer to solve the problem. Only it seemed impossible, how could you solve a problem as intense and seemingly unsolvable as this one? It seemed humanity was fated to live short lives and die. Until one day a scientist burst onto the news claiming they had done it. They had found the cure-all to death, they had discovered immortality. People immediately jumped onto those claims, ready to do or take whatever they needed to become immortal. Wealthy people from all around the globe bought their way to the front of the line, to the cure. And upon taking it, almost immediately they felt young again, they looked like they were in their mid-twenties. It had worked, they were young again. Feeling like no one could stop them, they started doing whatever they wanted again, ignoring the consequences. 400 years passed and they still looked young, another 300

years and then they started feeling it, their bodies were starting to ache again, their hair was graying, and their skin was wrinkling, they were getting old again. Furious they had been scammed and believing they had been lied to, they scoured the planet in attempts to look for the scientist that took the cure first, this escapade taking another 200 years, but by the time they had found the person they were looking for, they were too old. Their physical age catching up to them, they found themselves unable to move, unable to speak, unable to remember why they were where they were. They were mere steps away from what they sought but, in the end, couldn't get to it. No one knows if the scientist did it on purpose, making a cure for those who would take it all before everyone else. But the wealthy would soon come to understand in their final breaths that the cure wasn't for death, but for the selfish. And it had worked as intended.

PHOTO COURTESY OF FREESVG.ORG

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff & Earl,
I was stalking my Civ crush's Instagram and I saw he posted with a girl for his spring break photo dump. I'm heartbroken. How do I move on?

From,

Hopeless Romantic

Dear Hopeless,

Repost the photo on all your accounts, email it to everyone you know, print it out and leave copies all around campus. I bet that will make you feel better.

Cheers!

Tiff

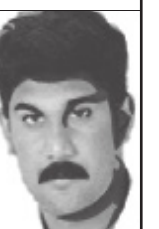


Dear Hopeless,

The solution is easy. Go through your class roster and pick a name, stalk them on socials, and then shoot your shot. Maybe make prolonged eye contact after seminar. Let me know how it goes.

Sincerely,

Earl



Listomania*

How do I get my focus back after spring break?

- Take it slow, only do small assignments
- Plan out your work
- Take time for yourself
- Meditate or go to the gym
- Find a new study spot on campus
- Study with friends
- Check out Spotify's study playlists
- Try the Pomodoro method
- Meet with your professors or advisor to see if they have any advice
- Ask Coach Cooley for a pep talk

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

Sports Shorts

by Daniel Charapp '25
Sports Staff

FRIAR ATHLETICS

Men's Basketball:

The Providence College men's basketball team currently holds an overall record of 21-11 with a Big East conference record of 13-7. The Friars entered the Big East tournament as a No. 5 seed, facing off against No. 4 seeded University of Connecticut where they lost 73-66 after an impressive comeback attempt. Despite the team's three consecutive losses, Providence qualified for the NCAA Tournament as a No. 11 seed, where they will face the No. 6 seed Kentucky Wildcats Friday, March 17, at 7:10 p.m. in Greensboro, NC.

Women's Basketball:

The Providence College women's basketball team finished the season with an overall record of 13-19 and a Big East conference record of 4-16. Providence entered the Big East tournament as a No. 10 seed, and lost to the No. 7 seed, the DePaul Blue Demons in the opening round on March 3 with a final score of 67-54. Janai Crooms '23 led the Friars in scoring with 16 points. After the Friars' loss in the Big East tournament, the team parted ways with head coach Jim Crowley, who has a final overall record at Providence of 85-125 and a Big East conference record of 32-94.

Women's Ice Hockey:

The Providence College women's hockey team finished the season ranked No. 13 with an overall record of 22-11-4 and a Hockey East record of 15-8-4. After beating Maine in the Hockey East quarterfinals, the Friars faced the Vermont Catamounts on March 1 in the semifinals, winning 1-0. Delaney Couture '23 scored the lone goal in the game during the second period. The Friars then lost in the conference finals to the top-seeded Northeastern Huskies 4-1, with Noemi Neubauerova '23GS scoring the only goal for the Friars. Despite the Friars' strong performance in the conference tournament, the team did not qualify for the NCAA Hockey Tournament.

Men's Ice Hockey:

The Providence College men's hockey team is currently unranked, holding a 16-13-7 overall record and a Hockey East record of 9-9-6. In the opening round of the Hockey East tournament, the Friars beat the UNH Wildcats in overtime 2-1, with Jamie Engelbert '23 scoring the overtime-winning goal. In the quarterfinals, the Friars took down the No. 3 seed Northeastern Huskies in a 2-1 overtime victory, with Brady Berard '26 scoring the overtime goal. The Friars will face top-seeded Boston University in the conference semifinals on Friday, March 17 at 4 p.m.

PC Hockey East Tournament Update *Both the Men's and Women's Squads Find Success*

by Joseph Quirk '23
Sports Co-Editor

FRIARS ATHLETICS

It has been quite a rollercoaster year for the Providence College men's and women's ice hockey programs. After strong starts for both teams that saw them among the nation's top programs, they have finished their seasons in a nail-biting fashion.

The women's team finished their season a strong 22-11-4 with a record of 15-8-4 in Hockey East play. According to USCHO they are currently ranked No.12 nationally...which unfortunately is one spot shy of where they needed to be. The NCAA women's ice hockey playoff tournament is smaller than the men's tournament, selecting only 11 teams for the field. Four of those teams will earn automatic bids by winning their conference championships, while the rest are selected at-large from the other ranked teams. The Lady Friars found themselves the odd ones out after losing the Hockey East championship last Saturday to Northeastern University.

The Lady Friars limped into Hockey East play after splitting their last four games, losing two out of three games to Boston College. In their first-round matchup, the Friars hosted the University of Maine. The Black Bears stood no chance, losing the matchup by a score of 5-2. Following their victory, PC traveled to Vermont to face the University of Vermont. Again, the Friars proved victorious winning by a slim margin of 1-0, the lone goal scored by senior Delaney Couture '23 in the second period. That put the Friars in the Hockey East championship. This marked the 9th conference tournament championship appearance in program history, and the second since head coach Matt Kelly took over the program in 2018. A win would lead to just the third NCAA tournament appearance in program history, the second in Matt Kelly's tenure, and the program's first bid since the 2020-2021 season. However, Northeastern University proved too much for the Friars, as they fell by a score of 4-1 on the road. That moved the women's ice hockey conference championship record to 4-5 all-time and effectively ended their season.

The question now is: what is next for these Lady Friars? This year's squad was a good mix of returning veteran talent and impressive young prospects. A good chunk of their veteran leadership is gone now, including star-forward Sara Hjalmarsson '23GS and goaltender



PHOTO COURTESY OF PC ATHLETICS

Sara Hjalmarsson '23GS and the PC women's ice hockey team came up just shy of an NCAA tournament bid following a loss in the Hockey East finals.

Sandra Abstreiter '23GS. Head coach Matt Kelly has proven in his short time in Friartown that he can build a winning team. However, he failed to repeat his successful NCAA tournament bid the last two seasons, despite being painfully close this season. That year however was also the first for Hjalmarsson and Abstreiter, and next season will be Kelly's first without his two-star leaders.

As for the men's program, their season has also been quite bumpy. After a scorching start that made an NCAA tournament bid seem inevitable, the month of January really crushed this team. Over a five-game stretch spanning from mid-January into early February, the Friars went on a 0-5 skid which included being shut out twice and losing by one point three times. In late February, it had begun to seem like the Friars were getting some wind under their sails again with a 2-0-1 record over their next three games. But that was once again followed by an 0-3 record heading into tournament play. The Friars finished the season with a 14-13-7 record and a 7-9-6 record in Hockey East play. That record was good enough to net the Friars the 7-seed in the Hockey East tournament.

The Friars' late season slide made their chances of earning an at-large bid to the NCAA championship tournament impossible. Head coach Nate Leaman has been in his biggest NCAA tournament drought since coming to Providence, missing the national tournament the last 3 seasons. With the national recognition he receives for being a good coach, another missed tournament bid could result in him looking for better opportunities elsewhere. A lot is at stake for the Friars

to make the NCAA tournament. That said, their chances of an at-large bid were killed once the Friars fell outside the USCHO top-20, with the men's NCAA tournament only fielding 16 teams, with automatic bids for conference champions. And thus, the Friars only hope of a bid was a conference championship. And those hopes remain alive.

The Friars faced the University of New Hampshire in their first Hockey East tournament game, narrowly winning 2-1 in overtime. After leading 1-0 after the first period thanks to Craig Needham '23, the Friars surrendered a second period goal to tie the game. Jamie Engelbert '23 then netted the game-winner just a minute and 41 seconds into the overtime period. The Friars then traveled to a strong Northeastern University team last Saturday and again had a scare, winning once more by a score of 2-1 in OT. This time, the Friars came back from a one goal deficit after the first period. Brady Berard '26 got to be the game-winning hero this time, scoring his first collegiate goal to keep the Friars' season alive. Now, the Friars are faced with a big test and the highest stakes this weekend. The Hockey East semifinals will be hosted this Friday at the TD Garden in Boston, MA. The Friars are facing Boston University, currently ranked No. 5 nationally according to USCHO. The game will essentially be a home game for BU, as not only is it in their city, but also hockey is the school's number one sport. If the Friars win, they will play for the Hockey East championship on Saturday, again at the Garden, with a NCAA tournament bid on the line. Now all we can do is wait and see what happens.



Following their win over Northeastern University, the PC men's ice hockey team will advance to the Hockey East semi-finals Friday, March 17th to play Boston University at the TD Garden.

PHOTO COURTESY OF LYDIA VIGNEAU

Providence College Investigates: MLB Who Will Win MLB MVP This Season?

Shohei Ohtani & Juan Soto

As the new arrival of the MLB season dawns upon us, it is about time to lock in those futures. One of the most exciting future bets to lock in is the Most Valuable Player award. Other than the World Series, the MVP is one of the most deserving and exciting rewards for a player. It is given to someone who not only goes above and beyond with their skills, but also is able to beat out all their other opponents and the assets that they play with. It is very hard to choose just one player from both the American and National Leagues to be the best because there are so many options and, of course, risk of an injury. This year Shohei Ohtani will be crowned again to win MVP for the American League. Ohtani won the award in 2021 when he miraculously hit 46 home runs and drove in 100 runs. He also did it on the other side of the field where he went 9-2 with a 3.18 ERA. Ohtani has completely changed the game of baseball because of his ability to dominate on both sides of the field and give absolutely everything he can to both the game and his teammates every night. Ohtani will also become a free agent after this season and is expected to get one of the largest contracts of all time. This can only make a player more hungry to perform well and succeed. Since Ohtani has been with the club, the Angels have not accomplished much as they have not won a playoff game. This year Ohtani will not only look to turn his franchise around but also to gain his second MVP trophy to add to his collection.

Unless you are Shohei Ohtani and can play both sides of the field at any point in time, it is likely that your team is going to have to perform well if you are going to win MVP. That is why I am picking the young stud Juan Soto to win MVP of the National League. Soto is about to play his first full season in a Padres uniform and this team is probably the best team on paper out of the whole league. They are basically a lock for the post season and after seeing their rival, the Los Angeles Dodgers, have so much success the last few seasons, they feel it is their turn to get in on the fun and bring a championship to San Diego, CA. In order to do this, Soto will have to be one of the players that leads the way for his team. Last season Soto collected 27 homers and 62 runs batted in with nearly no help in Washington and was begging to have a shot with a playoff team. This year I believe Soto will be ready to go and he will put on a show for the whole league to see. He is a flashy player that teams love to watch play but hate to play against. Soto will outduel all of the other talent in the National League because he is still a young player that has a lot to prove and is equipped with a good team around him that wants to win.

- Patrick Walsh '24
Sports Staff

Pete Alonso & Shohei Ohtani

As the weather continues to get warmer, the MLB season is beginning to ramp up toward Opening Day. After a tumultuous off-season, fans are eager to see their favorite players suit up once again. Once the season gets underway, one award race to watch will be for the MVP, which is awarded to the most valuable player in each league. Each of last year's winners, Paul Goldschmidt and Aaron Judge, fit a very specific mold. Both are sweet-swinging power hitters, who led their teams to high-powered offenses throughout the season. One potential candidate in this year's race in the National League fits their description to a tee: Pete Alonso. Alonso is one of the most powerful hitters in baseball, racking up 40 home runs last year, which was good for the third most in baseball. Additionally Alonso drives in runs with the best of them. He notched a career-high 131 runs-batted-in last year, which paced the league. If Pete is able to maintain his high level of production this year, it would not be surprising to see voters recognize him as one of the most valuable players in the National League. Alonso, however, is not solely valuable because of his efforts in the batter's box. He has become one of the better fielding first basemen since he entered the league in 2019. Ultimately, it is likely that Alonso finds himself

firmly positioned in the heat of the 2023 National League MVP race. In the American League, there is one candidate that is the overwhelming favorite: Shohei Ohtani. Ohtani's unique ability to impact the game as a two-way player, both pitching and hitting, sets him apart from the rest of the field. The 2021 American League MVP winner was impressive again last year, notching 34 home runs and driving in 95 runs. In addition to his contributions at the plate, Ohtani remained one of the most dominant pitchers in the American League, picking up 15 wins against only nine losses. In 28 starts for the Los Angeles Angels, Ohtani's earned run average per nine innings, or ERA, was a sparkling 2.33 runs per nine innings. Ohtani overwhelms batters with his high-powered fastball, helping him strike out 219 batters over the course of the 2022 season. Ohtani's tantalizing skillset has electrified the MLB's fanbase, and MVP voters alike, and it would be unsurprising to see him take home his second American League MVP in just three seasons. Regardless of who wins either award, this season appears primed to be backed with drama, excitement, and high-quality baseball.

- Will Murphy '23
Sports Co-Editor

PC Men's Basketball NCAA Preview

Luke Sweeney '24
Sports Staff

FRIARS ATHLETICS

Our Providence College men's basketball team has had a rather turbulent season this year, filled with towering highs and diminishing lows. Coming into this season, the nation was unsure on how the new-look Friars would perform in the ultra-competitive Big East conference with their roster of new transfers such as Devin Carter '25, Noah Locke '22GS, Jayden Pierre '26, and Bryce Hopkins '25. Fans and competitors alike were anxious to see how these new transfers would mesh with returning starters such as Alyn Breed '24, Jared Bynum '22GS, and Ed Crosswell '23GS. Tenured head coach Ed Cooley said in a press conference after a shaky win against Rider University earlier in November, "We'll get a lot better. This is game one, with eight new guys. As you can see, we're trying to teach each other." In retrospect, Coach Cooley could not have been more correct. The regular season proved to be rather successful for the Friars. They finished with an overall 21-11 regular season record with a 13-7 record in Big East play. Notable victories during the season came in December and January with wins against Marquette University and the University of Connecticut within the same few weeks. February and March came as a difficult stretch for the team heading into the Big East Tournament. In these two months, the team went 4-6 against Big East opponents and were knocked out of the Big East Tournament in the first round in a hard-fought matchup against UConn.

Although the regular season ended the same way that it started, the Friars were able to land a spot as a No. 11 seed in the NCAA Tournament against the University of Kentucky Wildcats. Additionally, the transfers for the Friars proved themselves to be top caliber players in



PC is set to take on the University of Kentucky this Friday, March 17th in the first round of the NCAA tournament.

PHOTO COURTESY OF RYAN FEENEY

the Big East, with Hopkins at one point being in serious conversation regarding the Big East Player of The Year. Carter, Pierre, and Locke all also had exciting seasons while finding their role in the starting lineup and proving that they each have the ability to play at the next level.

Heading into the tournament, the future of the 2023 season hangs in the balance. There was a question of whether or not the Friars would even be included in the NCAA Tournament this year due to their lack of success in the past month. Although placed at such a high seed, I wouldn't be so quick to count the Friars out just yet. In recent years, No. 11 seeds have surprisingly found a great deal of success. Three were able to advance to the second round of the NCAA Tournament in 2022 while two did

so the previous year as well.

While Kentucky has an experienced squad with legendary coach John Calipari, this year's Providence team is not to be taken lightly. The influx of transfers into the starting lineup along with returners Ed Crosswell and Jared Bynum, there is a lot of tournament experience in the Friars locker room. We can't forget about the brilliant coaching that Ed Cooley brings to the floor as well. With this being his 7th tournament appearance with the Friars, he is no stranger to these types of must-win first round matchups. They may not be what last year's squad was, but the Friars have experience, good coaching, and a two-big lineup that matches well with Kentucky's size.

A Look Around Friartown

Men's Basketball:

03/01 vs. No. 17 Xavier University, loss 89-94

03/04 vs. Seton Hall University, loss 58-82

03/09 vs. No. 11 University of Connecticut, loss 66-73

Upcoming:

03/17 vs. University of Kentucky (NCAA Tournament)

03/18-19 NCAA Tournament (TBD)

Lacrosse:

02/25 at No. 12 Saint Joseph's University, loss 6-19

03/04 vs. Fairfield University, win 17-10

03/11 vs. Stony Brook University, win 10-9 (OT)

Upcoming:

03/18 vs. Hobart College

03/25 at No. 19 University of North Carolina

04/01 vs. Marquette University

Softball:

03/10 at St. John's University, win 2-1

03/12 at St. John's University, loss 1-2

Upcoming:

03/15 vs. University of Massachusetts

03/17-19 vs. University of Connecticut

Men's Ice Hockey:

03/08 vs. University of New Hampshire, win 2-1 (OT)

03/11 at No. 16 Northeastern University, win 2-1 (OT)

Upcoming:

03/17 vs. No. 5 Boston University (Hockey East Semi-Finals)

PROVIDENCE

Sports Picks of the Week

by Aidan Bennett '24
Sports Staff

SPORTS PICKS

Greetings, fellow sports bettors. One of our best weeks for sports gambling has come, and oh boy am I friared up for it. Not only do I have locks, but I also have a system. This is not your average system; it is highly formulated as I pored over years of data. March Madness might seem crazy and unpredictable, but I will simplify it all right here.

My system is quite simple. The one constant in March Madness is the madness. We know there will be upsets in the first weekend because the selection committee put Purdue and UConn in top seeds. It is hard to predict which teams will choke. My system is to bet all No. 12, 13, and 14 seeds to win outright in each game. Each one has massive upside potential for the underdogs, and some are bound to hit. The only kink is to bet against Marquette instead of Gonzaga because Marquette should not be a No. 2 seed. With all of our longshots, most won't hit, but we only need four of our 12 bets to hit. When they do, we are certain to make some dough to play with for the rest of the tournament.

In summary, we must take Furman, Oral Roberts, Vermont, Drake, Kent State, VCU, Iona, Kennesaw State, Montana State, USBC, Charleston and UL Lafayette to win their first-round matchups. Some of them will be able to sneak through to make some serious cash. If you can put a half unit on each of the 12 bets, those six units can become upwards of 20 units. The big sportsbooks are starting to track me for exposing their secrets, I'm not sure how



PHOTO COURTESY OF MARC LEBRYK/USA TODAY SPORTS

Max Abmas is one of the star players for Oral Roberts University, a team to look out for this March.

long I have left.

On top of this, there are some teams to definitely avoid this March. Teams like Purdue, UConn, Marquette, and UCLA should be avoided. None of them could come into the AMP and walk out with a win. If they can't handle the madness of the AMP, they can't handle the madness of March. If any of these teams win their first game, they fade them strongly in the second round. Take this free money and enjoy your St. Patrick's Day. Get some Shammy Shakes with the boys and just root for madness.

Sincerely,
The Shepherd

As always, gambling can be addictive and if you feel you have an issue call 1-800-GAMBLER for help. Gambling should only be done within your means with money you can afford to lose.

Athlete of the Week: Brady Berard '26

by Joseph Quirk '23
Sports Co-Editor

FRIARS ATHLETICS

The Providence College men's ice hockey team has had a tumultuous season so far. After a strong start to the season that saw them in the USCHO top-20 and several victories over other top teams, the Friars finished off their regular season with a whimper. From Jan. 14 through Feb. 3, the Friars lost five straight games, knocking them outside the top-20 and potentially costing themselves a shot at the NCAA playoffs. The Friars hadn't made the National Tournament since the 2018-2019 season, a three year stretch that marks the longest drought in the tenure of head coach Nate Leaman. The Friars may have had a redemptive shot with their final four games coming against ranked opponents University of Massachusetts Lowell and Boston University, however they went just 1-3 in those games.

The chances of the Friars making the tournament were slim. It was becoming virtually impossible for them to claim an at-large bid at this point. The NCAA men's ice hockey tournament only fields 16 teams, including

the conference winners. In order to get a ticket to the playoffs, the Friars would need to upset and win the Hockey East tournament. This would be no easy feat, as Hockey East is one of, if not the, premier college hockey conferences in the country. And yet, after back-to-back overtime wins, the Friars enter a semifinals match against BU on Friday, March 17 at TD Garden in Boston. This puts them just two wins away from a Hockey East championship and an NCAA tournament bid. While many players contributed to their last win, the overtime game-winning goal scorer Brady Berard '26 was the hero.

Berard is the brother and teammate of New York Rangers prospect Brett Berard '24 and has seen solid playing time in his freshman campaign at Providence. PC has been a family affair for the Berards, with their father, David Berard, also working for the Friars hockey program. But make no mistake, both Brett and Brady are good on the ice.

While Brett has established himself as a star in Friartown, Brady has come in to write his own legacy in his freshman campaign. He has seen decent ice time as a freshman, albeit with a small role. He started his season solidly, with two assists in his first five games, but since had failed to tally a point. Brady would go the remainder of the season without a goal or assist. That is, until last Saturday. When the Friars faced Northeastern University in the Hockey East tournament quarterfinals, the game was a must win for the Friars. They fell in a 1-0 hole early, but tied the game in the second period and remained in gridlock through the third—until four minutes into the overtime period. College hockey overtime periods are just five minutes long before then going to shootouts. While goaltender Philip Svedebäck '26 has been outstanding this season, shootouts are very tricky and a dangerous bet when your season is on the line. Berard alleviated that fear when he re-directed a puck that was sent off the end board by Guillaume Richard '25. Berard's first collegiate goal also netted him Pro Ambitions Hockey East Rookie of the Week on March 13.



PHOTO COURTESY OF PC ATHLETICS

Brady Berard is the freshman brother of his Friar teammate Brett Berard and scored his first collegiate goal when he netted an overtime game-winner against Northeastern University.