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Celebrating Female Friars

PC Clubs Recognize International Women's Day



LAURA CHADBOURNE '20/THE COWL

PC Student Congress sponsored an event for International Women's Day that showcased female student leaders on campus. The photos and descriptions are hung outside McPhail's.

by Maura Campbell '22 News Staff

ON CAMPUS

Providence College will celebrate International Women's Day on Friday, March 8, and members of different clubs and organizations on campus are coming together to celebrate women and their contributions to society.

Known as "Women's Week," the week of International Women's Day is set aside to celebrate and discuss women's issues.

Nikki Silva '19, co-president of PC Democrats, spoke about some of the sponsored events happening on campus during Women's Week, as well as the meaning of Women's Week as a whole.

"Each individual event was created and brought to us as an event for this week by the clubs themselves," Silva explained.

The PC Democrats co-sponsored each of these events, but several different clubs on campus proposed them in celebration of Women's Week.

These clubs include the 69th Student Congress, who organized the Notable Women of PC Showcase along with PC Republicans and PC Democrats.

This showcase displayed photos of women student leaders on our own campus, nominated by peers, in lower Slavin in front of the Student Congress office.

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Women's Basketball Gears Up for Big East Friars Prepare for Tournament with Senior Game

by Thomas Zinzarella '21 Sports Staff

PC ATHLETICS

The Providence College Women's Basketball Team ended the Big East regular season the way that they began it—with a pair of home matchups against two of the best teams in the Big East, #24 DePaul University and #13 Marquette University.

Last Friday night, the Friars hosted DePaul, who used a late run to fuel a 76-61 victory over the Friars. The Friars were able to keep it close by ending the first quarter with a 7-0 run to trail by only one basket. The Friars were able to tie things up at 17 a piece before DePaul had a 10-0 run. At the half, the Blue Demons led the Friars 34-24.

In the third quarter, Maddie Jolin '19 and Jovana Nogic '19 combined for 17 points and outscored the Blue



LILLIE HUNTER '22/THE COWL

Providence College's Student-Run Newspaper Since 1935

Clara Che '19 fights for the ball against a Marquette University player during Sunday's Senior Game.

Demons 24-19. The Friars were able to stay within five points at the start of the fourth quarter before the Blue Demons used a 12-0 run to gain a comfortable lead, ultimately leading to their 76-61 victory over the Friars.

For the first time this season, the Friars were defeated after they outrebounded their opponent (31-30). A lot of the Friars' troubles came at the hands of the Blue Demons defense, which forced 23 turnovers and allowed them to score 34 points. Nogic led the Friars with 17 points.

After the game, Head Coach Jim Crowley said, "Too many turnovers and fouls in the second quarter. A great third quarter, we gave ourselves a chance, and then again it's too many turnovers." Crowley credited DePaul's defense, stating, "They're good enough without giving any possessions away, and we just gave them way too many."

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Nutrition 101

Raymond Dining Hall Hosts Upcoming Nutrition Classes

by Max Waite '21 News Staff

NEWS

ON CAMPUS

After spring break, Providence College students can look forward to new health and nutrition classes being taught in Raymond Dining Hall.

Samantha Therrien, a manager and dietician at Ray with a master's degree in nutrition, has always wanted to provide an informative opportunity for students to learn about tasty nutritious options that they can incorporate into their diets. So, when an old professor from Framingham State University reached out to her with an idea for someone to come teach nutrition classes at the College, Therrien was immediately intrigued. Therrien stated that the PC student body would serve as the "audience for our own unique lesson plan."

The instructor of the upcoming classes is Tanisha Amaral, a graduate student studying nutrition and education at Framingham State University.

Recently, Therrien and Amaral have collaborated in order to create lesson plans that are unique and fit well within our community. According to Therrien, these nutrition classes will be provided part-time, for they are serving as a "trial-run" in the development process.

There are three upcoming classes for students to attend within the next month. Students will be allowed to attend these classes without using a meal swipe, and healthy snacks will be provided for the attendees.

The first class will be held on Tuesday, March 19 at 3:30 p.m. The main topics to be covered are how to replace high fat or high calorie foods with more nutritious options, a discussion on healthy versus unhealthy fats, and how to properly read food labels.

The second class will be held on Friday, March 29 at 3:30 p.m. This session will discuss the process

of choosing nutritious foods whether you are in the dining hall or enjoying a nice meal from any of the amazing restaurants throughout Providence.

This class will also go into detail on how to incorporate fruits, vegetables, protein, and other ingredients into a delicious, yet healthy meal. Ultimately, this class will be all about general healthy eating and making good, nutritious choices wherever you are.

The third class will be next month on Tuesday, April 2 at 3:30 p.m. Though the specifics of this class have not been planned out just yet, it will go over how to prepare healthy options on your own, whether you are home or in your dorm room.

These events are particularly great for students with kitchens, as it will provide them with new ideas for meals to prepare. They will also certainly aid students who enjoy fitness, but do not necessarily know how to properly incorporate nutrition into their daily lives.

Michael Havens '21 is excited for the upcoming classes, as he believes that he will learn a lot about how to improve his diet. "I've been trying to go to the fitness center whenever I can, but at the end of the day, I feel like I'm not making any progress because of my eating habits. Hopefully after attending these classes, I can learn how to restrain my urges to eat junk food and lean more towards healthy options."

Therrien hopes to have these classes continue into the fall semester. In addition to the classes, Therrien is interested in possibly setting up tables at the dining hall with different healthy snacks displayed for students to try. This way, students can learn about the benefits of the ingredients which they are eating, and perhaps incorporate these nutritious ingredients into their own diet.

Posters promoting these new nutrition classes will be put up throughout the dining hall in the near future, and students are encouraged to sign up for these classes by contacting Samantha Therrien at samantha.therrien@sodexo.com.



Students can learn how to create a healthy meal through classes at Ray Dining Hall.

PHOTO COURTESY OF PEXELS.COM

BOP Hosts Black & White Ball

A Night to Remember for the Whole PC Community

by Julia Acquavita '22 News Staff

ON CAMPUS



LAURA CHADBOURNE '20/THECOW

Friars dance the night away at annual Black & White Ball.

This past weekend on Friday, March 1, Providence College's Board of Programmers (BOP) hosted their third annual Black & White Ball in the Peterson Recreation Center. According to BOP, over 2,700 tickets were sold in anticipation for this special night. Students from all grades were represented as they danced the night away in black and white dresses and suits.

Immediately when walking in, the monochrome decorations noticeably stood out.

Whether it was black and white chairs, tables, sofas, or simply the black runway situated near the entrance, all the decorations added to the lively atmosphere. Also, the chairs and sofas served as the ideal places to sit and relax with friends when taking a break from the dance floor.

Peterson was filled with energetic music from the band "East Coast Soul." This band performed several well-known covers of popular songs, such as "Party in the USA" and "Mo Bamba," encouraging students to get on their feet and dance.

At one point, Elizabeth Carlson '22 claimed, "I had to take my heels off because I was dancing for so long and my feet were in so much pain!" Carlson was not the only student who decided to relieve themselves of pain by tossing their shoes to the side.

Another popular hit throughout the night were the unique varieties of food available for the taking. The food consisted of a table full of tortilla chips, artichoke dip, chicken kabobs, and sliders. These finger foods were certainly a crowd favorite, since almost every time I went to go grab a snack, the food was continually being replenished.

They served as the perfect energizer for students taking a break from dancing; all they needed was a quick handful of chips for fuel and then seconds later they rejoined the mosh pit of students in the center.

Overall, the night was one to remember for PC students of all ages and, due to its success in ticket sales and attendance, Black & White Ball will hopefully be an event to look forward to next year.

Who Run the World? Girls.

PC Clubs Celebrate Women's Week

Women's Week:

Continued from front page

Several discussion-based events were also planned for Women's Week. The Women's Studies Program will be sponsoring "Gender, Intersectionality, and Politics," a discussion led by Dr. Abigail Brooks, the director of Women's Studies. Silva describes this program, as "an informal and engaging dialogue on the 2018 midterm elections and the 2020 presidential election through an intersectional and gendered lens.'

Also planned is the Board of Progammers (BOP) sponsored event "Women Undefined," which Silva describes as "an open mic night of poetry and singing in McPhail's."

Women Will sponsored and planned an event for March 7 called "Girls Just Want to Have Fun Dance," a fun and lighthearted dance party held in Moore Hall.

These events, along with several others, display the equality found among different clubs and organizations collaborating to celebrate Women's Week. The real meaning of International Women's Day is not lost in these events; rather, Silva hopes that they will work to shine a light on this meaning.

The goal of Women's Week at PC, according to Silva, is to "open up and continue conversations on campus about intersectional feminism, women's rights, and the continued need to celebrate International Women's Day."

She also stressed the importance of collaboration on the week's events, explaining the PC Democrats' desire to make sure that different voices were heard on gendered issues throughout the week. Having different clubs and organizations propose and co-sponsor these events shows the diversity of interest in women's issues on campus.

Women's Week also fits into a wider context. Silva explains, "With the increasing attention the #MeToo movement is creating, we felt it was important to highlight the successes of it but also the work that still needs to be done. 2018 was a monumental year for women being elected to political office, which is a success, but college campuses are still places where women, trans*, and non-binary students are still facing challenges regarding sexual harassment and assault. Therein lies why we think this week needs to fit into Providence College's campus culture, as well as college campuses everywhere."

Currently, the #MeToo Movement and modern American politics have put a spotlight on women's issues. The events of Women's Week fit into this global context and into the context of

other college campuses nationwide.

Students interested in involvement with the PC Democrats, Silva says, should contact their secretary Hannah Bone '20 (hbone@friars. providence.edu) to be added to the email list. If students have an interest in getting involved with the Women's Studies program, or with any of the other clubs and organizations involved with Women's Week, the best way to do so is by contacting their presidents or directors and coming to their events.

Women's Week is a true celebration of International Women's Day at PC. Collaboration between different clubs and organizations provides a diverse and well-rounded view on women's issues and allow these issues to truly fit into a national and global setting.



Female Friars are showcased in Slavin Center during Women's Week.

Going Green One Step at a Time PC Begins Energy Conservation Initiative

by Kyle Burgess '21 Assistant News Editor

ON CAMPUS

In a letter addressed to the Providence College community last month, Father Brian J. Shanley, O.P., detailed several strides the College has made in keeping with its social responsibility to reduce energy consumption on campus

College's participation in energy conservation projects taken up with next year.

the National Grid over the past two years, totaling up to \$1 million in spending for more efficient lighting. This investment will see a reduction in electricity usage from five to eight percent, saving the College hundreds of thousands of dollars in the long

Additionally, PC's participation in a different program allows energy to be drawn from "remotely located" solar farms. This second program will eventually provide renewable In particular, he highlighted the power that will cover 80 percent of the College's energy usage starting

These developments combined with the formation of a campus-wide Sustainability Committee as part of the College's new Strategic Plan. The committee itself is the result of an ongoing effort made by students and faculty members to establish a body to deal with matters such as energy consumption at PC.

Previous efforts made by the College in curtailing its impact on the environment include water management, recycling combined with the reduction in trash accumulation, and improvements on

mechanicals and building systems as well as the natural environment on

PC has been acknowledged for its dedication to these fields with awards such as the Save the Bay Institutional Award for its advancements in runoff management, and its program has been modeled by the federal Environmental Protection Agency and Rhode Island Department of Environmental Management.

Other changes made to help reduce our impact on the environment include the replacing of PC's energy boilers and air exchange traps on campus, as well as using cleaner primary and backup fuels.

Senior Vice President for Finance and Business and Chief Financial Officer John Sweeney has claimed that these efforts will lower the cost of school operations and lessen the impact that the College has on the local environment.

"We all need to think about our own personal impact on the world around us," Sweeney explained. He invited PC community members to ask questions about how we can improve this aspect of our lives, such as "How can I use less energy? Can I shop local? Is there a way I can reduce the impact of my packaging of online orders?"

To Sweeney, everyone is capable of doing their part regardless of how small it may seem in comparison to the College's newest efforts.



PHOTO COURTESY OF PEXELS.COM

Recent conservation efforts by Providence College aim to help mitigate energy consumption on campus.

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Getting a Better Sense of Sales in Marketing PC Business School Hosts Sales Showcase

by Matthew Mazzella '20 News Staff

ON CAMPUS

On Feb. 27, Providence College hosted its first ever Sales Showcase in the Arthur F. and Patricia Ryan Center for Business Studies.

Dr. Ronald Jelinek, associate professor of marketing, organized the event so PC students could start making professional connections, especially for students interested in sales. The participating companies included 3BL Media, Dell EMC, EverQuote, Toast, HubSpot, Western Digital, CyberArk, and Oracle NetSuite.

Jelinek credits the close connection with former sales students as well as strong industry ties for the success of the inaugural event.

The event had a massive turnout and exceeded all expectations. In total, 150 students pre-registered for the event, and many more showed up at the door to learn more about what was being offered on campus.

When he first arrived at PC in 2005, Jelinek's mission was to improve the sales curriculum, and he has done just that during his time in Friartown.

Jelinek stated "When I arrived, the department did not have any sales courses regularly-offered and few students were graduating with the goal of pursuing a career in professional selling. I set out to develop two business-to-business (b2b) sales courses—MKT 310 (Personal Selling) and MKT 311 (Sales Management)—when I arrived here. Each of these courses were first offered just once per academic year,



PC students were able to nurture business connections at Sales Showcase.

PHOTO COURTESY OF PEXELS.COM

but as interest in and student demand for the courses grew, the marketing department gradually increased the number of sections offered. We now graduate 80-90 students per year who have taken at least one of the two sales courses, and many of these students go on to pursue careers in

Ryan Gallahue '20 believed the event was a huge success and provided him with opportunities and connections that can really help him down the road.

Gallahue said, "It was really helpful to have another opportunity to meet employers on campus. It gave me a better sense of what I want to do in the future, especially by

participating in the open forum held by sales alumni. I made some really strong connections here and gained great professional advice, and I hope that it could lead to a job opportunity in the future."

Jelinek is excited for the future after seeing all the success from this program. He believes "building upon our College's commitment to transform lives, develop minds and souls and motivate a quest for truth, our sales program provides an opportunity for graduates to stand for integrity and virtue and sell for success. Today's world needs this and companies which have recruited from us for years have long-understood this: we generate grads who know the sales process really well, but there is something else in our secret sauce. The showcase gave these eight new organizations a glimpse of that. Friars are different, and that is the way we like it."

The marketing department at the college believes this is a step in the right direction in terms of not only enhancing student-alumni relations, but also in building upon the career education that takes place on campus.

are never enough opportunities that can be given to college students looking for career advice and job offerings, and the Sales Showcase is another way for Friars to get their feet in the doors and help enhance their career paths.

Featured Friar: Graham Collopy '21

Students Create New Sports Business Organization

by Brian Garvey '20 News Staff

FEATURED FRIARS

Graham Collopy '21 has always had a passion for all things sports. One of the reasons he chose Providence College was because he had always wanted to go to a Division I school and become involved in supporting strong athletic programs.

Collopy, who has gravitated towards the mental and statistical side of sports, said, "As I got older my interests in sports became centered around the mental side of the game and what goes into ensuring that athletes are reaching

peak performance states." Collopy has also become more interested in how statistics impact performance. "Ever since a couple years back I have taken interest in the sabermetrics of sports," said Collopy. He is hoping to become a sports psychologist, allowing him to be involved in science and pursue his passion for sports.

Collopy is part of a new club on campus called the Sports Business Organization. He, along with fellow club board members Owen Juros '20, Julia Crowley '20, Jasmine Gaudreau '20, and Joe Haughey '20, recognized there was not really a place on campus for those interested in the

sports industry. "We saw the need on campus for a club that would be able to provide networking opportunities for students interested in working in the sports industry down the road."

Collopy feels this club can be the link between students interested in pursuing sports-related careers with professionals who have already worked in the field.

"Although the Career provides students the chance to connect with employers, sports businesses and professionals are largely not represented at these events," he commented.

Recognizing the need for this group at PC, Collopy and the other executives have worked tirelessly to create this avenue for people to explore future careers.

The organization has five to six guest speakers per semester who have worked in a variety of careers in sports, allowing students to hear personal stories, as well as advice about the field they are passionate

"This semester we have current PC Athletic Director Bob Driscoll, the Athletic Communications Assistant at Brown Kelsey Chepiga, Athletic Video Director at PC Nick Rojas, and Assistant Men's Basketball Coach Jeff Battle all speaking at some point. We will also be holding a résumé building session with the Career Center at some point later in the semester," said Collopy.

Having such experienced and wellknown speakers will undoubtedly have a very positive impact not only on the renown of the organization, but also on the students who learn from them.

One of the aspects of the passionate about is that it is not strictly a business group. "Although our club is called sports 'business' organization, the club is open to all

majors. We encourage those who are interested in going into athletic training, sports medicine, sports media, and other non-business oriented athletic careers to join our club, just as much as we do those who are interested in sports marketing, management, and finance as well."

The sports field is a massive organization that Collopy is really industry, and students of all majors are encouraged to get involved. Anyone interested in the Sports Business Organization should reach out to Collopy or any other members.



Collopy always knew his passions would help shape his career path.

Bursting the PC Bubble

Trump Visits South Korea for Summit with Kim Jong-Un

by Kelly Martella '21 News Staff

WORLD NEWS

On Feb. 27, United States President Donald Trump and Chairman Kim Jong-un of the Democratic People's Republic of North Korea met for a summit in Hanoi, Vietnam. This was the second meeting between the two leaders following the historic Singapore Summit in June 2018.

The first meeting marked a new relationship between the countries as Trump and Kim agreed to work towards peaceful relations, including denuclearization and security protections. However, the recent Hanoi Summit did not end on such positive terms.

The summit abruptly ended on Feb. 28, after both sides failed to reach an agreement on denuclearization. Trump cited sanctions as the issue of contention; however, North Korea's Foreign Minister Ri Yong Ho claimed his country was willing to compromise on the issue.

Despite the contradicting reports, Trump insists that there is no hostility between himself and Kim, calling the departure "very friendly." Trump further believes the summit was a productive step forward for United States-North Korea relations, tweeting on March 1, "We had very substantive negotiations with Kim Jong-Un—we know what they want and they know what we must have."

Although no policy changes were made, the meeting still made headlines. One of the most noteworthy moments was Trump's comments about Otto Warmbier-the college student who died in 2017 after being held in North Korean custody for attempted theft.

Trump, who was instrumental in Warmbier's return to the United States, seemed to divert from authorities. He said on Feb. 27, "I believe something very bad happened to him. I don't think leadership knew about it."

The comment was met with criticism from both Republicans and Democrats, many of whom blame Kim for his involvement in the 22-year-old's death.

Warmbier's family also expressed frustration with the President's moderate tone and reiterated that they hold the regime responsible.

Upon his return to the U.S., Trump attempted to clarify his comment within the context of the summit.

his originally harsh stance on the North Korean He called it a "very delicate balance," adding that "in one way I have to negotiate and the way I love Mr. and Mrs. Warmbier and I love Otto." Secretary of State Mike Pompeo, who accompanied the President to the summit, also clarified to the press that "the North Korean regime is responsible."

There are currently no plans in place for a future meeting, but neither country has ruled out the potential for another summit. Summing up his stance and future possibilities, President Trump tweeted, "relationship [with Kim Jong Un] very good, let's see what happens!"



President Trump and Chairman Kim conduct "very friendly" negotiations.





Congress Updates

by Margaret Mahoney '21 Student Congress Publicity

CONGRESS

Chuck Haberle, assistant vice beneficial for freshmen, who are still president for Academic Facilities and Technology Planning, presented the calendars for the 2020-2021 and 2021-2022 academic years to congress.

Haberle discussed the benefits and drawbacks that accompany starting after Labor Day, in contrast to the past several academic years, which have started before Labor Day.

In planning the schedule, Haberle stated that the College needs to have 15 weeks of academic instruction per semester. PC currently has 14 weeks of classes and a week of exams every

Mr. Haberle discussed student interest in a longer Columbus Day break, which could be especially adjusting to college life.

Following this presentation, the executive board of the Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SANCAS) presented to congress. SANCAS is a national organization that works to foster the success of underrepresented groups in STEM. This club would be a PC chapter of the national SACNAS organization.

The executive board emphasizes that this club would provide valuable opportunities, such as access to conferences, and would be open to students from all majors. Student Congress will vote on this club at the next meeting.







Senior Week Ticket Sales are the week of April 8th Senior Cap & Gown Day is April 2nd

- Check CyberFriar for holds
- Check your Friar e-mail for Student Loan notices regarding your federal loan exit requirements
- Contact the Bursar's Office if you owe a balance

Remember:

Outstanding indebtedness to the College will result in a financial hold being placed on a student's account. This prevents a student from registering, making a housing deposit, or receiving a degree, grade reports, transcript, or letter of recommendation. Seniors with outstanding indebtedness or incomplete federal loan exit requirements will be unable to receive a cap & gown and participate in Commencement activities. Don't let this be you!

> Bursar's Office - Harkins Hall Room 400 401.865.2284 bursar@providence.edu

'What Crazy Can Do:' Women's Month at PC

by Savannah Plaisted '21 Opinion Staff

CAMPUS

The month of March marks the beginning of a nationwide celebration of women in order to properly recognize the countless contributions they have made to society.

Companies like Nike and Gillette coming out with brilliant ads depicting the ways in which women have accomplished great feats and methods with which society can combat toxic masculinity,. Providence College is also contributing to this celebration through hosting its own number of

events to recognize the contributions of women. The very fact that these events are coming up should serve as a reminder that PC itself could use a few lessons on what it truly means to empower women, and how to battle a climate of toxic masculinity that exists on this campus.

Nike's ad references the stereotypes typically associated with women, such as being "too emotional" or "crazy," and how countless women in sports have broken the boundaries of what was expected of them-setting records and breaking the norms set by men in sports. The advertisement is extremely powerful and moving; it reminds women that no matter the feedback they receive as they work to break glass ceilings, they must keep moving forward.

Similarly, Gillette's ad regarding the issue of toxic masculinity received severe critique and resulted in an explosion on social media of men throwing out their Gillette razors in disgust.

This reaction may seem rather confusing to someone that is conscious of toxic masculinity and refers to certain behaviors by men as such. This



response would seem confusing given the fact that the ad clearly states, "We believe in the best in men.'

The ad was meant to empower men, and encourage them to uphold acceptable standards of how to act in a society that maintains a strong prevalence of sexual assault and harassment.

The ad attempts to provide insight into the completely invalid excuse that has become a hallmark of American society, "boys will be boys."

Progressive members of society have now reached a point in which this phrase is altered into a state that is more socially acceptable—that, "Boys will be held accountable for their actions."

On PC's campus, one can see how these types of ideals regarding how men are "supposed" to act in a college setting can be extremely harmful, not only to a man's mental state, but also to any women that come to be associated with such men.

Credit is due to PC for sponsoring events to inspire women during this coming month; however, there is still a lot of work to be done on

These events include, but are not limited to a "Discussion on Women, Politics, and the 2020 Election" and a "Girls Just Wanna Have Fun Dance." One can of course appreciate these events; however, they only serve to empower women for a mere week and will become old news by the end of spring break.

The club Women Will held an event last semester to serve as a safe forum for survivors and victims of sexual assault or harassment to share their stories. This event resulted in a number of people coming forward to speak about their experiences with these isues on campus, and how little PC was able to offer them.

The College itself must battle toxic masculinity by eliminating stereotypes of how men are to act and dress on this campus, as well as the prevalence of peer pressure in social situations.

Not only could PC extend their Student Health Center hours so as to provide care for anyone that experiences sexual assault, which is more likely to occur in late night party settings, but the College could also ensure a teaching of the concepts of toxic masculinity and how detrimental they have been to our society, through the core curriculum required of students.

Alumni and Family Weekend Separate the Events, Not PC Families

by Marie Sweeney '20 Opinion Staff

CAMPUS

In recent years, Providence College has combined Alumni Weekend and Family Weekend into a single weekend filled with several different events and activities for the visiting alumni and parents.

Although this seems like an efficient and fun way to couple the two events, it comes with a plethora of issues which has led the school to separate them once again.

This positive change will benefit alumni, families, and students by creating more focused and less overwhelming weekends for all to look forward to.

Starting next semester, the College will host a Homecoming Weekend sometime in the fall for alumni to return to campus and attend several fun and enlightening events about what is happening on campus. They will also have a chance to interact with fellow alumni. This is important in order to focus on strengthening and improving alumni relations for PC, which will benefit recent graduates, as well as the entire student body.

The College, as always, will host Family Weekend in the spring specifically for students to see their families and enjoy several exciting events such as basketball and hockey games, campus tours, student performances, and more.

By separating these two weekends, the school not only offers more events for students to enjoy but also allows PC and coordinators of events to focus their attention further on the guests that will be attending.

In past years, the combined weekend has caused congestion on campus with various events and programs that can be overwhelming for both the attendees and organizers of these events. Not only that, but the city of Providence also becomes packed with so many people that finding restaurant and hotel reservations becomes a difficult task for visitors. Sports games easily sell out and even popular meet up places like McPhail's or The Abbey on Admiral Street reach full capacity, causing frustration for many people.

The combined weekend also has caused conflict for parents who are alumni themselves as they try to balance spending time with their fellow classmates and also with their sons and daughters who are students.

Along with that, alumni who do not have children studying at PC may not want to attend the weekend so that they do not intrude on family gettogethers.

Legacy student Sarah Kerrigan '20 said, "Being an alumnus and a PC parent, my dad often finds Alumni Family Weekend to be pretty overwhelming and often struggles balancing seeing his classmates who he hasn't seen in years and also spending time with my family and me. I think he'll be thrilled to hear that they are separating the weekends. He could use any excuse to come visit

With this new change, PC is facilitating easier and more focused weekends that will benefit attendees as well as students by bringing excitement to campus and more events to look forward to.

This will also benefit campus organizations, such as Student Alumni Association, Board of Programmers, Student Affairs, and more, who

attempt in every way possible to get alumni and parents involved in their

Now that the weekends will be separated, it gives clubs and organizations on campus more time slots and chances to voice their purpose and provide fun and interactive events for attendees.

Overall, this beneficial change allows these two very important events to be more focused and specified to their respective attendees, which is just another way to make PC Friars Club, Board of Multicultural an exciting and lively place to be all year round.



Family Weekend is a great way to connect with other PC families, but it also conflicts with Alumni Weekend.

Consider a Customer Service Job This Summer

by Kelly Wheeler '21 Opinion Staff

SOCIETY

It is that time of year again when students on campus are scrambling to secure an intern position for the summer. Although internships can provide students with invaluable work experience, some students—especially underclassmen—should consider finding a customer service job for the summer break, instead.

Whether it be in the food service or retail industry, customer service jobs are a rite of passage that all college students should experience before entering into the professional world.

Customer service jobs can provide countless transferable skills. For starters, these jobs typically require you to work in a team environment. Consequently, your ability to cooperate with and solve problems alongside different types of people can often be greatly enhanced.

Future employers typically look for their candidates to have experience with teamwork, and after working a customer service job you will be able to provide numerous examples of times when you were an effective group member.

Additionally, customer service jobs can help you develop your verbal communication skills. These jobs require you to have conversations with both customers and coworkers every single shift, so you will become more confident when speaking to new people. Customer service jobs teach you the basics of human interaction, and this will come in handy not only in



Working in McPhail's, like Abbie Cavalier '22, is one example of a customer service job on campus.

LAURA CHADBOURNE '20/THE COWL

your future jobs, but in your life in general.

Customer service jobs can also teach you how to deal with difficult people. It is inevitable that you will have to appease dissatisfied customers when working a customer service job. Although dealing with unhappy customers can be an unpleasant task, doing so will strengthen your conflict resolution skills.

You may learn how to better empathize with people, how to be accountable for your mistakes, and how to maintain your composure in stressful situations. These jobs require you to have the mindset that "the customer is always right," and having this attitude ingrained in your

mind will make you a more mature and well-disposed individual.

Not only can these jobs teach you how to deal with difficult customers, but they can also prevent you from becoming a difficult customer yourself. We interact with customer service workers daily when checking out at CVS or ordering at Dunkin'. By seeing what it is like to be on the other side of these exchanges, you will better understand all the work that goes on behind the scenes. As a result, you will likely be a more respectful and patient customer.

It is important for everyone to gain an appreciation for customer service workers, and the best way to do that is to put ourselves in their shoes at some point in our lives. As Providence College students, our college degrees will provide opportunities that many people in the U.S. do not have access to. Many customer service workers receive wages that are not sufficient, forcing them to work several jobs in order to get by. Understanding this is crucial, as it reveals how fortunate you are to receive a college education and will hopefully inspire you to be a better customer when interacting with customer service workers.

Although customer service jobs may not always be the highest paying or most desirable option, it is important that all college students work one at least once in their lives to develop foundational skills and gain a new perspective.

The Final Countdown

Seniors Scramble to Make Their Last Memories in Friartown

by Bridget Blain '19 Opinion Staff

CAMPUS

As the semester gets to the stressful point of looming midterms and spring break right around the corner, it is easy to get caught up in the day-to-day monotony of classes and homework. Instead of spending time with friends, most students find that their days and nights are spent in the library or cooped up in their rooms writing papers and applying for jobs. Reaching the midway point of the semester can often coincide with a decrease in productivity or motivation for many students, and campus events can be a great way for students to take a break, even if it is just for a night. Although academics should be every college student's first priority, it is also important to spend quality time with friends and take a night off from the daily stresses of being a student.

This past weekend, students had the opportunity to take the night off and celebrate being a Providence College student at the Black & White Ball. The Black & White Ball is a bit different than other dances because it is open to all students and essentially turns the Peterson Recreation Center into a ballroom, complete with a live band, food and drink bars, and a dance floor. The Black & White Ball is always a popular event as it allows students to get dressed up and dedicate a night to spending time with the entire student body. Seeing Peterson transformed into a beautifully decorated ballroom and getting to see thousands of PC students come together is the perfect way to get out of the mid-semester slump that so many students find themselves in.

To continue the celebrations last weekend, McPhail's hosted a Senior Night for the Class of 2019. Coming off the success of the first Senior Night that McPhail's hosted in February, members of the senior class were given another opportunity to spend time together as a class. As the semester continues, there will be less opportunities for seniors to spend time with their entire class. The Senior Nights in McPhail's are the perfect way for seniors to unwind and catch up with each other. Senior Nights are also a convenient and fun way to spend time on campus, as McPhail's is a familiar place that virtually all students can access.

While Senior Ring Weekend and Commencement are the main events for the senior class, the smaller events like the Senior Nights held in McPhail's are

often just as special and fun.

While all students benefit from celebrations such as Black & White Ball, these events are particularly special for seniors who are feeling the pressure of graduation day getting closer. Once spring break comes and goes, students will really start to feel the pressures of studying for finals and finding summer employment, and the semester will be over before we know it. It is important for students to remember how beneficial it is to take a break from studying every now and then to spend time with friends and fellow classmates at events such as Black & White Ball and Senior Nights. Your four years at PC will be over before you know it, and these are the memories you will want to hold on to after you graduate.



PHOTO COURTESY OF FLICK

Sophie Palopoli '19, Luiza Alves '19, and Katherine Agugliaro '19 at the first Black & White Ball in 2017.

Providence College's Student-Run Newspaper Since 1935

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Providence College: Our Slice of the World



by Taylor Godfrey '19 Editor-in-Chief

EDITOR'S COLUMN

As we move past midterms and into spring break, as sad as it is to say for many seniors like myself, our time at Providence College is coming to a close. We have seen a lot of change in our four years, from the huge physical changes on campus to this past class year being the largest and most diverse in the history of the College. While there have been huge changes and improvements on campus, there is still work to be done to make PC the best that it can be.

This week, The Cowl features articles on how people at PC now are actively working to make campus a better place. Many clubs across campus, including Board of Programmers, PC Democrats, Student Congress, and more, are co-sponsoring events to celebrate International Women's Day this week. These events not only recognize important women on campus, but raise awareness and create discussion about issues that women face both at PC and bevond. Events like this are a good start, but as the campus climate surveys have revealed, there is still much work to be done to ensure that every woman on campus feels safe and respected.

The news section features a story on the measures PC has taken to be more environmentally friendly. The campus has worked to conserve energy and to use more sustainable sources of energy, such as solar farms. However, there is still no option to compost on campus and little incentive for students to recycle or conserve energy on a regular basis. Again, progress has been made, but there is still more to do.

In the past year, there have been marches for sexual assault survivors, conversations opened up on the community Dialogue Inclusion Democracy wall in Feinstein Academic Center, forums held about privilege and race relations, events held for the Trans Day of Remembrance, and SHEPARD's "No H8" photoshoot to remind people to be accepting of others, to name a few. People on this campus are passionate about issues that face the members of our community and they are willing to work to make campus a more inclusive and accepting place.

All of these events are good starts and are doing important work, but none of them are the end of the line. For both the current members of the community as well as the future Friars that will come after us, we must continue to put in the effort. PC may not be the entire world, but for four years, it is our slice of the world, and it is up to us to make it the best that we can.

TANGENTS & TIRADES

You're Never Alone in Friartown

Midterm week is over, and all of the stress that came with it will be long gone in just a few short days when we're on spring break. However, this past midterm week will be one that I will never forget.

On Monday of midterm week, it was windy. To call it wind is an understatement, as it was more like a series of repeatedly long gusts of wind.

I had just walked out of my English class and was on my way to my fourth and last class of the day, DWC. Our midterm was this day and although I felt prepared, I decided to carry my folder with me, so I could look some stuff over on the way to Ruane. It was windier than ever the second I stepped out of Harkins. I remember it being hard to walk, as it felt like I was about to get blown away. Before I could think about what was happening, a huge gust of wind came and took my folder with it. My papers and all the contents of my folder went 20 feet up in the air, everything flying in all different directions. I was in shock and in a rush to get to my midterm so I was just going to let my papers be lost.

Instead, everyone that saw my catastrophe helped pick up all of the papers they could see. I was so grateful for all the random acts of kindness and it really shows that you are never alone in Friartown.

—Katherine Belbusti '22

Pizza

Without a doubt, pizza has an unparalleled overbearing presence on the Providence College campus. Almost every activity or extracurricular function opts to serve pizza at their events. Such a decision is not only terribly unoriginal and boring but also poses an issue for those students who may have gluten or lactose sensitivities.

While pizza is often thought to be a universally accessible food, it contains two elements which prove problematic. The first is the dough, which typically contains gluten, and the second is the cheese, a clear dairy product. When it comes down to it, two-thirds of the basic elements to a pizza can easily exclude a number of individuals.

Pizza is also provided excessively here on campus, with its presence at numerous extracurricular events. Sure it can be enjoyable the first five times, but it loses its appeal shortly thereafter. Options from chains such as Wendy's or even Chick-fil-A are far more appetizing choices and would introduce more options for those who have dietary restrictions while still maintaining a low price point.

Although these concerns about pizza are not the most pressing issue on campus, taking these small details into account will go a long way in increasing the participation in campus events, and, in the bigger picture, to building a stronger sense of community on campus.

—Joshua Chlebowski '21



Passing on the | Stop Judging: Learn to Promote Empathy

The contemporary young adult population presents a disheartening deficit in empathy.

At Providence College alone, during a walk around campus may overhear innumerable conversations, many of which would include superficialobservations about the conversers' peers—perhaps a girl's "bad spray tan" or someone in their class's stuttered seminar contribution, or someone who "hooked up" with someone else who was "way out of" said individual's league.

While these might seem like petty, insignificant remarks, they expose the thought processes of this generation and the superficialities that blind modern young adults from truly knowing one another.

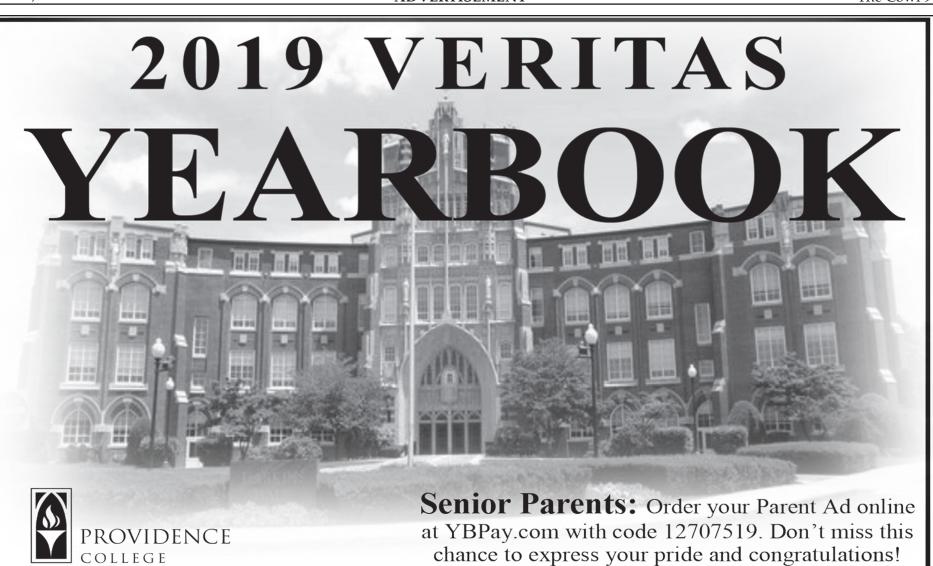
These excessively superficial attitudes can likely be attributed to social media platforms—the largest culprit being

As contemporary youths have grown obsessed with capturing the perfect Instagram picture in order to achieve the maximum number of likes, they have also acquired the proclivity to assert shallow judgements of their peers in the real world in the same way they scrutinize an individual's Instagram profile.

In order to correct our society's present deficit in empathy, we must identify our superficial judgement proclivities and remember that in actuality there is very little one can truly know about an individual solely based upon the clothes they wear or their instagram posts.

That said, promoting this social change may be simpler than it seems if each of us, before vocalizing that snap judgement about "that girl or guy" in our DWC seminar, ask ourselves: "What do I know about this person that isn't skin deep?"

—Alyssa Cohen '21



Looking forward to looking back!

The Providence College yearbook committee is pleased to announce the 2019 VERITAS yearbook, bursting with photos, student portraits, activities, and highlights of the school year. The smiles and memories of your student's year will be remembered forever in the yearbook. Be sure to order the 2019 VERITAS Yearbook now, so your student can have a book that captures forever the special events of this year.

Visit YBPay.com with code 12707519 to order.

Senior Parents: Order your Parent Ad online at YBPay.com with code 12707519. Don't miss this chance to express your pride and congratulations!

A limited number of yearbooks will be made available this year. Don't miss out!

Lifetouch.

PC & PwC 9th Annual Community Service Day-St. Mary's Home for Children April 27, 2019

pwc





Where: St. Mary's Home for Children

Time: 8:00 am – 3:00 pm

Please contact the Accounting Association if interested in participating

Megan Stefanskimstefan1@friars.providence.edu



Shea Hassett-Shasset3@friars.providence.edu



The Dept. of Theatre, Dance & Film presents the 6th Annual:





Last Week's Answers

Across

- 1. PC Dems
- 4. Pep Band
- 6. Veritas
- 8. Best Buddies
- 12. Board of

Programmers

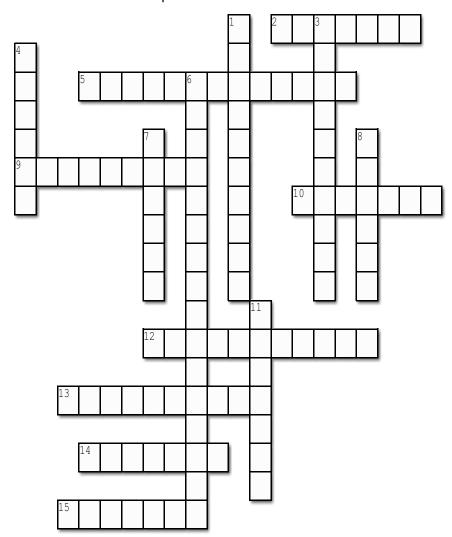
- 15. A Capella
- 16. Shepard
- 18. Chess Club

Down

- 2. Six Gents
- 3. IAB
- 5. PC Republicans
- 7. WDOMFM
- 9. SAA
- 10. Dance Club
- 11. Friars Club
- 13. Jazz Club
- 14.The Cowl
- 17. PCTV

Spring Break Destinations

Complete the crossword below



Across

- **2.** If you like cream-colored beaches and reggae music, this place is the place for you!
- **5.** This place is really only known for its famous 'Arch of Cabo' Rock.
- **9.** You can catch PC's Class of 2019 next week soaking up the sun and chugging lots of...water.
- **10.** When here, you will always a Jimmy Buffet song in the distance.
- 12. 'The Happiest Place on Earth'
- **13.** Located on the southern tip of Baja California, this Mexican beach destination boasts stunning turquoise waters.
- **14.** Looking for only rain, cold weather, and good ole Guinness (if you are 21+ of course) this is the place for you.
- 15. The Las Vegas of the Caribbean.

Down

- **1.** A prime spot on Florida's Gulf Coast and many consider it the spring break capital of the world.
- **3.** This place is your best bet for a tan in Florida, as it is the warmest spot in the U.S. during the winter.
- **4.** Where you should go to visit your abroad friend.
- **6.** Not into sunshine and paradise? That is okay because this place in Colorado provides some of the best ski slopes in the U.S.
- **7.** The fourteen miles of sand found in this city are actually made of crushed coral, meaning it will naturally cool your feet!
- 8. You will be singing 'Mele Kalikimaka' the whole time you are here!
- **11.** Why go someplace else for spring vacation when you have a couch, a working T.V., and a mom to cook you food at this location?





March 7, 2019



WILLIAM BOZIAN '19/ THE COWL



BRIANNA COLLETTI '21/THE COWL

ABOVE: Students attend Café Con Leche, on Thursday, February 28, a talk series that discusses the Afro-Latinx identity on campus.

BELOW: Jack Dugan '22 catches a pass at the Providence College Men's Hockey game versus Boston University on Feb. 28. The final score was tied 1-1.

BOTTOM RIGHT: Gabriella Ricciardone '21 participates in Board of Programmers' Mardi Gras event in McPhail's. Students were able to enjoy cupcakes, King Cake, Beignets, and Popeyes fries while decorating their own Mardi Gras mask to celebrate the beginning of Lent.



CAMERON VILLARUEL '21/ THE COWL

LEFT: Sara Jean Francois '19 reads poetry at "Herstory," an event hosted by Women Empowered, on Thursday, February 28. This event highlighted various women on campus who have had a meaningful impact.

had a meaningful impact. **BELOW:** Providence College Men's Lacrosse falls 16-17 to Sacred Heart University on March 2. RJ Romeo '20 is seen below craddling the ball down the field.



LILLIE HUNTER '22/ THE COWL



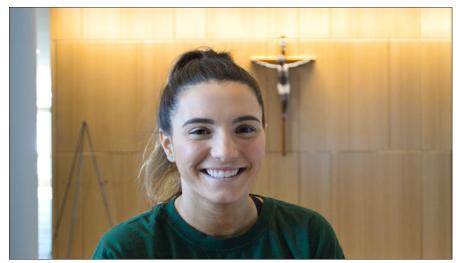
BRIANNA COLLETTI '21/ THE COWL

PROVING PHOTOGRAPHY

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March 7, 2019

If you could go anywhere on vacation, where would you go?



"Australia."
Irini Nikolaidis '20



"Machu Picchu." Caitlin Feighery '20



"Iceland." Nick Lemoine '19



"Bora Bora." Shane Cooney '22



"The Maldives."
Jack Brighenti '20



"Greece and New Zealand."
Will Oser '19 and Rose Shelley '19



"Margaritaville."

-Jimmy Buffett

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March 7, 2019

Read All About It!

Phillips Memorial Library Adds a Bestsellers Collection to Their Shelves

by Sara Conway '21 A&E Co-Editor

ON-CAMPUS

Known for its vast resources for researching and its lack of space during finals, Phillips Memorial Library has added something new to its shelves. Providence College students can now borrow books for pleasurereading from Phillips Memorial Library's Bestsellers Collection.

The Bestsellers Collection includes award-winning and popular titles such as *Becoming* by Michelle Obama, *The Outsider* by the king of horror, Stephen King, and Fire & Blood: 300 Years Before A Game of Thrones, which details the history of the Targaryens of George R.R. Martin's world of Westeros.

For those who want a lighter read, have no fear. The library owns books like Gmorning, Gnight!: Little Pep Talks for Me & You by Lin-Manuel Miranda, the creator of the musical phenomenon, Hamilton. Gmorning, Gnight! is based on Miranda's morning and evening inspirational tweets, which often begin with "Gmorning" or "Gnight." The list of 124 books extends to feature adult fiction, memoirs, selfhelp books, sports autobiographies, translated works, and

If the variety of the selection is not enough, many of the books in the collection are on bestsellers lists. Once The Woman in the Window by A.J. Finn was published, the novel instantly hit the number one spot as a New York Times bestseller. Fellow a lasting impression on readers. bestselling author, King, called Finn's "unputdownable." work

Madeline Miller's second novel, Circe, crafts a quiet narrative around the often-forgotten Titan and the daughter of Helios, god of the sun. A #1 New York Times bestseller and named one of the best books of the year by Time, the Washington Post, and Publishers Weekly, Circe makes

The wildly popular memoir, *Educated* by Tara Westover, makes known the particular strength of narrative accounts. Educated reached #1 on the bestseller lists of the *New York* Times, the Wall Street Journal, and the Boston Globe. Westover also won the Audience Award for Autobiography/ Memoir and was nominated for the

Pen/Jean Stein Book Award for her

powerful memoir on leaving her survivalist family and obtaining her PhD from Cambridge. Every kind of reader can find something that appeals to their personal tastes within the new collection.

So take a break from Development of Western Civilization reading or studying and pick up a book from the Bestsellers Collection to take a break from reality for a little while.



The new Bestsellers Collection in Phillips Memorial Library is located on the main floor near the quiet zone.

SARA CONWAY '21/THE COWL

Green Book Wins Three Oscars Peter Farrelly '79 Triumphs With His Latest Film

by Anne DeLello '20 A&E Staff

FILM

At this year's Oscars there was one standout movie that won in three categories. The categories were Best Supporting Actor, Best Original Screenplay, and Best Picture, and the movie was Green Book.

Green Book tells the story of Don Shirley, an African-American pianist who travels to the deep south to perform music in 1962, during the height of segregation. Shirley enlists Tony Lip, a white Italian man from the Bronx, to drive him on this tour and serve as a bodyguard of sorts. The two men develop an unlikely friendship on their drive through the south, facing racism head on with a comic twist.

The movie was named after The Negro Motorist Green Book, a guidebook used by African American travelers in the south during the Jim Crow era. Truth marries comedy in Green Book, which Vulture describes as a "fact-based, feelgood film" as the film touches on issues of racism in the deep south while remaining witty.

Mahershala Ali won Best Supporting Actor for his role as Don Shirley. This is not his first major acting role, as Ali was on House of Cards for four seasons, and he won his first Oscar for Best Supporting Actor for portraying Juan in the film Moonlight. After his role in Green Book, Ali went on to shoot for the HBO original, True Detective. However, following his Oscar win for Green Book, Ali told The Guardian that he will not be accepting new roles for the time being, claiming that, "You get to the point where you think: 'If I were to accept the next thing I'd be throwing off the balance of my family." Even



The Farrelly Brothers have made 11 films together.

though Ali may not be returning to the big screen for a while, he has left his mark with Green Book.

Another award-winner for Green Book was Peter Farrelly '79 who co-wrote and directed the film. Farrelly accepted the award for Best Original Screenplay as well as the award for Best Picture. Farrelly even gave Rhode Island a shout-out in his acceptance speech.

Farrelly has traditionally stuck to directing raunchy comedies, so this step into the world of drama was a change for him. It was also the first movie that he did not co-direct with his brother, Bobby Farrelly, with whom he directed movies

such as Dumb and Dumber, Me, Myself & Irene, and There's Something About Mary. His success with Green Book, and these Oscars, opens a new door for Farrelly as he moves on in his career.

The film received rave reviews before it won the Oscars. It was initially very well received at the Toronto Film Festival in September. The film has also received consistently high Rotten Tomatoes ratings since its release in November and currently has a 93 percent approval rating.

The film was successful before it won three Oscars, and these Oscar wins have only solidified the fact that Green Book will be enjoyed by many for years to come.

The Creative Capital

Providence Hosts Mumford & Sons at the Dunkin' Donuts Center

by Brigid Walshe '19 A&E Staff

MUSIC

Providence is known as the Creative Capital because of its commitment to the arts, which includes music. As the years have passed, more and more artists have added Providence to their tour schedule, which makes it even easier (and even cheaper) to see your favorite acts. Just this past week, both Mumford & Sons and James Taylor performed at the Dunkin' Donuts Center, where PC students are more used to seeing Coach Cooley and his team than Grammy-winning artists.

Mumford & Sons came to the Dunk as their first stop on the second half of their North American tour with Cat Power, an indie-rock singer from Atlanta, opening. The crowd was filled with people of all ages, who were singing along from start to finish. Mumford & Sons played a mix of old and new songs, pulling from their latest album,

Delta, which the group released last November. The stage was set up in the middle of the floor, and the group had two general admission sections, one on each side of the stage. During the concert, the group switched from side to side. Mumford & Sons also ventured into the crowd multiple times, and they even performed an A cappella version of their song, "Timshel," from their album, Sigh No More, with all four members standing around the microphone in section 232. It was a completely different concert experience than the group's previous tours, and the crowd loved it.

The Dunk has hosted a variety of other artists this past year, including Panic! at the Disco and Thomas Rhett. Many more artists are coming in 2019, such as John Mayer, Michael Bublé, Migos & 21 Savage, and Josh Groban.

on Washington Street. The Strand, previously known as Lupo's Heartbreak Hotel, has welcomed artists like Bastille, Young the Giant, and Walk The Moon over the past couple of years. The Strand is a great venue for up-and-coming artists, too.

There is something special about seeing your

in Providence is The Strand, located downtown favorite artists play in the same building where all of your school's home games are played, and even on the same floor that you may have stormed after a certain PC-Villanova game last year. Keep your eye out for upcoming concerts in Providence, because there will be plenty coming in the future, and you do not want to miss out.



Another popular, more intimate concert venue Mumford & Sons stun audiences with their passionate live performances.

PHOTO COURTESY OF WIKIMEDIA COMMONS

'I'm a Sucker for You' The Jonas Brothers' Comeback Six Years After Their Breakup

by Grace Whitman '22 A&E Staff

MUSIC

S.O.S! On March 1, 2019, the Jonas Brothers reunited for an official comeback as the band released their new single, "Sucker," with a corresponding music video. The song immediately became the No. 1 single on iTunes and the No.1 trending video on YouTube with millions watching at the stroke of midnight.

"Sucker" is the group's first song in six years. It comes after they shocked their fans with the announcement of their breakup in 2013. Three weeks after their public statement, the brothers made an appearance on *Good Morning America* to explain their split to the public. Nick Jonas, who had proposed the breakup, stated, "We feel like we're best suited to do our own individual things, all things we're passionate about, and choose to be brothers first."

The brothers admitted that they had been fighting over just about everything, including where they wanted to take the overall image of the band. Kevin added that "we're family first, and that's always been our main priority." Since the breakup, Joe Jonas began his pop group, DNCE, known for its song, "Cake by the Ocean," Nick began his solo career and released his hit single, "Jealous," and Kevin focused on his family life.

Although Nick was the one who initiated the breakup, he was also the one who suggested getting back together. In an interview with Sirius XM Radio, Nick said, "We started spending a lot of time together and we all kind of felt that there was a magic and there is a magic when we're together that we missed." He continued, "We felt like we wanted to feel that magic again, so we talked about it and after a few conversations and



The Jonas Brothers formed in 2005 and disbanded in 2013.

a bit of healing that needed to be done with us as family, we all came to the decision to do this again." As for the trending "Sucker" music video, the Jonas Brothers took a unique approach as the "J-

Sisters"—Priyanka Chopra Jonas, Sophie Turner, and Danielle Jonas—appear in the video. Danielle and Kevin got married in 2009, while Sophie and Joe announced their engagement in 2017. Priyanka and

Nick were recently married in December of 2018. The video, which was filmed at the Hatfield

PHOTO COURTESY OF WIKIMEDIA COMMONS

House in Hatfield, England, features colorful, sumptuous scenes of the three couples together at a huge estate as the brothers sing about being "suckers" for their love. The song shows a perfect combination of the vibe of DNCE, Nick's solo career, and Kevin bringing so much heart into the music.

As for the future of the newly reformed Jonas Brothers, Joe Jonas shared in an interview with Elvis Duran on the *Morning Show* that the band has 30 to 40 songs, as well as a full studio album already recorded.

Netflix's Abducted In Plain Sight Elicits Fear, Paranoia

by Joshua Carone '22 A&E Staff

FILM

Currently, Netflix has a near monopoly on producing true crime documentaries. From Making a Murderer to The Ted Bundy Tapes, the streaming service has significantly enabled the country's addiction to the horrific and disturbed.

Abducted In Plain Sight takes the addiction a step further. The documentary follows the harrowing story of Jan Broberg and her disappearance at the hands of family friend Robert Berchtold.

Abducted In Plain Sight ticks off all of the boxes of a traditional true crime documentary with a young, innocent victim, a sick, perverted villain, and a family steeped in grief and sorrow.

Directed by Skye Borgman, Abducted In Plain Sight is a tight 90 minutes that has the potential to be a four-part docuseries at its current pace of ratings and audience approval. There are certainly enough subplots and background context to be further explored, and viewers are still questioning the parenting decisions days after finishing the doc.

Without spoiling too much, the man referred to in the documentary as "B" groomed the Idahoresiding Broberg family through exploitation and blackmail, maintaining a ruse that led to two kidnappings and a lifetime of torment.

His methods, combined with specific parenting decisions, have audiences punching walls and taking to Twitter to vent frustration. Even Netflix communicated the anxiety felt while watching its own film, tweeting, "weird how every time I try to write a tweet about Abducted In Plain Sight it just comes out as 'WTF???'"

The film is based on the book written by Mary Ann Broberg, titled Stolen Innocence: The Jan



Jan Broberg was kidnapped by Robert Berchtold, her childhood neighbor and family friend, two times.

PHOTO COURTESY OF NETFLIX

Broberg Story, a tell-all in which Broberg's mother describes her experience with the man called "B."

Borgman recently conducted an interview with Vanity Fair, recounting her own journey with the Broberg family while making the film. She shared a similar reaction while directing the documentary as audiences did while watching it, commenting,

"We spent so much time with them [the Brobergs] on the computer, going through what they had said, and [editing] things together. There were times when the family was just so frustrating to me." Abducted In Plain Sight continues to gain approval and attention, leading Americans further down a path that feeds into their obsession with real monsters.

Stepping Into the Spotlight Producer and Composer Ludwig Göransson's Winning Season

by Peter Keough '20 A&E Staff

MUSIC

Having a name like Ludwig in the music industry is a predetermined invitation for comparison. Sharing this nomenclature with one of the most recognized composers of all time, Ludwig van Beethoven, leaves any other artist with rather large shoes to fill. However, with multiple Grammy and Oscar award wins over the past few weeks, 34-year-old composer and producer, Ludwig Göransson, is certainly making a name for himself.

Born in Sweden, Göransson attended the University of Southern California in the mid-2000s to study film and television scoring. It was during his college years that he made two of the most important connections that would later influence his career. Göransson forged friendships with both Donald Glover, known as Childish Gambino, and fellow USC student, Ryan Coogler.

Göransson's work with Glover helped kick-start his musical career, as he worked closely with the musician to help write and produce almost all of his early work. This includes Gambino's 2010 debut album, Camp, 2013 follow-up Because the Internet, and 2016's critically acclaimed Awaken, My Love! It was his work on this most recent album that earned Göransson first Grammy nominations.

Although these nominations did not secure a win, it would only be two years later that Göransson would begin to garner more than nominations and acclaim. Through his college friendship with Coogler, Göransson was given the chance to begin scoring films which caught the attention of the public. His scores for Coogler's films Fruitvale Station, Creed, and Creed II began to popularize

Göransson in the scoring world. It was not until this past year, however, that Göransson's worlds of composition and producing collided on some of the biggest critical stages in Hollywood. His score for Coogler's cultural phenomenon Black Panther

earned him nominations at the Academy Awards, Golden Globes, and Grammys for Best Original Score and Best Score Soundtrack for Visual Media. This time, Göransson's work netted him not only nominations, but also wins, as he took home the Oscar and Grammy in these categories.

At the same time, Göransson's production on Childish Gambino's omnipresent cultural zeitgeist track, "This Is America," earned the pair Grammy nominations for Record of the Year and Song of the Year. In doing so, Göransson is effectively Winning in each of these categories, Göransson only continued to build on his victorious run this awards season.

When interviewed by Rodney Carmichael of NPR, Göransson was asked about what exactly is garnering his public recognition now as opposed to during his earlier work. He responded by claiming, "We're not doing anything different than we did 10 years ago...We're still doing the same thing. People are just listening to it in a different way." Göransson is simply continuing to work as he always has, bringing his creativity and skill to the projects he works on. solidifying himself as a talent across mediums and as a name to look out for in the future of film and music.



On top of scoring Black Panther, GÖRANSSON ALSO WORKED ON Venom, Creed, AND Creed II.

PHOTO COURTESY OF SPOTIFY

Moving Past the Legacy of 'Take Me to Church' *Hozier Releases New Album*, Wasteland, Baby!

by Julia Vaccarella '20 A&E Staff

MUSIC

Five years ago, Irish singer-songwriter, Andrew Hozier-Byrne released a debut self-titled album. Featuring the prominent track, "Take Me to Church," the album propelled Hozier towards the popularity that he currently holds today in the United States. On March 1, Hozier released his second album, Wasteland, Baby! Wasteland, Baby! consists of 14 songs which

Wasteland, Baby! consists of 14 songs which combine themes of destruction, hopelessness, and cynicism. Hozier finds a way to balance positive and negative emotions throughout the whole album and even within individual songs. Where there are sentiments of pain, those who can relate stand in solidarity with Hozier, and the same holds true for the more positive concepts on the album.

Hozier is generally associated with the alternative style; however, he has continually been praised for integrating other types of music such as jazz and blues into his music. The new record radiates elements of folk music as well, which has attracted many fans of alternative music looking for something slightly different.

Jonathan Bernstein of *Rolling Stone* said, "Wasteland, Baby! has enough encouraging displays of maturation to feel like a transitional moment for Hozier. At its best, the album carves out a space for the singer to work out his creative tensions as he finds new ways to make his straight folk influences more accessible without losing anything along the way."

without losing anything along the way." Moreover, Wasteland, Baby! contains only two songs that feature other artists. While some music critics argue that this is not sufficient, an advantage to having more individual songs is that listeners have more opportunities to focus on the artist themselves.

Mavis Staples makes an appearance on the first song of the album, "Nina Cried Power." Hozier's strong and recognizable voice comes to light within



Hozier boasts brilliant technical guitar skills which most people overlook.

PHOTO COURTESY OF WIKIMEDIA COMMONS

this track. The song focuses on the strength that can come from fighting for the good of society. Such a theme is unarguably fitting for a work by Hozier, who is a well-known advocate of a variety of social justice causes.

known advocate of a variety of social justice causes. Hozier commented on "Nina Cried Power" to Apple Music: "The artists I'm singing about managed to define the times and how they experienced the world, and then, as a result, provided us with a document and legacy that lives forever. The intention was to be a thank-you note

to that—and something that was undecidedly uncynical. I wanted to write something that spoke to the spirit of action in music."

Many artists that dominate the charts today release multiple songs, or even albums, each year. With Hozier, it is evident that his intent goes beyond people buying and listening to his music. Rather, he aims to create something for his audience that will allow them to self-reflect. Wasteland, Baby! is a testament to this idea.

Gary Clark, Jr. Explores Racism in This Land

by Daniel O'Neill '21 A&E Staff

MUSIC

For the past decade, Gary Clark, Jr., has struggled to balance his message as an artist with his powerful blues soul. He is known by many as a blues guitar wizard, but his problem of matching his talent with a narrative has finally come to an end. With the release of his latest album *This Land*, Gary Clark, Jr. has risen to new heights as an artist.

In 2012, Clark released *Blak and Blu*, and in 2015 he released *The Story of Sonny Boy Slim*. Both albums were regarded as dynamic works in the modern blues-rock community, and Clark, Jr. has not stopped since. His live shows are known to be, by some, nothing short of electric and ambitious. That is why this most recent album, *This Land*, is considered his best work, as he has combined the energy of his live shows with his talent as a songwriter.

This Land is a huge step forward for the blues guitarist. Half of the album tells the stories of his life as a husband, his rise to success as a different kind of artist in the 21st century, and his life as a father. The other half of the album takes a drastic turn; Clark, Jr. calls for social justice in a time of racism and abuse. He shows his growth as an artist as he writes powerful songs with political opinions hidden in between the lines of the lyrics.

Besides his lyrical change, Clark, Jr. shows improvement in production as well. His previous two albums reflected his dynamism as a guitarist: long skillful solos and copious rock driven riffs with underlying blues tones. *This Land* replaces those guitar masterpieces with more of a focus on bass, synthesizers, accents of other genres, and overall growth in the use of production. Clark, Jr. puts a modern twist on 80s funk and reggae with a twist of blues-rock to create a powerful narrative about his life in the south.

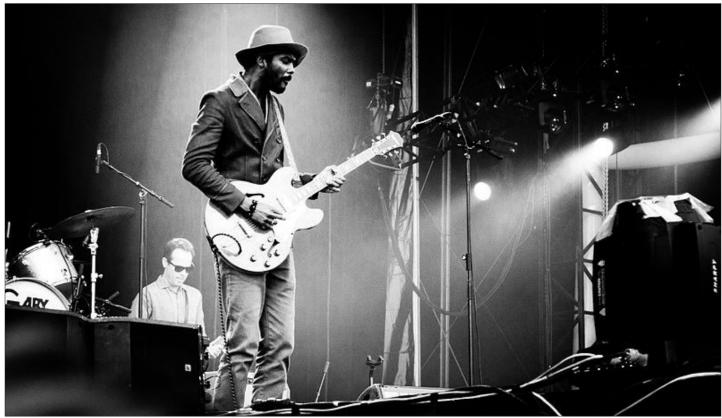
What seems to be the most important part of this album for Gary Clark, Jr. is his creation of a full album that tells

a story, not a mismatched group of songs. He showcases his personality as an artist, as he has done through songs like "The Guitar Man" and "Low Down Rolling Stone," on *This Land* by presenting his well-known first-person narratives about his life backed by the classic blues-rock guitar sound that he is known for. Essentially, Gary Clark, Jr. demonstrates his growth as a musician in this new album.

With 17 tracks on *This Land*, Clark, Jr. presents many thoughts

on his current situation in a society plagued by racism and social change.

He takes this new album as a way to show the strides he has made as a creative artist. Clark, Jr. attempts to connect with his fans and prove to people that there is more than just guitar in his musical repertoire. Gary Clark, Jr. proves he is not only a modern day guitar wizard, but also a blues-centered artist who has found a way to tell stories that beg for change in the land of the free.



Gary Clark, Jr. plays music inspired by the struggles of his African American ancestors.

PHOTO COURTESY OF WIKIMEDIA COMMONS

PORTFOLIO

Page 17

Providence College's Home For Creative Writing

March 7, 2019

The Tailored Criteria

by Jessica Polanco '20 Portfolio Staff

FICTION

When I walked into the building, I noticed how easy it was to just push through the doors and walk into any classroom. I wondered if the police car outside of the school was just for decoration. I do not know if it was intentional to place the Main Office on the second floor, but I guess that saves intruders from getting to the administrators quicker. That is what I felt like, an intruder. Although I blended in with the students that walked the hallway, I felt like an outsider. None of the students wondered who I was and no one approached me to ask me if I need guidance looking for the office. I guess I did not wear my heart on my sleeve that day, and my eyes were not crying for help.

As I entered into the room, the first thing I realized were the dull colored walls. The cubicle was covered in neutral colors that held less life than those at a funeral. I was the only one moving in the room; being the only unfamiliar face, and they still could not acknowledge me. There were five elderly ladies sitting behind their computers and once I greeted them, their eyes wandered to find me. "Hello, I am here to see Mr. Creel," I let them know. Moments after signing in, they sent me away, never once looking into my eyes.

I found myself in the hallways again with the students who probably thought I was one of them. There were several students lined up outside of the principal's office waiting to meet. It was not clear about what, but once the principal arrived, he shot them down, letting them know he was not available to meet with them at the moment. They pouted and sighed angrily. It must have been something that they were really passionate about

betrayal that I felt that day, I found it again in these kids' eyes. They looked at me like they were waiting for their lottery ticket out of there.

Moments after realizing Mr. Creel's class was still in session, I was invited to wait in the guidance counselor's office while time passed. The woman who extended the invitation resembled the



if they reacted that way, I thought to myself. And that is when the flashbacks began. I remembered roaming the hallways during my classes senior year of high school, searching for my guidance counselor to let her know about the acceptance letters that I had received. I also remembered getting dismissed by the same person I was looking for, feeling like no one cared about my success, about everything that I had worked hard for. The

ladies from the front desk. They must have certain appearance criteria that is checked off during the hiring process, I thought. I was soon distracted by the motivational quotes on the wall. The quotes were printed on copy paper, as if they were chosen specifically for those who walked through the door. I say this because one of them read, "Don't waste your time trying to explain yourself to anyone because those who care believe

care already don't believe you," and I was soon reeled in. I could relate to this I thought, this could be some sort of motto for myself. But it also made me wonder if this is how they planned to program these kids, teaching them to not to use their voice.

As I was waiting, I overheard chatter coming from a room that was lit by a dim yellow light. Not that there was a lamp with a yellow lightbulb, but all the light protectors seemed to not have been cleaned in years. The voice was coming from a woman who fit the criteria. In a low, friendly voice, she said, "Get out of my office." At first I thought this lady was rude for speaking to children that way until she began her conversation with the next student who stepped in. A tall, dark-skinned, teenage female was showered in motivational words. The words sounded like they were set on a tape recorder that was set to play every morning. In a very monotone expression the woman encouraged the young lady to believe in herself and to check out a summer internship that she wanted her to try out. I never heard anything come out of the young girl's mouth which left me to wonder, the criteria used for the employment of this school was not tailored for the students. It reminded me of me when I was a senior in high school trying to find someone who actually cared about my future as much as I did.

you and those who don't $_{\mbox{\scriptsize photos courtesy of pixabay.com and graphic design by julia zygiel '19}$

by Grace O'Connor '22 Portfolio Staff

POETRY

1 Official C

Lightning cut through the sky like a sharp knife
The rough waves were being pushed under the boat
Dark clouds filled every inch of the sky
The air around us dense and deadly still
We accelerated the speed to get to the final destination,
Although it was nowhere in sight
as the thunder roared through the sky
the rain fell out of the sky
progressively faster and faster
we were not getting any closer to land
the horizon far off and unknown
at that point I gave up every ounce of hope
all of it being washed away by the rain
in our descent into nothingness
this is it I told myself.

PHOTO COURTESY OF PEXELS.CO

5TRANGERS

by Julia Zygiel '19Portfolio Staff

FICTION

Five years ago, while he was sitting in some stoner's basement with music blasting and underage drinking tornadoing its way through a high school party, Erik finally clicked in James' head. They'd been friends for three years leading up to that, and at that point, James liked to say that Erik had about 20 different people living in his head. With every different situation that James saw him in, he was different. When it was just the two of them he was chill. They played Call of Duty and Halo until their eyes burned from the strain. When they were with those of a more popular crowd Erik was all about drinking and getting high. With girls it didn't matter what clique or creed they belonged to, it was always smooth city.

At that particular party,

James had spotted at least five different Eriks. The stoner that was hosting was a surprisingly popular kid, and the party provided a decent spread of high



specimens. James was high as a kite, vegging out on a couch whose history he didn't want to think about, and Erik was ever the social butterfly, moving quicker around the room than James' eyes could track him. That was when it clicked. James always thought he was smarter stoned.

Erik was a performative creature. He existed only as

his vocabulary. Erik, at this moment, was wide-chested and tall, talking with the football jocks and effortlessly cradling the can of Bud Light in his hand. James was fairly sure that when Erik was completely alone he just stared blankly at the wall until a personality he could feed off of happened upon him. He shuddered at the thought. Creepy.

others perceived him. James

mother would be proud that

the SAT prep course she was

smirked at himself. His

Five years ago was the last time James saw Erik, his light blonde hair stained blue in the LED lights of the party. After a week of radio silence James had shown up at Erik's house uninvited, musing with a smile that he'd just shut down without enough people around to sustain him. But no one answered the door, and Erik hadn't been to school in a week. The whole family, it seemed, had packed up and left without a word given to a neighbor or friend. Only Mrs. Stuart, the woman across the street, knew where they went. They had left her with the family dog, Bentley. "They went away, wanted to live among nature," she told James, the little Scottish Terrier trembling in her arms, "Guess the hustle and bustle of suburban life just gets to be too much for some folks."

GEMINI

by Jay Willett '20 Portfolio Staff

POETRY

JOKER Mischievous, nervous, joker, lover, laugher, crier, hopeless, higher. Blame, but never stay the same. Shame, but always play the game. Not a choice, just our voice, because the world expects in our bourgeois. We just want to live up to them.



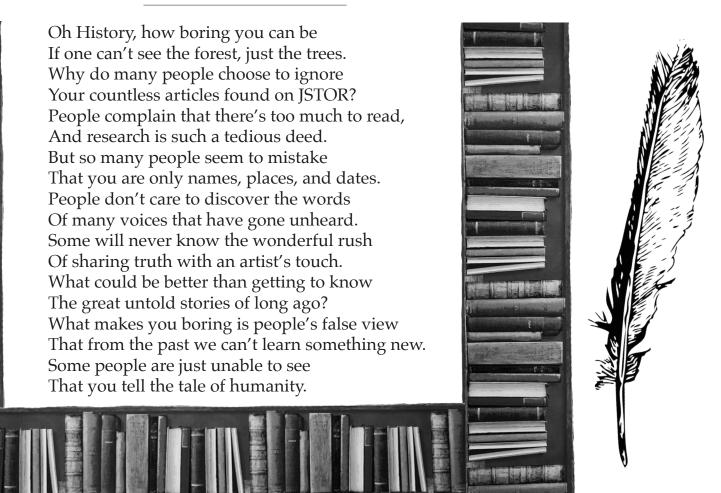
PHOTOS COURTESY OF UNSPLASH.COM AND GRAPHIC DESIGN BY CONNOR ZIMMERMAN '20

AN ODE TO HISTORY

by Sarah Heavren '21 Portfolio Staff

POETRY





by Mark Fairchild '20Portfolio Staff

CARTOON









listomania* Stress Triggers The PC Men's Basketball Team Seeing professors in the gym • To snow day or not to snow day? The Starbucks line five minutes before class Taking someone else's laundry out of the machine • 11:55 p.m. instead of 11:59 p.m. deadlines The Dunkin' line on the weekends Walking from Smith to Ruane in between classes Getting a job before graduation The Thursday nugget line Senior year housing as a sophomore Networking · Eaton Street Café lines on the weekend Having to spend a \$1 fee to transfer money to PC Cash My parents Everything This is a satirical page that does not reflect the views of Providence College or The Cowl.

Dear T&E...

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

With spring break fast approaching, I just learned all my friends are going on a Euro trip next week. The trip is sold out, and I don't want to be at home all break. What should I do?

Yours truly, Fyre Festival

Dearest Fyre Festival,

There is only one way to handle this to avoid any form of FOMO. Take the train to Boston, then take the MBTA to the dockyard. Slip a \$20 bill to a dock worker for information on the next ship to London. Hop in a shipping container and in two weeks you'll be there! Don't forget to poke holes!

Best!

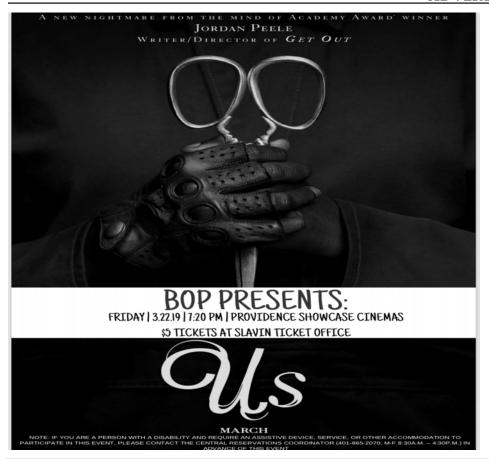
TIFF

Dear Pants on Fyre,

Just because you're stuck stateside for the break doesn't mean you can't join in the continental festivities with your friends. Just set your clocks seven hours forward and spend every last cent in your checking account on overpriced drinks at crowded bars you're pretending to enjoy. Then, find random, over-filtered pictures of Budapest, Amesterdam, and Rome to make sure all of your Insta followers are blissfully deceived. That way, you can be just as jet lagged, annoying, and regrettably hungover as your globetrotting peers. Don't worry about missing out on the culture; we all know your friends are just as likely to come back with the Bubonic Plague as any advanced cultural knowledge.

PROST!





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SPORTS

Women's Basketball Heads to Playoffs Friars Set to Play Xavier University

Women's Basketball:

Continued from front page

The Friars had a quick turnaround and had to prepare for another nationally ranked opponent on Sunday: the #13 Marquette Golden Eagles.

Friar fans were able to celebrate three Friar players for Senior Day. Clara Che '19, Maddie Jolin '19 and Nogic each walked out to half court during the pre-game ceremony and were greeted by Athletic Director Bob Driscoll, President Father Brian J. Shanley, O.P., Crowley, and many

The Golden Eagles sported some of the best players not only in the conference, but in the nation. However, the Golden Eagles lost two of their starters due to injury and dropped a road game against Creighton University on Friday night. The Golden Eagles needed a win to win the Big East Regular Season Title outright, and the Friars were still jostling for seeding position in the Big East.

The Friars started the game on a 5-0 run before the Golden Eagles closed the quarter on a 18-3 run and led 18-8 after the first. The Friars turned the ball over seven times in the first quarter which gave Marquette eight points.

Marquette was able to push their lead to 17 at one point during the second quarter before the Friars used a 12-4 scoring run, capped off by Chanell Williams '21 making a layup at the horn before time expired. Williams tallied eight of her 12 points in the second quarter.

within three points with 3:14 to go before Marquette went on a 8-3 run to end the half. Marquette flexed their muscles in the final frame, outscoring the Friars 22-7, resulting in an 80-57 win for the Golden Eagles.

After the game, Crowley stated, "I

PHOTOS COURTESY OF PC ATHLETICS Clara Che '19 scored a season high against Marquette with eight points.

In the third quarter, the Friars got thought we competed hard, but it was similar to Friday night where after two quarters, the game got away from us... you look at the stat line and things are fairly even until you get to one big number and that's our turnovers.' The Golden Eagles employed similar defense tactics as the Blue Demons did on Friday night with their full court pressure that led to many turnovers in the first half. Friars turned the ball over 22 times in the loss. Williams led the Friars in scoring with 12 points while Jolin added 11 points, including three long-balls from downtown.

The Friars finish the regular season with a 16-14 overall record and an 8-10 mark in Big East play. Their 16 wins is the most since the 2009-2010 campaign, and their eight Big East victories is the most since the 1996-1997 season.

Two Friars received regular season awards. Mary Baskerville '22 was awarded Big East Freshman of the Year. She led all freshmen in scoring with 9.4 points per games and rebounding with 7.3. Nogic was named to the All-Big East Honorable Mention Team after breaking the College's 3-point record and scoring 13.7 points per game.

The Friars snagged the #7 seed in the Big East tournament held in Chicago at Wintrust Arena and are set to face the #10 seed, Xavier University.

Trouble in Titletown: The Robert Kraft Scandal

by Cam Smith '21 Sports Staff

PROFESSIONAL FOOTBALL

The New England Patriots have been no stranger to controversy over the years, and this time it goes all the way to the top. Patriots owner Robert Kraft has been charged with two misdemeanor counts of soliciting someone for sex.

The allegations stem from a sixmonth long investigation into human trafficking by Florida state officials, focusing on massage parlors in central Florida strip malls. The Kraft accusations center around the spa, Orchids of Asia, in Jupiter, Florida, a location only 30 minutes away from Kraft's home in Palm Beach.

Investigation of Orchids of Asia began after a state health inspector noticed that the spa housed two rooms with items such as pillows, sheets, and dressers filled with clothes and medicine. A refrigerator of foodstuffs was also located. The inspector reported these findings to Jupiter police, as the conditions of the spa insinuated that some of the staff were indeed making it their permanent residence. These circumstances are what officials look for in cases of human trafficking, as often victims are restricted in their freedom of movement.

On Jan. 17, Jupiter police installed secret surveillance equipment inside of Orchids of Asia. On Jan. 19, Jupiter officials alleged that Kraft was caught on camera paying for services at the front desk. Cameras also reportedly show him undressing and laying on a massage bed



PHOTO COURTESY OF THE STATE DEPARTMENT

According to ESPN's Adam Schefter, "Robert Kraft is not the biggest name involved" in the ongoing investigation regarding the scandal.

where a female employee can be seen "manipulating his genitals." Kraft would return the following morning to the spa, mere hours before flying to Kansas City to watch the Patriots defeat the Kansas City Chiefs in the AFC Championship game. The Jupiter police department has yet to release the footage.

As many as 200 other men will also be charged in an investigation that Florida officials call, "the tip of the iceberg." So

far, no charges of human trafficking have been issued in any of the cases.

On Feb. 25, Kraft pleaded not guilty to the two misdemeanor counts facing him. A lawyer representing the Patriots owner requested a bench trial in the case, meaning that the presiding judge would act as both the judge and jury. This is vital, as the case could come down to the admissibility of the video footage. As a first-time offender, Kraft, if found guilty,

would likely face fines and community service, but would escape having to serve any time in jail.

Kraft could also face punishment from the league offices if found guilty. Soon after the news broke, the NFL released a statement saying that, "We are seeking a full understanding of the facts, while ensuring we do not interfere with an ongoing law enforcement investigation. We will take appropriate action as warranted based on the facts."

With Providence College being a hub of both New England and New York sports fans, it is no surprise that many students have something to say about the allegations.

When asked about the situation, loyal New York Jets fan Donnie McAuliffe '21 said, "It's a happy day to see scum [like Kraft] put into light." Fellow Jets fan and Sam Darnold enthusiast Ryan Carius '21 grudgingly prepared for a verdict of not guilty, he said "Since he is a Patriot, he will find a way out of it."

On the other end of the spectrum, New England fan Sean Gray '21 issued a powerful statement that is sure to reverberate with Patriots fans everywhere. "Robert Kraft seriously strayed from the Patriot way," said Gray. "It's incredibly disappointing to see, but the justice system will run its course. As an organization, the Patriots should atone for Mr. Kraft's sins by supporting victims of human trafficking, all while focusing on winning yet another Super

Kraft's arraignment will be held on March 27, kicking off a legal process that people across campus and the country will keep a close eye on.

Providence College Investigates:

Who Will Win the Big East Men's Basketball Tournament?

Xavier University

by Scott Jarosz '21Sports Staff

PCI

The Big East Men's Basketball Tournament at Madison Square Garden is consistently one of the most exciting and unpredictable conference tournaments in all of college basketball. Any given Big East team is capable of making a run and getting to the championship game. Providence College's performance at the 2018 Big East Tournament was a prime example of this. PC entered the tournament as the #5 seed and was matched up against #4 Creighton University in the quarterfinals. The Friars went on to beat Creighton in overtime, then faced the #1 seed Xavier University in a semifinal matchup.

PC was behind the entire game but went on to overcome a 17 point deficit and beat Xavier in overtime. PC would go on to play Villanova University in the championship game, where PC ultimately lost in yet another overtime thriller. PC's run in last year's Big East Tournament demonstrated that lower seeds are capable of making surprise runs in the tournament, given the conference's lack of disparity between the best and worst teams. That is why there is good reason to believe that Xavier will be the team that wins the 2019 Big East Tournament.

Xavier currently has a record of 16-14 overall and 8-9 in conference play. While these numbers do not reflect a team that has had much success, Xavier has shown sparks late this season that show the team is ready for postseason play. With the departure of previous head coach Chris Mack, it took some time for the Musketeers to adjust to the new play style brought forth by new coach Travis Steele. Through the first 11 Big East games, Xavier had a conference record of 3-8 and looked like a team that had given up. But since then, Xavier has gone on to win five straight Big East games, including a 66-54 win over Villanova and an 84-73 win at St. John's University.

Xavier's final regular season game, following a road loss to Butler University and home wins against Seton Hall University and St. John's University, will be a home game against St. John's. What is the leading force behind Xavier's sudden winning streak? A big part of it can be attributed to the steady stream of quality performances by forward Naji Marshall. During the team's winning streak, Marshall scored 28 points against Seton Hall University and most recently 31 points against St. John's at Madison Square Garden. If Marshall can continue his stellar play through the final regular season game and into the Big East Tournament, Xavier will be the team

Marquette University

by Jack Belanger '21Sports Co-Editor

FRIAR SPORTS

Marquette University will win the Big East Tournament next week due to the simple fact that it is nearly impossible to stop this team on offense. The Golden Eagles have too many weapons for any team to take away for an entire game.

A perfect example of the team's depth on offense is when Marquette beat Providence College on Feb. 23. They had five players score in double-figures, with forward Sacar Anim (fourth on the team in scoring), who was tied with Sam Hauser for the team lead in points that day with

Three of the team's starters are shooting over 39.8 percent from the three point-line, including Joey and Sam Hauser who are shooting 45.5 and 40.1 percent, respectively. The team overall is shooting 40.7 percent from behind the arc, which is the eighth in the country.

It is also helpful to have one of the top candidates for Big East Player of the Year in guard Markus Howard. Howard has led the conference in scoring for most of the season and, with three games of 40 or more points, is certainly capable of taking control of a game. Having a guy who can create his own shot in games coming down to the wire can

prove to be the difference in the final possessions.

While Villanova University is certainly also a contender to win the tournament, the Wildcats simply are not as dangerous as they were last season. The team lost its top four scorers to the NBA draft and has suffered through some inconsistent play this year, losing to weaker teams such as Furman University as well as University of Pennsylvania, and suffering through a three-game losing streak in the Big East.

These two teams have the best point differentials in the Big East with the Golden Eagles having the best at +9.2 with Villanova second at +7.9. While these have been the two best teams in the Big East, they are trending in opposite directions going into the final weeks. Since Jan. 28, Marquette has been ranked #11 or better. Meanwhile, in the same timeframe, Villanova has gone from #14 to being unranked.

While every team in the Big East will be a tough opponent come tournament time, regardless of how they finish in the standings, Marquette is playing at their best which will give them momentum over other teams. While Villanova has won three of the last four Big East Tournaments, this year, the Golden Eagles will outshoot and defend well enough to be the last team standing at Madison Square Garden.

Track Teams Find Success at Big East Championship

by Christian Rada '22 Sports Staff

TRACK AND FIELD

This past week, the Big East Conference announced the All-Big East Conference squad; which is comprised of competitors who finished in the top three of any individual or relay event in the championships. Fifty-nine women and 61 men complete the list. A total of 31 student-athletes—17 women, 18 men—earned all-conference for multiple events. This year many Friars qualified for the Big East team including Jack Carleo '21, Nick Carleo '20, Trevor Crawley '19, Ryan Jendzejec '21, Michael O'Leary '19, Daniel Rooney '21, Maria Coffin '21, Alex DeCicco '20, Mariah O'Gara '20, Millie Paladino '19, Catarina Rocha '19RS, and Abbey Wheeler '20.

On Feb. 23, the Men's and Women's Indoor Track Teams competed in the Big East Tournament with the women's team finishing seventh overall with 51 points and the men's team finishing sixth with 33 points. Paladino blew the crowd away making huge strides from the beginning. She and her fellow teammate Briana Ilarda '19 were in the leading front three bombing for the finish line. By the last 200 meters, it was a race for first between the two Friars and a Villanova athlete. Paladino would finish first overall in a time of 9:24.29. This resulted in



PHOTOS COURTESY OF PC ATHLETICS

Paladino (above) has won a total of three Big East titles for indoor track in her career at PC.

back-to-back 3,000-meter titles for Paladino. Ilarda would finish second overall with a time of 9:26.34, and Regan Rome 'GS would come in fourth securing points for the Friars.

For the men's indoor team, Rooney had a strong showing for the Friars in the 60 meter hurdle finals and would place eighth overall in a time of 8.68 which was .02 seconds less

than his previous record making a new personal record. Rooney's time is now the second all-time fastest in the school's history. Michael Bittner '20 took eighth place in the high jump with a height of 1.85 meters. The men's 4x800 meter relay team of Carleo, Jendzejec, Carleo, and Michael Wyman 'GS took the lead for the first two legs of the relay. On the third leg it was a battle between the Friars and the Wildcats. The team finished with a silver medal with a time of 7:32.54, only four seconds off the school record.

This past weekend both the PC Men's and Women's Indoor Track Teams competed in the IC4A Championships at Boston University. The Friars excelled in many races in just the first two days, some even breaking their own personal records. For the men's indoor track team, Jendzejec started his race in the 1,000 meter finals. Jendzejec placed eighth overall and ran a PR of 2:27.33, which is almost seven seconds faster than his previous race. Veteran runners, Marcus Karamanolis '19 and Marcelo Rocha '21, both competed in the 3,000 meter finals. Karamanolis ran his heart out as he finished ninth in the seeded heat in a time of 8:19.55. For the women's indoor track team, six Friars competed in the preliminary heats. DeCicco raced the preliminaries of the 1,000 meters and finished eighth in her heat with a time of 3:02.55.

A Look Around Friartown

Men's Basketball:

3/6 at Creighton University, loss 70-76

Upcoming:

3/9 vs. Butler University

Women's Basketball:

3/1 vs. DePaul University, loss 61-76

3/3 vs. Marquette University, loss 57-80

Upcoming:

3/9 vs. Xavier University (first round, Big East Tournament)

Men's Ice Hockey:

2/28 vs. Boston University, tie 1-1 (OT)

Upcoming:

3/7 vs. Boston College

Women's Ice Hockey:

3/1 vs. Merrimack College, win 2-0 (Quarterfinal Game 1)

3/2 vs. Merrimack College, win 2-1 (Quarterfinal

Upcoming:

3/9 vs. Northeastern University (Semifinals)

Men's Lacrosse:

3/2 vs. Sacred Heart University, loss 16-17

Upcoming:

3/9 at Harvard University

Softball:

Upcoming:

3/8 vs. Furman University

3/8 vs. Central Michigan University

Women's Tennis:

3/2 at Bryant University, loss 0-7

Upcoming:

3/12 vs. Creighton University

3/13 at Fairleigh Dickinson University

Track and Field:

Upcoming:

3/8-9 NCAA Indoor Track and Field Championships

Women's Hockey Heads to Semifinals

Friars Advance Beyond the Quarterfinals for First Time Since 2013

by Meaghan Cahill '20 Sports Co-Editor

WOMEN'S HOCKEY

Last weekend, the Providence College Women's Hockey Team hosted the Merrimack College Warriors in a best two-out-of-three games series at Schneider Arena for the Women's Hockey East Quarterfinals. On Friday, March 1 the Friars skated to a 2-0 win against the Warriors.

The team found the back of the net late into the game with Meaghan Rickard '20 notching the first goal of the series almost halfway through the third period. Rickard was able to easily put the puck in the net after passes from Chloe Gonsalves '21 and Maureen Murphy '21.

"Meg has been very effective this year due to her skating ability and puck movement," said Head Coach Matt Kelly on Rickard's game-winner. "She's been a player that we've been able to use in all situations. She also has the ability to play with many different players which was a huge asset early in the year."

Following Rickard's goal, Christina Putigna '19 buried an unassisted empty-netter goal to close out the game and give the Friars the series lead. Goalie Maddie Myers '19 grabbed her sixth shutout of the season after making 17 saves. Their first win in the series improved the Friars' overall season record at the time to 23-10-2, which is their most wins since the 2002-2003 season.

The following day, the Friars were able to sweep the series with a 2-1 win. Neve Van Pelt '20 put the Friars on the scoreboard first after snagging a rebound off of Emily Landry's '19 shot in the final five minutes of the first period. Midway through a physical second period, Murphy tapped in a pass from Sara Hjalmarsson '22 for a power play goal to give the Friars a 2-0 lead. It was Murphy's 22nd goal of the season.

Reducing the Warriors to just three shots on the net the entire third period, Myers was unable to control the puck during a scrum in front of the net and Merrimack was able to grab their only goal of the

series in the final 30 seconds of play.

Despite letting up a goal in the last few seconds of the game, Myers was just named Women's Hockey East Defensive Player of the Week due to her 40 saves over the course of the two games. Myers is also the only active goaltender with more than one perfect sheet in the Women's Hockey East Association (WHEA) Tournament. Along with Myers, Murphy also gained Hockey East recognition as a Top Performer due to her recorded goal and assist.

With their sweep against Merrimack, for the first time since 2013, the Friars will be advancing to the Hockey East Championship weekend.

PC will face-off against #1 Northeastern University in the Semifinal round this Saturday at Schneider. Northeastern will be looking to go back to the championship game for their third time. As mentioned, this will be PC's first time making it to the semifinals since 2013 and while they won the tournament's first three titles in WHEA history, they have not made it to the championship round since 2005.

Northeastern University, who finished their season 25-5-5, have defeated the Friars two out of the three times they met this season. Going into the tournament, PC will need to keep up their solid defensive play from the quarterfinals series and find the net quickly and often. The game against the Huskies will truly be a battle of the goalies as both Myers and Northeastern's Aerin Frankel are top two goalies in terms of winning percentages (Frankel's is .820 percent and Myers's is .706 percent).

Maureen Murphy will also be looked upon to get the Friars into the championship game as she not only leads the Friars in goal-scoring, but is also third in Hockey East with 22 goals overall. She edges out Northeastern's top-scorer by two goals. However, Northeastern is the leading scoring offensive team in Hockey East (PC is fourth) and PC is the leading defensive scoring team (Northeastern is third).

If the Friars are able to skate to a win against the Huskies, they will be set to play in the championship game Sunday, March 10 against the winner of the Boston College vs. Boston University game at Schneider Arena.



Hjalmarsson '22 (above) was just named to Hockey East Pro Ambitions All-Rookie Team due to her stellar first season with the Friars that consisted of 23 points (11 goals and 12 assists).

PHOTOS COURTESY OF PC ATHLETICS