



WELCOME
BACK
ISSUE



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Decorating dorm rooms with style

Dazzle your room (and your friends) with an ounce of creativity

BY BETH FINAN '07
NEWS STAFF

For most of us, leaving our comfy, nicely painted rooms at home and entering the cement-walled world of residence hall living can take a bit of adjusting.

And if you're anything like me—artistically inept and creatively challenged—turning your drab dorm room into a place that eventually looks and feels like home can be quite difficult. However, the following tips—drawn from my own experience, as well as the expertise of fellow students—should be of some help in sprucing up your home for the next eight months.

The nostalgic part of me loves to reminisce about good times with my friends or exciting places to which I have traveled.

Although decorating your room with framed pictures might seem enticing, dresser and desk space are at a premium. Additionally, it is often difficult to hang frames on the walls without nails or heavy-duty adhesive, which can ruin the walls and subject you to the wrath (and fines) of the Office of Residence Life.

Therefore, I suggest purchasing—or if you are so inclined, making—a memo board, which can hold numerous photos. Other mementos, such as ticket stubs or programs from theatrical plays, can also be displayed in a crafty manner on a memo board.

I, for one, took all of the postcards that I had accumulated while studying abroad in Spain last summer and put them on a



Mary Pelletier '09/The Cowl
Caroline Cruise '09 and Katie Feeney '09 use posters and photo collages to decorate the drab walls in their Aquinas Hall room.

memo board, creating a collage of some of Spain's most beautiful locales.

Other Providence College students also advocate a do-it-yourself approach for creating a comfortable atmosphere. Shannon Gilligan '07 and her roommates prominently display a painting made by their friend Will Hutnick '07, an art major, in their common room. (I must admit that I also have some Hutnick originals as well.

He gave me some black and white photos of various subjects and places around campus that he had taken for his photography class. Pasting the pictures on construction paper gave them a nice colorful frame that gives my bedroom a decidedly artsy feel.)

Other unique features of Gilligan's room

are the handmade, matching lampshade, pillow, placemat, and curtains. After taking a look at their future room in Cunningham Hall last year, Gilligan and her roommates decided they wanted to make the room look "less sterile."

"I love to sew and am looking for excuses to make things," said Gilligan, whose roommates volunteered her to create accessories for their room. However, for those of us not proficient with the sewing machine, there are always stores such as Bed Bath & Beyond, Linens 'N Things, and Target.

Kristina Wirt '08 suggested that rather than buying the products for sale in the "dorm room" section of the stores, one should seek out the "home goods" section,

which may offer better quality and less tacky looking merchandise.

Wirt decorated the common room of her apartment in Bedford Hall with beige slipcovers over the couches, accentuated with "funky" pillows, a look that Wirt believes looks more like a home, rather than a dorm room. She advised against purchasing bedspreads or tablecloths that are too bright and busy, saying such patterns are better in small amounts. In addition, Wirt emphasized matching and coordination.

To add a bit of life to a room, both Wirt and Gilligan suggested flowers—either real or fake—as well as simple posters that fit with a particular theme of the room.

For example, one room could have a beach theme with blues, yellows, and browns complemented with posters of palm trees and cloudless skies, while another room could feature a vase of flowers along with flowery curtains and pastels. Wirt said her main goal in decorating her room is to create "a place where you'd want to come that looks as much like a home as a room."

For some, it's easier said than done. However, if it is totally impossible for you to add a touch of class to your room, the boring walls can easily be covered up with movie posters, pictures of your favorite celebrities, flags of your heritage (or places you have visited); or perhaps even a huge banner stolen from last year's Junior Night in McPhail's, complete with a piece of gum stuck to it (not that I'm speaking from personal experience or anything...).

Slipping out of the undecided slump

Declaring a major can be a daunting task, but it doesn't mean you need to decide right away what you want to do with the rest of your life. Below, some upperclassmen reflect on their majors and share reasons why they've decided to study their particular fields.

POLITICAL SCIENCE

As a political science major, you will explore policy, events, and theories from a variety of perspectives, helping you to understand not only the political world, but life in general.

By gaining an understanding of how governments and political systems function, you can come to better understand how politics affects the average citizen and society as a whole.

You will not only examine the concept of civic engagement, but you will also use the skills you obtain to engage yourself more consciously and effectively in everything you do—not to mention the fact that you'll also have enviable speaking and writing skills.

To more fully experience the major, you should explore a variety of subjects taught by several different professors. You should also take classes in related fields of study to supplement the political science major, such as courses in Global, Women's, Asian, Black, and Latin American studies, to name a few. Courses in economics and sociology can enhance the experience as well.

—Sarah Vaz '07

SPANISH

For anyone looking to continue their Spanish-speaking abilities, I would suggest taking a Spanish class here at PC.

As a Spanish major or minor, you not only discover how to enhance your speaking skills, but you also learn how to interpret challenging texts from famous Spanish writers such as Lope de Vega, Gabriel Marcia Marquez, and Pedro Antonio de Alarcon.

Having come from a high school where my Spanish teachers spoke with English accents, it took a while for me to adjust to the fluency of my professors at PC. I've gotten used to them, though, and have

befriended many of the teachers in the department. If you're looking for a taste of Spanish culture, I would suggest visiting their offices, as many of them are decorated with posters from Hispanic artists and or writers and memorabilia from their travels and homelands.

The Spanish teachers are also great resources to turn to if you are interested in studying abroad because they can share with you their knowledge of the countries from which they hail. It's never too early to start planning to go abroad. If you think you'll be too busy, then opt to go during the summer. I went abroad in Seville, Spain, last summer for seven weeks. Even if you're not planning to major in Spanish or go abroad, it's worth it to take at least a class or two so as not to forget that valuable skill of speaking a second language.

—Mallary Jean Tenore '07

FRENCH AND MODERN LANG.

If you dream of studying or working abroad someday or just really enjoyed your high school language classes, you might consider majoring in a foreign language. You can major or minor in one of four languages at PC: French, German, Italian, and Spanish.

Being a language major offers a lot of flexibility. The variety of courses available allows you to customize your program of studies more than other departments. Apart from the two required literature classes, it is really up to you to decide exactly what you would like to study. For each language, courses in translation, culture, and civilization are offered, as well as special topics that vary by semester. You can also choose to double major or study another field such as education or business.

With the move toward a global society, being bilingual is becoming more important every day. So, if you can picture your

self commuting via the Parisian métro or discussing mergers with German engineers, a trip to the Department of Modern Languages in Sullivan Hall may be well worth your time.

—Erin Redihan '08

HISTORY

What exactly are you planning to do with a degree in history? Don't you want to find a job when you graduate? Why didn't you go with something more practical, like business?

These are questions that history majors everywhere face time and again when they reveal their choice of study. And while at first glance career paths for history lovers are little more ambiguous than an education or accounting major, it is a much better choice for those who feel faint when presented with complicated charts and long columns of numbers.

If you're someone who secretly likes Western Civilization or who enjoys learning about the past, history may be a good match. History majors at Providence College are lucky, as the College offers a variety of interesting courses in addition to Civ. The major requires that you take 10 courses, which include three American history classes, three European, two nonwestern (Asia or Africa), and two electives.

One of the best parts about studying history may be the ambiguity that makes some leery of the major. The possibilities upon graduation are endless. Law is a popular field, as is business. Politics may also be in your future, or perhaps a career in education.

—Erin Redihan '08

ENGLISH

This department boasts some of PC's greatest professors, including Dr. William Hogan, assistant professor of English, Dr. Peter Johnson, professor of English, and

Dr. Anthony Esolen, professor of English, among many others. The Department of English offers courses such as Modern American Fiction, Literary Criticism and Theory, British American Poetry, and the Age of Satire.

The classes are often held in a seminar style, in which students do the majority of the talking, analyzing texts and sharing their interpretations. Classes such as Creative Writing emphasize the practice of writing and critiquing your peers' work in weekly writing workshops.

—Mallary Jean Tenore '07

AMERICAN STUDIES

The American Studies (AMS) program at Providence College is a great major if you're interested in fields, such as history, politics, literature, sociology, and fine arts.

When I came to PC as a freshman, I knew that I wanted to study writing, politics, and culture. The AMS program gave me an opportunity to learn about these areas and more.

Most importantly, however, the interdisciplinary nature of the major has taught me how to connect concepts from a wide variety of subjects and apply them to my own life. This critical thinking skill also helped me in my Development of Western Civilization courses, as that course also depends on cross-discipline connections.

Another great aspect of the AMS program is that it works well with other majors and minors and that it prepares you for various internships.

My experience this summer interning at *The Hartford Business Journal* in Connecticut provided me with an opportunity to better understand real world applications of classroom topics such as historical architecture, economic principles, and advertising.

—Megan Gorzkowski '08

East side Entertainment

Looking for a weekend activity that doesn't involve the ProvidencePlace Mall? Venture beyond Huxley Gates and explore the East side

BY SARAH VAZ '07
WORLD EDITOR

Sometimes, you have no choice but to leave campus.

Whether it's because you need some serious retail therapy after a big CIV exam, because you're in hiding after an embarrassing Saturday night escapade, or you just aren't comfortable taking mom and dad to Louie's when they come down for the day, there's plenty of diversion to be found within the city limits.

Perhaps the most fun to be had per square mile is on the East Side. Although College Hill is often to steep for many a Providence student to venture toward, those who do will be pleasantly rewarded by the many temptations that await the food lovers, style mavens, and people watchers among us.

Perhaps the most familiar spot to PC students is the infamous Thayer street. Home to all walks of life and almost as many shops, it's easy to drop some serious dough at the popular spots both new and old that line the street.

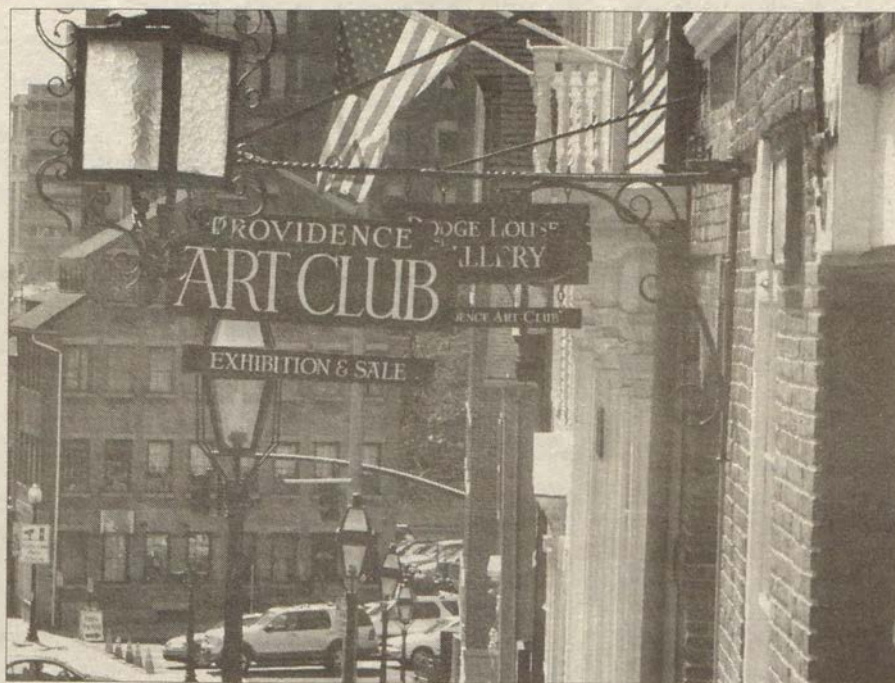
Locally based Roba!Dolce is home to authentic Italian gelato and sorbetto.

Located on the corner of Thayer and Angell, the brand is about to hit the big time with locations in Newport and Boston, but you can enjoy your own sample of their frozen treats on their deck in Providence while the warm weather lasts.

If your teeth aren't so sweet, check out the neighboring Geoff's Superlative Sandwiches, which has another location on Benefit street as well.

Great sandwiches and even better pickles are their hallmark, no matter what your deli preference.

And yes, Kartabar does have some deli-



Tim Pisacich '07/The Cowl

The East side of Providence is home to an eclectic array of restaurants, movie theatres, and bookstores suitable for dates or a fun night out with roommates and friends.

cious food if you're not the martini type.

And while you may be tempted to visit the two story Urban Outfitters, check out the small boutiques like Details, which features more socks than one could ever need; Berks shoes, which sells equal parts funky shoes and designer jeans; or Pie in the Sky, one of the best places in the city to pick up unique jewelry and birthday gifts for the friend who has everything.

If you only visit one spot on Thayer, though, make it the Avon Cinema, which features all the films you won't see down at the Mall.

Its vintage feel and special midnight showings are a plus, and you can grab a mango yogurt smoothie across the street at Indian restaurant Kabob and Curry while you wait for your flick to start.

Nearby, the popular Wayland Square area features another great sandwich shop, Gourmet Deli on the Square, run by acclaimed chef Mark Garofolo.

The list of fresh ingredients may be long and varied, but the "Maggie" Caesar wrap is sure to please even the most unrefined palate.

They also serve a delicious cup of cof-

fee, which goes best with one of their omelette wraps.

If you'd like some literature with your coffee, Neighboring Books on the Square and Myopic Books welcome those who prefer to browse and are welcome changes from the bright lights of the Borders bookstore chain.

And if you believe that a shoe is the one thing that always fits, don't miss Strada Shoes, which has been in business for more than a decade selling all your accessory needs from walking shoes to high heels and handbags.

But simply follow Hope Street across the hill and you'll find still more purchases to be made. More books shops and cafés can be found here, such as the tiny Ye Olde Bookstore, and the unparalleled 729 Hope Street Café, where you can take home everything from a chicken salad sandwich to half a pre-cooked gourmet lasagna.

Their peanut butter cups are impossible to resist, but renowned chocolate specialists Garrison Confections are also on this street, and the shop may be home to the best mint patty money can buy.

For those of you who are of age, Tortilla Flats serves up dirt cheap but deliciously authentic Mexican, and their tangy house margarita is served appropriately in giant plastic cups.

This is barely a sampling of all the East side has to offer, and all the city of Providence has for college co-eds to do, whether they be of drinking age or not.

So this fall when you find yourself with some free time and an extra five bucks for a pumpkin spice latte at the Starbucks on Thayer, don't take my word for it—take a stroll and see a little bit and see a little bit more of this city we call Providence.

A season of change for seniors

Preparing to face the reality of life after Providence College

BY STEVE VITTORIOSO '07
COPY EDITOR

I remember wearing that blue Ninja Turtles raincoat on my very first day of kindergarten back in September 1991.

With my brown mushroom haircut, I eagerly boarded bus 16 en route to Mrs. Logan's AM kindergarten session at Northwest Elementary School in Leominster, Massachusetts.

Fifteen years later, I am a 21-year-old college senior. Yikes. Where did all those years of schooling go? It seems that they have vanished. It seems that I was catapulted from Mrs. Logan's kindergarten classroom to my final year at Providence College. I think we need to put on the breaks.

Senior year in college. Crazy. Identifying myself as a "senior" scares the living daylights out of me. And it also sparks the questions: am I really *that* old?

Sure, it's scary to think that in eight short months, I will hold a Bachelor of Arts degree in American Studies, but it's fun to envision where I will be after my college graduation. Living on my own, or still under mom and dad's roof?

Aside from the senior year shock, what exactly does it mean to be a senior in college? Being a senior means responsibility and maturity, but still being a kid at heart. Eventually it will mean paying bills and full-time employment. This past summer, however, I experienced the definition of

being a senior.

Unlike the past three summers, I didn't spend most of my summer days toying with people's head at Davis' Mega Maze, and sporting the most ridiculous farmer's tan.

Instead, I took to the newsroom of *The Boston Globe*, as an intern for New England Cable News, or NECN. As media partners, NECN stations one of their producers at the *Globe* to schedule multiple interviews between NECN anchors and *Globe* writers.

I was lucky enough to work one-on-one with the peachiest producer, Laura Campbell. Laura put me in her shoes to feel the responsibility of being a television producer in the nation's fifth-largest media market. Not to mention displaying solid news judgment.

In fact, I had to be more than responsible. I had to be myself. Laura trusted me in scheduling these interviews, and then executing the live three to six minute television segments via a telephone headset connected to the control room of NECN in Newton, Massachusetts. Intimidating?

It was more than intimidating the very first time taking cues from Lou, the newscast director. My hands and legs were trembling.

Here I am, a college-senior, my very first internship, executing live television for a station that reaches nearly 3.5 million households across five of the six New England states. Now, I can flawlessly execute a television segment, and I can rifle

off television jargon, such as a VO/SOT, that NECN personnel use.

Laura even trusted me to pick up a guest for the six-minute feature segment called the "Globe at Home." The guest: Ryan Miller, lead vocals of the Boston-based band, Guster. I drove through the zany streets of South Boston to the "Bank of America Pavilion" to pick up the most laid-back guy I have ever met.

And, the first celebrity that rode shotgun in my car. I had to be responsible not ding-up my father's Lexus, and to squire our guest to the *Globe* in a timely manner.

Also, every Monday, Laura worked at the main NECN station, leaving me in charge of the *Globe* television studio. Quite a hefty responsibility, but buckets of fun.

I wrote up a live segment on a story that appeared in the day's *Globe*, then got the "Globie," as the writers are referred to, on-set for the three-minute chat with either Chet Curtis or Beth Shelburne, the NECN anchors.

At times, this was quite the challenge, especially securing a story topic late in the afternoon, and throwing a mike and IFB onto a Globie with 30 seconds until air-time. There was one time where I practically dove out of the way, as the *Globe* cameras sprang to life. Almost a disaster.

On a few occasions, Laura sent me over to the main NECN studio to intern in the television environment, rather than print. I was able to interact with other interns, sort scripts for the noon newscast, and observe

the execution of the newscast from the control room.

And, oh yeah, take a stab at controlling the teleprompter. Doesn't sound too difficult. Just turn the dial to make the script scroll up. Being the fabulous intern that I am, turned the dial a bit too fast, chopping off text before the anchor read it. Oops. I did this at least three to four times.

Both the director and the producer screamed at me to keep the text at a reasonable pace for the anchor to read.

Come to find out from freelance producer Deb Palmer on my very last day of interning, a television internship isn't complete with a prompter story.

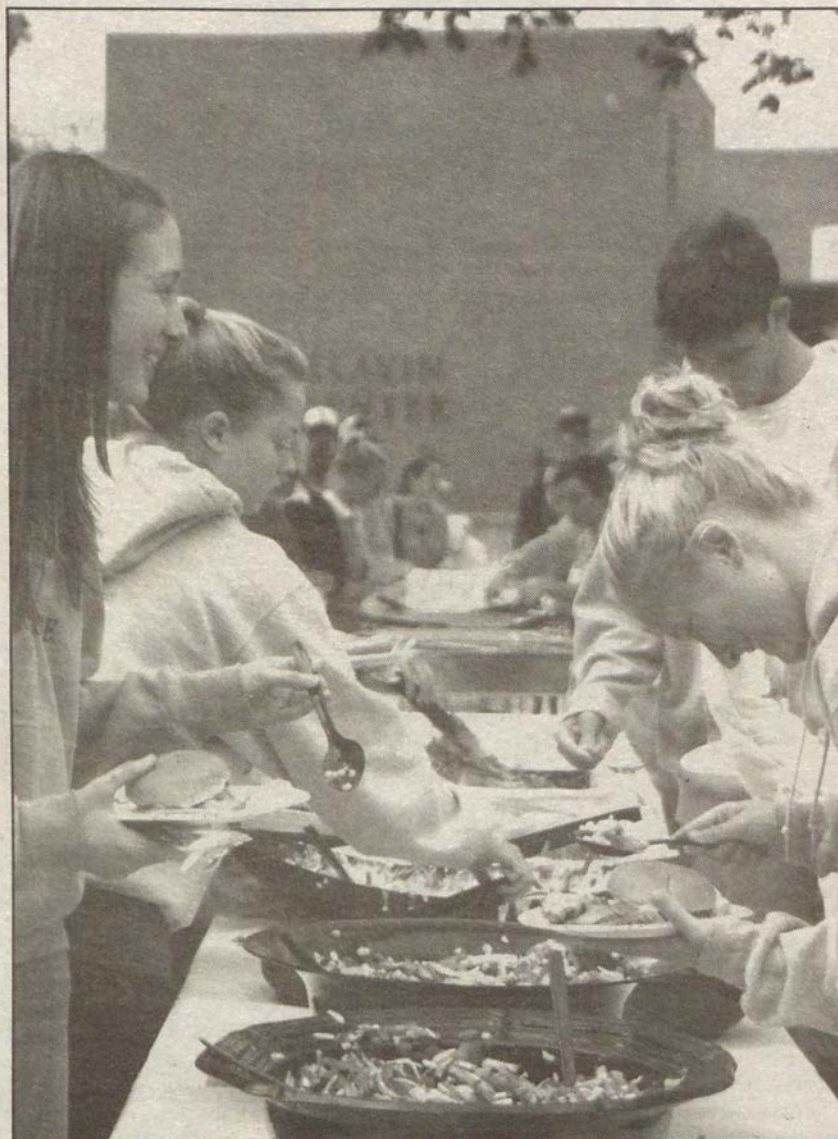
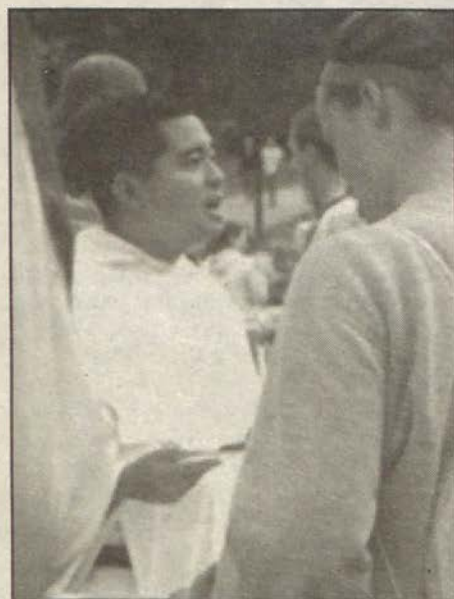
My experiences were so different from sitting in boring lectures and seminars; it was active participation in the workforce. It was indeed stressful, especially completing a research paper during the summer months.

My NECN experience showed me what it's like to be a college senior. A senior takes on new challenges that are unlike any in the past.

It's working with people who are not in your age group because not all employees will be 22-year-old college graduates. Show and treat others with the utmost respect by befriending them.

Always put forth your best effort during the most difficult times. And most importantly, it's being yourself, and displaying the biggest possible smile, while cherishing the past, especially blue Ninja Turtles raincoats.

A day in the life at PC



Students, faculty and staff, and Dominicans such as Rev. Nicanor Austriarco, O.P., pictured at the far left, attended the President's Barbeque held on Wednesday, Sept. 13, on Slavin Lawn. Hosted by College President Rev. Brian J. Shanley, O.P., the barbeque attracted a large turnout of students eager for free food.

Below, Chris Crowley '08 prepares for the school year as he peruses the shelves at the on-campus bookstore.



Photos by Mary Pelletier '09

Notable PC grad shares reflections

BY MALLARY JEAN TENORE '07
EDITOR-IN-CHIEF

When John C. Quinn '45 & '85 Hon. started his first few weeks of classes at Providence College, he didn't need to worry about getting to know the campus or adjusting to dorm life.

Life at PC back then was just a bit different. Aquinas Hall was a military barracks, there were no campus sports, less than 50 students attended the school, and World War II was on the minds of most every college student.

These are just a few memories that Quinn, founding editor of *USA Today*, shared with members of *The Cowl* staff during the organization's annual Summit orientation program.

Quinn was joined by Rebecca Fater '00, chief bureau state house reporter for *The Lowell Sun*, and Rob Margetta, a crime reporter for the *New Bedford Standard Times*, who spoke about the Association for Young Journalists.

As the former editor-in-chief of *The Cowl*, Quinn remarked that, at the time, the paper had a staff of four people and was only four pages long. Now, *The Cowl* has a staff of about 80, and is a 24-plus page tabloid-sized newspaper.

In the midst of war, the administration shut down *The Cowl* for lack of need, Quinn said. That didn't stop him, however, from producing his own newspaper using an old mimeograph machine.

The Cowl's moderator, Father Clark, was not pleased with the idea of an independent newspaper circulating campus, and after a few editions, the paper was put to bed, Quinn said.

Though there was no longer a paper to write in, Quinn found other ways of

strengthening his writing, namely in Rev. John T. McGregor O.P.'s class.

When grading Quinn's first compositions, Father McGregor wrote: "You must be in the wrong place. This is the worst piece of writing [and] it has been my misfortune to grade it. I hope your livelihood does not depend upon the written word."

Little did Father McGregor know, Quinn's life would not only depend on writing—it would thrive on it. During his freshman year in college, Quinn worked as a copy editor at *The Providence Journal* before joining *The Cowl* the following year.

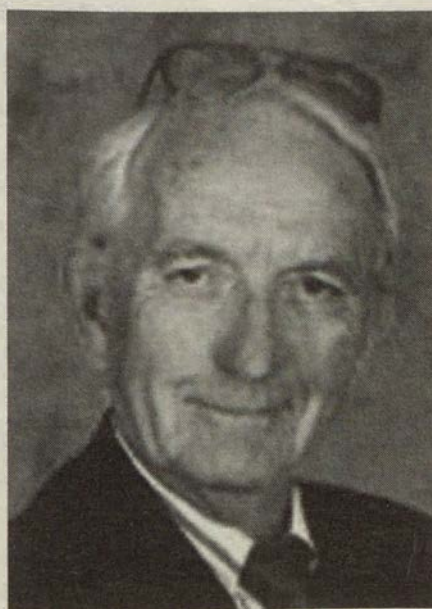
He went on to work at *The Providence Journal* for 23 years. Additionally, he served as chief news executive of Gannett Co., Inc., and was president of the American Society of Newspaper Editors in 1982 and 1983.

Upon creating *USA Today*, Quinn faced countless critiques of the publication. Though he and his colleagues modestly called it "The Nation's Newspaper," others imparted a different view, deeming it "the titan of tidbits," "the explosion of a paint factory," and "the junk food of journalism."

Others said the paper "brought a new depth to the definition of shallow." Former *Washington Post* Editor Ben Bradlee once remarked that, "If *USA Today* is a good newspaper, then I'm in the wrong business."

Despite the negative commentary, the paper now ranks as one of the most widely read newspapers in the country, with a circulation of about 4.1 million.

Though he has brushed arms with many of the profession's best journalists, Quinn maintains a modest demeanor and a fervent desire to help others.



Quinn '45 and '85 Hon, founding editor of *USA Today*, recently gave a talk to *Cowl* staff members during the organization's annual orientation program.

After his son, John C. "Chips" Quinn Jr. died in a car crash at the age of 34, Quinn and his late wife Loie, decided to continue their son's legacy.

In memory of their son, an editor at the *Poughkeepsie Journal* who advocated for newsroom diversity, the Quinns created the Chips Quinn Scholarship program for minority journalists following Mr. Quinn's retirement from *USA Today* in 1990.

Since its inception in 1991, the program has provided resources and funds to more than 1,000 minority journalists from across the country, providing them with internship experience and networking opportunities. Quinn also has a scholarship in his

name at PC.

Though he often talks with many of today's cub reporters about blogs, citizen journalism, and other aspects of the changing face of journalism, Quinn doesn't concern himself much with technological advances.

Good writing and reporting are what remain essential to the profession's success, noted Quinn, who still uses a 1930 vintage Underwood No. 5 typewriter.

One of the most important moves for young journalists, and any student, is to set goals, he said. While speaking with *Cowl* staff members, Quinn quoted St. Dominic: "Those who govern their passions will master the world. We must either rule them or be ruled by them. It is better to be the hammer than the anvil."

In his own words, Quinn added that, "... today's journalist must judge carefully how heavy or light the hammer, how hard the hit or how gentle the tap to make a meaningful mark on the anvil." A journalist's philosophy, he said, should reflect the words of St. Francis: "Where there is charity and wisdom, there is neither fear nor ignorance. Where there is patience and humility, there is neither anger nor vexation. Where there is poverty and joy, there is neither greed nor avarice. Where there is peace and meditation, there is neither anxiety nor doubt."

In no better place can this message be reflected than in a college newsroom, Quinn said: "In the hurly-burly, deadline-dashing of everyday journalism there can be little time for saintly or scholarly thoughts, but add St. Francis to your news staff stylebook for his words will help make you a stronger professional, a sounder citizen, and an even more successful journalist."

Some tips from the pros

Jess Mccauley '07 looks back on her three years at Providence College and shares the do's and don'ts that she wishes she knew as a freshman

Ahh, the sweet smell of fresh meat. Twas not long ago that I came to Providence knowing nothing, hoping that someone would tell me where the best parties were and who were the best professors.

I don't feel at liberty to divulge such specific information, but I can pass on some other nuggets of wisdom from my senior experience to the class of 2010:

Slavin

Don't spend all of your Slavin money by October 1. It's unlikely that the parents want to spot you an extra 100 bucks a month for buff chick, and unfortunately, they just aren't as delicious when you have to pay with personal cash. Nope, I lied, buff chick wraps are ALWAYS delicious.

Harkins Hall

Don't complain about having class in Harkins, fourth floor. Everybody at some point has done it, and everyone - except maybe the track team - is just as out of breath as you are when you finally get up there.

Making awkward conversation with classmates about said trek is getting old. Talk about something less banal, like the dilemma of having a religious figure as a mascot. Is God really exclusively on our side? Is it immoral to pray for the demise of every other basketball team in the Big East?

Raymond Cafeteria

Don't describe the events of the night before with excessive volume while standing in the Classics line at Ray. Like with

the shots poster, you impress no one, especially that junior or senior standing behind you rolling his or her eyes, muttering "Freshman" just loud enough so that you feel ashamed.

WaterFire

Don't go to WaterFire wearing a suit coat-ed in gasoline.

Posters

Don't buy that Mixology of Shots poster and cross off each shot as "an accomplishment." Not only are you not of age to drink (unless you're on the men's hockey team), but no one will be impressed that you successfully imbibed a Kamikaze, mostly because it is about as alcoholically potent as NyQuil.

While we're on the poster topic, don't plaster your walls with the requisite poster of John Belushi from *Animal House* drinking Jack Daniels while wearing his infamous with college sweatshirt. Branch out, show your individuality by wallpapering your room with those tiny RIPTA schedule cards - at least then you'll always know bus times.

Playing the guitar

Don't be that guy with the acoustic guitar, sitting alone on the quad strumming and singing soulfully to passersby (i.e. cute girls), "not really trying" but inevitably hoping someone will notice and think you are really great. Sooner or later an army of John Belushis are going to come down from all of those aforementioned College posters and break that guitar into a thousand pieces. There's nothing wrong with a jam session, but let's keep

the gratuitous compliment-fishing to a minimum. Also, there's always the danger of errant Frisbees.

Respect

Do respect and support your fellow classmates, whether it be in their social, artistic, athletic, political, or scholastic endeavors. Catch some rays while watching a soccer game, dance to the sick jams kicked out by PC band Revival, score some free eats at BOP coffeehouse, or just tune into WDOM 91.3 when you're studying. There are an unbelievable amount of activities going on around campus that involve your peers, and it's very easy - and entertaining - to support them.

Getting involved

Forget that - JOIN all of the wonderful clubs and organizations offered on campus. Don't have 30 hours in every day? Join one or two that really pique your interest. It's cliché to say, but you're not going to meet anyone if you sit in your dorm room playing MarioKart. If you join a club sport, the Environmental Club, the Cowl, BMSA, or any other organization, then you'll actually have a friend to send lightning bolts at on Koopa Troopa Beach.

The Dominicans

Do get to know a Dominican Friar. They are the reason why the school exists, so we all owe them big time. Not only are they a great source of guidance, knowledge, and conversation, but a lot of them have a wicked sense of humor.

Knowing your role

Do know your role. Nobody likes a

freshman who acts too big for his or her britches. We all had to be the bottom of the totem pole, so pay your dues (re: don't anger upperclassmen by being an arrogant clown.)

Living off-campus

Do live off-campus for at least one year. Not only will you most likely have your own room, but you're almost guaranteed a car, you can put all the posters on the ceiling that you want, and you don't have to answer to anyone. No resident assistants, no hall directors - no one but yourself. OK, and maybe the cops.

Being a college student

Do walk around campus yelling "COLLEGE." There is no greater place on earth.

Parting words

If my advice seems harsh, it is only because I am envious of the fact that you have four glorious years left here, and I only have one. I can hear the death rattle of my college career, but yours is taking its first magical gasps of air at the dawn of higher learning.

Not only is my advice to avoid making irrelevant metaphors to describe your experience, but I leave you with something from that illuminating comedy about knowledge, *Billy Madison*: "Stay here. Stay here as long as you can. For the love of God, cherish it. You have to cherish it."

Before long, you'll be a senior waxing nostalgic like me, reminiscing on the good and incredibly embarrassing times of years past. To 2010 I say: live it up before you actually have to be held accountable for your actions.

Surviving and thriving as a student at PC

Laura Bedrossian '07 relays witty words of wisdom for newcomers

Qualming homesickness

Do you feel desperately alone? Missing the folks? Maybe even reconsidering why you decided to go to college? Don't worry, you're not alone!

Being a freshman can seem tough, you're coming out of a school where you might have felt like you knew it all because you were the senior.

Now, you're at a new school, maybe even an unfamiliar state, and you feel discombobulated. Well, we at *The Cowl* are here to help.

As a college senior, I have successfully survived not only one freshman year, but two! Yes, I transferred as an Orange from Syracuse University the summer before sophomore year before becoming a Friar.

As a semi-professional freshman who has three years of college experience under her belt, I have some advice to bestow among Providence College's newest addition to the family.

Be wise what you choose in the dining hall.

I'm not implying that the food is bad, on the contrary, Ray Dining Hall is delicious (especially breakfast... mmmm). As a professional, my stomach learned the hard way that not everyone cooks the way mom does.

Sit with someone you don't know at meals.

It may be a bit intimidating to do, highly creepy even. But as clichéd as this is about to sound, everyone is in the same position you are, they're just as nervous about not knowing their peers. Who knows, you may make a new friend.

Never walk alone at night.

Despite what neighborhood you're in,

or how tough you think you are, be safe and travel in a group.

[Http://www.big-bunny.com/](http://www.big-bunny.com/)

Freshman year is about experiencing new things and what better than online cartoons that teach you to not be eaten by a large pink bunny?! Watch it, love it, become Big Bunny.

Join at least one club or organization.

Not only is it a good way to meet new people, but it is a great way to make yourself more well-rounded. Conveniently, PC offers an involvement fair which will be coming up soon.

Do not throw fruit out the window of your dormitories.

You especially shouldn't do this when your R.A. is walking in the line of fire. Trust me, I know from experience.

There is life outside of Providence.

Though it may seem as though the City of Providence is all you are limited to, definitely check out the rest of Rhode Island. The beauty of going to school in the smallest, dare I say the most WICKED of the 50 states, is that you can go from the beach, to the woods, and back within an hour. There is so much to check out and it's so easy to find things to do.

Putting an "Out-of-Order" sign on the bike racks.

This does work and it's hysterical, yet inappropriate.

Don't have a car?

RIPTA doesn't stand for "Rest in Peace Toby & Antonio" (my two late goldfish). You've got the Rhode Island Public Transit Authority.

You're saving the Earth by "carpooling" and getting a chance to discover this wonderful state. And, guess what, show your PC ID and you get on for free. There's nothing better than free stuff, outside of impromptu spoon playing concerts.

Wait, it's not "Meeger"?

Pronounce "Meagher Hall" like "Meeger" and you will truly give away your status as fresh meat on the campus. "Mar Hall" makes little sense to me, but yes, it is the correct pronunciation. A professional would not steer you wrong. Luckily you can't really mispronounce names like McViney or Guzman.

Don't be afraid of your professors.

Despite your hierarchy on the PC food chain, you are equal to every other student. Challenge your professors, ask questions. An interesting fact that Robert Deasy, professor of history, points out on the first day of his classes, is that you're paying at least \$60 per class, and more than \$80 if you live on campus. Make the most of your education.

Learn to love new things.

What do I mean by this you ask? Well, to follow up on suggestion number 11, there are so many free, fun, and informative events happening all around the campus.

There are many groups, such as the History Club, Board of Programmers, and the Outdoor Activities Club that sponsor events that are either free or a small fee. Do them.

On a similar note you can see a professor speaking at a talk sponsored by specific academic departments. Stop in, hear what's going on. Most importantly, learn.

Huey Lewis- lyrics you can live by.

It's Hip to be Square? Why yes Huey, it is.

Ultimate frisbee.

Don't know how to play? Well, I didn't either... and still really don't. This is the time to learn. Yes, you should play outside at midnight in the dark., as well as adding a new level of difficulty to the game- tackling. It may get a bit painful, but it adds character. Later in life you'll be able to talk about "that time" you were thrown into a bush by the opposing team. The story and the scars will last a lifetime.

Don't be "that guy" (or girl).

If you don't know what being "that guy" is, you will soon enough.

Remember where you live.

I'm sure you're wondering what that could possibly mean. This may not effect you now, but once you get more of a taste of college, you begin to leave later and later for classes. Freshman year I was 20 minutes early for every class. Now, it takes me so long to find all of my books and leave, without taking into consideration that I live in Davis, I leave to go to Harkins about five minutes before the start of class. Don't fall into the rut.

Know what's going on around campus.

How do you find out the latest news and buzz going around the campus... and the WORLD? Pick up the latest edition of *The Cowl*. It's always free, always full of great information, and what's cooler is that it's your peers who work so hard to put this altogether. Where else could you find this kind of useful information?

Join *The Cowl*.

Campus Culture & Community

THE BALFOUR CENTER

New dean at Balfour sees 'unity in diversity'



Dr. Edward Twyman is ready to begin a new year at Providence College.

Dr. Edward Twyman, who began his tenure as dean of the Balfour Center for Multicultural Affairs this past June, sat down with Associate Editor-in-Chief Kristina H. Reardon '08 to discuss his new role as dean—and how he hopes to both improve the Center and make the campus more aware of current issues in diversity and multiculturalism.

The Cowl: PC has often been named one of the least culturally diverse colleges in the country. What do you see as a way the College community can work to become more diverse and shed that image?

Dean Twyman: I believe that Providence College has taken two major initiatives that are designed to increase the number of AHANA (African American, Hispanic, Asian, and Native American) students on campus.

First, Providence College has implemented a new "test-optional" policy and will no longer require undergraduate applicants to submit SAT or ACT scores as part of the admission application.

Second, the College has shifted a greater portion of its resources away from exclusively merit-based scholarships and towards need-based financial aid. Father

Shanley has made increasing the College's endowment and its ability to fund 100-percent of student need a top priority for his administration.

... Achieving a supportive and diverse community requires a coordinated effort of faculty, staff, and students. A strategic plan is being developed that should identify the salient programs and services needed to create and maintain a rich and diverse campus community.

The Cowl: And in terms of the Balfour Center?

Dean Twyman: In terms of the Balfour Center, we will continue to serve the needs of AHANA and MSP

(Multicultural Scholarship Program) students and work in collaboration with other offices, organizations, and individuals to come up with new ways of attracting and retaining students.

In addition, there are a number of factors (campus climate, increase the funds available for MSP scholars, academic support strategies, role models, the curriculum, holding people accountable, etc.) that impact an institution's ability to attract, retain, and graduate a diverse student body.

The Cowl: What does multiculturalism mean to you in today's global society, and in terms of the Providence College community?

Dean Twyman: Valuing and respecting diverse viewpoints is central to the robust exchange of ideas on campus and a necessary skill for an educated person to become a good citizen in a global society. Diversity or multiculturalism represents difference

in the broadest sense to me.

I strongly believe there is unity in diversity and the terms stands for appreciating and recognizing commonalities and dealing with differences. I try to view diversity and multiculturalism as a process for dealing with similarities and differences. The difference could be cultural, ethnic, gender, race, religion, age, disability, sexual orientation, socioeconomic, intellectual, geographic, political, and the like.

The Cowl: Why should students who aren't MSP scholars come to the Balfour Center?

Dean Twyman: Students from diverse backgrounds should have opportunities to work

together to improve the campus life, to interact with AHANA students, to participate in community service activities in diverse settings, and to acquire a better understanding of how to get along with people of diverse backgrounds and ideas.

A good place to begin to establish positive relationships with a diverse group of students is at the Balfour Center for Multicultural Affairs.

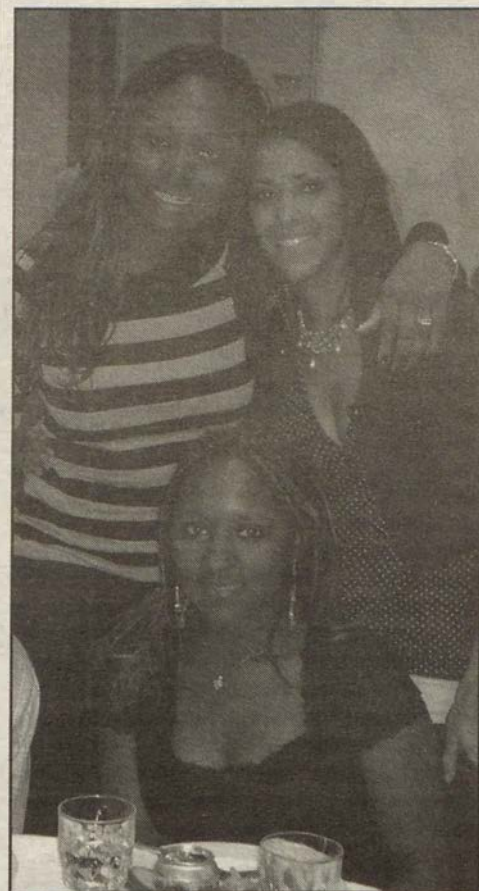
The Cowl: What can PC students expect to see from the Balfour Center in terms of programs and events this year?

Dean Twyman: Unity Week, Martin Luther King, Jr. celebration, a new diversity mini-grants program, additional cultural enrichment activities, a diversity newsletter, and the development of a Web site that highlights the progress the College is making in achieving its diversity grants.

“Valuing and respecting diverse viewpoints is central to the robust exchange of ideas on campus...”

Dr. Edward Twyman

Celebrating culture with Balfour

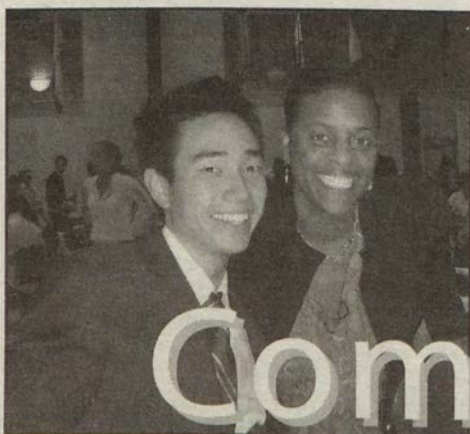


COURTESY PHOTOS

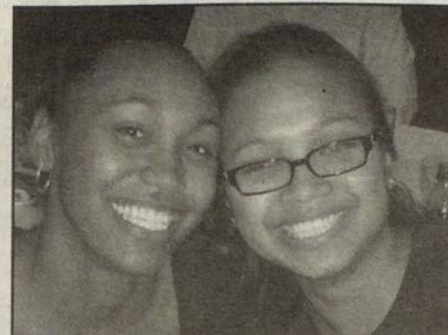
Students Sylvia Williams '09, Melissa De Los Santos '09, and Shayla Evans '09 enjoy the welcome back dinner hosted by the Balfour Center on Tuesday night.



Above, Khai Nguyen '07 smiles for the camera at Balfour's welcome back dinner, while new student Veronica Pozas '10 shares her vocal talents with the students in attendance. Further right, some students pose for a photo during dinner.



Left Eric Park '08 and Dr. English Morgan-Gardner, assistant dean of the Balfour Center and director of MSP, enjoy a conversation over dinner. Right, Jan-Ashleigh Johnson '09 and Vichara Sok '07.



Coming home to PC

Students come together in the first week of school to inspire incoming freshmen—and to have some fun.



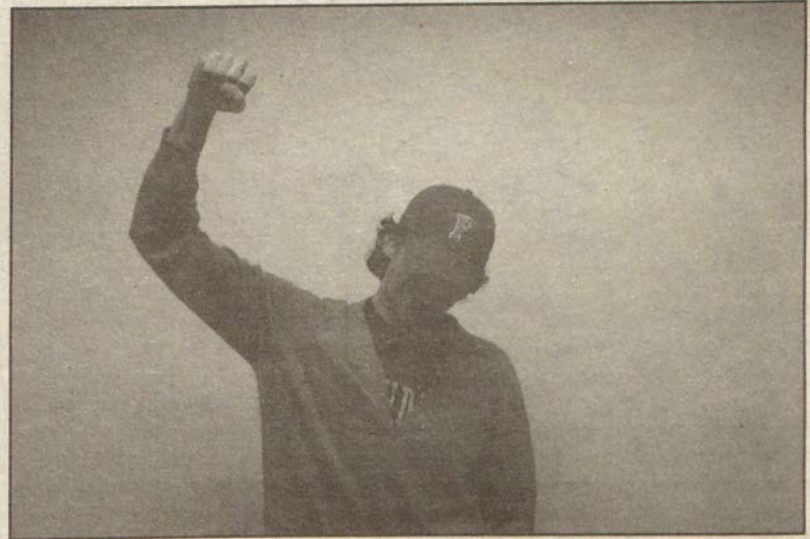
Above, Polyana DeOliveira '07, Mirna Garcia '07, and Virgen Melendez '07, share a smile. At right, Big Dream Weekend coaches come together one last time for a photo. The Big Dream Weekend is a program for entering MSP scholars, held to inspire them to achieve their dreams.



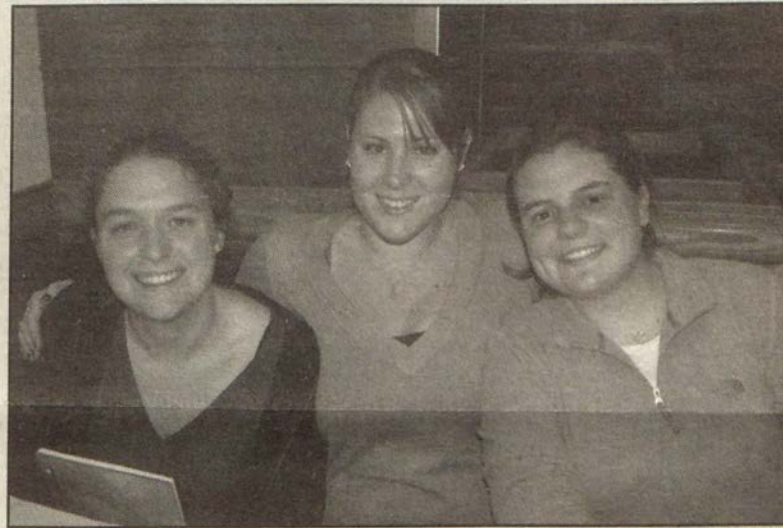
What are you most excited for this year at PC?



"Sophomore Outdoor Ball!"
Haylee Jones '09



"COLLEGE!"
Joe College '07



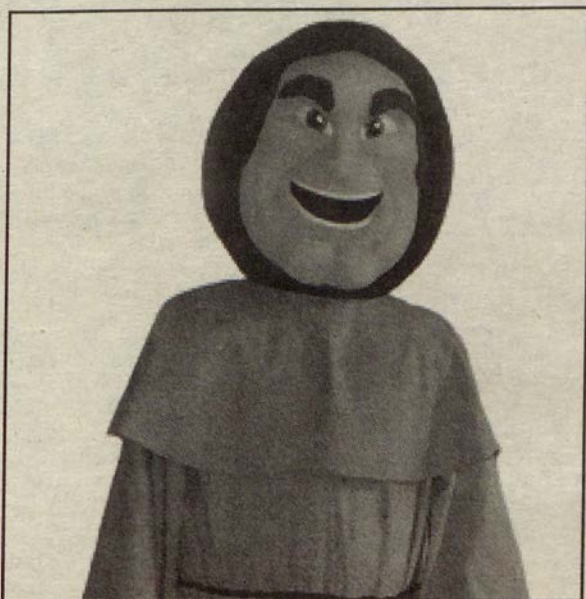
"The Vagina Monologues."
Frances Ford '07, Danielle Bax '08, Trish Wagner '07



"Senior Nights!"
Colleen Fitzgerald '07

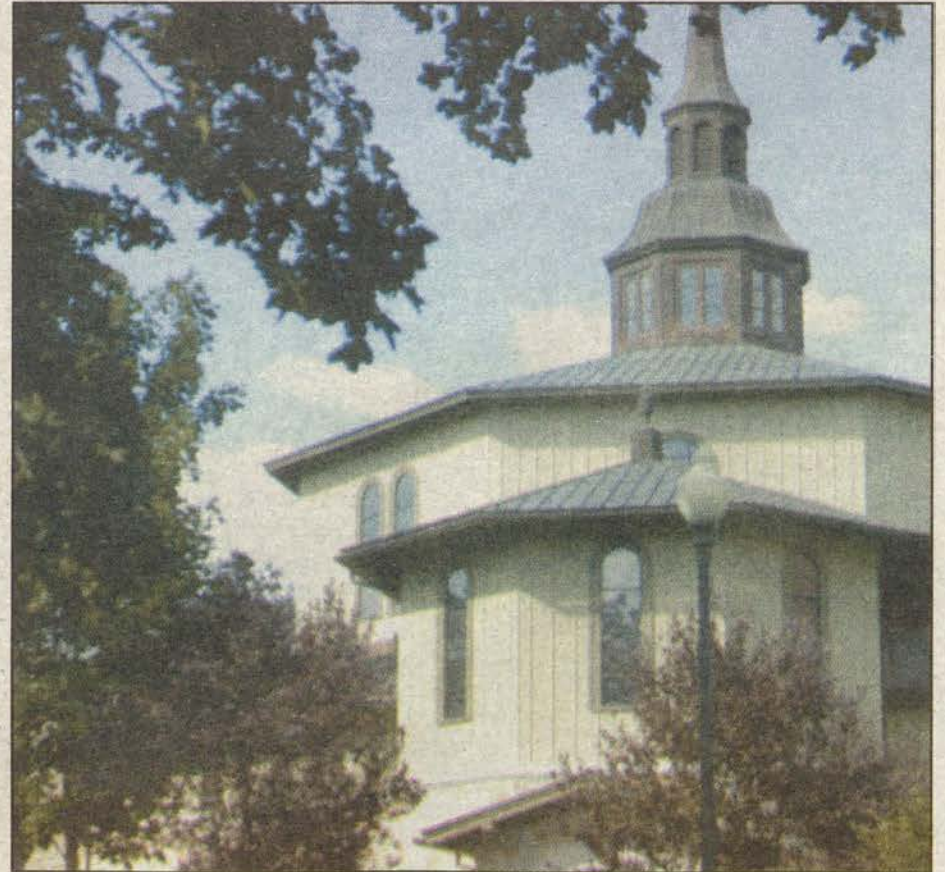


"Meeting new people!"
Sylvia Williams '09, Lauren Ouellet '10



"PROVIDENCE BASKETBALL AND HOCKEY! WOOO!"

The Friar



Welcome back to Providence

