

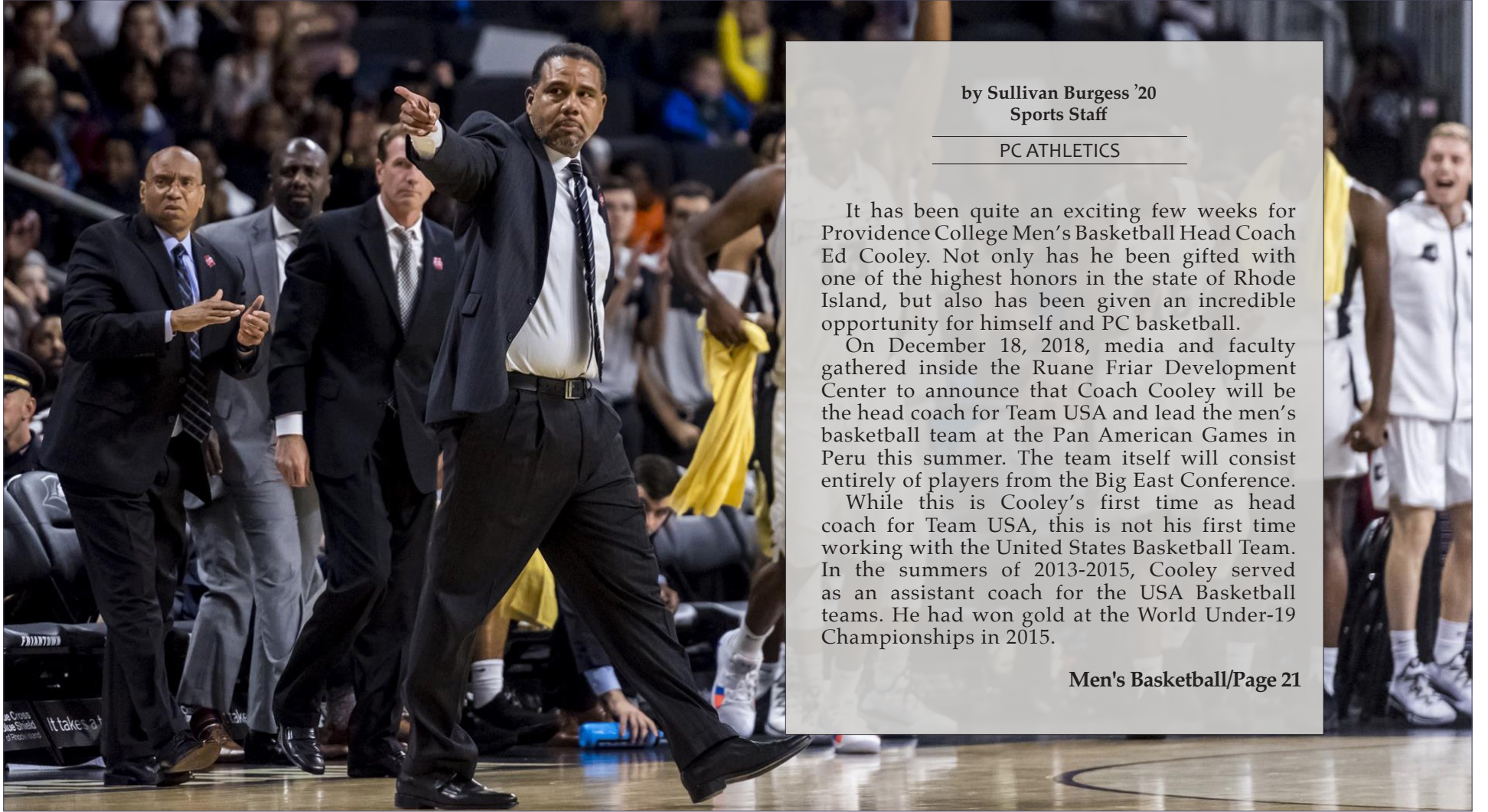
The Cowl



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Coach Cooley to Lead Team USA



by Sullivan Burgess '20
Sports Staff

PC ATHLETICS

It has been quite an exciting few weeks for Providence College Men's Basketball Head Coach Ed Cooley. Not only has he been gifted with one of the highest honors in the state of Rhode Island, but also has been given an incredible opportunity for himself and PC basketball.

On December 18, 2018, media and faculty gathered inside the Ruane Friar Development Center to announce that Coach Cooley will be the head coach for Team USA and lead the men's basketball team at the Pan American Games in Peru this summer. The team itself will consist entirely of players from the Big East Conference.

While this is Cooley's first time as head coach for Team USA, this is not his first time working with the United States Basketball Team. In the summers of 2013-2015, Cooley served as an assistant coach for the USA Basketball teams. He had won gold at the World Under-19 Championships in 2015.

Men's Basketball/Page 21

Coach Cooley was selected to coach Team USA at the Pan Am Games and was awarded Rhode Island's Man of the Year award.

PHOTO COURTESY OF PC ATHLETICS

PC Students Take Hollywood

by Kelly Martella '21
News Staff

SCHOOL TRIP

While Rhode Island rang in the new year with cold winter weather, some Providence College students escaped to sunny California this January.

As part of the Providence College in Hollywood program, 13 PC students and four faculty members from various departments traveled to Los Angeles to spend three days exploring the entertainment industry and potential career paths.

The PC in Hollywood program was founded in 2012 by alum Todd Slater '97—an independent film producer and partner at Blue Fox Entertainment—with the goal of introducing students to potential career paths in the entertainment industry.

Since its foundation, the program has already seen success: four former PC in Hollywood participants are

currently working in the Los Angeles entertainment industry, and many others have spent a summer interning with alumni in Hollywood.

The itinerary was an action-packed three days, as students were introduced to all aspects of the industry, from acting and directing to writing and creative advertising. They learned about a variety of fields within entertainment, and participant William Burleigh '19 said, "I definitely learned a lot about what the film industry is like."

A highlight was visiting the sets of major Hollywood studios including Sony Picture Studios, Sunset Gower Studios, and touring the set of *Criminal Minds*.

The trip was an incredible opportunity, not just to visit the entertainment industry in Los Angeles, but to network. They met with alumni from places like Focus Features, the Walt Disney Company, and the Hollywood Museum.

PC in Hollywood/Page 2



PHOTO COURTESY OF THEODORE KIRITSKY '19

PC students had the opportunity to travel to Los Angeles over winter break and meet with Friar alumni in the entertainment industry.

UNDERTHEHOOD

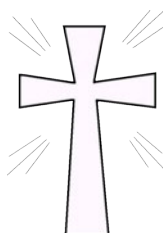
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News

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Opinion

Are the "Post-Abroad Blues" real?

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Learn more about upcoming music festivals around the country.

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Campus Ministry Embraces Faith Over Break *Students Visit Indianapolis for SEEK 2019*

by Hannah Langley '21
News Staff

ON CAMPUS

While the Providence College community may have been on break, that did not stop several students from continuing to embrace their religious faith while off-campus.

From Jan. 3-7, members of the PC community went to Indianapolis, Indiana to attend SEEK 2019, an annual conference that invites young Christians to come together to learn, grow in faith, sing, and pray as a community in an uplifting and exciting atmosphere.

A group of 13 students left for Indianapolis along with Fr. Peter Martyr Yungwirth, O.P., Sister Anne Frances Klein, O.P., and Molly White, one of PC's campus ministers. The

group then spent five days not only attending the conference, but also touring around Indianapolis, visiting places such as Notre Dame University and more.

SEEK 2019 itself was held in the Indiana Convention Center right in downtown Indianapolis. Such a large venue was necessary for this particular event as, according to Brooke Douglass '21, one of the students on the trip stated, nearly 17,000 people attended this year's conference.

Throughout their time in Indianapolis, the students really got to experience many different forms of worship and gained a lot of knowledge.

The days began with a Mass in the convention center, which Douglass pointed out was one of her favorite parts of the day. "There were about

500 priests processing in and it was so cool," said Douglass.

She also talked about how she really enjoyed several of the speakers that came throughout the week and the entertainment at the conference. Some of the keynote speakers were founders of the Chastity Project Jason Evert, writer, speaker, and host Jennifer Fulwiler, and best-selling author Dr. Scott Hahn. Among these few, there were also several other keynote and regular speakers who attended the conference inspiring not only the young adults present, but the adults, as well.

Fr. Peter Martyr noted how he found many of the speakers to be very inspiring, saying, "A number of the talks geared to Chaplains and Campus Ministers were really helpful, and the discussions... helped me to be able to see what other

schools are doing." He hopes to learn from his experience at SEEK 2019 to help make the Campus Ministry at PC "more cohesive and interrelated" in its ministries and programs in the future.

The conference also featured performances by several artists, including NEEDTOBREATHE, a Christian rock band that Douglass particularly enjoyed watching perform.

There were approximately 100 informational booths set up throughout the convention center, which allowed people to expand their knowledge about their faith through various resources and organizations.

While the convention had many different sponsors, SEEK 2019 was held largely in part with its partners Benedictine College and Our Sunday Visitor, as well as its official sponsors: the Augustine Institute, The Catholic University of America, and the Knights of Columbus.

The trip inspired all who attended and left the PC students with a new feeling and a better sense of their already strong faith. "I learned so much at SEEK and also had an absolute blast," said Douglass, "it was amazing to experience such a large Catholic community come together from so many different places."

Fr. Peter Martyr was thankful for the opportunity to take these students to SEEK, saying it was "a great time to walk with our students on their own journeys of faith."

Being that SEEK 2019 seemed to be such a success with this year's group, Campus Ministry will hopefully continue to plan trips to SEEK and other conferences in the future.



PC visits Notre Dame University while in Indianapolis.

PHOTO COURTESY OF FR. PETER MARTYR YUNGWIRTH, O.P.

Students Get an Inside Look at the Entertainment Industry

PC in Hollywood:

Continued from front page

The trip also included a networking night with local alumni in Los Angeles. Seeing the success of fellow Friars was an inspiration for students like Ariel Tavares '20, who said, "It's almost surreal to know they shared the same rooms in Ruane and Smith that we use now to make their dream a reality."

PC has no shortage of alumni who have made their name in the entertainment industry, both onscreen and off.

One big name is John O'Hurley '76 who is known for his recurring role on *Seinfeld*, among other things. Another success is John Bowab '55 who spent over 30 years directing on Broadway and on television.

Students had the chance to meet both O'Hurley and Bowab on the trip. The connections with all of the alumni went beyond professional advice and became personal mentors.

This was particularly meaningful for Tavares, who added, "I guess I didn't realize just how true the statement was that 'Friars give back.' So many successful alumni took the time out of their busy schedules to not only share their stories but offer themselves up as a resource."

Alumni also show support through their donations, which make the annual program possible.

PC in Hollywood was a preview of life after graduation for students interested in a career in



PHOTO COURTESY OF @PROVCOLLEGE INSTAGRAM

PC students interested in entertainment networked with alumni in California, including John O'Hurley '76.

the entertainment industry.

Most of the participants are film minors and theater majors, like Aisling Sheahan '19, who plans to apply the knowledge from her experience to her theater major and beyond.

She explained, "I was able to connect with many PC alumni out in Hollywood and create relationships with them." She also shared that the alumni happily shared their wisdom and that she was "able to ask for their advice."

In addition to forming professional relationships in the industry, students were

also able to make personal connections with fellow students who share their passion. The prospect of building a career in Hollywood can be daunting, but a support system on campus can boost up confidence.

Erica Beatey '19 expressed her gratitude for the opportunity to form such friendships through the program, "I was also blessed to meet my fellow students who are now my friends. PC in Hollywood gave us the gift of each other to confide in, work beside, and strive towards greatness with."

Featured Friar: Emily Wall '21

A Friar Focused on Health and Fitness

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

FEATURED FRIAR

While not everyone at Providence College is a student athlete, students can work and train just as hard as one in the Concannon Fitness Center using the right exercises and equipment.

Emily Wall '21, a biology major, member of the Liberal Arts Honors program, and an athlete on PC's cross country and track team, is helping students do this with a weightlifting program she created through an internship accessible to the entire PC community for only \$5.

Last semester, Wall found an online internship opportunity through Dasha Agoulnik, a graduate student from Tufts University, which allowed her to further explore the world of health and fitness.

Wall's final project included creating her own fitness plan, which consists of a seven-day weightlifting routine that can be followed for eight to 10 weeks. Wall explained that while this may seem intimidating to those who do not regularly go to the gym, the plan is designed for anyone to use.

"[It] gives freedom to the person following it, so they can determine the amount of weight they should be lifting and the intensity," said Wall.

The internship took place throughout the fall semester and was

entirely online. "I communicated with Dasha frequently through email and phone to discuss what I needed to do and how to improve the projects I was working on," Wall explained.

She also talked about how fitting the internship into her already busy schedule was not difficult for her, saying, "I had the ability to work on my projects whenever I wanted, and I just had to make sure to submit my weekly project by Saturday of that week."

Wall also worked on smaller tasks throughout the semester for Dasha Agoulnik's business, CoreRestore, which focuses on helping people improve their gut health by giving helpful recipes, tips, and tricks through email subscriptions.

"I try to motivate others to do what they love and to enjoy the life they are living."

One of Wall's favorite parts about creating her final fitness plan, besides being able to help others on their own fitness journeys, was the research behind it. "I really enjoyed reading articles written by other scientists," mentioned Wall, "and I want to learn everything I can from experienced scientists."

Wall mentioned how she had always wanted to know more about health, fitness, and nutrition, as indicated by her passion for running

and her interest in biology. "I took this internship because I am truly interested in nutrition and helping others," said Wall.

She also mentioned how she learned a lot about different autoimmune diseases, how nutrition affects people in different ways, and how to use software she had never used before through this internship, and is grateful for the experience.

Now that Wall's internship has come to an end, her plan for this semester

is to focus on her schoolwork and her recovery from a running injury she got at the end of last semester. She also hopes to start volunteering at a local doctor's office and possibly starting her own health and fitness blog.

Wall also runs her own health and fitness Instagram account @emwfit_, which she hopes inspires people to live healthy and happy lives, saying, "I try to motivate others to do what they love and to enjoy the life they are living."



PHOTO COURTESY OF EMILY WALL '21

Wall '21 is able to tackle her athletic schedule, while pursuing in what she loves.

Upcoming Events in Friartown

PC and NFL Game Watches

Kick-off the new semester by joining fellow Friars in McPhail's for game watches this weekend! Students can watch the Providence College Men's Basketball game vs. Marquette University and the NFL Conference Championship games throughout the day on Sunday, January 20. Free food will be provided throughout the day.

Free Bowling Night

Rec Sports will be hosting a free bowling trip to North Bowl Lanes this Friday, January 18. Students will meet at the Concannon Fitness Center front desk to be picked up by a bus at 8:30 p.m. Sign up on the PC Rec Sports app.

MLK Events Throughout Next Week

Providence College will be holding its second annual Rev. Dr. Martin Luther King Jr. Convocation Week. All are welcome to attend the events being held throughout campus during this upcoming week.

Monday, January 21

Conversations for Change Inspired by Rev. Dr. Martin Luther King Jr.
9 a.m.-4 p.m. in the Center at Moore Hall

Tuesday, January 22

MLK FaculTEAS
4-5:30 p.m. in the Center at Moore Hall

Wednesday, January 23

MLK Candlelight Vigil and We Are the Change: A Student Celebration of Rev. Dr. Martin Luther King Jr.
5:15-6 p.m. in St. Dominic's Chapel

Thursday, January 24

Rev. Dr. Martin Luther King Jr. Convocation
4-6 p.m. in Peterson Recreation Center

Friday, January 25

MLK Humanities Forum 11 a.m.-7 p.m. in Slavin Center

Resolutions Bingo

Having a hard time trying to get a jump start on your New Year's Resolutions? Join Board Of Programmers in McPhail's on Thursday, January 17 at 9:00 p.m. to get lots of fun prizes! Do not miss out on the first bingo night of the

NFL Night

Before football season is officially over, BOP is holding an NFL Night this Saturday, January 19 in McPhail's. The event will go from 9-12 p.m. Everyone is encouraged to wear their favorite team's jersey while enjoying music and milkshakes!

BOP Presents: Chelsea Cutler

On Friday, January 18, Chelsea Cutler will be performing in Peterson Recreation Center. Tickets are available for purchase with PC Cash only at the Slavin Ticket Desk for \$10 each.



Bursting the PC Bubble

Jayne Closs Found Three Months After Kidnapping

by Thomas Edwards '20
News Co-Editor

WORLD NEWS

Jayne Closs, a 13-year-old from Barron, Wisconsin, was reported missing on October 15, 2018, the night that both of her parents were found dead in her home.

On the night of Oct. 15, Jake Patterson, 21, pulled up outside of the Closs home. When James Closs, Jayme's father, went to see who had parked outside their house, Patterson shot and killed him. Jayme then hid in the bathtub with her mother, Denise Closs.

Patterson entered the house and found them, forced Denise to place black tape over her daughter's mouth, then shot and killed Denise. Patterson proceeded to drag Jayme to his car, where she was placed in the trunk with her wrists and ankles bound.

Patterson claims that, while driving away from the Closs residence, he pulled over for a sheriff's deputy that was responding to the 911 call placed by Denise Closs before she was killed.

After three months of searching, Jayme was found by a woman walking her dog on Jan. 10. Jayme

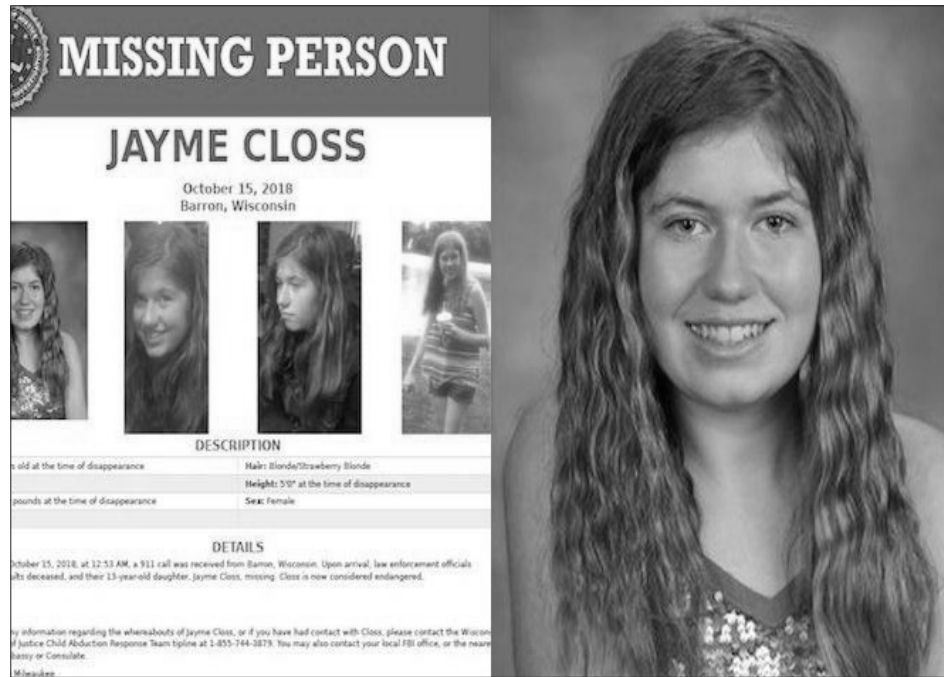


PHOTO COURTESY OF INTOUCHWEEKLY.COM

Jayne Closs escaped the home of Jake Patterson three months after her kidnapping.

had successfully escaped Patterson's home, a cabin about 65 miles north of her home in Wisconsin.

Shortly after her discovery, deputies confronted Patterson at his cabin. Patterson simply stated, "I did it."

Jayne was reunited with her aunt and godmother Jennifer Smith on Friday, January 11. On Monday, January 14, the filing of the criminal complaint against Patterson released



by the Barron County District Attorney stated, "The defendant states, when he saw (Jayme) he knew that was the girl he was going to take."

Patterson reportedly saw Jayme on a school bus that he had to stop behind one day on his way to work.

Patterson told investigators that he had attempted twice before Oct. 15 to kidnap Jayme Closs.

A week before the kidnapping,

Patterson said he drove to the home but was startled by a large number of cars in the driveway. A couple of days later he attempted again but was driven off by the lights of the house being on and people being outside. Jayme told investigators that on Oct. 15, she woke up to see why her dog was barking when she saw a vehicle coming up the driveway, following shortly was the death of her parents and her kidnapping.

Patterson told investigators that he did not know Jayme's name until weeks later when he saw it on the news.

Kate and Gerry McCann, the parents of the 3-year-old Madeleine McCann who went missing in 2007 while in Portugal, have found hope in their daughter's return upon hearing of Jayme Closs' escape from her kidnapper.

In a post, which included a picture of Jayme smiling, the McCanns wrote, "Jayme is an example of why we never lose hope and never stop searching."

Madeleine's fate still remains a mystery today, but her parents refuse to give up hope of finding her alive.

To find out more about Madeleine McCann, you can visit the Facebook page created by her parents, Official Find Madeleine Campaign.

Fighting in the Federal Government Continues

An Overview of the Government Shutdown

by Kyle Burgess '21
News Staff

WORLD NEWS

This past Saturday, January 11, marked the third week since President Trump's refusal to sign a spending bill negotiated by Republicans and Democrats that would continue current border-security funding without the construction of a border wall on the United State's southern border. Currently, this is the longest-lasting government shutdown in United States history.

The necessity for a border wall to strengthen domestic security and crack down on illegal immigration became a staple issue during Trump's presidential campaign.

Now that he is in office, Trump has directed his attention towards making this promise a reality, one which would set the government back a proposed \$5.7 billion.

Despite stating initial claims that the Mexican government "would make a one-time payment of \$5 to \$10 billion" to pay for the wall's construction, Trump has since gone back on these words, stating, "Obviously, I never said this, and I never meant that they're gonna write out a check, I said they're going to pay for it."

Exactly just how Mexico would pay for the wall without an upfront payment seemed like a contradiction until President Trump elaborated on his explanation, detailing how the U.S. government would receive funding through the United States-Mexico-Canada Agreement (USMCA). The agreement itself is a signed free-trade agreement amongst the three nations, however it has yet to be ratified by them.

Despite this nebulous solution to possible financial roadblocks that would arise, President Trump remained unsatisfied with Congress' apparent indifference to "large scale criminal and drug inflow" across the border, prompting him to declare that the task of constructing his barrier

would fall upon the United States military.

To Trump's displeasure, the proposed funding plans for such an undertaking encountered fierce resistance by House Democrats who were desperate to stall any progress to the wall's construction. They did, however, reach across the aisle to negotiate on several key budgeting issues that would help to prevent a government shutdown.

Instead, Trump chose to stick to his guns by reiterating his ability to shut down the government should Congress not comply with his demands of \$5.7 billion for the wall. Efforts by leaders in both the Senate and House of Representatives attempted to write up a new spending bill, but had no success.

The shutdown of the United States government has directly impacted the lives of some 400,000 non-critical employees belonging to nine federal

agencies.

Notable departments that are affected by the shutdown include the Department of Education, the Department of the Interior (including national parks), the Environmental Protection Agency (EPA), and the Food and Drug Administration (FDA).

Trump has publicly stated that he will keep the government shutdown until his demands have been met, going so far as to threaten calling a state of national emergency should the shutdown exceed several months or even years.

Until a compromise between the two combatants can be reached, the men and women employed in these agencies will continue to patiently sit on the sidelines without pay as the winter of 2019 ushers in a new "cold war" between the executive and legislative branches in Washington, D.C.



PHOTO COURTESY OF HARTSFIELD-JACKSON INTERNATIONAL AIRPORT

Long security lines in Hartsfield-Jackson International Airport in Atlanta are a result of the shutdown.

New Year, Same Story *Why Body-Related Resolutions are Detrimental*

by Joshua Chlebowski '21
Opinion Staff

SOCIETY

As a society, we love the idea of a do-over, a second chance to become the people we wish to be. The notion of “new year, new me” provides the opportunity to follow through, even if only temporarily, on goals we have for ourselves.

Every Jan. 1, the inevitable tide of new year’s resolutions comes rushing forth, inspiring conversations about growth and how one can maximize their potential in the coming year. Prime among these are the resolutions to visit the gym more, eat more salads, start a new diet, and lose those “unsightly” extra pounds.

Businesses, particularly those in the health and fitness industry, capitalize on the resolution obsession by offering reduced membership costs and bombarding the television screen with advertisements on how their gym is “judgment-free.”

Although there might not be any issue surrounding the numerous resolutions pertaining to health and fitness, the reality is that these very promises we make perpetuate the problematic idea that there is a socially acceptable body that must be achieved.

Too often individuals link their self-confidence to their body shape, believing that if they can lose those few pounds or gain some more muscle mass they will finally be happier and more confident with themselves.

Individuals seek to attain this perfect body in an effort to appeal to the beauty standards of society, though in reality, the process can be draining and often disheartening, particularly when there are no instant results.

The cycle, which begins again without fail with



PHOTO COURTESY OF THANKSGIVING & CO.

Most New Year’s resolutions are centered around the goal of losing weight to fit a certain body image.

each new year, is marked by an incredible desire to take advantage of these remarkable fitness deals, followed by the gradual descent into resignation.

It is a destructive cycle, fueled by socially lauded body types and the disastrous belief that achieving them will yield confidence and happiness.

This is not to say that people who make resolutions to eat better or incorporate more exercise into their lives as a result of valid health concerns or weight issues should drop these pursuits. In fact, one might say that these situations are the only ones that should warrant the sorts of resolutions that constitute the

bulk of new year’s promises made.

These resolutions can be effective for those who are out of shape or leading unhealthy lifestyles, as they offer an excellent opportunity to turn their lives around if they so choose. However, those who simply seek to look stronger or are trying to build their confidence by changing their appearance undermine these efforts.

Confidence is not something that is developed overnight, and while there may be a certain sense of achievement as one achieves or develops the socially accepted body type, this is a fleeting feeling which does not address the underlying confidence deficiency.

If one seeks the benefits which come from a confident lifestyle, having conversations with trusted peers, focusing on positive affirmations of skills and talents in addition to pushing ones previously accepted limits are more healthy ways to approach such a transition.

These methods do not undermine the efforts of individuals who pursue healthier lifestyles for medical reasons. There is a difference between the resolution to lead a healthier lifestyle and the resolution to attain unrealistic body standards.

Resolutions provide us with the opportunity to evaluate our lives, deciding which aspects are bringing stress and which make us truly happy in order to continue to develop into well-rounded and content individuals. While resolutions often center on body type and fitness, these do not address the underlying issues that make us envious of people with certain muscles or builds.

If we are to truly take advantage of the concept of new year’s resolutions, we must be willing to ask the hard questions and evaluate why we seek certain things in the new year. Will these pursuits make us happy and better individuals, or are they simply moving us to conform to detrimental societal expectations?

Destination or Destitution? *Closing the Gap Between Resort Area Tourists and Locals*

by Elizabeth McGinn '21
Opinion Staff

SOCIETY

Pink sands, turquoise waters, and palm trees are what one envisions when thinking of Cancún, Mexico or Punta Cana, Dominican Republic. Thousands flock to the Caribbean and Central American resorts for a tropical getaway, full of sun and endless cocktails.

Outside of the walls of the resorts, which most often serve foreigners, life for the locals is not nearly as picturesque. Poverty and crime grip many communities, and paint chipped shanties starkly contrast with the luxurious resorts.

Although many locals work at these resorts, the majority of the revenue stays in the hands of the wealthy owners. According to East Carolina University, three billion U.S. dollars enter Cancún annually.

However, “hotel housekeepers earn about 50 pesos a day, or about \$5, not including tips.” Even if tips are generous, such an income can only raise workers just above the poverty line.

In addition to the poverty levels of Cancún, the *New York Post* reports rising levels of violent crimes in Cancún and its surrounding areas.

Attributed to the battling among drug cartels for territory, the violence most often affects lower income

communities.

According to the World Bank, Mexico’s poverty rate hovers at roughly 43.6 percent of the national population. The Dominican Republic, although steadily dropping in poverty rates, has a third of the country’s population in poverty.

While the contrast between the wealthy tourists and impoverished hotel employees is staggering, the tourism industry does provide jobs and income to the local communities, though not nearly enough.

Since Cancún and Punta Cana are favorite destinations of Providence College students for spring and winter breaks, being aware of the gap between tourists and locals is essential. In order to better support local communities, there are a few possible options for students to take when traveling.

First, choosing a hotel that donates its leftover food to nearby nonprofits can help feed the community. Mountains of food, untouched by visitors at buffets, often rot in the garbage.

Some hotels, however, have partnerships with nonprofits such as Huellas de Pan, located in Cancún, that distribute leftover food to lower income areas.

By opting to stay in no-waste hotels, tourists can help support and feed local communities. If masses of tourists make this decision, pressure for non-participating hotels to join can ensure that all food is distributed to those in need.

Regardless of the hotel, tipping the employees is crucial. Most daily wages are meager, and the majority of income comes from the generosity of guests.

Although students typically want to save money as much as they can on an already expensive trip, cutting corners in tipping should not be an option. Most, if not all Caribbean resorts accept American dollars, so there is no excuse to be stingy with hardworking employees.

Lastly, buying from local vendors and artisans is a great way to guarantee that tourist money goes straight to the community. In many popular tourist sites, kiosks run by locals sell knick-knacks and souvenirs.

Choosing to buy from these kiosks rather than hotel gift shops directly aids the community rather than large companies. It can often be a better deal, too.

When traveling to the Caribbean for spring break, be aware of the gap between tourists and locals. Small decisions, such as tipping the housekeeper or purchasing souvenirs from a vendor, can make a large impact.

The complicity of tourists in the support of large companies prevents the locals from benefiting more from the tourism industry. Be aware of the situation, make decisions that aid locals, and be part of the change to close the wealth gap.



PHOTO COURTESY OF EXCELLENCE RESORTS

Punta Cana, Dominican Republic is a popular spring break destination for PC students.

Post-Abroad Blues: Are They Real?

by Marie Sweeney '20
Opinion Staff

SOCIETY

Studying abroad is one of the most incredible and enlightening experiences that an undergraduate student can have during their college career.

The ability to travel to multiple countries and explore different cultures allows one to experience self-growth as well as appreciation and understanding of other cultures.

However, just like all good things, it must come to an end. For some this can cause what is called the "post-abroad blues," and they are definitely real.

While this may seem ridiculous to some, it is a real issue that many students, and others that have lived abroad and returned home, have experienced.

Returning home after being abroad and traveling for several months is a drastic change and can cause a whirlwind of emotions for many students.

These emotions can be positive, such as excitement to come home and return to campus, gratefulness for the experience they had, pleasant nostalgia of their time abroad, or just general relief to be home safe and sound.

On the other hand, some may experience negative emotions such as boredom, isolation, anxiety, and in some more extreme cases, depression.

Similar to reverse culture shock, students can experience these symptoms on a wide spectrum and some do not even experience them at all.

They can be as mild as missing the experiences and life you had abroad and as severe as feeling depressed and overwhelmed with feelings of pointlessness or of not fitting in at home.

Providence College students are no exception to this issue with students who report both positive and negative transitions home.

Anne Archard '20 felt positive during her abroad experience and return home. "I thought that when I'd get home, I would instantly be very sad at the dramatic change from doing and seeing everything to being back in my hometown

waiting to go back to school. The truth is, I've found myself happier since coming home because of the experiences I was privileged enough to have abroad."

However there are other returning abroad students, such as Sarah Kerrigan '20 and Caroline Mallon '20, who look back on their abroad experience with some sadness and nostalgia.

After studying for four months in Dublin, Ireland, Kerrigan reflects, "the saddest part for me is the thought that I'll never be able to do that again."

Similarly, Mallon, who studied in Rome, Italy for her semester abroad, states, "At first it's really nice to be home and see family and friends but I miss the excitement of wandering around a city filled with

such rich history, it is the peak of your life and now I feel like I don't have many places to explore here."

While "post-abroad blues" do not affect everyone, it is important to recognize that they can easily affect students and reactions can range from mild to severe. If you are someone you know begins to feel symptoms of the post-abroad blues make sure to take steps such as talking it out with friends or family, picking up a new hobby to keep yourself busy, or setting up an appointment with the Personal Counseling Center.

Abroad is an amazing experience. However now that the fall abroad students are home, it is important to be grateful for the experience you had and to be excited to be back in Friartown.



In 2017, 39.6 percent of the junior class studied abroad in 25 different countries.

PHOTO COURTESY OF PROVIDENCE COLLEGE NEWS

The War(ren) on Female Politicians

Media Harms Warren's Campaign for Presidency

by Alyssa Cohen '21
Opinion Staff

POLITICS

On December 31, 2018, Elizabeth Warren released a video announcing her plan to launch an exploratory campaign for the 2020 presidential election.

Warren is the harbinger of an inevitable surge of campaign announcements from prominent Democrats, and according to boston.com, the 2020 election may include as many as two dozen Democratic candidates.

However, Warren's announcement has been surrounded by significant, yet unsurprising negative reception, as the American consensus, including that of her home state of Massachusetts, fails to endorse her presidential run.

The extreme criticism of Warren's campaign, for such a wholesome politician, raises inquiry: What makes Warren so "unlikable" to the American public?

A semblance of an answer to this question can be found in the political circumstances that have brought Warren to the national limelight in recent years.

One such circumstance is her persistence to impugn Jeff Sessions in his nomination for attorney general by President Trump after an attempt to be silenced by the Republican party. This event begot the popular phrase adopted by the feminist movement, "Nevertheless, she persisted."

Warren's presence as a spitfire in the public forum, especially in upholding her beliefs, inevitably established her political presence as antagonistic to the Republican party, thus subjecting Warren to Trump's harsh ridicule.

Following Hillary Clinton, Trump's opponent



PHOTO COURTESY OF STEVEN SENNE/AP/SHUTTERSTOCK
Senator Elizabeth Warren announced on December 31, 2018 that she was launching a presidential exploratory committee.

in the 2016 presidential race, Warren became one of Trump's favorite politicians to vilify. To that end, the consistent reappearances of Warren's name on numerous public platforms attached to negative buzzwords coined by President Trump, has undoubtedly sullied her reputation with the American public within both pro-Trump and anti-Trump communities alike.

Thus, Trump continued to lampoon Warren's character after she announced that she would be launching an exploratory campaign for the 2020 election in an interview by *Fox News*. Trump was asked if he thought Warren believed she could defeat him in an election. His response: "I don't know, ask her psychiatrist."

Trump's belittling commentary, as well as the decision of *Fox News* to probe Trump with this

question, illustrates a media-charged effort by sectors of the right to desecrate Warren's name.

Additionally, the fact that Warren is a woman cannot be overlooked in an assessment of the reluctance of the American public to endorse her as a political leader. While her politics alone already lose her the votes of conservatives, as they are somewhat comparable to those of her left-wing counterpart, Bernie Sanders, her social presence as an empowered and outspoken woman has lost her the support of a large percentage of the left as well.

Many Democrats will openly criticize Warren for her "aggressive tone" and "confrontational personality," traits that can typically be attributed to male politicians. Moreover, many will use such characteristics to justify a reluctance to support Warren, in turn, revealing an adherence to unconscious gender biases.

While Warren is far from a consummate presidential candidate, as her controversial decision to consider herself of Native American ancestry has lost her some credibility amongst the American public, this incident remains the only blemish of Warren's otherwise clean political record. Warren's background is significantly less corrupt than most prominent politicians today.

In turn, the enduring negative reception of Warren's campaign announcement, which will ultimately hinder any hope of her success in the 2020 race, appears to be deeply rooted in her vilification from President Trump and various sources of news media, rather than in a political or ethical discrepancy between Warren and American majorities.

To that end, as Americans, we can only hope that our counterparts will look beyond popular opinions, superficiality, and media biases, and evaluate incumbent candidates based upon their humanity, plans to benefit the welfare of all citizens, and effectiveness of said candidate's plan to achieve their goals.

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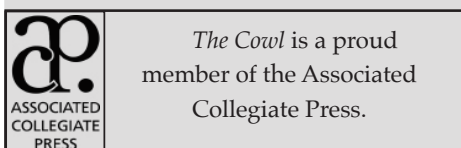
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Achievable Goals: the Key to a Happy and Healthy 2019



by Taylor Godfrey '19
Editor-in-Chief

EDITOR'S COLUMN

As we head into the spring semester, it is hard to believe that it is already 2019.

For many people, the new year comes with New Year's resolutions. Ranging from vowing to go to the gym more or promising ourselves not to leave all of our homework

until the night before it is due, most of these resolutions fizzle out before the first month of the year is even over.

It is really hard and frankly unfair to ourselves to decide that just because the world has flipped to a new year on the calendar, that it will all of a sudden be easy to change our entire lifestyle.

Instead, this year we should focus on smaller goals, on making our everyday lives better a little bit at a time. It is unrealistic to go from never going to the gym to spending hours there every day.

Instead, a better goal might be to try a fitness class or to choose one day a week to go for a run with a friend or a roommate. Scheduling in an hour or two to be at the library on the weekends to get work done would be more fruitful than sitting there for hours on weekday nights with books open and glazed eyes.

Change never happens quickly or spontaneously and it is not fair to any of us to expect that changing from one year to the next will make it so.

Resolutions, no matter how well-planned, should never get in the way of caring for ourselves.

This year, we should all make sure to plan activities with friends or make some downtime to relax and watch some Netflix.

Any resolutions we may make about bettering our health or our academics are not worth it if they come at the cost of our mental wellbeing. "New year, new me" may make for a fun Instagram caption, but a better attitude towards the new year would be making sure to care for our entire selves and to set smaller, more personal and achievable goals.

This way, 2019 can truly be the best year for all of us.

TANGENTS & TIRADES

Bring Cash Back to Slavin Ticket Office

This past Wednesday, Providence College students received an email regarding a new policy for purchasing tickets at the Slavin Ticket Office.

Starting this semester, students will only be able to purchase tickets with PC Cash. Previously, students had the option to purchase tickets with regular cash.

It is unclear why this change has been made but it is safe to say that students who do not frequently use PC Cash will be annoyed with the new policy.

This new method of payment will be a nuisance to many students who wish to buy event tickets but may not use PC Cash frequently enough to justify depositing money onto their PC ID.

For students who do not have money loaded onto their PC ID, the hassle of depositing cash to their card may lead to students putting off purchasing tickets or even dissuading them from doing so completely.

Although this new policy will most likely be more convenient for those working at the ticket office, it will be a hassle for the rest of the students and faculty who want to purchase tickets through PC.

As a college student, convenience is one of the major factors when considering where and when to make purchases. The opinions of students should be taken into consideration when making decisions that have to do with student life on campus.

While this is admittedly a trivial thing to complain about, this policy change emphasizes the importance of taking student life into consideration when making this type of change.

—Bridget Blain '19



PHOTO COURTESY OF THE PHILADELPHIA TRIBUNE

Remember Self-Care in Times of Stress

Self-care: a term many people associate with indulging in ice cream, putting on a relaxing face mask, or watching one's favorite movie. All the aforementioned can be considered self-care, but many people, especially college students, seem to forget that self-care is much more than that.

Self-care is a critical part of our overall happiness during college. With everyone coming back to school after spending quality time with family and friends, it can be very easy to feel overwhelmed when coming back to a full workload of classes.

That is when one should focus on self-care and realize that one's mental and physical health should be first on one's priority list.

Focus on what is truly important, enjoy every single moment, and realize that life is priceless. If you are feeling buried in coursework, talk to your teachers. If you miss your family, call them. If you are suddenly more focused on writing your essay than caring for yourself, set your priorities straight.

So, nurture your soul, talk about your feelings, keep a journal, eat food that fuels you, go to bed early, and do not stress, because at the end of the day getting straight A's will not matter if you are not truly happy and able to enjoy life.

—Angela Bueso '22



PHOTO COURTESY OF PLUSPNG

Change Red Carpet Questions for Women

In the midst of the second awards season following the initiation of the Times Up movement, there is an eye on the red carpet. Though choosing to sport more colorful dresses instead of a monochromatic movement at this year's Golden Globes, women in Hollywood are still making strides towards equality.

Since the origination of televised red carpets, women have consistently been asked the same question: "Who are you wearing?"

For years it seemed that this was the only question in an interviewer's repertoire. However, in more recent years, women in Hollywood have initiated change in this particular field.

Before Times Up and other wide reaching organizations emerged, smaller groups were urging change in simpler ways.

Amy Poehler, for example, started a group called Smart Girls, which offered more intellectually stimulating questions to celebrities on the red carpet. Though it did not completely change the atmosphere on the carpet, it certainly got the ball rolling for change.

As women continue to be snubbed in certain categories at awards shows such as Best Director, it is important that they keep their voices heard as a way to spark a reaction in viewers and influential people in Hollywood; one way to do this is through what is said on the carpet.

The only way to initiate these conversations is through the facilitation of a red carpet interview host.

When asking questions, the hosts tend to stick to a more superficial level of questioning: who are you wearing? Why did you change your hair color? Changing this will be the first step towards a better carpet environment—and equality.

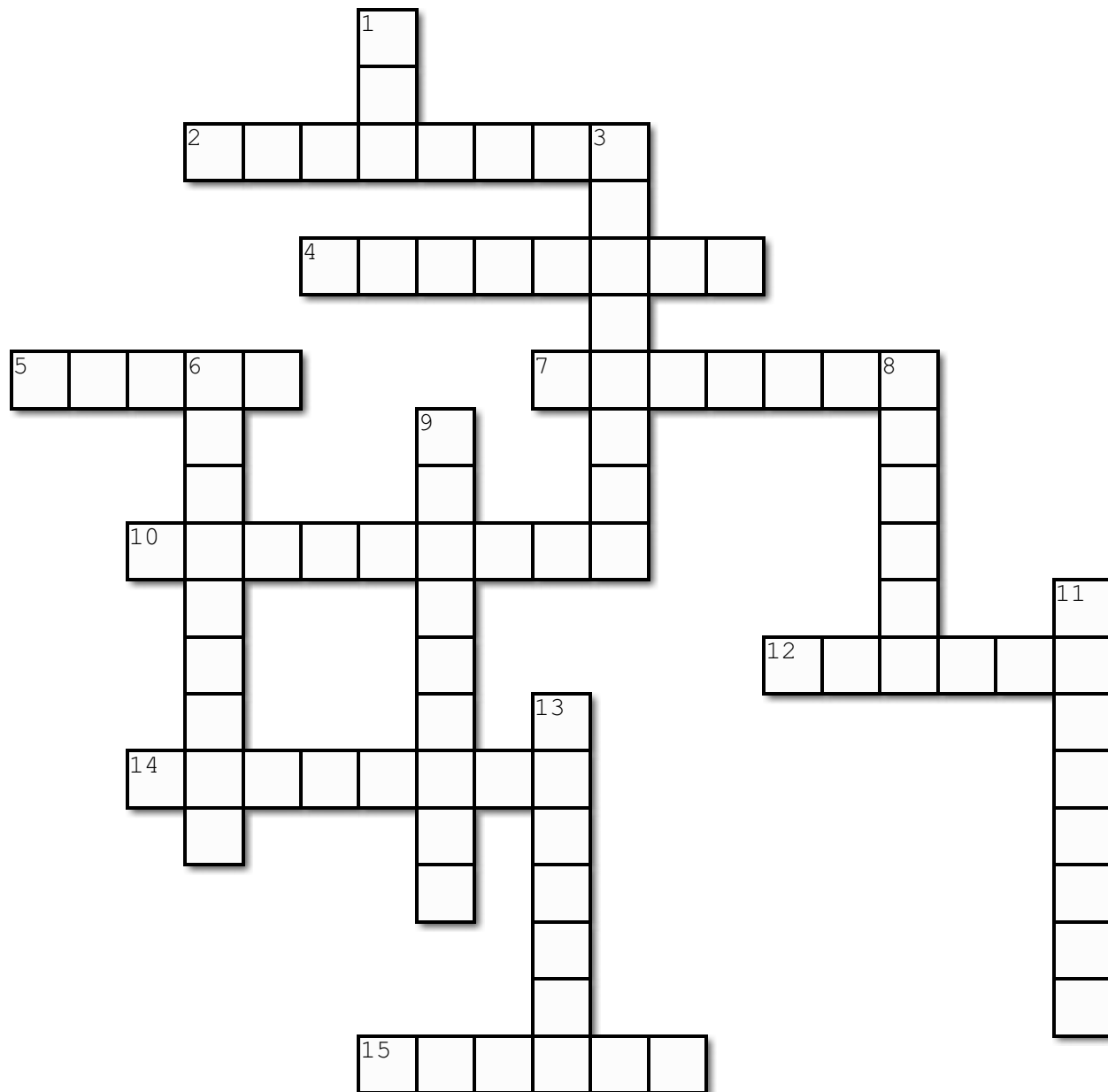
—Julia McCoy '22



PHOTO COURTESY OF WIKIMEDIA COMMONS

Name that Slogan

Complete the crossword below



Across

2. 'You're not you when you're hungry'
4. 'The snack that smiles back'
5. 'So Easy a Caveman Can Do it'
7. 'That was easy'
10. 'I'm lovin' it'
12. 'Let's go places'
14. 'You're in good hands'
15. 'The Quicker Picker Upper'

Down

1. 'Finger Licking' Good'
3. 'Taste the Rainbow'
6. 'Eat mor Chikin'
8. 'Eat Fresh'
9. 'Like a good neighbor...'
11. 'Live mas'
13. 'Can you hear me now?'

Answers from December 6, 2018

Across

5. "Baby it's cold outside"
6. "The Christmas Tree"
10. "Holiday style"
12. "Is you"
13. "Santa Claus lane"

Down

1. "Next day yu gave it away"
2. "Winter wonderland"
3. "Button nose"
4. "Hippopotamus"
7. "The Lord has come"
9. "Santa Clause"

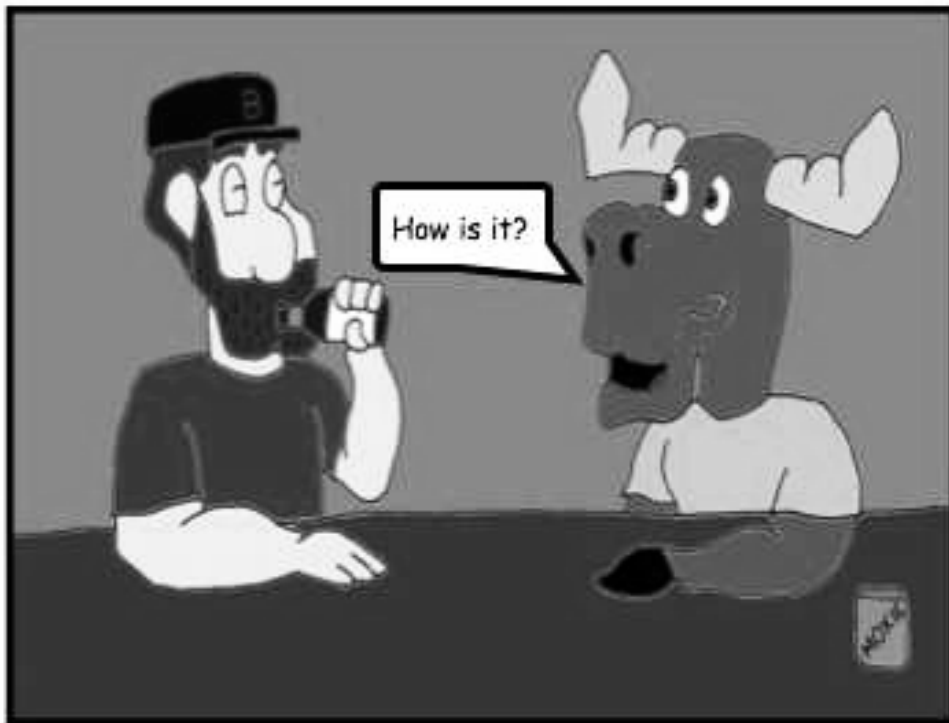
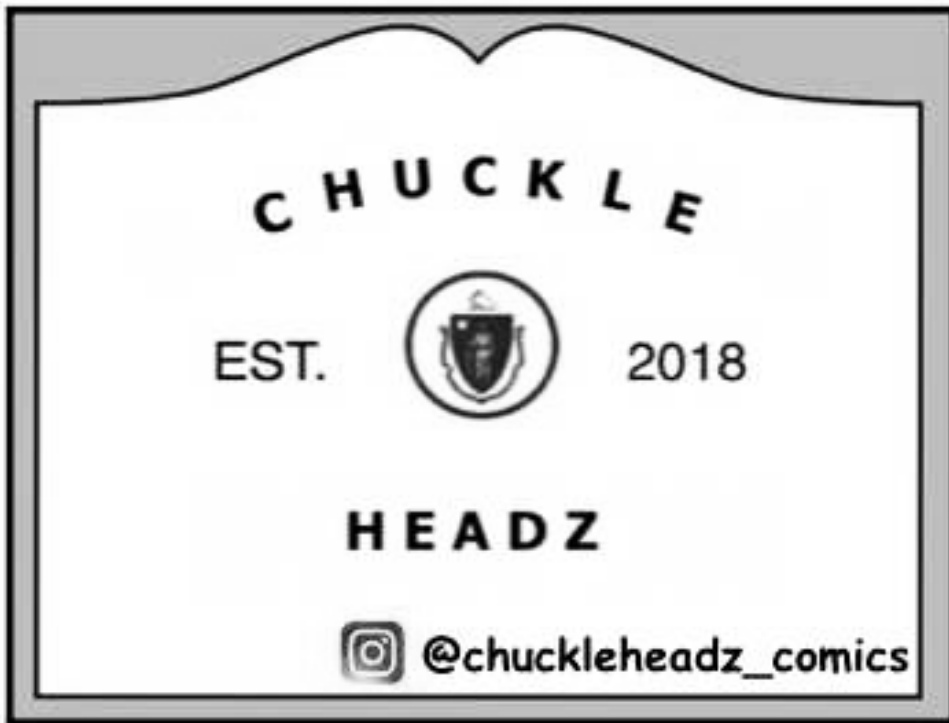
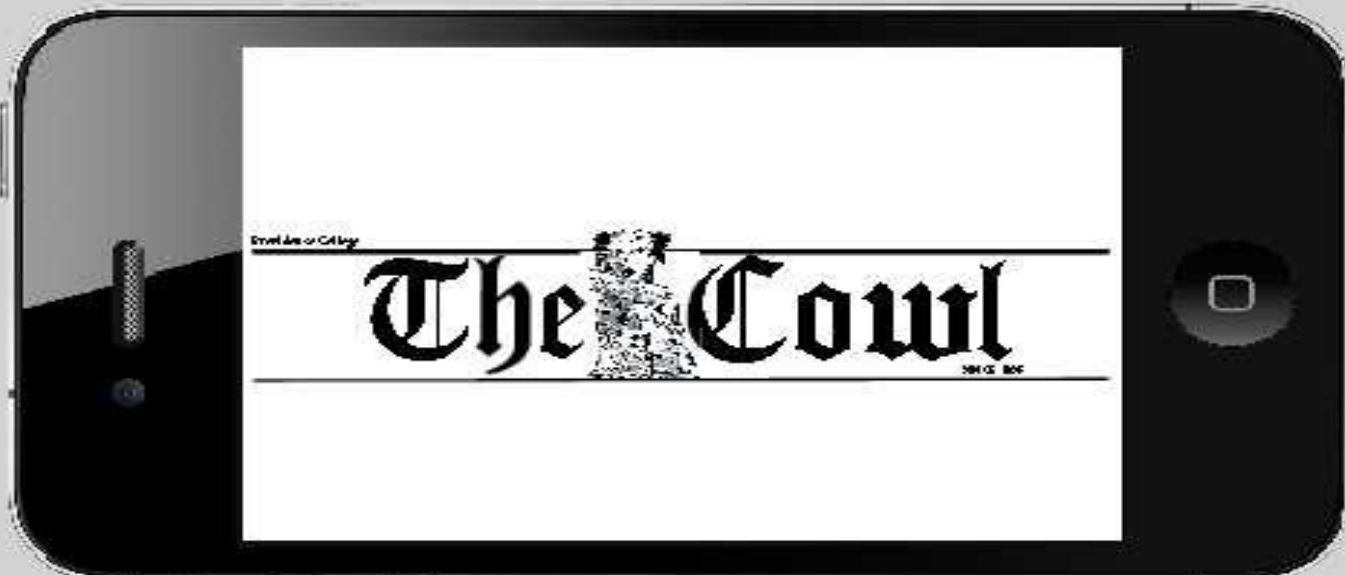


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PHOTOGRAPHY



NORA JOHNSON '20/THE COWL



NORA JOHNSON '20/THE COWL

ABOVE: Huxley poses for a picture at a Providence College Men's Basketball game. The Friars beat the Seton Hall University Pirates 72-63 on Tuesday to win their first Big East Conference game of the season.

LEFT: A new generation of trees were added to the Friar Family in the Slavin atrium, replacing the original trees.

BELOW: Jane Maher '20 and Maddie Reilly '20 welcome students back to campus after winter break. The unspoken rule, "Friars hold doors," represents the friendly Friar community.



LAURA CHADBOURNE '20/THE COWL

ROVING PHOTOGRAPHY

Page 12

January 17, 2019

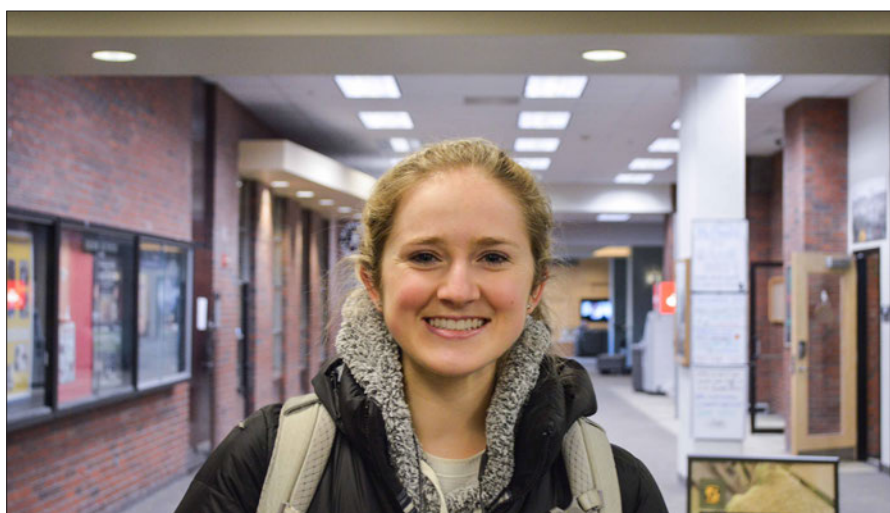
What is your New Year's resolution?



"To continue traveling post-abroad."
Courtney Salinsky '20 and Rachael Kelley '20



"To get Friared up."
Cam Cousino '20



"To talk to my siblings more while I'm at school."
Sarah Kerrigan '20



"To try more seafood."
Matt Mazzella '20



"To learn how to read."
Will Hurdle '20



"Me first."
Emily Keith '20



"To eat healthier."

-Donald Trump

SOURCE PHOTO COURTESY OF THE NEW YORK POST

Photos by Nora Johnson '20, Photography Co-Editor

At Home Overseas: The Dominican Order and DWC Abroad *Renaissance Art and Architecture in Florence, Italy*

by Catherine Goldberg '20
A&E Staff

ART

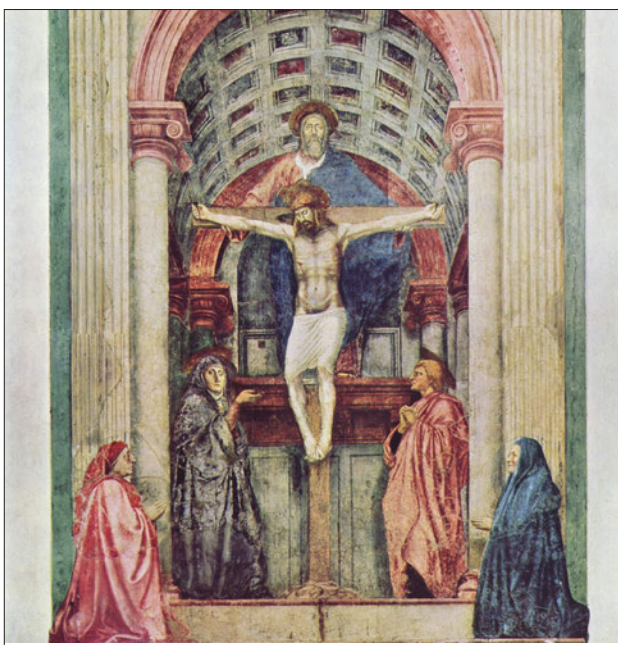


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The Holy Trinity by Masaccio

Providence College is proud of its Dominican identity. Much of the Dominican Order's history roots itself in 13th century Italy, where St. Dominic traveled, preached, and led his order. In Florence, there is a Dominican basilica, the Santa Maria Novella, which is situated just across from the main railway station which is named after the basilica. Chronologically, the Santa Maria Novella was the first great basilica in Florence. It was built a few decades after St. Dominic's death, and has become a beacon of Renaissance art since its completion in 1360.



PHOTO COURTESY OF THE MUSEUMS OF FLORENCE

The Church of Santa Maria Novella

The church was designed by two Dominican Friars, Fr. Sisto Fiorentino and Fr. Ristoro da Campi. Famous Renaissance artist, Leon Battista Alberti, also contributed to the basilica's art and construction. The most famous aspect of the basilica is its front exterior, the façade, which was designed by Alberti. Alberti wanted to bring the ideals of humanist architecture and classically inspired detailing, while also creating harmony with the existing medieval part of the façade. The façade that Alberti added is a perfect example of the harmony found in the art of the early Italian Renaissance.

The vast interior of the basilica contains some of the most famous Renaissance art pieces. Stained glass windows span the basilica. The most famous stained glass window in the Santa Maria Novella is *Madonna and Child*. Below this is another 15th century glass window of Doctor

of the Catholic Church, St. Thomas Aquinas.

The pulpit of the basilica, a small spiral staircase leading to a podium for preaching, was designed by Filippo Brunelleschi and completed by his adopted son, Andrea Calvacanti. This pulpit is famously known as the place where Galileo Galilei was first verbally attacked by the Catholic church for his theories of heliocentrism, which would eventually lead to his indictment. *The Holy Trinity* by Masaccio is another famous work inside the basilica. The painting exposes Masaccio's new ideas on perspective and mathematical proportions.

Visiting Florence, and especially the Santa Maria Novella basilica, brings to life the education we receive through DWC as freshmen and sophomores here at PC. When wandering through renaissance-esque basilicas, it truly makes one grateful for the education offered by the College.

Post-Festivus Festival Lineups Announced

by Peter Keough '20
A&E Staff

MUSIC

Fresh off the recent winter holiday season, music fans from around the country are prepping for another festive season that is fast approaching. Much like the winter holidays, this upcoming season is centered around big names, large gatherings, and the sharing of food and music. This season, of course, is festival season.

Set to take place during the late spring through mid-summer months, many of the country's major music festivals took to social media over the course of the past couple of weeks to announce their lineups for 2019. People flocked to media websites to share their thoughts and opinions on the headlining artists.

Many big-name festivals such as Coachella, Bonnaroo, The Governors Ball, Boston Calling, and Firefly featured equally as big name artists to fill the headlining slots. This slew of artists ranges from pop sensation Ariana Grande, to rap superstar Travis Scott, to the genre-bending Childish Gambino. Other top slots were allotted to the likes of Tame Impala, The Strokes, The 1975, Post Malone, and other musicians that have made a splash over the past year or so.

The remainder of the acts following the headliners feature a plethora of artists from a range of genres, as each festival attempts to create the broadest-ranging appeal that it can. Ranging from DJ acts like Diplo and Gesaffelstein, to the hard-hitting hip-

hop of Sheck Wes and YG, to the punk of Turnstile and the funk of The Internet, there seems to be something for every music fan at these auditory galas.

However, Larry Fitzmaurice of *Vulture Magazine* brings up an interesting point in his article "Where Do Music Festivals Go Now?" To start this article, Fitzmaurice remarks that "Over the next few years, we're likely to bear witness to fond remembrances and supersized celebrations as some of the biggest North American music festivals achieve a point of longevity meriting acknowledgement."

Fitzmaurice makes a valid point here, as the festival fever that has

become ingrained in American musical culture in recent years is still a young phenomenon. While outliers like Woodstock in 1969 prove that this idea is not wholly new, the American festival giants like Coachella have only been in existence for roughly 20 years. Boston Calling, one of the most up-and-coming music festivals in the nation, is celebrating only its 10th event in existence this May.

With the proliferation of festivals around the country as the years go on, the question now becomes not if these music-centered ventures will continue to expand, but how they will seek to distinguish themselves as

unique and sustainable. Fitzmaurice writes, "It's worth thinking beyond the increasing sameness across lineups and experiences, instead considering whether, in 20 years' more time, there will be enough festivals in existence to resemble each other at all."

How can the Bonnaros and Fireflys and Coachellas move beyond demanding and cementing relevance, and on to creating a permanent place in American culture? Can these festivals create a lasting niche in our society, or will they become bland and fizzle out with time? Only time will tell if musical festivals in the United States will stand the test of time.



The Boston Calling Music Festival will host various artists beginning Friday, May 24 through Sunday, May 26.

GRAPHIC BY THE MARQUEE

Bandersnatch: A Revolution in Entertainment

New Black Mirror Project Polarizing for Loyal Fans

by Julia Vaccarella '20
A&E Staff

FILM

Technology comes with countless possibilities and the anthology series, *Black Mirror*, has taken the simultaneous hope and angst associated with this and expanded it further. The show, which is now streaming its episodes through Netflix, highlights some of the pitfalls of human dependence on new, often hypothetical, innovations. The series' creators have taken this to a new level by directly incorporating viewers into the experience.

On December 28, 2018 *Black Mirror: Bandersnatch* was released as a standalone film. Contrary to the highly futuristic episodes released prior, *Bandersnatch* takes place in the 1980s, an interesting time frame for a show that relies significantly on the use of technology. Unlike the past episodes in the series, *Bandersnatch* prompts its viewers to choose from a selection of options throughout its duration.

Two choices appear on the screen at certain points during the film. Selecting a particular option, including one that seems trivial, may ultimately result in a different or altered outcome for the characters within the movie. In the event of deciding "wrong," the viewer is taken back and given the option to choose the alternative. The plot also parallels the interactive feature, as the main character, Stefan, is in the process of creating a "choose-your-own adventure" video game.

While there are different endings to the same initial story, certain aspects of the plot are consistent. The integral role that the viewer possesses in watching the film alludes to the theme of choice—the debate between whether or not the characters, and essentially any individual, has the ability to control what happens to them. *Bandersnatch* also hints at the illusion associated with free will, insomuch that Stefan's video game is designed to make its players feel that they are choosing for themselves. In reality though, he declares that he alone will control the ending, and the same holds true for the film itself.

The focus of *Bandersnatch* is less concentrated on

the plot, and instead relies on the fact that there are multiple endings to the single story. A *Rolling Stone* review of the film sums up the process by explaining, "How you get to any of those climaxes involves an endless number of tangents, detours, alternate routes, and cluttered side streets. If you exceed the 10-second limit, or suffer from the paralysis of indecision, Netflix picks for you." Fans who tend to stream content on their televisions have expressed dissent with the inability to watch *Bandersnatch* in this manner.

The varied storylines of the film have been a major topic of discussion amongst critics and fans alike. Because choosing different options can change the story, some have argued that the interactive component makes *Bandersnatch* too time-consuming. Although the storyline and length of the film have been somewhat criticized by long-time *Black Mirror* fans who were expecting more, the new element of interactivity does elicit a beam of hope for what is still to come for the series going forward.



Bandersnatch puts the fate of its characters in the hands of the audience.

PHOTO COURTESY OF TECHSPOT

Looking Back: The 1975's *A Brief Inquiry Into Online Relationships*

by Brigid Walshe '19
A&E Staff

MUSIC

After months and months of anticipation (including a 30-day countdown on their Instagram page), British alternative/indie rock group The 1975 finally released their highly anticipated new album, *A Brief Inquiry Into Online Relationships*, in November, 2018. The band is known for their hits, "Chocolate," "Girls," "Somebody Else," and "The Sound," from their first two albums. *A Brief Inquiry Into Online Relationships* will be their first album since 2016, when they released their number one album *I like it when you sleep for you are so beautiful yet so unaware of it*.

This new era for the band, which the band is now calling Music for Cars, is inspired by frontman Matty Healy's teenage years, which he spent mostly in cars, listening to music. Therefore, the new album offers an "unfiltered, genre-crossing look at cultural consumption," according to *Entertainment Weekly*. This album focuses on how easy it is to lose oneself in an online world that slowly merges with reality. The band released their first single off the album, "Give Yourself a Try," on May 31, 2018, and since that date, has released four more singles from the album, "TOOTIMETOOTIMETOOTIME," "Love It If We Made It," and "Sincerity is Scary," and "It's Not



As The 1975's frontman, Matty Healy is the source of creativity for the band's genre-bending

PHOTO COURTESY OF MARILYN KINGWELL/ THE TIMES

Living (If It's Not With You)" at later dates. The album contains 15 songs in total, including the five singles released prior.

One thing that fans love about The 1975 is how original their music and art is, and that has definitely not changed with this album. In an interview with *Entertainment Weekly*, Healy said that he is not worried about outdoing the band's past success, but rather focused on the band's authenticity. The band makes art not for the profit, but for

the sake of making art. They are not worried about what anyone else says about their music except themselves.

Healy described his songwriting method as, "deconstructed, anthological, and postmodern" in a recent interview with *Pitchfork*. Healy has drawn inspiration from all sorts of genres, from John Hughes movies to jazz artist John Coltrane, for this upcoming album, as well as from his experiences from his childhood up to his release from rehab before the new album was released.

The album was released on

November 30, 2018, and for fans already wanting more music, the band is planning for a follow-up album, called *Notes on a Conditional Form*, to be released at some point in May 2019. They are also touring all over the world with the release of *A Brief Inquiry Into Online Relationships*, with the closest stop being Agganis Arena at Boston University on May 30. If the rest of The 1975's projects are this impressive, the era of Music for Cars will hold a lot of surprises for fans.

The Curious Case of R. Kelly's Continued Success

by Madeleine Weaver-Nolting '19
A&E Staff

MUSIC

The notorious R&B singer R. Kelly's reputation might be suffering due to numerous sexual abuse allegations against him, but his music is thriving. The new Lifetime docu-series called "Surviving R. Kelly" features different women share their stories of sexual abuse and misconduct at the hands of R. Kelly.

Despite the numerous allegations against him and all of his previous run-ins with the law, R. Kelly's music is becoming more popular. *Billboard* reported, "The most-streamed R. Kelly songs were as follows: 'Ignition' (433,000 U.S. streams; up 80 percent from 240,000 on Jan. 2), 'Trapped in the Closet' (396,000; up 230 percent from 120,000), 'Bump N' Grind' (266,000; up 94 percent from 137,000), 'Same Girl,' featuring Usher, (176,000; up 126 percent from 78,000), and 'I Believe I Can Fly' (161,000; up 48 percent from 109,000)." Even though his music is thriving on streaming services, it is becoming a moral debate for some radio stations, as some are beginning to ban playing his music.

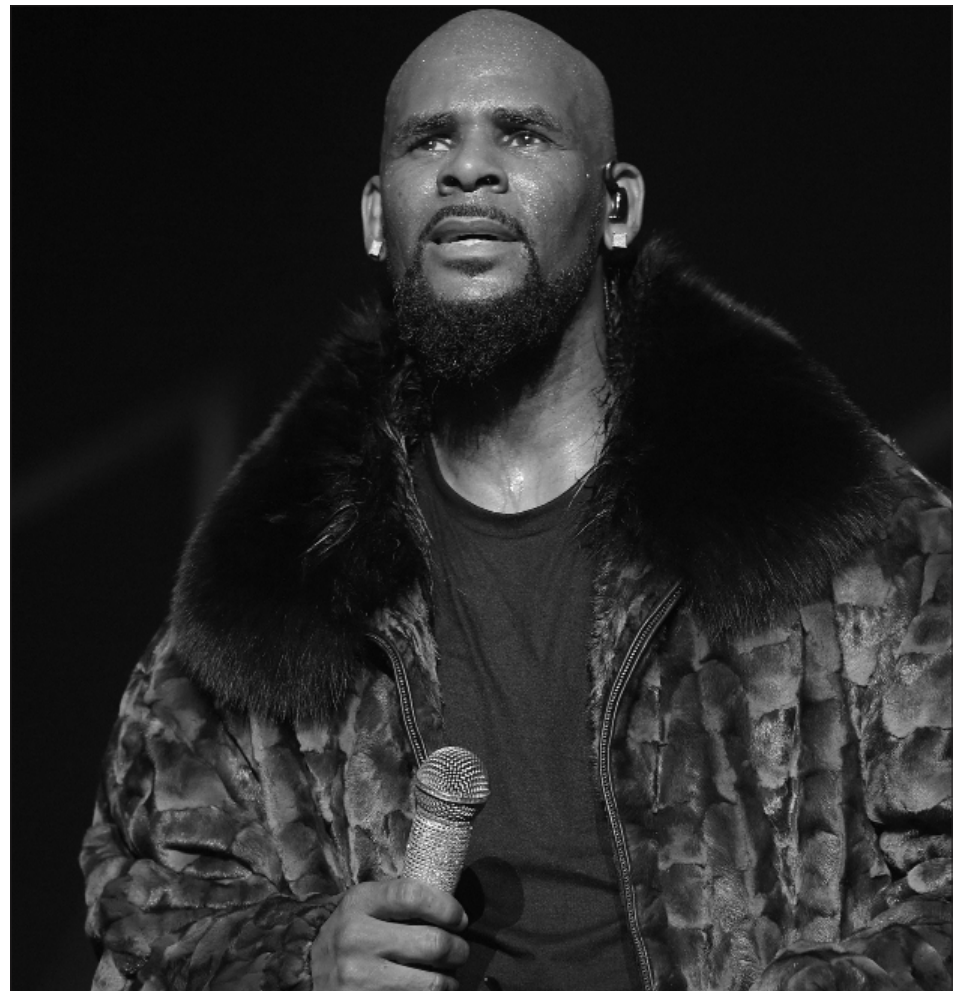
The music industry is also taking sides as R. Kelly is being defended by other artists. However, the ones speaking out against him are being punished by R. Kelly's loyal fans. Cara Delevingne lost 50,000 followers on Instagram after speaking out against

him. Lady Gaga is also removing her collaboration with Kelly from streaming sites. Her statement read: "As a victim of sexual assault myself, I made both the song and the video at a dark time in my life, my intention was to create something extremely defiant and provocative because I was angry and still hadn't processed the trauma that had occurred in my own life."

Other celebrities have remained quiet such as famous name and previous collaborator Jay-Z, who turned down an interview in the documentary.

The 52-year-old artist's music might be doing better than it has in years, but the documentary has created new problems for the infamous R. Kelly as he faces legal trouble based on what was revealed about him in the Lifetime special. The cities of Chicago and Atlanta are looking into the allegations, despite Kelly's denial of all crimes. He, in return, is promising to take those who spoke out against him in the documentary to court.

When looking at his track record, it is no surprise that his music is doing better than ever before. The *New York Times* says, "In 2002, the year he was indicted on charges of child pornography, he performed at the opening ceremony of the Winter Olympics — a duality that spoke to the level of his fame." R. Kelly may have been accused of terrible actions, but this is only helping his music career. Ann Powers, a pop music critic, who was interviewed in "Surviving R. Kelly"



PHOTOS COURTESY OF PRINCE WILLIAMS/WIREIMAGE

Despite sexual assault allegations, R. Kelly continues to enjoy musical success.

said simply, "Nobody wants to give up the music they love, and nobody wants to think badly of the artists they love."

Only time will tell if and when R. Kelly's music continues to be successful and what his legal fate will be.

AMERICAN MUST-READS

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

by Dr. René Alexander Orquiza
Assistant Professor of History


LITERATURE

For the best meal of your life, *New Yorker* writer A.J. Liebling has some simple advice: it helps if you are young and broke. His remembrance in *Between Meals: An Appetite for Paris* of the meals he savored during his junior year abroad in 1920s Paris is packed full of details any foodie would love: multiple course dinners lasting four hours, tableside carving service on porcelain plates, rich sauces that had taken days to prepare, and waiters dressed in immaculately tailored uniforms.

Liebling's Paris was tragically ephemeral, a city deep in post-World War I depression and inevitably doomed from the imminent arrival of World War II. But French pride still persisted in food. A strong dollar and a weak Franc meant Liebling could partake in one four-star meal a month—if he sacrificed eating well for the other 29 days. He had a part-time job as a reporter and ostensibly took classes at the Sorbonne on French literature and history after having graduated from Columbia. In retrospect, it is clear that his real classroom was the dining rooms of Paris. His joyful

BETWEEN MEALS
AN APPETITE FOR PARIS

A.J. Liebling



With an introduction by
JAMES SALTER

PHOTO COURTESY OF APPETITEFORBOOKS/WORDPRESS

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D.A.R.T. & YARDS

by Jay Willett '20
Portfolio Staff

LITERARY NON-FICTION

"No legs up-50 euro fine." The text enraged me as I promptly took my seat on the pea green cushion. Defeated, I took a breath and in the bat of an eye, we arrived at Tara Street. Suddenly, the cabin was crowded and populated by flocks of tourists, bumping against each other without empathy. Five-no, six men, aged around mid-20's, sat behind us. I could tell their age not by their looks, but by

until we reach the end of our journey, the end of the line. A city of the past, ruined castles and churches, I daydreamed of our destination. Remember the past, live the present, scratch the third.

Our Spanish friends increased in volume, their voices reached new heights when the bullied man chirped back. He cursed them in Spanish, smiling while he did it, and sat back down laughing



their voices. The men poked fun at each other, exclaiming in Spanish how one person in their group wore a tacky outfit.

"Tu ropa!" they all laughed, pointing at the one man who had his cuffs up in the air. I chuckled in my seat. The fact was, they all wore the same looking clothes: a blue collared button down, jeans, the works. I struggled finding the difference that they were bullying him for. They were all quite tan, wore patchy dark beards, and flashed sizable smiles for the majority of the trip. The Spaniards looked like they were having fun, I thought as I looked down at my offbeat donut, taking a bite. Quickly, we zoomed past tenement-looking places, cranes, pillars of smoke funneling to the heavens, graffiti, "TAKE BACK THE CIT--"

"Harmonstown," crackled the P.A. I sighed and reclined in my seat. Not long now

with the rest of the chorus. I looked back at us, our heads buried in our phones, giving the occasional chuckle when we scrolled through Barstool's feed. Both groups were from different countries, and both were traveling to the same destination-the past. In that brief moment, just the second before passengers got up to wait for the sliding doors to open, I felt jealous. Though some of our group winced in annoyance at the men, the whole ride I thought to myself, "I want that to be me."

New relationships, new connections, that's what study abroad is all about, alumni say. I don't particularly enjoy restarting though. It's scary, to know that your friends, your group of Spaniards, are just about an ocean over. Howth, that's what the LED sign read, as I passed underneath. The land of the ocean, maybe I'll get a glimpse of home today, I thought.

The worst thing about Iceland isn't its precipitation, it's the wind. The flakes creep in between the gusts, causing dandruff on the stones. The first snow in a couple of days, and of course, it arrives along with 70 knot gales. Even at the base of the mountain, or volcano, whatever it is, the winds are relentless and trample over the burial grounds. Despite the vast space, it's all mostly sulphuric lava fields surrounding the church, limiting the graves to a 10-meter-wide section of land. You can't dig through lava fields, you'll get too tired and give up or receive a face-full of fresh geyser water, melting faces. The location made sense then, but the church? Ratty, the cloth holding the door to its frame is tattered. The rustic paint only clings to the shingles just to match the faintness of its now dangling door. Locals recount that taxes provided opportunity for farmers to avoid fees and collect a handsome sum from the pool of their peers. How disappointing.

A half hour out from Reykjavik, but there's nothing to hint that civilization might be close by. The looming mass of land blocks the city, and the road that bends around takes a detour just south to avoid simplicity. They're just rocks now. There are no names to pay respects to, wiped and scratched Icelandic symbols aren't legible, even in their native tongue. A tiny fenced-in area among the tundra seems to be hard to upkeep. The wind carves its share into the curves of the gravestones, leaving them disfigured like a

used deodorant stick. Maybe standing there awhile in the 2 degrees Celsius air is respect enough, but the elusiveness of names leaves a bitter taste. Without them, the stones are nothing but that, formations holding back against the undying tide of the wind.

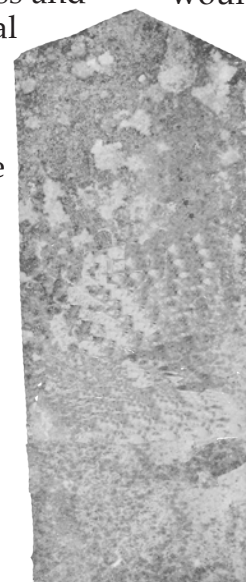
The dirt is stiff, the labor for even the five rows of graves would have taken forever.

Driving another 10 minutes will reveal another neighboring farm, with an identical church and yard. Maybe there aren't bodies under the ice, maybe the markers are meant to legitimize the church, drawing in more hungry customers. I, for one, don't have the appetite for that type of theology.

Back on the bus, our guide resumes the details of her love life.

The heavy snow conquers and outranks the wind's blast and blankets the stones to hide them from any more peering tourists. I regret touching the stones, as my fingers are crusted with frost and a bright vermilion. Next is the waterfalls, but yet, the image of the lonely church at the base hogs my

excitement. The once plentiful yellow sulphur is now buried under the neat coat of white, concealing the farmland from view. Questions surface to my mind. How could they use religion for profit? Are there no morals? Maybe I'll ask the questions when our guide is done listing her first date experience. Then again, the answers could come to me in a moment, such uses are probably more foreign to them than it is to me.



PATRIARCHY AND MATRIARCHY

by Julia Zygiel '19
Portfolio Staff

FICTION

"Yeah," aunt Amelia interjects, her folded arms bouncing to secure attention. "He used to go to the neighbor's dressed up as Santa and get absolutely shitfaced. He'd come home singing and swearing," she laughs, a hand emerges to cover the crinkle of her nose and eyes, as if joy at her father's embarrassment is something to be coyly hidden from view. Overly impressed by her own story, she laughs to the point of tears. Her two nieces, one college-aged and one already married, both named Rachel out of respect for their great-grandmother, wear faces that are equal parts horror and humor, unsure if they should follow her lead or reassure each other that that's not typical grandfather behavior.

As Amelia's laughter dies down to a quiet smile, it occurs to the older Rachel that her aunt doesn't care about how they see their grandfather. She tells the truth and lets them sift out their feelings for themselves, claiming no responsibility for his reputation or integrity in the eyes of his grandchildren. His

own actions determined those things long ago.

The contrast between the maternal and paternal families of her older niece is striking.

Rachel knows that there are stories like this on her father's side, although she doubts she'll ever hear of them.

The Flynn family is still painfully patriarchal. All but one of the oldest generation is a man, and they are all determined to maintain the image of their parents as an American Wet Dream, the father who was a factory man all his life, steady and noble,

and the staunchly Catholic mother who darned all of the clothes and cooked all of the meals. Not a single flaw to be seen in their simple, yet noble existence. That part of the heritage has yet to be reclaimed by women, if it ever will be. Any dissent from the current line has only ever been voiced by Rachel's mother, an outsider

who knew what a dysfunctional family looked like, who told her quietly of Grandma Flynn's mental illness, and alcoholism.

The Strickland's are different. There, the women rule. The

mothers of two Rachels and their sister: three women for whom the most impactful authority figure in their life has been their mother, for better or for worse. Women who have never been given a reason to trust men. One divorced, one abandoned with a child to care for, and the third stuck with an abusive husband. Despite all the trauma they are still some of the most delightful women ever encountered. Strickland family parties are full of song, laughter, and gossip.

Flynn family parties are colored by storming exits orchestrated by the youngest, the sister, and the tacit agreement between brothers that, despite their disappointment, they must support her. It is a family of ties strung from duty, colored by subtle resentment voiced during car trips to a cousin's house. Silence prevails, inherited from grandfather and his father. Gripes and pain are pushed down in favor of passive aggression. The song of the Stricklands is lacking, and the laughter bites.



GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20

DAMAGED

by Connor Zimmerman '20
Portfolio Editor

PROSE POETRY

What does it take to be broken? Knowing that there is something wrong within yourself, something that just isn't right. You don't hide it, no you wear it on your sleeve as an omen. To warn others that this pain has a hold on you that is tight. But you keep living that lifestyle of drinks and pills falling further into that hopeless cycle. Wishing to numb the sharp hurt that lives within you. You wonder if it is even possible to keep fighting for survival.

What is it like to live in that darkness? Seeing that there is light around you, but it is always just out of reach. Like Tantalus trying to quench his thirst, you feel armless. Every time someone tells you to change, you ignore their speech. They don't know what it's like to be chained to the past. Every self-destructive action you take creates another chain that holds you tighter than before. You will never move forward because you won't forgive yourself for all the sins you've amassed.

What is it like to live in isolation? Accepting that you must push those closest to you away. The closer they are to you the closer they are to damnation. You're alright with living in pain, but you won't allow others to live in your dismay. And when they do try to help, you make another attempt to change. Using them as a crutch, while you try to fix your strife. However, when they start to give up their own lives for your sake, you run away and live estranged. It's a lonely life, but it's you're only life.



GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20

HARMLESS ARSONIST

by Dawyn Henriquez '19
Portfolio Staff

PROSE POETRY

Of those already called back to the air I am the one that can't burn. When I was six, I set things aflame in the kitchen sink when mom wasn't home. The skins of napkins crinkled, as the soft scent of burnt cotton slithered into my nose. Packs of boxed matches came and went. I would waft the smell of matchheads like a chef their masterpieces. My G.I. Joes were in the fieriest wars, their faces oozing with black and blue puss, still smiling because they survived. When mom would get home, she'd wrinkle her forehead in disgust like she found curly black hairs on her toothbrush. Her hands were wooden paddles on my ass. Pinpricks of pain pulverized my dreams of pyrotechnic displays pulsing the pupils of concert-goers around the world.

One day, after a spanking, I locked my room door and threw a lit candle across the room. The tapioca tinted curtains shined and sizzled like a firework on the 4th of July. Flames waved their arms at me in triumph, thanking me for their newfound freedom. The warmth waddled over towards me for a hug as sparks jumped from curtains to dressers and dressers to carpet. Mom knocked my door down and yanked my arm for years before she could force me away from the giggling gurgle of the rolling flames. But of those called back to the air that day, I lived because I cannot burn.

GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20 AND YA-WEBDESIGN.COM

FADING LOVE

by Sarah Kirchner '21
Portfolio Staff

POETRY

He was filled with questions of "What if?"
Instead of "How are you?"
And so whenever I asked, "Where?"
He answered, "Why?"

Things digressed quickly.
Soon good-morning kisses switched
To low gurgling grunts.
He offered me a pat, if I was lucky enough.

Our home-cooked meals became his leftovers.
The smell of roasting coffee started to burn,
Along with the fire we once shared,
And the spark in his eye couldn't ignite it anymore.

"How come?" I once asked.
His glare said it all. I knew to quiet down.
But then that night the car started up late,
And I prayed for him to never return.

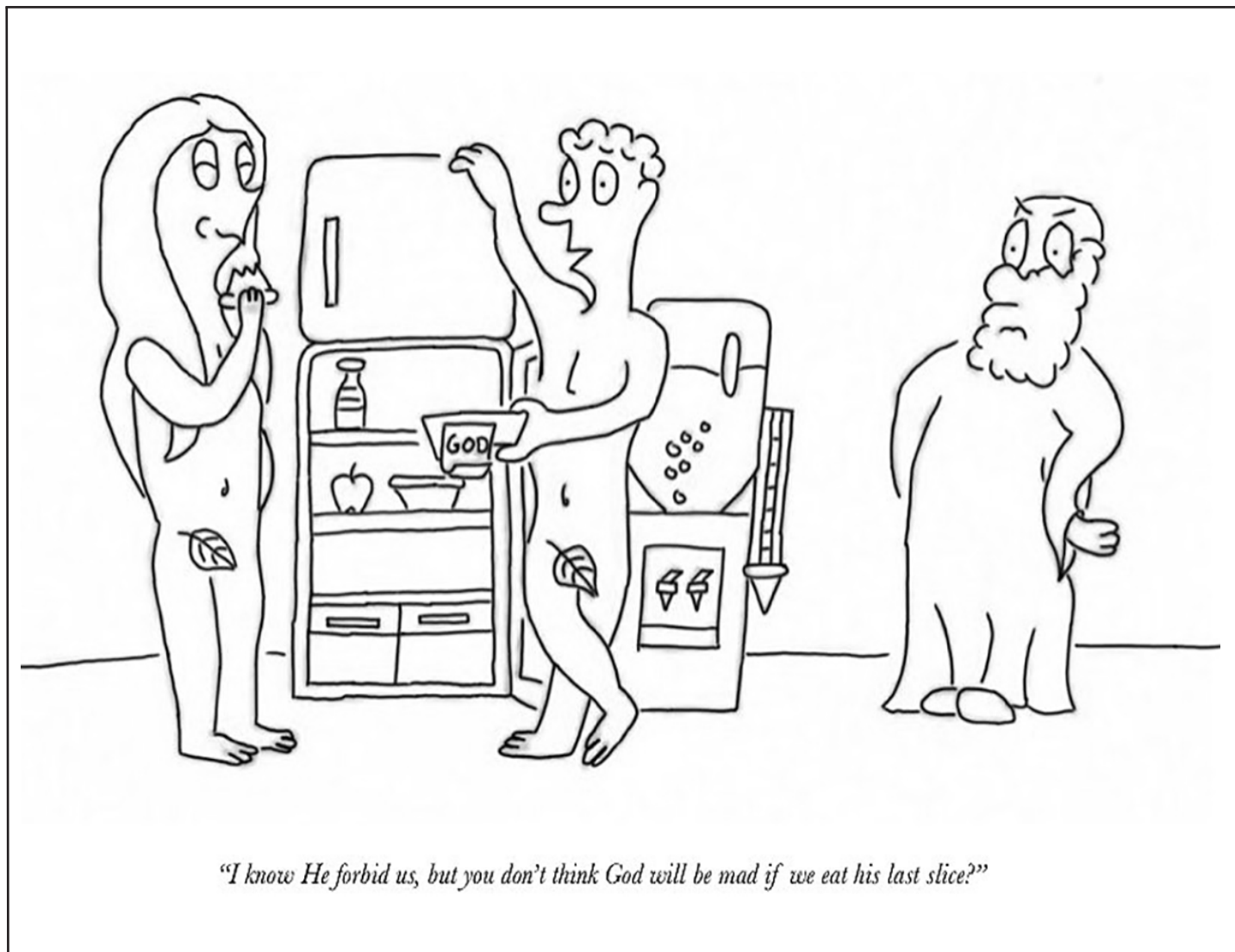
It has been years since I heard one of his questions,
And since I made meals for two.
The indent in the bed is gone,
But I still listen for his car.



PHOTOS COURTESY OF PONDS.COM & VIDEOBLOCKS.COM

by Mark Fairchild '20
Portfolio Staff

CARTOON



Dear T&E...

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

I'm getting a new transfer roommate this semester and I'm worried. My last one always made shrieking noises at night due to his night terrors, and I could never sleep. Do you have any advice on how to deal with new roommates?

Sincerely,
Insomnia is real

Dear Insomniac,

The best way to deal with a new roommate is to be as fake as humanly possible around them, and talk about them behind their backs to your friends. Love them to death when you see them, rip them apart to everyone else. Eventually one of your friends will say something in front of your roommate that informs them of your true feelings and it'll be awkward for the rest of the semester, as God intended.

Hope this helps!

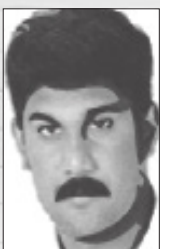


TIFF

Dear Esmerelda,

The only way to deal with roommates is to be incredibly passive aggressive. Randomly open the windows at night after they fall asleep to freeze them out. Leave them empty donut boxes with "all for you guys!" written on the top. Eat their food in the fridge. Fill their beds with tarantulas. You know, the subtle stuff.

I'm not liable .



EARL

Listomania*

Reasons Why my Bank Account is Empty

- Late night McDanks trips
- Renting textbooks for spring semester
- Tijuana, baby
- That gym membership I still haven't used
- Had to convert money to PC Cash
- Stocked up on Costco's 27 lb Mac & Cheese Storage Buckets
- Getting "Mo Bamba" on vinyl
- Buying mango Juul pods off of Ebay
- 02908 Club
- Legs & Eggs
- The Friars Give Event
- Amazon Prime "discounts" at Whole Foods
- Government shutdown
- Throwing up in an Uber
- Study abroad expenses



PHOTO COURTESY OF ASMP.COM

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

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Cooley To Lead Team USA *Team Will Consist of Players From Big East*

Men's Basketball:

Continued from front page

Big East Commissioner Val Ackerman stated at the press conference, "I think in many ways this is a tribute to what the Big East has accomplished over the last

five years. They were looking for a conference with a solid basketball resume. We see this as a great responsibility as well as a great honor." The U.S. has not represented themselves in the Pan-Am Games in quite a while, in fact the U.S. has not won gold in basketball since 1983. That team consisted of future hall-

of-famers Michael Jordan and Chris Mullin.

This year U.S. Basketball decided not to allow professional players of any sort to represent the USA. The team will consist of college players in the Big East. College players who plan to enter into the NBA draft this June are also excluded from participating.

Coach Cooley did not hesitate to take the job as head coach for the team. He stated at the press conference, "I've been fortunate to be an assistant coach with Billy Donovan and Sean Miller on a couple of teams but to try to do it as a head coach is an incredible honor and something I've always wanted to do."

A few weeks later, it was announced that glocalprov.com named Ed Cooley as their Rhode Island Man of the Year. When giving the award to him, the website had stated, "Maybe no one epitomizes the spirit of Rhode Island better than this man."

Throughout all the work he has done on the PC campus, Cooley has become an icon for all the students and teachers to bring a positive attitude towards everyday life.

When accepting the award, he stated how he does not want coaching to define his character, rather "being a better dad, husband, leader and mentor" are the important things that make up what he stands for and how he carries himself through life.

Coach Cooley has captured the spirit of the College, and deserves all the recognition he has been given, including the opportunity to coach Team USA and being named Rhode Island Man of the Year.



Coach Cooley will be tasked with leading Team USA to win their first Pan American games since 1983.

PHOTO COURTESY OF WPRI.COM

Hockey Team Signs Koopman Twins

by Cam Smith '21
Sports Staff

MEN'S HOCKEY

The Providence College Men's Hockey Team received some reinforcements prior to their 2018-19 winter break. Added to the roster was the dynamic twin brother duo of Matt Koopman '22 and Kyle Koopman '22, who joined the team in time for the second half of the regular season hockey schedule.

Natives of Marblehead, Massachusetts, the Koopmans started off their high school careers playing for the Marblehead Headers, before transferring their talents to the Berkshire School in Sheffield, Massachusetts for their final two years of high school. The pair also spent their offseasons with the Mid-Fairfield Rangers Midget U-18 program, competing against top-notch competition while honing their respective skills.

While the news of the duo's arrival is unexpected to the average fan, the brothers' destination of PC has long been decided. Both committed to PC prior to their senior year of high school in 2016. "We always wanted a school that was the best fit for us," said Kyle back in 2016. "Providence is excellent academically and obviously a great hockey school. It's worked out perfectly."

Following high school graduation in 2017, Kyle, a 5'11", 190-pound defenseman, played parts of two seasons for the Waterloo Black Hawks of the United States Hockey League (USHL) before going up north to Canada to play for the West Kelowna Warriors of the British Columbia Hockey League. Koopman accumulated eight assists in 18 games for West Kelowna during his time with them this year.

Matt, a 5'10", 178-pound forward, has spent the entirety of the last two seasons with Waterloo in the USHL. Koopman picked up eight goals to go along with 17 assists in just 24 games during the



With the addition of Matt (left) and Kyle (right) Koopman, the Friars gain some depth on both ends of the ice.

PHOTO COURTESY OF PC ATHLETICS

2018-19 season for the Black Hawks, putting him at an astonishing average of over a point per game. He also tallied two game-winning goals while posting a plus 14 rating.

Matt has already impressed in his short time with the Friars, playing in all six games while also tallying the first goal of his college career on Jan. 4 against no. 16 ranked Miami (OH). He gave PC a 3-2 lead at the midpoint of the third period after tipping in a shot on goal by Josh Wilkins '20. The Friars would go on to secure the victory at a mark of 4-2.

Matt expressed his excitement of attending PC

back in 2016, calling Head Coach Nate Leaman "one of the best coaches in the country." With an eye on the future, Matt also stated that "being Hockey East players, the both of us, it's almost crazy to think about. There's someone always wanting to take it away from you, so it makes you work that much harder to hold onto your position. You have to be prepared for the jump to college hockey." With an electric start to his college career, it appears as if Matt Koopman is more than prepared.

The future is now for the Koopmans, as they look forward to four years of dazzling onlookers in Schneider Arena.

PC Player's Retirement Sheds Light on a Larger Issue

Is Lack of Research the Culprit Behind Female Athlete Concussions?

by Meaghan Cahill '20
Sports Co-Editor

PC ATHLETICS

On October 1, 2018, Jessica "Jessie" Spontak '20, publicly announced her decision to retire from volleyball. Her reason for walking away from the sport that brought her to Providence College? Too many concussions.

Concussions have been a hot topic in the sports world over the past decade and while most conversations about them is in conjunction with men's football, hockey, and soccer, female athlete concussions of all sports have been spiking higher numbers than male athletes. Recent research has shown that female athletes are 50 percent more likely to be diagnosed with a concussion than male athletes.

Yet, despite this statistic, concussion research has primarily been contained to male athletes. As Marjorie Snyder of the *Washington Post* writes, there is "painfully little research" conducted on concussions in female athletes. With the majority of existing research consisting of studying male athletes and how to prevent concussions in men's sports, female athletes are being put at a greater risk as little is being done to make them less susceptible to concussions. Synder's research for her article, "Girls suffer sports concussions at a higher rate than boys. Why is that overlooked?" makes the claim that the lack of knowledge (stemming from the lack of research being done) makes it difficult to know the best way to prevent concussions in female athletes.

Concussions in female athletes have been written off as nothing more than the result of sex differences, in particular, the differing structures of the neck. Almost all research has concluded that the structure of the female body makes them more predisposed to concussions and that is the farthest most research goes.

However, it is proving to not be



PHOTO COURTESY OF PC ATHLETICS

PC player Jenae Alderson '20 dives for the ball. According to Spontak, this is one of the most common ways volleyball players get concussions.

enough as women are suffering symptoms that take extended amounts of time to recover from and their quality of life is being altered due to excess concussions.

Spontak, when asked about what ultimately led her to calling it quits on her volleyball career after she sustained her fourth concussion from a seemingly contact-free sport, admitted that the main factor was her "quality of life post volleyball." To her, completing four years on the team was "not worth it" to her when all of the health problems she could face as a result of four severe concussions were laid out in front of her.

Shannon Bauman, a sports physician who began to study brain injuries after she suffered her own concussion and received insufficient

care, noted in her study that 35 percent of female athletes will still show concussion symptoms up to more than six months after their initial diagnosis. Spontak, when discussing her concussion history, said that with her first concussion, she missed four months of school and with her least severe concussion, she missed just over a month.

Prolonged short-term symptoms faced not only by Spontak during all of her concussions, but by both male and female athletes, include sensitivity to sound, light, pressure headaches, and trouble focusing. However, research is beginning to come out with what long-term, life-altering symptoms can result from multiple concussions.

"There is a lot of research that shows that I could be at high risks for

depression and anxiety...and mood disorders," said Spontak. Doctors informed her that, as a result of sustaining four severe concussions, she would "have a really hard time focusing and moving on with school."

With a majority of research now taking a look at how female athletes will be affected by concussions, the fact still remains that there is little to no research on how to prevent them in the first place.

David Milzman, MD, stated at the Georgetown University Medical Center Summit on Concussions in Females, "There is very little solid data now about sex in concussion presentation or outcomes. It is not clear...and that is why we need to investigate it."

In men's sports, a majority of the concussions sustained are contact-based. However, because women's sports are not supposed to have as much contact, it becomes assumed that they are not at risk for concussions. However, in the case of women's hockey, for example, the players will be diagnosed with concussions at nearly three times the rate of college football players. Similarly, in sports such as baseball and softball, softball players experience concussions at double the rate of baseball players.

As Spontak points out, the games themselves cannot be changed: player-to-player contact, falling to the ground, and being hit in the head are all risks that are a part of any sport. Therefore, research needs to be altered to fit these unpreventable factors. In terms of female athletes, rather than focusing on how life will be impacted post-concussion, there needs to be a switch to how to prevent them in the first place, like the research with men's sports-related concussions is.

There is a problem with studies in preventing concussions altogether though. Spontak acknowledges the problem as being the fact that how games are played is personal. Players contort and push their bodies to the max and reach limits that others may not be able to make. PC assistant athletic trainer Jessie Fong reinforces this statement, describing concussions to be a "unique injury."

"Concussions can fall under such a wide spectrum," Fong states. "They can present differently between two individuals, they could present differently between two separate episodes within one individual."

So what should the research focus on?

Spontak believes researching improvements on equipment worn is the key to battling the concussion epidemic. At the moment, only a handful of women's sports require headgear to be worn at all times. With more protective equipment, there could be a reduction in concussions sustained by female athletes.

And while some take more extreme measures in calling for the federal government to step in and make a change, the simple solution is to just dedicate as much research time received by men's sports to female sports.

Concussions are not just a problem male athletes face, and prevention techniques must be researched and learned by all to make not just sports, but the quality of life beyond the game better for all athletes, men and women alike.



Finland's Ronja Savolainen curls up on the ice after a questionable head-on-head collision during the 2018 Winter Olympics.

PHOTO COURTESY OF NBC CHICAGO

Providence College Investigates: Should High School Athletes Be Able to Reclassify?

Yes, They Should

by Eileen Flynn '20
Sports Staff

PCI

High school is usually described as four years of your life spent learning and growing up. There is, however, a new trend for aspiring collegiate athletes. Some families decide to plan ahead for their children's athletic careers and have them repeat a year of high school with the incentive of improving their skills in a specific sport.

Many people disagree with parents that allow this and accuse them of teaching their kids a bad life lesson—putting sports in front of school. I believe that high schoolers should be allowed to reclassify for several reasons.

First, just because a student is repeating a grade does not mean they are exempt from doing the work again. All student athletes are still required to complete the specific classes their high school offers for that grade. Athletes are typically busy, with practices after school, games, and additional training. Repeating a grade gives student athletes the opportunity to learn the material again and grow intellectually, while also improving athletically.

Sports often play a very important role for kids as they are growing

up and it is an opportunity to learn important life lessons. If a parent decides to hold their child back to repeat a grade, who are we to try and stop him or her from gaining another year full of learning from these lessons in sports and in school?

Another reason high school students should be allowed to reclassify is because each child develops physically at different times. If a freshman has not yet hit his or her growth spurt, he or she still has to tryout against their classmates who have already reached their full height. Reclassifying gives students a fair opportunity to compete against their other classmates by giving their body the time to catch up with everyone else's.

If student athletes are looking to play a sport in college, the recruiting process takes a long time. If students repeat a year in high school, this gives them more time to reach out and contact the scouting team from their desired schools. Students that repeat a year of school show they are committed to their sport and are willing to put in the extra work in school and in the sport.

One more year in high school should not be looked upon as a mistake, but rather as a chance for the student to gain an extra year to grow physically, emotionally, and intellectually.

No, They Should Not

by Sam Scanlon '19
Sports Staff

PCI

Ever since the National Basketball Association (NBA) draft rules changed in 2005, many athletes have been reclassifying in high school in order to graduate and get to college, and subsequently the NBA, a year earlier. The rule change required prospective players to turn 19 during the calendar year of their draft and be at least one year removed from their high school graduation, thus, tempting many players to accelerate their high school years and graduate a year early.

Although it is very popular for basketball players to reclassify due to the draft rule, athletes in other sports have gone down this road as well. Noah Hanifin, currently an All-Star defenseman for the Calgary Flames in the National Hockey League (NHL), was a highly recruited hockey prospect from an early age. He committed to play for Boston College, but decided to accelerate his high school career and join the Eagles a year early after reclassifying.

Bryce Harper also took that path and finished high school early in order to be drafted into the MLB. After many stories like Hanifin and Harper, as well as NBA players Karl Anthony Towns and Nerlens Noel, reclassifying

may seem to be a good route to take. However, I disagree and believe that athletes should not be able to reclassify in order to finish high school early.

First, most athletes are not physically ready to compete against the top athletes in the world at 17, 18, or 19-years-old. Physical development is essential to maintaining a healthy and lengthy career. Attempting to push an athlete ahead one year and stunt their physical development and growth could be extremely detrimental to their career in the long run. I do not believe that risking any sort of setback in an athlete's career is worth getting to their respective professional leagues one year sooner.

Along with physical growth being at risk, 17-year-olds may not be mentally prepared to make these important life decisions, let alone deal with them a year earlier. Being a year younger and have to deal with college can be extremely difficult for some athletes, and it only gets harder when they step into the spotlight as a professional athlete. There is a lot to worry about from a mental standpoint while making a large jump at such a young age.

I wholeheartedly believe that it is more beneficial to take the natural and necessary year to make sure that one is both mentally and physically prepared to ensure that their career, and livelihood, will be secure.

Jay O'Brien '22 Plays in Junior Championships *PC Freshman Appears in All 7 Games for Team USA*

by Thomas Zinzarella '21
Sports Staff

MEN'S HOCKEY

For many college freshmen, winter break is about going on vacation or binge watching a new show on Netflix. However, for Jay O'Brien '22, his winter break consisted of representing the United States and traveling to Canada to compete with some of the best under 20-year-old hockey players in the world.

The International Ice Hockey Federation World Championship, more commonly known as the 'World Juniors,' is an annual tournament between 10 countries that is rotated between each team. This year's event was hosted in Vancouver, Canada where Finland was able to beat out the U.S. for the gold medal.

Playing for a national team for any sport at any level is truly a unique experience. O'Brien opened up about his experience, saying, "It was unbelievable, we had a really solid group, really good team, really good coaching staff...everybody checked their ego at the door and when you throw on that USA sweater you are playing for one thing and that is your country and the guys next to you. It was an unbelievable experience other than the fact that we came up short. I thought we gave it our all and had a



PHOTOS COURTESY OF USHL

O'Brien was a first round draft pick (19th overall) for the Philadelphia Flyers in the 2018 NHL Draft.

really good tournament."

Many hockey fans envision the thrills of USA Hockey through the lens of the Disney movie *Miracle*, with Mike Eruzione scoring the game winning goal against the Soviet Union in the

1980 Winter Olympic games in Lake Placid, New York.

Just as that Olympic game was emotional for many, O'Brien believed that it was an emotional tournament. "There were a lot of highs and lows

throughout the tournament. You create new friendships that you will have forever...playing for your country is something very special and something I was fortunate to do a couple of times. It is emotional for sure, I know when I got home it was tough because I missed the group..."

For many, we will never have the opportunity to skate or represent our country and wear a jersey with the letters USA in red, white, and blue across our chest. "Something I will never forget," O'Brien stated. "After you win and stand next to your brothers and they are playing the national anthem, it's something special for sure."

With the U.S. securing a silver medal this year, they have now received medals for the 4th year in a row including gold in 2017. This recent run is by far their most successful streak in the 41 years of the U.S. competing. Prior to the U.S. gold medal in 2004, the U.S. only collected three medals total since the inaugural tournament in 1977. Having collected nine medals since, with four of them being gold, it is safe to say that Junior Hockey in the U.S. is on the rise.

Just as O'Brien brought home another medal for Team USA, he will also try to help the Friars reach their 6th straight NCAA Tournament appearance and bring home some bigger hardware in the likes of a National Championship trophy.

A Look Around Friartown

Men's Basketball:

1/12 at Georgetown University, loss 90-96 2OT

1/15 vs Seton Hall University, win 72-63

Upcoming:

1/20 at Marquette University

1/23 at Xavier University

Women's Basketball:

1/11 at St. John's University, win 67-66

1/27 at Seton Hall University, loss 73-79

Upcoming:

1/18 vs Butler University

1/20 vs Xavier University

Men's Ice Hockey:

1/11 at Boston College, loss 2-4

1/12 vs Boston University, loss 3-4

1/15 at Brown University (Mayor's Cup), win 5-1

Upcoming:

1/19 at Boston College

1/25 vs Northeastern University

Women's Ice Hockey:

1/11 vs Boston University, loss 3-5

1/12 at Boston University, loss 2-4

Upcoming:

1/18 vs University of New Hampshire

1/19 vs University of New Hampshire

Swimming and Diving:

1/12 vs Villanova University, loss 81.5-122.5

Upcoming:

1/19 vs The College of the Holy Cross



Lady Friars Roll into Big East

Nogic Breaks 3-Point Record; Team Sweeps Friar Classic

by Jack Belanger '21
Sports Co-Editor

WOMEN'S BASKETBALL

This basketball season has been one full of turnarounds and milestones for the Providence College Women's Basketball Team. Only 18 games into their season the Friars have already matched their overall win total from last season at 10. The team is on pace to have its best record under third-year Head Coach Jim Crowley.

Just before students left for winter break, Jovana Nogic '19 broke the school record for three-pointers when she hit her 253rd shot against the University of Massachusetts-Lowell on Dec. 8, breaking former Friar Julie Wheeler's '98 record set in 1998. Nogic felt that achieving the record has been a reward for the work she has put in during her four seasons at the College.

"It is truly a blessing to be among great Friar names and to be able to be at the top of them," said Nogic. "And of course, it shows as well how much my teammates trust me."

She is also climbing up the team's all-time scoring list. With 1,483 points to her name, Nogic currently has the eighth most points in team history.

The Friars ended their nonconference schedule on a high note, going 3-0 in the Friar Holiday Classic at Alumni Hall, highlighted by a 77-47 victory over La Salle University, putting them at 8-4 going into the Big East schedule. Nogic was named the Classic's MVP while Mary Baskerville '22 was also named to the All-Tournament Team after she scored 18 points and grabbed 17 rebounds against La Salle.

While the team had plenty of momentum going into Big East play, the Friars started out with a tough task as their first two conference games were against Marquette University and DePaul University, both of which are Top 25-ranked teams. PC struggled

shooting the ball in both games and took two tough losses.

The Friars got their first Big East win of the season on Jan. 6 at home, defeating Villanova University 67-61. Nogic scored 23 points in the game, leading all scorers. Maddie Jolin '19 also scored a season-high 18 points.

With the score being tied at 56 and about three minutes left, PC went on an 11-2 run, highlighted by eight points from Nogic, to put the game out of reach down the stretch and seal the win.

In their next game against St. John's University, the Friars once again found themselves in a close game after a slow start that caused them to fall into an 11-point deficit halfway through the third quarter. The Friars managed to work themselves back into the lead after a 9-0 run to begin the fourth quarter, taking the lead 51-48.

The Friars held onto the lead with the clock winding down, but St. John's sunk a three at the buzzer to tie the game 57-57 and force overtime.

In overtime, the Friars led by as many as five points but saw their lead disappear when they fouled St. John's with the score at 66-63. Akina Wellere of St. John's would hit three free-throws with 11 seconds left. Jolin, who finished with 19 points, came in clutch for PC as she forced a foul and sealed the game by making one of two free throws and gave the Friars their second victory in a row.

Currently, the Friars' record in the Big East stands at 2-4. While this does not seem impressive on the surface, the team is still optimistic that they can compete in the Big East Tournament. Looking forward to the rest of the season, Nogic wants the team to keep working every day to put themselves in a good position come March. "We definitely want to keep improving each game and being able to finish close games. The goal is to have the best record we can have walking into the tournament."



Nogic set PC's single-season three-point mark during her sophomore year (2016-17) with 91.

PHOTO COURTESY OF PC ATHLETICS