

Weather Forecast: Bright future for the Class of 2000 here at PC!

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The Cardinal



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What is the best thing the Class of 2000 has to look forward to in their freshmen year?



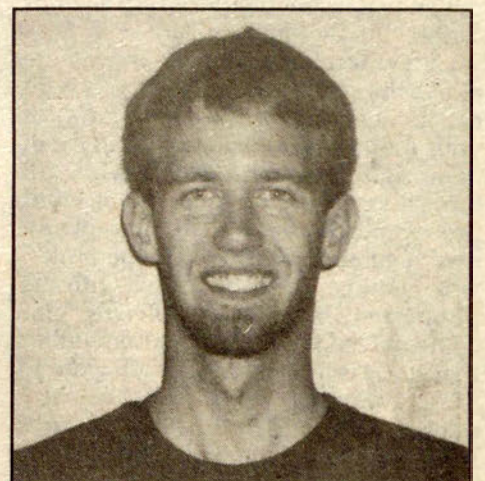
Meghan Boyle '98
"Newport Trip."



Greg Bernhard '99
"Urban Action."



Claire Cassidy '97
"Getting to know the Dominicans."



Craig Donnelly '97
"CIV?"



Rosemary Fernandes '98 and Ryan Crowley '97
Rosemary-"Talking with friends until 4 a.m."
Ryan-"Moving away from home."



Megan Kelley '98
"The first friends you meet and make."



Chris Golomb '97
"Hanging out with all the cool orientation leaders."



Liza Pappas '98
"Late night talks with friends."



Mike James '97
"The first stag."



Luan Pham '98
"The movie on Slavin Lawn."



Matt Potter '98
"Receiving off-campus mail."



Jennifer Piehler '97
"Getting involved."



Andrew Schreiner '97
"Getting to know your floor."



Allie Terray '97
"Late night talks with friends."



Carole Visich '98
"Hanging out and watching 90210 with friends."

What should I bring to PC, and what should I leave at home?

After the hurdle of orientation is behind you, the next step in preparation for your career at PC is to determine what you are going to bring. Looking back, we remember spending far too much time and energy being terrified we would forget something of the utmost importance. First off, do not stress. After a month of school, Columbus Day will roll around and most freshmen and sophomores head home for the long weekend. Anything you may have forgotten can easily be picked up then or sent to you by Mom or Dad.

A few weeks before you arrive here at PC, the school will contact you with the name(s) and phone number(s) of your roommate(s). Do not be shy; call them right away and decide who will bring the phone, stereo, computer, word processor, fridge and TV. If none of you own a small fridge, one can be rented when you get to school. Also with the phone mail system, answering machines are not necessary. Remember that space is limited, and you'll want to make the most of it. For the lucky people with big rooms in Joseph, Raymond, Meagher (pronounced Marr) and McDermott you might want to hook yourselves up with a small couch or comfy chair. These are key for intimate gatherings in your room with your new friends.

Bring lots of things to decorate your room - this is your home for the next year, so you'll want to make it feel that way! So bring lots of posters and pictures of friends and family. As a side note for the women, leave home posters of kittens, the 90210 crowd, and Brad (s)Pitt, and for the men leave home naked women posters or busty women

sprawled out over cars. The Claude Monet's and Salvador Dali's look a lot nicer and when people come to visit they will think you are worldly and cultured.

Cardboard storage boxes that can fit under your bed are a good idea since closet and dresser space is very limited. DO NOT bring any plastic shelves or milk crates because they are prohibited under the school's strict fire regulations. Extension cords are also a no-no, but circuit breakers with a row of outlets can be bought at any Caldor, Bradlees, or Kmart, and they serve the purpose even better. You can also leave the candles, incense burners and Christmas Tree lights at home, too.

For women, pocketbooks are a sure sign of freshmehood and are definitely a rare sight on the PC campus. A sturdy book bag with pockets is more convenient and real cool! A must for campus life are a couple of warm, rugged walking shoes. Plan on hitting the pavement a lot more than you do at home, and the weather in Rain Island does not always cooperate with your wardrobe (my freshmen year it rained everyday for three weeks!).

Here are some miscellaneous items you will need:

- buy all stationary supplies at home to save some bucks and save time in the bookstore
- typing or computer ribbon
- computer disks
- stapler and staples
- scissors
- tape (scotch and masking)
- paper clips
- thumbtacks
- rubber bands

- looseleaf
- pencil sharpener
- dictionary
- thesaurus
- ruler
- envelopes
- stationary
- stamps
- notebooks
- address book
- folders
- pens and pencils
- calendar/desk date planner

A great sense of humor and patience to deal with the ups and downs of dorm life!

- towels/wash clothes
- extra-long sheets
- blankets
- pillows
- mattress cover
- clock radio
- plants
- desk lamp
- floor lamp (overhead fluorescent lights are really annoying!)
- nails
- hammer
- screwdriver
- adhesive hooks
- poster goo (better than tape, doesn't ruin posters)
- detergent/bleach/fabric softeners
- big laundry bag/basket

- QUARTERS(no not a typo, you will need lots of them for washing machines and dryers)
- flashlight
- hangers
- glasses/mugs
- plates/silverware (Rich will catch you if you will try to steal from Ray caf)
- coffee/tea/hot cocoa mix
- a case of your favorite soda
- toothbrush/toothpaste
- shower bucket
- flip-flops for shower
- bathrobe
- shampoo/conditioner
- razor
- make-up bag
- band-aids
- deoderant
- vitamins
- cotton balls
- Q-Tips
- comb/brush
- blow dryer
- safety pins
- small sewing kits
- wallet/change purse
- umbrella
- snow shoes
- a fan
- blank tapes for mixing songs and sending to friends at other schools
- camera
- walkman
- an ID
- high school yearbook
- a sense of humor, and a lot of patience to deal with dorm life!
- good luck to the Class of 2000!

reprinted from the 1995 Orientation Issue

PC Takes Manhattan

by Erin R. King '98
News Editor

The *Late Show With David Letterman* had a pleasant surprise on Thursday, April 11th. Thirty PC students were present in the Ed Sullivan Theater for the show, which featured Michael Bolton, Luciano Pavarotti, *Friends'* David Schwimmer, and clothing designer Cynthia Rowley.

The Board of Programmers' Travel Committee organized the trip. Kristen Rushworth '97 and Amy Pettine '97, both members of the committee, said that *The Late Show* contacted them to organize a trip because they wanted more college students in the audience. "We lucked out to get the tickets," Rushworth noted.

Rushworth and Pettine agreed that the trip was a big success. On the day the tickets went on sale, people began waiting outside of the BOP office at around 9:00 a.m. for a 7 p.m. sale. "I have not seen people waiting so long for tickets since *The Who's 'Tommy'*," Pettine remarked.

The group from PC left campus at noon for the bus ride to New York City, where the show is taped at 5:30 p.m. The group returned home in time to watch the show on TV, although it was at a delayed time due to late-night golf.

When the group arrived at the theater, *The Late Show* staff took care of them. There were a few stipulations for the audi-

ence, though. The entire PC group could not sit together; they were split up into groups of four or five and dispersed around the theater. Nevertheless, everyone had great seats.

Before the show began, Letterman himself came out to introduce himself. "He only answered one question," Traci Okula '99 recalls. For most, it was their first view of Letterman. Without his suit jacket, several people noted that he was even taller and thinner than he appeared on television.

Then the show's magic began. Jeanne Casey '99 sat in the middle section of the fifth row. "It was the time of my life," she recalled. Christine Harding '98 also sat in the fifth row, the section nearest the band. "I could see everything," she said.

Regular viewers of *The Late Show* most likely know that the Ed Sullivan Theater's temperature is kept somewhat colder than what most people are accustomed to—Dave's guests have been known to comment on the frigid temperatures. During David Schwimmer's interview, he told Letterman about a theater project he is working on. Letterman asked him, "Do you keep your theater as cold as I do?" This elicited laughter from the chilled audience. As they were laughing, the cameras focused on Harding's section, and both she and five other PC students appeared on television for several seconds.

For many, the show's highlight was seeing Letterman in person. Jim Shotter '97 summed it up: "It was different seeing his chemistry

on and off the screen. Off camera, he takes his jacket off, puts his feet on the desk...When he's not on camera, you know he's the boss."

Many of the ladies in the audience found Schwimmer's presence especially exciting. Several people said that he seemed slightly nervous, and acted "just like Ross," his character on *Friends*.

Singers Michael Bolton and Luciano Pavarotti also appeared on the show.

Many students found Letterman's final guest, designer Cynthia Rowley, more memorable. Wearing a dress of her own creation, Rowley was back on *The Late Show* for a third try, since her two previous visits were cut short—in fact, she had never even made it on stage, since the other guests took so much time. However, on this visit, while she was still cut short, at least she got to speak with Dave. "So...you design clothes?" he asked. Some said he seemed "rude" to her, but everyone agreed that she took it in stride.

What most people want to know is, how does *The Late Show* operate? Those close-up shots are closer than one would think—they are directly in front of Letterman. Shotter said that with all the cameras right in front of him, many people in the audience could not see him very well. There were monitors for these times, however.

A terrific time was had by all. "We had a really great group," Pettine concluded.

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The Cowl

Established in 1935

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All you need to know about PC

by Mary M. Shaffrey '97
Editor-In-Chief

Well, you are here at Providence College Orientation and before you know it you will be returning with your parents (and everything but the kitchen sink) to move into college for good! I thought that I would take this opportunity to better familiarize you with some of the ups and downs of PC and college life in general. Besides, this just gives you something else to read on the ride home.

First off, I will say that I would not be the least bit surprised if some of you did not care for PC that much during the first few weeks of September and may even consider transferring. Don't worry, this is how most people feel when they come here, or anywhere else for that matter. Rest assured, come May you will love this place and if Notre Dame, BC and Holy Cross all offered you full scholarships you would gladly say NO WAY!

There are a few other areas worth noting:

Roommates: Roommates are a central part of college life, and it may take sometime to warm up to the idea, especially if you have never had to share a room. I do not recommend choosing an orientation buddy as a roommate. My freshmen year there were six serious roommate problems on my floor, and five were people that decided to live together after having known one another all of 48 hrs. I am guilty of this so I know what I am talking about. Let the college place you, believe it or not for the most part they do a pretty good job! Another thing about roommates is remember that they do not have to be your best friend(s), rather just someone that you can live civilly with for one year.

I do not want to give you the wrong idea, roommates are great and for many they are your best friends, the ones fifteen years from now you will name your children after!

Cafeteria: Perhaps the biggest adjustment to college life. PC offers three different on-campus dining facilities and unfortunately none are as good as mom's cooking. This being said they are not all that bad either. Raymond food is edible and after awhile it grows on you. They have a decent selection and have found another meaning for the letters PC - probably chicken. Alumni (Mondo) is good for breakfast and lunch because you order and they cook right on the spot, in other words no pre-prepared foods that have been out for an

Enjoy your mom's cooking this summer, because while Raymond is edible, it is nothing like hers!

hour waiting for you to come pick them up. Finally, Mural Lounge is great for a late night snack, but the food here is mainly greasy burgers. The bottom line is enjoy and appreciate your mother's cooking this summer because once you are here, you won't want to leave (like it) until Columbus Day or for some of you Thanksgiving.

Rules: The rules at PC are pretty fair and as long as you are not stupid you will have no trouble abiding them and

staying clear of the judicial office.

Bedtime: You will never get to bed before midnight here. Load up on sleep this summer because college is not only the time for learning and having fun, but it is also the greatest gathering of sleep deprived people you will ever meet. There is always something going on, and for one reason or another you will not get as much sleep as you would like, but hey that is what the weekends are for (Mom and Dad, word to the wise, don't call before noon on Sat. and Sun unless its an emergency)

8:30s: Avoid taking them like the plague. You may think, well I had to be at school by 8 a.m. this year so 8:30 is not all that bad.... WRONG! When your roommates are sleeping and its cold and snowy, you will not want to get out of your warm bed, the later the class the better!

Get Involved: The best thing about PC is that there is SO MUCH TO DO!!! There are over 50 organizations on campus that would love to have you. While the two most visible clubs (Friar's and BOP) do not open membership up until the spring, there are many other activities you can join right now - PC Pals, Camp Heartland, Habitat for Humanity, Student Congress, College Republicans/Young Democrats, and SOAR just to name a few. Not only are these organizations a lot of fun, but they give you an excellent chance to meet people outside of CIV. One of the biggest differences between high school and college is that here there is little class distinctions - rarely are you identified as rather it is just Jane and Bob.

Rhode Island Lingo and other stuff: This is specifically for those of you who do not live in either The Ocean State, Connecticut, or Massachusetts. People

here talk funny, they add many letters that do not belong (i.e. saw = sawr, call = caw), and everything is "wicked" (i.e. wicked good, wicked cold, etc.) but after awhile you get used to it. However, do not expect this favor to be returned. I am from Maryland and I am still teased about some words and expressions, as are my friends from Chicago, Ohio and California (keep in mind this is all done in a humorous manner). Everyone on this campus is friendly, regardless of where you are from, once you are here and are registered for CIV you are a part of the big PC family and will for the most part be welcomed with open arms.

CIV: Do not stress over this class. Yes, it is a lot of information to digest in two years (by the end of your sophomore year, you will be a champ at Jeopardy), but it really is a worthwhile experience and much of what you learn can be applied in other classes as well, including your major. The most important thing is to get to know your seminar professor soon. If he/she knows you and knows you are trying, come December, and 88 or 89 will most likely be an A.

PC really is a great place to spend the four best years of your life. The Dominicans are truly unique and are always there for you. Now if you are not Catholic, please do not feel as if you can not approach them, PC is for everyone and the Dominicans here will help ALL students in anyway they can. Just in case you are wondering, I was not told to write that, it really is true! The friends you make here will be your friends for and remember these four years will fly by so fast so make the most of them while you can!

ATTENTION

Class of 2000!

Stop by The Cowl office when you come in September. We will be hiring new writers and would love to get to know you! We are located in Slavin 104, or just call x2214.

Help inform PC students about issues facing them!

Get involved!

Great way to meet new people and have fun!

I wish I had known that...

I WISH I HAD KNOWN THAT.....
I'd have to learn to sleep with the lights on, the radio blaring, and the phone ringing.
my old car takes twice as much money and time to keep running away from home and that it is not so bad to walk sometimes.
Catholic colleges are not little utopias, they have their problems too.
college isn't all fun and games. It's hard work and takes a lot of self-discipline.
a Saturday night can get pretty lonely
I'd need an iron and the know-how to use one.
everybody is human and I'd have to learn to live with different kinds of people.
I could (and should) have learned to type
my roommate does not have to be my best friend.
there would be no one to tell me to do my homework before I turned on the TV read a book.
I should be more aware of current events so I would not sound so stupid.
college is not as hard as I thought it would be because it is interesting.
I should be open to new, controversial ideas, not necessarily to accept them but to evaluate them.
my prejudices would come out, even though I thought I did not have any.

.....getting used to a roommate is like getting married without being engaged. It takes a great deal of compromise and lots of give and take to live with someone.
I should not be afraid to ask questions.
one of the main purposes of college education is to teach me to express myself well on essay exams, in class, and/or in clubs.
there is no little brother or sister to get mad at when things go wrong.
the best way to study is without any form of distraction, i.e. music, people, etc.
to make the best use of my time, I must assess what things are most important and therefore need to be done first.
everyone complains about the food, and they are right, its not as good as mom's
I should not go everywhere with my roommate or we'll soon be at each other's throats.
if I keep up with the reading I can avoid the last minute panic.
the way to remember is to review, review, review whenever possible.
I should expect loneliness. It takes time to get past superficial relationships and form close friendships.
the people I thought at first would turn out to be great friends, may not

turn out to be friends at all!
I cannot judge people by their looks or beliefs, rather I have to accept the differences.
dating is practically extinct at PC.
I'd could save a lot of money by buying used books from other students.
if I wait until vacation to catch up on schoolwork or sleep, I'll get neither one accomplished and ruin my vacation.
what it is like to be completely on my own, and making my own decisions.
I must take life as it comes. That I should not get uptight before I even know what is going on. Play it cool.
There is more to learning than what happens inside the classroom.
I should take advantage of campus activities such as concerts, clubs, and discussion groups. Not only does it round out my personality, but it makes me a better person.
The best education comes from getting to know people, but not only in books.
 My values and principles will be greatly challenged.
The most important thing I should learn is to accept being me. If I do not like myself, how can expect others to do the same.

reprinted from the 1985 Orientation Issue

PC SWEEPS BIG EAST CHAMPIONSHIPS

Carroll and McMahon Take Top Honors and Lead Their Teams To Victory

by John Carchedi '98
Asst. Sports Editor

In the middle of the Bronx, amid the mud and stones of Van Cortlandt Park last Saturday, the Providence College Cross Country teams found a record book, and wrote their names in it.

At last Saturday's Big East championships, Coach Ray Treacy's Friars made history, becoming the first contingent to win both the men's and women's team titles, as well as both individual titles with Mark Carroll's and Marie McMahon's first place finishes.

"It was everything we expected and more," explained an exuberant Treacy. "We hoped that we would win both, but I would have been happy even with one. For both to win, and to win the two individual titles as well, to do something that has never been done before in Big East History, was great. To win all four on the one day, it just capped off a fabulous day."

In every coach's career there are rare days when everything goes right. The runners, on both squads, not only did their job but did it faster.

The Lady Friars' 37 points embarrassed the field, including defending national champion and arch-rival Villanova (51 pts.). On the men's side, the race was billed as a grudge match between Providence and Georgetown. The black and white tallied 50 points, and had cooled down, eaten lunch, called home, napped, posed for pictures, enjoyed a Broadway musical, stood beards before the second-place Hoyas crossed the line (74 pts.).

It can be argued that the 21st ranked men's squad was looking for respect, as Georgetown has held top ten rankings all season.

"This was the first time we put the whole team on the line, and it just confirmed what we already knew," explained junior David Healy, who continued his All-American season by placing third. "Our ranking was disgraceful. Georgetown was #7, Notre

Dame was #13, and we were 21. But if you looked at our placings, how fast our guys have run, you could see we should have been higher. We are not an amazing team, but we are a very good team and we proved it Saturday."

Villanova has been outlasting the Lady Friars for the past five years, culminating at last year's Big East championships where the Wildcats edged their way into first.

"We figured it would be a close race," said junior Susan Murnane. "We knew we had to run well to win. We did."

One reason the Lady Friars had been unable to down Villanova was the seeming invincibility of Wildcat Jennifer Rynes, the individual NCAA champion a year ago and the only harrier that kept former Friar great Amy Rudolph from the national championship. McMahon made up for that.

The pair went out with the lead handful, then separated from the pack and went head-to-head at the mile mark. McMahon won the race at the two mile mark, smoking through the last mile and finishing in 17:04.

"It was the first time I've ever beaten her, so it was nice to prove that she's beatable," noted McMahon. When I came back in September, I just wanted to be in good shape before the NCAA's," continued the Ennistymon, Ireland native. "I never expected to win the Big East, I never expected to beat Jen Rynes."

"(Marie) beat the defending national champion Jennifer Rynes and beat her pretty convincingly," lauded Treacy. "So, ~~mainly, if all goes well for the rest of the season for her, we have to feel she has a shot in terms of the individual title at the NCAA's.~~ Obviously Rynes is still going to be a factor. Amy (Rudolph) beat her last year at Big East and she still came back and won NCAA's, so you have to keep that in mind."

Speaking of national champions, Mark Carroll is back and rust free. The Cork, Ireland native had the meet won as soon as the gun sounded, setting a feverish pace and breaking the spirits of the competition.

"Mark completely dominated, he had the race won at the mile mark," remarked Treacy. "He went out very fast, and the competition, pretty much, didn't want to take the gamble of going with him. They didn't want to throw away a chance at second place. So he was gone 100 meters clear at the mile mark. He just cruised the rest of the way."

"He looked a lot better than he did at New England's," Treacy alluding to Carroll's previous meet. "He looked much more in control. Obviously the New England race helped him and brought him along a lot. Now things definitely look good for the IC4A's and the NCAA's."

The first portion of Van Cortlandt Park is flat grass, spanning the perimeter of a field. Then it gets dangerous, narrow, rocky, muddy, hilly and not a good time. Carroll wanted to win this race on the field, and he executed perfectly.

"I was a different athlete this week (opposed to the New England's)," admitted Carroll. "The rust was gone. I did two weeks of workouts with Ray. I felt much more in control. I was very relaxed. I could have run much faster."

After Carroll (24:30) and Healy (24:56) crossed, co-captain Andy Wedlake earned 10th (25:16), again claiming that Providence has the best front three of any school in the US. Super freshman Ben Noad snared 14th (25:30), and senior Jose Libano placed 22nd (25:48) to round out the scoring.

Then droves of Friars followed, with Carl Mauro (27th, 25:56), Michael Donnelly (31st, 26:02), Steve Myers (36th, 26:08), Paul McNamara (40th, 26:14), and Nick Kent (42nd, 26:17). The kicker is that even if Kent had been PC's fifth man, the black and white still would have won.

For the women, picture of consistency Maria McCambridge ran to a quality fourth place (17:38). Murnane, fully recovered from a mid season bout with the flu, placed eighth (17:51). Krissy Haacke (11th, 18:07) and co-captain Moira Harrington (13th, 18:10).

The unsung hero of the meet was

Haacke, who stepped up in the absence of co-captain Meghan McCarthy, a pre-race scratch.

"Krissy responded very well to the fact that Meghan wouldn't be running," praised Treacy. "Meghan pulled out the morning of the race because she had a sore I.T. band and we didn't want to take the chance on the course because it was very mucky and slippery. We didn't want to take the chance that she would end her season right there."

"Krissy just responded magnificently to the challenge. She got stuck in there with Moira and Susan and just refused to let go. She got a very high placing out of it."

The spark plug for the men's team was freshmen Noad. In his first major collegiate race, and under tough conditions, Noad was unimpressed, but impressive.

"Ben ran an amazing race," lauded Healy. "He really pulled it out when we needed it most."

This was an important race for Ray Treacy and his teams. This has been the meet the kids have been aiming for since summer, and the work, the miles, aches, pains, Advils, and time constraints paid off. One other thing, the National Championships are less than three weeks away, and these squads have set themselves up well.

"To us the Big East is second in importance to the NCAA's," said Treacy. "We consider it more important than the ECAC's and the IC4A's. We wanted to win the conference title. The school hasn't won one yet, they are the first two this year. Especially with thirteen teams in the conference now, it was the first cross country championship with the expanded conference. It's nice to win."

"And it sets us up nicely for the rest of the season," continued the Friar mentor. "We've only got three weeks to go till NCAA's now and we're on top of our game. All we got to do now is try and keep them healthy and don't do anything stupid."

reprinted from the November 2, 1995 issue

Course Registration 101

by Theresa Edo '96
Former Editor-In-Chief

With course registration rapidly approaching, the campus is buzzing with talk of which classes are "must takes." Every semester students of all years debate what they consider to be the indispensable courses of a PC education. In an effort to sift through the talk of the town, *The Cowl* hit the proverbial pavement to get some honest opinions from the people who have actually sat through the class hours in question.

The Cowl challenged students to "Name one class that you would recommend to all PC students." The members of *The Cowl* specified that they were not looking for "blow-offs" or "easy A" classes. The purpose of the survey was to find out which classes have been enlightening, interesting and CHALLENGING. We asked that responses not be drawn from classes that students did not take seriously. We were looking for courses that simply made students think, courses that people were glad they took. The results were surprisingly refreshing because a wide array of classes made our survey. Clearly PC is offering a wide variety and large number of courses which are of superior quality. It seems that faculty dedication to academics is paying off.

The Cowl approached 245 randomly selected students. Freshmen were not allowed to respond because they currently

only have four classes to compare. Western Civ. was not an option, nor were School of Continuing Education classes. The names of students surveyed were not disclosed, and comments were not included in the responses. There were 32 students who gave no response because they said they could not think of a truly

Clearly PC is offering a wide variety of sources of superior quality

worthwhile class they had taken at PC.

This survey is by no means scientific. There are surely other excellent classes, but for one reason or another, they did not make the survey. We are not trying to compete with Gallup Inc.; we are trying an alternative approach at serving our readership. We hope that we did not ruffle anyone's feathers because of certain omissions. If you are a student who feels strongly about a class or a professor that did not make our survey, we suggest that you tell people about it. One of the best forms of marketing is still word-of-mouth. *The Cowl* welcomes any feedback, positive or negative, about the survey. The staff sincerely hopes that the survey is informative and beneficial.

reprinted from the November 2, 1995 issue

TOP TEN "MUST TAKE" COURSES AT PC

10. Shakespeare - Lynch
9. Spenser - Esolen
8. Epidemiology of Health and Disease - Castle
7. Health Psychology - O'Keefe
6. Vietnam - McGovern
5. Survey of Art History - TEAM
4. Marriage of Theological Approach - Natalizia
3. Communication Disorders - Keating
2. Far East in Modern Times - Metallo
1. Philosophy of the Human Person - Kehew

Honorable Mentions

- Advanced Writing - Graver
- American Gov't & Politics - Affigne or Trudeau
- American History - Manchester or Grzebian
- Business Math - Donohue
- Christ, Word and Redeemer - Fergus
- Contemporary Christian Thought - Topel
- Educational Psychology - Hanlon or Thibodeau
- Spanish - Myett
- German - Gousie
- Intro to College Writing - Gilroy
- Math Methods - Goldstein
- Moral Issues - Seaver
- Presidential Elections - R.L. Deasy
- Sacraments - Wagner
- Sociology of the Family - Moorehead