

# The Cowl



SINCE 1935

Vol. LXXXIII No. 10 | November 15, 2018 | thecowl.com

## Men's Basketball Plays in Veterans Classic

by Karlene Cudak '19  
Guest Staff Writer

PC ATHLETICS

Within the last week, the Providence College Men's Basketball Team has taken on Wichita State University and the College of the Holy Cross. Beginning last Friday, November 9, the team fell to the Wichita State Shockers in the Veterans Classic with a score of 80-83.

The Veterans Classic is an event held annually to honor our nation's veterans and showcase the U.S. Naval Academy. PC was chosen along with three other teams to participate in these games.

During the game against the Shockers, David Duke '22 scored his first points in the Friars uniform during the first half of the game as he hit two free throws. He continued to score by making another layup where he was fouled. Duke was sent to the free throw line where he scored another point to make it a three-point play.

PC Basketball/ Page 21



David Duke '22 plays in the Veterans Classic game against the College of the Holy Cross on Nov. 13.

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## Pizza and Politics Series Tackles Midterm Elections

by Kellie Johnson '22  
News Staff

ON CAMPUS

On Tuesday, November 13, the political science department joined with the Board of Programmers (BOP) to hold an event in which people could discuss the results of the 2018 midterm elections over everyone's favorite comfort food—pizza. This was the second Pizza and Politics event held on campus, and it occurred in the Fiondella Great Room in Ruane.

By the start of the event, almost all of the seats were filled. The chair of the political science department, Dr. Bill Hudson, and political science professor, Dr. Adam Myers led this talk, along with three students, Madison Clark '19, David Quattrochio '19 and Rachel Minassian '19, whom are heavily involved with politics on campus.

The midterm elections themselves happen every two years. It is within them that new representatives are elected to the House of



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Dr. Bill Hudson speaks about the outcome of the midterm elections.

Representatives, and one third of the Senate is elected as well. This event pointed out how this election was especially significant because it had the largest pool of candidates to vote for and a huge spike in youth voter turnout.

It has been an ongoing problem in society to encourage voters from ages 18 to 25 to vote. It was exciting to see such a large turnout for a political event on campus because this further proves the point that the youth is finally using their voice.

One of the seniors on the panel discussed how the election contributed to diversity and a more progressive society. For example, the first Muslim woman was elected to Congress, along with the first ever Native American woman in the House, and the first ever openly gay governor. The election also had a record number of women winning seats. She pointed out that this was very impressive for today's society.

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## Powering the Planet One Innovation at a Time *Dr. Harry B. Gray Discusses Environmental Impacts*

by Julia Acquavita '22  
News Staff

ON CAMPUS

On Monday, November 12, the Ruane Center for the Humanities hosted a lecture by Dr. Harry B. Gray titled, "Powering the Planet: How to Solve 21st Century Problems in Sustainability."

This presentation was made possible by the Jean Dreyfus Lectureship for Undergraduate Institutions. Providence College was one of five primarily undergraduate institutions chosen to receive a 2017 grant from the Camille and Henry Dreyfus Foundation, which supports chemistry and biochemistry research and education.

Through this grant, the Ruane Center for the Humanities was able to host this presentation by Dr. Gray.

Dr. Gray serves as the Arnold O. Beckman Professor of Chemistry at the California Institute of Technology & Founding Director of the Beckman Institute.

For 60 years, Gray has dedicated much of his time and effort to studying and addressing fundamental problems in inorganic chemistry, photochemistry, and electron transfer chemistry.

During his lecture, Gray discussed how his years of studying led him to find a solution to power the planet, despite the looming problem of a lack of resources.

Gray started his lecture by discussing solar energy. He noted that we do get plenty of energy from sunlight; however, it is vital to be able to convert and store this sunlight efficiently.



Dr. Gray discusses his environmental research.

NICHOLAS CRENSHAW '20/THECOWL

"Storage is the critical point here," said Gray, further explaining that through the splitting of water with sunlight, we can achieve this storage.

Gray wrote a paper entitled "Powering the Planet With Solar Fuel" that highlighted this discovery and the idea that a solar water-splitter is more than 10x more efficient than natural photosynthesis is in capturing sunlight to synthesize foods from carbon dioxide and water.

John Turner, Gray's colleague, created this solar water-splitter. However, there seemed to be a problem with Turner's initial creation, which caused Gray look for and soon find another solution. Turner's water-splitter cost a fortune, since its main foundation was the incorporation

of platinum.

Gray vowed that he would build one with elements that were cheap and earth-abundant, such as iron, nickel, and cobalt. With this in mind, he began to design a system that included a semiconductor.

This semiconductor had the purpose of separating holes for oxygen and electrons for hydrogen, allowing for the splitting of water into hydrogen and oxygen.

Despite this progress, Gray emphasized the key challenge he and his team would face when carrying out the production of the solar water-splitter. First, the system must be efficient. Second, the system must be scalable with no platinum. Third, the system must be robust, even though

stability is a major challenge in this situation.

Gray's study involved a great deal of interplay between theoreticians and experimentalists, as he endured a long process of redoing and improving experiments over and over again until he reached the perfect system.

Despite challenges Gray faced, he was able to persevere and succeed in creating a catalyst to replace Turner's platinum one. From this, he stimulated a worldwide effort to create catalysts containing cobalt, iron, and nickel.

However, Gray and his colleagues faced yet another problem: the problem of needing to connect seawater to oxygen due to the limited supply of pure water.

Gray jokingly noted, "Sunlight, nitrogen, seawater, that's all we have folks!" when explaining the importance of such a discovery that would solve this seawater oxygen evolution. "We are looking for the world's best water oxidation catalyst, and the nickel-iron catalyst is by far the best."

Towards the end of Gray's lecture, he addressed the global impact his solar water-splitter system would have on the environment.

He explained that the splitting of seawater will allow for the use of hydrogen as fuel. The reduction of carbon dioxide to water and then the splitting of this water to make oxygen can be used to work towards life on Mars. We can also split nitrogen to create ammonia and food.

Therefore, Gray's system and discovery will serve as a vital element to the sustainability of our planet, having an immense impact on the world's environment, and its fuel, materials, and food.

## PC Community Discusses Recent Political Events

### Political Science:

Continued from front page

Myers displayed the results of each election: House, Senate, and Governor.

Overall, the Democrats were greatly successful in this election. The exact number of seats taken has not been determined yet, since recounts are still happening in some states.

Dr. Myers brought to our attention an interesting statistic in the elections for the House, in which he noted that some of the wealthiest districts in our country took Democratic seats, calling stereotypes into question.

He called these results a "top and bottom coalition," due to the fact that the Democratic Party is thought of to be the party which in the past has represented the interests of minority groups, as well as lower class. Yet, when the wealthy voted blue, it put things into perspective.

Another student talked about the politics specific to Rhode Island; there is no doubt that Rhode Island is a Democratic state.

The event held discussion over whether or not Rhode Island will move towards a progressive local government or a more moderate and centrist one.

The prediction was that due to the most recent election, Rhode Island will probably be more moderate in its legislation over the next couple of years.

The Pizza and Politics event left its audience

wondering what will happen next. Dr. Hudson discussed different outcomes, and he said that a gridlock is likely to occur in the next year due to the constant dispute of both parties.

Although both parties will likely never completely agree, Dr. Hudson predicted that they will reach resolution over the issue of healthcare.

He also talked about the next six or seven weeks; due to the Republicans losing their power, there is talk of a government shutdown at the beginning of the year due to the potential threat of Congress failing to pass seven appropriations bills by the end of the calendar year. Dr. Hudson said that this is an unlikely occurrence, but that even the president says

that a government shutdown could be a good thing.

Finally, Dr. Hudson left an open-ended question causing the audience to think about their own personal opinion. He left us wondering: will Congress include Trump's famous idea of "the wall" in their budget?

Hopefully, the Pizza and Politics event will continue to occur on campus due to the insightful questions and multiple perspectives that allowed students to form their own political opinions.

Each professor and student at the event did an amazing job sharing their ideas without any bias so that everyone in the audience could hear their claims and interpret them individually.



Dr. Hudson goes over the recent election's impact.

NICHOLAS CRENSHAW '20/THECOWL



# Class of 2019 Celebrates Senior Ring Weekend

## *A Look Inside the Making of SRW*

by Thomas Edwards '20  
News Co-Editor

ON CAMPUS

Senior Ring Weekend, like many large events on campus, is not organized and planned overnight.

The process behind SRW is a two-year journey that 11 students embark on, preparing everything from the weekend events to the design of the rings.

To help this process run smoothly, these 11 students are divided into the different committees that make up the SRW Core. There are the Co-Chairs, responsible for orchestrating all other committees and the events, Ring Design and Premiere, Special Events Night, Formal Night, the SRW Mass, and Marketing. Each committee is responsible for their respective events.

The members of the SRW core are Devon Guanci '19 and Caroline Cook '19 as the Co-Chairs; Madeline Daly '19 and John Stablein '19 on the Formal Night Committee; Julia Roselli '19 and Catherine Keable '19 on the Special Events Night Committee; Teddy Kiritsy '19 and Emily Borrello '19 on the Ring Design and Premiere Committee; Jacqueline Michels '19 and Allison Schmidt '19 on the Mass Committee; and Michael Fahy '19 on the Marketing Committee.

While each member had their own committee and event to worry about, they met every Friday morning to update each other, brainstorm, and ultimately make unanimous decisions.

"The decisions were brainstormed and decided as a group, but we were divided by events for a reason," said Julia Roselli '19, one of the two members of the Special Events Night Committee. "Myself and co-chair Catherine Keable were the ones who ultimately made any decisions for Friday and were the ones in contact with the DJ, caterer, designer, and all other outside parties."

One of the greatest obstacles that came into play for the SRW Core was the size of their budget, a common problem for events.

"When deciding where formal night was going to be, we had to also accommodate Friday night in Peterson. Having formal night at a venue like Gillette, we would not have been able to decorate and have the DJ in Peterson that we did," said Roselli.

While price and budgeting were problems for the Core, an easy solution was compromising with each other to make sure no event suffered and everyone got what they needed.

Other than the three events of the weekend – Special Events Night which occurred Friday, November 9, Formal Night which took place on Saturday, November 10, and Mass which happened Sunday, November 11 – the main part of SRW is the Providence College Class of 2019 rings themselves.

Much like the events of the weekend, a lot goes into the design, purchase, and distribution of the class rings. Teddy Kiritsy '19 and Emily Borrello '19 were the members of the Ring Design and Premiere Committee, and their jobs were solely focused on these aspects.

"We worked hand in hand with a local artist to design every detail of our class ring, down to the number of bushes in the rotary in fact!" said Kiritsy in regards to the design aspect of the rings. Each ring has a secret symbol of some kind that connects the ring to the class, one of which being 19 bushes to represent the class of 2019.

"We worked closely with Balfour designing our collection of rings and which ones we were going to sell to our class. In total I believe we sold nine different types of rings; where some classes have only given out a handful of rings to purchase, like four or five."

After months of looking through designs, the

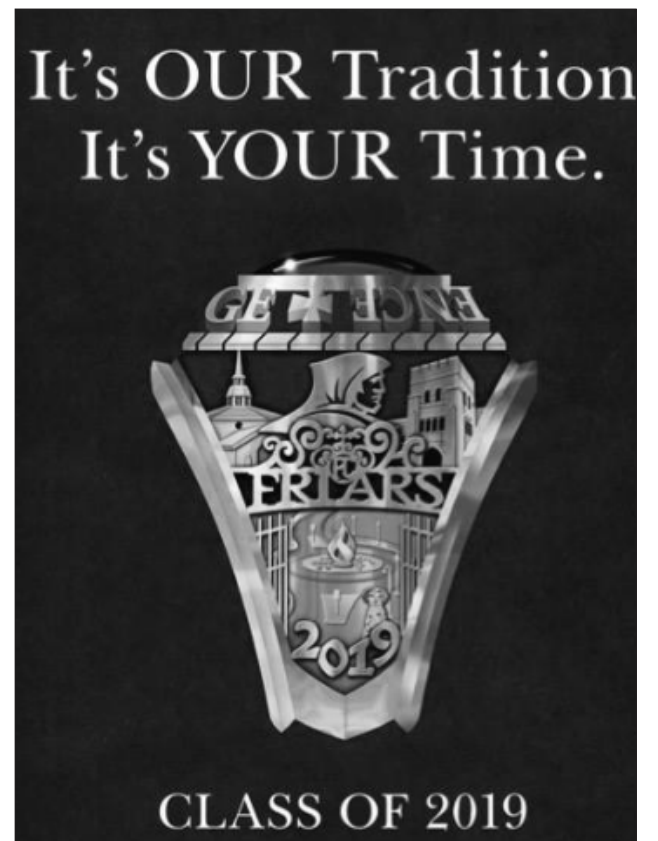


PHOTO COURTESY OF FACEBOOK.COM/PCFRIARS2019.

Each class year has a unique ring design.

Ring Design and Premiere committee planned a large event to release the ring design to their class. "We ordered dozens of cupcakes, cake, apple cider flutes, raffles, and it was a smashing success!" said Kiritsy.

The final responsibility of the committee was to write the class ring story to tie the class to the ring further. "It shows the importance of SRW and class rings to the senior class," said Kiritsy.

## "Oh, the Leader You Are!"

### *Orientation and Residence Life Staffs Hold Information Sessions*

by Kyle Burgess '21  
News Staff

ON CAMPUS

While their classmates and peers were busy soaking up the summer sun beachside and unwinding from a demanding academic school year, the members of Residence Life and orientation leadership staffs set out to help welcome Providence College's largest class to date as the newest residents of Friartown.

Over the course of June advising and registration days, in addition to fall orientation, Orientation Leaders (OL) and Resident Assistants (RA) alike took part in various team-building activities. These activities allowed them to make friendships to last the course of their tenure at PC and beyond as they assisted the class of 2022 in adjusting to college life.

In the blink of an eye, those dog days of summer have transformed into the crisp, autumn months, and with the change in seasons comes the return of the application process for potential members of the 2019 orientation and Residence Life staff.

To acquaint returning staff members and potential rookies to the changes made in the process of this year, as well as what to expect in the year to come, both departments held information sessions marketing their respective positions.

"We're not looking for leaders to fit



Orientation Leaders form a special bond with one another. PHOTO COURTESY OF JORDAN PAGLIUCA '21

into a specific mold," explained Leslie Heller '02, director of Orientation, Transitions and Leadership at PC. "We seek applicants from different class years, majors, backgrounds, and personal experiences."

Heller also shared the College's intentions to field their most diverse staff yet as they look to fill all 175 leadership roles of the orientation and Residence Life staff.

Additionally, one does not need leadership experience to apply as an OL or RA as candidates are selected to complement the strengths of one another.

While participants in summer and fall orientation leadership take on many responsibilities in acting as ambassadors of the College, the perks to joining this talented and inclusive organization are also numerous.

"Orientation has been the greatest experience that I've had while at PC," recalled Orientation Coordinator Allison Schmidt '19. "Not only did it help me to develop my leadership skills, but it has also given me friends for a lifetime. It is something I already miss very dearly!"

Work as an RA is equally rewarding, as Evan Mastroianni '21 puts it. "This position makes you feel as though you are truly connected to the school more intimately than normal students are," Mastroianni noted. "It gives you the opportunity to act as a resource and model for the student body to help others succeed at every level in college life."

Applications and recommendation forms can be found on the MyPC Portal and are due Friday, November 30 by 4:30 p.m.



# Addressing Sexual Assault and Harassment at PC

## Administration Answers Questions About Recent Campus-Wide Survey

by Hannah Langley '21  
News Co-Editor

ON CAMPUS

Sexual harassment and assault are prevalent issues no matter what college you go to, and many college students do not even realize it. Although many colleges require incoming freshmen to participate in sexual assault awareness programs, many college students still have questions and misconceptions about issues and stigmas surrounding sexual assault.

In the spring of 2018, Providence College sent out a survey to students attending the College to gain a better statistical understanding of the misconceptions surrounding sexual assault. The survey also aimed to collect data on the number of students who feel either uncomfortable being at PC or have been sexually assaulted.

The data from this survey was then compared to other colleges across the country that participated in a similar survey. The results indicated that in several instances, PC's statistics were higher than the other colleges' reports, indicating a higher level of discomfort on campus and higher rates of sexual harassment and assault.

The survey was taken by 777 students out of PC's student population of what was then 3,989. The number of respondents, while it may seem small, was comparable to the number of respondents across other college campuses.

The survey reported that 19 percent of the respondents had experienced sexual assault. The most common form of harassment was in the form of a sexist joke or remark, reaching up to 72 percent. More answers included being sent emails or texts and bribery for participating in a sexual relationship.

In total, 31 percent of students reported they experienced non-violent behavior or harassment from an intimate partner, and five percent reported being engaged in violent behavior from a partner.

Of the sexual assault cases reported in the survey, 48 percent were said to have been on-campus.

Only seven respondents said they went through the responding procedures of PC, while 74 percent only went so far as to talk to a friend, roommate, or classmate.

The survey also pointed out that the rate of students who "observed a situation that [they] believed was, or could have led to, sexual assault" and who responded "sexual misconduct is somewhat or definitely a problem at my school" was much higher at PC compared to other institutions.

According to the survey, 23 percent of students "seriously considered leaving the school" due to the fact that "they didn't feel welcomed or



PHOTO COURTESY OF MEDIUM.COM

supported at the school."

Some of the misconceptions and misunderstandings expressed by students in the survey include that nearly half of the respondents believe a person's academic standing would suffer if they reported anything, that rape and sexual assault is more likely after the consumption of alcohol, and that a woman who constantly hooks up with men will eventually find herself in trouble.

When looked at broadly, these numbers may not seem that high. However, taken into the context that only 777 out of 3,989 students took the survey, these percentages only represent a very small segment of the College's population, and the numbers could theoretically be much higher with full participation.

In response to recent concerns and this survey, administration, faculty, staff, and even students are working to create more awareness and understanding of what sexual assault is.

Dr. James Campbell, assistant vice president for student development and compliance and Title IX coordinator, and Alison Sjoval, student affairs communication and assessment specialist, explained that the College is planning several initiatives to prevent sexual assault and harassment at PC.

They explained that the school has applied to participate in a multi-campus collaborative effort with the National Association of Student Personal Affairs (NASPA) called "Culture of Respect." "[This collective effort] seeks to identify and implement the best practices in sexual assault prevention and responses," said Sjoval.

She also stated that the College will be sharing the data so that they can get reactions, ideas, responses, and engagement from the PC community. "Students need to be part of the solution," explained Sjoval.

Both Campbell and Sjoval pointed out the ways

in which the school currently communicates about reporting sexual assault or harassment, which include the signs in bathroom stalls, information sessions during orientation, sexual assault awareness month, and Student Health 101. There is also a section on the school's website, Campbell and Sjoval mentioned, titled "What to Do After an Assault" that provides information to anyone in need.

They mentioned, however, that they are always open to new ideas of how to reach out to students better and communicate with them about these issues more efficiently.

Administrative faculty members are not the only ones attempting to shed light on the issue of sexual assault. A new student group called RISE, short for Reclaim, Inform, Support, Empower, has made a big impact on the PC community already. Brianna O'Shaughnessy '19, one of the club's founders, has promoted the club to be open to all PC students who want to promote awareness to the College's community, and also provides support for those who are victims of sexual assault.

Sjoval also recognized the need to address the issue of diversity within this survey, stating, "We need to seek additional understanding of our cultural and community behaviors/attitudes as they relate to sexual harassment and sexual violence."

Sjoval added that the school is beginning to offer shortened versions of Title IX training to any student interested or passionate about this issue. Students interested in undergoing training can contact Dr. Campbell for more information.

Both Campbell and Sjoval recognize that there is still much improvement to be made surrounding the issue of sexual assault and harassment at PC. "What we need," Sjoval stated, "is to identify prevention initiatives that actually work and can work campus-wide."

# Business Students Given New Study Abroad Opportunity

## Students Can Now Study in Shanghai

by Malena Aylwin '22  
News Staff

ON CAMPUS

Beginning in 2020, Providence College will offer a new program to study abroad in Shanghai, China with a group of Providence College School of Business (PCSB) students for the spring semester.

The program will guarantee

an English-speaking internship placement in one of the world's leading financial hubs — Shanghai. Also, with their acceptance into the Spring 2020 program, students will be rewarded with discounted and free housing.

Business students will have the opportunity to study in the local East China Normal University with their PCSB group and with people from all over the world. They will be in

classrooms filled with students of different nationalities and ethnicities, attending classes taught by local Chinese teachers and experts.

PC students can look forward to living in a two-bedroom dorm with a kitchen and laundry on the same floor. They will also have accessibility to campus amenities.

Some of the standard classes students can take include International Marketing (MKT 426), International Finance (FIN 419), and Global Workforce Management (MGT Major Elective). Other additional courses specific to this study abroad opportunity include Intro to Chinese Philosophy, Contemporary Chinese Literature, Contemporary Chinese Cinema, and different levels for learning the Chinese language.

Also, students will be able to get a taste of real world jobs, work with colleagues, and perform duties based

on their business major.

Students are guaranteed an internship with one of four different brands in one of the world's leading industries.

The study abroad opportunity in Shanghai is a completely new experience available to PC students, where they can learn a new language, meet new people, get a taste of what Shanghai is like, and so much more. Dean Jacqueline Elcik, one of the leading advisors of the program, stated, "It is a great once-in-a-lifetime experience to be able to work in such a diverse environment and at the same time pursue your goals."

If you are interested in applying for the Shanghai 2020 spring abroad program, the deadline is Dec. 3.

For any other questions, contact pcstudyabroad@providence.edu, Dean Jacqueline Elcik, or Dean Joe Stanley.



Shanghai is one of the major cities of today's business world.

PHOTO COURTESY OF CIEE.ORG



# Congress Updates

by Aine Redington '20  
Student Congress Publicity

CONGRESS

Chaplain Fr. Peter Martyr Yungwirth, O.P., and Fr. James Cuddy, O.P., vice president of mission and ministry, visited Student Congress for their weekly meeting on Tuesday, November 13. They discussed their various roles and the roles of Campus Ministry at Providence College.

Fr. Cuddy is a graduate of the College and served as the Chaplain of PC before becoming the vice president of mission and ministry. This department is concerned with the Catholic identity and the Dominican presence at the College. Its primary purpose is to "promote a greater understanding of what it means to be Catholic and Dominican in academic affairs and outside the classroom."

Fr. Peter Martyr discussed his role as the overseer of Campus Ministry. He talked about a new initiative which gives each residence hall its own chaplain. This year, each athletic team was appointed a chaplain to oversee the players. Each chaplain is only assigned one team to ensure that the Friars can develop organic and real connections with the athletes.

A Student Congress member asked if there was any way Campus Ministry could connect with the international student population.

Fr. Peter Martyr agreed that it would be a great idea to reach a smaller student population who may be susceptible to struggles as they are so far away from home. He thought it might be a great idea to hold smaller intimate dinners.

Another congress member asked about how Campus Ministry is working to connect with Residence Life.

Besides each chaplain being assigned to his own residence hall, Dominicans are encouraged to go to the hall office of each building and play cards, watch sports, and have conversations with RAs and residents. One student agreed that after playing Uno with his Chaplain he felt much more comfortable talking to him as a friend. The more we come to know each other the easier it will be to spread the love of the Catholic and Dominican tradition.

During General Announcements, President Christopher Campanelli '19 encouraged everyone to go to the SpeakUP PC event in '64 Hall from 5-7 p.m. This event will be a forum to discuss sexual assault and sexual violence on campus.

The first piece of legislation was regarding the establishment of a new deadline for club applications.

According to this piece, all prospective clubs must submit an application before Nov. 15 or Feb. 28 depending on the semester. The piece passed unanimously.

The following pieces of legislation will be voted on by the members of Student Congress in two weeks on Nov. 27. The second piece of legislation was a proposal for a new club called BELIEVE. This club is designed to be a community and a resource for students with disabilities and challenges.

Although they acknowledged that there is a lot of support for this topic from faculty and staff, there is no club that offers peer support for students with disabilities. It will also serve as a safe place for dialogue and questions.

The third piece of legislation was an amendment to our constitution. The amendment calls for the removal of Article 4 Section 6, which states that each congress member must bring one guest from the College community each semester to attend a regularly scheduled meeting.

The speaker believes that "if someone is interested they should come on their own, member[s] should want to bring guests and advocate for the club not be forced to bring people who don't want to be there."

The fourth piece of legislation was another club proposal for a club called Friars for \_\_\_\_\_. The club is dedicated to planning events to raise funds and create awareness for different organizations.

Last semester, the club raised money for Puerto Rico relief after Hurricane Maria. This semester they have held a grilled cheese run to raise funds for Operation Christmas Child. Members vouched for the club and commended its commitment to service.

The fifth piece of legislation was another club proposal for a new club called Wishmakers-on-Campus. This club is a chapter of the non-profit, Make a Wish. The purpose is to raise money and awareness for the Make A Wish chapters in Massachusetts and Rhode Island. They plan to have a 5K walk for wishes in the spring where "Wish Families" can come to talk to students. Additionally, there would be a reception outside Slavin at the end with sponsors and lawn games.

Again, congress members were very receptive and commended the speakers for their dedication to service.



# Eco-Rep Updates

by Madeline Stephen '21 and Payton Morse '20  
Eco-Representatives

ENVIRONMENT

With Thanksgiving right around the corner, it is important to recognize the negative impact that wasting food has on our environment. Food waste is the single largest component of trash in landfills and is also the single largest contributor to total methane gas emissions from landfills. In fact, 1.3 billion tons of food is wasted every year and just one-quarter of all wasted food could feed the 795 million malnourished people around the world who suffer from hunger.

Thanksgiving produces a mass amount of food waste due to the immense surplus of food served at the majority of tables across America. Despite attempts to buy the right sized turkey, more than 200 million pounds of turkey will still be thrown away. Help reduce the amount of food waste we produce by following some tips on how to reduce your food waste this Thanksgiving:

Try buying the ugly produce that would usually otherwise be thrown out simply because it is bruised or has a weird shape. Produce will be peeled, chopped, and mixed so what does it matter if they looked ugly at the store?

Try choosing recipes that "fit" together. This may take some more preparation than usual, but it is an extremely efficient way to reduce food waste. For example, if a stuffing recipe calls for half an onion, find another recipe that calls for the other half!

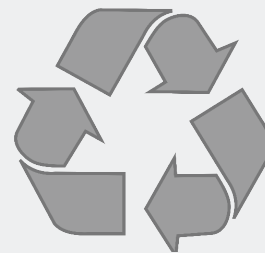
Don't toss the scraps! Vegetable peelings and meat bones can be used to make a homemade stock.

Plan ahead and know how many people you will need to be providing food for. Have your guests bring containers so that they can bring home leftovers as well.

Eat your leftovers rather than tossing them out! Or, if you need a break from the holiday food, stick the turkey in your freezer and save it for a later recipe.

Finally, find a local food pantry and donate. Many people will go without food this holiday season so donate that extra can of cranberry sauce that never got opened so that someone else can enjoy it.

From 11a.m.-1p.m. in Raymond Dining Hall on Nov. 13, Waste Management and PC's ECOPC and EcoReps will be hosting an event titled the "Clean Plate Challenge" to raise awareness about food waste! This is a great opportunity to learn a bit more about the issue of food waste and methods of reduction in the comfort of our own dining hall.



## Know a Fellow Friar

## You Think Should be

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## Contact Us at:

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## Students Must Look Beyond “Rate My Professors”

by Julia McCoy '22  
Opinion Staff

EDUCATION

Registration is arguably one of the most stressful times of the school year. However, the most stressful aspect of it is likely the anxiety that comes with not knowing your professors' level of difficulty.

A popular way to quell this anxiety is to use [ratemyprofessors.com](http://ratemyprofessors.com), a website that allows former students to evaluate their professors in areas such as level of difficulty, grading toughness, and overall quality. While this website is frequently accessed by students at Providence College, it is not a trustworthy choice.

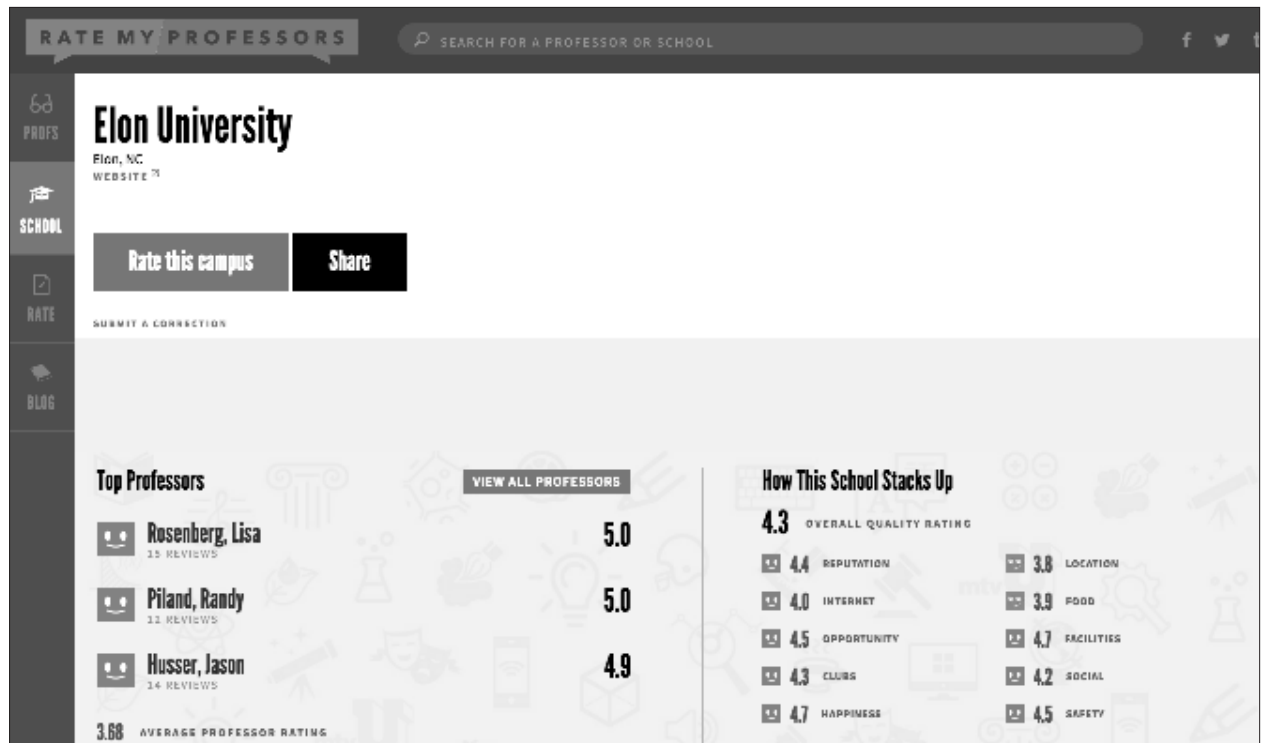
A result of the Rate My Professors craze is competition that arises among students when they try to register in the “easier” classes. This competition adds even more stress to this chaotic time of year.

The amount of effort you put into a class determines your result. The professor is not the only factor that determines your grade or how well you do in the class.

What is important to remember is that every student has their own opinion about a professor. Everyone prefers a different teaching style, and opinions on which style is better cannot be accurately conveyed through a website such as Rate My Professors.

In terms of reliability, Rate My Professors allows students to voice their honest opinions. It does not, however, seek to provide further information on the student's background or learning preferences.

The anonymous reviews on Rate My Professors give absolutely no indication of the student's major or any other information. This information is essential because it would allow students to see similarities between themselves and the person who is reviewing.



Rate My Professors allows for students to see a ranking of listed professors, as well as the average professor rating compared to other schools.

PHOTO COURTESY OF RATEMYPROFESSORS

Regardless, Rate My Professors is still a popular website among college students trying to find the best fit for next semester's schedule. If they succeed in enrolling in the “best” class, they are likely less burdened by the anticipation of next semester.

In an ideal world, Rate My Professors would certainly be a helpful tool for students. It should not, however, include such heavily biased opinions and ineloquent judgments of a professor's character.

On the other hand, failing to enroll in your preferred class can leave you worrying for two months before the next semester begins. Reading negative professor reviews not only scares students, but creates a predetermined bias against a professor that is quite difficult to shake.

A bias against a professor that you have never experienced in the classroom is unnecessary and does not reflect your own opinion.

Rate My Professors hinders students from being open-minded. However, being flexible is essential to getting through any class, regardless of the professor.

It does not make sense to rely so heavily on other people's opinions, and one review should not prevent you from taking a class that you are interested in.

When choosing which classes to take next semester, focus less on other students' opinions of the professor and more on the course description. If it's beneficial to your major, filling a core requirement, or it peaks your interest, that is all that matters.

## Outside-of-Class Learning Prompts Outside-the-Box Thinking Professors Should Promote Extracurricular Experiences

by Emily Ball '22  
Opinion Staff

CAMPUS

Bland, boring, baffling—in-class lectures and PowerPoints tend to receive these reactions from college students. Typical 50 minute-long lectures can be tedious and tiring when you have information thrown at you for so long.

To address this issue, the Development of Western Civilization (DWC) professors have implemented an aspect of the class called Outside-of-Class Experiences (OCEs).

As a part of their grade, students attend interesting lectures outside of class, watch performances, visit museums, or go to other events that pertain to the curriculum. Providence College offers a

multitude of informative lectures about relevant topics as well as humanities forums for all students to attend.

“In our experience, students are frequently unaware of the large number of opportunities on campus for enrichment outside of class,” Dr. Vance Morgan said. “We consider attendance at such events to be an integral part of the college experience, so we wanted to help students form the habit of extending their education outside of the classroom early in their college careers.”

After attending the event, students write a one-page reflection paper explaining how the event or experience correlates to what they are learning in class, what they disagree with, and what important ideas or messages they took away from the experience.

OCEs are beneficial to the learning process as they open up opportunities for learning outside of the classroom that students often would not attend otherwise.

“I think OCEs are good for us as students because they force us to experience lectures and museums and other opportunities that we would not normally go to,” Grace Berning '22 said.

Some students may argue that having the burden of completing OCEs is added stress because they have to attend these learning

experiences in their free time; however, most lectures for OCEs only last about an hour, and all other opportunities depend on the time students dedicate towards them.

The flexibility of the OCEs is another positive aspect, as students are able to suggest any event or experience they want to use as an OCE and, with the approval from their professor, they have the opportunity to use it for their grade.

OCEs are beneficial because they are an easy and enjoyable way to increase students' grades, as professors grade for completion and evidence that the students attended the event or lecture. “OCEs help because they are an easy boost to our grade,” Clinton Phinney '22 said.

The College's production of *Bat Boy: The Musical* counted as an OCE and allowed students to support their fellow classmates in the show while completing a portion of their grade.

“It meant so much to me to have so many people there to support me,” said Alex Cannon '22, an actor in *Bat Boy: The Musical*. “It is so much fun to perform knowing there are people out there in the audience for you.”

OCEs are a beneficial addition to any curriculum because they encourage students to take advantage of opportunities outside of class that will benefit them inside the classroom as well.



PHOTO COURTESY OF PROVIDENCE COLLEGE TDF

Many students were required to go see *Bat Boy: the Musical* outside of class.



# Fat-Shaming and the Freshman 15

## Body Standards Place Unfair Social Pressure on Students

by Angela Bueso '22  
Opinion Staff

SOCIETY

When you hear stories and warnings of it back home, you think you are immune to it, that it will not happen to you.

Nevertheless, for many people, gaining a few pounds their first year of college is inevitable.

The change of environment, combined with the stress and late-night snacking, is the perfect formula for gaining weight.

People act as if the "Freshman 15" is not normal, as if they are the only one that have gained weight.

However, this is not the case; according to WebMD, one in four college students gain weight during their first year.

If this is so common, then why do people still act surprised when it happens and belittle those who struggle with it?

This behavior is the result of the borderline irrational obsession that society has with body image, yet another unrealistic and unattainable expectation.

Society cannot expect individuals, especially students, to live up to such perfect standards. We are humans, not robots.

People should not hope to have bodies like Instagram models, or athletes whose jobs consist of spending hours at the gym and taking care of their bodies.

This pressure is not only set forth by society and people close to us, but is also reinforced by ourselves.

We truly are our harshest critics. Because we know our bodies better than anyone, calling someone "fat" or "overweight" is not only cruel but pointless. We cannot control what others do, and there is no reason for us to make comments on someone else's health.

We look at ourselves in the mirror every day, we know how clothes fit us when we have attained a few pounds.

Moreover, if we have gained weight, we already know it, and it is probably something we are struggling with.

Someone telling us what we already know, and something that we are insecure about does not make the situation any better.

This pressure makes you feel uncomfortable, and like you have to do something drastic in order to go back to your normal weight.

This obsession with losing weight, combined with the stress of college, and the change in environment can have many repercussions—from binge eating and anorexia, to bulimia

and depression.

To those who have seen their bodies change during the first semester of college: embrace it.

Yes, the free food at most on-campus events does not help this situation, and maybe eating Take3 in Alumni every day is not the healthiest decision.

But people do not know what stresses have contributed to your eating habits, nor do they know the lack of healthy options at our school.

As sad as this sounds, college students are busy, and caring for their health is not always their top priority.

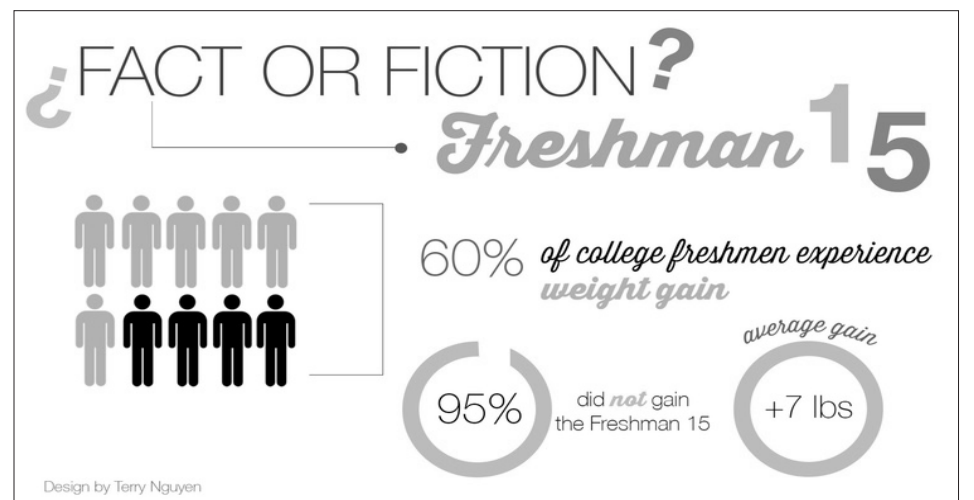
Furthermore, they eat when they

get a chance and try to choose the most appealing food options; which sometimes are not the healthiest ones. We need to take steps to fix this.

Instead of fat-shaming, family, friends, and society as a whole should lower the pressure they put on young people to always look their best.

This social pressure is reinforced through social media, as every time you open Instagram you see the perfect bodies of the Victoria's Secret Angels, or the muscles of NFL players.

College students are going through enough already, the last thing they need is the people who they love the most criticizing their physical appearances.



# PC Students Should Push to Remain Informed

## How Can Students Stay Up to Date With the News?

by Katherine Belbusti '22  
Opinion Staff

CAMPUS

Within the past few weeks, the news was filled with stories about the Pittsburgh synagogue shooting tragedy, the Thousand Oaks shooting in California, and the midterm elections. With all these major news events happening so close together, it is so important for the public to stay informed.

For the average college student, that task can be difficult. At home, one can easily turn on their own TV and watch the nightly news for about five minutes to understand what is going on in the world around us.

At college, some students do not have TVs in their dorm rooms and even for those who do, the nightly news is most likely not the first channel they would think to put on.

So what does accessing news mean for some of our fellow students here at Providence College?

For Kerra DiPippo '22, she receives her news from the news app that comes with all Apple devices. When asked how often she checks the news, she replied, "I rarely ever check and read full articles, but I get notifications about stories all the time so I usually just read the headlines to stay informed."

DiPippo likes getting the news this way because the notifications she gets for news stories enable her to quickly gather an understanding of current events without having to read a lengthy article.

She also said she doesn't have to read full articles if she doesn't want to. Another beneficial part about the news app is that, "you can filter what kind of news you want to see so if you're not interested in business or pop culture, for example, you don't have to hear about those subjects." All things considered, DiPippo seems to have a very reliable and reasonable grasp on news and receiving information.

Another PC student, Shannon Maguire '22, also explained how she receives her news, why she



PHOTO COURTESY OF HBO  
Last Week Tonight with John Oliver is a convenient way for college students to stay up to date with what is happening in the world.

likes getting her news this way, and how often she checks the news.

"I get my news from Snapchat. I subscribed to one of the news channels on Snapchat called Stay Tuned so that I can easily see the news headlines. The school weeks are so busy that I don't go on Snapchat that often, but I try to check at least twice a day. I like to get my news this way because it seems pretty convenient, considering we all go on Snapchat. It gives you all the major news in 2 minutes or less and they update it throughout the day as they receive more information on developing stories. This is how I've gotten my news for a while and it makes sense for me," says Maguire.

This less traditional approach to accessing news is very modern and helps show how the millennial generation is straying away from paper news and even from traditional news channels.

At the end of the day, staying up to date with

current events is just one more thing that becomes more difficult for college students. Day to day life at PC can be a whirlwind, with so many events to go to and so much work to finish, news can become one of the last things one thinks about each week, let alone on a daily basis.

Staying informed is one of the most important things for our generation to do and it is easier to do than you might think.

If you are interested in a comprehensive summation of news events from the week that's even entertaining, try watching *Last Week Tonight with John Oliver*. If you would prefer to read rather than watch, simply searching "this week's news" into the Google search bar will result in many articles and top stories.

Next time you have to wait in an annoyingly long Dunkin' line, scroll through the articles that are on the news app on your phone and see what's happening in our world today.



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## A Season to Give Thanks

by **Abigail Czerniecki '19**  
Associate Editor-in-Chief

EDITOR'S COLUMN



We have all grown up hearing the saying "give thanks," however it is important to ask ourselves whether or not we have actually taken the time to stop and give thanks to the things and people that deserve our thanks and appreciation. November is the month to be thankful and reflect upon the things and people in our lives that have made a difference. Although the turkey stuffing is an added perk

of Thanksgiving, it is important to remember what we are truly thankful for.

With deadlines quickly approaching and the constant demands of school work, Civ readings, and papers, it is easy to get distracted and caught up in the hustle and bustle of Providence College's challenging academics. But, we should not forget how much there is to be thankful for.

Thanksgiving for college students is the time to go home and destress from the taxing work we endure. Thanksgiving is the time to be with family, friends, and of course, eat turkey—lots and lots of turkey.

The word thanks is spoken in every language and is a very powerful word, so take the time and turn to a fellow Friar and either tell them thank

you for what they have done for you, or tell them what you are thankful for. The Friar Family is something the whole PC community can be thankful for.

Thanksgiving helps us realize, appreciate, and be grateful for the good things in our lives. Before the societal rush of the holiday season begins and before we get caught up in finals, take the time to stop and think about what we are to be grateful and thankful for.

It is more than just a day filled with football, parades, and food. It is a day that allows us to reflect inwardly and recognize the positive forces in our lives. So pause the Christmas music for just a moment and immerse yourself in what Thanksgiving has to offer.

## TANGENTS & TIRADES

### *Brands Should Promote Diversity, Inclusivity in Advertising*

At this point in time, it is hard to believe an event such as the Victoria's Secret Fashion Show still exists in its current form.

As more companies have begun to realize the importance of representing all body types, races, and genders, they have seen more profit and customer engagement. For example, Aerie's decision to stop Photoshopping their advertisements led to an immediate boost in sales and popularity.

Ultimately, customers want to see people who look similar to them in advertisements, not the unattainable body of a supermodel. Body positivity and inclusion of all body types is something that can only benefit a brand's popularity and financial status. More importantly, it is just the right thing to do.

Young women in particular are especially vulnerable to pressures, which are created by advertisements to make people feel like they have to look a certain way.

Brands have a responsibility to not overly promote too high of standards or "ideal" body types that may lead their consumers to harmful behavior or negative self-image. The days of only one body type being considered beautiful are over and it is upsetting it has taken this long for companies to catch on.

Representation matters and there is no reason for companies to continue to only show one type of body in their advertisements or events. Image and inclusion of all body types should not be done by companies as a marketing ploy, it should be done because it makes a difference.

—Bridget Blain '19

### *Lift the On-Campus Ban: Bring Back the Bird Scooters!*

Over the past month, Providence College students have experienced a new, electrically charged means of expediting their commutes around campus—The Bird Scooter.

These electric scooters, recently banned on the PC campus, started cropping up around the city of Providence in July before they were intermittently removed from the streets in order for the city to establish an effective set of regulations for scooter operators.

By mid-October, Bird Scooters had returned to the streets, and started popping up on the PC campus.

Some members of the PC community view the scooters as an eyesore to the collegiate, gothic, and modern aesthetics of the campus, as well as a potential safety hazard to both the scooter drivers and pedestrians.

However, the Bird Scooter serves as a valuable link to the city, as well as a convenient transportation resource for students.

As many students are not permitted to keep a car on campus, traveling into the city proves inconvenient when an individual must wait 40 minutes for two RIPTAs or pay \$20 round trip for an Uber to travel two to four miles off campus.

On the other hand, Bird Scooters present an exciting, practical, and affordable mode of transportation that, if allowed on campus, become readily accessible to students.

These scooters can accelerate up to 15 miles per hour and charge per minute, at the rate of \$1 flat fee and an additional 15 cents for every minute of use.

However, although authorizing the use of Bird Scooters on campus proves beneficial for students, like the city of Providence, the College must establish regulations for scooter operator conduct in order to facilitate safe and effective use of the motorized vehicles on campus.

The Bird Scooters allow PC students to indulge in the food, art, and culture that the "Creative Capital" has to offer, and for this reason PC should lift the ban.

—Alyssa Cohen '21



Students used to ride electric Bird Scooters around campus until they were banned.

PHOTO COURTESY OF THE VERGE



# MAKER BREAK:


Button Making!



At The **mediaHub**  
 Phillips Memorial Library  
 November 26th 12:00-3:00


Come to the MediaHub (Room 110) and create a custom button back pin! Make a pin for your club or create your own design!

# Blackfriars Dance Concert



November 16th & 17th  
 Angell Blackfriars Theatre  
 Providence College  
 401.865.2218  
 theatre.providence.edu

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



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## Wrestling Club


All are invited to join PC's Wrestling Club. Whether you are advance in wrestling or never hit the mat a day in your life, we welcome you to PC Wrestling Club. This is open to all, so stop by and see what we've about.

**Come Build a Legacy!**

Practice Schedule: Monday @ 7:30pm, Wednesday @ 5pm  
 Friday @ 5pm, Saturday @ 10am  
 Able to work around your schedule

Location: Peterson Recreation Center

Contacts:  
 Coachcole401@gmail.com (Coach Mooney) or 401-654-8864  
 rmastroi@friars.providence.edu (Ryan Mastroianni) or 508-567-7189  
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BOP presents

# Friar'd Up Chicken!

SATURDAY, NOVEMBER 27TH  
 2:30 PM IN MCPHAILS

COME EAT CHICKEN & WATCH FRIARS VS. SOUTH CAROLINA

Coming up...

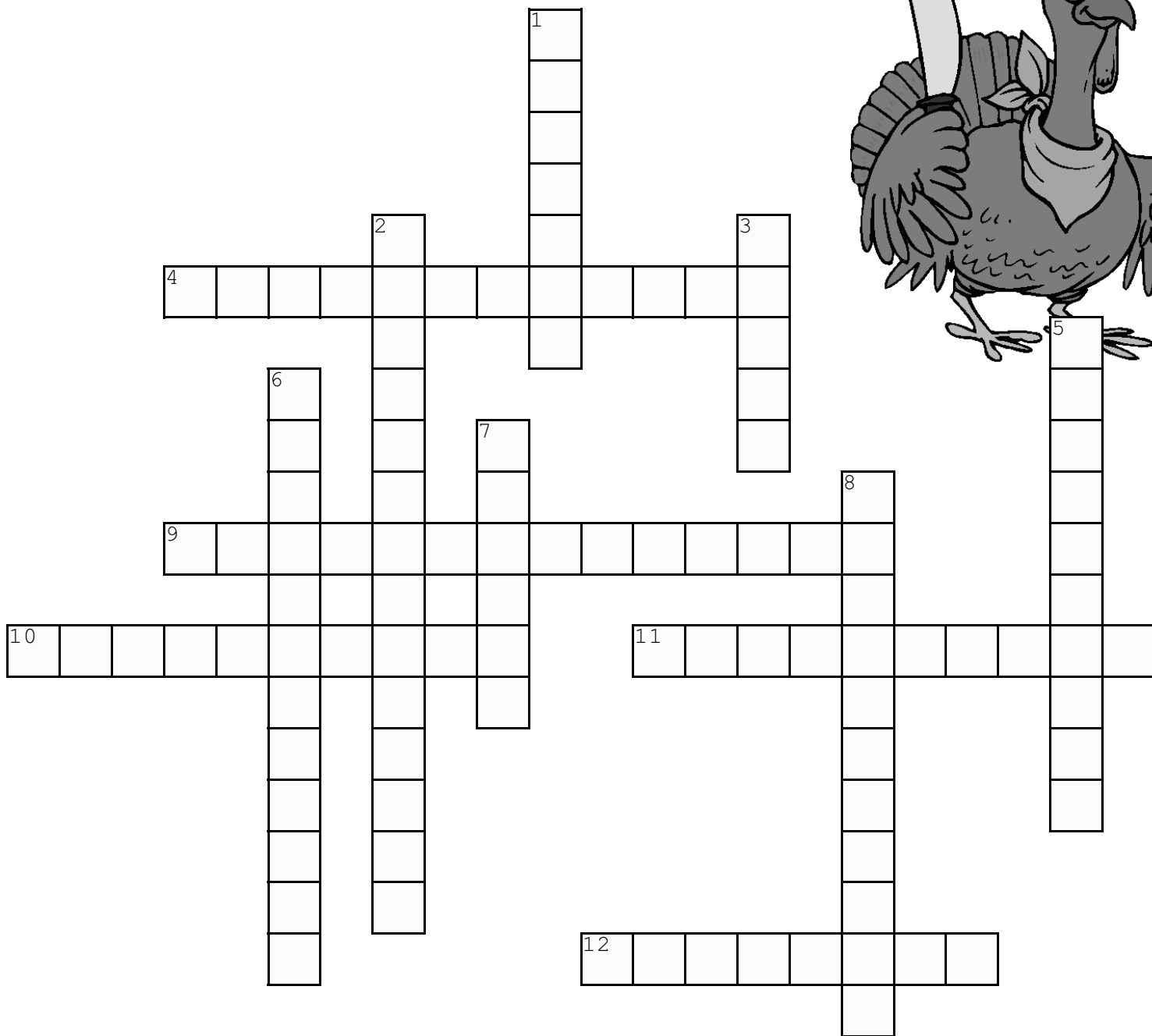
Local Artist Showcase: Fri, November 16th from 8:30 PM to 11 PM in McPhail's  
 Dialogue/Movement Workshop: Mon, November 26th from 7-9pm in The Center at Moore Hall






## Let's Talk Turkey

Complete the crossword below



### Across

4. In 1620, the Pilgrims made the famous voyage on this ship.  
 9. This artist painted a series of oil paintings and one is commonly known as 'The Thanksgiving Picture.'  
 10. Orange-crust custard made from strained, spiced, and twice-cooked squash.  
 11. The Mayflower Compact was signed here.  
 12. This American game has been a Thanksgiving Day tradition since 1876.

### Down

1. This US President set forth the tradition of Thanksgiving after the Union army won a battle in Gettysburg.  
 2. This parade was originally a Christmas themed parade until it became a Thanksgiving Day Parade in 1927.  
 3. This is a crucial addition to topping off your turkey.  
 5. Thanksgiving is a time to...  
 6. 'It's The Great Pumpkin, \_\_\_\_\_.'  
 7. This is the most consumed food on Thanksgiving.  
 8. This day is dedicated to all those hardcore shopaholics out there.

## Last Week's Answers

### Across

5. Craig Stewart  
 6. Ed Cooley  
 9. Ray Treacy  
 10. Matt Kelly  
 12. Chris Gabrielli  
 13. John O'Neill

### Down

1. Nate Leaman  
 2. Margot Roayer Johnson  
 3. Diane Madl  
 4. Jill Karwoski  
 7. Jakob Klaeson  
 8. Sam Lopes  
 11. Jim Crowley



# PHOTOGRAPHY



CAMERON VILLARUEL '21/THE COWL



CAMERON VILLARUEL '21/THE COWL



CAMERON VILLARUEL '21/THE COWL

**ABOVE LEFT, ABOVE:** Dean D'Addario '22, Chris Wyatt '22, Caroline O'Connor '22, and Stephan Foster '22 pose with plates full of crepes, waffles, and whipped cream at the Late Night Breakfast Movie in McPhail's on Friday, November 9. The Office of Student Affairs and Cultural Programming sponsored the evening event, which included a screening of *50 First Dates*.

**LEFT:** Jenae Alderson '20 jumps to spike the ball as the Providence College Women's Volleyball Team faced Villanova University on Friday, November 9. The Friars fell to the Wildcats in three straight sets.

**BELOW LEFT:** Ben Mirageas '21 races Oliver Chau to the puck to regain possession as the Providence College Men's Ice Hockey Team played the University of Massachusetts, Amherst on Saturday, November 10.

**BELOW:** Kasper Björkqvist '20 moves down the ice toward the goal. The Friars fell to the Minutemen 3-2.



NICHOLAS CRENSHAW '20/THE COWL



NICHOLAS CRENSHAW '20/THE COWL



# ROVING PHOTOGRAPHY

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November 15, 2018

## Which Thanksgiving food do you most identify with, and why?



**"Mashed potatoes, because I'm everyone's favorite."  
Jordan Pagliuca '21**



**"Sweet potatoes, because I'm sweet."  
Ashlyn Hovan '21**



**"Stuffing, because I'm always stuffed."  
TJ Steinthal '20**



**"Apple pie, because I'm sweet."  
Korey Lord '21**



**"Cranberry sauce, because I'm saucy."  
Luciana Borrelli '20**



**"Turkey, because I'm the main dish."  
Chris Campanelli '19**



**"Onions, because Ogres have layers. Onions have layers. You get it? We both have layers."**

**-Shrek**

PHOTO COURTESY OF DREAMWORKS

Photos by Brianna Colletti '21, Staff Photographer



## Relatability and Nostalgia: Jonah Hill's *Mid90s* Actor Makes Directorial Debut Accessible to All

by Peter Keough '20  
A&E Staff

FILM

The student body at Providence College is comprised of students in the age range of approximately 18 to 23 years old, with birthdates ranging from the year 1995 to 2000. Therefore, it is safe to say that no PC students were growing up in the time period depicted in Jonah Hill's directorial debut, *Mid90s*. However, it remains relatable to all age groups.

*Mid90s* is a bildungsroman, as it shows the coming of age of the 13-year-old protagonist named Stevie. The viewers follow Stevie, played by Sunny Suljic, as an adolescent in 1990s Los Angeles. The film transitions between his tough home life with his mother and older brother (Katherine Waterston and Lucas Hedges), to the unlikely friendships he builds with other skateboarding teens, played by Na-Kel Smith, Olan Prenatt, Gio Galicia, and Ryder McLaughlin.

This movie is Hill's inaugural piece of directorial work. Therefore, he was adamant that it not become another piece of gimmicky, nostalgia-reliant cinema. In an interview for the Toronto International Film Festival (TIFF), where *Mid90s* originally premiered on Sept. 9, Hill addressed his goal for the film: "The two rules of the film was no nostalgia porn, and



Na-Kel Smith as Ray, Olan Prenatt as F—ks—t, Ryder McLaughlin as Fourth Grade, Sunny Suljic as Stevie, and Gio Galicia as Ruben. PHOTO COURTESY OF TOBIN YELLAND

no skate porn." He wanted to create something that was both authentic and respectable, but also relatable.

After viewing the film in theaters, it is safe to say that Hill achieved this balance in his final product. The visual aspects of *Mid90s*, from the grainy 4:3 VHS-styled cameras to the wardrobe of each character, accurately transport the viewer back to the intended time. The soundtrack plays a similar role, and was handpicked by Hill from a playlist of over 300 songs

he wanted to be part of his film.

However, through the use of such a character-driven and engaging story, Hill did not have to rely only on these deliberate nostalgic choices in order to evoke a sense of sentimentality in the viewer. In the same TIFF interview, he claimed, "The idea was that if at the last minute we decided to not call this film *Mid90s* and put it in present day, that it would still be a valid story." This validity is achieved through the down-to-earth narrative around which the movie is centered.

Nothing about the film is flashy or overdone, and it relies on its simplicity in order to reach the largest possible audience. Many people can easily relate to the childhood experience of finding a group of friends that allow you to be your truest self as well as remembering an instance where they felt accepted, dejected, or both. *Mid90s* appeals to these simple and familiar aspects of childhood, allowing the film to escape the trap of being simply just another nostalgia trip, and presenting

## Claire Foy's *The Girl in the Spider's Web* Concludes Her Best Year Yet

by William Burleigh '19  
A&E Staff

FILM

A new cinematic incarnation of the iconic *The Girl with the Dragon Tattoo* character was on Nov. 9 when *The Girl in the Spider's Web*, starring Claire Foy. In the crime thriller film, Foy plays the titular Lisbeth Salander, an introverted and asocial computer hacker anti-heroine. The massively popular Lisbeth Salander comes from literary origins: she is the lead character in the *Millennium* series, written by Swedish author Stieg Larsson and commonly known for his first book, *The Girl with the Dragon Tattoo*. A survivor of emotional trauma and sexual assault, Salander is known for her dedication to rescuing and exacting revenge for women who are battered and abused by predatory men.

Foy is the third actress to portray Salander onscreen, in the fifth *Dragon Tattoo* film total. The first three books of Larsson's series were previously adapted in a Swedish-language trilogy, which starred Noomi Rapace and came out in 2009, to critical acclaim.

Following the popularity of the Swedish films, a Hollywood edition of the first book, *The Girl with the Dragon Tattoo*, was released in 2011. This American version stars Rooney Mara as Lisbeth and is directed by David Fincher.

Foy's *The Girl in the Spider's Web* is based on the fourth book of Larsson's series. It is a sequel to Fincher's 2011 rendition, but is considered a soft reboot. It follows the same storyline and characters, but with different actors.

This new iteration with Foy, directed by Fedé Alvarez (*Don't Breathe*), follows Salander as she attempts to navigate a web of spies, cybercriminals, and corrupt government officials. Sylvia Hoeks (*Blade Runner 2049*) co-stars as Salander's villainous sister, the head of a major crime syndicate.

Lakeith Stanfield (*Get Out*, *Atlanta*, *Sorry to Bother You*) also appears as an NSA security expert tasked with tracking Salander's every move.

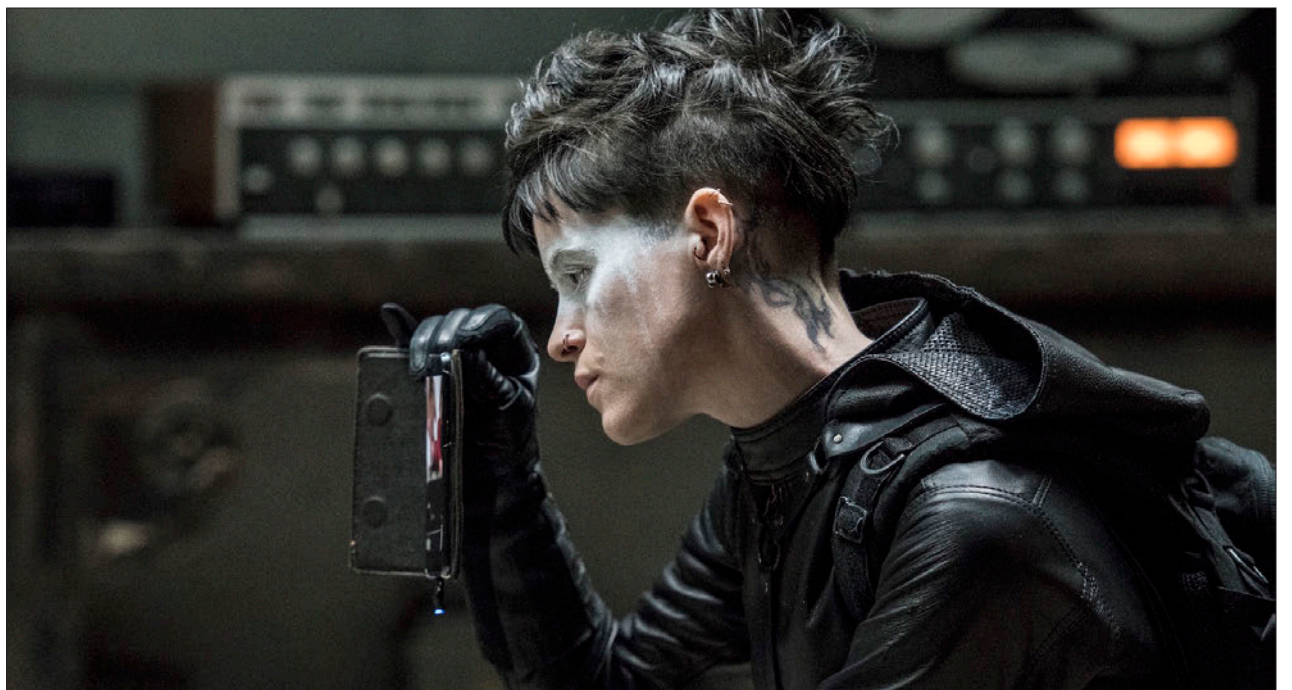
While the film has received mixed reviews, Foy's performance has been cited as a highlight. *Indiewire* praised Foy as being "the best on-screen depiction of Lisbeth yet." The publication added that Foy's particular nuances are a testament to the idea that "the full spectrum of her talents have yet to be tapped" and make for "a better and richer take on the character" than those given by previous portrayals.

This acclaim for Foy comes at the end of a highly successful year for the newly minted leading lady. While Foy is most well-known for her popular role as Queen Elizabeth II in the Netflix original series *The Crown*, a biographical drama which details the

story of the English monarch and has garnered her a Golden Globe and an Emmy for her noteworthy performance as the steadfast queen, Foy has had a standout year with three films already released.

In March, she starred as a troubled mental institution patient in the experimental Steven Soderbergh horror film *Unsane*. Foy gave a fiery performance as Janet Armstrong in Damien Chazelle's historical biopic *First Man*, which premiered at the Venice Film Festival and was released last month. Many are predicting that her performance in *First Man* will result in her first career Oscar nomination.

To cap it off, Foy's new take on the Lisbeth Salander character marks her first lead role in a major blockbuster. *The Girl in the Spider's Web* is currently playing in theaters nationwide.



Claire Foy, winner of a Golden Globe for *The Crown*, takes on the character of Lisbeth Salander in the newest film.

PHOTO COURTESY OF COLLIDER



# Rick Riordan Presents Joins Disney-Hyperion Publishing

## Author Encourages Diverse Mythological Stories Through His New Imprint

by Sara Conway '21  
A&E Staff

LITERATURE

The story of Percy Jackson began as a bedtime story for one of Rick Riordan's sons, Haley. When Riordan ran out of traditional Greek myths to tell, he created Percy Jackson who went on a "quest to recover Zeus' lightning bolt in modern day America."

A demigod with ADHD and dyslexia, Percy Jackson reflected the difficulties that Riordan's own son was struggling with. At the time Riordan was writing, Haley was in the process of testing for mental dysfunction since he was "having trouble reading and some trouble focusing in the classroom."

In an interview posted on his website, Riordan acknowledges that individuals with ADHD/dyslexia are "creative, 'outside-the-box' thinkers" who see and solve problems in a different way than most do, but they are "sometimes written off as lazy, unmotivated, rude, or even stupid."

*The Lightning Thief* and the creation of Percy Jackson was Riordan's "way of honoring the potential" of the kids who struggle with ADHD and dyslexia like his son. Through *Percy Jackson* and his other mythology-based series, including *The Heroes of Olympus*, *The Kane Chronicles*, and the *Magnus Chase and the Gods of Asgard* series, Riordan stresses that, "It's not a bad thing to be different."

Riordan's positive message emerges in his new imprint, launched by Disney-Hyperion, Rick Riordan Presents, which is "devoted to mythology-based books for middle grade readers," according to *Publisher's Weekly*.

The creation of Rick Riordan Presents responds to the numerous questions Riordan receives from his fans about writing books about other mythologies. Rick Riordan Presents aims to "publish great middle grade authors from underrepresented cultures and backgrounds." Riordan as an author has stepped back to let these writers "tell their own stories inspired by mythology and folklore of their own heritage."

The first book under the Rick Riordan Presents imprint was written by Roshani Chokshi, a young adult author well known for

her duology, *The Star-Touched Queen*. Chokshi's book, *Aru Shah and the End of Time*, focusing on Hindu mythology, was published on March 27, 2018. *Kirkus* (a starred review) applauded Chokshi for "spin[ning] a fantastical narrative that seamlessly intertwines Hindu cosmology and folklore, feminism, and witty dialogue for an uproarious novel for young readers."

The imprint recently released its second book, *The Storm Runner*, by Jennifer Cervantes on September 18, 2018, a story about a 13-year-old boy with physical disabilities and a connection to the Mayan gods. *The Storm Runner* also received starred reviews from *Booklist* and *School Library Journal* who declared the book a "page-turning and well-written trip into the world of Mayan mythology."

Yoon Ha Lee's book, *Dragon Pearl*, is slated to

be published in January 15, 2019. Pitched as sci-fi meets Korean mythology, the space opera book already possesses two starred reviews. *Kirkus Reviews* states how *Dragon Pearl* is a "brilliant example of how different cultures can have unique but accessible cosmology and universal appeal."

Not only does *Dragon Pearl* center around Korean mythology, but Lee also features a nonbinary character, emphasizing Riordan's goal of creating books that will allow young readers to see themselves in the stories that they read.

Rick Riordan Presents has sequels for the two released books set to be released between 2019 and 2021, as *Aru Shah* is a four-book series. Seven other books focusing on mythologies ranging from Cuban to African are expected to be published, starting in March 2019 and extending to May 2021.



Rick Riordan Presents has released an ethnic variety of mythological stories so far.

PHOTO COURTESY OF SYMPHONYSAPCE.ORG

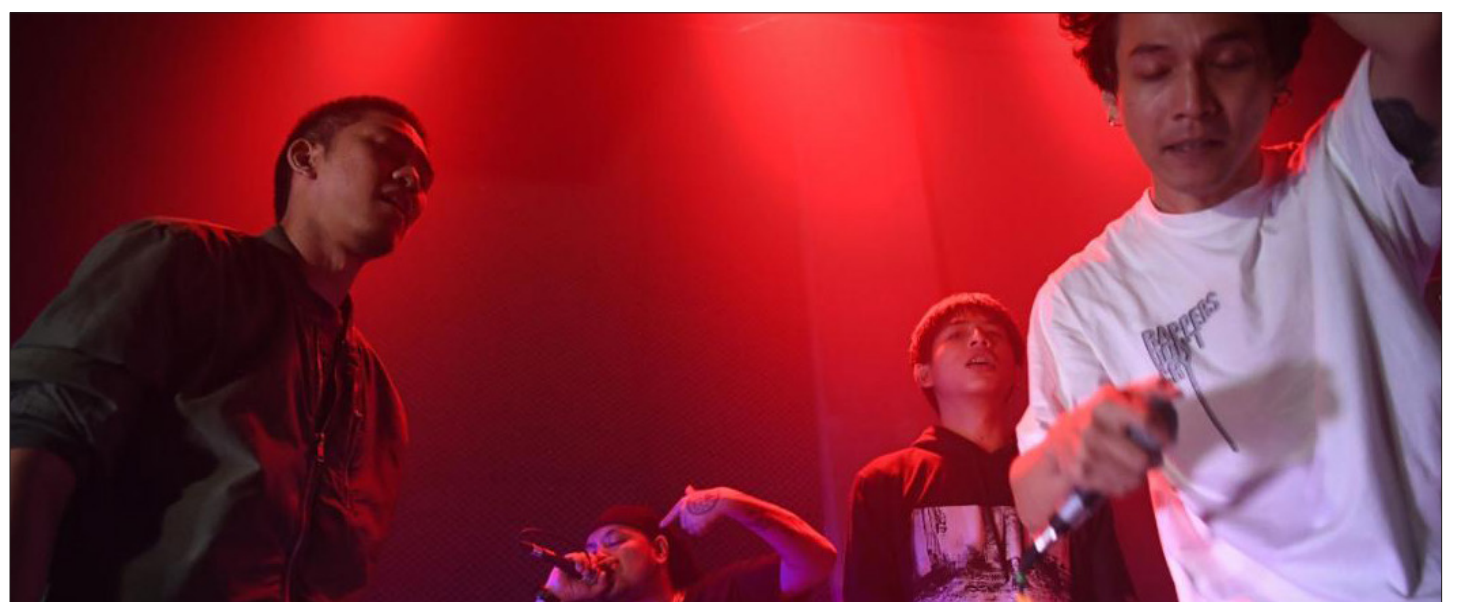
# Thailand's Rap Against Dictatorship Speaks Out Against the Government

by Julia Vaccarella '20  
A&E Staff

MUSIC

Film, television, and music, among the many other forms of entertainment, are most commonly associated with serving the purpose of providing something to listeners and audiences alike. People engage in these outlets to find joy, learn something new, or laugh; however, entertainment also has the ability to deliver powerful messages to anyone that is willing to listen. This is exactly the case with Rap Against Dictatorship, an international band that has recently gained immense traction.

As the name of the group may blatantly suggest, the members of this band utilize their music to speak out against the government in Thailand. Rap Against Dictatorship's global popularity significantly increased with the release of a music video on YouTube. The entirety of the video is presented in black and white to further convey the seriousness of the powerful message at play: the condemnation of the government. James Hookway of the *Wall Street Journal* says, "The song, 'What My Country's Got...,' is the strongest evidence yet of the discontent building here against junta chief and prime minister Gen. Prayuth Chan-ocha, and it is the younger generation that is leading the way." The music video for the song has surpassed 30 million views.



Members of the group Rap Against Dictatorship perform "Prathet Ku Mee" on stage in Bangkok on October 27, 2018

PHOTO COURTESY OF CNN

Their music is not that different from what is found on the rap charts of Billboard and iTunes in the United States, and the genre is becoming increasingly popular in Thailand. Rap Against Dictatorship has also been compared to a number of American rap artists.

Additionally, their intent is to spread awareness about their dissatisfaction with the government and to ultimately enact change with the assistance and increased knowledge of those listening—both in their native country and throughout the world. The use of the internet, namely YouTube and news platforms, has undoubtedly contributed to the growing number

of individuals who are familiar with Rap Against Dictatorship and the issues they are trying to bring to light.

Unfortunately, this growing popularity could result in legal consequences for the band. Such vocal slander against the government has sounded alarms for legal officials in Thailand. This has created rumors that the members of Rap Against Dictatorship may be questioned for breaking the law. However, it is certainly possible that such statements are merely propaganda being issued by officials representing the government in an effort to thwart the band's agenda.

One of the four members of Rap

Against Dictatorship, Dechathorn Bumrungmuang, has asserted in an interview that, "We're all OK. No one in our group has been directly contacted by anyone from the government. What the media reported worried us more than anything. Just the fact that the prime minister responded to us meant we got our message across to who we were targeting."

Rap Against Dictatorship's intent to criticize the prime minister of the nation and his associated military rule certainly poses risks. However, as history has shown, there can be a price to pay as a tradeoff for standing up for what you believe in.



# Kesha Ends Tour: Reflects With *Rainbow* Documentary

by Anne DeLello '20  
A&E Staff

FILM

As Kesha wrapped up her *Rainbow* tour this October, she reflected on how far she has come in recent years. After she produced the album in 2017, she spent the summer touring the United States and Australia with Macklemore. In the midst of this tour, Kesha produced a short film, titled *Rainbow*, about her experiences creating the album, and her own anxiety about returning to the stage.

It is not a typical documentary-style film. Instead of Kesha speaking to the viewer or interviewer head-on, the movie shows scenes of her underwater, walking, or laying down as voiceovers narrate to the viewer. Among the more artistic scenes in the short film, there are scenes that show Kesha coming up with her new music, particularly the process of how she created the song "Rainbow." Kesha chooses to feature her music throughout the video, playing songs such as, "Bastards," "Rainbow," and "Praying." As she plays "Rainbow," Kesha describes how she began making the album, and that, when she did so, she felt like a "new artist." She goes on to say, "This is the album I've always dreamt of making." She also credits her fans in her return to the stage, referring to them as being her motivation saying, "they stood up for me when I couldn't stand up for myself."

Not only does the film explore the process of making her album, but it also addresses the mindset that drove her to write it. She says, "When I wrote *Rainbow*, I was in a very dark place. I was alone, and I was scared." Kesha explains to the audience that when she first started making *Rainbow*, she was in rehab recovering from a

severe eating disorder and was only allowed access to a keyboard for one hour every day. Fast forward to the completion of the album, where Kesha is nominated for her first ever Grammy, and is asked to perform at the event. Though it was a source of anxiety for her, she gave a powerful and memorable performance of her song "Praying."

Fans are now asking what's next for Kesha as she

wraps up her tour within two months of releasing her short film. She was named to the *Times* 100 Most Influential People this past year, and is focusing on "happiness" as she moves forward. Kesha has been able to succeed in her recent ventures despite her ongoing lawsuit with Dr. Luke, and hopefully will continue to do so in the coming years as she continues to produce music.



Kesha's *Rainbow* tour ended on Nov. 1 with a performance at the Hollywood Palladium.

PHOTO COURTESY OF OLIVIA BEE/ENTERTAINMENT WEEKLY

## The Spice Girls Return with New Tour

by Madeleine Weaver-Nolting '19  
A&E Staff

MUSIC

The Spice Girls are back. One of the biggest girl groups in the world surprised fans when they announced that they will be reuniting for a tour in the United Kingdom in 2019. Emma "Baby Spice" Bunton, Geri "Ginger Spice" Halliwell Horner, Melanie "Mel C" or "Sporty Spice" Chisholm, and Melanie "Mel B" or "Scary Spice" Brown are all set to reunite for their first tour since Halliwell left the band in 1998, before the rest of the band broke up in 2000. Victoria Beckham, or "Posh Spice," will be the only Spice Girl not in attendance.

Although she will not be touring with the Spice Girls, Beckham seems to be doing just fine. As a highly esteemed fashion designer, she is arguably the most successful Spice Girl out of all of the members. Sporty Spice said, "It's actually quite funny, I saw Victoria recently and you know, obviously we've all been in contact, she's still very much a part of the Spice Girls. But she did raise the point that she was never actually asked...because we just presumed." Scary Spice hinted that Posh Spice might make a guest appearance at the 2019 tour, saying, "It's just the four of us that are fully confirmed, but Vic might join us at some point."

The group's U.K. stadium tour is set to begin in May 2019 at Principality Stadium in Cardiff and will continue until the final show on June 15 at London Wembley Stadium. The Spice Girls' ticket sales managed to break Ticketmaster records in the U.K. as millions of fans tried to purchase tickets; the band added four more shows to please their fans who were unable to get tickets.

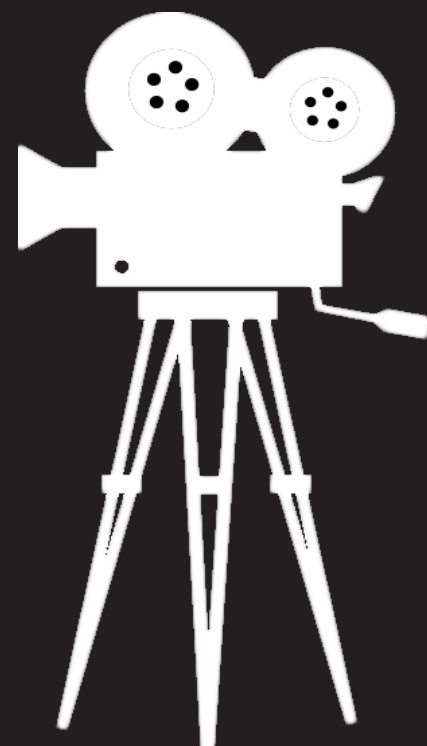


PHOTO COURTESY OF ESCFORUMWIKI.COM  
All 5 Spice Girls last performed together in 2012.

The Spice Girls have been essential to the development in the pop music scene—especially in pushing for "girl power." The group broke several music records including their debut album *Spice*, which became the best-selling album ever by a girl group with over 23 million copies sold worldwide.

The singers also released three studio albums and 13 singles—with nine of them going to number one in the UK (BBC). The last time the group all performed together was in 2012 at the closing of the Olympic Games in London.

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## White Rooms

by Connor Zimmerman '20  
Portfolio Editor

FICTION



Tick, Tick, Tick, Tick, Tick. What would be an eternity to any onlooker is only a few seconds to him. He sits in the chair, hearing only the clock and his thoughts. Tick, Tick, Tick, Tick, Tick. He refuses to look up, to see the world around him. Only the smell of rubbing alcohol and plastic reach his mind. Tick, Tick, Tick, Tick, Tick. He prefers it this way, because right now... he hates this world.

He feels a tap on his shoulder. He slowly and reluctantly raises his head and looks to his left. It's his wife. She says to him, "Russ, come on, the doctor is waiting for us." He slowly nods. Suddenly, he is in the white room with his wife and the doctor. He doesn't remember getting there, but then again, he doesn't care either. He comes back to reality only to hear his wife calling his name again. "Russ, Russ."

He turns his head towards her, "Russ, have you even been listening?" Not making a motion he replies, "Sorry, Megan, I haven't." She stands up from her chair ready to yell, when the doctor's steady voice rings out, "Mrs. Bowers, it's all right. This is a tough time for everyone. Russ is just trying to get his bearings." Megan sits back down and for a long time, you can only hear her soft sobs. Eventually, Russ says something. "So doc, what does all this mean? Is Danny all right?"

The doctor nods his head. He replies, "Mr. Bowers, I'm sure you understand. Nothing is wrong with Danny, but there was always a chance that your child would carry the same disease as you." Russ rubs his head and replies, "But we saw a genetic counselor, and she said that it was unlikely." The doctor quickly adds, "Not impossible, I'm afraid." Silence strikes the room again. Megan reaches her hand out to Russ, but all he can feel is grief's cold embrace.

The doctor uncomfortably says, "Danny will live, I assure you. His life will just be...different. Mr. Bowers, I'm sure having lived with it you understand what Danny might need help with."

His face suddenly grows red, "Doc, just because I understand something doesn't mean I accept it. Is there anything we can do? For God's sake I will not allow my son to suffer like I have!" The doctor remains calm, but Megan cries harder. With the stereotypical response that Russ has heard all his life,

a living nightmare for Russ. Danny is sleeping soundly, his chest rising and falling with his breathing, but all Russ can see is the darkness surrounding Danny. From the outside, Megan can only hear Russ' quiet sobbing. Her hand shakes, as she opens the door. She quietly calls to Russ, "I think we need to have a talk." She closes the door, and Russ continues to sit in the darkness. He stands up and walks over to Danny's bed. He kisses him on the forehead as a tear travels down his face and falls onto

know it is going to be tough... for all of us, but we need to stand together in this. We can't let him know anything is different."

Russ's face grows red in anger as he replies, "Well, he will find out eventually. He'll find out that there is something different about him. It doesn't matter if it is tomorrow or 10 years from now. Something that he won't be able to explain. He'll look to us for answers, and I don't know what to say."

Megan turns to Russ and says, "We will find the words together."

Russ lets go of Megan's hands and gets up. He begins to pace around

the room, nearly walking into everything in his path till his foot hits a chair near the table. Russ picks up the chair and throws it against the wall, and the house shudders at the collision.

Megan jumps up and wraps her arms around him to calm him down, as well as restrain him. "Russ, calm down. Please calm down, honey."

Russ in his agony cries out, "Why should I be calm? This fucking disease has cursed this entire family."

Megan whimpers back, "I fell in love with you because you are the empathetic and compassionate

man that I have known since day one. If that freaking disease had any part in that, then maybe it was worth it. But I need that compassionate man right now because I can't do this alone."

With his head down, Russ whispers, "Megan, what am I supposed to say when Danny asks me why I gave him this disease? When he looks at me and wonders why I brought him into this world to feel only pain?"

"You didn't bring him into this world. We did, Russ...we did."

Russ looks at Megan and sees his reflection in the tears streaming down her face.



"I'm sorry Mr. Bowers, but there is no cure at this time. There is medicine, but..."

Russ shakes his head, "Enough with this crap. I'm not looking for pills or shots or anything else. I'm trying to save my son from wondering why life is so crappy, from all the confusion, and from these... white rooms. All these freaking white rooms!"

Megan finally speaks in between sobs, "It's okay, Russ. It's okay we'll figure this out."

Russ gets up and begins to walk out of the room. On his way out, he says, "Is it okay?"

Back at home, Russ stands over Danny as he sleeps in his bed. On any other night everything would be fine. But this isn't any other night. It's

Danny. Russ takes one last look at Danny then leaves the room.

He walks down the steps to see Megan sitting at the kitchen table. He sees her red eyes and puffy face, not unlike his own, but her trembling hands are what captures his attention. He takes a seat next to hers and puts his hands over hers. For several minutes, they sit together in their own misery refusing to break the silence... refusing to acknowledge their reality. Eventually Megan's hands stop trembling, and she begins to speak. However, Russ cuts her off by saying, "Megan, please don't tell me it's going to be all right. 'Cause I don't want to hear that right now."

She turns her face away from his, but she continues to say, "I



# Pizza for Breakfast

by Sam Ward '21  
Portfolio Staff

POETRY

Restless nights bear peaceful mornings,  
A break from fear via alarm bell warnings.  
That's it, rest easy. I want to take in the moment.  
Slip out, brush teeth, unnoticed.

Sun dips through blinds like a golden colander  
And days dawdling dimly, seconds lackluster.  
But mornings like this one are so right,  
Gentle, A.M. breaths, hours in sight.

Dismiss waking you, peaceful is fragile.  
Lucky to be, nothing important as this,  
Spellbound to dreamscape's travel,  
That I will work up a nerve and break with a kiss.

Climbing clumsily, your covers like a shadow.  
Slipped instead, you're awake.  
Real mad, lets out a morning "Hello."  
I will just let the pizza box atone for my mistake.

This is exactly where I'm supposed to be.



GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20

# BROKEN LOVE STORY

by Sarah Kirchner '21  
Portfolio Staff

FICTION

Lights lit up the City of Love. The city of Paris was alive and many people roamed the streets. A young girl stood, searching for her love under the lights of the Eiffel Tower. He told her he would meet her there at precisely eight o'clock at night. She thought that was awfully romantic. Imagine, waiting for your love in the magical city of Paris. She arrived a little before eight wearing her favorite blue dress. It flew off her hips perfectly and her white sweater outlined the dress. Her mother had bought it for her special night, and she felt beautiful in it. She wore a large smile, and her eyes shone so bright you'd mistake them for stars if you didn't know better.

Every minute she checked her watch, hoping he would come soon. It was becoming quite cold a little after eight and she prayed her love was close by. With every chill that spread down her body, she yearned for him. Another glance at her watch, and she realized it was getting close to 8:30 p.m. She tried to keep her spirits up by watching the young kids spin round on the carousel. She kept convincing herself that he had stopped to get her some of her favorite macarons from Ladurée, or that he was getting her favorite flower from the florist just around the corner. She knew it. He was coming; he was just late. Her eyes searched the crowd of happy couples and cheerful families. Nowhere though, did she spot her love. Around 9 p.m. she bought herself a coffee to keep from getting too cold. He made a wrong turn, she told herself. He was on his way; he would be there soon. At 10 p.m., the night began to die down and there were far less people. The kids all went home and the couples went to celebrate their perfect night elsewhere. Then a thought popped into her mind. He must've been on the other side of the tower! Quickly she ran to the other side, determined that he would be there with a bouquet of flowers and macarons. He would be standing with a big smile saying, "I'd been waiting for you!" But unfortunately, he wasn't there, and that's when the first tear fell. Around 11 p.m., the tears poured out and she couldn't will herself to stay any longer. She touched the locket on her neck that her love gave her. How could he have given her this just last week? Did he think that they were meant to be last week, but not now? Forcefully, she wrenched the necklace off and threw it onto the floor. She ran home hoping she would never have to see that boy again.

The love she knew had died that night. She was just a girl who wished for a Prince Charming, and he had let her down. She didn't care if he showed up at some point later that night. The moment had ended, and her feelings had grown glum. He broke the promise he had made, and for that she hoped he found that locket as a reminder of the love he had lost.

GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20



# Tangible Love

by Jessica Polanco '20  
Portfolio Staff

POETRY

Everyone claims you're just as tangible  
As a rainbow in the sky  
But there's nothing to see  
Just a disappointment in disguise  
You creep into my heart  
Slowly, you infect my brain

I think they call you LOVE?  
But sitting you against royalty  
Would be a shame

You make people literally blind  
Throw them to the streets to reside

You don't care  
You just laugh and say  
"Look at that punk over there,  
with a box full of chocolates  
And despair."

Everyone claims you're tangible  
That we can hug you  
Take walks with you at the park,  
And when we kiss you, we'll feel a spark

Who named you LOVE anyways?  
That name is too beautiful  
For a junkie  
Who smokes cigarettes  
Who drinks whiskey  
Who lives nowhere  
Who doesn't care

Everyone claims you're tangible  
And here you are  
Kissing me goodbye

PHOTO COURTESY OF WORDPRESS.COM AND LOGOLYNX.COM AND BABYDREAMBACKDROPS.COM

# THERAPY

by Dawyn Henriquez '19  
Portfolio Staff

PROSE POETRY

The plastic body of the alarm clock rattles as it wakes for its one purpose. The green glow of 5:30 a.m. blinking sleep out of its eyes. The sharpness of its sound is only joined by the deafening buzz of the dial tone coming from the unhooked landline; its body slung off the nightstand attached only by its cord like a hanged prisoner. The man's bed already released him from its cotton shackles. He's already gone, the bed defeated, its sheets torn open and lying in a wrinkled pile. Lacking is the air of its coffee cologne and its humid body from a steaming shower. He never leaves without his rituals. The sun's rays won't touch his dark earth without the fulfillment of his acts.

And yet there he is, racing down the road in his black Nissan Altima at twice the speed limit. There he is, wearing thin polyester pajamas, teeth unbrushed, body unwashed, and hair undone as the radio plays J. Cole lyrics he usually pays attention to. He drives through woodland road, the canopy overhead arching to kiss the dark blue of the predawn sky. Smooth asphalt gives way to bumping dirt road as the path to the cliff snakes through the trees. Why here? Why now? Why? He thinks as he parks. Augustus! He yells at the man standing at the cliff's mouth.

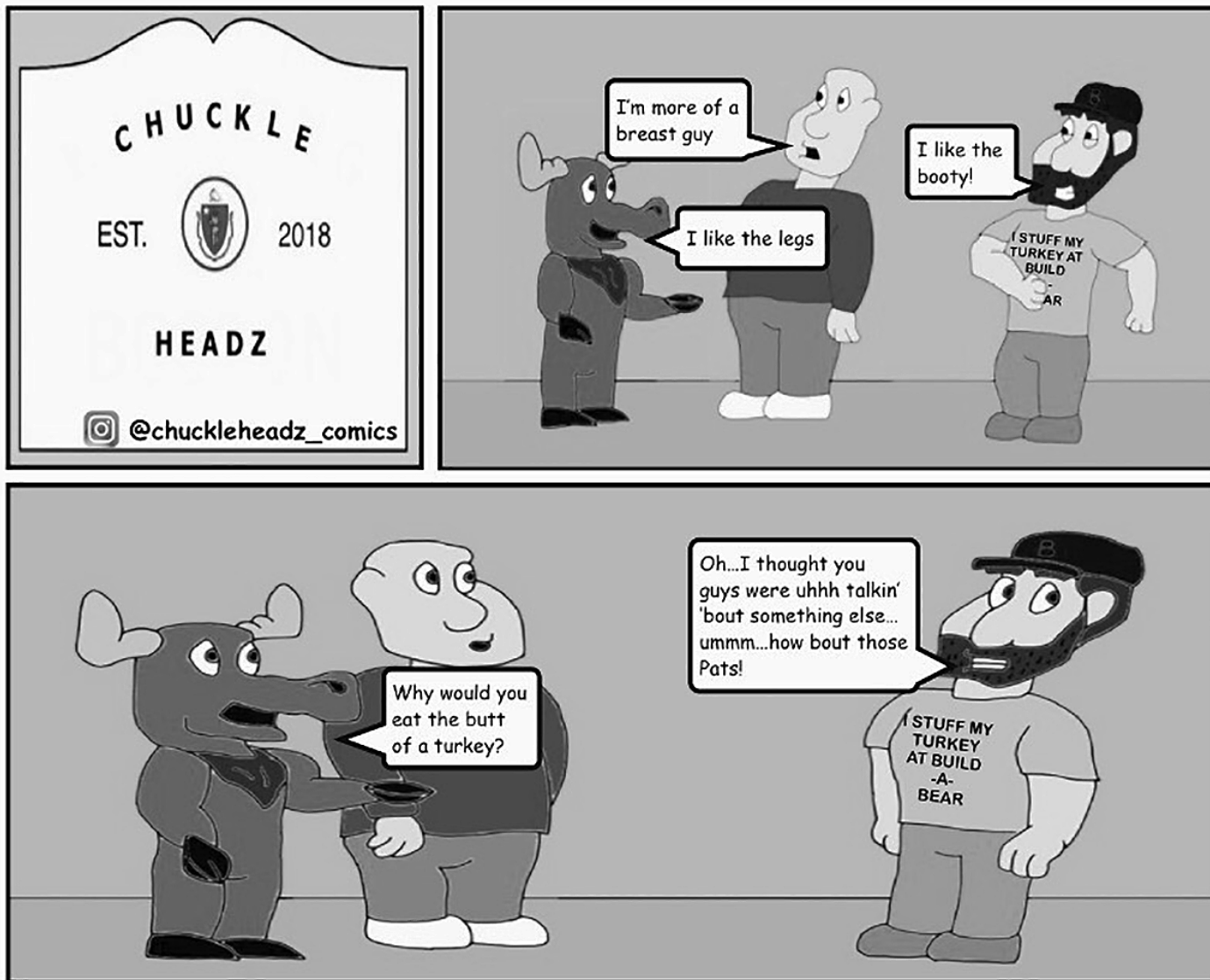
Augustus' feet flirt with the edge, a man facing death for the thousandth time that week. The crickets in the bush below roar, the bush sways with the wind, the breeze carries autumn in its fingers, and the sun finally rises—its light shining into Augustus' azure eyes.

PHOTO COURTESY OF WIKIMEDIA COMMONS AND WORDPRESS.COM



by Mark Fairchild '20  
Portfolio Staff

CARTOON



## Listomania\*

### What Do Friar Dom and Huxley Do Over Thanksgiving Break

- Reenact *Charlie Brown Thanksgiving*
- Hunt squirrels on electric scooters
- Go on a ghost hunting expedition in the tunnels under Howley
- Jump in piles of leaves
- Feast on Ray cold cuts
- Listen to Mariah Carey's "All I Want for Christmas is You" on repeat
- Buy mace, in preparation for Black Friday
- Ball out in Peterson
- Play ding dong ditch at Father Shanley's house
- Sneak onto the roof of Harkins
- Slide down the shiny railings in the new science complex
- Grade DWC exams
- Carve the turkey with Dot and Fran

PHOTOS COURTESY OF CLIPARTXTRAS.COM

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

## Dear T&E...

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

I do not want to go home for Thanksgiving because I know my pesky relatives will ask what I am doing with my post-grad life this spring. Truth is I have no idea and I will probably not make it to graduation because I failed so many exams in the past couple of days (SRW did me dirty). Please send me some help and Pedalyte.

-Soon to be  
Unemployed & Unenrolled

Hi Unemployed and  
Unenrolled,

First of all, love your name, is it French?

Second of all, I for one love Thanksgiving because it allows me to pester my nieces and nephews about their future plans to make myself feel better about the place my own kids are in! So, I say suck it up and help your Aunt Karen feel better about her own daughter's bull-ring nose piercing! But, if you really are worried about disappointing every single member of your immediate and extended family in one fell swoop, try and get the topic onto politics so you can slip away to your siblings and your fun cousin.

Gobble, gobble!

## TIFF



Dear Uninteresting,

Just find that weird uncle at Thanksgiving who did the same thing when he was in college. He'll help you understand how to use your white male privilege to succeed despite your lack of dedication! Then just conveniently take large bites of food anytime another relative asks you about post-grad life so you can just chew until they lose interest and move on.

Regrettably,

## EARL





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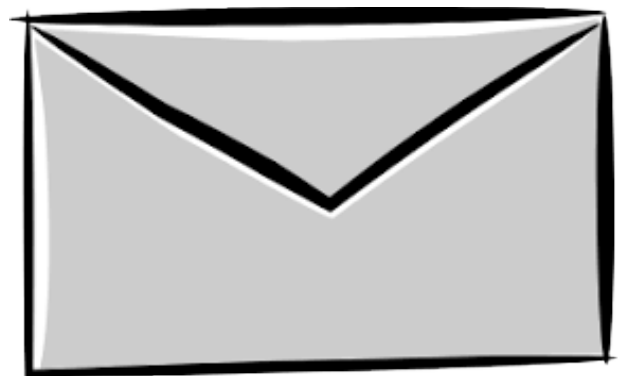


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November 15, 2018

## Volleyball Celebrates Senior Night

by Sullivan Burgess '20  
Sports Staff

VOLLEYBALL

On Sunday, November 11, Catherine Harding '19, Allison Impellizeri '19, Kara Mason '19, and Megan Onyundo '19 took the court in Mullaney Gymnasium one last time for their final home game for the Providence College Women's Volleyball Team against Big East rival Georgetown University. Although the game was spoiled by the Hoyas' victory in a 3-2 match, nothing was able to ruin the moment in store for all four seniors.

After falling 22-25 and 23-25 in the first two sets of the match, the Friars bounced back by winning the next two sets 25-22, 25-20. Unfortunately, momentum brought by each member of the team and the crowd was not enough to help secure the victory, as Georgetown finished set five with a 15-12 victory.

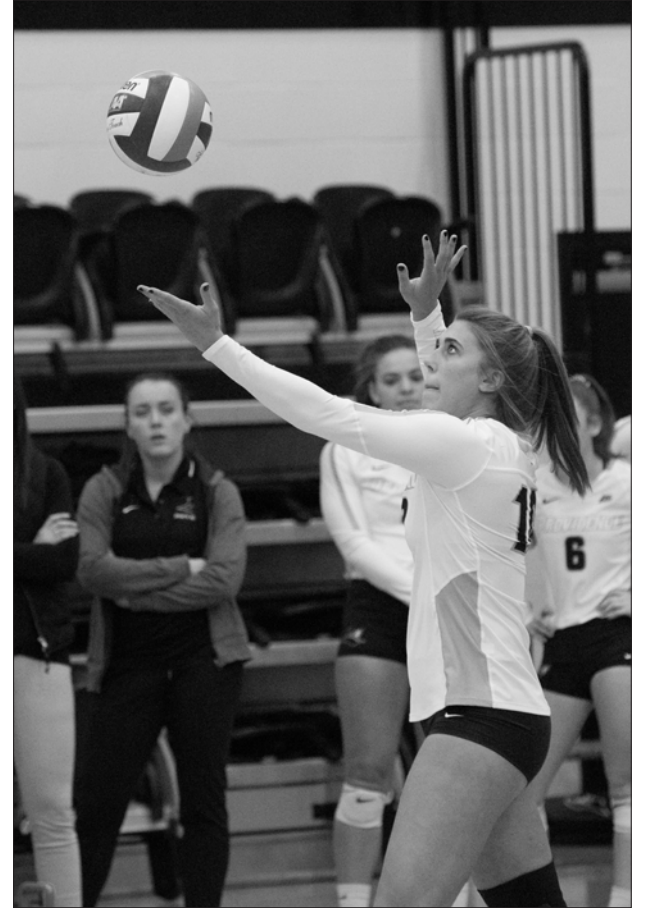
Impellizeri was the leader of the Friars' offense with 20 kills, besting her previous career high of 18 kills. Allison Barber '21 also led the team in 48

assists throughout the match.

Onyundo and Addison Root '20 were able to provide the Friars with a defensive effort of 11 and 10 digs, respectively. Root and Lindsey Schaible '20 each had two of the team's five aces.

For Onyundo, this moment was more than just volleyball. "It was closing a great journey in my life," stated Onyundo, "I have always wanted to play Division 1 sports and this was the end of me achieving my goal. This game meant a lot to me because all my friends and family were able to see me play one last time at home, after supporting me through countless hours of games and scrimmages."

For Cayla Veverka '20, the seniors were much more than teammates. She stated, "Our seniors are a huge part of our team and will be missed next year! They are some of the most dedicated and amazing players I have ever been on a team with. All of them have made huge impacts on the volleyball program and have made us all better players. Our seniors are truly my role models and I am forever grateful for everything they have



LILLI HUNTER '22/THE COWL

Catherine Harding '19 serves the ball during the match on Nov. 11.



Megan Onyundo '19 celebrates the PC Volleyball Senior Night.

LILLI HUNTER '22/THE COWL

done for the team and myself."

One of the goals the seniors had in their four years was to create this drive for greatness that would continue for years to come in the program, Onyundo stated, "We want everyone to be seen as a player rather than be separated by class year to create a connection on the court. This was able to drive us to always put up a fight on the court. Our class was very competitive, and the drive we all had is what helped drive us to always strive to persistent in our goals."

Head Coach Margot Royer-Johnson said, "It's always about the grit and gratitude." Harding, Impellizeri, Mason, and Onyundo were able to provide this grit in their years at Providence, and will be truly missed for all the time and effort they brought each week.

## Basketball Participates in Veterans Classic

### PC Basketball:

Continued from front page

The Shockers went on a 10-0 run scoring enough points to take the lead back from the Friars leading into the halftime score of 44-39.

After the halftime locker room pep talks, the Friars came back for the second half ready to fight for the win. Isaiah Jackson '19RS had a steal at 19:23 that was followed by a dunk by AJ Reeves '22 assisted by Duke.

This brought the team within a three-point deficit, only to be decreased once again after Alpha Diallo '20 stole the ball and finished the play with a fast-break layup. The Shockers were victorious in the end after a hard-fought game. However, this did not discourage the Friars as they prepared for their next game against Crusaders from the College of the Holy Cross.

The Friars prepared for a home game on Nov. 13 against the Crusaders, taking notes from their last game on how to improve in order to win. The records of the two teams were tied at 1-1 going into this game, and at the half, it looked as though the Crusaders would take the win to make their record 2-1.

The Crusaders came out of the gate with a three-court press, which caused 10 turnovers and contributed 12 of their points in the first half. Holy Cross led by four points at halftime with a score of 37-33.

The second half began with another four points scored by the Crusaders, bringing the score to 41-33, an eight-point lead over the Friars. At minute 12:51, Duke tied the game at 48-48 after the Friars fought hard to regain control of the game. They continued to hold the Crusaders at the same score, while the Friars went on a 9-0 run. Head Coach Ed Cooley credits this second half explosion to their switch to a zone defense. "I thought our defense tonight actually won us the game, which I didn't think they could, based on the first 26 minutes of the game," commented Cooley.

The Friars' willpower and fight, along with Diallo's team-high of 18 points and rebound to end the game, allowed the team to defeat the Holy Cross Crusaders 70-61. Look for more from our Friars as the play in the Hall of Fame Tip-Off Tournament at Mohegan Sun Nov. 17-18 beginning with a matchup versus the University of South Carolina.



NICHOLAS CRENSHAW '20/THE COWL

David Duke '22 prepares to make a pass in the Nov. 13 game against the College of the Holy Cross.



## Remembering Rick Pitino at PC

by Jack Belanger '21  
Sports Co-Editor  
EDITOR'S CORNER

In the early 1980s, the Providence College men's basketball program found itself in a much different state than what fans have witnessed this decade. Legendary head coach Dave Gavitt left his position at PC to help form the Big East Conference while becoming the league's first commissioner.

Unfortunately for the Friars, they suffered through one of their worst stretches in the program's history from 1979-1985. In this time PC only managed one season with an overall winning record.

Then, before the start of the 1985-86 season, something happened that would change the trajectory of Friars basketball history. Longtime head coach Joe Mullaney retired, which meant former athletic director Lou Lamoriello '63 had to find a new successor.

Lamoriello found the right man for the job in 32-year-old New York Knicks Assistant Coach Rick Pitino.

Now most sports fans know Pitino for his coaching tenures at the University of Louisville or his disastrous tenure with Boston Celtics, but at the time he was best known for taking Boston University to the NCAA Tournament.

Pitino brought immediate changes to the team which had immediate results. Practices occurred three times a day, players were punished for being late to class, and film sessions became common.

With Pitino at the helm, the Friars had their best season since the inception of the Big East, finishing 7-9 in league play and 17-14 overall, and were fifth in the conference. While the team did not make it to the NCAA tournament, they did make it to the National Invitational Tournament. No doubt things were changing, and the next season got even better.

In 1986-87 Pitino emphasized shooting the long-ball and told his team to shoot at least 23-25 threes a game. The change in style led the team to have an even more successful season than the year before.

That season the Friars, led by Billy Donovan '87, who scored 20.6 points per game, managed to make it to the NCAA tournament for the first time in nine years. For the tournament, the team was given a six-seed and made headlines around the country by making a Cinderella run all the way to the Final Four for the second time in school history.

Even though he bolted back to the NBA to coach for the Knicks after the season, Pitino will always have a soft-spot for the Friars. "Because of that Cinderella team, I believed for the rest of my coaching career that anything was possible," he says. "Any comeback is possible, and any team can accomplish great things. Providence kept that alive for me."

Despite such a short stint at PC, Pitino turned the Friars from one of the bottom teams in the Big East to a team that would always be in the mix for first. For a moment, leave out the rest of his career and appreciate what he did for basketball at PC.

No coach at PC has orchestrated such a quick turnaround, turning a team that finished eighth just two years before into one that would realize its full potential and make it to the Final Four.

Even after he left the College, Pitino's influence remained. His son, Richard Pitino '05, served as a team manager for two seasons while he attended PC. He also donated towards the construction of the St. Dominic Chapel. PC may have been one his shortest coaching jobs, but it may be where he had his greatest impact.

# USA Gymnastics Out

by Liza Sisk '19  
Sports Staff

GYMNASTICS

USA Gymnastics has been at the center of significant controversy this year. Last winter, more than 100 female athletes joined together to testify against Lawrence Nassar, the longtime national team doctor. The group of women was led by Olympians Aly Raisman, Simone Biles, Gabby Douglas, and McKayla Maroney. The athletes shared stories of sexual abuse and institutional neglect. Their testament served as a catalyst for conversation around sexual assault, institutional corruption, and the protection of young athletes in these organizations.

The strength these athletes showed through stepping forward to expose the corrupt nature of USA Gymnastics at the institutional level was recognized internationally. Nassar's sentence of 40 to 125 years in prison from Eaton County Michigan and 175 years from Ingham County seemed like a victory for the athletes, and for individuals affected by sexual assault across the country. The courage and perseverance as champions for women's rights in gymnastics displayed by the over 100 athletes who shared their stories was recognized through the Arthur Ashe Courage Award at the ESPYS.

The Arthur Ashe Courage Award is named after the American tennis player and is presented annually to an individual, or in this case a group, whose contributions "transcend sports" according to ESPN. The gymnasts received this award for their courage in standing up against demons from their past, and serving as ambassadors for the #MeToo movement, creating a community of survivors in a world where so many are silenced. They served as statues of empowerment and faced an institution that perpetuated abuse for far too long.

In June, USA Gymnastics named Tom Forster the new high-performance coordinator of the Women's National Team. This hire came with backlash from stakeholders, specifically the athletes.



PHOTO COURTESY OF CHANG W. LEE/THE NEW YORK TIMES

Raisman has been one of the most outspoken gymnasts against the numerous scandals the sports has faced, particularly concerning Nassar.

Forster had a history of defending Nassar and an alleged reputation among "many former gymnasts for pushing athletes to unnecessary extremes and haranguing them about their weight" according to an article in the *New York Times* written by Juliet Macur.

Many athletes pushed back against this appointment with complaints of not being consulted in this attempted rebranding of the organization after a tumultuous year exposed an empire of abuse. This appointment was an effort to create a new face for USA Gymnastics in hopes of reestablishing their credibility as a governing body.

In a culture of victim blaming and attempts to brush allegations and controversy under the rug, the U.S.

Olympic Committee (USOC) took a step in the right direction on Nov. 6. The USOC announced that they would begin the process of stripping USA Gymnastics of its power as a national governing body.

Sarah Hirshland, chief executive officer of the USOC, announced the news in her letter to USAG gymnasts and the gymnastics community in the United States. She explained that the committee's decision was "not a conclusion that we have come to easily" and that "this is a situation in which there are no perfect solutions." The Olympic Committee will assume control of the national governing body "on the grounds that the federation had proven incapable of running itself properly" according to the *New York Times*.

Hirshland addressed the athletes in the gymnastics community by explaining "you deserve better" and that "in the short-term, we will work to ensure that America's gymnasts have the support necessary to excel on and off the field of play." The USOC decision sends a strong message against abuse and can be considered a victory for the movement as well as the sport as a whole.

The first gymnast to accuse Nassar of abuse, Rachael Denhollander, revealed in the decertification of the organization. She tweeted, "Thank you. After overseeing the abuse of 100s of children by Larry [Nassar], national coaches and club coaches, it is high time for this organization to end and a new one, truly dedicated to athlete safety to begin."

Although the news comes as excitement to many, the critique still stands that this move is not enough. Lawyers of Olympian Tasha Schwikert and her sister Jordan shared a statement that read "[the] announcement by USOC seeks only to deflect from their total failure over decades to protect gymnasts in their care."



PHOTO COURTESY OF AFP PHOTOS/SAM GREENWOOD

Hirshland addresses the gymnastics community on the USOC over USA Gymnastics.



# Providence College Investigates:

## If PC were to bring back a varsity sport, what should it be?

### Baseball

by Sam Scanlon '19  
Sports Staff

PCI

Spring 1999 marked the last time that a baseball player donned the Friars uniform and played on Hendricken Field. Providence College was once home to a successful and beloved baseball program. It has been dearly missed over the years, which is why PC should bring baseball back.

Could you imagine the atmosphere on campus on a warm, sunny Saturday afternoon in May as the Friars host our bitter rival Villanova University?

Our school has a rich tradition of athletics, from our national championship in ice hockey to our distinguished basketball program. However, it still feels like there is just one thing missing. I believe that the one thing missing is a day at the ballpark.

Our softball program does an excellent job creating a terrific atmosphere on campus for each game, but I believe that a baseball team would be the perfect addition in order for our students to be ecstatic about game day.

Everyone loves going to baseball games. It would be great for students to head over to the ball field, grab a hot dog, and watch some college baseball. Both students and fans of the Friars'



By re-installing varsity baseball, PC would have the chance to add more players to its list of athletes that have made it to the major leagues. PHOTO COURTESY OF DANNY PICARD

baseball team were devastated by the announcement that the baseball program was being eliminated, so bringing the team back would definitely be something that the PC community would be excited about.

Most teams are cut from school or town leagues due to their poor performances, but in the final year of baseball at PC, the team finished the season with a 49-16 record — the

best season in the program's 78-year history. The Friars also qualified for the NCAA tournament in their final season. PC has been home to so many talented baseball players including Lou Merloni '93 and Keith Reed '00, both of whom had MLB careers. There was no shortage of success for the program, which is what made it so hard for students and fans to let go of the team.

Adding a baseball team with a successful history will not only make PC's campus a better place to be on game days, but will attract many more students. The widespread love for the game of baseball, the program's incredible history, and the comeback and reinstatement of one of PC's most beloved teams of all time makes it a no-brainer for PC to add a baseball team to the College's athletic program.

### Golf

by Thomas Zinzarella '21  
Sports Staff

PCI

There are a lot of sports that Providence College could add, but the first one that comes to mind is a men's and women's golf team. Providence had a men's golf team that was eliminated in 2002, which followed the removal of the men's baseball team due to compliance with Title IX.

The men's golf team dates back to 1932 when Waldo Martin coached the team. However, it was quickly dropped in 1935 due to a lack of interest from students. The men's golf team was brought back by Joe Prisco '49 who started the club golf team during his studies at the College in 1947. Prisco came back to PC as a business professor in 1953 and restarted the club golf program once again before it was elevated to the Division I level in 1960. Prior to Prisco retiring in 2012, he accumulated a 403-119-1 record while leading the team to eight NCAA Tournament appearances and 16 individuals to the NCAA Championship. Prisco also won two Big East Titles and eight NCAA Division I Coach of the Year awards during his 42-year coaching career at PC. Prisco would go on to coach the club team from 2002-2012.

The men's team has a storied tradition that dates back to the 1930s. To put that into perspective, the men's basketball and hockey teams' inaugural seasons were in 1926. A lot of Title IX was not just about equal numbers of men's to women's sports, but it



With the success of the club team, PC has the potential to compete nationally if they were to add a varsity team. PHOTO COURTESY OF PC GOLF

concerned the amount of scholarships that could be offered. Some Division I teams such as Boston College have as few as eight men's players (six women) while other powerhouse schools such as the University of Texas at Austin have 12 players on the men's team and nine on the women's. According to nextgengolf.org, the University of Tulsa cut their golf team which is expected to save them \$520,000 dollars.

Now, the College may have to pay more or may have to pay less but that's

a ballpark price.

Currently, the Friars in their club format hold a lot of talent on the roster. They compete with teams throughout the country in the National Collegiate Club Golf Association (NCCGA). Friars are the no. 1 team in New England and are ranked no. 49 in the country from the poll last Spring. Last May, the Friars competed for the National Championship in St. Louis. The Friars finished in 11th place out of 28 teams in the field. These 28 teams are

some of the best in the country and the Friars finished higher than teams such as Florida State University, Arizona State University, Michigan State University, and Maryland University. From the undergraduate enrollment of each of these schools, they outnumber Providence College 4.5x to 1. For a school of 4,306 undergraduates, the Friars are competing with much larger schools. Why not try and take a dip into a sport where we have had success?



# A Look Around Friartown

## Men's Basketball:

11/09 at Wichita State University, Loss 80-83

11/13 vs The College of Holy Cross, Win 70-61

## Upcoming:

11/17 vs. University of South Carolina

11/18 vs University of Michigan or George Washington University

## Women's Basketball:

11/08 at Pennsylvania State University, Loss 72-74

## Upcoming:

11/15 vs Quinnipiac University

## Cross Country:

11/9 NCAA Northeast Regionals  
Women 10th, Men 20th

## Upcoming:

11/17 NCAA Championship

## Men's Ice Hockey:

11/8 at no. 9 University of Massachusetts-Amherst, Loss 2-3

11/10 vs no. 9 University of Massachusetts-Amherst, Loss 2-3

## Upcoming:

11/16 at Merrimack College

11/17 vs Merrimack College

## Women's Ice Hockey:

11/09 vs University of Maine, Win 3-1

11/11 at University of Vermont, Win 2-0

## Upcoming:

11/16 vs Merrimack College

11/17 at Merrimack College

## Swimming and Diving:

## Upcoming:

11/16-18 at Harold Anderson Invitational

## Volleyball:

11/09 vs Villanova University, Loss 0-3

11/11 vs Georgetown, Loss 2-3

## Upcoming:

11/16-17 at Creighton University

# PC Student Runs NYC Marathon

by Scott Jarosz '21  
Sports Staff

RUNNING

Joe Rezuke '21, from Shrewsbury, Massachusetts, recently participated in the 2018 TCS New York City Marathon on Nov. 4. Rezuke says he earned the opportunity to run in the marathon with the Home Base Foundation, a charity that is partnered with the Red Sox Foundation and works to help Veterans, Service Members, and their families who struggle with the mental effects of war.

According to the marathon's official website, nyrr.org, the NYC Marathon is the world's largest, with over 52,000 competitors in 2018. Of those who participated, 30,657 were men, and 22,151 were women. The average finish time for the marathon was 4:26:54 for men and 4:53:49 for women.

Rezuke finished the marathon with an impressive time of 3:35:42. He averaged a pace of 8:14 per mile and placed 15 out of 82 for the

**"It was a good time. Leading up to it, a lot of people say it's one of the most beautiful races. It was really cool to run through all five boroughs (of New York City)."**

19-year-old age group.

Rezuke discussed that the marathon was a rewarding experience. "It was a good time. Leading up to it, a lot of people say it's one of the most beautiful races. It was really cool to run through all five boroughs (of New York City)."

Rezuke added that the incredible atmosphere of the runners and fans amplified the experience. "Everyone being there and screaming with a ton of runners was just a crazy experience."

Although performing well is important for many marathon runners, it is certainly not

the only reason to run a marathon. For a lot of runners, there are other contributing factors that motivate them to participate in a marathon and this was the case for Rezuke.

TCS New York City Marathon was not his first race, as he ran in the Boston Marathon back in 2017. Rezuke turned 18 years old just two days prior to the Boston Marathon and was the youngest person to participate that year.

Rezuke admitted that being the youngest person to compete in the entire marathon was certainly a contributing factor but cited a more important reason to run. "The charity I ran for was Be Like Brit. It's an orphanage in Haiti and my family is really involved with that because my dad grew up with the owner of the orphanage."

Rezuke said that he has been to Haiti three or four times and that this charity is very special to him. "Just having the opportunity to run for that organization that's so close to home and that I'm really involved with, I immediately wanted to do it."

Be Like Brit is a foundation that was created in honor of Britney Gengel, a native of Rutland, Massachusetts who passed away at 19 years-old after an earthquake struck Haiti in 2010 that killed approximately 300,000 people. Gengel was in Haiti with her school, Lynn University, compassionately serving children who were living in poverty.

The Be Like Brit Foundation was started by Gengel's family to continue her mission by building an orphanage in Haiti that welcomes impoverished children and makes them a part of their family. Given the mission of this foundation and Rezuke's relationship with its founders, it is easy to see why Rezuke was so eager to participate in this marathon. Not only was he able to be the youngest person to run in the Boston Marathon, but he was also doing so on behalf of a foundation that is special to him.

Rezuke plans to run more marathons in the future. "I definitely want to do more. The big six marathons are Tokyo, Berlin, London, Chicago, Boston, and New York. I definitely want to complete that because that's a huge accomplishment for marathon runners." Ultimately, Rezuke would like to compete in some Ironman competitions and push himself to see how well he can place.



Rezuke '21 is cheered on as he runs the New York City Marathon.

PHOTO COURTESY OF JOE REZUKE '21