Roger Williams University DOCS@RWU

Hawk's Herald Student Publications

11-20-2014

Hawks' Herald -- November 20, 2014

Roger Williams University

Follow this and additional works at: https://docs.rwu.edu/hawk_herald

Part of the Education Commons

Recommended Citation

Roger Williams University, "Hawks' Herald -- November 20, 2014" (2014). *Hawk's Herald*. 164. https://docs.rwu.edu/hawk_herald/164

This Article is brought to you for free and open access by the Student Publications at DOCS@RWU. It has been accepted for inclusion in Hawk's Herald by an authorized administrator of DOCS@RWU. For more information, please contact mww@rwu.edu.

Snapcash

New payment system through popular app PAGE B7



FEATURES | The 'Thanks' in Thanksgiving PAGE B2 **SPORTS | Hockey fights cancer PAGE A8 NEWS | Dance Club photos PAGE A2**

The student newspaper of Roger Williams University

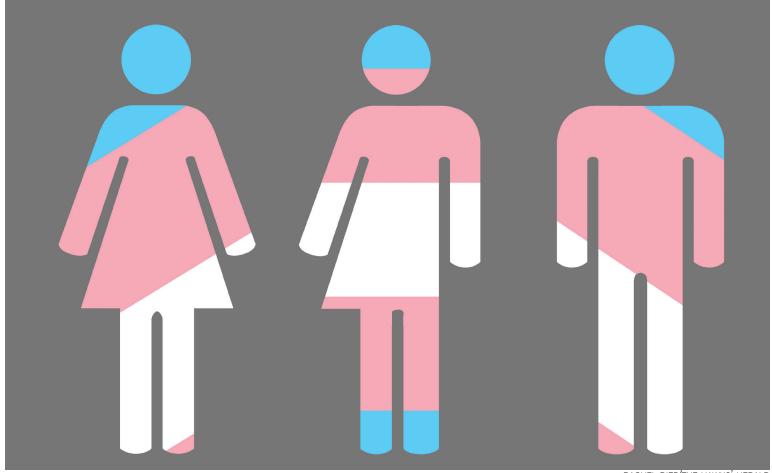
Vol. 24

LGBTQ

www.thehawksherald.com

Transgender week of remembrance

Honoring lost members of trans* community



RACHEL DIEP/THE HAWKS' HERALD

Jacquelyn Voghel | Herald Contributor

In memory of those who have died as a result of prejudice and violence against members of the transgender community, the University recognized Transgender Day of Remembrance on the evening of Nov. 7. In the week surrounding Transgender Day of Remembrance, the University will host a variety of events that aim to educate and engage the University's community on transgender

One such event was a performance by Kate Bornstein, held on Nov. 20. Bornstein has authored books such as "Gender Outlaw: On Men, Women, and the Rest of Us," "My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely," and "Hello, Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws."

Taylor Anderson, a sophomore and vice president of Sexual Advocacy for Everyone (S.A.F.E.), elaborated on what students will have to take away from Bornstein's performance.

SEE REMEMBRANCE, A3

Restrooms remain genderexclusive

Alison Rochford Editor-in-Chief

Signs on restroom doors stating, "This is a gender inclusive bathroom. Anyone can use this restroom, regardless of gender identity or expression" sparked confusion on campus on Tuesday.

Members of Sexual Advocacy Everyone (S.A.F.E.) posted these flyers, which also contained information about an emergency dialogue they held later that night to raise awareness of the struggle that members of the trans* community face each day when deciding which bathroom to

"That's one aspect of life that people just go about day-to-day and don't have to think about, but if you identify outside of the gender spectrum or some variation within it, if you're transgender, gender-queer, a-gender, gender fluid, and there are so many more that I'm not listing, that's something that they have to deal with every day," said senior and president of S.A.F.E Aley Dzwill. "They have to think about, 'which bathroom do I use? Is it safe for

SEE INCLUSIVITY, A2

PUBLIC SAFETY

Bayside intruder still at large

Alison Rochford

Editor-in-Chief

Bristol Police and the Roger Williams University Department of Public Safety to investigate burglaries that occurred in two Bayside apartments on Monday, Nov. 10.

Police identified one of two possible suspects after a man used a credit card reportedly stolen from one of the victimized Bayside apartments, at a Bristol, R.I. business immediately following the theft, said Director of Public Safety Steven Melaragno in an

The suspect used the credit card 20 minutes following the theft at Classic Pizza on Metacom Ave., and again at Bristol Liquors on the same street where security cameras captured his picture, according to Rhode Island Most Wanted's website. RWU security cameras captured a second male suspect driving a smaller-model pickup truck. He is described as being white with a full beard.

After one reported theft in the Bayside 300 apartments and one in the 100 apartments, Melaragno and the Department of Public Safety urge students to report any information regarding the suspect or vehicle pictured by calling (401) 254-3611 or using the app Rave Guardian.





Above: One suspect uses a stolen credit card at Bristol Liquors. Below: A second suspect drives through campus. He is described as a white man with a beard.

ASSAULT

Sexual Assault Series: Part II

Public Safety and Health Services

Jacquelyn Voghel Herald Contributor

Sexual assault has long been recognized as a serious issue on college campuses. Over the years, emphasis has been increasingly placed on a campus-wide effort to support victims of sexual assault, as well as to prevent the assaults themselves.

"Sexual assault prevalence has always been on a college campus, and over the years it's been underreported," said Associate Director of Public Safety Pamela Moffatt-Limoges. As the Clery Coordinator of the University, Moffatt-Limoges not only handles cases that are reported to Public Safety, but also receives an anonymous data collection form from the Counseling Center and Health Services when a sexual assault is reported.

When a sexual assault is reported to Public Safety, it is

also reported to the Title IX Deputy Coordinator, Dean of Students Kathleen McMahon, Moffatt-Limoges explained. Public Safety also provides the victim with various resources on medical and police services, and helps the victim to weigh these options.

When victims do not report a sexual assault to Public Safety, they may still choose to visit the Counseling Center or Health Services, which are strictly confidential.

"We try to be sure that [victims] are currently feeling safe, and that we can get the information from them regarding what occurred," said Director of Health Services Anne Andrade.

Ultimately, individuals have the choice of what their next steps will be, Andrade explained. Health Services' goal is to provide victims with support,

SEE ASSAULT, A3



EDITOR'S DESK

A2 CLASSIFIEDS

A5 FEATURES

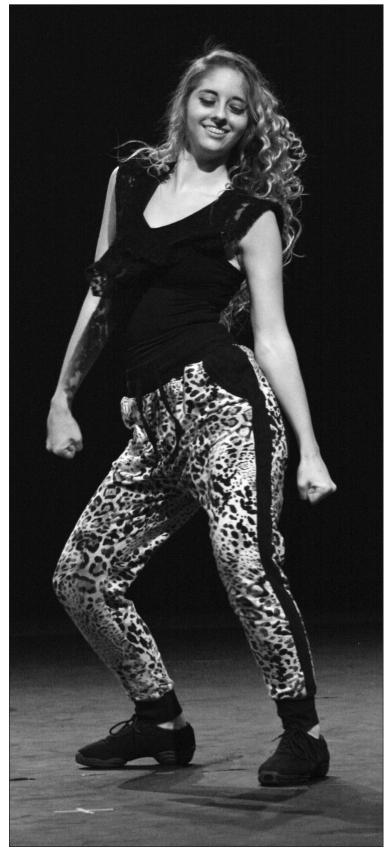
ENTERTAINMENT B6

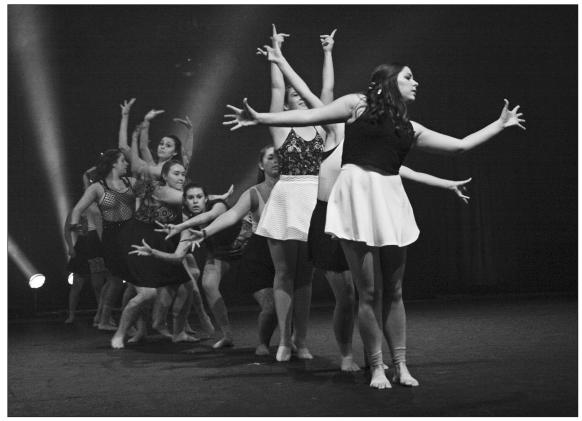
Like us on Facebook!

A4 SPORTS **A8 OPINIONS** FOR ALL BREAKING NEWS AND UPDATES, FOLLOW @THEHAWKSHERALD ON TWITTER!

Read online thehawksherald.com

All About that Bass: RWU Dance Club





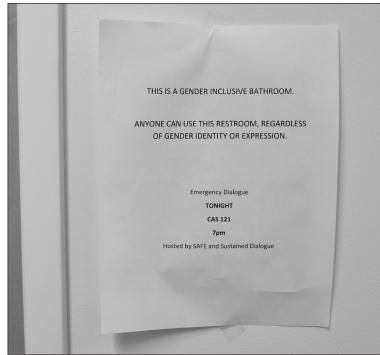


RACHEL DIEP/THE HAWKS' HERALD

The Dance Club hosted their bi-annual dance show on Wednesday night, Nov. 19. There were 23 routines in all, including a guest appearance by the dance team. They performed a variety of different numbers ranging from hip hop to tap. Club officer Mikayla Fitzpatrick performed her last solo dance as she will be graduating in December. The club will hold their second dance show next semester.

INCLUSIVITY: Students lack safe options

FROM PAGE A1



RACHEL DIEP/THE HAWKS' HERALD

Flyers covered bathroom signs on Tuesday, Nov. 19, promoting awareness of issues revolving around gender-inclusivity in restrooms.

me to use a bathroom?"" Dzwill continued explaining that it is not just discomfort that so many people face when there is not an adequate restroom option for them, but actual danger.

"There have been people who get beat up, who get harassed... that's a point of harm for them," Dzwill said. "It's not safe and it's not comfortable, and I think it's important to provide the basic amenities to everyone, including being able to use the bathroom without worrying if you fit in or if you're going to get harmed."

Student response has been generally positive, according to Dzwill. She and other members of S.A.F.E. monitored social

media app Yik Yak for any talk of the flyers.

"Initially there were a few bad things but the responses to that were phenomenal," she said. "There was tremendous support for the trans* community and non-gender conforming people as to how everyone deserves equal amenities, equal rights, and deserves to feel safe."

While the bathrooms still remain gender-exclusive, Dzwill and the members of S.A.F.E. continue to work toward a safer environment for members of the trans* community. They are following up on an initiative started by a member of the club last year that would allow single-person restrooms on campus to be gender-inclusive,

but will not stop there. There are not single-person restrooms in every academic building, and it is impractical for a student to walk to a different building simply to use the restroom during class.

Dzwill is confident that the response from University officials will be positive after the initial proposal for genderinclusive restrooms was well received.

Single-person restrooms do not exist in every academic building as it stands, so Dzwill proposes that, for the time being, certain buildings with multiple restrooms should make one of them gender-inclusive.

"They can say 'bathroom with urinal' and 'bathroom without urinal' instead of saying men and women, because that would provide people with a safe place to go," Dzwill said.

In recognition that not all people would be comfortable a gender-inclusive bathroom, just as many people are not comfortable using gendered bathrooms, Dzwill proposes that only some restrooms would be changed.

"The point was not to make bathroom genderinclusive, but to bring to awareness that this is an issue that people have to think about and that this is not OK," Dzwill said. "This is something people have an issue with...There aren't safe bathrooms for everyone. It was just to bring light to that, and to petition for more genderinclusive bathrooms."

Talking in the library series





The University Library hosted their final Talking in the Library series of the semester on Tuesday, Nov. 18. The lecture included Adjunct Professor Taylor M. Polites and Associate Professor of History Jeffrey Meriwether. The pair spoke about researching history in different contexts. Polites, author of "The Rebel Wife," talked about history research for fiction writing while Meriwether discussed history research for war re-enactment. The lecture series will begin again next semester in late February.

REMEMBRANCE: Trans* lives honored, celebrated

FROM PAGE A1

"If you haven't read anything by Kate Bornstein, or seen any of her performances, you're going to be blown away," Anderson said. "The things that I learned just from reading Kate Bornstein were more mindaltering than a lot of things I've ever read or experienced. Her perspective and ability to elaborate on certain topics is something that really comes from within, and her writing alone is fantastic. Just for us to get her here is astonishing."

Assistant Professor Laura D'Amore of the American Studies Department echoed Anderson's sentiments, describing Bornstein's performance as blending education with entertainment.

"[Bornstein] is a pioneer on the concept of the gender outlaw, or someone who lives and feels like their gender is outside of what we consider to be a binary gender system of male and female," D'Amore said. "She identifies a spectrum, or a circle of identities that people can have. She talks about the way that people can live with contradictions, ambiguities, and fluidities across the gender spectrum. She integrates all of these ideas into her performance, and students can't help but be educated and be entertained."

Furthermore, D'Amore added that Bornstein's presence on campus is important for the University's LGBTQ students.

"[Bornstein] is a big deal in trans* and queer studies," D'Amore said. "She's a positive influence on LGBTQ people, particularly LGBTQ youth. She is somebody who speaks for and to young people who are really struggling with depression and identity issues, and ultimately tries to connect."

D'Amore also emphasized that while Bornstein's performance is a great educational opportunity, students must also find other ways to continue their education on transgender issues in order to be allies.

"People shouldn't assume they know everything about transgender identity just because they spend an hour with Kate Bornstein, or with anyone else, for that matter," D'Amore said. "It's a complex way of thinking about gender, but it's also a very welcoming way to think about gender."

On campus, organizations such as S.A.F.E., The Women's Center, and The Locker Room aim to provide resources for both trans* students, and students

who want to become better allies. According to sophomore Teddy Sanford, advertising co-chair of S.A.F.E., a lack of awareness regarding transgender issues is an area in which the University can improve. Currently, organizations such as S.A.F.E. are focusing on goals and projects such as promoting the use of an individual's preferred pronouns, genderneutral pronouns, and the establishment of more genderneutral bathrooms on campus.

"We try to advocate and promote for people to use the correct pronouns, and specifically use gender neutral pronouns like they, them, and their, so that people don't assume genders or misgender people if that's not the gender that they identify with," Sanford said. "Another thing we're trying to do is to get more gender inclusive or genderneutral bathrooms on campus, both within the academic buildings and the housing facilities," Sanford said. "We want to include gender-neutral or gender-inclusive bathrooms on campus where people can feel comfortable going into the bathroom."

In order for change to occur, Anderson ultimately stressed the importance of students being active allies.

"[Being an active ally] means to educate yourself on the issues, and to know how to talk about the issues," Anderson said. "Coming to the events is great, but you should really understand why we're having those events. It's not just to have fun, it's to really teach people about what it means to have a different gender or sexuality identity, and to teach people to work with that in the community."

Anderson sees the week surrounding Transgender Day of Remembrance as a way for the University's community to broaden its horizons on issues that do not receive enough attention. Whether a student identifies as trans*, wants to be a better ally, or is unaware of transgender issues, Anderson encourages students to participate in the events of the week, and on campus in general.

"We're in college to expand our minds," Anderson said. "Everything happening [this] week is a great opportunity to expand your mind on a subject that you may know nothing about."

ASSAULT: Numerous options for victims on campus

FROM PAGE A1

follow-up care, preventative treatment, and, if the victim chooses, access to emergency room care, as well as other resources and connections.

"It depends on the circumstances, and we try to help [victims] make choices based on their options," Andrade said. "They would be encouraged to receive counseling, make a report, and come back for follow-up care."

Although all reports of sexual assault are included in University Clery Reports, not all reports go through Public Safety. Some victims want to remain confidential, and only contact the Counseling Center or Health Services.

University Clery Reports show an increase in sexual assault between 2011 and 2013, with five reported sexual assaults in 2011, six in 2012, and fourteen in 2013. Moffatt-Limoges thinks that these growing numbers could be a result of more sexual assaults being reported, rather than an increase in sexual assault itself.

"I think that the dynamic is definitely changing now," Moffatt-Limoges said. "I think victims are feeling more supported than they ever have before. I think that over the past couple of years, there have been so many positive things in the media that have led victims of sexual assault to come forward

and report it."

In addition to the media's influence, Moffatt-Limoges also thinks that students at the University are an important factor in the culture surrounding sexual assault on campus. Working with Residence Life, Public Safety has been organizing events such as crime fairs, and giving out information as part of an effort to minimize the number of sexual assaults that occur on campus.

We encouraged victimes to come forward, know that they have resources and support, and that they are not alone.

- PAMELA MOFFATT-LIMOGES, Associate Director of Public Safety

Moffatt-Limoges notices an increase in bystander intervention, which she attributes to the work that Residence Life is doing with Public Safety.

Andrade also sees an increase in awareness regarding sexual assault prevention on campus, and notes that there is an increase in making students aware of the necessity of clear and enthusiastic consent.

"We are fortunate that this task force has already laid very solid ground work, which I think everyone is looking more closely at and trying to tweak, just to be sure that we are really doing everything possible," Andrade said. "Currently, there is more attention on trying to make it more of a conversation amongst the students, and trying to help raise awareness that 'It's On Us.' Everyone should participate in trying to prevent such acts from occurring."

Moffatt-Limoges hopes that educating the student body will help individuals feel more comfortable reporting sexual assault. She also hopes that victims will feel encouraged to report sexual assaults to Public Safety, in addition to the confidential counseling and health services offered on campus.

"I urge and encourage all victims of sexual assault to report [the assaults] to Public Safety," Moffatt-Limoges said. "[Sexual assault] is something we just don't tolerate here on campus. We take it very seriously, and we investigate any claim of sexual assault, sexual abuse, or any kind of sexual misconduct whatsoever. We encourage victims to come forward, know that they have resources and support, and that they're not alone."



Please participate in the survey that was emailed out this week.

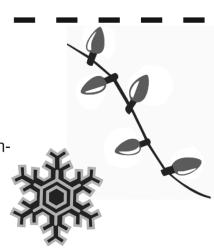
There are four questions present about using money from the Reserve Account for various purchases across campus.

- 1. To purchase a disk gold course for campus
- 2. To purchase new locks to allow GHH to remain open 24/7
- 3. To purchase supplies to build new boat racks for the Crew Team
- 4. To purchase 2 new Senate Vans for all van-certified students and staff to use

It's that time of year again,

Winter Illuminations is right around the corner!

Join us on December 3, in the D'Angelo Commons for winter fun. Get your gingerbread men, hot cocoa, kettle corn and more at RWU's non-demoninational holiday celebration!



Transgender Week of Celebration Calendar of Events

Monday, Nov. 17

"TransJourney" Screening and Discussion with Director

Tuesday, Nov. 18 Emergency Dialogue

Wednesday, Nov. 19 Trans* Networking Dinner

Thursday, Nov. 20

"Men, Women, and the Rest of Us" author Kate Bornstein Come relieve your stress before finals with Doggie Day on the reading day, December 10 from 2-5 P.M. in the Field House!



Thank you to everyone who participated in this semester's Student Senate "What's your issue?" T-Shirt Challenge.

Your questions and concerns are greatly appreciated and will be taken into great consideration.

As always, please feel free to send us your thoughts anytime on our website, Facebook, Twitter, Instagram, Email or even just stop by our weekly meetings at 6:30 in the Senate Chambers!

EDITORIAL: It's a bug's life, but should it be?

Questions emerge about what exactly is in the food at Upper Commons

Connor Casey Sports Manager

Do you remember when you were a kid and you would go outside with your friends and play in the sandbox? I certainly remember that. It's such a polarizing memory for me because that was where I met my best friend. I remember thinking he was so cool because he would find all kinds of different bugs and eat them for fun. I can't tell you why I thought this was an attractive quality in a friend, but I was young, and eventually he grew out of that phase. When you're young, you expect to have one or two friends like that, kids who eat bugs for fun. Even if you think it's gross, you let it go because you're young and you're just looking for friends.

Once you get older though, you

don't really expect to be finding friends who willingly eat bugs.

There's another place you don't expect to find bugs, and that is in the food in a university dining room. Unfortunately, that may be changing if you are deciding to eat at Upper Commons. In the past week, two people I know have found full bugs in their food there. Not a fake bug for a Halloween celebration, and not an extremely early April Fool's Day prank from the kitchen staff, but legitimate creepy-crawly from nature.

Now I certainly don't speak for the entire RWU community, but I do not want to have to worry about finding bugs in my food. I feel like that is a reasonable expectation when we are paying up to \$3,512 for a dining plan at this fine establishment.

Serving bugs to your customers is inexcusable no matter what kind of food service establishment you are running. Doing it twice in the same week is downright disgraceful. As a university with nationally ranked dining services, serving

Now I certainly don't speak for the entire RWU community, but I do not want to have to worry about finding bugs in my food.

bugs to the students at RWU is something of which they should be ashamed. I understand that mistakes can be made when you are serving food to the number of students that our dining service does, but entire bugs in the food is one mistake that should never be made. Maybe a dish that did not get cleaned properly or some food that was undercooked can be tolerated, but bugs in the food is unacceptable.

I am not trying to destroy the credibility of the dining services at RWU. It may seem like it, but that but it is not the case. I am very grateful for Upper and Lower Commons and all that they do for the RWU community. Their theme nights are always entertaining and their food is normally good. I just think that they need to be held accountable for their actions. I simply believe that it needs to be known that there was bugs found, on two separate occasions, in students' food.

The FDA, for reasons unknown to everyday citizens, actually has rules that say that certain levels of bug bits, rodent hair, and fly eggs are acceptable

to serve. Although it sounds almost cruel for the FDA to suggest that small levels of these disgusting additives to our food is acceptable, they say that such small portions have shown no negative effects on the people consuming them. According to fda.gov, "Title 21, Code of Federal Regulations, Part 110.110 allows the Food and Drug Administration (FDA) to establish maximum levels of natural or unavoidable defects in foods for human use that present no health hazard." No matter what the FDA says about bug parts and microscopic additives, I'm pretty sure there is no rule that says full grownbugs are allowed in food.

Step up your game, Roger Williams University, you're better than that.



Each week, the RWU Photo Club assigns a topic to photograph, collects student submissions, then votes on the best one. The winner gets printed in The Hawks' Herald!

> Last week's assignment was *Anything Goes*. The winning photograph was taken by *Scott McDavid*.

Next week's assignment is "Recent Photo" Send submissions to photoclub@g.rwu.edu.

Come join Photo Club! Meetings held: Mondays at 8 p.m. in GHH G05

The Hawks' Herald

DISCLAIMER

THE HAWKS' HERALD is a student publication. The views, statements, opinions, depictions, and/ or representations (expressions) contained herein are solely those of THE HAWKS' HERALD and do not, and are not, meant to represent or be attributed to the expressions of Roger Williams University, any trustee, officer, agent, employee, student, or representative of Roger Williams University, and neither are such expressions authorized, accepted, or condoned by the university. THE HAWKS' HERALD is dedicated to providing news to the university in a fair and accurate manner.

CONTACT

Letters to the editor, suggestions, corrections, story ideas, and other correspondence should be addressed to The Hawks' Herald, Suite 202, Campus Recreation Center, 1 Old Ferry Road, Bristol, R.I., 02809, or sent via e-mail to hawksherald@gmail.com.

ADVERTISERS

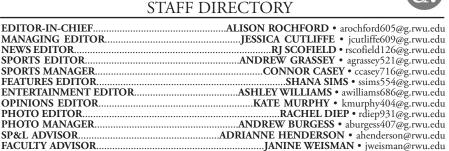
THE HAWKS' HERALD welcomes advertisers both on and off campus. Advertising rates vary based on the patron's specifications. For pricing inquiries, please contact the business manager at jwarner839@g.rwu.edu to request a copy of the Media Kit.

For all other media inquiries, please call the The Hawks' Herald office (401) 254-3229 Monday-Friday 8 a.m. to 5 p.m., or e-mail hawksherald@gmail.com at any time.

THE HAWKS' HERALD • Suite 202, Campus Recreation Center • 1 Old Ferry Road • Bristol, R.I. 02809

2014-2015





REPORTERS

CONTRIBUTORS

Alexis den Boggende Joseph Carosi

Gabby Dougherty Stephanie Nisbet Troy Robinson

Michelle Ryder Jacquelyn Voghel

PHOTOGRAPHERS

Brad Fagan

Do you...

Have an idea of a story you want us to cover?

Feel strongly about an issue on campus?

Have an investigative news tip for us?

Let us know!

Twitter

Email





@thehawksherald

hawksherald@gmail.com

Or come see us in the Campus Recreation Center, Suite 202.

ANSWER TO LAST WEEK'S SUDOKU 3 8 9 6 5 6 5 6 3 8 6 8 2 5 3 6 5 6 8 3 8 4 6 5 2 6 8

ENIGMA

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "E" = "A"*

"DN PULPFD HPMPED IS XIXP-DPXDKS NM HPMPED IDSPWM."

- MYEXFIS FYETMNYH

PREVIOUS SOLUTION: "Everything starts as somebody's daydream." — Larry Niven

©2014 Satori Publishing

F027

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

							9,, 0	
								4
	5	9		4	1			8
				8	3			4 8 2
			9				2	1
				5	4		2 3 5	
	4	3				6	5	
6		1		2				
3		2			9			

©2014 Satori Publishing

DIFFICULTY: ★★☆☆

ENIGMATM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "B" = "S"*

"KH UKD EDHB SDG MJHQHSG L NJATH UKHS KH NLS, HSNDWJLIHB AG."

- BHSHNL

PREVIOUS SOLUTION: "To expect defeat is nine-tenths of defeat itself."

Francis CrawfordE028

©2014 Satori Publishing

Sudoku

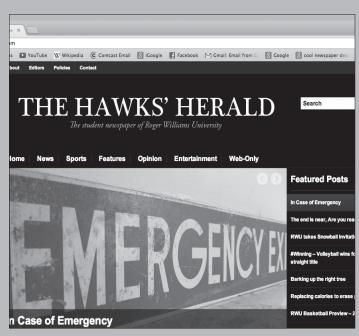
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			8				4	
	3				2			8
				6 9	7			9
			7	9	6	2		
								4
				2	1			6 3
7		8					2	3
			1					
6		1				8		

DIFFICULTY: ★★★☆

©2014 Satori Publishing

Get social.



Visit us online at our all-new website for breaking news, puzzle solutions, and exclusive web-only content!

Follow us!

Instagram

Twitter





thehawksherald

@thehawksherald

BASKETBALL: Opening weekend shows pros and cons of young team

FROM A8

gates on fire while Lesley was the exact opposite. Lesley missed its first 14 shots of the game due to the defensive intensity of the Hawks. RWU capitalized on this slow start and jumped out to a 25-0 lead midway through the first half. The RWU defense did not even allow a field goal to their opponents until there was 9:47 left to play in the half. Lesley could only muster 12 points in the half. While their defense was holding tough, the Hawks offense did equally as well. The team shot 50 percent in the first half and put the game away almost immediately. Although their opponent came out with a better shooting percentage in the second half, the Hawks shot a blistering 57 percent from the field and the outcome of the game was never in question. Senior captain Ryan Palumbo led the team with 12 points and added three assists and four steals. Junior Leonardo Atkinson also added a near double-double for the Hawks, with eight points and 10 rebounds.

"I thought the team played unselfishly on Saturday," said men's basketball head coach Michael Tully. "We shared the ball and moved the ball well and played good defense in spurts, not entirely. We certainly rebounded the ball well which was good."

Eleven of the 14 players were able to score in Saturday's game, which led to a balanced scoring



RACHEL DIEP/THE HAWKS' HERALD Freshman Nick Marini sets up the offense in a blowout win over Lesley University.

attack.

The RWU defense was not as effective in the championship game against Fitchburg State University. The Hawks took an early 9-4 lead to start the game before trading baskets with Fitchburg State for a majority of the first half. After the hot shooting stopped for the Hawks, Fitchburg State was able to open up their lead. Palumbo and sophomore Andrew Wasik drove the offense in the first half for the Hawks, combining for 19 of the teams 22 points. Once those two players were subbed out of the game, Fitchburg State was able to extend their lead without any scoring from the Hawks bench. Turnovers were also an issue for the Hawks in the first half, as the Fitchburg State extended their defensive pressure for the full length of the court. RWU turned the ball over 14 times in the first half and 24 times for the game that led to 26 points for their opponent.

"They were pretty athletic and they played a really good press zone in the half court. We didn't adjust to it well," said senior captain Joseph Henry. "We had a lot of turnovers and they scored off a lot of the turnovers."

The Hawks went into halftime losing 41-22. It looked as though RWU was able to generate some offense at the beginning of the second half, scoring four quick points to cut into their large deficit, but Fitchburg State was able to

come back and increase their lead even more. The Hawks turned the ball over 10 more times and looked outmatched with the size of Fitchburg State. Palumbo led all scorers with 16 points and Wasik chipped in seven.

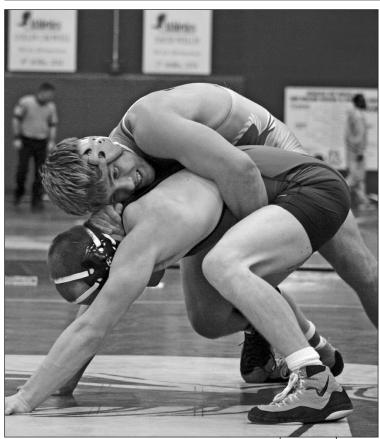
After the weekend tournament, the Hawks are back in the gym to practice and make improvements based on what they learned in their first two games. Palumbo said that the team wants to force more turnovers rather than turning the ball over themselves.

"We want to get out and run," Palumbo said. "We want to start causing more turnovers so that we can get out in transition. We want to try and create more easy baskets for ourselves instead of having tough possessions where we have to work."

The team will look to get off to a better start than they did last season when they lost their first six games of the year. With one win already under their belt, the team has a different attitude already.

"To come out last year and go 0-6, mentally that was weighing us down," Palumbo said. "To come in our first game [this season], pick up a good solid win and play great basketball, there was a whole different mindset."

The Hawks will play their next game this Saturday, Nov. 22, at Wheaton College.



RACHEL DIEP/THE HAWKS' HERALD Sophomore Danny Downes grapples with an opponent in last Saturday's

Invitational.

Wrestling finishes third in RWU Invitational

Connor Casey Sports Manager

The wrestling team hosted the Roger Williams Invitational this past Saturday where they came in third out of 12 teams. RWU finished the match with 155 points, behind second place Johnson and Wales University who scored 165 points, and tournament winner Messiah College who earned 178.5 points. This marks the first time on the young season that the Hawks were not able to come out with either a first place finish in a tournament or a win over a single opponent.

captains Welch and Francisco Colom highlighted the match. Welch picked up two majors and two pins and eventually came in first in his weight class. Colom won all six of his matches during the event and also won the Hawks

some points by coming in first in his weight class. Sophomore Tyler Herzog also had an impressive day. Although he did not win his weight class, Herzog finished in fourth place. After losing his first round matchup, Herzog won seven straight matches. Junior Dan Ressler was able to make a run to the semifinal round for his weight class before losing to the wrestler who would go on to win. Ressler turned around and claimed third place in the weight class, winning the third place match with a 4-1 decision. The Hawks got contributions from a lot of their wrestlers and put in a total team effort.

The wrestling team will compete in the Doug Parker Invitational at Springfield College this Saturday, Nov. 22 at 10 a.m.

HOCKEY: Hawks win 4-3 on special night

FROM A8

center ice for what promised to be an exciting and emotional matchup.

The game opened with a handful of good scoring chances for both sides and some big hits along the boards, but the game remained scoreless until the closing minutes of the first period. At 17:22, junior forward Dan Wisniewski sent a pass in front of the net to Rizo, who one-timed the puck and scored to put the Hawks up 1-0. UMass-Lowell answered with 11 seconds remaining in the period, and the two teams went into the first intermission

tied at 1-1. Five minutes into the second period, sophomore forward Ian Mitchell, assisted by junior forward Lucas Zuspan, put in the go-ahead goal to give the Hawks a 2-1 lead. From there, the game began to get physical. It seemed as if there was always a player or two in the penalty box, and very little of the period was played at even strength. The second period saw a total of eight minor penalties, a 10-minute unsportsmanlike conduct penalty, a couple fullteam scrums, and a UMass-

left to play. "Lowell liked to play a tough, hard-nosed game, and we had to be able to match their intensity, and sometimes that led to penalties. But because of the penalties, we were able to let our power play guys go

Lowell goal called off with 1:46

out there and put a goal in at a crucial time in the game," Rizo

This power play goal came in the opening minutes of the third period, when Zuspan found the back of the net and put RWU up 3-1. The third period quickly turned into a flurry of shots and

the arena. He dropped the scoring opportunities for both lead to 3-2, but Rizo answered with his second goal of the game at 6:23 to extend the lead back to 4-2. UMass-Lowell, undeterred, scored again to close the gap to 4-3 with under five minutes to go.

As the final minutes ticked away, the two teams battled back and forth, and Hawks junior goalkeeper James Fabris made some key saves; he would ultimately stop 29 of the 32 shots he faced on the night. After one final penalty, RWU closed out the game.

With this victory, the Hawks have now won four of their past five games. Rizo was quick to attribute this recent success to his team as a unit.

"We came together as a family, ceremonial puck before the teams. With 9:10 remaining in have accountability for our game to much applause, and the game, UMass-Lowell put actions, and bought into what then the two teams took to in a rebound to cut the Hawks' our coaches preach to us. If we play the way that we are capable of, there is no team in the country that we can't skate with," he said.

The night's fundraising event was equally successful; over 80 raffle items were donated to the cause, and the game raised more than \$10 thousand for the fight against testicular cancer. The money will go to Stowe's treatment team through the Massachusetts General Hospital's Cancer Center.

The Hawks return conference play this weekend and will travel to Rhode Island College for Friday night's game before returning home to face Eastern Connecticut University on Saturday.



RACHEL DIEP/HAWKS' HERALD

The men's hockey team celebrates one of their four goals from their win over Umass-Lowell this past Saturday.



The men's rugby team celebrates during the USA Rugby Division II New England Playoffs against Central Connecticut State University.

Men's rugby rallies late for victory

Andrew Grassey Sports Editor

Have an undefeated regular season: check.

Win the Colonial Coast Conference title against Plymouth State University: check.

Defeat Central Connecticut State University in a Division II New England play-in game: check, once again.

The Roger Williams University men's rugby team continued their strong season on Saturday when they defeated CCSU 40-36 to advance to the Division II Sweet 16.

With one minute remaining

and CCSU with a 36-35 lead, level with the type of comeback the Hawks needed to score. The Hawks managed to get a line out and on the next play, an interference penalty was called on CCSU. RWU took advantage of the penalty chance and sophomore Mike Cedrone scored on a try with no time remaining on the clock and then senior Charlie Stanley connected on the penalty kick to win the game for the Hawks.

"That was the most incredible sporting event I have ever been a part of," said senior Jason Rosa. "It was the type of game you always dream about, with the type of crowd you always dream about. Winning a game at that that we had is something truly incredible."

CCSU led for most of the game. They jumped out to a 12-0 lead early in the game, which was mainly caused by RWU mistakes such as turnovers. At halftime, the Hawks were down 24-7,

The Hawks came out with a vengeance in the second half when they put together three scores on three straight possessions. On each possession, the team put together strong series of phases and strong effort made it 28-24 Hawks.

But CCSU was not done, as they scored on back-to-back drives to make it a 36-28 game with less than 15 minutes remaining.

The Hawks were not going to let their chance to the Sweet 16 slip away and they mounted a comeback.

The Hawks got a score immediately after CCSU took the eight point lead and then Cedrone scored and Stanley knocked in the kick to win the game for the Hawks.

The Hawks will now head to Eden, Md. on Saturday where they will take on the Salisbury University. The game will be at 11 a.m. at the Crown Sports Center.

If RWU defeats Salisbury,

they will move on to play in the Elite 8 on Sunday and if they continue to be victorious, they will be in the Final Four two weeks later.

For now, the Hawks are soaking in their victory and season that has been filled with

"The entire team played their hearts out which was truly the difference maker in that game," Rosa said of the team's victory this past weekend. "I couldn't be more proud to be a member of this team."

Women's soccer makes history

Hawks continues playoff push and gets to third round of NCAA Tournament

Connor Casey Sports Manager

The women's soccer team made history this past weekend. For the third round of the NCAA Division III Tournament. After an easy 3-0 win over Bowdoin College, the Hawks took on host school Massachusetts Institute of Technology and won 1-0 in a thriller in overtime. MIT was ranked 24th in the country when the Hawks ended their

"I think we have accomplished a lot in the last four years," said women's soccer head coach Tim Moody. "Last year, the team was very good but we were just very unlucky. We were a top-25 team, we didn't get the luck. Unfortunately we didn't get an at large bid, which I think we deserved. Since we didn't get that [last season], I think it definitely motivated the team that returned this year."

In their first game against Bowdoin, junior Mariah Kaiser scored twice while the Hawks defense shut down any offensive attack that their opponents generated. From the start of the game, Roger Williams University controlled the play

of the game, hitting the crossbar and nearly jumping out to an early lead just two minutes into the game. Although Bowdoin for the game. was eventually able to gain the first time in their program's some offensive momentum, as a team throughout their history, they have made it to sophomores Kristen Casey entire season, not relying on and Kristen Knight along with freshman goalkeeper Sydney Martin, were able to anchor the Hawks defense and not allow a game-changing goal.

"We got to the NCAA Tournament at MIT and we played a very good team in Bowdoin. We weren't supposed to beat them," Moody said. "They were ranked higher than us, they play in the NESCAC. But we won 3-0 and it could have been six or seven, we just totally tore them up."

In their second round game against MIT, the RWU defense would again be called upon to carry the team. Although both teams traded scoring chances throughout the game, neither were able to take a lead until the waning minutes of the second overtime period. Junior Haley Carignan was able to beat the MIT goalkeeper with less than four minutes to play in the final overtime period, avoiding a penalty shot shootout to determine the outcome of the game. The Hawks were able

to dominate possession and generate more offense than MIT, outshooting them 16-9

The Hawks have really played only one person to carry them. Every player on the roster has had a chance to impact the team in a positive way. During the tournament, players like Martin, Knight, Casey, Kaiser, Carignan, junior Jessica Valenti, and senior captain Kristen Tetreault have stepped up to give the team the boost that it needs. This all-for-one mentality translates to the excellent defensive play that the team has displayed all season

"If we don't have the ball, then everyone is a defender," Moody said. "We do the simple things. We get goal-side, we make it difficult and we don't give them space. If the goalie doesn't have to make a save, then that is our best game."

The Hawks will look to extend their post season success this Saturday, Nov. 22, in Williamstown, Mass. at 1 p.m. against Williams College in the fourth round of the Division III NCAA Tournament.



Senior Ben Lane runs the NCAA New England Regional Championships.

Cross Country has impressive performance at NCAA Regionals

Joseph Carosi

Herald Contributor

Last week the Roger Williams University men's and women's cross country teams participated in the NCAA New England

Regional Championships. The men's team put on a great performance, placing 12th overall. The team was led by freshmen Tim McGowan, who took home the All-New England honors with a strong 24th place finish with a time of 26:03.9. McGowan's finish is the best for Roger Williams University in the NCAA New England Championship since 2008, when Kevin Clark finished 20th overall. Other notable performances from the men's team were Jack McGowan, Tim McGowan's twin brother, who placed 41st overall with a time of 26:27.6, and junior Chris Busby who finished 77th overall with a time of 27:03.6. Seniors Sean Doyle and Jack Dunleavy rounded out the results with Doyle placing 101st overall with a time of 27:28.3, and Dunleavy following with a time of 28:01.9. Seniors Kevin Terbush and Ben Lane came in 144th and 156th place with respective times of 28:02.0 and

28:11.0.

The women's team finished 21st overall in the event. Senior Hannah Zydanowicz led the team with a 64th place finish with a time of 23:30.9. Senior Jamie Wandzilak and freshman Jackie Applin were next to finish for RWU. Wandzilak finished 111th overall with a time of 24:25.0, and Applin finished 123rd overall with a time of 26:05.6. Freshmen Makayla D'Urso and sophomore Liane Riley followed with respectable 158th and 175th finishes with times of 25:08.3 and 25:21.4. Junior Hillary Leonard and senior Ailish Barry wrapped up the Hawks' day taking 209th and 211th finishes with respective times of 25:54.7 and 26:05.6.

While both teams performed well at the tournament, all eyes were on Tim McGown, as he waited anxiously to see if he has been selected as an individual for the NCAA Championships. The news came in this past Monday that McGown had officially earned an NCAA Championship berth. He is the first male cross country athlete to achieve this accomplishment.



third round of the NCAA Tournamen for the first time in program history.

The women's soccer team poses with all of their championship trophies before making an appearance in the

Read online

WANT MORE? FOLLOW @HH_SPORTS ON TWITTER FOR ALL RWU SPORTS NEWS

Disappointing homecoming After solid opening weekend, Hawks fall in home opener

Stephanie Nisbet Herald Contributor

With 36.6 seconds left on the clock, the Roger Williams University women's basketball team (2-1) and Brandeis University (3-0) were tied at 71. With 8 seconds to go, the Hawks suddenly found themselves down two, with a Brandeis player on the foul line. It had been a night of multiple lead changes and momentum shifts, and time was running out for the Hawks to stage one final comeback.

This time the clock won.

The Hawks fell to Brandeis with a final score of 73-71 in their season home-opener Wednesday night, but the game was a fight to the very end.

"[Coming out of the last timeout], they were on the line, so we were looking to push the ball and advance it if they missed. If they had made it, we also had a different game plan, but they missed, which was in our favor. We just didn't get the right shot off at the end," said junior captain Angelica Ariola, who led all scorers with 22 points on the night.

From the opening tip, the game was a never-ending series of whistles. There were a total of 25 fouls called between the two teams in the first half alone, and each team was in the double bonus with several minutes still remaining before halftime. Every possession seemed to end



BRAD FAGAN/THE HAWKS' HERALD

Junior Alyssa Otis puts up a shot against Brandeis University on Wednesday night.

with someone on the foul line, taking advantage of first the one-and-one situation and then the two free shots with each additional foul called.

The Hawks ultimately made 15 of their 19 free throw attempts, while Brandeis converted 15 of 24. This game could easily have been determined at the foul line, but the two teams proved evenly matched in this respect.

"I think we did miss some big free throws, but [Brandeis] also got big offensive rebounds off the foul line that we should have had...we need to work on rebounding consistently throughout the game," Ariola

Rebounds and shots in the paint proved to be the true determining factors in this game. Though the Hawks outrebounded Brandeis 41-39, Brandeis was able to take control of the boards at opportune times throughout the game; in this case, quantity did not necessarily trump quality. Both teams also struggled at times to make shots down low and in the paint, and these easy points could have made all the difference for either side. The trouble came not in finding these shots, but in finishing

Outside of missing layups, however, the Hawks were able to generate good scoring opportunities through their offense, and they put in six three-pointers as well. Brandeis was equally successful in their outside shooting, making eight of their 20 three-point attempts.

In nearly every respect, this game was anyone's for the taking. The largest lead for either team came in the closing minute of the first half, when RWU was able to gather some momentum and make several shots in a row. The Hawks went into halftime up 37-28, and

the lead never extended beyond nine points for either side. The second half saw fewer fouls and more lead changes and timeouts; each time someone scored and put her respective team up by one, a player from the opposing team answered with a basket at the other end and put her own team in the lead. A coach would then call timeout, and both teams would strategize and regroup, only for the cycle to be repeated again. The game seemed destined for overtime.

With the final seconds ticking off the clock in the second half, RWU gained possession of the ball and got two last shot attempts from down low, but to no avail. Brandeis walked away with the victory, but the outcome just as easily could have been in the Hawks' favor.

Ariola feels that knowing exactly what to expect from the opposing team is the key to securing future wins: "I think we need to work on knowing our scouting report a little better. We have very strict scouts, and when we don't follow these scouting reports, upsets like this happen."

Fortunately, the season is still young, and the Hawks have the next few months to figure out exactly how to defeat their opponents. RWU returns to action on Saturday when they travel to Connecticut College for another non-conference

Men's basketball splits in opening tournament

Connor Casey Sports Manager

If winning two games to start the season is better than winning one, then winning one game is better than winning none.

The Roger Williams University men's basketball team went 1-1 in the annual Courtyard by Marriott Tournament held at RWU. The Hawks were able to cruise by Lesley University 75-45 this past Saturday but were shut down by Fitchburg State University in the championship game on Sunday afternoon. After losing the first two games in the same tournament last season, the Hawks have already gotten off to a better start in their 2014-2015 campaign.

The first game for the Hawks was dominated by their defense and shot-making ability. RWU came out of the

SEE BASKETBALL, A6



RACHEL DIEP/THE HAWKS' HERALD

Junior Trevor Fahmy shoots over a Lesley University defender.



Freshman Donald Thompson looks to move the puck up the ice against Umass-Lowell.

RACHEL DIEP/HAWKS' HERALD

Hockey for a cure

Hawks honor teammate battling cancer

Stephanie Nisbet

Herald Contributor Driscoll Arena looks good in lavender.

The rink was a (frozen) sea of purple on Saturday; lavender ribbons adorned the glass and the walls, fans entered the arena by the busload dressed in various shades of purple, and the Roger Williams University hockey team (10-3-1-1) skated out onto the ice in specially-made purple uniforms for the night's game against University of Massachusetts-Lowell (3-7-1). All of this was done in support of Hockey Fights Cancer, and this year, the cause took on a personal meaning for the Hawks.

"Obviously, our team as a whole was shocked to hear

one of our teammates was diagnosed with testicular cancer this summer, and having it be James [Stowe] who is such a well-liked kid because of his unbelievable work ethic, it really hit hard to some of the guys," said senior captain Jared Rizo, who has been working to raise money to fight all types of cancer for the past few years. "I think we all understand the big picture and understand that there are some things bigger than a game, and we did the best we could to help fight this terrible disease."

Stowe received a standing ovation when he walked out onto the ice before the game, and the outpouring of love and support from the crowd overwhelmed

THE HAWKS' HERALD - SECTION B

SETH REINER

ADAM MEYER

TIM LEBEL

WHO'S THE NEXT NO. RVI.

Introducing two of the eight contestants and the coordinator in their breakout roles

GABBY DOUGHERTY | HERALD CONTRIBUTOR





SETH REINER AS ALADDIN

As the only sophomore contestant, Seth Reiner thrives in the competition with excitement for helping an amazing cause. With a triple major in legal studies, Spanish and philosophy, Reiner finds the deeper meaning of Mr. RWU, which is helping the children while having fun. Reiner is also involved on campus, he is an RA and working for the housing department. In his free time he enjoys playing sports such as baseball, soccer and tennis and loves to watch European soccer.

By his side throughout the competition is personal assistant sophomore Emily Tomczyk. He feels the competition has made them closer. Being actively involved in the club College Against Cancer, Reiner has a passion for the cause as he also went to the hospital to see exactly where the money was going.

"Everyone has something they are going through, whether it is cancer or something at home. Seeing that others have things they're going through, it's nice to give back," Reiner said.

Reiner has been selling baked goods as well as hot chocolate, which have raised his team a great amount of money. Reiner does think he has a good chance of winning as the youngest contestant, but feels that it has been an amazing experience so far and has been so nice getting to know the other contestants.

"I have built friendships from it, knowing it all goes toward a great cause, and we're all doing it for the same reasons," Reiner said.

Reinier's chosen movie character is Aladdin, and Tomczyk will be Jasmine. As for his talent, he admits it will be fun and everyone will know the act.



ADAM MAYER AS THE COORDINATOR

Former Mr. RWU contestant Adam Mayer decided to take a leap into head position as coordinator of this year's pageant. Having experience of what it is like to be a part of this contest, Mayer is excited to experience the other side of the pageant where he is able to organize the event. As a junior, Mayer is actively involved on campus; he is head RA in Stonewall and is involved in various organizations and clubs. In his free time, he enjoys hiking outdoors and getting to know people on campus.

Mayer decided to take on the position as coordinator because he feels it is important to give children the opportunity to live a life that many are fortunate to live. Mayer thinks back to his experience as a contestant and remembers how eye-opening the experience was. Not only was he able to raise money for a great cause, he also learned just how willing people are to help.

The process of organizing the event has been rewarding to Mayer because he is able to see the growth of each contestant. He feels that aside from the stress, it is a privilege to be coordinating Mr. RWU. As far as going from a contestant to the coordinator Mayer admits its quite interesting.

"I know exactly how the contestants are feeling at this point of the competition, because I was one myself," Mayer said. "I can relate to them and what they're going through, sometimes it makes me more lenient, other times I hold them all to high potential because I know what they're capable of."

Mayer feels this entire experience has been rewarding to him because he is able to watch the growth of each contestant while putting together a great event for a great cause

great cause.
"Come to the show, it will be great," Mayer said.





TIM LEBEL AS BUDDY THE ELF

Student body president senior Tim Lebel is taking his leadership skills to the Mr. RWU competition as a contestant. With a Spanish major and minor in educational studies, Lebel is looking to convey the idea that charity work is something rewarding and fun. In his free time, he enjoys participating in clubs and organizations on campus and hanging out with

"One of my goals throughout the competition is to show people we're just a group of guys having fun while raising money for the kids," Lebel said.

Working with Lebel is personal assistant senior Sam O'Neil, who Lebel met over the summer while they both were working as Orientation Advisors. Lebel feels that there is no other person with which he could imagine going through this experience.

Lebel has been using social media to his advantage with his online donation page at www.youcaring.com/nonprofits/tim-lebel. Last month, he also held a pumpkin seed and bread sale for which he credits O'Neil for making everything from scratch.

Lebel is doing Mr. RWU because the fundraising aspect personally affects him. In high school, he took part in Mr. THS (Tolland High School) in his hometown of Tolland Conn., Lebel has a good idea of what the experience is like and feels it is a good culmination of everything he has done. As far as winning, Lebel knows the competition is secondary.

"I had things personally going on as a kid and knew others who were affected by it, so it makes the competition and cause that much more important," Lebel said.

Lebel will be portraying his fun and genuine side as Buddy the Elf. Along with that, his talent portion of the show is left a surprise.

"If people can think of the evolution of dance with a twist, might be a little robot, perhaps even a little single ladies, time will tell, but I know the final song will have the crowd going," Lebel said.



Professor of the week
Debra Mulligan brings her
passion for the arts to the history
department.

PAGE B2

INDFX

Snapshot SearchB2	SnapcashB7					
Professor of the weekB3	Binge TV showsB8					
Letters from LondonB3	Question of the weekB6					



Putting the 'Thanks' back in Thanksgiving

Troy Robinson Herald Contributor

Ah, Thanksgiving. It is a beautiful day towards the end of the year when Americans get to gorge themselves with food without feeling guilty for it. It's a day when gluttony is permissible.

Now picture yourself on Thanksgiving Day: Perhaps you give a quick prayer before you dig in to your scrumptious meal. Or perhaps you mutter a 'thank you' or two before ripping into that succulent, oven-roasted turkey. Then, with the turkey defeated, you move to conquer the stuffing, the mashed potatoes, the green bean casserole, and last but not least, the apple pie. You eat and you eat until you find yourself entering into a food coma, which leaves you lying on the living room floor (it's okay, we've all been there). The battle is over and you lost; the food won.

the typical Thanksgiving Day: where being thankful is merely an excuse for you have, and consider the over-indulgence. While we're unique opportunities that life taking our turkey-induced naps,

we fail to think of those who are less fortunate than us. There are people in America who cannot afford a Thanksgiving meal; likewise, there are people who cannot afford a roof over their head. Why, then, do we continue to complain about what we don't have when there are people with far less?

The problem is that we take what we have for granted. While a 17-year-old, for example, whines that the Wi-Fi isn't working, there's a boy of the same age freezing to death on the streets, without a hot meal or a cozy bed to go home to. According to The National Center for Family Homelessness, over 1.6 million children experience homelessness, and go hungry each year. Keep that in mind the next time you want to complain about your lousy Wi-Fi connection.

This Thanksgiving, look around your dinner table and be grateful to have people who love and care about you, because not everyone is that lucky. Reflect on everything has to offer. Once you are truly

grateful for the life with which you've been blessed, you can give a meaningful and heartfelt

But not so fast.

A quick prayer and heartfelt thanks are nice, but they aren't going to make a difference in the world. Do you really want to show how thankful you are this Thanksgiving? Then take the time to help someone less fortunate than you are. It could be by helping an elderly neighbor carry groceries to his or her front door. It could be by donating to a local food drive for the homeless. It could be by volunteering at a local nursing home. The choice is yours. But whatever choice you make will give you the good feeling of knowing that you made someone's day a little brighter.

Thanksgiving dinner certainly something to look forward to. After all, what's better than being surrounded by great food, family, and friends? But always keep in mind that you can share your fortune with others, and give them something to be thankful for, too.





RACHEL DIEP/THE HAWKS' HERALD

Thanksgiving baskets from various organizations were judged on their presentation, content, and creativity on Tuesday, Nov. 18. The judging took place in the Global Heritage Hall Atrium. The baskets included canned goods and other non-perishable food for families in need.

Professor of the week

Mulligan: Merging art and history



students go through since she has been through the same.

Alexis den Boggende Herald Contributor

Rhode Island native Debra Mulligan is an associate professor of history with a unique and creative way of teaching. Mulligan presented at a regional conference on Saturday, Nov. 15 for the National Historical Honors Society, an organization of which she has been a part since her senior year of college in 1981. She has also written a book on J. Howard McGrath, Harry Truman's chairman of the Democratic National Committee. She plans to publish the book with McFarland Press by Sept. 2016. Mulligan attended Providence College, and has known from the age of five that she wanted to be an educator. Becoming a university professor was her

dream. "I've always loved teaching," she said. "I love kids, and I love helping people. It's great to see the fruits of your labor. It's amazing to see your students leave you and graduate and be able to see the great things they do afterwards. I like the feeling of knowing that I was able to help them."

Mulligan's favorite part of her college career was finding her history major, and then going

on to attend graduate school. Mulligan is passionate about the many classes she teaches, but her favorites are Modern Japan and History of Rhode Island. If she could propose any class she wanted, it would be a "Commemoration and Cultures" seminar. Mulligan enjoys seeing the two sides of history, and believes that it would be a great class. She

wouldn't mind teaching a class outside her field of study.

"I'd love to teach a film course," Mulligan said. "It's one of my secret passions."

A her favorite movie is include "The Third Man," but she also enjoys gangster movies like "The Untouchables" and "Goodfellas." If she could have dinner with three people, she would choose actress Katherine Hepburn, actor Jimmy Stewart, or former president John F. Kennedy.

Mulligan is a very creative professor who shows passion in everything she does. If she was not a professor, she would love to be a writer or a singer. She used to sing in a wedding band.

"I love poetry and historical writing," She said. Her favorite book is "The Devil in the White City" by Erik Larson, which tells the true-crime story of H.H. Holmes and the 1893 World Fair.

Mulligan is also well-traveled. Last summer, she went to the United Kingdom. She's also been to China and Japan. In the United States, she's been to the Dakotas, Arizona, Louisiana, New Mexico, and does research in Missouri. She says that if she could live anywhere outside the United States, she would choose Tibet, or anywhere in East Asia.

Something that students may not know about her is that Mulligan understands the struggle that students go through.

"I went through a lot of the same struggles," she said. "I remember what it's like to be scared to fail a test, or nervous about a grade. I put myself in the shoes of the student. I want to help them."



The Sunset Cafe, located in downtown Bristol, has many delicious breakfast options at student-friendly prices.

Roger's backyard

Best breakfast in Bristol: 3 places to cure your hangover

Shana Sims | Features Editor

The Beehive Cafe

Sunset Cafe

\$\$\$

Sip 'n' Dip

\$\$\$

\$\$\$

This cafe has healthier and unique options, such as a salmon plate and polenta cakes. They offer plenty of homemade choices as well, including granola from scratch. They also have gluten free pancakes. Breakfast is available until 3:30 p.m. daily. They also serve beer and wine for brunch. For a marginally more expensive meal, you can always expect values in Bristol.

Sunset is located on Hope Street and has many traditional breakfast options, as well as specials like pumpkin pancakes. The atmosphere is casual, and the service is fast and friendly. On weekends, there is often a line out the door. They are open from 7:30 a.m. to 2 p.m. daily. For a quality sit-down breakfast place, this is one of the best

Sip 'n' Dip is famous for their delicious, although sugary coffees. They also have a selection of pastries and bagels, as well as breakfast sandwhiches. Sip 'n' Dip is located just down the road from campus on Hope Street, and closes at 10 p.m. daily. It's a great place to stop on the way to class for off-campus students. However, don't expect the most friendly service.

Snapshot Search



This picture is somewhere on campus!

Tweet @thehawksherald and tell us where you

think the photo was taken. Winners with receive

a Hawks' Herald swag pack, and their name and

the answer will be printed in next week's issue!

Letters from London

Adapting to London fashion

Immediately upon my arrival Immediately upon my arrival in London, I could sense a difference in culture. Not only was the food slightly different, but there was an obvious contrast in fashion. In America, a normal outfit for a female college student might be a pair of jeans, boots, and a blouse. For males a typical outfit might be a pair of sweatpants and a

t-shirt. If you wear this type Popular stores in America, such of clothing in London, you stick out like a sore thumb. Anyone can tell I am a student

because of my blue jeans. Someone doesn't even need to hear me speak to tell that I am American, they just know. London is one of the fashion capitals of the world. Walking down Oxford Street is like being in an outdoor shopping mall.



fashion near their campus.

Michelle Ryder and other RWU students take a photo in London

as Forever 21, and H&M are there as well as stores unique to London. The style seems to be more professional than in the United States.

Popular London fashion statements are big coats, sweaters, and a lot of black.

RWU junior Kristin Peragine is taking a London Fashion class during her study abroad experience.

"Fashion in London is really a free for all. If you like it, you wear it. People have their own style here and I love it," Peragine said. "On campus and at home, everyone tends to have very similar styles, shopping at the same stores, wearing the same pieces, but here judgments can't be made about what anyone's wearing because everyone's style is whatever they desire."

I rarely wear a jacket here because the weather is so nice compared to the cold New England weather that I'm used to. At this time of year, most Londoners wear jackets. They can be anything from big furry coats, to leather jackets to professional pea coats.

Women usually wear long Junior Public Relations major sweaters with a scarf, tights, studying abroad this semester and boots. The boots are at Westminster University in generally mid calf length rather London, England.

than tall boots. As far as colors, they tend to stick with neutrals that will match with anything. Accessories are not as popular in London as they are in America. Statement necklaces are popular, but women don't tend to wear a lot of bracelets or large earrings.

Men in London never wear sweatpants or sweatshirts. They tend to dress more professionally and give more consideration to what they wear. They wear suits with ties, or a casual sports jacket with a nice pair of pants.

After being here for over two months, my own personal style has evolved. Not only can you learn about the history of a city while studying abroad, but you tend to immerse yourself into many aspects of their culture and style.

Michelle Ryder Herald Foreign

Correspondant



Roger Williams University 1 Old Ferry Road Bristol, R.I. 02809

Roger Williams University Community Standards Brief

Fairness • Honesty • Integrity

In proactive communication, the Office of Student Conduct and Community Standards highlights selected student conduct statistics from the semester prior. The outcomes of cases during spring 2014 resulting in suspension or expulsion from RWU are listed below.

Last academic year, we observed an increase of students separated from RWU due to incidents of sexual assault and harassment. Separations due to incidents of physical assault and fighting also increased. We hope that students will continue to join us in working to prevent these behaviors and their harmful effects. We also highly encourage students to report such incidents. Please remember that suspension from the University is typically for 1 semester up to an indefinite time and usually begins immediately. Expulsion is permanent and once found responsible, students are immediately withdrawn from their classes. Suspensions and expulsions are listed on students' academic transcripts. Students are responsible for all financial obligations for the semester when the sanction occurred. During suspensions and expulsions, responsible individuals are banned from University property. In accordance with state and federal laws protecting the privacy of student records, identifying information in the following report, such as names and genders, is excluded.

Spring 2014 Student Conduct Suspensions (5)

- 2 suspensions for selling marijuana on campus and possession of marijuana with intent to sell at Willow. These students were arrested.
- 1 suspension for domestic vandalism, alcohol, failure to complete sanctions and violation of University probation at Baypoint. This student was
- 1 suspension for activation of a false fire alarm while under the influence of alcohol at Willow.
- 1 suspension for domestic vandalism, setting off a fire extinguisher requiring building evacuation, and failure to comply with University officials while under the influence of alcohol at Stonewall and on campus property. This student was arrested.

Spring 2014 Student Conduct Expulsions (2)

- 1 expulsion for selling marijuana on campus and possession of marijuana with intent to sell at Willow. This student was arrested.
- 1 expulsion for domestic assault, threatening behavior, and sexual misconduct off campus in Bristol. This student was arrested.

We also find that a number of students lose housing privileges during the year due to probation violations and/or multiple alcohol or drug violations. We hope to create an awareness of response to community disruptions as well as to educate students to think before you act and please make decisions that will positively benefit the community. Education, restoration, and protection are the intended outcomes of the Student Conduct system. We seek to enhance the educational missions of the University and the Division of Student Life by setting and promoting high standards while treating each student with dignity and respect. If there are questions about the process or behavioral concerns, please contact us at 401-254-3042 or contact a RA, Core, or Public Safety at 401-254-3333.

> Office of Student Conduct and Community Standards • Roger Williams University communitystandards.rwu.edu • @RWUStuConduct



Bias Education Response Team Report to RWU Community

Statistics based on spring 2014 data

The Bias Education Response Team (BERT), a University committee comprised of students, faculty and staff, will be reporting each semester on the bias related incidents that are reported and investigated in the prior semester. Our goal is to educate, increase knowledge about bias incidents and to provide information about what happens in our community. This article is follow up to our October 23 information in the Hawks Herald. During the spring 2014 semester, 7 bias incidents were reported. Each was investigated and, where appropriate, was adjudicated through the Student Conduct system. Bias related violations of the RWU Code of Conduct receive enhanced sanctions ranging from educational interventions up to expulsion from RWU.

A bias incident, as defined by the Division of Student Life's Bias Education Response Team, is "an event that has the effect of demeaning or degrading an individual or a group and is motivated in whole or in part by the perpetrator's bias of a group or persons based on their actual or perceived disability, race, religion, national origin, ethnicity, sexual orientation, gender, or gender expression or identity."

The following is a summary of reported bias incidents from the spring 2014 semester:

- Incident of written bias based on national origin sent through Twitter
- Incident of written bias based on race at Bayside Courts
- Incident of written bias based on national origin sent through Twitter
- Incident of written bias based on sexual orientation at parking lot H
- Incident of verbal bias based on gender expression at Maple Hall
- Incident of verbal bias based on sexual orientation at Stonewall Complex
- Incident of verbal bias based on sexual orientation at Lower Commons

The Bias Education Response Team committee affirms the University's mission to promote a respectful community and is committed to fostering a healthy and safe environment for everyone. In addition, we are committed to preventing further acts of bias by educating the RWU community about the effects of bias actions and the impact on all of us. In our spring semester report, the committee will also summarize educational efforts and training opportunities offered during the academic year.

If you are a victim of or witness to a bias related incident please report this to Public Safety or your RA or Core, Student Conduct and Community Standards, and/ or Bristol or Portsmouth Police Departments. These resources are listed on the Bias Education Response Team web site: http://www.rwu.edu/about/universityoffices/public-safety/bias-incidentshate-crimes

RWU also has a confidential reporting form located at the Reporting web page:

http://www.rwu.edu/about/university-offices/publicsafety/crime-prevention/confidential-

Candice De Los Reyes, Associate Director of the Intercultural Center

Heidi Hartzell, Director of Student Conduct and Community Standards

Bias Education Response Team co-chairpersons

Correction

In the Nov. 6 issue of THE HAWKS' HERALD, a headline on page A6 read "Hawks improve to 8-0 with win over Salve Regina". The headline should have been "Hawks improve to 8-0 with win over *Plymouth State University*".

Correction

In the article "Sexual Assualt Series: Part I" in the Nov. 13 issue of The Hawks' Herald, a sentence on page A3 stated, "Last academic year, there were two cases of non-consenual sexual intercourse and two cases of nonconsensual sexual contact, which resulted in suspensions from RWU." To clarify, two of the cases resulted in expulsion, and the other two resulted in suspension.

FULL-TUITION FELLOWSHIPS

for Master's of Education programs





- ➤ Education Fellowship: Teach K-12 in public and private schools.
- ➤ Higher Education Fellowship: Become an educational and administrative leader in colleges and universities.
- ➤ Community Engagement **Fellowship:** Prepare for careers in the public sector, or in nonprofit, such as youth, family, social service, and volunteer organizations.

MERRIMACK COLLEGE FELLOWSHIP PROGRAMS:

- Cover all tuition costs
- Provide outstanding field experience
- Coursework begins June 2015 and ends June 2016
- Open to all academic majors

www.merrimack.edu/fellowships

LEARN MORE. APPLY TODAY. www.merrimack.edu/fellowships February 15, 2014



GRAD INFO SESSION

Thursday, January 29, 2015 — 5 P.M.



MBA

MBA with concentrations in

- Accounting
- Hospitality
- Information Technology

Accelerated MBA (one year)

- M.S. Counseling
 - Criminal Justice Management
 - Finance
 - Human Resource Management
 - Physician Assistant Studies

M.A.T. – Teacher Education

M.Ed. — Teaching and Learning Ed.D. – Educational Leadership

Take your career to the next level through our professionally focused graduate programs taught by industry-experienced faculty. Join us at the Harborside Campus to learn more about our programs and why Forbes ranks JWU among America's top colleges.

RSVP to:

jwu.events/GradInfoJan

For information: pvdgrad@admissions.jwu.edu or 401-598-1015

Grace Welcome Center Harborside Campus 120 Harborside Blvd. **Cranston, R.I. 02905**



National Absurdity Day

Nov. 20

Every year on Nov. 20, the unofficial holiday National Absurdity Day is celebrated across the country. National Absurdity day is the single day of the year that you can act absolutely absurd without having to make excuses. It's also a day to reminisce on the absurd things that have happened throughout our lives, and in history as well.

"Why? Perhaps the unknown creator of this strange day was stressed out, bored with dayto-day life, or had just worn out his or her brain trying to make sense of everything all the time," says The Daily Grind.

We all need to take the time, occasionally, to let loose, do crazy things, and act ridiculously, so take this opportunity to do so while celebrating National Absurdity Day.

"How far you take your absurd antics is up to you," says THE DAILY GRIND. "Unfortunately, tomorrow isn't Erase Your Memory of Yesterday Day, so be careful with your absurdity."

Question of the week:

What is your favorite part of Thanksgiving and why?



Steve Messina | SENIOR

"Sweet Potato Casserole because I'm not a huge fan of turkey."



"The breakfast because I don't like turkey."



Carleum Tattersfield | SOPHOMORE

"Having everyone at the table eating because it's fun."



Nick Vines | FRESHMAN

"Going home because it's a good place to be."



Courtney White | FRESHMAN

"I really enjoy stuffing because it's a family tradition with my entire family."



Chris Haines | SENIOR

"I get [paid] time and a half because I like money."

Largest and most expensive billboard in NYC

Ashley Williams Entertainment Editor

While the abundance of digital screens, both large and small, is increasing rapidly in the current era, it's been observed that the amount of attention paid to these displays is contradictory. Marketers have predicted, however, that one of the largest displays in the world, which was lit for the first time the night of Nov. 18, will certainly capture the audiences' attention.

This billboard will be the biggest and most expensive digital billboard to ever hit Times Square in New York City. In an article published in THE NEW YORK TIMES, "Times Square's Biggest and Most Expensive Digital Billboard Is Set to Shine," Emily Steel provides ample information on the massive display.

The new screen stands eight stories tall and is nearly as long as a football field, spanning the entire block from 45th Street to 46th Street on Broadway — The center of the Times Square 'bow tie.'

> - Emily Steel, The New York Times

"The new screen stands eight stories tall and is nearly as long as a football field, spanning the entire block from 45th Street to 46th Street on Broadway — the center of the Times Square 'bow tie," Steel said.

It is also stated that the billboard will be made up of nearly 24 million LED pixels, each of which contain little red, blue, and green lights. These lights project an even higher resolution than the best television sets in the world today.

According to marketing executives, this megascreen has ranked as one of the most expensive pieces of outdoor ad real estate on the market - set at a going rate of more than \$2.5 million for four weeks.

This screen will also be the first to ever cover an entire city block in the flashy, hustle-and-bustle streets of Times Square.

"About eight in 10 people in Times Square reported that the signs and the advertisements add to the appeal of the destination, according to a survey of 2 thousand respondents in Times Square commissioned by Times Square Alliance and other groups," Steel said. "About half of the respondents reported taking photographs of the signs, and 60 percent said they had spent more than five minutes looking at them."

With that said, it is expected that this extraordinary billboard will generate more views and consumer attention than ever before. The Universal Everything studio collective will be the first company to be advertising on the massive screen in front of the Marriot Marquis hotel. They will occupy that space until Nov. 24 when Google is scheduled to take over as the debut advertiser; their campaign is expected to run through the New Year.

An eye-opening production

"Dead Man's Cell Phone" highlights the unfortunate truth behind modern communication and relationships

Kate Tufts Herald Contributor

In recent history, modern technology has proved to play a huge role in many peoples' lives. Being in the digital age, we are more connected than ever before, while remaining in extreme isolation at the same time. The play "Dead Man's Cell Phone" by Sarah Ruhl, put on at the Performing Arts Center at Roger Williams University this past weekend, explores this paradox.

"With our smart phones we isolate ourselves in a mob, on a train, while walking down the street," read a statement within the program provided in support of the production.

As if the play itself wasn't powerful enough, the program supported that power with statements pertaining to the overarching meaning.

This statement is extremely profound because it represents

a hard truth that currently exists in our society. Certainly, cell phone use among college students is abundant; it's the students' way of connecting with others in numerous ways, whether it be setting a time to meet up for dinner or finding out when an assignment is due.

While smart phones can be helpful, they don't help us connect on a deeper level with others. "Dead Man's Cell Phone" highlights these issues regarding lack of personal interaction.

The play combines harsh reality, humor, and satire to make its mark on the audience. As a first-time viewer, it is sometimes hard to recognize the underlying themes in a play at first; this was not the case in "Dead Man's Cell Phone."

Throughout the entire play, the audience could feel the desperation in character, Jean (portrayed by junior Kate Barrette), the woman who answered the dead man's cell phone.

Jean longed to help people, and make a difference in how Gordon, the dead man, was remembered. She felt that through answering his phone calls she could accomplish that.

Even when we are with other people, all too often our attention is on whatever it is we are doing on our smart phones.

By the end of the play, Jean realizes that the only real way to make a difference, is to live in the present with the people right in front of you. His phone was the culprit pushing her away from that lifestyle. In resolution, Jean turned her life around by making sure not to forget that people are more important than

"Seeing this play really made

me think about how much I use my cell phone. I am now going to think before I stop talking to the people that I'm with and isolate myself by using my phone," said freshman Jenna Kominski. "Hopefully now that I'm conscious of it, I can actually make a change."

"Dead Man's Cell Phone," was previously awarded a "Helen Hayes Award" for Outstanding New Play. Like many others in the crowd of this production, Kominski was moved by the higher message being conveyed in the show.

"Even when we are with other people, all too often our attention is on whatever it is we are doing on our smart phone," read another powerful statement within the program.

Smartphones provide a substantial amount of assistance to human beings in the current era; they help us get where we need to go, make Google searches and recite them out loud to us, capture pictures and videos, interact with others within seconds – the list goes

The lesson that we learn in this play - and the thing that most people know in their minds, but would have trouble admitting – is that sometimes the "benefits" of smartphones are more harmful than helpful. People are often too blinded by all of the good things cell phones have to offer, and therefore fail to recognize the damage they truly cause. Sadly, people would rather send a quick, abbreviated text, than simply dial a phone number and at least have a phone conversation.

Our generation is slowly losing sight of the necessity of face-toface interaction and that is an important part of our society. "Dead Man's Cell Phone," was another piece to add onto the list of beautiful, yet haunting truths of modern communication and priorities.

Upcoming "Dead Man's Cell Phone" Showings

Performing Arts Center

Thursday, Nov. 20,

Friday, Nov. 21, and

Saturday, Nov. 22

at 7:30 p.m.



RWU STAGE COMPANY FACEBOOK

The "Dead Man's Cell Phone" production had its opening weeking on Friday, Nov. 14.

From chat to cash

Ashley Williams

Entertainment Editor

On Monday, Nov. 17, Snapchat made yet another big announcement regarding a new addition to their platform. As opposed to their last update, which introduced advertisements, this one is much more user-oriented: users can now send money through the

Snapchat says this is their first product created in partnership with another company. In an article published in Tech CRUNCH, "Snapchat Now Lets You Send Money To Friends Through Snapcash Deal With Square Cash," Josh Constine justifies the new announcement.

"While Venmo, Google Wallet, and more, try to take a business approach to peer-topeer payments, Snapchat today swooped in from the consumer side," Constine said. "It just added a "Snapcash" payments option to its app through a deal with Square Cash."

"We're huge fans of the folks at Square and have been big admirers of Square Cash since it launched - just type a dollar amount into the subject line of an email and send cash to friends. Genius," Snapchat said in a blog post.

Furthermore, Snapchat said that they loved it so much that they wanted to create something with it, too - but something teamsnapchat

TEAMSNAPCHAT

You can now send cash to a friend in Chat!

Type a dollar sign followed by the amount -- like "\$11.25", then tap the green icon to turn it into cash!

that felt more "Snapchat-y." So they came up with the Snapcash prototype and introduced it to a team at Square.

"Luckily for us, they were just as excited as we were and wanted to build it together," Snapchat said. "The product you're seeing today is fast, fun, and incredibly simple."

Users are now able to add a debit card to their account. When they're chatting with friends they just simply type a dollar amount into Snapchat's text-chat feature, then hit the green pay button, and instantly money is sent to a friend.

"After you enter your debit card, it's securely stored by Square, who will swiftly process your payment and send cash directly to your friend's bank account," Snapchat assures.

If a friend does not sign-up to accept the cash within 24 hours, the cash will be refunded. You don't have to worry about your money being lost.

"We set out to make payments

faster and more fun, but we also know that security is essential when you're dealing with money," Snapchat said. "Square has a ton of experience in this area and our teams have been hard at work to make Snapcash a great experience for everyone."

The update is currently available for Snapchatters in the United States who are over 18 years old and posses a debit card. The new feature was first made available to Android users, and was added to the iOS update on Nov. 19.

"The Snapcash deal could be big for Square Cash's competitive strategy as it tries to edge out Venmo, Google Wallet, and more for the p2p payments market," Constine said. "But by wedging itself into p2p payments through a consumer app that tens of millions of people already regularly use with their close friends, Snapcash could inject itself into the lives of people who never considered downloading a finance app."

What's going on this week?

Thursday, Nov. 20

SAFE: Transgendered Day of Rememberance GHH Atrium, 7 p.m. - 10 p.m.

Friday, Nov. 21

ICC: 2015 Getaway Mohegan Sun

Ballroom Dance, FH, 8 p.m. - 10 p.m.

Roger After Dark: Mad Science GHH Atrium, 10 p.m.

Saturday, Nov. 22 IRHA: Mr. RWU, FH, 7 p.m.

Sunday, Nov. 23

RWU Instrumental Ensemble Concert PAC, 2 p.m.

> Wednesday, Nov. 26 No Classes

> Res Halls Close, 9 p.m.

Happy Thanksgiving!

The psychology of bingewatching TV shows

Courtney Danforth Herald Contributor

Let's face it, we are all guilty of sitting in front of the TV on a rainy day with our bag of munchies and fluffy blanket to watch an episode or two of our favorite show; or perhaps a whole season's worth.

"Last year, I watched all eight seasons of 'It's Always Sunny in Philadelphia,' but I'd say I watched about 10 hours a week...I like it because I think it's hilarious and very well written and acted, and the cast is great," said junior James Paternostro.

Nowadays, consumers have entire television series, along with thousands of movies, at their fingertips, thanks to streaming media companies like Netflix, Hulu, and YouTube.

"I absolutely love 'American Horror Story.' It's such a great series. I am a huge horror fan, so anything that has to do with being scary I have to watch. It's very suspenseful and there's something new in every show. It keeps me in tune," said freshman Will Carlson.

The problem with binge watching TV isn't necessarily influencing health in and of itself; it's merely influencing other kinds of sedentary behaviors. So when people binge watch TV, they tend to eat more. They tend to eat fattier foods, so it's related to obesity and gaining weight.

> - ERIN TOOLEY Assistant Professor of Psychology

While watching a favorite show to pass time can be exciting, watching too many hours of TV can pose health risks.

The Journal of American Heart Association concluded

that adults who watch at least three hours of TV a day put themselves at great risk for future heart problems. People are growing more concerned with the amount of time spent in front of the TV and its health effects. Watching at least three hours of TV a day has been given the term "binge-watching."

"The problem with binge watching TV isn't necessarily influencing health in and of itself; it's merely influencing other kinds of sedentary behaviors. So when people binge watch TV, they tend to eat more. They tend to eat fattier foods so it's related to obesity and gaining weight. If you're sitting for long periods of time, that also isn't good for you. That's related to cardiovascular disease," said Assistant Professor of Psychology Erin Tooley.

Netflix conducted a study that concluded 76 percent of people who stream TV shows actually binge watch them, which means they watch at least two or three episodes at a time. So, how is it that 76 percent of people using Netflix are potentially putting themselves at risk for physical problems like heart disease without even knowing it?

"There tends to be a different way that people look at mental health and physical health, but they are related. Mental health affects what behaviors we do and that affects our physical health. In terms of binge watching TV, there definitely seems to be problems associated with not getting enough activity and not moving around a lot," Tooley

The actual act of obsessively watching television shows is not what deteriorates mental or physical health; it is the mere act of sitting down for long periods of time. The sedentary behavior that goes along with binge watching TV is what can cause worsening mental health and lead to anxiety or depression. In terms of physical health, sedentary behavior is often associated with obesity.

"People who struggle with weight tend to be more sedentary. We don't actually know if it's that people who sit 184 Students On Campus Were Asked...
What is your favorite TV series? 13% **8.7**% eakino **7.6**% MAD MEN 1% **3.4**%

sedentary become obese or if by going for a jog, so it is best it's that obese people tend to be more sedentary. We don't actually know the direction of the relationship but in watching TV. It's the behavior general, we know that sedentary behavior is not good for us. We can't undo the negative effects," Tooley said.

The negative effects of sedentary behavior cannot be undone. After sitting in front of the TV and eating chips for four hours, for instance, a person cannot cancel out that behavior

to prevent this behavior firsthandedly.

"The problem is not actually that goes along with it. It's the stuff that we do while we're watching TV that's the problem," says Erin.

In regards to being a healthy "binge-watcher," Tooley suggests getting up every 20 or 30 minutes to walk around in order to not practice sedentary behavior. Another suggestion is to eat small portions of food since people tend to associate watching TV with eating fatty foods like chips or cookies. Watching TV before going to bed can cause sleep deprivation which has many harmful effects on the body.

GRAPHIC DESIGN BY ANDREA CANAVAN

Overall, three hours or more spent sitting in front of the TV, according to research, is considered to be unhealthy. The viewer has control, however, to take control of making those three hours healthier.

DIY: Pilgrim hat cookies





Put together a fun Thanksgiving Day dessert in just five easy steps.

Surprise your friends and family this Thanksgiving with a fun dessert to finish your feast. Follow the five easy steps below to make your own batch of Pilgrim hat cookies.

Step 1: Collect your ingredients. You will need a package of chocolate wafer cookies (such as Nabisco Famous Chocolate Wafers), a package of small peanut butter cups, and one tube of orange frosting with piping tips.

Step 2: Lay the cookies out on a work surface.

Step 3: Squeeze a small dot of frosting in the center of each of the cookies.

Step 4: Unwrap as many peanut butter cups as you have cookies, invert them, and then gently press each one down into the frosting.

Step 5: Use the frosting with a round piping tip to make a "hat-band" around the peanut butter cup and a square "buckle." Remember to let the frosting set before storing the treats.

Viola! You now have a cute and tasty treat to share.

Note: The cookies can be made up to three days in advance, as long as they are stored airtight at room temperature.