

The Cowl



SINCE 1935

Vol. LXXXVII No. 17 | May 4, 2023 | thecowl.com



The Cowl Class of 2023

“With Mutual Respect” PC Hosts Second Panel Event to Discuss Abortion

by Emma Stremper '24
Syd Olinger '23
News Co-Editors
CAMPUS

This article discusses difficult topics, including abortion and sexual assault. Please be aware and read at your own comfort and discretion.

At the beginning of this academic year, the administration held its first event in a new presidential series: With Mutual Respect: Discussions on Contemporary Challenges. The topic of discussion on Sept. 28 was abortion and the Supreme Court's *Dobbs v. Jackson* decision that led to the overturning of *Roe v. Wade*. Two faculty scholars presented arguments from the pro-life perspective and two presented from the pro-choice perspective.

A neutral moderator facilitated the conversations, and audience participants, who were primarily students, had the opportunity to ask questions and offer comments. More than 500 faculty, staff, students, and trustees attended the first session, and feedback after the event was resoundingly positive.

Right after the fall event, students approached the administration about joining the conversation. The administration agreed to host another With Mutual Respect Conversation between students on the same subject.

Feeling confident in the success of the first panel discussion, the administration held a student-run panel last week, on Wednesday, April 26.

“With Mutual Respect”/Page 2

Meet Me at the Met Student Bands Generate Excitement at Showcase

by Jack Downey '23
A&E Co-Editor
LOCAL MUSIC

In the past year, one of the most anticipated events of each semester is the concert, sometimes plural, at The Met. The last one, which took place in February during the coldest day of the year, was a surprise hit, with nearly 300 people coming together to dance away the icy blast. After that success, the excitement for the follow up was through the roof.

Once people returned for Easter Break, promotion began for the awaited sequel. The lineup would consist of The Hopeless Romantics, The Grapes, and St. Joe and the Dorms. A portion of the proceeds would also go to the Izzy Foundation, a local charity

that seeks to aid children with cancer. A flurry of Instagram posts ensued, as well as printed flyers that even made their way down to Eaton Street doorways. Before anyone knew it, the day of the concert had arrived: April 28.

Doors opened at 7:30 p.m., with The Hopeless Romantics going on at 8:00. The band consists of Declan Henry '24 on vocals and guitar, Reid Kieper '24 on vocals and guitar, Colin McNamara '25 on bass, and Sean Smith '24 on drums. Their set featured a 50/50 split between originals and covers. Old favorites such as “Twist and Shout,” made famous by The Beatles, met new covers, including an energetic take on Counting Crows’ “Accidentally in Love.”

Meet Me at the Met/Page 16

UNDERTHEHOOD

Providence College’s Student-Run Newspaper Since 1935

News	2
Opinion	4
Photography	11
A&E	16
Portfolio	19
Sports	23

Opinion
Kaelin Ferland '23 discusses the Grand Fennell Oak and the College’s controversial plan to cut it down.
Page 6

Sports
Justin Bishop '24 highlights the Friars men’s lacrosse team.
Page 23

Commencement
Check out <i>The Cowl's</i> annual Commencement insert, featuring swan songs from our staff and highlighting the Class of 2023 summa cum laude graduates.

With Mutual Respect PC Hosts its Second Abortion Panel

Continued from the front page

by Emma Strempler '24
Syd Olinger '23
News Co-Editors

CAMPUS

The College appeared to strenuously support the event made evident by College president Father Kenneth Sicard, O.P. who sent out several reminder emails during the week prior. The administration wanted the event to run particularly smoothly—requiring registration and PC ID upon entry.

The panel was held in '64 Hall, which filled up substantially by 7 p.m. It was apparent that students were feeling anxious, perhaps because both pro-choice and pro-life students anticipated hearing emotional arguments from both sides.

Dr. Rick Battistoni, chair of the political science department, served as a moderator for both student and faculty discussion forums.

Fr. Sicard, O.P. led a prayer to begin the event. To some this was a peaceful and respectful way to center the discussion; to others, this was an unnecessary insertion of the Catholic faith into the debate.

He said, "Recent events demonstrate loudly that the issue of abortion weighs heavily on our nation and on our community" continuing, "We have an obligation (as a Catholic college) to discuss issues that are uncomfortable"

Students were encouraged to submit respectful questions at the end.

The discussion was formatted in two rounds. The first was to be an opening statement from each of the four speakers that provided an answer to the question, "What has led you to your current position on abortion and why?" Each panelist was given six minutes to speak. The second round served as an opportunity for reflection and response to arguments made when panelists had three minutes to speak.

Speaking on behalf of the pro-choice position was Mykala Green '23, a psychology major and Claire Mulvey '23, a history

major. Speaking on behalf of the pro-life position was Avery Schaub '25, a theology major, and Liz Duffy '23, a double major in theology and humanities.

Green opened the discussion by emphasizing the necessity for abortion in cases of sexual assault. Women and girls that are forced to birth a child that is the product of rape, she says, "become victims of not just assault but of legislative restraints." She highlighted that pro-life factions often present themselves as caring for the vulnerable and victimized. Children and women who are raped are also vulnerable and deserve protection, and she says pro-life people should consider this.

Duffy began her opening statement by strongly declaring that she is "convinced of the pro-life position because the worst atrocities in human history have occurred because one group of people denied the humanity of another."

She defined the moment that human life begins as at conception when sperm meets egg and a new DNA sequence is formed. She said that "every human life is a human person—even if they are small or underdeveloped."

Mulvey appealed to her upbringing as an attendee of Catholic school from ninth grade onward. She said, "My views on abortion are not in spite of my Catholic and Dominican education, but because of it." She referenced her commitment to the pursuit of veritas several times and claimed that the Catholic pro-life movement works against itself by preventing proper sex education while further restricting abortion.

Mulvey highlighted that PC does not

offer pro-choice students on campus the same opportunities as pro-life students, as the College has banned pro-choice guest speakers and does not allow any pro-choice clubs when many of the College's students are pro-choice.

Schaub stated that she believed the heart of the conflict is that a woman's right to bodily autonomy is at odds with the fetus's right to be safe from violence. Schaub, in hopes of convincing listeners of the trauma abortion, inflicts on both mother and child, detailed the different kinds of medical procedures that are used to abort a fetus. In response to Green's claims about abortion being a necessary option in the case of rape, she stated, "Violence does not undo violence."

The event concluded with a question and answer period where the panelists fielded questions sourced from the audience.

Overall, the event went smoothly, with a few students noting that the students "who spoke tonight were more prepared and eloquent" than their faculty counterparts who spoke in September.

However, in a few separate interviews conducted by *The Cowl* with both faculty and students there seemed to be a common thread; attendees really appreciated the concept of the With Mutual Respect Series, but disliked that it had begun on the topic of abortion. One student said, "I think there are other issues like race, climate, and disability that require just as much attention."

"I think it might turn people off of the whole thing," said one faculty member, concerned that such a controversial topic might alienate some people from the With Mutual Respect Series altogether.

The next event topic is still to be announced, but Fr. Sicard, O.P. promises the series will continue in the fall.

Composting Update Ray Composting One Year Later

by Kaelin Ferland '23
Guest News Writer

CAMPUS

It has officially been a year since composting was implemented in Raymond Dining Hall with the help of ECOPC. Since April 2022, we have diverted a total of 287,200 pounds of food waste from landfills in Ray alone. On average, we produce 26,960 pounds of compost in Ray every month during the academic year (excluding June and July). The month with the highest amount of compost to date was September 2022, reaching 42,400 pounds.

Alumni Dining hall also started composting last August, totaling 42,000 pounds. While these numbers are much lower than those from Ray, their environmental impact is still significant. While composting is a much better alternative to bringing food to the landfill where it decomposes and releases greenhouse gasses, we should still try to reduce waste first. Avoiding food waste altogether is ideal for our planet.



PHOTO COURTESY OF ECOPC

ECOPC Celebrates Earth Day on Slavin Lawn

Tie-dye, Tote Bags, Thrifting, Tumblers, and Treats

by Kaelin Ferland '23
News Guest Writer

CAMPUS

On Saturday, April 22, ECOPC hosted their annual Earth Day Celebration in collaboration with the Providence Animal Welfare Club, Art Club, Student Congress, Bio Society, and Campus Ministry in an effort to raise awareness about environmental issues, promote sustainable practices on campus, and encourage students to reflect on their ecological impact. Students had the opportunity to participate in multiple eco-conscious activities and giveaways, including tote bag painting, reusable tumbler decorating, succulent planting, and thrifting.

Two of the vendors in attendance were Junque Shop and Campus Thrifts, who set up pop-up shops on Slavin Lawn with vintage and thrifted clothing for students to purchase. Student Congress also supplied thrifted white t-shirts from Savers for students to tie-dye with Art Club, and Bio Society brought reusable blank tote bags that could be decorated with fabric paint and stamps.

PAW was also in attendance, giving students the opportunity to decorate reusable tumblers with animal and earth-themed stickers. They also handed out free t-shirts decorated with a turtle and the phrase "Keep Our Sea Plastic Free" printed on the back. Through their table, the club hoped to raise awareness about single-use plastics and how they are harmful to marine life. Succulents, of course, were also available at the event, provided by Campus Ministry, along with clay pots that students could decorate.

Catholic Relief Services helped students write letters to Congress, urging them to take action on environmental issues. Similarly, ECOPC had three petitions they were encouraging students to sign. One was to express student support for a plastic water bottle ban on campus, and another to encourage the College to join the



Bio Society brought reusable blank tote bags that could be decorated.

PHOTO COURTESY OF ECOPC

Laudato Si' Action Plan along with other Catholic institutions, which would put an increased importance on sustainability at PC. The third petition was about saving the Grand Fennell Oak, which the College plans to remove due to new construction on the School of Nursing and Health Sciences this summer.

There was also a variety of food available at the event. ECOPC provided sandwiches from Plant City, Kombucha from Fully Rooted, vegan ice cream from Like No Udder, and fresh produce from Farm Fresh RI, a local farmers market less than ten minutes away from campus. Students had the opportunity to take produce including a variety of potatoes and onions, as well as kale, spinach, pea greens, and carrots.

Aside from these giveaways, ECOPC made sure that education was still an important part

of the celebration. At each table, there were posters displaying facts relating to that table's activity. For example, the Plant City table had a poster about the environmental benefits of a plant-based diet. The D.I.D. Wall fellows also had a whiteboard displaying two environment-related questions for students to answer; one about how individuals can hold their elected officials accountable for the Willow project and another about how PC can be more sustainable.

At the last table, students had the opportunity to put their thumbprint on a tree drawing using a green ink pad, with each fingerprint representing a leaf. Over 100 students left the event with a green thumb, and hopefully a better understanding of important environmental issues and how to live more responsibly on our planet.

PC Model UN Expands Reach

by Margret Price '25
News Guest Writer

CAMPUS

Margaret Price '25, Declan Kavanagh '25, and Giavaya Harris '24 partnered with social studies department chair and teacher Mr. James Stringer of Highlander Charter High School in Warren, RI in order to bring twelve motivated and talented students to explore the process of the United Nations through a day-long simulation. The event was held on April 22 from 10:00 A.M. to 6:00 P.M., with the high schoolers able to tour the campus during session breaks. Price, Kavanagh, and Harris put this event on through the sponsorship of the Global Studies Department. These students are also on the executive board of PC Model UN, as vice president, treasurer, and secretary, and used the skills they have attained through the club to recreate the Model UN atmosphere at a level the students would feel capable and challenged.

The simulated committee was the General Assembly the Third, which focuses on Social, Humanitarian and Cultural Issues, including topics of Human Rights. Kavanagh and Price had been co-delegates in the GA3 while representing the Dominican Republic at the National Model UN conference in NYC with the PC MUN club last April. The topic the students explored was "Safeguarding Human Rights of

Persons Displaced by Climate Change." Once the committee and topic had been set, Price, Kavanagh, and Harris formulated a simplified procedure guide and learned how to become event chairs, a big step beyond their usual delegate positions.

Mr. Stringer had assigned his students various countries in the UN and led them through rigorous preparation, including learning how to formulate speeches under time constraints, understanding how to write a resolution, research their country's position on the topic and write a comprehensive position paper on the subject, and how to negotiate with other delegates to find global solutions to global problems. The various Member States represented were Brazil, Canada, China, Iceland, Iran, Italy, Senegal, Spain, Uganda, the United Kingdom, and Zimbabwe.

Next, the Highlander students visited Harkins Hall and, after a long day of negotiations, settling into the procedures of committee, and laboring on their draft resolutions, they were able to come forth with one resolution which was passed unanimously, a rare feat in any Model UN committee. There were three winners for the "Best Position Paper" award, and there were three winners for "Peer-Elected Best Delegate" for remaining in character, proper use of rules of procedure, diplomatic behavior, and leadership in committee.

Harris, the associate director of the conference, said about the experience: "It was an honor and a privilege of giving the Highlander students a look into the world of diplomacy."

Kavanagh, the co-director, added that "The work of organizing the event and drafting an appropriate set of rules paid off big time for these students, and I'm glad. There is no learning experience like doing, and that knowledge informs the objective of Model United Nations—to give our future leaders these experiences so they can hone their skills of diplomacy in an environment designed for that purpose."

Price, the other co-director said: "It was wonderful watching the students find their voice in committee, to cultivate their vibrance, and to pass down our knowledge and passion for diplomatic skills to the next class of leaders. The day inspired me and will live in my heart as one of my proudest accomplishments. I'm so grateful we are able to make it happen."

The three PC students hope to expand the reach of Providence College-led Model UN conferences to high schoolers in Rhode Island, or at the very least, be able to work again with Mr. Stringer's in the future. They are grateful to Global Studies for their sponsorship, especially Emily Meehan and Dr. Nick Longo, as well as Dr. Vance Morgan and Professor Jim Tull for acting as mandatory supervisors for the high school students.

Save the Grand Fennell Oak

PC Community Speaks Out Against College's Plans to Cut Down Historic Campus Tree

by Kaelin Ferland '23
Opinion Staff

CAMPUS

With the demolition of Fennell Hall expected to start this summer for the School of Nursing and Health Sciences, the school plans to cut down the over 150-year-old Grand Fennell Oak to make room for this building. Immediately, faculty from all disciplines, as well as students and families, began demonstrating their frustration and opposition to these plans. A student-created change.org petition has since been published online, asking for Providence College to rethink this decision. Amassing over 600 signatures in the first three days alone and over 1,000 in the first week, the petition has received great support from our campus community, proving how much the red oak is valued by our community members. From a monetary perspective, The Grand Fennell Oak is appraised at over \$44,000, according to the tree asset value listed on the 2022 Providence College Tree Inventory and Management Plan. However, it's clear that this tree has a significantly greater inherent, historic, and personal value to members of the College community.

Many petition supporters have brought up the environmental importance of trees, explaining that trees are important habitats for insect species, as well as important for air and stormwater filtration, as Jill Parrett, Director of Environmental Health and Safety, explains. Trees play an integral role in removing pollution from our air, converting it into clean, breathable oxygen. She also mentions that trees have the added benefit of alleviating stress and improving mental health. In addition, Parrett states that "mature trees with large canopies also provide a respite from the urban heat islands we live in." Multiple comments on the petition similarly address how trees will be essential in helping us cope with increased temperatures due to climate change. As carbon dioxide concentrations continue to rise due to our reliance on fossil fuels, we will need trees to remove these pollutants from our atmosphere via photosynthesis. However, if we carelessly cut down trees, we threaten our planet and our very existence. It is especially important to protect large trees like the Grand Fennell Oak, as larger trees are much more effective at removing atmospheric pollutants than small trees.

Additionally, native trees play an essential role in our ecosystem. As Providence College cuts down native trees and replaces them with non-native species, this will threaten the biodiversity we have on campus. For example, Audubon explains that scientists have determined that oak trees are home to more than 550 moth and butterfly species. This means that oaks are not only vital to the survival of these insects, but organisms that rely on caterpillars, moths, and butterflies as food. Audubon adds that in contrast,

the ginkgo tree, a non-native species, supports just five species. We need to prioritize preserving these valuable tree species and keeping our campus a natural environment where nature and biodiversity can flourish.

Others add that it is our responsibility to protect Creation and serve as stewards of our environment as highlighted in Pope Francis' encyclical, *Laudato Si': On the Care of Our Common Home*. Dr. Lynette Boos from the Mathematics and Computer Science Department emphasizes that we have "been entrusted with an irreplaceable resource for current and future students, and it is our responsibility to be careful stewards and not do anything short-sighted because it seems convenient." Dr. Joe Cammarano of the Political Science Department similarly adds that these decisions cannot be based on short-term economic gain; rather, they must focus on and prioritize our long-term stewardship of our Earth. When the School of Nursing and Health Sciences opens, Providence College will undeniably grow economically; however, we cannot ignore the long-term consequences of these actions which would endanger the preservation of nature for future generations, he explains.

In his encyclical, Pope Francis highlights that we need to stop treating nature as a resource to be manipulated and exploited to our advantage. To cut down the Grand Fennell Oak would be in direct opposition to the words of Pope Francis. In his encyclical, he explains, "Each year sees the disappearance of thousands of plant and animal species which we will never know, which our children will never see, because they have been lost forever. The great majority become extinct for reasons related to human activity. Because of us, thousands of species will no longer give glory to God by their very existence, nor convey their message to us. We

have no such right." Cutting down the Grand Fennell Oak only perpetuates this trend of human destruction which the Pope is trying to warn us about. We have no right to carelessly destroy and rid our planet of its biodiversity. To do so would be to violate God's Creation. Dr. Sandra Keating from the Department of Theology echoes this idea, explaining that the Grand Fennell Oak "does not belong to us; it belongs to the order of Creation. These are the types of decisions that have contributed to our current environmental issues."

As explained in *Laudato Si'*, we owe it to future generations to preserve and protect plants, animals, and our environment. Providence College Alumni have explained similar sentiments. Beth Ferland '94 talks about how she has multiple family members that have attended Providence College, all walking on the same grounds as the Grand Fennell Oak. "My dad walked by this tree, many of my uncles, myself, my husband, and now my daughter," she says. "Looking forward to the future hoping my grandchildren will enjoy the tree and think of their parents, grandparents, and great grandparents who were witnesses to this grand tree." Choosing to cut down this tree would erase an important part of history for many alumni, students, and faculty.

Professors also have strong memories associated with the tree. Judd Schiffman of the Art Department, for example, has used the Grand Fennell Oak as a source of inspiration in his ceramics classes. He explains that in the studio, students have been making sculptures to place at the base of its trunk and honor the tree. Schiffman adds that he makes a point to walk underneath the Grand Fennell Oak when he travels from the studio to the art gallery in Smith Center for the Arts, explaining that "it creates an abundance of shade and feels like a wild, natural space in the midst of a very well-groomed and cared for campus."

Dr. Boos, whose office is in Howley Hall, also has a strong connection to the red oak. Since her first day at Providence College, she has been "in awe of this tree," something she continues to feel every morning when she walks into her office. Parrett adds that during her field work across campus, she loves observing the tree change from season to season, whether it's watching the leaves change color or counting bird nests.

Current students have also expressed their deep, personal connections with the Grand Fennell Oak. Lily Alessandro '24 has lived in Fennell Hall since her freshman year. Although she is sad about the demolition of the building, she hopes that the tree can remain and "coexist" as our campus continues to grow. She explains that she chose to live in Fennell Hall because of its "closeness to nature." Alessandro appreciates the naturalness of lower campus and this tree specifically, as much of the environment on campus is carefully pruned and landscaped. As a Catholic, she explains that the Grand Fennell Oak serves as a reminder of the beauty and mystery of nature, as well as God's creativity and love for Creation.

Another PC student, Sarah Klema '23, lived in Fennell Hall during the pandemic, explaining that during this isolating time, the Grand Fennell Oak, which stood right outside her window, helped her feel less alone. She states that each day, "it became routine to greet the tree before entering [her] dorm, or to stand under its presence in a moment of contemplation when coming back from a walk." She felt protected underneath its canopy, during a time in which she needed this comfort.

The only question that remains is what can we, as students, faculty, families, and alumni, do to save this historic tree? Dr. Tuba Agartan of the Health Sciences Department explains that sustainability needs to be prioritized more at Providence College, specifically by incorporating sustainability initiatives into the College's strategic plan and courses. From a student level, one of the best things we can do is speak out and express our opinions. Student support and advocacy has been imperative in implementing some of the most impactful sustainability changes on campus. From composting to reusable to-go boxes, these are successful initiatives that were brought up and proposed by students. By expressing our opposition to the destruction of the Grand Fennell Oak, students can play a critical role in saving this tree.

The Grand Fennell Oak existed long before Providence College was established. It would be careless to cut it down and lose such an important part of history and our ecosystem. As Dr. Keating explains, "At a Catholic College, we should be an example of commitment to protect Creation, not to destroy what is in our way."



Teaching the Test

Standardized Testing Proves Nothing

by Sam Dietel '23
Opinion Staff

SOCIETY

The controversial debate of standardized testing is not a new one. Standardized testing was introduced in the United States in the early 1900s, and immediately the conversation began of what to use it for and how much emphasis to put on it. At this point, we are no strangers to standardized testing. We grew up taking our state assessments, then when it came time to start applying to colleges, many of us were required to take the SATs. Anyone pursuing graduate school may now have to take the GRE, MCAT, LSAT, or some other standardized test. The question many are asking is: why? Why do we put so much emphasis on one test? How much does this one score actually account for? To answer these questions, we need to look back at past legislatures.

In 2002, the No Child Left Behind Act was signed into law by President George W. Bush. Establishing this law was intended to increase the performance of all students, but particularly minority students. The law was intended to best suit students in poverty, students of color, students in special education, and students who are English language learners. This act affected both elementary and secondary schools. Curriculum was significantly changed as a result of this law. In addition, federal regulation of schools increased exponentially in the United States. Standardized tests became required to demonstrate whether states were able to make progress in having all students meet the “proficient” level in academics. This law also raised the standards required for teacher certification, which ensured that teachers in the classroom were highly qualified.

From the outside, this law seemed like a great

solution to the education problems our country faces. However, this actually did nothing to help close the education gap. More pressure was put on teachers to produce higher test scores, as these standardized tests were used to evaluate not just the students, but their teachers, their schools, and their states. Many schools have started teaching to the test to achieve high enough scores to prevent teachers from getting fired or entire schools from closing down. This means that teachers drop other important content areas and instead start teaching students to memorize what they need to pass these standardized tests. When teachers teach just to test, students miss out on the passion and creativity of being learners. Non-educators think this is a price worth paying if it means that the education gap is closed and students perform well on standardized tests, showing an adequate portrayal of where they are in their learning.

Even with all this sacrifice, this belief is false. The education gap never closed from the NCLB Act, nor did it close with any of the other numerous education reforms put in place. There is still an education gap for minority students and students in poverty. Naturally, pressure has always been placed on the teachers to fix this gaping problem in education. However, there is only so much that can be done during the school day, and system-wide changes need to be enacted at the community level to properly help these students.

Another argument made by supporters of the current system is that, even though these tests may not benefit all students, they still help to show what level a student is working at and predict their future success. This idea is also incorrect. Students spend approximately 28 percent of instructional time preparing for testing. This is a monumental amount of time for something that should not be considered so highly. The only thing that standardized tests determine is which students are good at taking tests, which causes damaging effects

and anxiety due to immense pressure. Standardized testing can only evaluate some level of knowledge of math, science, and english. Taking these tests does not evaluate creativity, problem solving, critical thinking, or artistic ability. Further, they cannot evaluate any other knowledge areas that can't be graded on a scoring sheet with bubbles and a pencil. In fact, several studies have found that GPA is a much stronger predictor of student success. It shows a more consistent profile of the learner, and there are more than just assessments that go into these grades.

It is important that a learner is so much more than whether they choose A or B. They are complex people with unique strengths and skills. Teacher efforts will be far better spent teaching to help their students learn rather than to test. Each student has their own interests and curiosities that should not be bogged down by a school's need to perform well, or a teacher's fear that they will lose their job if they don't teach students to memorize strictly what's on the test. When it comes to education, sacrificing creativity to appease government officials and huge testing corporations—who have no experience of what it is actually like to teach in a school—is not a sacrifice we should be willing to make. It is time to look at the research and realize we need to make significant, systematic changes in the way we view assessment in education. In the end, we're only failing the ones we designed this to support: the students.



Twice is Enough, Trump

The Case For Another Nominee

by Meghan Mitchell '23
Opinion Staff

POLITICS

Donald Trump has been a controversial figure ever since he first announced his intent to run for president in the summer of 2015. He then won the election in the fall of 2016, to the horror of many. While he has his supporters, he also has many people who detest his very being and who may be in danger if he wins the office again, as he plans to run once more in the 2024 election despite the multitude of reasons why he should not be allowed to.

While some say he shouldn't be allowed to run because he's a terrible person, moral character is subjective and therefore not a factor in one's eligibility to run for office. What is a factor, however, is one's criminal record. If someone is convicted of a felony they are barred for running for office. As of now Trump has only been indicted, meaning he's been accused of falsifying business documents. Trump has pleaded not guilty to all 34 charges and at the time of writing this, the trial is at a standstill. Until that conviction is made, if it even is, he is not barred from running for office. That being said, people should still not vote for him. On Jan. 6, 2021, following Joe Biden's win of the 2020 election, the Capitol building was attacked by Trump's supporters. Their intent was to harm and even kill some of the politicians inside, most notably Mike Pence and Nancy Pelosi. Luckily, their plan failed, but many of the officers who stood guard at the Capitol were either harmed, killed, or so traumatized by the event they later took their own life. People accused Trump of inciting the attack; however, he was later acquitted of these charges. Regardless of whether he's guilty or not, there is evidence of him gleefully watching as his supporters

stormed the capital and it has been reported that people had to practically beg him to record a video and attempt to quell his angry mob. The speech that he gave before the rioters attacked claimed that the election was rigged, stolen by the radical left and fake news, saying:

“We're going to walk down to the Capitol, and we're going to cheer on our brave senators, and congressmen and women. We're probably not going to be cheering so much for some of them because you'll never take back our country with weakness. You have to show strength, and you have to be strong.”

Trump said many other things in this speech that could be seen as inciting violence, including mocking other politicians, saying that Mike Pence has betrayed him, and calling his supporters to action saying they needed, “to take back our country.” Despite this acquittal to many Americans, myself included, him being a catalyst for the violence that occurred that day was an act of treason against the very same country that he claims he is trying to liberate. Do we really want a traitor to be in charge of one of the most powerful countries in the world?

Furthermore, if Trump gets into office again, it could be detrimental to some of the country's most vulnerable populations, specifically minorities and the LGBTQ+ community. In the past year many laws have been implemented attacking queer or trans/non-gender conforming individuals. Some of these laws include the “Don't Say Gay” bill in Florida, a bill passed in Alabama that prevents transgender youths from receiving gender affirming care, and another Alabama bill that forces transgender individuals to use the bathroom that matches the gender they were assigned at birth. While Trump himself did not pass these laws, he is anti-LGBTQ+ despite what some may want you to believe. An article written in

Them.us lists just eight of the most egregious attacks Trump has committed on the LGBTQ+ community, from not allowing trans individuals to serve in the military to blocking job protection laws for queer people. In addition, it is hard to deny that Trump is a racist. From referring to COVID-19 as the “Chinese virus” to not allowing Syrian refugees in the country, his rhetoric has time and time again enticed violence against groups who do not have white skin. NBC News reports that anti-Asian hate crimes had risen 339 percent nationwide last year alone. While you could argue this has nothing to do with Trump, him calling the virus the “Chinese virus” definitely did not help. I could go on listing many other reasons why Trump shouldn't run and why Americans shouldn't vote for him but at the end of the day, the decision is left to the voters. If they really want someone filled with so much hate as their leader, well, you can't say I didn't warn them.



Insured Under Catholicism? How PC Can Support Student Health

by Christina Charie '25
Opinion Editor

CAMPUS

Health insurance is consistently viewed through the lens of political and religious strife and Providence College is no exception. Birth control is not covered under the Providence College student and faculty health insurance policy, according to anonymous first-hand testimony. Even though the Affordable Care Act requires most employers and health insurance companies to provide such coverage, an exemption for religious employers and institutions has expanded in recent years, giving these organizations more influence over the services they choose to cover.

The College's policy clearly states exclusions for elective abortion, which at least makes students aware that they are responsible for those costs. However, the policy does not explicitly have an exclusion for birth control, even though the personal experience of students and staff reveals that implicitly, birth control is not covered.

Instead, the College's policy states coverage excludes "treatment, service or supply which is not Medically Necessary for the diagnosis, care or Treatment of the sickness or injury involved. This applies even if they are prescribed, recommended or approved by the Student Health Center or by Your attending Physician." In essence, the College-sponsored policy can ignore a

medical professional's recommendation and refuse to cover the expenses associated with any treatment it deems unnecessary, which goes beyond contraceptive access. Unfortunately, this type of stipulation is not unique to the College, but that does not diminish its consequences.

Other Catholic institutions of higher education do provide birth control coverage under student health plans. Boston College covers all methods of contraception that are FDA approved under its student policy. Georgetown University's student health insurance policy through UnitedHealthcare allows students to receive coverage for contraceptive services through the health insurance policy provider, but the University does not fund this coverage. While institutions can educate students about their traditions and values, one must question if imposing these norms is the proper course of action.

With menstrual conditions disproportionately impacting young women, a study from the Guttmacher Institute finds that 82 percent of people ages 15 through 19 are more likely to use contraceptive treatment for non-contraceptive purposes than pregnancy prevention alone. Given the discomfort that common conditions such as PMS and endometriosis inflict upon people with periods, birth control should be covered so students can follow their daily routines without disruption. However, if the College policy does not provide coverage despite its lack of clarity, a menstrual leave policy like the one

introduced in Spain should be developed so students can be excused from class during menstruation.

Understanding the off-label purposes of birth control treatments helps to create a culture of compassion and openness surrounding the topic. Menstrual cycles vary from person to person, but for some symptoms can be quite disruptive. Many women suffer from endometriosis and irregular cycles, which are easily alleviated with birth control treatments. Contraceptives are associated with a decreased risk of endometrial and ovarian cancers in women, as well as reduced chances of developing pelvic inflammatory disease. Birth control can also treat anemia and iron deficiency, which allows people to live healthy lives with balanced diets. If a student's healthcare provider sees the benefits of pursuing this treatment, the College should not impose a financial burden on a student who already pays tuition each year.

Ultimately, this debate fundamentally examines whether institutions, such as employers, schools, and the government should be making healthcare decisions for patients. For some students, birth control coverage is about avoiding extreme pain every month, not challenging the College's Catholic values. Regardless of the official policy, students should not have to guess when it comes to health insurance coverage.

Navigating Autistic Adulthood

by David Sazillo Jr. '24
Opinion Staff

SOCIETY

When many people heard the voices of kids with autism ringing out in the New York City subways, I imagine it brought many a smile to their faces. But for me, it felt different. As a person with autism myself, it instead brought to my mind a question: "And what will happen when they become adults?"

Yes, the problem of autistic adulthood. It is an often overlooked problem in autism research and in autism awareness campaigns. Some, like "autism's first child" Donald Triplett of Forest, Mississippi, have met the challenge well. With the support of their communities, they have been able to carve out their places in society. More importantly, though, they have found acceptance.

Others in the autism community, unfortunately, have found neither their place in society nor acceptance. Many lack support systems and many cannot find a job. Some, like 21-year-old Kobe Heisler, are victims of police brutality. The rest are the adults with autism who test the limits of our patience. You know, those who hold up the line at the grocery store

because they "can't figure out the credit-card swipe," (The Atlantic, John Donvan and Caren Zucker, October 2010). Will we extend to them the same compassion and understanding that we extend to the children narrating the subway announcements? And will we realize that the adult with the credit card and the child with the microphone are one and the same?

I don't know. On one hand, I try to be an optimist. I have seen for myself the difference a community can make. Only 17 years ago, I presented with the typical symptoms of classic autism (cognitive delay, language delay, etc.). Only 18 or 19 years ago, a Brown neuropsychiatrist told my parents I would likely be institutionalized. Accepting parents and teachers can go a long way.

On the other hand, I understand human nature. After all, doesn't my patience wear thin too sometimes? And will I be so accepting of another's shortcomings as I am of my own? Finally, if I'm not, how can I be sure that others will?

Too often, feel-good gestures like having kids with autism make the subway announcements stop us from asking these tough questions. In fact, it all reminds me of what Kierkegaard said about why Christians celebrate Christmas more than Easter: we want a Jesus

that doesn't make as many demands on us. Isn't our focus on "the autistic child" a symptom of the same disease? Focusing on only feel-good stories about children with autism allows us to avoid taking a hard look at ourselves. It provides us with the illusion of patience and kindness without forcing us to put it to the test.

Now, am I saying we shouldn't have kids with autism narrate the subway announcements? Far from it. Nor do I doubt the good intentions of the people behind the campaign. I only mean to say this: the problem is emphasis. If we pay more attention to "the autistic child" than to "the autistic adult," then we will have failed both.

Yes, I have "a dog in this race," so to speak. And yes, I got off easier than others. The support I received in the past affords me opportunities that others will never have. Yet, even now, a question gnaws at my brain: will my luck run out? Can I count on the new people in my life to be as patient as the old ones? Can I be sure my place in the community is as secure as I think it is?

Those are the questions of the adult with autism, echoing in the subway tunnels.

Pro-Choice Deserves a Voice: Thoughts from a Pro-Choice Panelist

Content Warning: This article discusses difficult topics, including abortion, sexual assault, and domestic violence. Please be aware and read at your own comfort.

by Claire Mulvey '23
Opinion Guest Writer

CAMPUS

Last Wednesday, I participated in the *With Mutual Respect* Series panel on abortion on the pro-choice side. Below is an excerpt of my remarks in response to the question: "How does the overturning of *Roe v. Wade* affect students? What impact does it have on the Providence College student body?"

My first instinct with the above question was to argue that the overturn of *Roe* barely impacts our community, because PC has never supported the reproductive rights of its students in the first place. The overturn of *Roe* did not cause PC community members to lose anything that they had beforehand because at Providence College, a woman's bodily autonomy has never been recognized or respected. This is salient in the College's blatant refusal to allow students to access contraceptives anywhere on campus, the Health Center charging hundreds of dollars for a basic STD test, their erasure of pro-choice voices on campus, and their extremely insufficient handling of Title IX offenses including sexual harassment, stalking, domestic violence, and sexual assault. It is

salient in their indifference to the numerous outbreaks of STDs over the past few years. In the past year alone, PC has had outbreaks of chlamydia and of hand, foot, and mouth. Trojan actually ranks us as one of the worst schools in the country when it comes to STD transmission. All of these problems were problems at PC long before *Roe* was overturned.

But the overturn actually does have dangerous impacts on our community. It allows for the Administration to intellectually and legally justify their continued denial of our safety, bodily autonomy, and rights to freedom of speech and assembly. It allows them to justify their willful ignorance about the harm that PC's culture around sex and reproduction has on its student body. It also emboldens the pro-life presence on campus, as they have begun accosting students outside of the Library, Slavin, and other public places on campus more regularly, and have been bringing in more pro-life speakers than in previous years.

PC is a school with a large hookup culture, but this is rarely acknowledged. In the last panel, pro-life panelist and faculty member Dr. Sandra Keating stated that college students just should not be having sex because she didn't when she was in college. This line of thinking ignores the fact that we

live in a secular world and that the overwhelming majority of students do not conform to the Catholic counterculture that the Dominicans aspire to. This is especially scary to think about when considering that PC is planning on entering the healthcare field directly by opening a Nursing school next year.

If PC is going to truly be a diverse place, it has a responsibility to protect all students, regardless of their beliefs. PC students should not be punished for having different values from the administration.

In ignoring that most PC students are sexually active, PC sets itself up to fail students because of the lack of resources for sexual assault and harassment, dating violence, and STDs. The overturn of *Roe* is scary because it gives administrators the green light to continue to justify these subpar procedures and resources. It creates a culture of silence, fear, and ignorance about sexual coercion, sexual violence, affirmative consent, STD transmission, and risky sexual behavior, a culture that normalizes these occurrences by doing nothing to stand against them, and a culture that protects rapists and harms survivors. That is what is most dangerous about the overturn of *Roe*.

Thank You, Phillips Memorial Librarians

Giving Students Hope

by Abby Brockway '24
Opinion Staff

CAMPUS

The new bestsellers shelf on the first floor at Phillips Memorial Library is attracting some warranted attention. In our last issue, *The Cowl* featured an article highlighting some popular and contemporary novels currently on the shelves. I, too, have recognized how current the Bestsellers shelf is and have stopped and stared at the selection almost every time I leave the library. Providence College students usually associate our campus library as a place to study or find academic journals for a research paper, not a one-stop-shop for enjoying literature. Yet, our library is quickly becoming a hub for entertainment reads as more and more students recognize the bestsellers shelf.

I'm an avid reader, so when I walked past the bestsellers shelf a few weeks ago and saw a familiar author's name, I had to stop and investigate. The book was *The London Seance Society* by Sarah Pender. I read her previous novel *The Lost Apothecary* last summer and instantly fell in love with her creative, descriptive, and exciting historical fiction writing. I had no idea she had written a second novel, so I checked it out and started reading it

when I returned to my apartment. According to the book jacket, the book is "a spellbinding tale about two daring women who hunt for truth and justice in the perilous art of conjuring the dead" in Victorian London. The lead female characters develop a love affair, which, at times, is written in a rather descriptive and smutty context. I was shocked that our College's library would feature media that featured lesbian love, knowing its complicated past of unrecognizing and not supporting the LGBTQ+ community because of our Catholic roots.

Upon further browsing the Bestsellers shelf, I easily found many other stories that include diverse and typically minority characters. *The Darkness Outside Us* by Eliot Schrefer is a science-fiction dystopian novel that features a romance between two teenage boys. The book jacket reads, "In order to survive the ship's secrets, Ambrose and Kodiak will need to work together and learn to trust each other . . . especially once they discover what they are truly up against. Love might be the only way to survive." *The Girl From The Sea* by Molly Knox Ostertag is a graphic novel that features a romance between two teenage girls. Finally, *Cemetery Boys* is a supernatural-fiction novel that features a transgender and Latinx high-school boy's journey in self-discovery and,

along the way, his blossoming romance with a fellow male peer. *Cemetery Boys* is written by Aiden Thomas, who is transgender and Latinx. Our library features all of Thomas's literature, highlighting that our librarians are dedicated to providing diverse media and supporting diverse authors.

Overall, the librarians at the Phillips Memorial Library, specifically the curators of the bestsellers shelf, are doing brave and necessary work. They are positively helping the students at PC to become more diverse in thought and acceptance by curating a mixed Bestsellers shelf. Being a PC student can sometimes be frustrating—given the fact that our school promotes a liberal arts education while at the same time promoting conservative Catholic tradition. The efforts of the librarians provide some much-needed hope that there are individuals, specific employees of the College, at our school who are dedicated to spreading positive messages of social acceptance and tolerance. For me, I see the bestsellers table as a step in the right direction towards a more progressive, accepting, and inclusive PC.

Pesticide Use on Providence College's Campus

We Need to Stop this Practice to Preserve Biodiversity

by Kaelin Ferland '23
Opinion Staff

ENVIRONMENT

Despite the devastating impact it has on important pollinator species, Providence College still uses pesticides on campus. Pollinators including honeybees play a vital role in our ecosystem, responsible for pollinating over 80 percent of flowering plant species. Bees are also involved in the production of one-third of the food we eat. However, across the country, humans still heavily rely on the very chemicals that are responsible for killing countless bees each year. Pesticides are not species specific. When we use pesticides to eliminate certain pests, we kill all insect species in their path. We need to stop using toxic chemicals and prioritize the preservation, health, and safety of all species.

The U.S. Department of the Interior estimates that 1 billion pounds of pesticides are used every year in the United States alone. This not only poses a threat to insect species but to humans, as pesticides can be transported via runoff into our groundwater. This means that pesticides also have a dangerous impact on marine and aquatic organisms. Additionally, because pesticides are sprayed onto fruits and vegetables, this means that pesticides are directly on our food.

Pesticides and herbicides can cause both acute and chronic health issues. As the U.S. Environmental Protection Agency explains, these chemicals can cause skin and eye irritation and, in severe cases, damage to the nervous and endocrine systems and cancers. Pesticides can also lead to respiratory issues due to inhalation. If pesticides can threaten humans at this level, it's no surprise that bee populations are seeing

dramatic population declines in recent years.

These chemicals can also lead to a variety of side effects or sub lethal effects in bees. While these effects are not deadly, they are threatening to honeybee survival and function. Researchers have found that pesticides have a negative effect on memory, learning, foraging, breathing, reproduction, and body temperature regulation, all of which impede honeybee survival individually and as a species.

Dr. Rachael Bonoan, a professor in the Providence College biology department who specializes in pollinator ecology, explains that one of the best things we can do to protect pollinators is to stop using pesticides. Instead of mowing the grass and landscaping frequently, we should instead embrace the natural variety of plants and wildflowers that grow on campus, including the weeds. Having a wide range of plant and flowering species significantly helps pollinators, but this plant diversity is threatened by the use of pesticides and herbicides. We should prioritize planting native plant species including coneflowers, goldenrod, and lavender which are popular among pollinators.

There are also natural, unharmed alternatives to pesticides that are equally as effective as chemical pesticides, Dr. Bonoan explains. This method, known as Integrated Pest Management, involves introducing predators into an environment to naturally remove pests. Aphids, for example, are common agricultural pests that are controlled through IPM. By introducing ladybugs into their fields, farmers can naturally eliminate aphids that are destructive to crops. Similarly, the cucumber beetle, another pest that threatens crop yield and production, is drawn to cucumbers. By cultivating cucumber plants away

from the fields, they are naturally deterred from crops.

Dr. Bonoan adds that supporting local farms is also beneficial for bees as well as humans because many local farms choose to avoid using pesticides in their fields. Furthermore, instead of using chemical fertilizers to keep our lawns green, we can instead opt for natural fertilizers that are composed of animal waste and other natural materials. These fertilizers encourage nutrient release in the soil, providing plants with important nutrients naturally such as nitrogen and phosphorus.

It's clear that pesticides are a huge threat to biodiversity. So why do we continue to use them on PC's campus? It has been ingrained in us that we need to have a perfectly landscaped and green lawn, which continues to be the only acceptable way for many people. If we were to let the weeds, grass, and wildflowers grow, I would argue it would make our campus even more beautiful and natural, not to mention a place where biodiversity can thrive. We need to start rethinking what our front yards should look like. By continuing to rely on pesticides to make our environment unnatural and perfect, we only further harm ourselves and animals with these toxic chemicals. We need to start healing nature. In order for Providence College to truly be a part of the PVD Pesticide Free initiative, we need to fully commit to eliminating all pesticides on campus.

**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**

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**

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

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, 1 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.

Fitting In and Finding Yourself

I'll Miss (Most of) You, PC



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

I think Providence College is a difficult place to feel like you fit in.

The first week of freshman year, I felt like I was drowning—not in Honors Civ homework (yet), but in a sea of unknowing. Not knowing any person or place (I asked an orientation leader to help me find all of my classrooms Sunday afternoon, and I spent half an hour trying to find Smith with my new friend Sam—how did we get so lost?), strange new terminology (what in the world

was a “darty”), and a major culture shock (I was homeschooled, and it’s not like I had zero socialization before coming to college, but still).

I like to think I’ve changed a lot as a person in my four years here, but not radically so. I still don’t go out past 10 P.M. (with the exception of Thursday night bingo), and I still get way too excited about discussing poetry in my literature classes. I still have an addiction to Dunkin’ donuts. But I’ve changed, too. I don’t wear skinny jeans anymore (thank God they fell out of style), I drink coffee despite my caffeine intolerance, and I voluntarily go to therapy. I make friends (really, really good ones) and I stand up for myself. I learned patience and confidence and vulnerability. There are ways you change in college that aren’t just getting older, getting a degree, and getting alcohol poisoning (I still don’t drink; you never got me there, PC). Now that my biggest fear is out of the way (getting a job), it’s hitting me how much I’ll miss this place, for all its scariness and strangeness.

When I see groups of tours strolling around campus at the pace of a tortoise while I’m buzzing to class at the speed of a hare, I slow down for a second and consider how some of those people might be where I was, who I was, and how they might change here, too. How they might feel like they don’t fit in. How maybe, hopefully, they find a place like *The Cowl*, a place and a people where they feel like they can be themselves, whoever that might turn out to be.

Most of the time, I still think PC is a tough place to feel like you fit in. I mean, I’m writing this as hundreds (thousands?) of students are wearing overpriced preppy clothes they’ll never wear again, trying to look like they belong at a golf course, when instead they’re huddled together like penguins on a pavement iceberg. Some things about you I’ll never understand, PC, and I’m okay with it staying that way. You have your fair share of problems. But that’s what *The Cowl's* Opinion section is for.

Letter to the Editor

Title IX On Campus

Dear Readers of *The Cowl*,

I was talking to some students recently when one of them, a woman, reported a troubling issue she was facing. A man had sexually harassed her on campus. Allegedly, she reported the event to a Title IX officer. Allegedly, this Title IX officer convinced the student not to pursue the matter because the man involved was “a good boy.”

When this woman reported her story, a number of other women present during the discussion affirmed the experience as a common one among women at Providence College.

I understand that this account amounts to hearsay. Yet, the affirmation of over half a dozen students, many of them women, in this gathering suggests that this hearsay is based in some fact. I do not know any Title IX Coordinator, but the students do. If I, as a tenured male professor, spoke to her, what would I learn? Nothing. But students, who interact with her and with each other, who speak a truth that we faculty are often not privy to, know the truth of the environment in which they do or do not report sexual harassment and sexual assault.

If this hearsay were true, it

constitutes a structural sin. I know I am not the only faculty member to whom students have recounted experiences of reporting sexual harassment or assault and who have said their reports have fallen on deaf ears. That such an event might happen with a Title IX Coordinator, who is responsible for following up on such reports, not covering them over is sickening.

It requires investigation. Students, faculty, and staff should demand that the Administration instruct the Faculty Senate to hire an external investigator to pursue this matter. Why the Faculty Senate? Because the Title IX Coordinator is part of the administrative structure of this institution. No structure can be expected to investigate itself. That leaves the Faculty Senate. The Faculty Senate is trusted with shared management. Moreover, students who live and learn in an unsafe space are compromised in their learning, which falls under the purview of the Senate.

To any of you who have experienced sexual harassment and/or assault, please know:

You are not alone. Myself and many other faculty on campus are here for you.

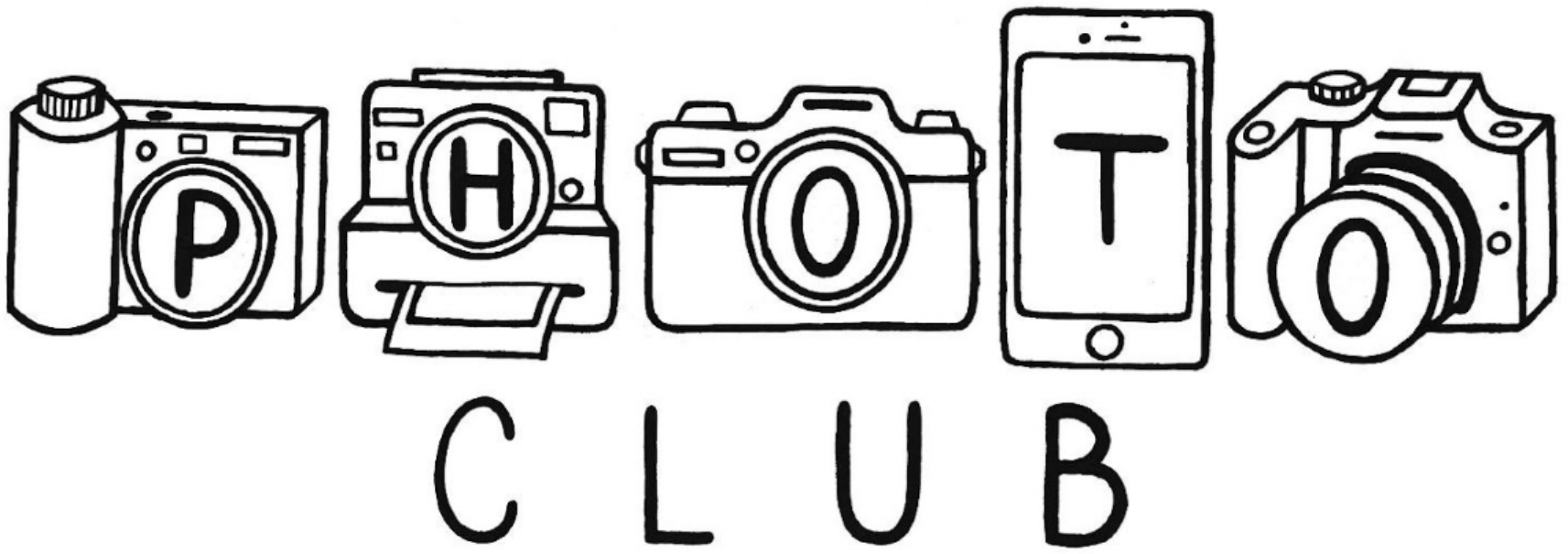
You do not need to listen to anyone invalidate your experience and your feelings.

Do not let someone, especially someone in the administration, convince you not to pursue a case against the men on this campus because they are “good boys.” Any man who is guilty of sexual harassment or worse is, by definition, not a good boy. Such a person of whatever gender should be immediately expelled from the Friar Family, a Family committed to PC’s Mission of a “loving embrace,” to “Veritas,” to “moral and ethical reasoning!”

Signed,

Jeffery Nicholas, Professor,
Philosophy
Maia Bailey, Associate
Professor, Biology
Joe Cammarano, Associate
Professor, Political Science

PROVIDENCE COLLEGE



PROVIDENCE COLLEGE DEPARTMENT OF
THEATRE, DANCE, FILM PRESENTS
THIS EVENT IS SPONSORED BY PCTV

STUDENT FILM FESTIVAL 2023

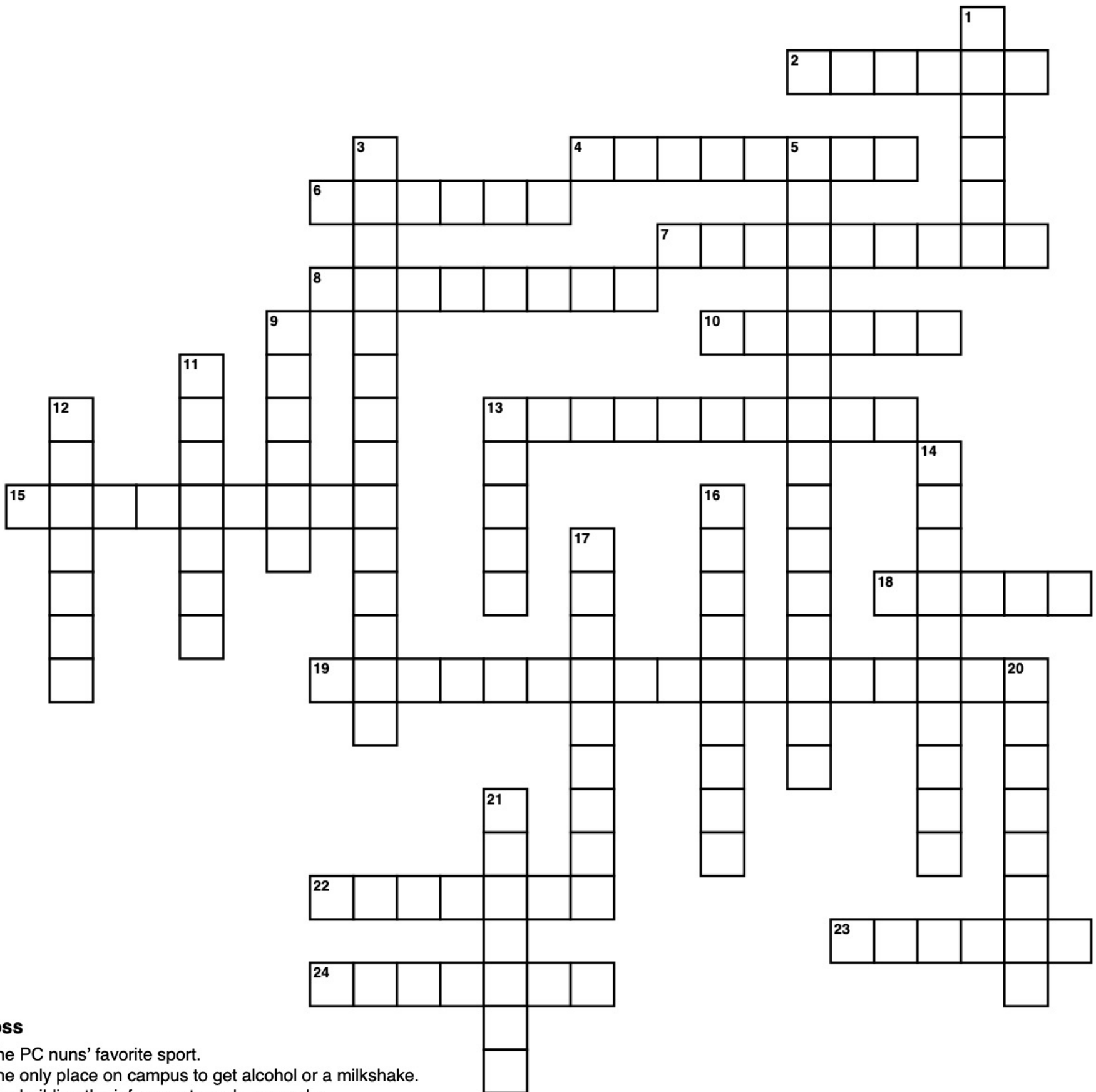
THURSDAY MAY
4TH 7:00PM

Admission: FREE

John Bowab
Studio Theatre
Smith Arts Center



Peace Out, PC



Across

- [2] The PC nuns' favorite sport.
 [4] The only place on campus to get alcohol or a milkshake.
 [6] The building the infamous tunnels are under.
 [7] What feral sophomores do after that final DWC exam.
 [8] This room (located in Slavin) makes you feel watched at all times.
 [10] A Cowl girl's favorite drink.
 [13] The greatest juice in Ray that is in a constant shortage.
 [15] The year the college was founded; 19___.
 [18] The most well known PC landmark.
 [19] The person who tells you your string lights aren't 6in below the ceiling.
 [22] The oldest building on the PC campus.
 [23] The grossest dorm on PC campus.
 [24] The place to tell time without needing technology.

Down

- [1] This building used to be a morgue.
 [3] They established the college, and only this college.
 [5] If there's an event on campus, this treat is bound to be there.
 [9] The Voldemort of Friars Basketball.
 [11] This residence hall used to be a mental institution.
 [12] Your favorite news source :)
 [13] This was found in the yogurt in 2019 and launched the Ray renovation.
 [14] This year's commencement speaker.
 [16] Senior tradition that may also involve several crimes.
 [17] His food truck Fridays single handedly saved us during COVID.
 [20] The one day a week there's sure to be curly fries.
 [21] All of these were stolen from the pond.

Last Week's Answers

1. How do mummies like their food? (Wrapped)
2. What is a golfer's favorite drink? (Tea)
3. What is a computer nerd's favorite apple? (MacIntosh)
4. What did the doctor prescribe to the sick lime? (Lemon-aid)
5. Which room in your house is edible? (The Mushroom)

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!

PHOTOGRAPHY



ISABELLA BAFFONI '23/ THE COWL

ABOVE: Louise Perry, writer and campaigner, speaks to attendees of the Humanities Forum held on April 25 in the Ruane Center for the Humanities. Perry and Elizabeth Brown, senior editor of the Reason, presented their talk "Has the Sexual Revolution Failed? A Disputation."

ABOVE RIGHT: Bells Glennon '25 and Tally Theder '25 display their cuisine at the Taste of Asia event in Moore Hall on April 22. The Asian American Association hosted the event to begin the celebration of Asian and Pacific Islander Month in May.

RIGHT: Declan Henry '24 performs with his band, The Hopeless Romantics, at the MET in Providence on April 28. The event donated proceeds from the event to the Izzy Foundation.

BELOW: Members of the club Arabs of PC participate in Multicultural Celebration Day. The event was hosted by the Student Diversity Council on April 27 on Slavin Lawn.



AIDAN CASTRICONE '24/ THE COWL



ISABELLA BAFFONI '23/ THE COWL



ISABELLA BAFFONI '23/ THE COWL

PHOTOGRAPHY



ISABELLA BAFFONI '23/ THE COWL

ABOVE: Students post their notes of support at Denim Day in the Slavin Atrium on April 26. Students were encouraged to wear denim and write notes to conclude Sexual Assault Awareness Month.

ABOVE RIGHT: Members of the PC Dance Club perform during their Spring Showcase in Mullaney Gym on April 30. Club members performed various genres of dance. The event was open to members of the PC community and the general public.

RIGHT: Emma Douma '25 throws a runner out at first base in the Friars softball game versus Creighton University on April 28. The Friars made a thrilling comeback victory winning 6-5 in eight innings.

BELOW: Nate Faria '26, Emily Knapp '23, and Jess Sullivan '24 celebrate at the Summer Send Off event sponsored by Campus Ministry. The event was held in the basement of St. Dominic's Chapel on April 30.



HALLE BERANEK '24/ THE COWL



LILY SPIEGEL '26/ THE COWL



RYAN TWOMEY '23/ THE COWL

The Cowl Celebrates
Commencement
for the
Class of 2023

Swan Songs
pages 2-4

*Summa Cum
Laude Graduates*
pages 5-8



Sarah McLaughlin, Editor-in-Chief Emerita

People keep asking me if I'm happy or sad about graduating, as if the emotion falls on a binary or can be defined in one word.

I keep saying "both," because of course I'm happy; I have a degree now, I'm done with exams, I don't have to stay up past midnight every Wednesday driving myself crazy with Adobe InDesign. And of course I'm sad; I no longer get to spend my time reading books and writing about them, I don't get to wake up every morning within walking distance of all of my best friends, I don't get to spend those long Wednesday nights in *The Cowl* office.

"What will you miss the most?" is another common question. That answer is a bit more clear. It's this newspaper, certainly. It's the articles I've written, the front pages I've designed (with lots of artistic guidance), the silly graphics I photoshopped for *The Cowl*. It's the friendships we've made, the inside jokes we carry, the collective groans and sighs when we see another wrong dash or backwards apostrophe.

I don't think any other club or organization on campus creates the bonds *The Cowl* creates. Something about staying up late, editing each other's work, and producing a tangible, real *thing* that we bring to every corner of

campus on (usually) Thursday nights. This real thing is more than just a paper that people pick up, flip through, and put down again. This real thing has given many of us some amazing opportunities. Professors notice our work and invite us to speak at events. Staff members in Ray and Alumni tell us how much they enjoy reading our stories. Students laugh while standing in line for coffee, finding something special about our brand of satire. One of my favorite things about *The Cowl* is seeing and hearing from its supporters. If you've written to me or spoke to me about an article you enjoyed this year, please know you've made my day.

There are so many members of *The Cowl*, former and current, to whom I owe great thanks. First, to Connor Zimmerman, Lizzie McGinn, and Sarah Kirchner, for hiring me in September of my freshman year as a Portfolio writer and taking a chance on me one month later as an editor. I felt so overwhelmed and out-of-place, but you guys helped me understand my worth as a writer and person.

Next, to Taylor Rogers, for being an amazing Co-Editor by my side last year, and Nicole Patano, for leading us and teaching me how to lead. You've been one of the

best role models I've had at PC. Thanks, too, for putting up with my frantic texts when I inevitably don't know what I'm doing.

I'd also like to thank some incredible faculty members who have been so supportive of *The Cowl* and my endeavors this year. Dr. Stevens, Dr. Cammarano, Dr. Scanlan, Dr. Hogan, Fr. Brophy, and Will Toner, thank you for being some of *The Cowl's* biggest fans!

Lastly, I must extend my appreciation and love to *The Cowl's* 2022-23 editorial board. Delaney, you always have such a level head, work so hard, and have taught me so much with your encyclopedic knowledge of AP style (I wish I could've learned some math from you, too). Abby, you come up with the most creative ideas to get people engaged and involved with *The Cowl*. Christina, you bring a much-needed energy, enthusiasm, and boldness to the organization, and you're a very talented opinion writer. Emily and Emma, you both have grown so much this year as editors and leaders, and you're going to do an amazing job running the ship as seniors; I honestly mean it when I say I couldn't have asked for anyone better to step up to this position. Both of you have always

been there any time I've asked for help with anything *Cowl*-related, and I appreciate it immensely.

I cannot fathom sometimes that all of us haven't been friends for years. I wish we got more than one together.

To Ed Board as a collective, you've done an amazing job this year stepping into new roles and developing as individuals and as a team. You guys all had big shoes to fill, and you did a fantastic job.

And of course, even though you aren't technically members of Ed Board, thank you Sam and Kacey for being our stellar paper-deliverers (and great roommates, too). And thank you Kaelin for writing by far the most articles this year out of every non-editor (and serving as a de facto honorary editor). You may have felt peer pressured (by me, for some reason) to join *The Cowl*, but you should've joined regardless, because your writing and voice has made such an incredible impact on campus.

I never expected to make so many new friends my senior year of college or to want so badly to stay just a little bit longer. From the deepest corners of my heart, thank you, I love you, and I wish you the best for next year. And thank you for putting up with my appalling lack of volleyball skill.



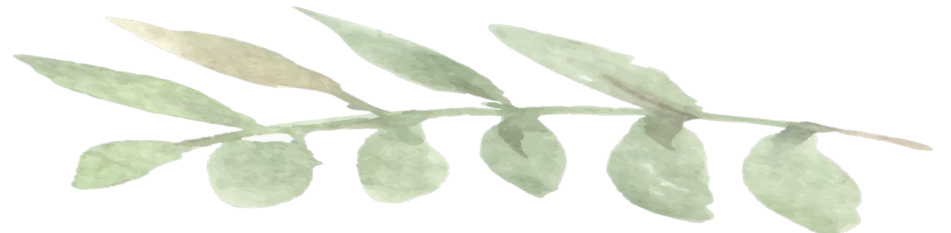
Delaney MacDonald, Co-Head Copy Editor Emerita

The people reading this may not know this about me, but over three years ago I was looking at transferring from Providence. I had trouble making friends, loathed staying here on the weekends, and had a boyfriend from home that I could always get to if I needed. So, I figured, why not look for somewhere else? Thank God I didn't. The tides changed and I was able to find my best friends, roommates, and people I could tell my woes to. Not so shockingly, *The Cowl* was a big part of that.

Years ago, Angie (former head copy editor and friend from home) got me to apply to *The Cowl* as a copy editor. I learned of *Cowl* Wednesdays, AP Style formatting, and most importantly, the people of *The Cowl*. I was fortunate enough to have made more best friends even just this year. So, I want to say thank you to the core *Cowl* girls: Emily, Sarah, Kaelin, Sam, and Christina, for coming with me to Thursday Night Bingo, listening to my stories, and ultimately showing my former self that it does get better, and you can find your people. Thank you to the copy editing staff for dealing with me and Emily's one million messages and bringing new life to Wednesdays. Thank you to the best Editor-in-Chief anybody could have ever asked for, Sarah. We'll look back at those late nights in the office redoing layouts and editing every piece and laugh (hopefully).

Finally, I need a new paragraph for this one. Thank you, Emily. Little did I know that this year we would become best friends and the best head copy editing duo to ever live. Thank you for making sure I got home safe, being the first one to hug me when I got into my math Ph.D. program, and being one of the best friends I could have asked for. You're going to make an amazing EIC next year, and I am so excited to come back to visit.

All of this to say, thank God I didn't transfer from PC.



Syd Olinger, News Co-Editor Emerita

Twenty nights until graduation. Twenty days until I walk across the stage and receive my diploma. Twenty more days with my friends who have now become more like family. Senior year has felt like a countdown since it began, but the countdown truly started the moment I stepped on campus for freshman orientation. Though my time here at Providence College has flown by, I am so incredibly grateful for all of the opportunities I have had, teams I have been a part of, and bonds I have formed with friends and faculty. I have been on *The Cowl* for three years as a News staff writer and one year as a News Co-Editor. While on *The Cowl*, I have had the opportunity to interview outstanding PC students, accomplished PC faculty, and even our PC alumni. Forming connections with the amazing PC community has been one of my favorite parts of being on *The Cowl*, whether that be through interviews for articles or with *The Cowl* team. I would like to thank my parents, sister, and brother for their unwavering support and encouragement throughout my college journey. Their love and guidance have been invaluable, and I couldn't have made it to this day without them. To my dear friends, thank you for being a constant source of joy, laughter, and inspiration during my college years. Your friendship has enriched my life in countless ways, and I am grateful for every moment we shared together. Lastly, thank you to Providence College for providing an exceptional education and the skills to make a positive impact in the world following graduation. Forever and always a Friar <3

– Syd Olinger (Sydo)

Jack Downey, A&E Co-Editor Emeritus

When I first began attending Providence College, I was admittedly intimidated by *The Cowl*. Certainly, there was no way my photography or writing could be considered for a publication that went out to the entire student body and beyond. However, at the beginning of my sophomore year, I sent out an application for the photography section. To my surprise and excitement, I was accepted. Being able to take pictures during a time where the world had slowed to a standstill helped bring some light to a dark time, and it helped me get far more involved on campus.

Later on, while quarantining in a hotel, I decided to act on an advertisement I had seen in the paper and applied for the A&E section as a writer. The overwhelmingly positive response was stunning. Once I emerged from the hotel, I had something new to look forward to. Through *The Cowl*, I had a brand new avenue to explore another of my passions: local music. I was so happy to have been given the chance to shine a light on my friends' bands and projects, and they were grateful for the exposure.

The Cowl had more surprises for me, however. At the end of the year, I was personally asked to be a co-editor of the A&E section. I readily accepted and have held the position ever since. It was soon clear to me that *The Cowl's* editorial board was a remarkable community to be a part of. Wednesday nights in the office were something I grew to look forward to every week and I was always happy to take part in.

In the end, my advice to anyone reading this who might want to get more involved on campus but aren't sure where to start is to go for it. *The Cowl* is a great place where writers and editors can develop their skills while writing about what they're passionate about. It is a great way to make sure you stay involved on campus, and I have cherished my time here.

Thank you,
Jack



Kate Ward, Portfolio Co-Editor Emerita

Dear High School Senior Kate,

Four years later and here we are, graduating from our top choice school and embarking on a new journey. I have some news for you. I know that you didn't want to become a teacher, but that's what we're going to graduate school for, and guess what? It's a really cool job. When we finish grad school, we'll be able to teach abroad and teach people English. I know you wanted to do science journalism and then regular journalism, but what I also know is we're both pretty glad that we didn't follow through with being a vet. We got to know some pretty cool people—that's right, you found your people here. Check it out; we got involved with *The Cowl* freshman year, and I don't know why, but we decided to pick Opinion for our first section. We then switched over to Portfolio, where we stayed, and now we get to edit it. It's not the most glamorous thing to do, but it's fun and we get our writing out in the world. We also kept playing field hockey. What I'm trying to get at here is we had a great time at Providence College, and you have so much to look forward to. Everything will work out the way it's supposed to; remember that. Now take a breath and buckle up; these next few years are going to fly.

Sincerely,
College Senior Kate

P.S. Stay away from the Chipotle on Branch Ave, we got food poisoning repeatedly.

Kaelin Ferland, Opinion Staff Emerita

My junior year, someone told me that I should write environmental articles for *The Cowl*. I was instantly persuaded because one, I love the Earth, and two, because I was secretly in love with this person. In hindsight, it's one of the best decisions I've ever made, and easily the best group of people on campus (besides ECOPC, of course). I'm grateful for Emily for always having the patience to fact-check my long articles that always have hundreds of facts, Delaney for making me laugh over the most random things like mashed potatoes, Christina for calling me her honorary Opinion Co-Editor, and Sarah for coining the iconic Dum Dum drink. It's funny because I remember being so scared to walk into the *Cowl* office alone. But now I never want to leave. It has been a pleasure writing for *The Cowl*, and I am so grateful for the outlet it has given me to write about topics that I'm passionate about. Who knows, maybe PC will take a few of my sustainability ideas someday.

Love,
The Green Queen

Sam Dietel, Opinion Staff Emerita

I only found *The Cowl* this year. I never anticipated writing for a newspaper, even while my best friend, Sarah, devoted herself to it these past four years. When she became Editor-in-Chief and asked me to deliver the *Cowls*, I thought it could be my contribution. After spending so much time in the office, I had no choice but to talk to the other staff. I would listen to their stress about the time crunch, rants about not having enough content, and (my personal favorite) peak exhaustion conversations—like how Delaney's grandma is mashed potatoes. I accidentally joined by guest writing an article, and when I asked to do it again, I was told to just join the staff. Then came my new favorite game—how long could I be on *The Cowl* staff before Sarah found out (answer: 3 days). I never expected to form so many new and close friendships during the end of my time at PC. In a year that's spent working to determine what comes next, I met amazing people who reminded me to live in the now and enjoy my last few moments here. Whether we're losing at bingo, failing tremendously at karaoke (if you have that video, please delete it), or passing out on the Yogibo in the office, thank you all for pushing me out of my comfort zone in the most fun and chaotic ways possible. I love you all, and I love *The Cowl*.

Claire Mulvey, Copy Editor Emerita

Anyone that knows me knows that I'm chronically overcommitted. Since my freshman year at Providence College, I've signed up for as many things as possible and as a result, I'm busy pretty much constantly. Despite that, however, I didn't find my way to *The Cowl* until senior year.

My grandfather, Clarence Hebda, was a lifelong journalist who owned a county newspaper in a small town in Nebraska. He was inducted into the Nebraska Journalism Hall of Fame, and when he retired, he sold the paper so that he and my grandmother could travel the world. When he passed away last spring, I knew I wanted to do something to honor him. So, when Head Copy Editor and beloved roomie Delaney MacDonald told me *The Cowl* was looking for copy editors, it felt like divine Providence. ;)

Thank you all for so many amazing memories this year, especially fellow copyeditors! I adore each and every one of you—thank you for the laughter, support, and GOSSIP you all have shared.

XOXO, Late to the Party!

Meghan Mitchell, Opinion Staff Emerita

I originally wasn't going to write for *The Cowl*. I don't exactly think very highly of myself and frankly, I didn't think I was good enough. I ended up applying because a friend encouraged me to apply for Portfolio after reading one of my pieces. Somehow, I ended up on the Opinion staff. At first, I played it safe as I didn't want to write something that could potentially get me in trouble or ire from fellow students. Then, things started happening in the country that negatively impacted people. I always said that I wanted to help people, so using my position as a *Cowl* writer, I interviewed people and wrote articles, trying to give a voice to those who may feel like they don't have one. I'm glad I did. To the person who encouraged me to apply, thank you. And, thank you to everyone who's ever read one of my articles or agreed to be interviewed, and of course everyone at *The Cowl*.

"Thanks for the memories," – Fall Out Boy

Duncan Brown, Copy Editor Emeritus

Joining *The Cowl* became truly inevitable after becoming roommates with Delaney. Although she had been telling me to join for the better part of our junior year, it was pretty easy to brush off such requests, while loudly pointing out any grammatical gripes I could find with that week's copy of *The Cowl*.

But as I signed the lease for an off campus apartment with Delaney, I might as well have been signing an agreement to join *The Cowl*. It only took a few short months for Delaney to convince a full three-quarters of the apartment to spend their Wednesday afternoons in a windowless room in the basement of Slavin, looking for typos. Thank you to the number one *Cowl* headhunter, Delaney, for your persistence.

Ryan Twomey, Photography Co-Editor Emeritus

On my PC in Hollywood Trip, an alumni showed us a booklet of *Cowl* issues from the 1950s, when he was a student at Providence College. He spoke about his fond memories of being on *The Cowl* staff and documenting the events of his time in college. It was at that moment that I understood how special it has been to be a part of *The Cowl* over the past three years. I have been given the unique opportunity to document my time in college by creating an artifact that my classmates and myself can look back on for years to come.

I joined *The Cowl* as a sophomore looking to get more involved in the PC community. Being a part of the photography staff has granted me the incredible opportunity to capture spring concerts, sports games, and many club events. My favorite part of taking photos for *The Cowl* has always been the people. I have been fortunate to connect with so many great people by taking photos at PC. The people that make up the students, faculty, and staff here are my favorite part of this school, and they are what makes Providence College so special. I have been so fortunate to get a college education surrounded by so many amazing individuals.

Friartown forever,
Ryan Twomey

Sara Junkins, Portfolio Staff Emerita

I will miss the art department most...

A home for inspiration,

A fun department that challenged my critical thinking skills.

It is here where my mind exercised, investigating provenance, pondering mysteries of form, color and pattern, exploring various cultures, admiring elaborate architecture and artifacts full of mysteries to probe. Learning about the most genius artists and conducting my own research. It is here I learned to be a true detective.

I never knew how much I could love art history, but it was like putting on glasses through which I could see a whole new perspective on the world. Image is more than what meets the eye. We live in a visual culture. We are inundated with art on a daily basis, and everything holds messages.

I loved rediscovering how fun it could be to consistently practice my artistic skills. I loved learning through creating. I will never stop creating.

Joseph Quirk, Sports Co- Editor Emeritus

I still don't really think that it has fully hit me yet that this is it. In 3 weeks, I will have graduated from Providence College and will be preparing for my next journey, pursuing my J.D. at Brooklyn Law School. I mean, of course, I knew that this was it. I knew coming into this year, this semester, that I would be taking the next step towards achieving my dreams. That this would be the last time living with my best friends, lying around and cracking jokes on a Sunday after a long weekend and an even longer week. The last time walking around this campus. It just hasn't HIT me yet. And to be honest, I don't know when it will.

I am not going to lie and say that the last 4 years were flawless or perfect because they weren't. There were ups and downs. But maybe that's what I'll remember the most. The lessons I've learned here and the people who helped me learn them and grow.

As for my time at *The Cowl*, it has been nothing short of amazing. I still remember applying after seeing the booth at the involvement fair first semester of freshman year. I remember walking into McPhails for the first time to be interviewed by the, at the time, three editors for the Sports section. My time with the Sports section has been unforgettable. The people I've met along the way, and established friendships with, won't soon be forgotten. I watched the Sports section nearly collapse due to a lack of writers on multiple occasions, only to rebound and re-grow into something much better. The things I've learned writing for *The Cowl* and the experiences I've had will never be forgotten. I remember covering my very first Providence vs. Villanova game and the excitement I had getting to go to the post-game press conference. I remember my first time interviewing an athlete. I remember remote meetings over Zoom.

So, needless to say, despite the ups and downs, I wouldn't trade this experience for anything in the world. To Providence College and *The Cowl*, I will never forget you.

Anna Pomeroy, Portfolio Staff Emerita

As I reflect back on my time spent at Providence College, I am very grateful for my experience here. I will dearly miss the friends I've made, the memories I've created, and the campus community of PC. This little home we've built over the past four years has allowed us to explore the beautiful moments of life and blossom into adults during these fundamental years of growth. As students, we were challenged to express our creative freedoms and discover our own paths. This encouraging journey leads us to close one door as we open a new one. With graduation just ahead, I am sad to leave behind a place that has felt so right. This feeling of bittersweetness only comes from love. Being sad to move on means that this chapter of life was entirely worth it.

Providence College Class of 2023

Summa Cum Laude Graduates

The Cowl is pleased to honor the summa cum laude graduates of PC's Class of 2023. We wish everyone the best of luck in their future pursuits!



Samantha Dietel

Majors: Psychology and Elementary / Special Education

Post-grad plans: Will be pursuing an M.S. in Clinical Psychology with a child and adolescent concentration at Northeastern University.



Sarah McLaughlin

Majors: English / Creative Writing and Political Science

Post-grad plans: Working in Communications at IFAW; freelance writing & editing; working towards publishing a novel.



Brigid McEvoy

Majors: History and Spanish
Minors: Business & Innovation and Latin American Studies

Post-grad plans: Pursuing a full-time position as a cyber insurance broker at Lockton Companies in New York City.



Erin Molz

Major: Business Economics
Minors: Finance and Studio Art, concentration in Ceramics
Post-grad plans: Will begin work as an Emerging Leaders Program Associate at BNY Mellon in New York City.



Eileen Catherine Cooney

Majors: Quantitative Economics and Political Science
Minor: Finance

Post-grad plans: Accepted a position as an analyst on the Prime Brokerage Desk at Jefferies Financial Group in New York City.



Samuel Lewis

Majors: Psychology and Health Policy & Management

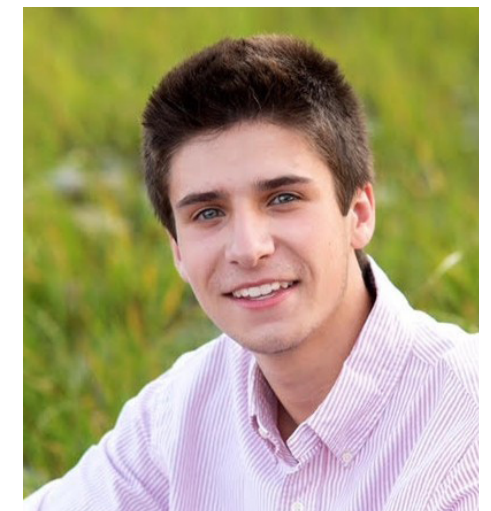
Minor: Business & Innovation
Post-grad plans: Working in Behavioral Health at Blue Cross & Blue Shield of RI; getting his M.S. in Organizational Psychology at the University of Hartford.



Elizabeth Gately

Major: Elementary / Special Education
Minor: History

Post-grad plans: Pursuing a master's in School Psychology in the Northeastern School of Health Science; hoping to teach part-time during the program and work eventually as a third grade teacher.



Jackson DeMartino

Major: Biochemistry
Post-grad plans: Working at Rhode Island and Hasbro Children's Hospitals in the Emergency Departments, assisting in the operation of multiple clinical trials while preparing for a career in patent or medical law.



Autumn Tangney

Majors: Political Science and Health Policy and Management
Minor: Sociology

Post-grad plans: Will pursue an M.S. in Public Health at the John's Hopkins Bloomberg School of Public Health.



Aiden McDavitt Smith

Major: Economics
Minors: Spanish and Business & Innovation

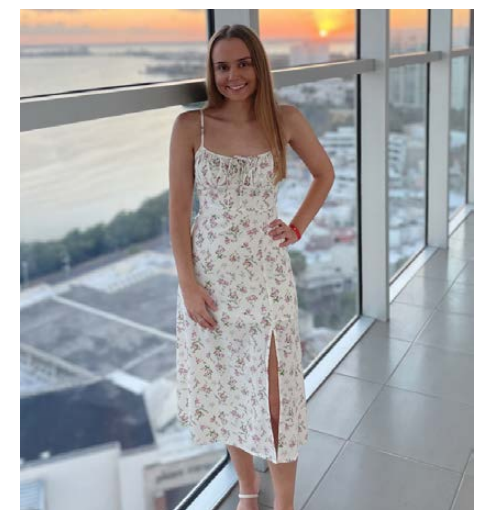
Post-grad plans: Working at Norway Savings Bank in Maine while studying for the LSAT.



Madeline Gray

Majors: Psychology
Minor: Sociology

Post-grad plans: Applying to accelerated nursing school to become a psychiatric nurse practitioner for children and adolescents.



Erica Duncan

Majors: Accounting and Finance
Post-grad plans: Earning an M.B.A. through PC's 4+1 program as a member of the Accounting Cohort; pursuing a C.P.A. license to work in public accounting.

**Christopher Walsh**

Major: Biology and Psychology
Post-grad plans: Attending an accelerated nursing program in Boston; hopes to become a nurse practitioner.

**Kyla Florian**

Major: Political Science
Minor: Marketing
Post-grad plans: Working at a law firm in Boston; plans to attend law school in fall 2024.

**Ryan Belhumeur**

Majors: Accounting and Finance
Post-grad plans: Working as a tax intern at Deloitte and attending the PCSB accounting cohort program to acquire an M.B.A. and C.P.A.

**Julia Aguiar**

Major: Biology
Minors: Math and Spanish
Post-grad plans: Clinical research for a few years before attending medical school.

**Braiden Wills**

Majors: Health Policy & Management
Post-grad plans: Working as an employee benefits administrator and serving as an Army Reserve officer in the 804th Medical Brigade.

**Samantha Brooke Caraballo**

Majors: Management
Minor: Computer Science
Post-grad plans: Attending St. John's University School of Law.

**Samantha Costa**

Majors: English
Minor: Political Science
Post-grad plans: Attending Boston College Law School to pursue a career as a litigation attorney.

**Grace Gilarde**

Major: Elementary / Special Education
Post-grad plans: Working as a teacher in the Boston area while pursuing a master's in Curriculum and Instruction.

**Angela Mitsuma**

Major: Music Education
Minor: English
Post-grad plans: Teaching at Phillips Academy Andover and pursuing teaching certifications in music and biology.

**Katie Mulvey**

Major: Biology
Post-grad plans: Pursuing a PhD at the University of Notre Dame in the Integrated Biomedical Sciences research program.

**Justin Babu**

Major: Biology / Secondary Education
Post-grad plans: Attending Harvard Graduate School of Education for a master's in Human Development and Education.

**Julia Nadeau**

Major: Business Management
Minor: Asian Studies
Post-grad plans: Working in sales at Gallagher in their employee benefits division.

**Alison Gentile**

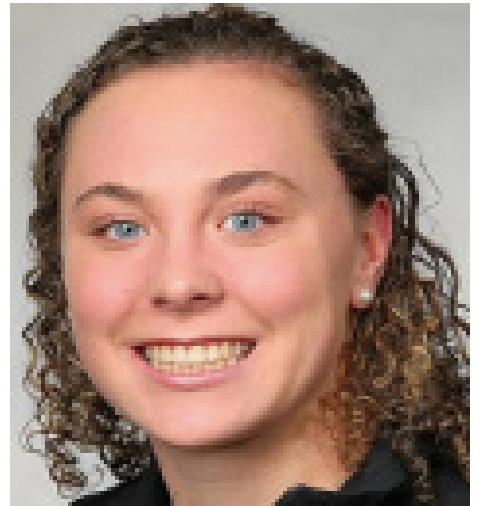
Majors: Marketing and Finance
Post-grad plans: Applying for marketing roles within the commercial real estate industry.

**Ana Botelho**

Majors: Philosophy and Theology
Post-grad plans: Pursuing a PhD in Philosophy at the Catholic University of America.

**Natalie Buckley**

Major: Marketing
Minor: Political Science
Post-grad plans: Studying for an M.B.A. in the 4+1 program at PC.

**Jamie Comeau**

Major: Elementary / Special Education
Post-grad plans: Getting a master's in Special Education with dyslexia credentials at PC.



Katherine Dawson

Major: Elementary / Special Education
Post-grad plans: Looking for a public or private school teaching position.



Samantha Murray

Majors: Political Science and English
Post-grad plans: Getting her paralegal certificate and applying to law school.



Jacqueline Elia

Majors: Classics and History
Post-grad plans: Studying for the LSAT and applying to law schools.



Colin Fitzpatrick

Majors: Business Economics and History
Post-grad plans: Working as a consultant in Boston.



Thomas Portelance

Major: Finance
Minor: Accounting
Post-grad plans: Starting as an Investment Banking Analyst for TM Capital in their Boston office.



Seamus Crowell

Majors: Management and Finance
Minor: Spanish
Post-grad plans: Currently interviewing for corporate finance positions in the greater New York City and Boston areas.



Allyse Ernest

Majors: Management and French
Post-grad plans: Working at CDM Smith in Boston as a Campus Recruiter in the Talent Acquisition department.



Natalie McGowan

Majors: Psychology and Biology, Neuroscience Certificate
Post-grad plans: Working with children on the autism spectrum; attending graduate school for a B.C.B.A.



Molly Tetreault

Major: Elementary / Special Education
Post-grad plans: Studying at PC for a master's in Special Education with the Dyslexia Credential; substitute teaching in North Kingstown, RI.



Theresa Barden

Major: Biology
Minors: French and Neuroscience
Post-grad plans: Taking the MCAT in August; beginning EMT training; applying to medical school in June 2024.



Alyson DeStefano

Major: Psychology
Minors: Women's & Gender Studies and Spanish
Post-grad plans: Pursuing a master's in Industrial/Organizational Psychology at Hofstra University.



Sofia Papetti

Major: Business Management and Humanities
Post-grad plans: Studying at Parsons School of Design in New York for an M.P.S. in Fashion Management, with the dream of opening her own fashion house.



Erin Carey

Major: Finance
Minor: Writing
Post-grad plans: Working at IMP Consulting (financial tech firm) in Boston.



Taryn Tremblay

Major: Marketing
Minor: Sociology
Post-grad plans: Working as an account specialist at KSA Marketing in Warwick.



Christina Meucci

Major: Business Management
Minors: Finance and Sociology
Post-grad plans: Pursuing a Human Resources position in Boston.



Kate Saliga

Major: Accounting and Finance
Post-grad plans: Studying for the CPA exam and working as a tax associate at PWC in Boston.



Caitlin McDonough

Major: Political Science

Minors: Business & Innovation and Public Administration

Post-grad plans: Attending Hofstra University Law School.



Hailey Murphy

Major: Finance

Minors: Computer Science and Writing

Post-grad plans: Traveling Europe with friends.



Claire Mulvey

Major: History

Minors: Political Science and Asian & Asian American Studies

Post-grad plans: Working in corporate consulting in New York City to save up for graduate school.



Kathleen Hartnett

Major: Elementary / Special Education

Post-grad plans: Teaching elementary school; eventually pursuing a master's in Reading and Literacy Instruction.



Gracie Cleaver

Major: Biology with Neuroscience Certificate

Minor: Spanish

Post-grad plans: Working at Brigham and Womens Hospital in Boston as a Clinical Research Coordinator for their Neurosurgery Unit.



Catalina Betancur Vélez

Majors: Global Studies and Political Science

Minors: French and Latin American Studies

Post-grad plans: Plans to enter the law field as a paralegal for two years before going to law school to become an immigration attorney.

PROVIDENCE COLLEGE DEPARTMENT OF THEATRE,
DANCE & FILM PRESENTS:
BLACKFRIARS
SPRING DANCE CONCERT 2023



May 04, Thursday 8:00PM
May 05, Friday 8:00PM
ANGELL BLACKFRIARS THEATRE

Tickets: \$5
www.theatre.providence.edu
Box Office: 401.865.2218

STUDENT COREOGRAPHERS UNDER THE DIRECTION OF DR. WENDY OLIVER

 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 Coordinator at 401.865.1040 Monday to Friday from 8:30 AM to 4:30 PM well in advance of an event.



God * mind * object

Themes from Franz Brentano

A symposium of the Senior Seminar of the Department of Philosophy, Providence College

May 6, 2023 * 9 a.m. to 1 p.m. * Ryan Hall 102

Guest commentators Jonathan Coppe (18[']) and Caelan Kerin (18['])

Panels	Time	Participants
Mind and object	9-10	Anthony Caruso (23 [']) Christian Collopy (23 [']) Julia Zgurzynski (23 ['])
Emotions and phenomenology	10-11	Ana Botelho (23 [']) Henry Gregory (23 ['])
Souls and persons	11-12	Caleb Goff (23 [']) Adam Habershaw (23 [']) Joshua Sears (23 ['])
Political philosophy	12-1	Samuel Gelinias (23 [']) Sarah Matthews (23 ['])

Organized and moderated by Dr. Colin Guthrie King (colin.king@providence.edu)
With generous support from the Providence College Department of Philosophy

ARE YOUR FINAL PAPERS AND PROJECTS STRESSING YOU OUT?!

Get the research help you need at the Library!

Librarians are available 9 am to 10 pm most days! (including weekends!) also available via chat on pml.providence.edu



SAIL, STUDENT AFFAIRS, & MCPHAIL'S PRESENT...



FRIYAY

FOOD - MUSIC - MILKSHAKES
\$3 DRAFTS | \$4 IPAS | WITH PROPER ID
FREE REFRESHMENTS AND POPCORN

FREE MCPHAIL'S PINT GLASSES



THIS FRIDAY
4:30-6:00 IN MCPHAIL'S

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 MANAGER (401-865-1040; M-F 8:30AM-4:30PM) WELL IN ADVANCE OF THE EVENT.

A cappella presents...

SPRING CONCERT

come support a cappella featuring songs from our graduating seniors!

FRIDAY MAY 5 @7:00
SUNDAY MAY 7 @3:00

 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 8:30am - 4:30pm well in advance of the event.

Sojourner House Curly/Textured Hair Product Drive

Bring textured / curly hair products to support women at the Sojourner House in Providence from April 20th until May 15th. Donation boxes can be found in Ruane and Moore Hall.



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 Manager (401-865-1040; M-F 8:30am-4:30pm) well in advance of the event

Join The Cowl

News
Opinion
Arts &
Entertainment
Copy
Editing



Sports
Photography
Portfolio
Social Media
Business
Staff

thecowl.com/join

WDOM Does it Again *Stuartstock 2023 is the Biggest Yet*

Jack Downey '23
A&E Co-Editor

MUSIC

On April 22, Providence College's radio station, WDOM, held its annual music festival: Stuartstock. Each year, the club invites student performers of all genres to play for their peers. Over the past few years, the event has quickly grown in size, partially as a response to the pandemic shutting down events, including those featuring live music. This year, the club outdid itself.

The roster for this year's Stuartstock boasted an impressive 12 acts. There were singer-songwriters, bands, rappers, and even some friars. The event truly had something for everyone. The lineup started with singer-songwriters: Alex Sateriale '23, Caleigh Lynch '23, Matty Reynolds, and Ben Guisto '24 and friends (Reid Keiper '24, Nick Grilli '24, and Lily Amadio '24). DJ Kraus House (Kieran Kraus '23) changed up the vibes before the bands took the stage: Timeless, The Grapes, The Hopeless Romantics, St. Joe and the Dorms, and Freshman Year. The final acts of the day were KPTN KLEO (Kari Robles '23) and The Hillbilly Thomists, featuring Father Justin Bolger, O.P. and Father Simon Teller, O.P.

Another aspect of the festival that was different from past Stuartstocks was the location. Typically, the concert takes place on Slavin Lawn with a small stage in front of the Atrium. However, this time around, things were moved to Smith Lawn. Performers played on the brick patio in front of Smith Center for the Arts while audience members sat on the lawn

or danced on the road in between. Public Safety actually shut down the traffic loop to prevent any problems, allowing people to stand on the bricks and asphalt without fear of oncoming traffic.

The two biggest obstacles facing the event were the weather, with ominous reports of rain appearing on the horizon as the day grew closer, and a country-themed darty that was taking place down the road. However, the rain held off for the most part, and the concert's strategic location meant that those who wanted to go to the darty had to walk by the performances. This led to many curious students stopping, at least momentarily, to see what was going on, boosting WDOM's numbers and leading to more engagement overall. It also meant the two food trucks present, Presto Strange O and Haven Brothers, had no trouble with sales.

Overall, the event was a huge success. Every single act brought their A game, with the gray skies being colored in by soaring harmonies, sweet guitar melodies, pounding drums, and rumbling bass. It was an event where people tried new things, with some inviting up guests who had not performed in front of people before. Most notably, The Hillbilly Thomists went electric for their set, with Father Justin Bolger, O.P. picking up an electric guitar and an ensemble of students backing them up. It was an exciting closer for an exciting event, and it only shows how much live music is continuing to grow at Providence College.

Back in 2017, there were three acts total at Stuartstock. In six years, that number has quadrupled. Who knows, maybe we'll have 48 acts by 2029!

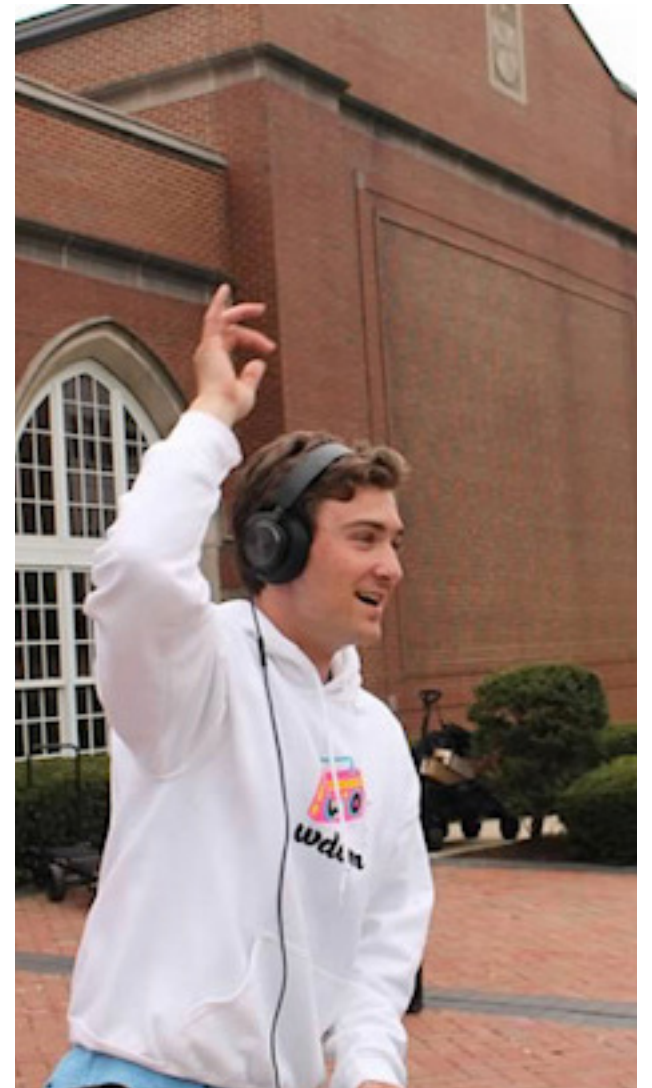


PHOTO COURTESY OF JACK DOWNEY '23

Kieran Kraus '23.

Meet at The Met Continued from front page

They showcased their writing chops as well, with their tried and true songs "She's the Quiet Kind" and "Maybe We're Not Meant to Be" mixing with newer tunes such as "Why'd You Have to Lie to Me?" Like a runaway train barreling towards a brick wall, the band tore through these songs with an energy that was only tempered by their attention to detail, making their set quite a compelling experience. Just as suddenly as it started, The Hopeless Romantics' set wrapped up, and with a bow, the band exited the stage.

The Grapes were up next. On a bittersweet note, this show was the last to feature the classic lineup of Jack Wilmot '24 (vocals), Ryan Peduto '25 (guitar), Alex Rzehak '23 (guitar), Ava Dobski '25 (bass), and Brendan Greene '24 (drums) since Rzehak is graduating. However, to send him off, the band played their tightest set to date, with their opener, Jimi Hendrix's version of "All Along the Watchtower," blowing people away. Indie favorites such as Mt. Joy's "Sheep" met bombastic covers such as Wild Cherry's "Play That Funky Music." Each band member was at the top of their form, the songs gelling in a way that showcased serious evolution. The band even played Wilmot's newest original, the genre-bending "Places I've Been." Despite lineup changes on the horizon, it will be exciting to see what the band does going forward.

Finally, St. Joe and the Dorms took the stage. Working with the classic trio of Griffin May '24 (vocals, guitar), Jack Downey '23 (vocals, bass), and TJ Johnson, the band was practically bristling with energy upon picking up their instruments. After an introduction by Father Justin Bolger, O.P., the band tore into The Who's "My Generation," followed swiftly by The Clash's "Should I Stay or Should I Go?" With reckless abandon, the band took on songs of all genres, with The Ramones meeting Kenny Loggins head on. Classic crowd pleaser "Sometimes I Think" was also not the only original, with a newer song, called "Talking to Her" making its way onto the setlist. Towards the end of their set, they decided to mix things up by inviting Peduto back up. At first he was on drums while Johnson hopped on guitar to cover AC/DC's "Highway to Hell." However, the two switched for the final song in the set: Lynyrd Skynyrd's "Free Bird." Someone get me my keys!

The show was a massive success, raising over \$1,000 for The Izzy Foundation. A fiery rock show that also benefits charity? Sounds like a win-win in my book!



PHOTO COURTESY OF BERK ROSENWALD '24

Griffin May '24.

Highly Anticipated Summer Album: *The Show*

Niall Horan's New Standout Album

by Mary Catherine Craig '24
A&E Staff

LITERATURE

While PC students are sad about leaving campus and their friends as summer approaches, another summer means the return of some of life's greatest pleasures. Sunshine, seeing friends and family at home, free time, and best of all: new music. Summer is arguably the best time to listen to music, with warm weather and the windows down. One of this year's most anticipated albums is set to release right at the start of summer; that is, *The Show* by Niall Horan.

Niall Horan is a 29-year-old Irish singer-songwriter who came from humble beginnings. His professional career began when he competed on *The X-Factor* at age 16. Horan was one of the lucky five contestants who were chosen to form a group with each other. He, along with Harry Styles, Liam Payne, Louis Tomlinson, and Zayn Malik came together and created One Direction. While the band came in third in the UK singing competition, they signed a record contract under judge Simon Cowell shortly after the show's finale. Less than a year later, the group released their debut single, the ever-recognizable "What Makes You Beautiful." The song was a major success and the band immediately rose to fame. When the album was released internationally, the boys became the first band from the UK to have their debut album hit number one in the United States. Horan participated in four more albums with One Direction before the band's official breakup in early 2016.

In September 2016, Horan began his solo career when he released his debut single, "This Town" under Capitol Records. The second single ("Slow Hands") came in May of the following year. Both singles were a success, breaking the top ten on Billboard charts. The full debut album was released in October 2017 and landed in the number one spot. Horan's second studio album, *Heartbreak Weather*, came in 2020, but the tour was canceled due to the pandemic. Despite the cancellation, *Heartbreak Weather* still made it to number one on the UK charts and number four in the U.S.

Now, after an almost three-year hiatus, Horan is back with more music. The singer-songwriter took to Instagram for the announcement of his third studio album, *The Show*, set to release on June 9. The album will include 10 tracks, the names of which have been released on his Instagram. The album's first single, "Heaven," was released shortly after the album announcement, and became Horan's seventh song to make it to the Billboard Hot 100. Just last week the second single off the album was released, titled "Meltdown." In a podcast called "Every Single Album," Horan explained how the new song is deep in meaning, but is set to a very high tempo to mimic the fast-paced heartbeat one might feel during times of anxiety. Regarding the rest of the album, Horan created an album trailer, released on various social media platforms, where he spoke about the creation of the album and his relationship with the music and his fans. The video opens with a thank you to his listeners for being patient with him, as he has spent the last 18 months working on this new record. He admits to nerves, saying that it is

scary to be away for so long, and he hopes the fans still like what he has to share. Horan also opened up about how incredibly special the record is to him, explaining how the music is a reflection of where he is in his life at the present moment. He encourages his fans to make the music their own, saying, "these songs are for you as much as they are for me." Horan closed the trailer with another thank you to his fans and welcomed them to the new era of *The Show*.



PHOTO COURTESY OF WIKIPEDIA

When to End a TV Show

Balancing Quality and Quantity

by Chelsea Adonteng '25
Guest A&E Writer

TELEVISION

Spoiler Warning: This article contains spoilers for *Grey's Anatomy*.

In the current entertainment industry, there always seems to be a television series that seems to lack the ability to accept its winnings and make the difficult decision to announce the final season. This mindset is reasonable: if a television series is successful, tells a good story, and isn't lacking in its ability to capture its audience with each episode, why shouldn't it be able to run for as long as the producers want? However, if the general consensus is that a show has overstayed its welcome and is grasping at random storylines just to stay relevant and it becomes difficult to support based on nostalgia alone.

From a creative standpoint, it seems very difficult to maintain a long-running television series that contains quality storylines after having so many seasons. A long-running series can face complications, such as actors wanting to exit the series for the opportunity to expand their careers and work on other projects. When actors want to participate in other projects, producers are likely to resort to simple methods of eliminating a character's presence from the show, such as killing them off.

The popular and long-running television series known as *Grey's*

Anatomy is a prime example of a nostalgic and well-loved show that has poorly written the exits of many characters—with the exception of Cristina Yang—when an actor has indicated they want to leave the show. A well-known death on the show was the death of Meredith Grey's husband, Derek Shepherd, played by Patrick Dempsey. Shepherd died from traumatic injuries after a car crash, and his painful yet stunning exit was rumored to have occurred due to Dempsey wanting to pursue other projects and possible drama on set.

Shepherd's death was not the first nor the last of the deaths that the show has quickly written when an actor feels it's time to diversify their career experiences. The audience rightfully begins to wonder how long a show can continue when they're writing off lovable characters so easily.

When television shows such as *Grey's Anatomy* continue running for longer than expected, they lose the spark that helped them initially become so popular and the characters lose their appeal to the audience. While viewers try to see past the fact that the show might be losing steam and creativity, they are in a difficult position simply due to sentimentality.

While we all love and appreciate the work and effort being put into these shows, how many fresh and creative storylines can writers come up with before the need for quality scenes and characters overrides the profit?



PHOTO COURTESY OF ENCYCLOPEDIA BRITANNICA

Behind the Scenes of Six Gents

Interviews with Members of PC's Comedy Club

Kendall Headley '26
A&E Staff

CAMPUS

"What if Willy Wonka led tours at Providence College?" This is a question that would never cross the minds of most Providence College students. But to the members of Six Gents, PC's sketch comedy club, creativity never ceases to surge.

Six Gents is composed of around a dozen students of all grades, and includes both men and women despite the name. Auditions occur after the first show of the year, a system designed to let incoming freshmen experience a production first. Auditions require an original two-to-four page sketch performed alongside existing club members, as well as participation in a "cold read"—reading through the script without prior rehearsal—of a predetermined club sketch.

"I had no idea if Six Gents would take me when I auditioned. I saw their back to school show and thought 'Hey, I grew up watching SNL. At the very least, the audition sounds like fun,'" said member Claire Dancause '26. "So I did it with no expectations and zero sketch writing experience before my audition. The moment I got the email that I was accepted, I was so excited, and honestly, the excitement hasn't died down since."

The group is structured very democratically, centering around an executive board with a president, vice president, treasurer, and secretary," said Anthony DiSpina '24. "These people are chosen by the club at the end

of the year, and they have some extra responsibilities to maintain structure in the club whether it be facilitating meetings, scheduling shows, buying props, and creating our graphics."

In between meetings, members focus on writing sketches. Dancause draws inspiration for sketches from nearly every corner.

"Life experience, random conversations, TV and movies, books, stand-up, social media, you name it, I've probably pulled from it for a sketch," she said.

While Dancause maintains a notes page of ideas, she also tends to begin writing directly after an idea hits, later presenting the sketch in the next meeting to receive honest reactions and subsequent feedback.

Club president Aidan Benjamin '23 commonly searches for ideas in his audience. After solidifying the concept, he favors writing with a partner, finding that bouncing ideas off of each other is beneficial to the writing process.

"I tend to write sketches first looking at recent events that our audience can relate to," Benjamin said. "If that doesn't work, I try to think of experiences that our audience may have in common. For example, a popular children's TV show or something based around Providence College, and formulate an idea around that."

Producing a sketch from scratch isn't always a clear process, said DiSpina. Although he has no shortage of out-of-the-box ideas, "The hardest part for me is always the beginning, writing how the characters get into the plot," he said. "But once I get a good start, I just go on autopilot. Either that

or I write some funny lines into a Doc and try to fill the gaps wherever I can."

The club meets every Sunday in the Smith Center for the Arts, where they read through sketches or develop them further. As they near a performance, they take a blind vote, DiSpina said, picking six or seven sketches to include, and add weekday rehearsals into their schedule.

Participating members in each sketch are chosen by the sketch's author, and can be solidified after the first read-through. Parts are then adjusted in order to provide each member an equal amount of stage time.

"A sketch will have as many people as it needs to have. Sometimes with a larger cast it gets difficult to balance out lines without the sketch running long, but we have done sketches with all 12 of us," said member Brendan Phaneuf '24. "When I write, I try to have at least five parts with a decent amount of dialogue. And if I need someone for just a line or two, adding some extra people helps."

Six Gents plans to have six performances a year, either every month or every other, and aims to theme each show seasonally or around timely events. While most of the content is scripted, DiSpina improvises lines or physical comedy playing off of the audience's emotions. Dancause also integrates elements of improv.

"I'd say our 'inbetweeners' are the most unscripted part of any show, because it's meant to be a short gag or bit to get the audience involved and be ourselves," she said.

Member Santi Najarro Cano '24 is thankful for his fellow members.

"Six Gents is the club I didn't know I needed to be a part of. It was something that to me I initially felt very uncomfortable doing, but I grew to love it so much over time," he said. "Getting to collaborate with creative, funny people and also calling them my friends is a blessing and I'm very thankful for that. The shows are electric, but what makes it all worth it is the funny constant collaboration."

To DiSpina, the club is an outlet, allowing him to reach his maximum creativity and authenticity and share it with the world, he said.

"Despite being new this year, I felt welcomed immediately by everyone and the club and truly value the relationships we have built over our love of comedy, acting, and the arts," DiSpina said. "Most importantly, I love our audience. It makes me so proud to have others laugh at the sketches I have written or characters I played. We really do it for you all. Thank you so much for watching our shows."



PHOTO COURTESY OF FACEBOOK

Normal Just Like Us

Book Review of Normal People by Sally Rooney

by Elizabeth Keating '24
A&E Staff

LITERATURE

Normal People by Sally Rooney follows the on-and-off relationship between main characters Connell and Marianne from their final year of high school in a small town in Ireland to their time at Trinity College in Dublin. Connell is a popular high school athlete from a working-class family who is struggling to find his place in society, while Marianne is an outsider from a wealthy family who is ostracized by her peers due to her family's reputation. Despite their different social statuses, Connell and Marianne are drawn to each other, and their relationship develops and changes over time. As the book follows them through high school and then to college, they go through periods of intense closeness and then periods of distance, with miscommunications and misunderstandings often driving them apart. Rooney's writing style is both eloquent and minimalist, capturing the raw emotions of the characters with ease.

The novel's structure is unconventional, with short chapters and no quotation marks, adding to the overall feeling of intimacy between the reader and the characters. Throughout the novel, Rooney explores themes of love, friendship, social class, power dynamics, and the impacts of trauma. The plot is character-driven with focus on the internal struggles and personal growth of the two main characters. Overall, *Normal*

People is a beautifully written novel that is sure to resonate with readers, especially those who enjoy character-driven plots. Rooney's skillful handling of complex themes and characters make this a must-read for anyone interested in contemporary literature.

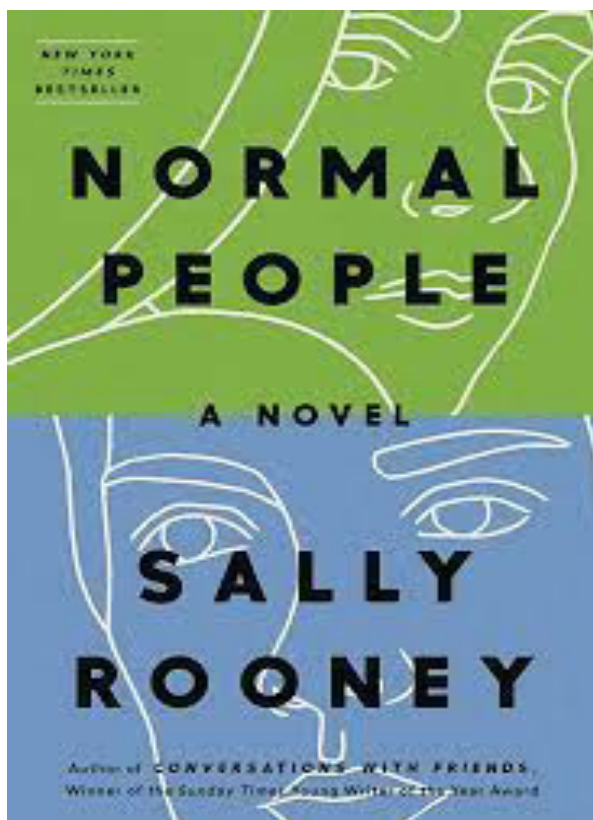


PHOTO COURTESY OF AMAZON

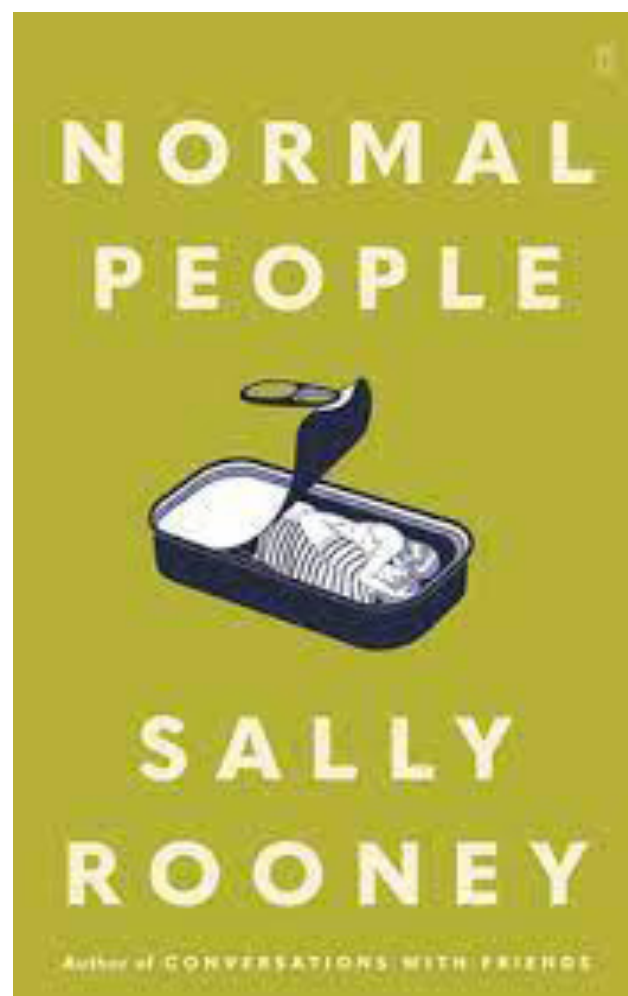


PHOTO COURTESY OF WIKIPEDIA

416

by Kate Ward '23
Portfolio Co-Editor

CREATIVE NON-FICTION

A little over a month into my first year at Providence College, my roommate Analisa and I found a note taped under her bed. The yellow paper was faded and dusty, and the blue and red lines were vague smudges. Analisa looked at me and told me to read it out loud. We were both shocked to have found something like this—we had been living here a while; how did we fail to find it sooner? Regardless, I started to read it aloud:

"Hey newest McVinney 416 residents! We lived here two years ago, and this little room treated us well. You're going to have the best time here at Providence, and McVinney is the best. You'll find some lifelong friends and will have some life-changing experiences here. God will help guide you when you need it most; turn to Him, and He will help," I paused and we looked at each other, then back down at the note. We huddled around our minifridge, using our bedside lamps to try and read more, but some of it was worn away. I picked up around the end of it, "Civ isn't that bad, just do the reading and pay attention. Don't stress too bad about classes and friends, everything will fall into place. If you need us, our names are...huh..it's smudged but at least we have the phone numbers."

Analisa and I looked at each other again before racing to grab a pen and add to this note. We hadn't been here very long and we didn't have any sage advice.

"Should we text the number?" I asked, chewing the inside of my lip.

"Do you think they even remember writing it and leaving it here?" Analisa giggled, tapping her pen against her cheek.

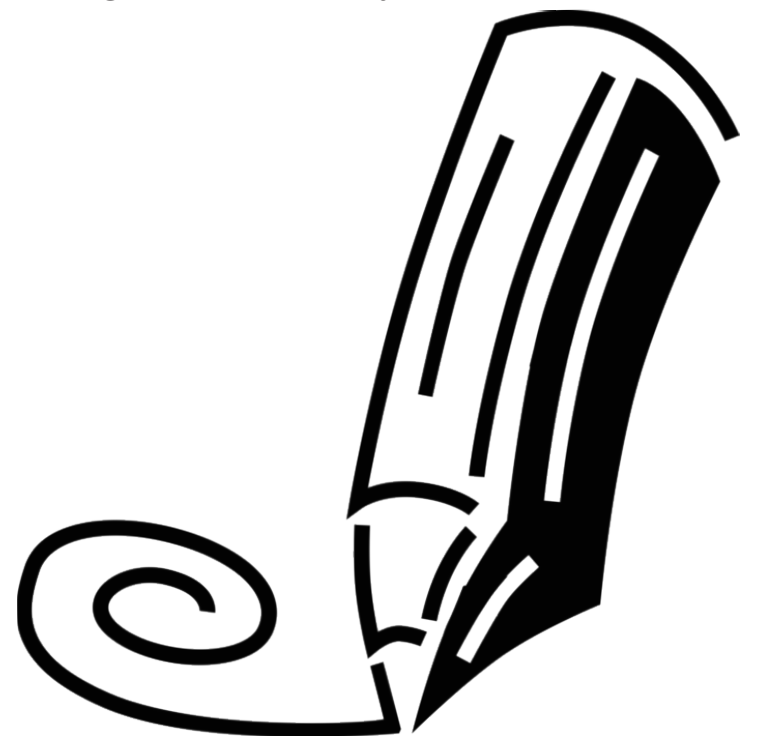
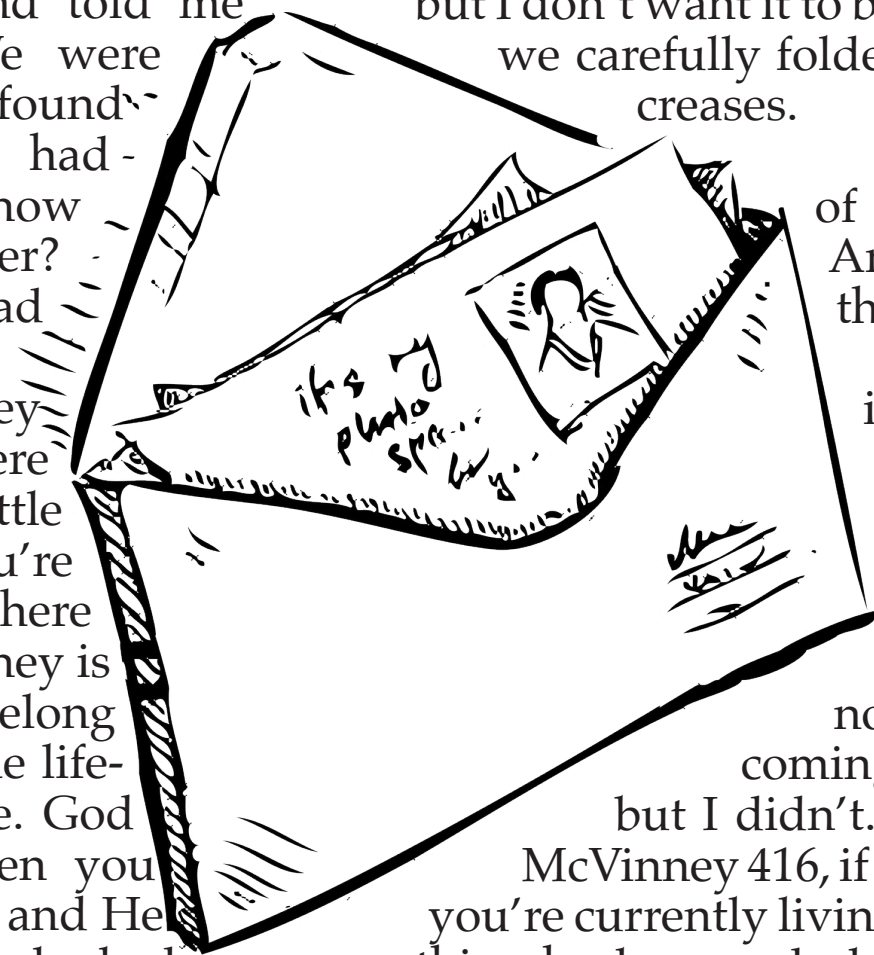
I hummed, that was a good point. I also didn't want to text a stranger. "Let's just write something and leave it for the next girls."

We added on our experiences so far and who we were, along with our own phone numbers.

"Should we put it in the same spot? Or switch it up? I don't want it to be easy to find but I don't want it to be lost forever," I said as we carefully folded it back up along the creases.

"Maybe on the inside of one of the desks," Analisa said. And so that's what we did.

We both forgot about it until we had to come back to clean out our dorms during the pandemic. I thought of getting rid of the note, convinced no one would ever be coming back to the school, but I didn't. So, girls who lived in McVinney 416, if you're reading this or if you're currently living in McVinney, reading this, check your desks. If you can't find the note that's okay, just know that you have a bunch of 416 McVinney girls rooting for you and your success. And to those girls who wrote the first note, thank you for welcoming Analisa and I deeper into the Friar Family. We haven't forgotten about you.



Life as a Woolly Bear Caterpillar

by Sara Junkins '23
Portfolio Staff

FICTION

Wrapped in a warm, fur coat trudging along after eating your fill. Winter freezes your body bit by bit, but somehow, by some miracle of nature, your internal organs are kept intact. Natural antifreeze surrounds the core of your inner cells. There is still life within even though unresponsive to the external world for a time. Hibernation. A time to rest, your season of stasis.

Warmth returns as you gradually defrost, and you go along. Hope. When will you become a moth? You know it is your destiny. You know it must happen to feel fulfilled. Seasons pass and the temperature once again freezes you. Nonetheless, you thaw. You wonder when it will finally be your time. But you keep inching along, fueled by promise.

That first time you believed you would become a moth. You waited and did not.

But you shook it off. That was just a test-run.

The second time, you thought, well, why not try again?

The third time, you expect change, thinking, "three is my lucky number. This must be it." You feel happy to know change is around the corner. You sleep and know that everything will be different when you wake up... Yet time goes by and still nothing...

The fourth time, doesn't the number four mean open doors?

The fifth time: Hmmm, what's up? You wonder if you will always be a caterpillar.

The sixth time: You think there must be something wrong. You've eaten enough, stored enough energy to

transform. You're ready. Why isn't anything happening? The idea of becoming a moth is just a faraway dream now. You are on the verge of giving up.

But you are still around. Nature has resurrected you season after season. There must be a reason. You know it. It's not over.

Then, seven, the number of miracles... The seventh time of freezing and thawing begins. Did you store enough energy this time to become a moth? Slowly, life returns to you, a current of fire spreading throughout your being. Here is your seventh life. This is your chance. The thaw has truly begun.

Here's the miracle. You build your cocoon and when you wake, you feel different. You wriggle and stretch your newfound wings until you break free. You are a new creation, specifically an Isabella Tiger Moth. You reached your destiny. It took seven lives, but it happened. Was it worth the wait? What did you learn while you were waiting? Truly, the journey toward destiny is the most important, but you didn't see that in the moment. You wanted to get from destination caterpillar to destination moth instantly. That is what would give you meaning, or so you thought, but didn't you learn so much throughout the process of becoming? I hope when you look back, you won't regret the journey which has made you the moth you are today. How will you live your new life? See where your wings take you and never stop dreaming. The journey does not end. Never stop becoming.

Cherry Red Lipstick

by Christina Charie '25
Guest Portfolio Writer

POETRY



Running, Sprinting, Rushing
Across the finish line
Only to lose the race
To the man strolling

If I keep my head down
If I hold my tongue
And place pearls around my neck
Maybe I'll get the promotion

But she wears a hint of blush
On the apple of her cheek
She must be too weak to lead

Cherry red lipstick
Perfectly manicured fingernails
Platinum blonde hair
Is that all men see?

Must I spend my Saturday
Changing the chemistry
Of every strand of hair
Upon my head

What of the brain?
What of the character?
What of the soul?

Restrained by the chains
Of cherry red lipstick



The Laptop's on but No One's Home

by Fiona Clarke '23
Portfolio Staff

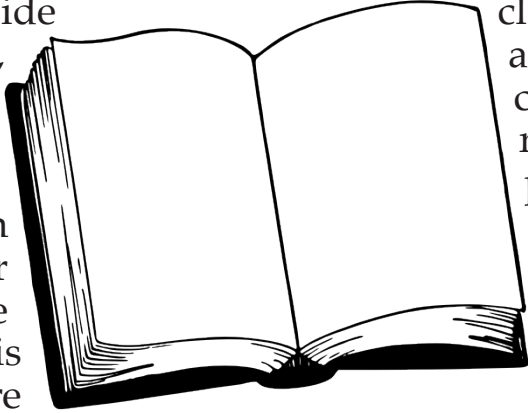
SATIRE

Excluding any act of God, disciplinary action, or dean ex machina, I'll be on the other side of a bachelor's degree in a few weeks, but before I shuffle off that coil, I have a bone to pick off the carrion of my academic career.

It really grinds my gears when professors ban technology in their classrooms. It grinds my gears because they won't enforce the ban—yet it is such a frequent ban that it seems there must be a general consensus about the negative effects of technology on the classroom. Why, then, not enforce the ban? Every now and then does a professor enforce it, and then, when a student has to admit before God and man that she is not in possession of the assigned reading, except in PDF form, nor has she even read it—oh, baby, pop the corn and turn the lights down low. But in four years, I've only had five, maybe six, professors make it clear that unnecessary technology is strictly prohibited.

I'm attempting (perhaps unsuccessfully in this much-too-small word limit) to point out a two-fold problem: first, that laptops suck the life out of the classroom, and secondly, that there is practically an epidemic of intellectual disengagement, an epidemic that may not be specific to but is undeniably present at Providence College.

It may be that going to class and sitting behind an open laptop is better than not going at all. You can take in maybe 20 percent of the material rather than the zero percent you would take in if you were absent, not to mention the discourtesy to



the professor of skipping (I've skipped classes. I don't mean to set myself up as a student saint). But when you go to class and open your laptop, with the reading and an open notebook with a pen right next to you, I'm not sure how that isn't an even worse offense than simply not showing up. The laptop in class is for online shopping, applying for jobs, doing homework for other classes, sending emails, or texting. The assigned reading hovers in a tiny corner of the screen. Or, rather, some type of summary, accompanied by ready-made analysis, hovers in a tiny corner. Open laptops detach us from the here and now and rocket us off to anywhere and anytime—and here, in a room in Feinstein, and now, at noon on a Tuesday, is too often the loser of the two.

Worse still, we all know it, and we have all accepted it. It is shockingly acceptable to be disengaged; notice how often you hear people brightly say "I didn't understand that at all" or "I wasn't paying attention" or "I didn't do the reading"—and leave it there (In the words of Sebastian Maniscalco: "Aren't you embarrassed?"). Open laptops are not the only cause of this epidemic of intellectual disengagement, but their presence in the classroom contributes more, I think, than we acknowledge. There's no room for stupidity or apathy in the truth.

PHOTO COURTESY OF PEXELS.COM

Shapensnarmment

by Max Gilman '25
Portfolio Co-Editor

POETRY

cubes and skin like sky and sun,
like morning blood and clock positioning,
like a classroom of unthinking mold,
raising limbs.

for twelve ticks of the clock
the eyes bled perception
of whoever took the top of the stairway,
like opening a door with the mind, misplaced arms, not mine—
not mine, has to be; has to be—not mine,
Cannot mine, my arms, the brain. Not mine!
Not mine! Not mine!
For twelve months. Twelve months blind,
I called reception Bullet and shot my junk off whenever i felt sick
of having never shot a gun,
like a man.

haze is multicolor hair follicles
juxtaposed to what i would rather touch,
my lungs with a cloth
to expunge dust and the lies i swallowed
like a pill.

He called my number for his property the other
evening,
But my voice had changed.

Oscillate—
am made of numerical codes that conduct my movement
like toy trains, or a father that forebodes,
wood is the hell tree / when floor is the dance-hall,
but the building,
but the building!
but the gun, but the law, but the camera-cutting cop,
but the dead children with books of supremacy staining their
elbows.
Oscillate— New Shape!
The window was always a reason for dying,
Then pick up the pen
then draw.

PHOTO COURTESY OF PEXELS.COM

Home

by Sarah McLaughlin '23
Editor-in-Chief

POETRY

You thought you'd never find a place
You'd call "a home away
From home," because that turn of phrase
Always struck you as vague.

What is a home? You wonder still,
A person, place, or thing?
Nothing, you thought, would ever fulfill
The word—nothing's everything.

Nothing would make you so relaxed
Or feel compelled to share
Everything with—you weren't attached
To clothes, or rooms, or hair.

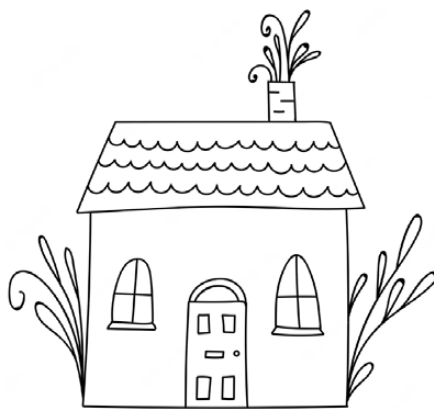
Nothing would evoke every sense
In strongest memories—
You'd always be anxious and tense
With less friends than enemies.

Suffice to say, you did not expect
Someone to change your mind
With nothing more than the effect
Of her presence by your side.

She always smells like coconuts
After washing her hair,
Which she doesn't have to do very much,
Which you don't think is fair

Because it always falls across
Her shoulders without care.
She helps you brush out your hair's knots
And makes you so aware

Of how she moves her hands and arms
Like she lives in the sea
And her laugh, which leaves you charmed
Sounds like home to me.



SVG.ORG

Listomania*

Jobs for an English Major Post Grad

- Copywriter
- Influencer
- Join the military
- Go to grad school
- Take a gap year to "discover yourself"
- Start a blog
- Move to NYC for a "fresh start"
- Become a farmer
- Lifeguard
- Paparazzi
- Park Ranger
- Start a podcast
- Amazon delivery driver
- Write a book

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

Tiffany & Earl

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

Dear Tiff & Earl,

How do I choose six
people to invite to graduation
without hurting other
people's feelings?

Sincerely,

The Ticket Master

Dear Ticket Master,

You can always barter
with your classmates, but
should that fail, then pick
the six people that you
really do want. Then tell
everyone else that you
flunked out, or that you
were asked not to walk, or
that you had to donate all
your tickets to someone
with twenty siblings. Heck,
even give them the wrong
date for graduation! Get
desperate!

Cheers!

Tiff

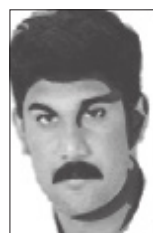


Hey Ticket Master!

This is a tricky situation to
be in. I think your best option
is to put all the names
of people you're inviting
into a big bowl like The
Hunger Games and pick
at random. Those who
don't get picked? Maybe
send them a giftcard to the
bookstore or something.

Good luck and congrats!

Earl



Sports Shorts

by O'Livia Lopes '26
Sports Staff

Lacrosse

The Providence College men's lacrosse team is now at 6-8 overall, holding a 2-3 Big East Conference record. On April 21, the Friars fell to the University of Denver in a match that ended 6-13. Ryan Bell '25 led the scoring with three points on two goals and one assist. Matt Grillo '23 also led with two goals for the Friars. Richard Joseph '26 and Chris Simonton '25 contributed with assists to Bell and Grillo. On April 29, the Friars matched up against St. John's University took home a 12-11 win. Michael Chabra '24 led the games, scoring with five points on five goals, and Bell scored his 100th career point. This victory secured Providence as the No. 4 seed and earned the Friars a seat in the Big East Tournament.

Softball

The Providence College softball team is 15-29 overall with a 6-15 record in the Big East Conference. On April 18 the Friars fell short 5-6 to Harvard University, and lost against Boston College 0-6 on April 19. The Friars then faced Seton Hall University in a three-game series, losing all three consecutively. On April 26 the Friars won 3-2 where Elysia Cunnigan '23 pitched a scoreless eighth inning to earn her fourth win of the season. April 28 started the Friars three-game homestand where they won two out of the three games against Creighton University. The first win was started by Rachel Petrarca '26 who led off the inning with a single. The pitching from Cunnigan and Riley Quirk '26 allowed a combined five hits and zero runs. In the second match, Providence had tied the Bluejays at the bottom of the sixth inning when Gabriella Sebastian '26 scored on a wild pitch to win the game for the Friars. Up next is a three-game series against Villanova University on May 5.

Track & Field

The Providence men's and women's track and field teams ran in the Penn Relays on April 27. For the men, all Providence runners finished within the top five for the 10K Penn Relays. Marcelo Rocha '23 claimed the championship title in the 10K run with a finish time of 28:53.42. David McGlynn '23 secured runner up with a time of 28:59.86 and Shane Coffey placed fourth with a finish time of 29:22.84.

As for the women's team, the Friars took first place in the 4x1500m relays making this the first time Friars XC Track has accomplished this since 1991 with a school record of 17:11.35. Kimberly May '25 edged out Oklahoma State's Billah Jepkirui on the anchor leg to earn the win with a lead time of 17:11.35 to 17:11.70. Providence now claims the No. 4 spot in the program for the first time ever in collegiate history.

A Fresh Start For PC Lacrosse

New Coach and Youth Show Promise

by Justin Bishop '24
Sports Staff

MEN'S LACROSSE

The Providence Lacrosse team closed out regular season play with a 12-11 OT win over Big East Conference opponent St. John's University on Saturday, April 30. The team finished with an overall record of 6-8 with a Big East conference record of 2-3, good enough to clinch a bid in the Big East Conference tournament which will take place at Marquette University on May 4 and 6.

In their first year with head coach Bobby Benson, the Friars finished with the same overall record as last season but improved in conference play. Benson spent the last two seasons at Maryland and was the offensive coordinator during the Terps' run to the national title in 2022. Maryland posted a 33-1 overall record during Benson's two seasons in College Park, earned two Big Ten titles, and made back-to-back appearances in the NCAA Championship Game.

The Friars had a difficult schedule out of conference this year, with two tough losses to ranked teams in the University of North Carolina at Chapel Hill losing 25-8 and St. Joseph's University losing 19-6. The conference did not get any easier for the team as the Big East had three out of six teams inside the top 12: Georgetown University, Villanova University, and Denver University. The Friars played all three of the Big East juggernauts in a row and two of them on the road, in Washington D.C. and all the way in Denver. A key win came against Stony Brook University, with the Friars winning 10-9 in OT for their first ever lacrosse victory over Stony Brook. Another victory came against conference opponent Marquette University, as the Friars defeated the Golden Eagles 16-14.

Providence stand-out players

included Ryan Bell '25, who led the team in 60 points over the 14 game season with 30 recovered ground balls. Bell totaled 21 goals on the year and a resounding 39 assists, which was 29 more assists than the next closest player. The sophomore midfielder also reached 100 points in his career as a Friar in the final game this year against St. John's. Another star this year was midfielder Michael Chabra '24 who notched 34 goals this year, leading the team. Both Chabra and Bell received 1st Team All-Big East accolades. Close behind him was attackman Jack Horrigan '25 who had 31 goals this year. All three of these players consistently had Big East honors ranging from Player of the Week to Weekly Honor Roll. Defensive standouts included goalie James Corasaniti '22GS who transferred from Fairfield this year and started every game for Providence. Corasaniti was voted Big East Goalie of the Year, along with 1st Team All-Big East with Bell and Chabra. Grant Latimer '23 led the defensive unit with career highs in caused turnovers and recovered ground balls with 15 and 23 respectively. Gregg Dennison '25 tallied 11 Caused Turnovers in only 10 games played. The team struggled at the faceoff position, as both specialists fell under 50 percent in faceoffs.

In the Big East tournament, the Friars will take on the top dog in the Big East for the second straight year, Georgetown University. Providence fell to the Hoyas 13-11 down in D.C. earlier this year and had played their best overall game of the season. The one mistake was going 7-27 at the faceoff stripe. If they could find a way to fix their faceoff woes and jump out to an early lead, the Friars could very well win against the No. 9 team in the country. The team takes on Georgetown at 5:30 on Thursday, May 4 on CBS Sports.



PHOTOS COURTESY OF BRIAN FOLEY FOR FOLEY PHOTOGRAPH

The Providence College lacrosse team is preparing for a tough test in the first round of the Big East Tournament. They will face the No. 1 seeded Georgetown University.

A Look Around Friartown

Men's Lacrosse:

04/21 at No. 10 University of Denver, loss 6-13

04/29 vs. St. John's University, win 12-11 (OT)

Upcoming:

05/04 at No. 1 Georgetown University (Big East Tournament)

05/06 at TBD (Big East Tournament)

Softball:

04/28 vs. Creighton University, win 5-0 (DH)

04/28 vs. Creighton University, win 6-5 (DH; Extra Innings)

04/29 vs. Creighton University, loss 7-0

Upcoming:

05/05 at Villanova University

05/05 at Villanova University

05/06 at Villanova University

Women's Tennis:

04/02 at University of New Haven, win 5-2

04/15 vs. College of the Holy Cross, win 7-0

04/20 vs. Butler University, loss 4-0 (Big East Championship)

Track & Field:

05/12-13 Big East Championships

05/24-27 NCAA First Round

06/07-10 NCAA Finals

PROVIDENCE

Providence College Investigates: NBA

Who Will Win the NBA Finals?

Denver Nuggets

The Denver Nuggets have struggled to achieve sustained playoff success over the last several years, despite the emergence of Nikola Jokic as one of the game's premier stars. Much of this can be attributed to less-than-ideal injury luck, particularly in the cases of Jamal Murray and Michael Porter Jr., who have each battled various injuries. Adding to the team's struggles, the front office has been unable to surround their star players with talented role players capable of supporting a deep run into the playoffs. This year, however, things seem to be shifting in the Nuggets' favor. Denver benefitted immensely from a productive off-season in which the front office prioritized surrounding their core with a solid supporting cast. The acquisition of Bruce Brown has been key to the Nuggets' success this season, as he provides them with a versatile wing defender, with prior experience in the playoffs. Kentavious Caldwell-Pope has been another off-season addition who has flourished in his role. He has made both Jokic and Murray's lives much easier by providing spacing to the offense with his ability to make shots from beyond the arc. Even rookie Christian Braun has made important contributions to Denver's success, often providing a spark off the bench with his high-intensity defense. Most importantly, they entered the playoffs with their

starting lineup intact, unimpaired by injury, for the first time in several seasons. It has allowed their core group of Jokic, Murray, Porter Jr., and Aaron Gordon to develop a stronger rapport on the court, and it has shown. Jokic has followed up back-to-back MVP seasons, with a third MVP-caliber season, and has continued to outsmart defenses with his immaculate footwork in the post and his dazzling no-look passes. Murray has had his best and most efficient season to date. Porter Jr. has continued to develop as a third offensive option behind Murray and Jokic, and his three-point shooting could be the X-factor throughout Denver's playoff run. Gordon has gotten more comfortable alongside Jokic, and the pair have become one of the best alley-oop combos across the league. Ultimately, the Nuggets appear to be reaching their peak at the optimal time, when the Western Conference is as wide open as it has been since before the Golden State Warriors' dynastic run through the 2010s. The Nuggets will have every opportunity to represent the West in the championship and finally bring home the franchise's first title since joining the NBA in 1976.

– Will Murphy '23
Sports Co-Editor

Boston Celtics

The Boston Celtics are one of the most well-rounded teams left in this year's NBA playoffs and have one of the easiest paths to the finals. Just one year after Ime Udoka reached the NBA Finals in his first season as an NBA coach, coaching for the Celtics, Joe Mazzulla will have the exact same opportunity. Mazzulla took over the Celtics following the suspension of Udoka, who was removed from his position due to allegations of workplace misconduct. Mazzulla has since silenced any doubters, leading the team to a 57–25 record and the second-seed in the Eastern Conference. Despite the supposed depth in the Eastern Conference, only three teams were expected to have a chance to seriously contend for the conference title. They included the Celtics, Bucks, and the Philadelphia 76ers. With the Miami Heat's shocking upset of the Bucks in round one, the Celtics only need to worry about a 76ers team with an injured Joel Embiid. If they can pass by Philly, they will meet either the Heat or the New York Knicks. The Celtics lost game one to Philadelphia on May 1, and the two squads will meet again in Boston on May 3. Both teams appear significantly less talented than the Celtics, who boast an All-NBA First Team caliber talent in Jayson Tatum, as well as an All-Star level talent alongside him in Jaylen Brown. Brown and Tatum have developed into elite offensive players for Boston and can provide great efforts on both sides of the court if necessary. Of course, these aren't the only two impact players the Celtics have. Marcus Smart is the reigning Defensive Player of the year and can provide tenacity and leadership

at the guard spot. His backup, Derrick White, is also a very talented defender. Veteran big man Al Horford has been to the playoffs many times and can provide excellent leadership, rebounding, and floor spacing. All the while, younger big man Robert Williams provides more rim protection and rim running on offense. One of the biggest weaknesses last season, was a lack of a true point guard. That was resolved this past offseason, when the Celtics traded for former Rookie of the Year Malcolm Brogdon. Brogdon has provided the Celtics a steady and reliable ball-handler who can shoot and distribute the ball well to all their weapons. If the Celtics make it out of the East, they will face an opponent from a much weaker Western Conference. The West may be the weakest that it has been in some time, with the defending NBA champion Warriors only a sixth seed and both the second seeded Memphis Grizzlies and third seeded Sacramento Kings out of the tournament already. The Phoenix Suns, who have the potential to be scary after adding Kevin Durant at the trade deadline, are already down to the Denver Nuggets. And despite having two-time MVP Nikola Jokic, the Nuggets have never made the NBA Finals. LeBron James' Los Angeles Lakers are a seven seed and there remains concerns about their health. Regardless, whomever the Celtics face, they should make light work of their opponent and win the NBA title.

– Joseph Quirk '23
Sports Co-Editor

Track & Field Competes at Penn Relays

by Joseph Quirk '23
Sports Co-Editor

FRIAR ATHLETICS

From Thursday, April 27 through Saturday, April 29, the Providence College track and field team traveled to Philadelphia, PA to compete in the Penn Relays, hosted by the University of Pennsylvania. Numerous Friars found success in Pennsylvania, including Marcelo Rocha '23GS, who won the 10,000-meter race with a time of 28:53.41. Fellow Friars David McGlynn '23GS and Shane Coffey '24 finished the same competition in second and fourth place respectively. McGlynn's time of 28:59.86 was a personal best for him, as was Coffey's time of 29:22.84. The men's distance medley relay team, which consisted of Tim Dolan '23GS, Brett Lehman '25, Josh Lewin '24, and Zane Powell '26, ran a time of 9:44.50. That was good enough to earn them fifth place in the event.

In the women's 10,000-meter event, Orla O'Connor '23GS also set a personal record with a time of 34:33.43, which was good enough to grab her a fifth-place finish. After O'Connor got the event started for the women, Lilly Tuck '23 competed in the 5,000-meter. She earned a personal record in the event, with a time of 15:56.57, which in turn earned her third place in the event. Following this, the women's team competed in the Championship of America distance medley relay. The relay team consisted of Kimberley May '25, Niamh Gowing '23GS, Alex O'Neill '23, and Shannon Flockhart '24. The women set a program record with a time of 11:00.03 and earned themselves a sixth-place finish overall in the event.



PHOTO COURTESY OF PC ATHLETICS

On the final day of the event, the Providence College women's team sent a relay squad to compete in the Championship of America 4x1500 meter relay. The team consisted of O'Neill, Flockhart, May, and Jane Buckley '26. The squad earned first place in the event with a time of 17:11.35, which became a new program record. The last time the Friars won this particular event was 1991, when a squad of Anita Philpott, Geraldine Nolan, Natalie Davey, and Geraldine Hendricken set the previous school, and at the time, world record of 17:22.30.

Following their dominant run at the Penn

The women's track team competed in the Championship of America 4x1500 meter relay at the Penn Relays and set a new school record.

Relays, the Friars will have a brief break before returning to Pennsylvania for the Big East Championship. The championship, which will take place on May 12 and 13, will be hosted by Villanova University. Runners for both the men's and women's team will look to not only compete for Big East titles then, but also secure themselves a spot in nationals.