

# The Cowl



SINCE 1935

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## "Women in STEM" Series Inspires Students PC Welcomes Dr. Sarah Seaton and Dr. Katherine Lee



NICHOLAS CRENSHAW '20/THE COWL



NICHOLAS CRENSHAW '20/THE COWL

Dr. Sarah Seaton (left) and Dr. Katherine Lee (right) spoke about their experiences with post-grad life and working in the STEM field.

by **Hannah Langley '21**  
News Co-Editor

CAMPUS

Providence College boasts impressive science departments that include biology, chemistry, physics, psychology, computer science, and more. These majors all fall under the academic umbrella known as STEM, or science, technology,

engineering, and mathematics.

PC's science departments want to take a particular interest in successful women in scientific industries and fields by holding a speaker series called Women in STEM, which helps to inspire not just women at PC, but all students in the field of science to grow in their careers and create successful and fulfilling futures.

This past Tuesday, October 23, Dr. Katherine L. Lee, an associate research fellow and medicinal

chemist at Pfizer in Cambridge, Massachusetts, and Dr. Sarah Seaton, a senior scientist at Indigo Ag, a start-up agricultural company, came to speak to PC students about their educational backgrounds, how they grew their careers, and helpful tips they followed, or wish they had followed, that led them to where they are today.

When discussing college life, Lee and Seaton had somewhat different experiences. Lee, who had grown up in a small town in Massachusetts, decided to go to Yale University and study chemistry.

"I really had to raise the level of my game," recounted Lee as she reminisced on her college experience.

Seaton, who grew up in a small town in North Carolina, decided to stay local, and went to High Point University.

Seaton talked about how she did not want to go to a big institution and liked the idea of a liberal arts education, but she knew that would make advancing in her career much harder. "I knew I needed to look outside for research opportunities to get the experience that would be important in my career," said Seaton.

She also emphasized the fact that because she went to a smaller liberal arts college, she took every advantage she could to get the most out of her education.

"I squeezed out every bit from any opportunity I got myself into," recalled Seaton, ending her four years in college with a degree in biology and a degree in chemistry, as well as taking any opportunity she could to do research both on and off campus.

STEM Series/ Page 2

## Cross Country Teams Look to Finish Strong

by **Jack Belanger '21**  
Sports Co-Editor

PC CROSS COUNTRY

After coming off arguably their best performance of the year, the Providence College Men's and Women's Cross Country Teams are coming into form just in time for the Big East Championships on Saturday, October 27 in Carmel, Indiana hosted by Butler University. Both teams came in first place at their last race, the Central Connecticut State University Mini Meet.

The women's team had five runners place in the top 10 including Abbey Wheeler '20, who placed second overall in the race and first among collegiate runners. Wheeler's performance caused her to be named the NCAA Cross Country Division I National

Athlete of the Week for the second time this year. Wheeler has been one of the most consistent runners for the Friars, finishing as the top collegiate runner at three meets this year. Regan Rome, a fifth year, and Maria Coffin '21 finished right behind Wheeler in third and fourth places overall respectively.

The men's team also had runners place second through fourth as they had four runners place in the top 10 of the race. Ryan Gallagher '21 took the top spot for the Friars, finishing second overall with Angus White '21 and Marcus Karamanolis '19 right behind him. Gallagher has come a long way from the beginning of the season, when he finished fifth on the team at the University of New Hampshire Dual Meet, and has worked his way up to being one of the team's top runners.



PHOTO COURTESY OF PC ATHLETICS

Abbey Wheeler '20 had strong performances in many races this season, most recently finishing second in the Central Connecticut State University Meet on Oct. 19.

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## What Can Money Really Buy?

### *Professors Debate On the Morality of the Marketplace*

by Micaela Freeman '20  
News Staff

ON CAMPUS

Campus Ministry, Providence College School of Business, and the Center for Catholic and Dominican Studies hosted a sparked debate on Thursday in the Arthur F. and Patricia Ryan Center for Business Studies between two university professors.

The debate, titled "There are some things that money should not buy," brought in PC's associate professor of philosophy Dr. Colin King and Georgetown University's Dr. Jason Brennan.

The debate was centered around the idea of whether or not money can truly buy happiness. King and Brennan went head to head speaking about the value of life and how money can better it through a parliamentary style debate. Dr. King, who flew to Providence from Switzerland, argued that money should not be able to buy everything due to the fundamentals of ethics.

Dr. King brought up points such as grades and voting fraud; money should not buy a vote, and should not buy an A despite the student's work saying otherwise.

Dr. Brennan argued for the

negative, and discussed that if there is something you would not do for free, you should not be able to pay for it. If you would do something, however, people should have the option to pay for it. Brennan also brought up points such as prostitution being bad, yet people pay for it; however, paying for a child was justified in the debate because of the establishment of adoption.

The event allowed students to see how debate skills can be applied to a professional debate and how specific skills, such as warranting arguments and weighing the importance of the argument, can help in everyday life.

Many of the members of Providence College Debate Society were very eager to listen in on a professional debate.

Noah DeRossi-Goldberg '22, said the debate was both enjoyable as well as educational, "It was very philosophical. It was really good."

As a political science major, DeRossi-Goldberg appreciated seeing the application of politics and how a debate works in the real world.

"It gave me great lessons on how to improve my debating skills," DeRossi-Goldberg added.

Carly Martino '19 also attended the debate and enjoyed it as well. Martino is the acting co-president of the Debate



NICHOLAS CRENSHAW '20/THECOWL

Dr. Brennan teaches at the McDonough School of Business at Georgetown University.

Society and said she was thrilled to see fellow members in attendance.

Martino emphasized that she felt she learned a lot, saying, "I found it really interesting, even if I got lost in the economics sometimes. But the questions that they broke down were extremely [enlightening]."

Martino said the entire debate was especially interesting, and she enjoyed

the structure and the points of the debate.

"The most interesting part was the end when they took questions from the audience, and new points were brought up," Martino said.

The event received praise, and many members of the audience and the debate team said they would love another professional style debate.

## Women Scientists Discuss Their Career Paths

### *Students Receive Advice on How to Excel in Science Beyond PC*

#### STEM Series:

Continued from front page

One of the points both Lee and Seaton emphasized was the idea of starting to build networks and relationships now. Both talked about how influential and helpful their advisors in both college and graduate school had been in their careers expressing their gratitude.

Seaton implored the student listeners now to get to know their professors not only in class or lab, but outside in TA jobs or tutoring, as well.

On joining the workforce, Lee gave helpful advice to the PC students, including about maintaining and building relationships and networks and constantly going to interviews.

Lee suggests that going to an interview for a job you may not even want can be helpful in the long run, says it helps you not only get experience, but helps you understand what you are looking for in a job.

"It's good to be honest with yourself and open to what you really want," said Lee. "If you feel like you aren't being yourself in an interview, it might not be the right fit for you," she continued, "just trust your instincts."

Lee and Seaton talked about what they thought was most important when working in the scientific field, or any field for that matter.

"Look for opportunities that challenge you and keep you growing," said Lee about finding an interesting and fun career. "There isn't just one straight path in chemistry."

Seaton mentioned how her career has taken some ups and downs, as she went from having an assistant professor position at the University of North Carolina Asheville to going back to Boston to work in laboratories

at Harvard Medical School. "On paper, it was definitely a step down in my career," said Seaton. "[Being a professor] was a great job, but it turns out it wasn't what I wanted."

Seaton stressed to her listeners that they shouldn't get discouraged if something like this should happen to them in their careers, saying, "Your career is flexible; there will always be other positions, just find what makes you happy."

Both Lee and Seaton now have successful careers in their prospective industries. Lee is currently leading a team of chemists at Pfizer who are working on a successful project currently in phase two of clinical trials. Seaton is now pursuing her career in microbiology at Indigo Ag, and leads a team of about six female scientists.

Both stressed the fact that their careers are just examples of the many careers chemists, biologists and other science majors can achieve.

Seaton even used the examples of some of her friends who used their scientific knowledge to open bakeries and breweries! "There are many career opportunities, even with just a Bachelor's degree," said Seaton.

As a resource for chemistry students at PC, Lee recommends visiting the online site for the American Chemical Society (ACS) to explore different career opportunities, resources, and more information.



Dr. Seaton talks about her own liberal arts education.

NICHOLAS CRENSHAW '20/THECOWL

## Preview: Love Your Body Workshop

by Julia Acquivita '22  
News Staff

ON CAMPUS

The Concannon Fitness Center at Providence College will be hosting an Embody Love Workshop this upcoming Friday, October 26 from 1:30 p.m. to 3 p.m. in the group fitness studio.

The workshop was developed by Dr. Melody Moore, founder of the Embody Love Movement.

The event, led by Courtney Mackey, assistant director of the fitness & programming department of recreational sports, will focus on concepts of self-love and how mastering self-love allows people to engage in stronger connections with one another.

According to Mackey, "In the Embody Love Workshop, we define the word embody as 'to feel something so deeply you become it.'"

Through this workshop, Mackey and others will engage in further detail about what it means to embody love, and serve as an example to others of what it looks like to consistently love yourself. In this way, people who struggle with self-love will feel more welcome to love themselves as well.

In addition to seeking comfort on this journey of self-love, Mackey and the Embody Love Movement's mission is to "change the conversation" of society.

Mackey claims, "We commit to changing our self-talk and the way that we participate in dialogue with others so that we can lift each other up."

Through this workshop, people will learn how promoting self-love and care towards others can touch the hearts of other people, and help motivate them to take part in embodying love.

The workshop will conclude with a yoga practice that encourages us to recognize and appreciate our breath, body, and spirit, and further merge together any ideas and concepts absorbed during the workshop, with the end goal of embodying love.

To find out more about the Embody Love Movement, you can visit [www.embodimentmovement.org](http://www.embodimentmovement.org).



# PC Community Comes Together at "A Day to End Hate"

by Micaela Freeman '20  
News Staff

ON CAMPUS

"A Day To End Hate" was held in McPhail's on Monday, October 22 at 8 p.m. to help end hate towards marginalized communities.

The event was sponsored by Board of Multicultural Student Affairs (BMSA) and was a collaboration of Providence College's Stopping Homophobia Eliminating Prejudice and Restoring Dignity (SHEPARD), the National Association for the Advancement of Colored People (NAACP), Motherland Dance Group, Believers of Words (BOW), and A capella.

Throughout the years, October has been known as Bullying Prevention Month. Last Thursday, many celebrities and peers wore purple to commemorate the stop of hate and bullying.

This event allowed students who have been the victims of hate or know someone who has been a victim of hate and bullying, to come together and have a safe and enjoyable time. The event brought awareness to rights, love, and the importance of equality of not just the LGBTQ+ community, but for all those who have been hurt in the past.

Throughout the event, attendee's were able to write love letters that helped inspire love and care to the marginalized communities. These notes will be hung in the SHEPARD club offices.

Attendee's were presented three big questions that were posted on the wall and could respond privately or publicly on their own notecard that hung on the windows. The theme of the event was love and hate, and how important it is to end hate and inspire love.

The questions presented to the attendees helped stir the conversation about love and ending hate.

The questions included:



WILLIAM BOZIAN '19/THE COWL

Andre Rogers '20, Marvin Taveras '19, and Kincaid McLaren '20 celebrate love at "A Day to End Hate."

"How do we spread love or END HATE?"

"How can we achieve world peace or peace at PC?"

"What is your definition of LOVE?"

Christina Roca '21 said that it is important to show support and alliance to her friends as well as the LGBTQ+ community.

"I'm here to support my friends and be an ally to the LGBTQ+ community," said Roca.

Many groups on campus helped the event be a hit. BOW, Footprints Gospel Choir, Motherland, and PC's all male A capella group, Special Guest, all performed, as well as Alexa Jerome '20, who got major applause from the crowd.

Fartun Abdulle '19 said the A capella group helped make the night with their voices.

"They sound angelic!" Abdulle said.

From BOW, Karisneyca Gutierrez '18 performed her poem "Forgive and Forget," Kincaid McLaren '20 performed "Black Man," and Grace Higgins '22 performed "Waiting Game."

For Jerome's performance, students had their phone flashlights in the air as she performed Paramore's "Only Exception."

Emily Lucas '19 also attended the event and said, "I loved the cover of 'Only Exception.' I think she did a really good job!" Overall, the night was enjoyable for everyone.

The event's goals were to create a night where love was celebrated and hate was not in the hopes of making the entire world and the PC community more welcoming. "A Day to End Hate" became an integral part of many people's days and gave them the feeling of acceptance they need in order to succeed and be themselves.



Motherland Dance Group is in affiliation with BMSA.

WILLIAM BOZIAN '19/THE COWL

# Featured Friar: Korey Lord '21

## A Red Head with Big Responsibilities and Big Dreams

by Kyle Burgess '21  
News Staff

FEATURED FRIAR

From overseeing fundraisers, to meeting with event committees made up of their peers in order to formulate ideas for student functions, class presidents often find themselves faced with a wide array of responsibilities.

As president of the class of 2021, Windham, New Hampshire native Korey Lord '21 is no stranger to sitting in the hot seat.

Despite the daunting illustration of work behind the political scene at Providence College, Lord was not dissuaded from running for office.

"I realized that many students, myself included, were unaware of what Student Congress really did here at PC, who our leaders actually were," Lord recalled. "I wanted to change the culture of congress by stepping into an active role and creating a friendly environment between students and their representatives."

Over the course of his personal involvement in Student Congress, Lord has gotten to connect more deeply with his 100 fellow members of Student Congress here at PC.

Lord explained that, despite their different paths to congress, every representative shares a common desire to be the voice of their classmates and they



PHOTO COURTESY OF KOREY LORD '21

Lord participates in many on-campus clubs at PC.

all care for their peers. "Each member shares a different story and it motivates me to think that what we're doing is special," Lord added.

In keeping with the unique identities represented throughout Congress, Lord prides himself in his unique genetic makeup.

Lord not only boasts having red hair and blue

eyes, but is also a leftie, which makes him part of a 1.7 percent segment of the world's population with these three qualities. "I did a lot of research for fun facts in the weeks leading up to freshman orientation," Lord admitted.

He was able to turn the tables this past summer and act as an Orientation Leader for the incoming freshman class and ask his group members to share their own fun facts to the group.

In addition to juggling the many duties that come with being class president, Lord also hopes to add a political science major to his current accounting major.

Following life in Friartown, he hopes to relocate to the D.C. area and enter the political arena there.

He explained, "I want to continue to see myself helping out others like I'm doing here. I'm not in it for the money, just for the opportunity to give back to the community."

For now, however, Lord is content with being the friendly face of Student Congress and an ambassador for the class of 2021.

"I've been able to make 100 new friends through my involvement and find an outlet to share my compassion for my classmates," he remarked.

"I definitely recommend congress to anyone who wants to be a voice for their peers and meet students who share this passion."

Lord is looking forward to enjoying his next several years at PC.

## Bursting the PC Bubble

### Saudi Journalist Killed in Fist Fight

by Kelly Martella '21  
News Staff

WORLD NEWS



PHOTO COURTESY OF NYPOST.COM

Jamal Khashoggi pictured at a press conference.

On Oct. 2, Jamal Khashoggi went missing after entering the Saudi consulate in Istanbul to obtain a legal document.

Suspicion began to rise around the world in the following weeks, and it became an international affair.

Although he was a Saudi citizen, Khashoggi was living in the United States with plans to marry his Turkish fiancée. He also was a columnist for the *Washington Post*, in which he frequently spoke against Saudi Arabia's Crown Prince Mohammed bin Salman.

Turkish officials soon said they had concluded that Khashoggi was killed by Saudi agents. They also said their belief was backed up with proof, including audio recordings.

On Oct. 20, Saudi Arabia confirmed Khashoggi's death, saying it was the result of a fist fight that occurred in

the embassy. The country also said that 18 Saudis had been arrested and five senior officials were fired at this point in their investigation.

The statement ended by saying: "the Kingdom expresses its deep regret at the painful developments that have taken place and stresses the commitment of the authorities in the Kingdom to bring the facts to the public opinion, to hold all those involved accountable and bring them to justice by referring them to the competent courts in the Kingdom of Saudi Arabia."

The Saudi story immediately raised doubts around the world, with many questioning its credibility and calling it a cover-up.

President Trump called the Saudi arrests a "good first step," but stated, "Obviously there's been deception, and there's been lies."

In Congress, members of both parties have expressed harsh criticism. Many are calling for action, a sentiment Senator Rand Paul expressed in an opinion piece for *Fox News*, saying "now is the time for bipartisan corrective action."

Similar calls for justice have been made internationally.

In a joint statement, the United Kingdom, France, and Germany said, "We will ultimately make our judgement based on the credibility of the further explanation we receive about what happened and our confidence that such a shameful event cannot and will not ever be repeated."

Many questions remain about the circumstances of Khashoggi's death.

Investigations are still ongoing, and more answers are expected in the coming days.

## Congress Updates

by Aine Redington '20  
Student Congress Publicity

CONGRESS

James Campbell, assistant vice president for student development, and Cheryl Granai, coordinator of outreach and prevention, visited Student Congress for their weekly meeting on Tuesday, October 23.

They shared various statistics about mental health on campus in light of mental health awareness month, including the effects of the "mental health and substance abuse grant awarded by the center for mental health services."

Campbell and his constituents have traveled to 104 meetings to talk to students about suicide, mental health, and prevention.

There have been 35 outreach and awareness programs, 52 life skills and wellness events, 39 events for students of color, marginalized or at risk.

This grant has also supported various gatekeeper trainings to prepare students on how to look out for their peers. This includes KOGNITO training and Step Up! Bystander training.

Dr. Campbell also discussed a new leader for the "student leave program" that addresses the anxiety of students who take a leave of absence unexpectedly.

A case manager is assigned to provide each student with adequate resources, so they feel comfortable coming back to campus when they are ready.

A member of congress asked how faculty members are trained to help students who struggle with mental health issues, especially if those issues are affecting their academic

lives. Dr. Campbell informed the congress of two upcoming meetings where he and Granai plan to meet with department chairs to inform staff of the seriousness of mental health issues and how best to help students who are struggling and may need help.

During general announcements, Congress swore in the sixth student representative of the class of 2022, Julia Karim.

Also, Dean Beverley discussed the Democracy Wall. The Democracy Wall is a black board on the third floor of Feinstein which poses a new question each week. This week, the question is "What is the difference between FREE SPEECH and HATE SPEECH?"

Student Congress encourages everyone to check it out or follow them on Instagram @pcdidwall.

There were two pieces of old business and no new business. Both old pieces of legislation were proposed clubs: Wine and Cheese Club and International Business Club.

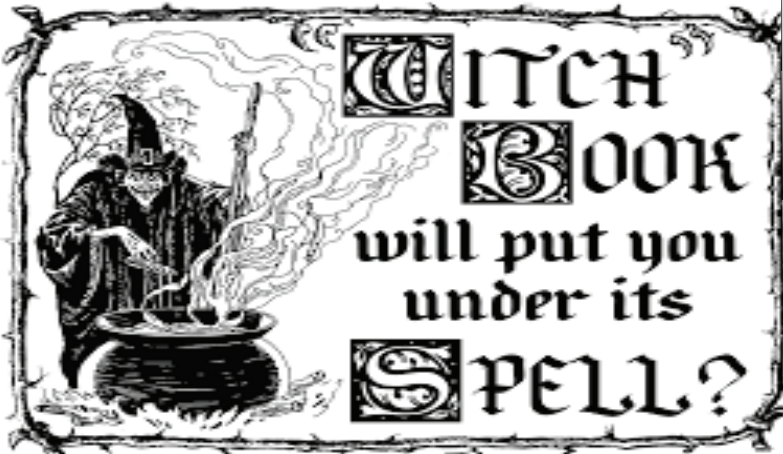
Wine and Cheese Club was introduced as a networking club where potential members would learn about wine and cheese.

Concerns arose from congress members because money allocated from congress can not be used for the purchase of alcohol.

Ultimately, the piece was tabled because of the reservations.

The International Business Club is a club dedicated to preparing students for international markets and how to navigate and network. The piece passed unanimously.





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## Intramurals: Stress to Destress

by Katherine Belbusti '22  
Opinion Staff

CAMPUS

Fall is upon us, and for sports fans, that means one thing: fall sports are in action as well. College football is in full swing, the World Series is starting, and the NBA season has just begun.

But for students here at Providence College, not only are we cheering on the hockey and basketball teams, but we are also participating in intramural sports.

Intramurals are a great way for students to get involved in sports that they want to try. Not to mention, playing a sport is a great way to take a break from the stressful workload.

Coming to PC, I knew I wanted to join intramural teams with my friends as a way to not only meet new people, but to stay active in a fun way.

For most students, the general appeal of intramurals comes from the thought of trying something new.

Wallyball and handball are examples of intramural sports that are offered at PC that are typically not offered as varsity sports in other schools. After the initial appeal comes the benefit of stress relief, which is another big reason for why so many students participate.

Between schoolwork, club



If you win an intramural sport at PC, then you get a free intramural champion T-shirt.

PHOTO COURTESY OF PROVIDENCE COLLEGE

meetings, and spending time with friends, it can get difficult to balance commitments without the proper outlet. Intramural sports provide that stress-relieving resource for many students.

Patrick Downey '22 can almost always be found in Peterson or on one of PC's many sports fields.

When asked what it is like to be a part of a flag football, wallyball, and handball intramural team, he responded, "It's a lot, I can't lie. I like being a part of intramural teams because it's fun to keep active and it helps me to break up my day. At times it can actually

be stressful when I have different intramural games back to back, but more than causing stress, playing intramural sports helps me relieve stress."

If intramurals help to relieve stress purely because of the fact that you are staying active, what distinguishes joining a team from going to the fitness center?

For so many students the difference is in the ability to be a part of a team, to participate competitively, and to have fun while playing—even when you lose.

The greatest thing about

intramural sports is that you and your teammates will get very invested in the games and want all the best success for your team. However, in the end, the actual outcome of the game matters very little.

I remember coming to PC for the first time and taking my official tour. One of the things I always remembered was when my tour guide mentioned the intramural champion T-shirts. Perhaps in the end, that is what is really driving the participation in intramurals—the quest for the coveted champion T-shirt.

## "Screen Time" Astounds Apple Users *New iOS Update Compels Limiting Technology Use*

by Emily Ball '22  
Opinion Staff

SOCIETY

Apple recently introduced their newest iOS 12 update with many new features including one very important innovation: Screen Time.

According to Apple's Support Page, Screen Time allows users to "see the time spent in apps, usage across categories of apps, how many notifications are received, and how often devices are picked up."

Screen Time has rudely awakened Apple users to how frequently they truly are using their phones. People who assume they only spend a total of two to four hours a day on Snapchat or Instagram may

find out they actually spend closer to ten hours on social media sites.

Morgan Weiner '21 said, "The first time I checked the daily screen time I was alarmed by the fact I spent nearly seven hours a day on my phone."

This realization decreases the likelihood that users will invest that much time in those certain apps going forward, which is beneficial to today's society, as most people overuse their phones and rely on technology as their main form of communication.

"Since then, I make it my goal to spend fewer minutes on my phone each day. I successfully killed all my Snapchat streaks and spend way less time scrolling through Instagram," said Weiner.

The shock due to the data from Screen Time

should encourage users to spend less time on trivial apps such as Snapchat and Instagram and spend more time focusing on fostering authentic relationships with a foundation of face-to-face communication.

Due to this effect, Screen Time is a valuable addition to Apple's technology.

Furthermore, Screen Time allows users to set a limit on the amount of time they spend on certain apps. With this asset, users can set a time limit on apps that they find themselves mindlessly perusing, so that they can put all of their attention on the task at hand.

Screen Time's limits on the usage of certain apps is a beneficial feature, assisting users in avoiding the seeming inescapable desire of getting sucked into the world of social media.

The time limits also allow parents to limit their children's usage of particular apps, which is helpful for parents of current teenagers who have grown up with the temptations of social media.

Teenagers today are accustomed to a life consumed by social media and technology. This norm seems to encourage teenagers that the constant use of social media is what everybody does.

The limit on usage will show teenagers that there is more to the world than social media and technological means of communication. Thus, grades may increase and current teenagers will have an improved ability to communicate in real life situations, rather than solely virtually.

The introduction of Screen Time in the iOS 12 update is controversial; many people find it invasive and unnecessary. However, the ideal effect of this update is a decrease in the aimless time spent on social media and a greater focus on communication and other aspects of real life.



Screen Time displays the total usage of each app, compelling users to limit the time they spend on their phones.

PHOTO COURTESY OF IOS GADGET HACKS

# Watch Your Words: Evaluating Emotional Expressions

by Joshua Chlebowski '21  
Opinion Staff

SOCIETY

Who we are is inextricably linked to the social position that we hold, be it student, professor, law official or medical professional. Everyone fulfills a certain position and with these roles comes the expectation of acting a certain way.

For instance, professors are expected not to use vulgarities in class, as it detracts from their professional appearance. Behavioral expectations such as this are not meant to diminish an individual's freedom of expression, but rather to ensure their position is respected.

After Texan Charles Wayne Phifer was found guilty of capital murder last week, the judge presiding over the case sentenced him to life imprisonment without parole. It was during this sentencing that the judge provided a commentary which should come across as equally as startling as the crime itself. After sentencing Phifer, State District Judge Robert Burns chillingly told the convicted that he "should die in a locked closet."

While the emotion expressed by Judge Burns is certainly understandable, his words do not uphold the decorum associated with his position as a judge. Judges are expected to be well-versed in the law

and to deliver verdicts and sentences according to it. This does not negate their ability to have an opinion on the crimes they deal with, but the place to express such an opinion is not in the courtroom, and certainly not in front of the guilty or convicted parties.

The anger expressed through Burns's claim makes it more difficult to see him as an impartial party. Though the sentence does not appear to have been given out of spite, the expression of ill wishes on the convicted is entirely inappropriate for this setting.

In a similar vein of teachers berating students when delivering

feedback and parents wishing ill on their children in order to teach them a lesson, the judge's words do not dignify the supposed even-keeled position he occupies. Parents, teachers, and many others are tasked with assisting in others' developments, and by using words that condemn and lambast, they inspire anger and frustration in the listener instead of encouraging and sternly assisting when it comes to deterring negative behaviors.

While some see the use of negative language as beneficial to a learner since it conveys the disappointment and cultural displeasure with certain actions, this negativity can

easily cause the listener to distance themselves and ignore the advice they are given, simply due to the way in which it was delivered.

Word choice is essential in delivering advice and assistance. When the speaker is in a position of power, it is especially important that they choose their words carefully. Everyone is entitled to have emotions and natural reactions, but it is when these emotions are expressed without a filter that issues are more likely to arise.

One can still funnel valid emotions into productive encouragement, it simply requires that one remembers their position and relationship to the listener of these words, and phrases their message accordingly.

A judge can describe the horror of a crime without informing the convicted that they should "die in a closet," just as a teacher can effectively provide advice without insulting their students and characterizing them as ignorant.

Each and every day we engage in many conversations, both personal and professional. It is important for everyone to realistically evaluate their influence on others, using these reflections to direct their vocabulary and expressions of emotion in their interactions. Through reflection, we can come to communicate more effectively and assist each other as we continue to learn and develop, all while keeping with our respective levels of decorum.



Judge Robert Burns, outraged at Phifer's crime, prompted his "die in a closet" comment.

PHOTO COURTESY OF DALLAS MORNING NEWS

## Letter to the Editor: *Formation in Science as a Liberal Art*

by Dr. Seann Mulcahy  
Guest Writer

CAMPUS

In 1947, exactly 30 years after its founding, Providence College broke ground on its second academic building, Albertus Magnus Hall. Dedicated in honor of the medieval scholar and Dominican Friar, "Al Mag" was built to serve PC students interested in studying the natural and physical sciences in the era of optimism after the second World War.

In those days, students at PC learned about the newly discovered structure of DNA, the synthesis of the miracle drug penicillin, and the physics behind the Manhattan project.

In the decades since, PC science alumni have not only dedicated their careers to making our world a better place, they have been some of the College's most gracious benefactors. But while science has progressed relentlessly in the last 70 years, PC's facilities have not kept up with the pace of scientific advancement. That is, until now.

On September 28, 2018, members of the PC community gathered to officially dedicate the new addition to the science complex that adjoins Albertus Magnus, Sowa, and Hickey Halls. It was a celebration that brought together current and former students, faculty and staff for a hopeful blessing of our future.

As I watched the new building being built over the past two years, I have often caught myself thinking about the sciences in the context of the broad-based, liberal arts education we have at PC.

While many students will indeed be training for scientific careers, the new addition is not just a facility for science majors. In fact, through the core curriculum, each PC student will at some point learn the scientific method as one approach to experiencing the material world we live in.

It is this latter philosophy that makes science itself a liberal art—co-equal with the arts, humanities, and social sciences—and essential to

leading a meaningful life.

That's because the sciences are more than an area of study or a set of facts to be memorized. Scientists are engaged in deep thinking about the natural world in a way similar to a historian exploring an ancient text or a writer using language to craft a novel.

In our version of "close-looking," we use data and experimentation to uncover the world's mysteries, and in the process inform our understanding of the human condition. At PC, we do this by engaging our students in approaches like "active learning" in the classroom or in original research projects in the laboratory.

We challenge our students to think critically about scientific data, to solve problems, to debate alternative conclusions from experimental data, and to make sound arguments in written or oral form. This approach is consistent with the aims of a liberal arts education, and contradicts shallow belief that the sciences are strictly vocational.

This approach to science education is not universal, however. Major research universities will undoubtedly have bigger grants, more expensive instrumentation, and higher profile research projects, but the intellectual development of the undergraduate student is rarely their central focus.

What makes a PC education remarkable and so valued in the marketplace is that we teach students how to think scientifically through close mentorship from dedicated faculty members. And now, we have a new home that will allow us to achieve this goal more effectively.

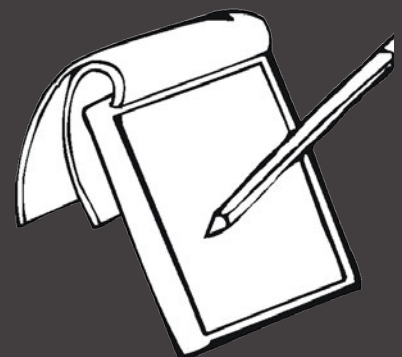
As a member of the faculty, I am very excited to use this new facility, which features new classrooms, contemporary teaching laboratories, updated office space, and a student lounge and quiet study areas.

While the new Science Center is just the beginning in a long process of addition and renovation, I am extremely grateful that the College has made this commitment to our students' future, and look forward to the completion of the next phases of the project with the help of our wider community.

## Do You Have an Opinion?

## Write a Letter to the Editor!

[thecowl.opinion@thecowl.com](mailto:thecowl.opinion@thecowl.com)



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# Remembering Respect This Halloween

by Taylor Godfrey '19  
Editor-in-Chief

EDITOR'S COLUMN

This week is one of our favorite weeks of the year here at *The Cowl*. In this issue we have an extra eight spooky, colorful pages in the Halloween insert. Filled with eerie



stories and scary poems from our Portfolio section, the Halloween insert epitomizes the fun of the holiday: being creative, trying out other personas, and having fun with friends. However, as much as we love Halloween, we must be wary not to get so caught up in our fun that we are not respectful to other people and other cultures.

Coming up with a costume is debatably the most fun part of Halloween. People dress up as their favorite movie characters, as pop culture icons from the past year, or their favorite actors, artists, and celebrities. Halloween costumes are a great way to express oneself and to be creative, but there must be a line between what is fun and what is offensive.

As silly as it may seem, a Halloween costume is making a statement and we want to make sure the statements we are making are kind and respectful to everyone. Even if a choice of costume for one night does not seem like a big

deal, using, for example, a minority culture as a costume objectifies that culture and boils down the entire complex and rich history into an empty stereotype. Moreover, by putting on this persona for one night, it invalidates the struggles and oppressions faced by members of this community. The person wearing the costume takes it off at the end of the night, but those who are of a minority group cannot simply take off a costume and all the struggles and history of their culture.

That is not to say that people cannot or should not dress up and have fun on Halloween. However, we should all think about how our choices of costume affect others. Making respectful judgments in dressing up will make the holiday fun and enjoyable for everyone. Then we can concentrate on what Halloween is really all about: having fun with our friends, buying discounted chocolate come Nov. 1st, and, of course, reading *The Cowl's* Halloween insert.

## TANGENTS & TIRADES

### *Time to Learn About Climate Change*

Last week, a report released from the Intergovernmental Panel on Climate Change detailed the devastating impacts that global warming has on our planet, and will continue to have unless serious changes are made.

The effects of climate change are wreaking havoc on our planet and it is only going to get worse.

Thinking about how devastating climate change will prove to be in the future is scary, but it is important to start making effective changes now while we still can.

This is not a problem that can be dismissed or ignored any longer, and becoming educated on how to combat climate change is more crucial now than ever.

We do not have to radically change every aspect of our lives: small and simple changes to our everyday lives will eventually make a big difference. Recycling, using less electricity and water, and buying and using less plastic are all easy changes that really do make an impact.

Even bringing reusable cups and straws to a coffee shop makes a difference. We are all responsible for taking care of our planet and making sure it is the best it can be for future generations.

There are no longer any excuses for not being educated on what to do about climate change, and ignoring it will certainly not make this problem go away. We owe it to ourselves and to each other to protect this planet in any possible way we can.

-Bridget Blain '19

### *McVinney Showers Need to Cool It*

Due to the outdated water system in McVinney Hall, girls have no control over the water temperature, for when the valve trim may be set to cold, the water can unexpectedly become boiling.

It is a known fact amongst McVinney residents that if someone flushes the toilet while you are showering, the water temperature will increase rapidly, burning your skin.

One hack that residents have learned is that the last two showers on each floor, for some reason, have a somewhat controllable temperature, resulting in a constant line to use them.

Showers are supposed to be relaxing, and one could expect that at least we would be able to control the temperature of the water, but thanks to the dysfunctional water system, that becomes an impossible task.

Last Thursday, McVinney's water system further proved its incompetence as it stopped operating entirely. With 38-degree weather, it was a burden that all the showers had cold water.

However, to try and alleviate the problem, FixIt worked rapidly to fix the problem, and by Friday at 10 a.m. the water system had been fixed. Nevertheless, this was only a solution to the immediate problem, and it did not solve the long-term problem that freshman girls have encountered while taking showers.

-Angela Bueso '22

### *Bring Theme Cuisine Back*

When the theme station was removed from Raymond Dining Hall, there was supposed to be less traffic, more space, and overall a more open and welcoming atmosphere. However, after nearly two months without it, this has prove not to be the case.

The theme station was well known for its grilled cheese bar, turkey club quesadillas, and other dishes students had a particular affinity for. While these foods will occasionally be featured at the main station, we no longer have the daily option of trying something new.

Instead, our choices are limited to sandwiches, pizza, pasta sauté, and whatever is being served at the main station.

Rather than improving traffic in Ray, the removal of the theme station has made every other line for food significantly longer. Students have to wait twice as long to order a sandwich at lunch.

Oftentimes, there will even be a line outside the door just to swipe your card and enter the dining hall. This used to only be the case on Thursdays for chicken nuggets, but now we have to wait a few minutes just to get inside at peak lunch or dinner time.

With 100 extra students admitted this year, it seems counterintuitive to remove an entire station in the dining hall.

For many students, the meals offered at the theme station were a favorite and provided a satisfactory alternative to the same food that is usually served.

-Hannah Paxton '19



PHOTO COURTESY OF NEWSINGENERAL

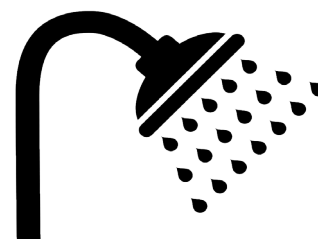


PHOTO COURTESY OF VECTORSTOCK



# What is Love?

## *(Baby, Don't Hurt Me)*

by Elizabeth McGinn '21  
Opinion Staff

SOCIETY

Love: a four-letter word meaning intense affection for someone or something; often romantic and sexual; a religion, a lifestyle, a purpose.

The grandiose and romantic ideals passed down through art and literature provide a theoretical backbone to popular culture's commentaries on love, yet frequently idealize the more realistic loves of everyday life. Is love really all you need?

In Plato's *Symposium*, the figure of Aristophanes shares a romantic, albeit bizarre, theory on the origins of love. Years and years ago, humans were two bodies in one form, with three sexes that would appear to modern eyes as female-female, male-male, and female-male. Zeus felt threatened by these humans, and to punish them, sent a lightning bolt to tear them in half.

Consequently, humans spend their entire lives searching for their other half in order to become whole once again.

The idea of soulmates has enraptured the minds of humanity ever since antiquity. Two people, destined to love and complete one another, fill the pages of poems, plays, and books.

Sometimes, they are star-crossed, with fate condemning the couple to separate, like the tragic pair of Romeo and Juliet.

Real love never looks like the movies. There are no last-minute chases through an airport, or declarations of love emitted by the sounds of a boombox.

While love has inspired artists for centuries, what does it look like today? More specifically, what is love on college campuses?

College students generally fall into one of these four categories: single, hooking up, casually dating, or seriously dating.

Being single boasts its advantages, like staying out as late as one would want or spending money only on food for one. The other love categories have their pros and cons as well.

Hook-ups entail one-night stands, friends with benefits, and any connection that includes sexual activity without the emotional support of a relationship.

This form is popular among students for instant sexual gratification and minimal responsibilities, but can often lack in emotional depth. Apps like

Tinder and the party life on campus enable this category to thrive.

Casual dating and serious dating blend into each other and overlap. Casual dating, if successfully connecting with someone, usually develops into a serious relationship.

Casual dating involves formal dates, but no exclusivity, whereas serious dating resembles the typical exclusive and long-term attachments. In the latter category, love most often flourishes.

"Love is when the girl you like cuts her hair and your feelings don't change for her," said Sebastian D'Ambrosio '21.

In other words, physical beauty, while perhaps providing an initial attraction, takes the passenger seat to personality, ambitions, and values. The essence of an individual supersedes material looks, and what is more romantic than being loved for who you truly are?

While cliché romantic comedy tropes cannot correlate to real life experiences, love is in the little things: bringing your Dunkin' order after oversleeping, sending memes to each other on Instagram, and stealing each other's clothes.

If you find yourself choosing a night in, full of cuddles and laughs, over a wild night out, you just might be falling in love.

GRAPHIC COURTESY OF WALLPAPER TAG

# Stand With Survivors

## *PC Needs More Resources For Victims of Sexual Assault*

by Alyssa Cohen '21  
Opinion Staff

CAMPUS

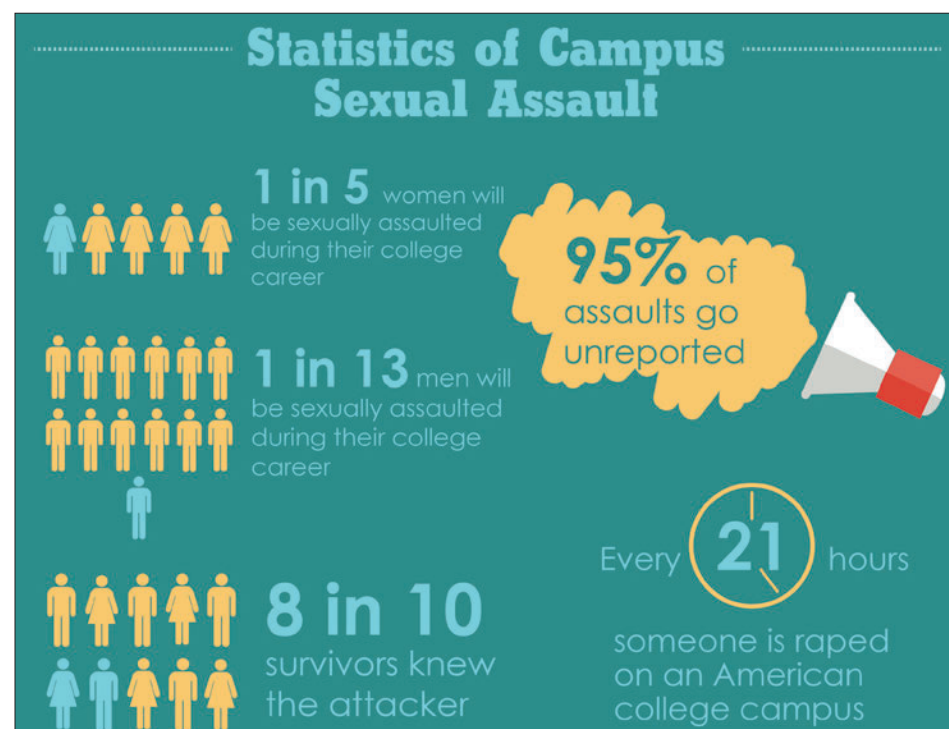
Due to the recent political controversy involving Brett Kavanaugh, as well as the rise of the #MeToo Movement, the nationwide plight of sexual assault has finally come into the limelight.

As the topic of sexual assault and its repercussions become a household conversation, we must ask ourselves: What are college campuses doing to promote sexual assault awareness, prevention, and support among America's youth?

One in five female college students are survivors of sexual assault. In terms of Providence College undergraduates, if that statistic holds true, within our student body of 4,300, comprised 55 percent by females, approximately 443 students are survivors of sexual assault. However, that statistic fails to account for male survivors of sexual assault.

To that end, our campus' resources for survivors of sexual assault and rape are unimpressive to say the least. In fact, our school provides far fewer on-campus resources for sexual assault survivors than nearly any other academic institution in the region.

The University of Massachusetts Amherst, for example, provides 24 hour on-campus medical care that will contact a sexual assault nurse examiner (SANE) to collect evidence and perform an exam (or "rape kit") on a survivor. The University will also contact a Title IX certified counselor advocate to provide



GRAPHIC COURTESY OF CARDINAL POINTS ONLINE

Despite the high number of sexual assaults on college campuses, most incidents are not reported.

emotional support and explain the individual's options in pressing charges.

The University of Rhode Island offers similar resources to survivors of sexual assault. A survivor may receive an on-campus examination by a sexual assault nurse examiner until 8 p.m. and after that time, the school provides transportation for survivors to a local hospital.

Conversely, here at PC, we have none of these resources. Aside from EMTs, there are no medical resources or certified counselors present on campus during weekends. Therefore, if a student is sexually assaulted on campus, they are instructed to inform their resident assistant, contact safety and

security, and if the individual wishes to be medically examined, they are responsible for providing their own hospital transportation.

As a campus community we must ask ourselves: Is it ethical to hold a survivor personally accountable for either calling an uber or paying up to \$1000 for an ambulance after enduring the trauma of a sexual assault?

Regardless of intention, the failure of our institution to intervene and prioritize the physical and emotional health of our students by minimally providing hospital transportation in these circumstances connotes a lack of support to victims of sexual assault.

That said, the College does

offer education on sexual assault prevention through the freshman orientation workshop, Step Up! Bystander Intervention Training. However, this program fails to emphasize the importance of being medically examined after a sexual assault and the proper steps to report the crime so the survivor can obtain substantive evidence.

This is especially disheartening, considering only 11 percent of rapes on campus are reported, already making it the most underreported violent crime.

The College is also affiliated with Day One—The Sexual Assault and Trauma Center, provided under PC's Victim Advocacy Support and Education (VASE) program—which educates and councils all survivors of sexual assault in the greater Providence area.

However, most notably, a student organized advocacy group called RISE has been established on campus this semester that will provide support and education as well as awareness on sexual assault. This group plans to certify all interested members in Title IX so they may help any on-campus survivors through times of hardship. If you are interested in joining or learning more about RISE, contact Brianna O'Shaughnessy '19 at boshough@friars.providence.edu.

Essentially, it is our obligation as PC students, until our institution implements reforms and the necessary resources for survivors of sexual assault, to educate both ourselves and our friends. We must look after one another in potentially risky situations, and empathize with any individual suffering from the physical and emotional trauma of a sexual assault.

# PHOTOGRAPHY



NICHOLAS CRENSHAW '20/THE COWL



CAMERON VILLARUEL '21/THE COWL

**ABOVE:** Joshua Lenchik '22 races his butterfly event on Friday, October 19 as the Providence College Swimming and Diving Teams faced Bryant University in their first home meet of the season.

**LEFT:** Lauren Barrett '19, Katie Cullen '19, and Lauren Minerva '19 pose for a photo at the Breast Cancer Buffet, an event sponsored by Colleges Against Cancer. Breast cancer survivor Susan Adler spoke to attendees about her fight against cancer before students facilitated a meal and trivia.

**BELOW LEFT:** Kasper Björkqvist '20 reclaims the puck from Max Kalter as the Providence College Men's Ice Hockey Team played the University of Connecticut on Friday, October 19. The Friars beat the Huskies 7-2 at the "Hat Trick or Treat" game, where fans were encouraged to sport Halloween costumes.

**BELOW RIGHT:** John Birle '19, Kat Romneos '19, Allen Mello '19, and Ed Foley '19 enjoy the specialty beer, pretzels, and bratwurst at Oktoberfest in McPhail's on Friday, October 19, sponsored by BOP.



LILLIE HUNTER '22/THE COWL



BRIANNA COLLETTI '21/THE COWL

# ROVING PHOTOGRAPHY

## What is your favorite Halloween candy?



**"Twix."**  
Dylan Black '20 and Patrick Shea '22



**"Halloween Peeps" and "Twix."**  
Shay Toohey '21 and Will Politano '20



**"Candy Corn."**  
Ashlyn Hovan '21



**"Reese's Peanut Butter Cups."**  
LeAnne Drum '21



**"100 Grand bars."**  
Kevin Cranney '19



**"Almond Joy."**  
Owen Reilly '22



**"Warheads."**

**-Kim Jong-Un**

## On Writing *The Poppy War*: An Interview with R.F. Kuang Discussion on Inspiration and Research for Recent Novel

by Sara Conway '21  
A&E Staff

### LITERATURE

History repeats itself. R.F. Kuang and her debut novel, *The Poppy War* alerts a more American- and European-centric audience to the little known histories of modern China and Japan. Through *The Poppy War*, Kuang writes of a past that should not be forgotten.

Kuang has spoken extensively on the inspiration for *The Poppy War*. The central focus of the novel is the 1937 Rape of Nanjing, which is sometimes referred to as the “forgotten Holocaust.” Meanwhile, the rest of the 544-page book draws on other events of 20th century China, with the plot being set in a fantastical kingdom heavily influenced by ancient China.

As a historian, Kuang mentioned how *The Poppy War* resulted from her thorough studies concerning Chinese history. She has a degree in international history from Georgetown University and is currently pursuing a masters in modern Chinese history at the University of Cambridge. She plans on obtaining a second masters in Japanese history as she had said that one cannot “understand modern China without understanding Japan.” In addition, Kuang hopes to acquire a doctorate in Chinese studies in the United States.

I recently got the opportunity to ask Kuang a few questions about the writing of *The Poppy War* in the

wake of publishing a review on her novel in *The Cowl* two months ago.

**Sara Conway (SC):** Which character came to you first? Whose voice was the strongest when you were writing?

**Rebecca Kuang (RK):** Nezhua actually came before Rin because I thought that he'd be the main POV character, but I quickly discovered that Rin's personality just overwhelms every other character's. Besides that, Jiang was my favorite and by far the easiest to write. Weirdly, he makes more sense than any of the other characters do.

**SC:** For the readers who can stomach this intense novel, what do you hope they take away from *The Poppy War*?

**RK:** History moves in

circles, and don't do drugs.  
**SC:** What was it like researching for this novel?

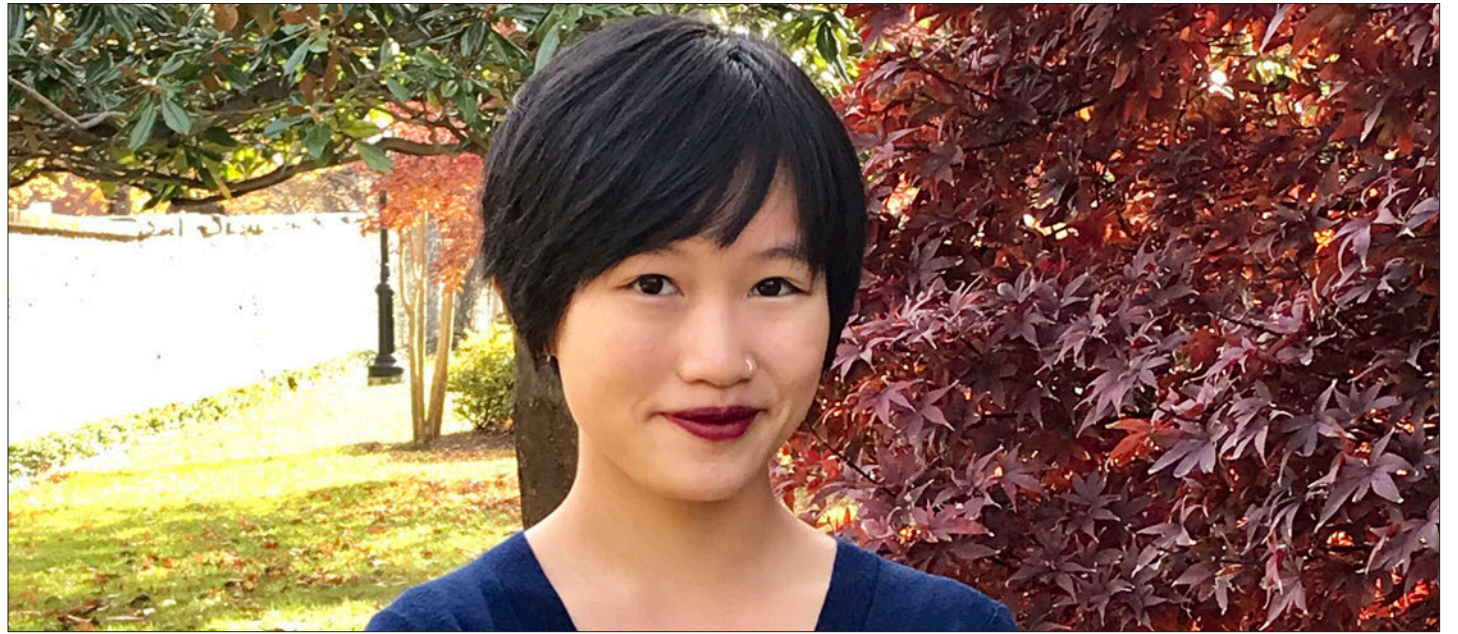
**RK:** Pretty much the same as if I were researching an academic paper, except that I didn't have to cite things and I could make things up if I wanted to. I started with Iris Chang's *The Rape of Nanking*, which forms a lot of the thematic and moral core of the story. I also read works by Frank Dikotter, Peter Harmsen, Hans van de Ven, and others on the history of China during World War II. This was a fun project because I got to fuse influences from different historical time periods—so for most worldbuilding consultation, for instance, I drew on sources about

the Song Dynasty, even though I was telling a 20th century story.

**SC:** Was there anything in your research that really caught you off-guard? Did you have a scene or piece of information you really wanted to put into the novel but eventually had to scrap it?

**RK:** A lot of the horrors of Unit 731 kept me up at night. I had a lot of scenes written where I delved deeper into what was going on at that research facility, but ended up cutting it for pacing reasons. That was probably for the best; those chapters are difficult enough to read as is.

The story continues in the second book of Kuang's trilogy, *The Dragon Republic*, coming June 2019.



Rebecca Kuang plans to release a sequel to *The Poppy War* in June 2019.

PHOTO COURTESY OF REBECCA F. KUANG

## Lights, Camera, Live Action: The New Trend at Disney

by Brigid Walshe '19  
A&E Staff

### FILM

Most kids grew up watching “classic” animated Disney movies, and many of us can consider these films a huge part of our childhood. Well, Disney is now taking these classics and bringing them to life, literally (with the help of some CGI).

Starting with their remake of the 1951 classic *Alice in Wonderland* in 2010, Disney has created seven live-action remakes, and there are still many more that will be released within the next five years. This past week, the first trailer for the live-action adaptation of the 1992 film *Aladdin* dropped, and people are already getting excited.

The studio originally had a lot of problems casting *Aladdin* and Jasmine, as they wanted to find actors who fit the roles. Disney reportedly held over 2,000 auditions for the roles until they decided on newcomer Mena Massoud as *Aladdin* and Naomi Scott as Jasmine. Will Smith was cast as the Genie, a character first made famous by the late Robin Williams, and he promises to add his own flair to the character. *Aladdin* will also feature two new characters, with Billy Magnussen playing Prince Anders, another potential suitor for Jasmine, and Nasim Pedrad playing Dalia, Jasmine's handmaiden. The live-action *Aladdin* also provides a great opportunity for Disney to promote diversity in their productions. While they have been criticized in the past for cultural appropriation, the studio promises to honor and realistically portray the culture in the film, which starts with the cast.

Many of the new live-action films have differed themselves from the originals in little ways. While films like *Cinderella* and *The Jungle Book* have stayed pretty true to their original storyline, other films, such as *Beauty and the Beast* and *Aladdin*, have introduced new elements to the plot, such as new



*The Sword and the Stone*, *Mulan*, and *Beauty and the Beast* are some of many live-action remakes Disney has released or plans to release.

PHOTO COURTESY OF TIME

characters or new music. The 2017 *Beauty and the Beast* featured new songs, such as “Evermore” and “Days in the Sun.” *Aladdin* will feature two new songs as well.

Following *Aladdin*'s release in May 2019, Disney has plans to release more live action remakes. The live-action remake of *The Lion King*, starring Donald Glover and Beyoncé, will premiere in July 2019, the live-action rendition of *The Lady and the Tramp* will premiere in the Fall of 2019, and the highly-anticipated *Mulan* will premiere in May 2020.

However, Disney is not stopping after *Mulan*; they have many future projects that are still in the

development phase, including *Prince Charming*, *Peter Pan*, *Tinker Bell*, *The Sword and the Stone*, *Pinocchio*, *Snow White and the Seven Dwarfs*, and *The Little Mermaid*. Disney is even planning a live-action remake of the iconic final scene from *Fantasia*, called *Night on Bald Mountain*, featuring the giant black demonic creature, Chernobog.

Disney has really hit the jackpot with their live-action films, which many fans are pleased with, and they have no plans of slowing down. While we grew up with the animated original films, the next generation will see our favorite heroes, princesses, and characters brought to life in a new way that we did not know growing up.

# Director Drew Goddard Continues to Evolve Hollywood Genres

by William Burleigh '19  
A&E Staff

FILM

In October 2017, a *GQ Magazine* article asked the question of “how we ended up in the ‘Golden Age of Horror Movies.’” Freshness and originality have brought on a renaissance in the genre of horror, propelled by innovative films such as *Get Out*, *It*, and, more recently, *A Quiet Place*.

But this new wave of creativity is considered to be a recent development. Less than a decade ago, the horror genre was growing stagnant and in need of rejuvenation. The horror tropes which directors had leaned on for decades had become cliché, leading to the need for a total creative overhaul.

American filmmaker Drew Goddard tackled this obstacle head-on in 2011 with his directorial debut *The Cabin in the Woods*. This film, about five friends who rent out a remote cabin while on vacation and get more than they bargained for, was a commercial and critical success.

It gained acclaim for the way its twisting screenplay threw out the formula for what made horror films familiar and upended the traditional genre conventions that audiences had come to know

**“The Cabin in the Woods did not just wink at the audience; it completely pulled back the curtain on the tropes of the genre...”**

so well. *The Cabin in the Woods* did not just wink at the audience; it completely pulled back the curtain on the tropes of the genre, deliberately shining the spotlight on the elements of horror which were successful and which had become played out and trite.

While Goddard’s *The Cabin in the Woods* did not necessarily kick-start the recent horror renaissance, it still marked an important transitional chapter on the journey from the old style to the new, primarily for its self-reflexive ability to confront its genre trappings head-on, and evolve the genre through deconstruction.

Goddard, who also wrote *Cloverfield* and *The Martian*, is back at it again this fall with his second



Cynthia Ervo plays Darlene, a struggling soul singer, in the film.

PHOTO COURTESY OF HDQWALLS

directorial work, *Bad Times at the El Royale*, which was released on Oct. 12. With this film, Goddard attempts to examine and deconstruct another popular film genre: the crime thriller. Goddard accomplishes this in stride with a suspenseful, pulpy mystery that expertly examines three typical tropes of the crime genre – setting, characters, and atmosphere – while providing them with a fresh spin.

At the core of Goddard’s film is its innovative setting. It takes place in the late-1960s at the titular “El Royale,” a once-bustling but now-deserted hotel that lies quite literally on the border of California and Nevada. Amusingly, the state line runs directly through the lobby, with half the hotel’s rooms set in either state. Drinking is allowed on one side and gambling permitted on the other. The wild and unpredictable plot kicks off when seven strangers end up stranded together at the hotel on a dark and rainy night.

Events involving a hidden passageway, a robbery gone wrong, and a deadly game of roulette ensue. Goddard leans into one of the most essential tropes of the crime genre with an all-star cast playing outlandish and engaging characters, each hiding a secret.

Jon Hamm stars as Laramie Sullivan, a salesman with a Southern drawl and a sleazy attitude. Jeff Bridges plays a Catholic priest with a shady past and a suspicious tendency to play up the symptoms of his dementia. Dakota Fanning plays a sarcastic hippie who would rather be anywhere else than the “El Royale.”

But stealing the show is Cynthia Ervo, a newcomer very much poised for a break-out in the coming months due to Steve McQueen’s *Widows* (Nov. 16) and a starring role in the 2019 Civil War abolitionist

biopic *Harriet*. Ervo plays Darlene, a struggling soul singer who is just trying to make it to her next show.

As if that were not enough, the third act offers Chris Hemsworth—who also appeared in *The Cabin in the Woods*—playing a very shirtless but very chilling Charles Manson-esque cult leader.

In addition to its fantastic characters, *Bad Times at the El Royale* possesses a deliciously intoxicating atmosphere, with many elements contributing to its constant air of suspense. The film is a total throwback: the plot, focused on a small cast of characters confined in a singular environment as intensity bubbles, invokes Alfred Hitchcock and Agatha Christie as well as Quentin Tarantino. Goddard utilizes non-chronological story-telling to maximize the elements of mystery throughout the plot.

The film’s soundtrack, composed of a unique combination of eerie string pieces and 1960s doo-wop hits such as “He’s Sure the Boy I Love,” “He’s a Rebel,” and “Can’t Take My Eyes Off You,” helps maintain the film’s simultaneous feelings of foreboding and nostalgia.

Each of these elements, in addition to the period costumes and looming sense of intrigue, help contribute to the almost-suffocatingly intense atmosphere that helps carry the film through its 142-minute runtime.

Ultimately, while Goddard took risks by deconstructing the clichés of the crime thriller genre in *Bad Times at the El Royale*, his film sticks the landing due to its innovative setting, fascinating characters, and suspenseful atmosphere, all of which combine to form a wild and exciting story that will keep you guessing until the end.

## American Horror Story: Apocalypse Integrates Characters from Past Seasons The Return of Jessica Lange, Evan Peters, and Other Show Staples

by Julia Vaccarella '20  
A&E Staff

TELEVISION

At the peak of its eighth season, FX’s anthology series *American Horror Story* is still running strong. The show, which aired its first episode back in 2011, takes on a different sub-theme each season with a unique time period, location, and cast at each rendition.

This season, though, co-creators Ryan Murphy and Brad Falchuk opted to do something slightly different by crossing over characters from previous seasons. In an interview with *Entertainment Weekly*, Murphy has said of season eight, “It’s a very high concept. It’s a season unlike anything we’ve done because there’s a big hook to it.”

*American Horror Story* has provided viewers with instances of a connected universe before. For example, a character featured throughout Season Two, *Asylum*, was also extensively present two seasons later in *Freak Show*. Another character from *Asylum*, played by Sarah Paulson, was also included in an episode of *American Horror Story* last year. However, the way that this technique fits into the current season is much more central than it has been in the past.

Initial episodes of season eight focused on an entirely new concept. Taking place “eighteen months in the



*Apocalypse* marks the eighth season of the AHS franchise.

PHOTO COURTESY OF ENTERTAINMENT WEEKLY

future,” and following the aftermath of a nuclear explosion that eradicated much of the world’s population, several survivors are provided shelter in an underground outpost. Much of the series’ returning actors, such as Evan Peters and Kathy Bates, were cast as new characters for these scenes. Paulson, who has been with

*American Horror Story* since Season One, has played three different characters thus far, including her roles from the first and third seasons.

The character played by new cast member, Cody Fern, represents the link between the different seasons of *American Horror Story* that have been included in *Apocalypse*. Fern plays

Michael Langdon, a direct link back to season one. Additionally, Murphy and Falchuk have included characters from *Coven* (season three), namely Emma Roberts and Gabourey Sidibe, among others. On the episode which aired Oct. 17, the plot shifted once again from season three to season one.

This transition also marked the return of *American Horror Story*’s most revered and respected cast member, Jessica Lange. Lange opted to leave after being involved with four seasons of the show. She won a Golden Globe Award for her performance in season one and was nominated for the three subsequent seasons as well. Fans have been eagerly anticipating her return since it was announced earlier this year. *Bustle* says, “...perhaps the most intriguing announcement surrounding the latest series was the news that fan-favourite Jessica Lange would be returning to the franchise.”

Crossing over between season one and three is a fitting technique for *American Horror Story* at this point in time because many fans have been watching the show since its first season. Although many of the characters change as new seasons premiere, much of the core cast is still the same, and this is something that viewers appreciate about the show. *American Horror Story* has already been renewed for a 9th, and 10th season, and continues to be one of FX’s most popular shows.

# Ridin' Solo: Lindsey Buckingham Leaves Fleetwood Mac

## *How Individual Projects Can Impact the Band Dynamic*

by Peter Keough '20  
A&E Staff

MUSIC

By definition, a band is a group of individuals who come together to make music as a cohesive unit. Often, these individual members have their own personal ambitions and ideas. While many of these ideas can contribute to the group dynamic of the band and make it into their music, they can also become the root of deeper issues.

Despite being the main guitarist for legendary rock outfit Fleetwood Mac for the entire 43 years of their existence, Buckingham was suddenly fired by his peers on April 9, 2018. Now, some months later, Buckingham has decided to sue his former bandmates.

In an article for *Rolling Stone*, Andy Greene writes that this firing came as a result of Buckingham asking the band to delay their tour. When the other members denied this request, Buckingham agreed to postpone his solo effort but asked his bandmates if he would be allowed to do solo shows in between the band's shows while on tour. It was allegedly this request that became the deciding factor in Buckingham's removal from the band.

Clearly, in the case of Fleetwood Mac and Lindsey Buckingham, the desire to focus on solo musical efforts caused a permanent rift between band members. This story is by no means unique to this case either. Other notable group-splitting solo endeavors include Justin Timberlake's departure from \*NSYNC, Sting's split from The Police, Phil Collins' shift away from Genesis, and the infamous

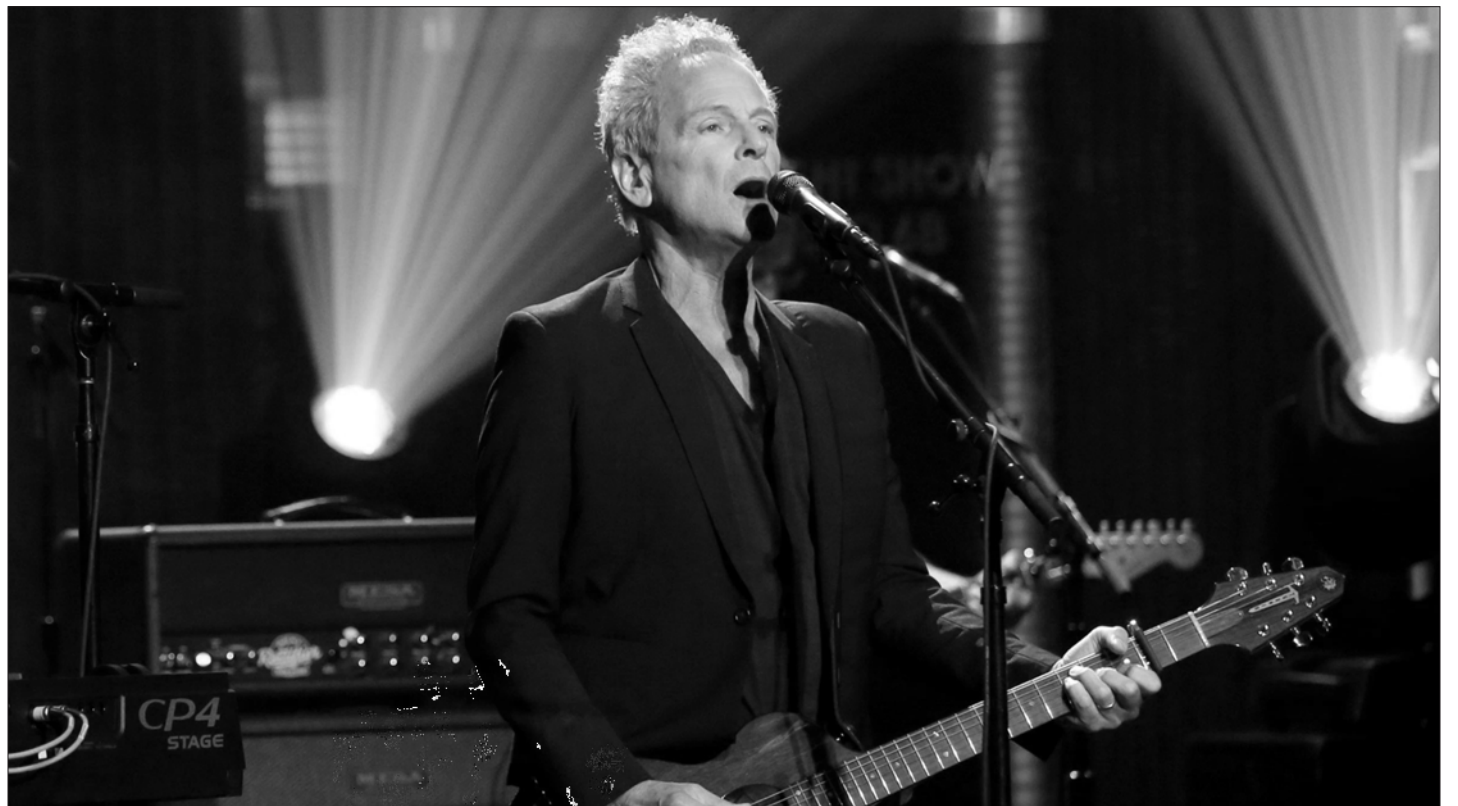
supposedly Yoko-related departure of John Lennon from The Beatles.

However, this sort of all-or-nothing response is not always the case when artists attempt to make solo careers. Much like Fleetwood Mac, fellow high-profile rock band The Killers have had a fair amount of experience with members desiring to produce individual art. Lead singer Brandon Flowers has released two solo albums—*Flamingo* in 2010 and *The Desired Effect* in 2015—and drummer Ronnie Vannucci created his side project called Big Talk in 2011 that has released two albums as well.

Now, Richard Bienstock reports in *Rolling Stone* that Killers' guitarist Dave Keuning is gearing up to release his first ever solo effort, entitled *Prismism*, under the name "Keuning." In Bienstock's article, he quotes Keuning saying, "I was always happy just being the guitar player... That's all I ever really wanted to be." But now, much like his fellow bandmates, he is ready to attempt his own individual quest into the musical world. Buckingham, however, is a prime example of the effects solo pursuits can have overall on a band.

What determines the success

or failure of solo efforts, it seems, may be the attitudes with which the members of the band approach this possibility. While bands like The Killers and contemporary funk-rockers The Internet have found success in the solo ventures of their individual musicians, other groups such as Fleetwood Mac and The Beatles have been unable to handle this sort of undertaking. It appears, though, that solo projects will remain a part of the world of music, and it is up to each individual band how they choose to respond to these potential outgrowths.



Lindsey Buckingham was the lead guitarist of Fleetwood Mac for 43 years before opting to leave.

PHOTO COURTESY OF ENTERTAINMENT WEEKLY

# Lady Gaga and Bradley Cooper are a Perfect Match in *A Star is Born*

by Anne DeLello '20  
A&E Staff

FILM

In the fourth rendition of the film *A Star is Born*, Lady Gaga and Bradley Cooper showcase their talent through both their acting and musical performances. Cooper has also

been well received in his directorial debut. The film recounts a love story based on the musical careers of Ally Campana (Gaga) and Jackson Maine (Cooper) that ends in despair.

Gaga and Cooper are now the fourth pair to star in a rendition of *A Star is Born*. The first version came out in 1937, starring Janet Gaynor and Fredric March, the next in 1954, featuring Judy Garland and James Mason, and the third in 1976,

starring Barbra Streisand and Kris Kristofferson.

The basic storyline in each version follows a touring musician who falls in love with an unknown female singer. As he helps her reach stardom, his own problems with addiction and fame overtake him. Each version encapsulates this plotline while reflecting the time period in which it was produced.

One aspect of this fourth film that sets it apart from others, according to *Vanity Fair* and the film's producer Bill Gerber, is the fact that, "It's her pop turn that starts the rift between them, not her success."

This difference aside, the current adaptation was as well received as the past ones, both in regards to the film itself and the music. According to *Vanity Fair*, the 1954 film was nominated for six Oscars, including Best Music, Original Song for "The Man that Got Away." The 1976 version received four Oscar nominations, winning Best Original Song for "Evergreen." The film's musical success has continued into 2018.

*A Star is Born* has received strong reviews from critics so far with an average critic rating of an 8.1 out of 10 on *Rotten Tomatoes*. Manohla Dargis, a critic for the *New York Times*, states that the film "wrings tears from its romance and thrills from a steadfast belief in old-fashioned, big-feeling cinema."

Not only has the film been popular among critics, but among fans as well. It has an 84 percent audience approval rating on *Rotten Tomatoes*, and *Deadline* reports that the movie has grossed \$101.4 million within the first 12 days since its release.

The success of this film cannot solely be attributed to the acting, but also to the music. The musical talent of Gaga and Cooper enhances the authenticity of the film and adds to its success. Their song "Shallow" is currently number 10 on the Billboard Hot 100, and according to *Vanity Fair* it is also "currently the film's front-runner for a best-original-song Oscar."

Although some moviegoers might find it boring for filmmakers to consistently retell the same stories, *A Star is Born* is an exception due to its depth of character, heartfelt music, and impressive directing.



Bradley Cooper plays struggling musician Jackson who falls in love with Ally, played by Lady Gaga.

PHOTO COURTESY OF TYNESIDECINEMA.CO.UK

# The Conners: Roseanne's Family Takes Over

## After Controversy on Twitter, the Show Carries On

by Madeline Weaver-Nolting '19  
A&E Staff

TELEVISION

There is something different about the new TV sitcom called *The Conners*. Based on the popular television series *Roseanne*, the character Roseanne Barr is missing. *Roseanne*, a highly successful show that ran for nine seasons from 1988-1997, was about a working-class family where nothing was off-limits.

ABC revived the beloved series in March 2018 for a 10th season. Due to early success with over 17.7 million viewers watching, it was signed for its 11th season. However, the show was changed forever when Barr sent racist tweets about Valerie Jarrett, an African-American woman who served as a senior advisor to former president Barack Obama. The *New York Times* has described her as "one of his most influential aides."

Rather than forget about the series altogether, ABC decided to create a spin-off called *The Conners*. In terms of how to eradicate Barr's character from the series, the writers had her character die due to an accidental opioid overdose. Many fans found this unusual because it is a stark contrast to the previous light-heartedness of the family show.

With the main character missing, the network decided to shift the focus to Sara Gilbert's character, Darlene. ABC's press release describes the new show as saying, "After a sudden turn of events the Conners are forced to face the daily struggles of life in Lanford in a way they never have before...The Conners' stories demonstrate that families can always find common ground through conversation, laughter, and love. The spinoff will continue to portray contemporary issues that are as relevant today as they were 30 years ago."

With only 10.5 million U.S. viewers for the first episode on Oct. 16 of *The Conners*, there is a clear divide within the audience about whether to watch without Barr present. Despite this, the first season



The family of Roseanne deals with her opioid overdose in the new show.

PHOTO COURTESY OF ABC

received great reviews on *Rotten Tomatoes* with a 96 percent rating from 45 critics. The website reads, "*The Conners* offers the comforts of its source show, but more focus on the family's ever-evolving dynamics adds a welcome layer of working-class empathy without losing any of the laughs."

Although she has zero involvement with *The Conners*, Barr has not been silent about the new show. She said on her YouTube channel about her character Roseanne, "They have her die of an opioid overdose. I wanted to show [opioid struggle] in the show, but

I was never going to have Roseanne die of an opioid overdose. She should have died as a hero or not at all ... It wasn't enough to [fire me], they had to so cruelly insult the people who loved that family and that show."

Despite her outrage, Barr agreed not to be a part of *The Conners* and her castmates appear to be grateful for that. Actor John Goodman says it was a very big deal that she gave them a chance to finish the show. He said, "There was a debt owed to this fictional family. We want to finish telling this story." Only time will tell if revamping the show will pay off for the network.

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## AMERICAN MUST-READS

Life is too short to read everything. It may even be too short to major in american studies, history, or English. This column, brought to you by professors in american studies, history, and English, highlights the books you simply cannot let pass, whatever your major. Start your list!

by Dr. René Alexander Orquiza  
Assistant Professor of History

LITERATURE

Unfortunately, the message of Ta-Nehisi Coates' *Between the World and Me* has largely been obscured by haters and trolls. Many were jealous of his accomplishments—a MacArthur genius grant and a Pulitzer Prize finalist—and accused him of borrowing too heavily from academic studies. But perhaps the importance of Coates' work is how he makes some of the most essential questions of contemporary America—racial inequality in the justice system, the lack of black men in higher education, the use of prisons as a new Jim Crow—accessible to both experts and novices alike.

Coates wrote the book as a letter to his son, an approach he borrowed from James Baldwin's letters to his nephew in his seminal 1963 book *The Fire Next Time*. He tells his son some of his hopes, dreams, fears, and thoughts of how to navigate an inherently unequal society as a young black man.

Inspired by the death of a friend from Howard University at the hands of the police, Coates pleads for his son to live the full life he knows many African American men cannot. An essential part of that fulfillment is books, and as the son of

a former radical bookstore owner in Baltimore and a former investigative newspaper reporter in Washington, D.C., Coates shows just how much he believes literature is key to interrogating the world. *Between the World and Me* provides compelling answers to some of the most difficult questions on race, justice, and democracy in America today.

ETA-NEHISI  
COATES  
—  
BETWEEN  
THE WORLD  
AND ME

"This is required reading." —Toni Morrison

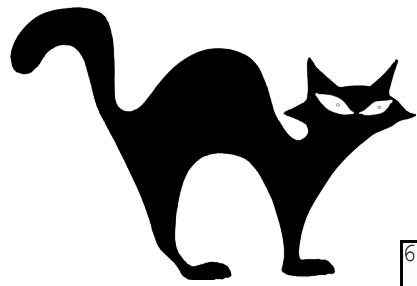
PHOTO COURTESY OF TEXT PUBLISHING

# Last Week's Answers Across

- 3. Rice Krispies
- 6. Cap'n Crunch
- 8. Frosted Flakes
- 10. Lucky Charms
- 11. Cocoa Puffs

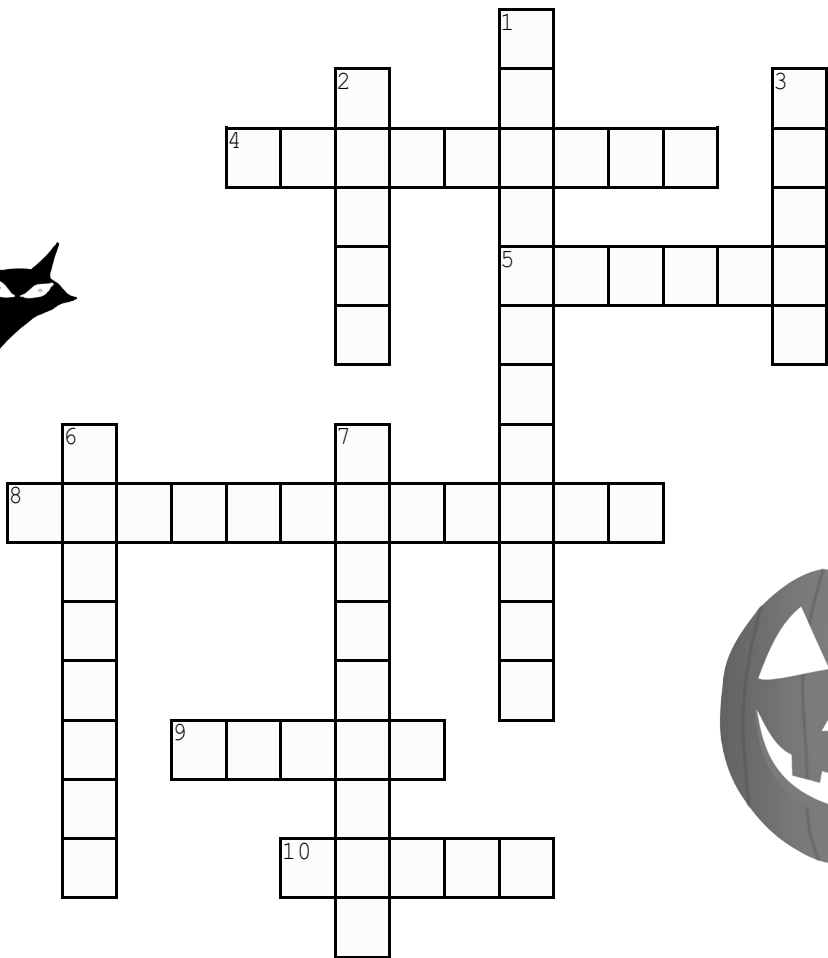
# Down

- 1. Apple Jacks
- 2. Cinnamon Toast Crunch
- 4. Wheaties
- 5. Trix
- 7. Corn Pops



## Halloween Costumes

Complete the crossword below



**Across**

- 4. 'Bend and Snap!'
- 5. 'It's Greased lightning!'
- 8. Wear all of your PC gear and you'll be this!
- 9. 'I'll get you my pretty, and your little dog too.'
- 10. A red-headed mermaid.

**Down**

- 1. 'Who ya gonna call...'
- 2. Pennywise.
- 3. This halloween costume requires a white sheet.
- 6. The scariest looking mascot you ever did see.
- 7. A white, orange, and yellow candy.

PHOTO COURTESY OF THETEACHERSCORNER.NET

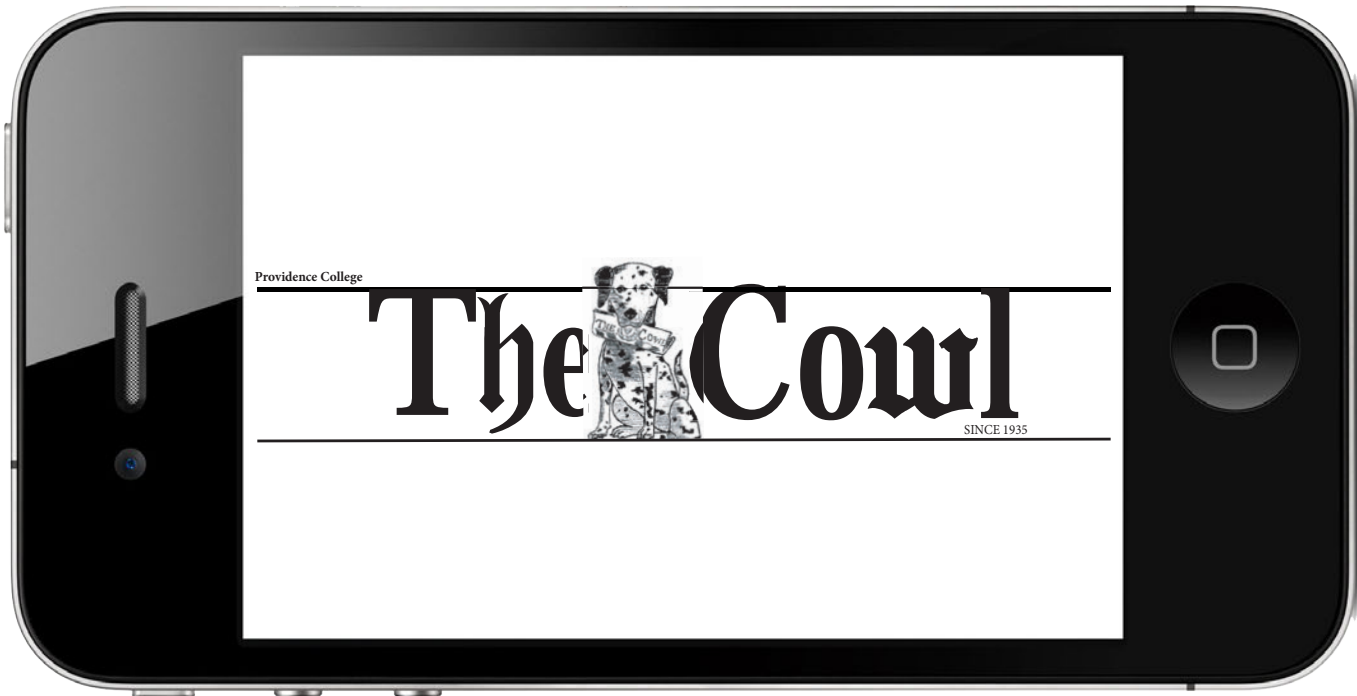
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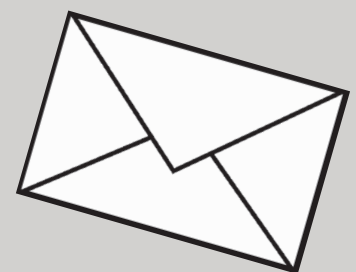


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October 25, 2018

## Dodgers, Red Sox World Series Match-Up

by Thomas Zinzarella '21  
Sports Staff

PROFESSIONAL BASEBALL

The Boston Red Sox boast the best record in baseball and have found their way back into the World Series after defeating the defending champions, the Houston Astros. They are going up against the Los Angeles Dodgers, who were defeated by the Astros in seven games last year in the World Series and look to collect their first title since 1988. The Red Sox have won two World Series, in 2007 and 2013, since breaking the 86-year-old Curse of the Bambino in 2004. The Sox look to add another ring into the collection under the leadership of first-year manager Alex Cora.

Both teams have their strengths. The Dodgers possess a strong rotation and bullpen. Lead by three-time Cy Young award winner Clayton Kershaw, the Dodgers have a trio of pitchers in rookie Walker Buehler, Rich Hill, and Hyun-Jin Ryu. Buehler started game seven of the NLCS where he threw 4.2 innings and only allowed six hits, one earned run and struck out seven. The Dodgers pitchers are ranked near the top in most categories in the National League, they have the best ERA in the National League with 3.38, first in strikeouts and ranked second in BAA with hitters only hitting .230.

The Dodgers are also one of the leading analytics teams in the MLB, and they love defensive shifting. Manager Dave Roberts loves to use hitters off his bench in crucial situations, especially with the likes of right-hander David Freese, who can combat the Sox lefties Chris Sale and David Price. Freese was the hero in the St. Louis Cardinals' run to a World Series win over the Texas Rangers in 2011.

The Red Sox have one of the best lineups top to bottom. The Red Sox place near the top in offensive ranks in the American League. The Sox are first in runs per game, average, on-base percentage, and slugging. There may not be any better hitters in the league than Mookie Betts and J.D. Martinez, and Andrew Benintendi does not get enough credit with his glove and at-bats. According to FanGraphs, Benintendi ranks 31st in the league for contact percentage at 86.5 percent, and his ability to make contact with tough pitches out of the zone and extending at-bats is even better



The 2018 World Series will be the first series since 1916 that features the Red Sox and the Dodgers. PHOTO COURTESY OF ELSA/GETTY IMAGES

at 75.6 percent putting him at 14th in the league. A few key pieces in the lineup are Jackie Bradley Jr. and Steve Pearce. Pearce loves left-handed pitching so expect him to be in the lineup against Kershaw and other LHPs. This year, Pearce hit .304 and had a .959 on-base percentage plus slugging percentage (OPS) against LHPs compared to .265 AVG and .828 OPS against righties. Jackie Bradley, Jr. is only 5-27 this postseason. He has come up with some clutch hits in key moments that won the Red Sox a few games. In the ALCS, his OPS was over 1.000 because two of his three hits were home runs and the other was a double. If Pearce and JBJ can get it going in the World Series, this lineup is dangerous and hard to stop. We already saw the Red Sox put up 16 runs against the New York Yankees on the road back in the American League Division Series.

The key for the Dodgers is to get to the Red Sox

pitching early and get to the bullpen. The pitching has been unreliable in September and thus far in the postseason with only a few viable options. Red Sox closer Craig Kimbrel has struggled mightily this postseason. In 6.1 innings pitched this year, he has allowed six hits, five earned runs, and six walks. His ERA is just under eight with 7.71 and his WHIP at 1.89. These are unusual numbers from your closer, who is typically one of the better relievers on the team, so it will be interesting to see how Alex Cora will use Kimbrel in this series.

The Red Sox want to score early and score often. Teams this postseason who score first are 21-6. The Dodgers bullpen this postseason has been lights out. In the NLCS against the Brewers, the bullpen had a 1.45 ERA with hitters only hitting .180 off them. Kenley Jansen solidifies the back end of this bullpen; he has allowed no runs this postseason with ten strikeouts in 6.2 IP.

## Field Hockey Looking to Make Big East Appearance

by Liza Sisk '19  
Sports Staff

FIELD HOCKEY

The Providence College Women's Field Hockey Team is powering through to the end of the season. On Friday, October 26, they will play their last regular season game against Liberty University at home. Then they break until Nov. 2 when they will head down to Lynchburg, Virginia to the Big East Tournament. The Friars are currently sitting with an 11-6 record on the season, and are 4-2 in conference play. Izzy Mendez '20 is leading the team with seven goals. Allyson Parker '20 is leading the team in points with 17. These are comprised of six goals and five assists. Goalkeeper Lydia Rice '19 is tough in the goal with a 0.744 save percentage, 11 wins, and five losses in her 16 games played this season.

The Friars clinched their playoff berth in a tight game against Georgetown University on Friday, October 19, in Washington, D.C., the game was tied 1-1 at the end of regulation play when overtime commenced. After two scoreless overtime periods, the Friars and the Hoyas took to the stroke mark to begin a shootout. The grit of the Friars was shown through spectacular goaltending and quick, accurate shots. The Friars walked away with a 3-0 win in the shootout, earning them not only the win over Georgetown,

but also a berth into the post-season. Rice protected the net for the Friars, and Maddie Babineau '21,



PHOTO COURTESY OF NICHOLAS CRENSHAW '20/THE COWL

The team will head to the Big East Semifinal game on Nov. 2.

Amanda Collins '22 and Mary O'Reilly '20 scored the three shootout goals. O'Reilly '20 set the tone for the game with the sole regulation time goal of the game, her fourth of the season.

After the victory, O'Reilly was recognized for her part in catalyzing the success of the Friars by being named to the Big East Weekly Honor Roll. She received this acknowledgement on Oct. 22. It is the first time this season and the third time in her collegiate career that she received the honor. O'Reilly is making her mark this season with a collegiate career high of 10 points thus far. The points are tallied from her four goals and two assists. In her career she boasts an impressive 22 points on seven goals and eight assists.

The success of the Friars this season is a product of tradition, hard work, and leadership. This year the Friars are led by Kari Moyer '19, Corinne Kenney '19, Maura Ingraham '19, and Rice. Kenney has been selected to play in the 2018 Victory Sports Tour/NFHCA Division I Senior Game. 38 student athletes were selected this year to compete amongst their peers while representing their home university. The game is scheduled to take place at the University of Louisville's Trager Stadium on Nov. 16.

The Friars look to be contending in the Big East Tournament. Liberty University, University of Connecticut, and Providence College are holding three of the four spots. The last will be determined this week.

# Providence College Investigates: Should Winter Sports Start Before Fall Sports Finish? Yes, They Should

by Sullivan Burgess '20  
Sports Staff

PCI

Two of the most popular sports at Providence College occur in the winter: basketball and hockey. Every year at PC, these sports begin their season as the fall sports seasons, including volleyball, soccer, and field hockey, come to an end.

Some students believe that winter sports should start after the fall season has officially ended, like many high school sports. However, the truth of the matter is that it is best for the winter sports to begin as they normally have, before the fall sports are finished.

Hockey and basketball, games start between the middle of October and the beginning of November. Teams need this time to develop and practice their games. The expectations for our sports teams are usually high, so in order for them to play as expected, they need as much practice as they can get.

One of the biggest aspects of being on a team is balancing sports and school. When starting the sports season early, the student athlete is able to adjust faster to balance both heavy school work and training.

Another aspect these student athletes need to experience is the game day vibe on campus, and how to successfully perform in front of bigger



PHOTOS COURTESY OF PC ATHLETICS

Due to the two breaks that interrupt the winter sports season, starting early gives schools a chance to maximize the amount of games students can attend.

crowds where many people are relying on them to bring honor and bragging rights to the school.

Lastly, students also like having multiple games to choose from throughout the week or day to attend and show off their Friar spirit. The idea of going to a soccer or volleyball

game around noon, then attending a basketball game in the early evening, followed by a hockey game at night is exciting. Students are able to show support for all sports across all seasons, and be a true Friar Fanatic as they show consistent support for their school.

Winter sports should start before fall sports finish their season because it allows the athletes to train to the best of their abilities and help the school achieve numerous successes for their athletics program. This also brings excitement and spirit from fans.

## No, They Should Not

by Meaghan Cahill '20  
Sports Co-Editor

PCI

Ice hockey and basketball are without a doubt two of the biggest sports on the Providence College campus. Both seasons take up a majority of the school year, running from mid-October, through March and into April, depending on playoffs. However, due to the longevity of the two seasons, they interrupt and overlap with many of the fall sports on campus. It is because of that interruption that I believe that winter sports should wait to start until after fall sports are finished.

Fall sports typically last from the end of August all the way through mid-November. However, with winter sports starting in October, there is a big overlap between the seasons. Because ice hockey and basketball are two popular sports, students are always more apt to want to attend these games over, say, those soccer or volleyball. With winter sports starting before the fall sports finish, the fall sports become overshadowed and, in a sense, forgotten on campus.

This is especially unfair to the fall sports because around the time that the winter sports start, they enter playoffs. Due to the popularity of the winter sports, the overlap between games causes a smaller audience to attend any fall sport playoff events.

Another reason that winter sports should wait for fall sports to finish



Due to the overlap, fall sports are often overshadowed by the winter sports on campus.

PHOTOS COURTESY OF PC ATHLETICS

is because, in the cases of two-sport athletes, there can be no rest in between seasons. When one sporting season switches to another, two-sport athletes have to then either divide their time between both sports or pick up with the second sport immediately following the end of the fall season. There is no rest for them and this is often the case for runners if they run in more than

one season. They have to go from their fall season of cross country, to indoor track, to outdoor track once the spring season hits. There is no time for recuperation and the lack of a break between seasons can increase the risk for injury.

In conclusion, fall sports should have the chance to finish out their seasons before winter sports start. It would not only allow for students

to show more support towards fall sports teams during the most important part of their season, but it would also give two-sport athletes a chance to rest in between their different seasons. Plus, with the overlap into the spring season as well, it would be nice to experience one sport season on campus that is not interrupted.

# Cross Country Sprints into Big East Championships

## XC:

Continued from front page

Coming into the season, Head Coach Ray Treacy had high expectations for the teams, specifically for the girls. "The expectations for the women's team was to make it back to nationals," said Treacy. "We made it 28 out of the last 29 years. Things seemed to be coming together very well last weekend so I'm much more optimistic about that goal going into the Big East."

With Wheeler leading the way, the women's team looks to be one of the favorites at the Big East Championship. The Friars expect to finish in the top two, hoping to compete for first place along with Villanova University, who has been one of the top teams in the country. While it has been the strong races from the top runners like Wheeler and Coffin that has carried the team throughout the year, for the Friars to go back to Nationals they will need Alex Decicco '20 to continue her improvement from the start of the season. Her strong performance at Central Connecticut State University has given Treacy plenty of optimism.

"Alex Decicco made a huge improvement last weekend [...]so if she can run like that for the last two meets for the Big East and Regional Meet, we will have a really good chance to make it back to regionals."

After winning the Northeast Regional Meet and finishing 16th at Nationals last season, having everyone running at

their best has given the Friars not only a great opportunity to achieve the same results as last year, but potentially finish even better this year.

While Wheeler, Coffin, and Rome have been the clear leaders on the women's team, the men's team has

lacked a true number one but has found success due to having strong depth. "The men's team has been very balanced this year," says Treacy. "We haven't had the same number one from one week to the next. Everyone is improving, we really have a solid 10 guys on the line

this weekend."

It was hard to gauge how the men's team would perform this year because the majority of the team is comprised of freshmen and sophomore runners. Three weeks after finishing first at the University of New Hampshire Dual Meet, the team was hit by an illness that caused them to finish 33rd at the Nuttycombe Wisconsin Invitational.

The team eventually recovered and came back to finish first at Central Connecticut. For the team to have success in the next two races, Treacy says the team should accomplish their goals if they stay consistent. The team's training in the past three weeks has impressed the coach and gives him more hope for the team to vie for a top-three finish.

The men's race has a much more crowded field for the Big East race, including Georgetown University, Villanova, and the host Butler University, who returns a strong team from last year. "We want to finish in the top three if we can. We want to beat one of those teams and we would be quite happy going into regionals if we can achieve those goals"

There is plenty of motivation for the men to have a good race on Saturday, October 27. Last season the men finished fourth in the Big East and 12th at regionals. With about two weeks until the Northeast Regionals, the men have plenty of time to train and continue to build off of their last race.



Gallagher and the rest of the men's team are looking to finish their season strong. PHOTO COURTESY OF PC ATHLETICS

# Healthy Roster Shows Promise for Celtics' New Season

by Scott Jarosz '21  
Sports Staff

PRO BASKETBALL

Over the course of the offseason prior to the 2017-18 NBA season, the Boston Celtics made some enormous additions to their roster that created a lot of buzz throughout their home city. In the 2017 NBA Draft, the Celtics selected former Duke University small forward Jayson Tatum as the third overall pick.

Next, Head Coach Brad Stevens and the Celtics signed Gordon Hayward, who had previously played with the Utah Jazz for seven straight seasons coming out of college. This signing was especially well-received as Hayward had previously played under Stevens at Butler University, where Stevens served as the head coach from 2007 to 2013 prior to joining the Celtics.

The next roster change, and arguably the biggest change the Celtics made, was a trade with the Cleveland Cavaliers that sent Isaiah Thomas and Jae Crowder to Cleveland in exchange for star point guard Kyrie Irving. The drastic changes that the Celtics front office made during the offseason proved to be well worth it, as the Celtics finished with a 55-27 record and advanced to the Eastern Conference Finals.

This season, the Celtics are looking to work off last year's project and do even more damage. There is good reason to believe that the team will have even more success this year as the group continues to evolve, and as small forward Gordon Hayward makes his highly anticipated return after missing practically the entire 2017-18 season with a gruesome ankle injury.

At full strength, the 2018-19 Celtics are one of the most dangerous teams in the NBA. The team features some of the best young talent in the league with players like Jayson Tatum, Jaylen Brown, Marcus



With the return of formerly injured stars, the Celtics are primed to make a run to the NBA Finals. PHOTO COURTESY OF THE SPORTS DAILY

Smart, and Terry Rozier, who are all recent college graduates. The Celtics also boast experienced players such as center Aron Baynes, power forwards Marcus Morris and Al Horford, and point guard Kyrie Irving, who is just 26-year-old but is regarded as one of the best point guards in the NBA.

Last season, Jayson Tatum was one of the most surprising rookies in the league. Tatum averaged 13.9 points per game (PPG) in the 2017-18 regular season. He impressed everyone throughout the league with his confidence and composure, which shined in the

postseason. In the playoffs, Tatum averaged 18.5 PPG and recorded a season-high 28 points in game one of the Eastern Conference Semifinals against the Philadelphia 76ers. Tatum was not the only Celtics player that surprised people last year. Guard Terry Rozier stepped up and was a crucial player for the Celtics, especially after Kyrie Irving suffered an injury in March that sidelined him for the remainder of the regular season and postseason. In the playoffs, Rozier averaged 16.5 PPG and 5.7 assists per game. One of his most notable postseason performances also came in game one of

the Eastern Conference Semifinals against the 76ers when he netted 29 points. Rozier's ability to step in and make big-game plays in Irving's absence earned him a lot of respect from fans as well as the nickname "Scary Terry".

The Celtics showed just a glimpse of what they are capable of last season. When taking into consideration that the Celtics were without Gordon Hayward for the entire season and Kyrie Irving for the postseason, what the team accomplished was quite impressive. Now at full force, the Celtics look to be one of the NBA's best teams in the 2018-19 season.



WELCOME  
TO  
HARKINS

PORTFOLIO  
HALLOWEEN

# GHOST STORIES

## The Carson Killer

He didn't want to get caught. The day he was suspected the shadows scratched across the hardwood floors of 29 Carson Avenue, as though the sun were trying to drag them to the basement. Day or night the sun succeeded; a cellar filled with more dark than light said as much. That's how dark it must've always been. Yet, it didn't stop the man from making it more midnight than milky-way-with-no-stars down there. Sealed windows and a victim a week kept the room heavy with languor only he could enjoy. Save the unheard screams from his "play dates," it was quiet. Seldom was there a reason to suspect him of all people in the neighborhood. He was squeaky. Not a speck on him. When all the gardening he did finally got him dirty enough to be a suspect, he was gone. The police found a letter at 29 penned to them and the neighborhood.

"Reach inside," he wrote. "Dig and dig. Look for it. Look, actually look. I assure you it's there. I've seen it. All of them had it. All of us do. I saw it. They saw it too, before I let them go. The Capacity for murder is there. Everyone's a killer if pushed far enough. The Capacity is buried below the gallbladder for most or in between the heart and the right lung for the extraordinary. I can't wait to find out more in each of you. I can't wait to find out which one I am."

He didn't want to get caught...so, he didn't.

—Dawyn Henriquez '19

## ECO TERROR

"So. We were in the woods. Hanging out. Smoking—," he paused, pursed his lips. "Wait, you guys aren't, like, tightasses are you?"

The interviewer gave him a dead-eyed stare.

"Okay, it was cigarettes. Eddie's new girlfriend is some wannabe witch, always yapping about stones and the moon and other bull. So, she's feeling the spirit of the holiday, talking our ears off about All Hallow's Eve, about honoring the dead, and she whips out chalk. But we're in the woods, so she can't really do anything with it. I think Andrew made some comment about using it on leaves." He snickered.

The interviewer was unamused. "Mr. Greene, could we please get back to the matter of Wednesday's incident."

"Right. So she turns to the damned trees, talking about nature and oneness with the earth and once she's on her third symbol on the third tree the whole circle of 'em starts vibrating hard enough to stop a heart beat. It made my legs feel like pudding."

"The chasm, Mr. Greene."

"Listen, telling a story is like weaving a web, it's very delicate very preci—"

"We are on an incredibly limited time frame."

"Alright. So the trees are vibrating and Casey's on the ground screaming, begging forgiveness, and there must've been something lost in translation because the freakin' ground opened up and swallowed her and we were all standing by the edges because we were freaked by that point... Eddie's gotta be devastated."

"And you wouldn't say your perceptions of the event were affected by the... cigarettes you were smoking that evening?"

"No way. I've been paranoid before, I've seen ghouls in shadows, but my mind is not nearly creative enough to make that up. That girl was messing with some chaos magic or something. What are you all telling her parents?"

"Our agency doesn't handle that, only containment procedure."

"Containment procedure?"

"Of anomalies."

"So this isn't an isolated incident?"

"Mr. Greene, right now all I can discuss is this particular event. Did Casey mention anything at all about a group called the Circle?"

—Julia Zygiel '19

## One of Them

Halloween used to be my favorite holiday. Like so many others, I went trick-or-treating. I watched horror movies and visited haunted houses. I wasn't immune to the world's fascination with the dead who stay behind. But look where that got me. If this isn't the definition of "cruel irony," I don't know what is.

Back then, costumes mattered. Halloween mattered. Now, the only thoughts I give the dark night are those of disgust. How, you must be saying, was I supposed to know how insensitive I was being when I was still alive? I can't help it – I'm ashamed of who I used to be.

I remember my last Halloween. It was the first one after graduation and I'd driven three hours to my former roommate's house in the middle of nowhere for a mini-reunion. Incredibles 2 had premiered that summer, so I was dressed as Elastigirl – not my most creative costume, but it was comfortable and, I had to admit, I looked pretty damn good in it.

The house backed up to a forest so dense I could hug two trees at the same time. It was my idea to go exploring there, to dare Death. After, I heard my friends rationalizing, claiming I didn't deserve it. "She wasn't thinking," they said. "She'd had too much to drink." They were kidding themselves. Cider may have played a part, but I was sober enough to know I was playing with fire.

Once we were in deep enough for the house lights to be swallowed by the wood, I started taunting the spirits, only half joking – Halloween isn't fun unless some part of you believes in ghosts.

"C'mon out!" I yelled, laughing. "Bet'cha can't scare us!"

The trees rustled incomprehensibly.

"Shut up!"

After a minute the air began to thin; only then did I pause to inhale and – I could have sworn – I heard the trees inhaling too. Suddenly, everything around me was thrashing violently. The wind scratched at my clothes, grabbed at my hair, and I screamed someone else's scream.

Then, nothing.

Now I am one of them.

—Erin Venuti '20

## Home Alone

I wave goodbye as the last roommate's car drives off into the darkening afternoon light. I sit myself down in my favorite beanbag with a mug of warm tea and close my eyes, the thought of having the house to myself causing a smile to play across my lips as I slowly drift into a lazy and much deserved nap.

Bang! A loud noise jerks me suddenly back to consciousness. My heart is in my throat as I look around wildly. Somehow, hours must've passed as the sky outside is a sheet of pure darkness. Inside, the dimness of the room without the lamps paints the furniture in white and black and gray, the same living room I have been used to for months made unfamiliar by the night. I hear the noise again.

"Hello? Back so soon?" I call out, hoping against hope that one of my roommates has simply forgotten her pajamas or her toothbrush.

The faint warbling of the wind answers me. From down the stairs comes a prolonged knock. One, two, three, four, five, six slow raps against the wooden door. "Did you forget your key?" I try again. No response.

Somewhere in the house the hundred-year-old floorboards creak and the windows rattle loose in their panes. The slow plodding of heavy footsteps reaches my ears. I turn and look into the kitchen, my eyes frozen and fixed on the door that guards the stairs. A screech of metal as the doorknob slowly turns. My heart has stopped beating altogether.

I hold my breath as the door swings open.

—Taylor Godfrey '19

# HAUNTED

by Sarah Kirchner '21  
Portfolio Staff

FICTION

The man has been following me for months now. He's everywhere I go, and I don't know if I should be getting more worried.

One morning, I tried to yell at him to leave me alone. I told him that I can't fix what has happened, and he knows that. Of course he knows that, but instead of leaving me alone, he continues to haunt me. He waits for me by my window and watches. He's waiting for me to slip up. I tell him it won't happen anytime soon, but he doesn't answer. He just watches me, because he knows he's right.

I was over that night. The night that ruined it all. It was a night that ruptured everything about my life, and I have been forcing myself to forget it all since. Her face. Her blonde curls. The pink sweater. The glass and blood. I try to forget it all, and I had until he appeared.

"Hey Charlie!" My neighbor calls and waves from his driveway. He's walking to his car to head to work as he always does, and I stand on my walkway getting the newspaper.

"Hi there!" I try to remain calm and act as if the man is not 10 feet behind me. Henry doesn't see him, but he knows I do. It's hard to miss me always looking over my shoulder and wincing whenever he appears in front of me. My eyes look to the shadowy bushes. He's watching from behind, and my body quivers.

"It's a cold one today!" Henry continues with the small talk.

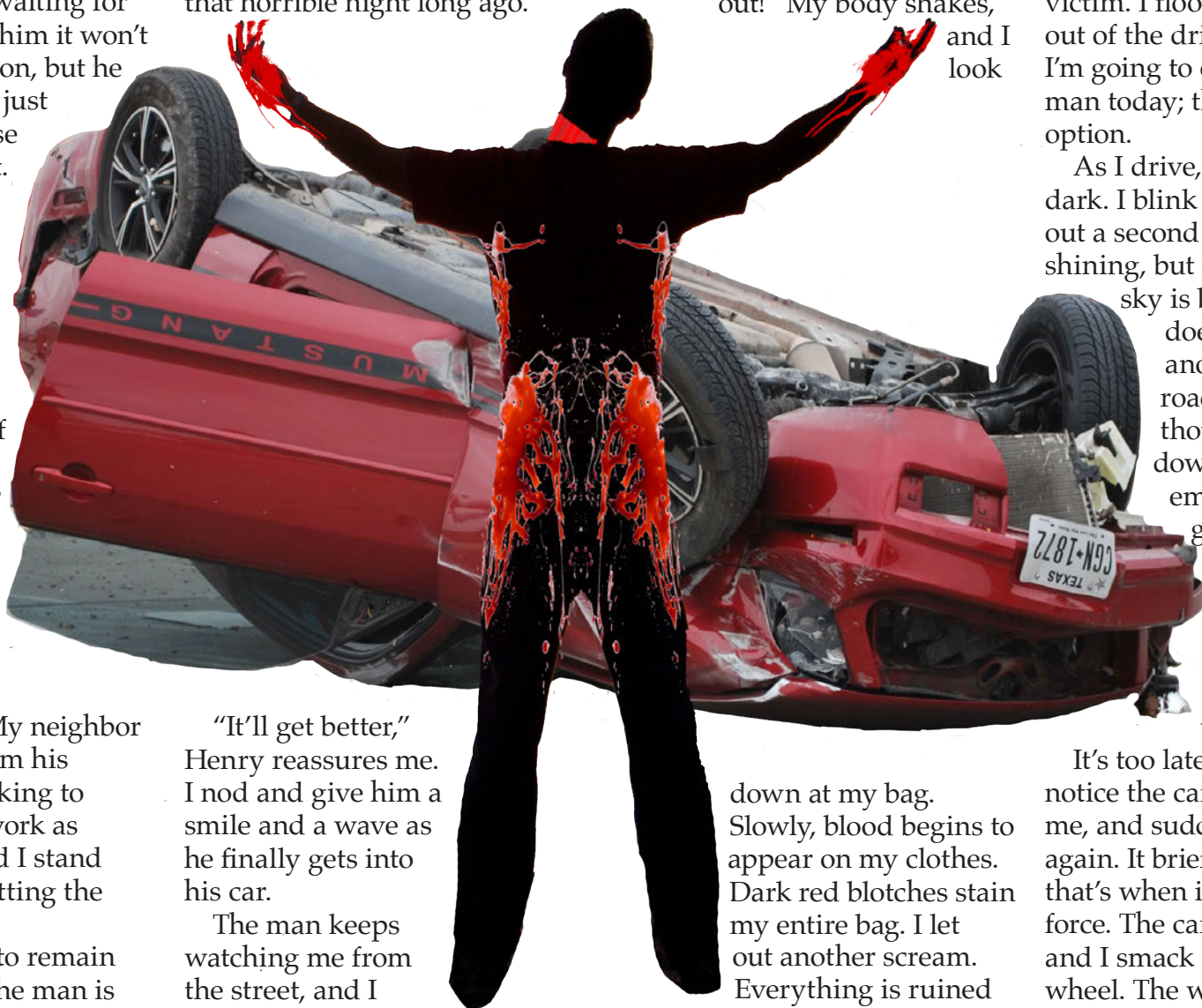
Suddenly, my heart grows colder. I gasp and frosty mist follows my breath. The man walks by me and brushes my shoulder. My stomach lurches, and I hold it to calm myself down.

"It's messing with my body," I whisper to myself. Henry doesn't hear me and looks at

me as he opens his car door.

"You okay, Charlie?" He asks. His eyes are stern, and I know he just saw what happened to me.

"Just the cold air!" I say back to him. "My body isn't used to it yet." I try to laugh it off and appear fine, but I know that doesn't register. My problems are too big to be ignored, and the truth is that the cold air has been messing with me since that horrible night long ago.



"It'll get better," Henry reassures me. I nod and give him a smile and a wave as he finally gets into his car.

The man keeps watching me from the street, and I grow colder with every stare he sends my way. Henry's car rolls out of the driveway and onto the street. The man doesn't move and the car drives right into him. I softly yell out, but he's no longer there. Instead, the man is back by me on the front stoop. He's dripping in blood and it's staining the concrete. With every drip, my body twitches. The thick red blood seeps further across the stoop. My heart pulls again as I notice the gash stretching down his cheek. I touch my cheek and feel the scar that I have in the same place.

"How are you still alive?" I ask him, but he doesn't answer. He vanishes without a word.

I run for my house. My mind races and everything begins to blur together. I have to get away from him. He's ruining my life, and I can no longer handle his long stares and cold touch. I head for the bedroom and frantically pull out a duffel bag. He watches from the hall and my heart beats faster. Without even looking at my clothes, I throw things into my bag.

"Get out!" I scream. "Get out!" My body shakes, and I look

down at my bag. Slowly, blood begins to appear on my clothes. Dark red blotches stain my entire bag. I let out another scream. Everything is ruined by his presence.

Frustrated, I throw my bag at the wall. The wall turns to a shade of red and the man emerges in front of me, still disheveled from the car accident. "Leave me alone!" I scream, for what felt like the 100th time. My voice feels hoarse. Screw it, I think and head for the front door again. I was going to get away from the man once and for all. I quickly swipe the keys from my kitchen table and run to the car. As I sprint, the entire house becomes splattered with what looks like blood. The thick liquid falls to the floor from the walls and ceiling. It discolors the hardwood floor and soaks into the furniture. From the stairs,

I hear whispers. It's him. He's speaking for the first time, but I don't stay to hear what he has to say.

I reach the car and fling myself into the drivers seat. My fingers stumble, as I turn the key and change gears. I look back to my house, the man is standing in the doorway. My house has become a dripping mess of blood. It looks like a slaughterhouse, and I am its victim. I floor the gas and peel out of the driveway in a panic. I'm going to escape from the man today; there is no other option.

As I drive, the sky turns dark. I blink again. It was light out a second ago. The sun was shining, but now it's gone. The sky is black, and there doesn't seem to be another soul on the road. I shrug away the thought and continue down the road. An empty road means I get away faster, and that's what I need. I quickly turn down another street and step down harder on the gas.

It's too late by the time I notice the car. My eyes trick me, and suddenly it's light out again. It briefly blinds me, and that's when it hits me in full force. The car flips sideways and I smack into the steering wheel. The windshield shatters and a shard of glass reopens the scar on my cheek. I scream out in pain, and that's when I see him. He stands in front of the car as it continues to flip. Everything begins to slow down, and I can make out the scene more clearly.

She's next to him. She's next to me. Her blonde hair and pink sweater. She looks just how she did before we got into that car accident last autumn. My heart lurches at the sight of her. I was supposed to die that night. Not her. But tonight, I'm rewriting the past. I'm dying the way I was supposed to last year. Car mangled and me covered in blood.

The car flips one more time, and everything goes black.

# The Dead Bird Still Sings

by Sam Ward '21  
Portfolio Staff

POETRY

*It's okay. You can look away.  
Still fixated at the heap of feathers and blood at our feet:  
I've seen dozens of dead birds and have had perfectly splendid days.  
Perfectly. Splendid.*

Perhaps if I knew our correspondence would be,  
Stockholm / Lima,  
I would have chosen my words more carefully,  
Or I would have trusted the omen.

Picking apart the dwindling hours we had left,  
Plausible pleasure from a desire for purpose.  
I wish I could run it back and leave.  
Really, I just wish I would have left the corpse alone.

Because I lost my autonomy,  
Following morbid thoughts,  
Reaping what I sowed,  
Aviary horrors only curses could produce.

Stepping into the antiquated nest,  
Searching for adventure, settling for misery.  
Shield me from the onset,  
Clipped wings are anything but correct.

Me, like a lemming leaping to my death,  
My fate leading me astray, naïve.  
The wind would reject my wings.  
Oh how, the dead bird still sings.

PHOTOS COURTESY OF SEAMUSSWEENEY.WORDPRESS.COM AND VIDEOBLOCKS.COM

# What Will I Be ?

by Gabriela Baron '20  
Portfolio Staff


PROSE POEM

October is the month of possibility. Our creativity develops and deepens like the crimson and cinnamon fall foliage. Each gust of crisp air propels our thoughts to the future. What do you want to be? The answer used to change every year: Dorothy, Snow White, a ladybug, Eeyore. On Halloween, I could be whoever I wanted. My only worry was picking an orange Starburst instead of a pink or getting gooey candy stuck in my teeth. As I get older, Halloween is much... scarier. What do you want to be? The question is more pressing, persistent, permanent. A constant knocking at my door. It possesses a new form, a new costume. Outside my window princesses and monsters rush around the streets, dragging pillowcases of sweets twice their size. Inside, mountains of candy are replaced by piles of paper. My wooden chair shrieks as I slide it closer to my desk. The brightness of my computer screen glows against the dark room. A full moon in the night sky. Deadlines and applications pop up rapidly, startling me like my own personal haunted house. Doubt and uncertainty hover above me, sending chills down my spine. I close my eyes, scooping out the slimy seeds of negativity. Creating space for light to enter the jack-o-lantern of my mind. What will I be? The answer remains the same: a writer.

PHOTO COURTESY OF @SPIRITSAYSHI, IMMEDIATEENTOURAGE.COM, AND SHUTTERSTOCK

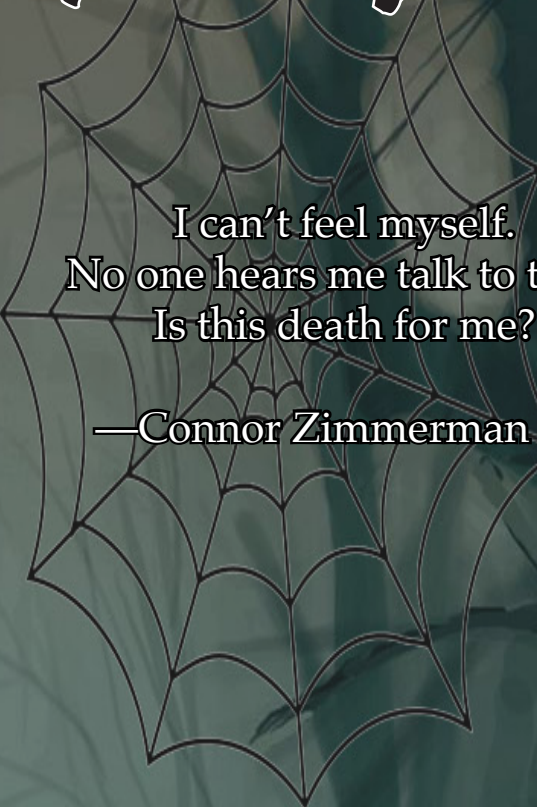


# HALLOWEEN HAIKUS



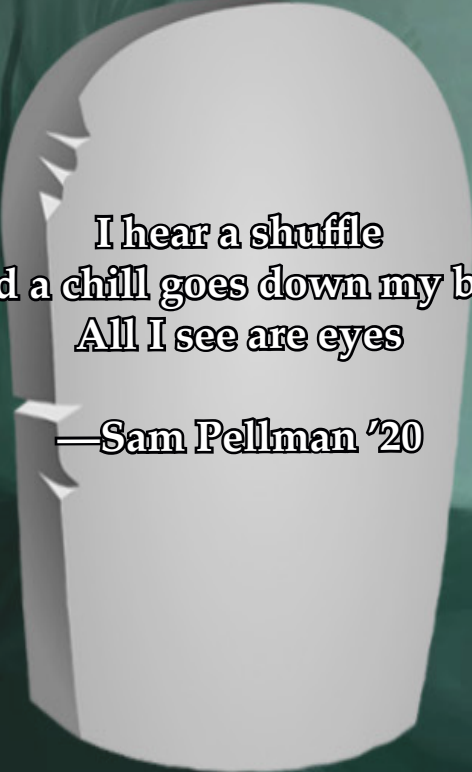
TickTok TickTok Tick  
I feel it running after me  
Its breath on my neck.

—Jessica Polanco '20



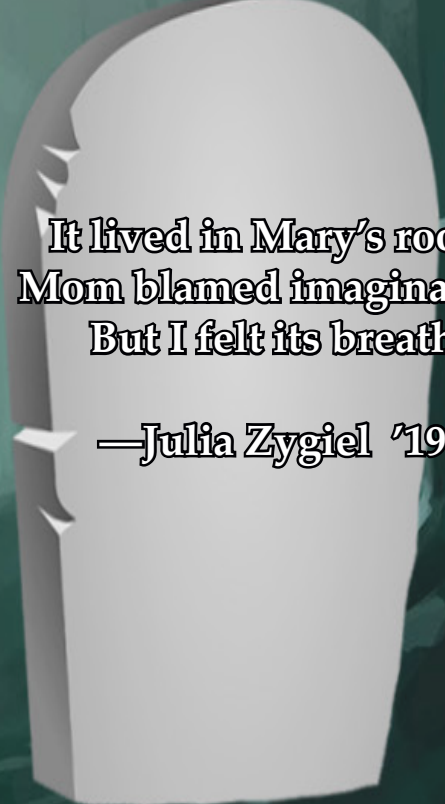
I can't feel myself.  
No one hears me talk to them  
Is this death for me?

—Connor Zimmerman '20



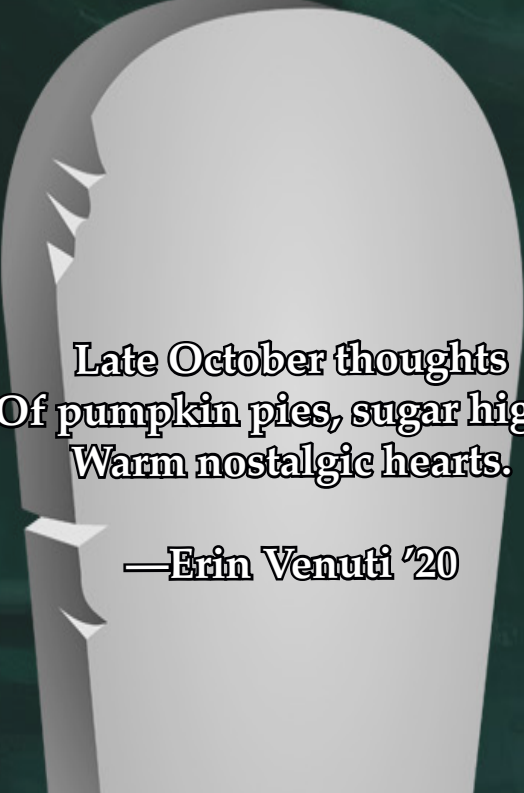
I hear a shuffle  
And a chill goes down my back  
All I see are eyes

—Sam Pellman '20



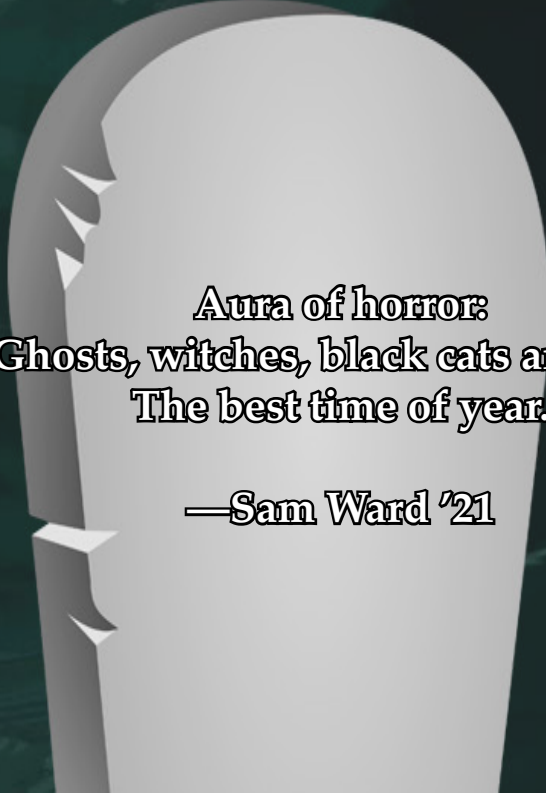
It lived in Mary's room  
Mom blamed imagination  
But I felt its breath

—Julia Zygiel '19



Late October thoughts  
Of pumpkin pies, sugar highs,  
Warm nostalgic hearts.

—Erin Venuti '20



Aura of horror:  
Ghosts, witches, black cats are nigh.  
The best time of year.

—Sam Ward '21

# TO HELL And...

by Connor Zimmerman '20  
Portfolio Editor

FICTION

*"Enter when Hope is a thing of the past."*

Shivering, Ron reads the sign posted on the door. The cold wind seeps through his skin and begins to settle within his body. Trying to work up the courage to go in, Ron takes one last look at his surroundings. The dilapidated and windowless buildings don't hold a soul in sight, the only company seeming to be the rats fighting for the meager scraps of garbage on the streets. Ron takes a deep breath and opens the door, ready to enter the shack. What does he have to lose anyways.

Once inside, the door slams behind him and the doorknob strikes his spine. Ron stumbles forward and falls down the staircase directly in front of him. His knee strikes the first step, his arm breaks upon another step, and this goes on for what feels like an eternity. The darkness enfolds him, and he loses track of time. Falling further, and further down Ron stops feeling

everything, even pain. His body hits the ground with a thud once he reaches the bottom. It is somehow colder down here than outside, the cold air begins to sting his nostrils, his lungs, and finally his heart. Ron struggles to lift his bruised and bloodied body up.

"Stay where you are mortal! You are at the final destination," a voice booms. Ron tries to look around but can't seem to move. The voice continues, "You have come in search of a loved one, is that right, Ron?"

"Yes," he meekly calls out. Where was that voice coming from?

"She must have been special for you to travel down to the underworld."

"What do you mean the underworld?"

"Do not play dumb mortal,

I know you have talked with my minions." Ron struggles to get off the ground, but he cannot seem to move. He feels the weight of the world pressing down on him, his broken ribs feel as though they are getting closer to his lungs. He looks around and it looks like the shadows of the dark are closer than before. He whimpers, "What are you?"

"I have many names and titles, but I am the one who rules this domain. The one who is king of all souls."

"The Devil?"

"Yes, you may call me the Devil." The last word rings throughout the space, and it causes the whole domain to shake.

"If you know all, then you know why I am here."

"Yes, but you cannot have her back, once I have a soul I

do not give it up."

A deafening silence envelops Ron. His vision first becomes blurry, his hearing begins to ring louder and louder, he can barely think anymore. The darkness begins to inch closer and closer to him. Tears begin to roll down his cheeks and freeze in mid-air. He cries not because of his bruises, broken bones, and pain, but because he knows what he must do.

"Okay, then I shall stay, I can't live without her."

"Bwahahaha!" The sinister laugh stings Ron's ears. If he could move his hands he would cover them. The Devil continues on, "Fool, your life was mine once you came here. You could not move because your soul has been leaving your body all along."

Ron cries out, "I don't care as long as I am with Melissa!"

The Devil continues laughing. "You still think she is here, after all this time. No, she was up in Heaven all along, never here. Now you are doomed to be separated eternally."

by Mark Fairchild '20  
Portfolio Staff

CARTOON





# TIFF AND EARL

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

Dear Tiff and Earl,

What do people do here on Halloween? Is trick-or-treating still a thing and if so where? Because caffeine isn't getting me through midterms and I need some candy ASAP.

Sincerely,  
Sugar Fiend

Dear Sugar Fiend,

First off, let's get this straightened out. I hate to break it to ya, but trick-or-treating is so 2000 and late. If you're looking for the perfect candy-eating experience, just picture this. You're sitting on your couch with your closest friends, 10 jumbo-sized bags of your favorite candies cover your body like a blanket as you simultaneously stuff your face and watch the all-too-familiar *Halloweentown* saga unfold. Suddenly, your cell phone rings. You're feeling on the top of the world, sugar high and all, so you answer: I'm sorry, the old sugar fiend can't come to the phone right now. Oh, why? Cause she's dead!



XO,

Tiffany

Dear Sugar Baby,

The only thing you'll get from knocking on the doors along Eaton Street is a weird look and maybe a few empty plastic cups.

I'm not sure if your request for candy is some kind of newfangled euphemism for fooling around, but I can tell you that you certainly won't be the only one at PC with such intentions on All Hallow's Eve.



Sweetly,

EARL



\*This is a satirical page that does not reflect the views of Providence College or The Cowl.



SOME MIDTERMS  
CANT BE REGRADED