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Cormier reaches elite 1K status

Shaun Hogan
Herald Staff

Senior co-captain Chris Cormier has most definitely had a successful basketball career at Roger Williams University.

On Saturday, February 2, he added to his long list of accomplishments as he became the 24th player in RWU history to surpass 1,000 points. A male player has not become a 1,000-point scorer since Michael Lynch and Tim Smith in 2001.

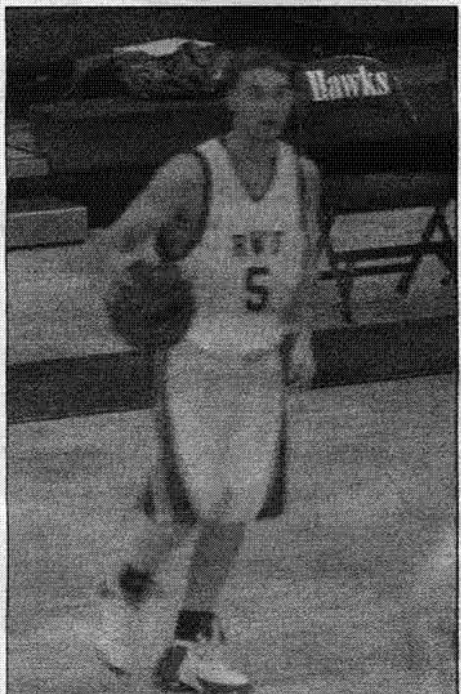
Going into Saturday's game Cormier, a native of Trumbull, Ct., was only five points short of 1,000. With only nine minutes and 54 seconds left to play, Cormier hit a mid-range jumper, bringing him to the milestone of 1,000 points.

In addition to his 1,000-point basket Cormier earned the team eight more points that, combined with 16 points from freshman guard Conrad Griffin, 13 from sophomore center Geoff Baranger and 10 from sophomore guard Ben Comobreco, propelled the Hawks to a 78-50 victory over Eastern Nazarene.

Head Men's Basketball Coach Michael Tully describes Cormier as a key member of the team. He feels that Cormier has been one of the team's most consistent players throughout his entire four-year career.

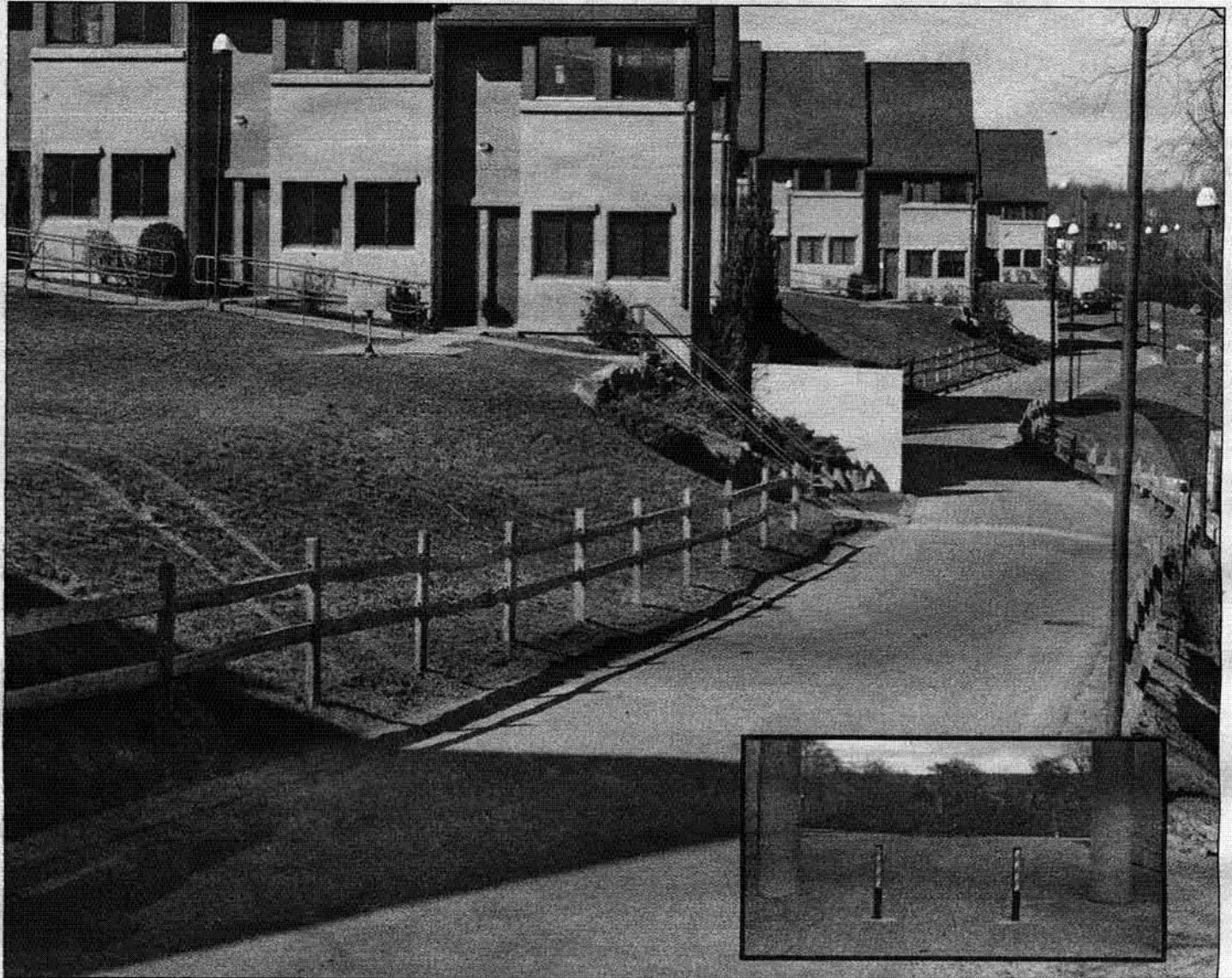
"He is a great leader," Tully said, "Both on and off the court. He is a good

See CORMIER, p.12



Shaun Hogan

Chris Cormier.



Christopher Parish

Fences and posts have been installed in Bayside to keep vehicles out of the quad. The changes are a positive step toward preservation of the quad but make moving heavy objects into Bayside rooms much more tedious and could cause trouble for emergency response crews.

Baysiders feeling caged in

Tracey Lemle
Features Editor

Bayside resident Alex DaLuz was planning to furnish his Seabreeze apartment this semester with a couch, but when he returned from winter break, he learned that the administration had blocked this

idea, literally.

"I was going to bring a couch back to school to put it in my apartment but now since the RWU powers that be decided to put those useless steel poles at the top of Bayside and a fence at the bottom, there is no way we're going to move a three-piece sectional couch into my room from the

street."

However, since the beginning of second semester, facilities have been working hard to prevent track marks and cars driving in the quads. "There has been a lot of traffic recently," Manager of Facilities Operations & Engineering, John Tameo,

See FENCE, p. 9

Chef Bob adds flavor to campus

Editor's Note: This is the second in a two-part series on the food quality at RWU.

Traci Harris
Herald Staff

Roger Williams University welcomed a new executive chef to the kitchen this past June. Robert Lavoie may be new to cooking in a university setting, but he has over 22 years of experience.

Since coming to RWU, Lavoie has tried to cook up great meals that are delicious and healthy. Fish is among his favorite things to eat because it is so versatile and very healthy.

A good meal starts with a good menu. Lavoie meets with the cooks once a day to talk about the meals for the following day, so they are all on the same

page. When actually cooking, the head cooks go around the kitchen to make sure everyone is doing what they should be.

Lavoie feels that an ideal meal happens when the cooks are educated and trained on how it is prepared. He has a staff of 35 people, 12-15 of them are full time and the rest are part time. There are a lot of students from Johnson & Wales cooking here that are either still enrolled or have graduated.

"I think that since I have been here we have looked more closely at how we are preparing the food," stated Lavoie.

Lauren Ciarleglio, a junior living in Almeida, has usually been satisfied with her meals on campus, but would always head to a specific place inside the dining hall.

"I felt that I enjoyed the 'cook to

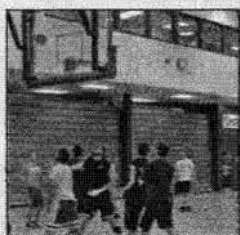
order' meals the most. I found that the roast beef or chicken at the 'cook to order' was pretty tasty, but the meat served on the line always seemed gross because it was served in bulk on huge trays," said Ciarleglio.

When asked about the quality of the food in the dining hall, Lavoie said "I think the quality of the food here is very, very good. We are using very reputable providers to purchase our food. We use all the best grades of all fruits, vegetables, meats, and fish."

Lavoie explains why he thinks the food is good. "A lot of it has to do with having a good product to start with, then preparing it the proper way, and in that respect, we are definitely down the right path of improving the food here."

See FOOD, p.3

in this issue



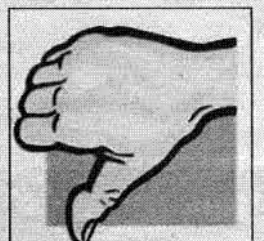
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page 11

“From Bayside, with Love”

“The good times are killing me”

First things first, the RWU facts have been coming in but at this point I just don't have enough good facts to fill up an entire column. So keep sending them in. Believe me, it's funny.



Chris Villano
Herald Staff

So I'm sorry to those of you who were expecting to read some ridiculous facts about RWU but it's just going to have to wait until next week. In the mean time I've got to write about some-

thing else. I feel like I haven't written anything legitimately amusing lately, so I'm going to get back to my roots. Back to the end of my sophomore year when I declared emphatically that from now, there would be something in our school's newspaper that I would want to read.

And what exactly is that? It's people getting drunk, acting stupid, getting in trouble and maybe even committing a sex crime or two right on this very campus.

Last Thursday night seems like a good place to start this off. I've got an 8:30 class on Friday morning (not by choice, it's the only time its offered and I need it to graduate) so like a good little boy I had every intention of going to sleep by at least 2 a.m. and not drinking (too much). Thursday afternoon: enter Peer Pressure Pal Phil.

“TEQUILA,” he announced to the room in his signature enthusiastic tone laden with the promise of a night to (hopefully) remember. How could I resist. “Hell yeah, I'll throw down on a bottle.”

Next thing you know I'm 60 dollars in the hole and cutting up limes on a long wooden table in preparation for “The Last Sober.” But before we started drinking we decided that instead of going to the bar afterwards we'd go to the men's basketball game to see if Chris Cormier could score 1,000 points.

Now let me tell you a little something I learned about Tequila in bartending school (hell yeah, I've even got my degree). It's the only alcoholic substance that can be considered an upper, as opposed to all other types alcohol which are downers/depressants (you learn some-

thing new everyday). Who were we kidding?

After the game I was given approximately six minutes to shower, shave, and drink a solo cup full of wine in a box before we went to the bar. Done and done.

Now I can remember the rest of the night to a point. And that's the point where your friends start telling you the things you did the next day that you can't seem to conjure up in your memory. So here's my laundry list from last Thursday at the bar:

I dumped half a pitcher of beer off the balcony onto to some kids at Gillary's.

I had a conversation with a girl from one of my classes who I don't know without saying a word.

I wrote an indecipherable message on my hand.

I ate a raw hotdog.

I watched my friend get hit by a car and then poke the driver in the eye.

I saw someone take a shot of George Foreman Grill grease.

And I woke up fully clothed on the couch with an empty wallet.

The next morning didn't begin until two in the afternoon. I didn't go to my 8:30 class; I knew this because my away message said “8 am [screeeewwww] ttatht!” I was only able to make it to my 2:30 Film class, which seemed more like an hour and a half in detox.

I couldn't sit still in that uncomfortable North Campus chair and my head might as well just have exploded as soon as “The History of Documentary Film” started playing.

After class I went to my friend Greg's room to pick up some balls (for the playing of table tennis) who greeted me with “Holy crap man, it's good to see you're still alive.”

Yeah, laugh it up hot shots, but when a friend says something like that to you it's impossible to avoid a moment of introspection. And in that moment you can either choose to say “OK, I'm never drinking again” (which is a lie) or next time you can just skip the wine in a box step of the process, you drunk.

What's the moral of the story here? Send me more RWU facts you lazy bastards. I just had to write about all the dumb stuff I did last Thursday because of you!



ASK MEG & ASH

Dear Meg and Ash,
My roommate is driving me nuts! She's constantly using our bathroom and making a serious mess... and by mess I mean the most disgusting thing I've ever seen. She's not like this with the room so what's the deal?

-Grossed Out

Dear Grossed Out,

Wow... we don't know why your roommate would choose the bathroom to be her pig pen, but we sympathize. There is nothing you can do but talk to her and do it fast! Her behavior can't keep up like this because it's not fair to you. There's a difference between giving someone their personal space, and then allowing them to be blatantly disrespectful. Just explain to her that you're getting seriously grossed out by her actions and try and find out if there's some motivation behind her actions. How have your habits been? Could you have done something to upset her? (Not that we're justifying her actions). Talk to her as soon as possible and hopefully you'll see some improvement. Good luck!

MEG & ASH

Dear Meg and Ash,

I am really missing my family lately. I've always been a homebody, but ever since coming back from break I feel miserable. Is there anything I can do?

-Depressed in Willow

Dear Depressed,

Everyone goes through this type of feeling. You should really try and get out as much as possible to get into having some fun on campus! Missing your family is completely normal, but you don't want to sit around your dorm room not experiencing college life. There is so much going on around here. Try joining a club, or getting a job on campus to meet some new people and make some money. Then talk to your friends. If they know what you're going through they may take it into consideration and start coming up with activities you can do together. When all else fails call your mom... we're sure she'll know exactly what to say!

MEG & ASH

Meg and Ash are RWU's own personal advice gurus. These experienced advice columnists have contributed to the Hawks Herald for a year and are ready to take on more of your emotional challenges. Write to Meg and Ash at askmeg_ash@hotmail.com.

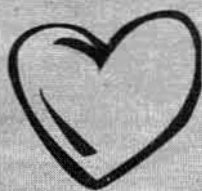
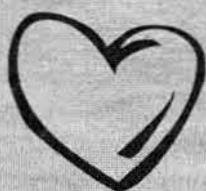
To Lindsey Maguire:

Happy Valentine's Day!

I love you!

Love,

Al



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Food: Quality has improve drastically over the years

Continued from p.1

When compared to other schools, Lavoie senses RWU dining is better than other schools.

"Without mentioning any names, I have been to a couple of other universities. I think that we have a better variety; we do things a little bit differently here. I think we're more restaurant of how we are doing things," stated Lavoie.

According to Lavoie, the visiting sports teams have told him that the food is better here than at their schools. The experienced chef practices what he preaches by eating lunch daily in the dining hall and sometimes his family joins him.

Production manager Andrew Costanzo agrees. "In general, the quality of the foods throughout the region and country has improved over the years. At the university, we've always strived to bring you the best and freshest foods we can get."

Ciarleglio agrees. "I think that the way the food is presented has a lot to do with the way people think it's going to taste," she said.

Lavoie is confident when saying, "in terms of starting with the raw product, it's all very, very good."

Others disagree. Tess Spector mentions that the meat seems middle of the road; "I hardly eat the meat here and when I do it is ok."

However, Ciarleglio feels that students should lighten up. "Students should understand or take into consideration that the chefs have to cook for hundreds of people every day, three times a day," said Ciarleglio. "I understand that the university is working on improving the meals in the cafeteria, but I personally believe that it was never that bad to begin with."

With the new dining hall opening later this year, students can look forward to an improvement to their dining experiences.

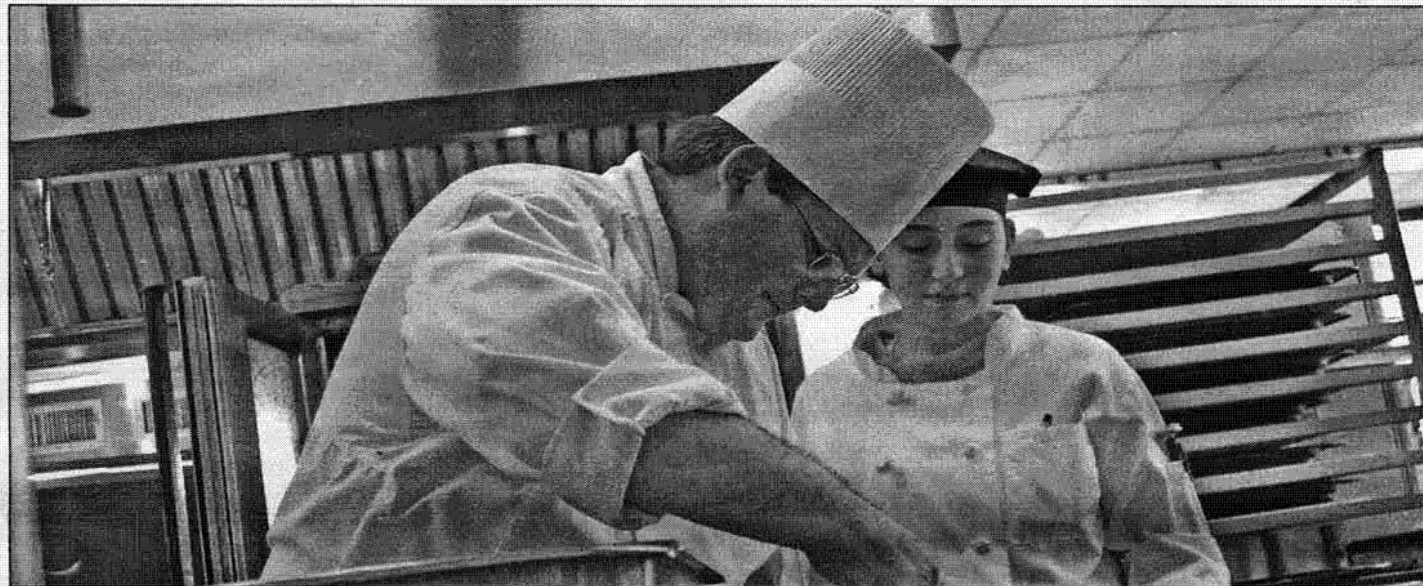
With a positive outlook, Lavoie states, "I am definitely looking forward to the move."

In preparation of the big move, Lavoie is starting to incorporate new ideas now.

"This semester I decided to start taking some of the concepts that we might be doing in the new building and starting to introduce it to the students now," said Lavoie.

Students should be on the lookout for new recipes, theme stations, and different options during the semester.

When it comes to the new improvements, Costanzo does not think vegetari-



Christopher Parish

Chef Robert Lavoie adds his finishing touches to a dish while worker Brenda Pereira looks on.

ans are left out. "There are wonderful options for those folks who are vegetarians," he said.

Lavoie agreed, acknowledging that some of his patrons are vegetarians but feels there is a good variety for them.

"I think there are a lot of options for vegetarians. I don't know if vegetarians really know how much there is for them here," said Lavoie.

Lavoie mentioned that there is always a hardy vegetarian soup that contains beans or another type of protein at the soup station. Students can pick from a variety of items at the salad bar, and the deli always has grilled vegetables, hummus, and tabuli. And there is at least one main vegetarian dish.

Vegetarian satisfaction is important to Lavoie.

"If there is not something for them to eat there is always the option to come in the kitchen, or ask for one of the chefs to come out and we'll custom make something for them," said Lavoie.

Blake gives the school credit by saying, "I think the school is trying. I have noticed a few improvements, however I think they still need a lot of work. I think they need to speak with a nutritionist on ways that they could improve vegetarian cooking."

Costanzo said there are things being done to improve vegetarian options.

"Our 'cook to order' station allows people to customize each dish that they order. Not only can they pick from the items at that particular station, they can certainly take things from the salad bar, tray line or pizza station and bring those

things to the CTO station and have the cooks prepare a custom dish on the spot," said Costanzo.

Senior Andrew Renert likes the 'cook to order' aspect of the café since his favorites are, "the pasta pronto, and stuff they make at the 'cook to order' stations."

But for a vegetarian, Wiles feels there is a long way to go until there is satisfaction for vegetarians.

"The options have improved since last year, but the conversion to vegetarian friendly is still far off. There are still limited options and food is often mislabeled as vegetarian or vegan when it is clearly not. I know that mislabeling deters people from eating a lot of things that may actually be vegetarian," said Renee Wiles, president of Veggie Club.

Vice president Ashleigh Blake explains that, "students are required to live on campus for two years, which basically means they are required to eat the café food, the least they could do is give a few more healthy options to the vegetarians. I think they would be surprised to know how many vegetarians we have on campus."

Many vegetarians are sick of being told to go to the salad bar.

Blake clears up a common misconception about vegetarians by saying, "vegetarians don't just eat vegetables, it's annoying when we complain about not having options and someone tells us to eat salad. That's like saying have some water. Lettuce has 30 calories in it, you burn more calories eating it than getting any nutritional value."

Wiles also feels the options for vegetarians are slim. "I think that improvements need to be made. I know many people who are sick of being told, 'go to the salad bar.' The salad bar just isn't enough. The only tofu they ever have, if any, is plain and unappealing."

With the new dining hall opening next fall, vegetarians are hopeful that their meals will improve.

"I feel as though I eat the same thing everyday, salad or a wrap, it's become a common theme of dinner for my friends to make comments about my lack of variety, but nothing else ever appeals to me," said Wiles.

The dining hall says that they always offer a vegetarian soup at all meals, but how enjoyable are they?

"They need to improve the soup. They say that they always have a vegetarian soup, but it's usually something really gross like pea soup, that I would never eat. Also, on days when they do have vegetable soup they put like beef in it, or chicken. It's dumb to add meat to veggie soup," said Blake.

Lavoie says that if students do not like something it is helpful if they fill out a comment card, and if students want to take it one step further, they can call or e-mail him.

"I will respond to every comment card

that is written as long as the student will put their name there," stated Lavoie.

Although students can be picky, most can find something enjoyable to eat. Renert feels the students should not be afraid to eat in the café.

"I recommend eating at the café. I just have a lunch plan and if I'm on campus and have time to eat lunch, I always go to lunch. I think it's convenient," states Renert.

Blake feels that the quality could be worse, and she still is open to eating at the café in hopes for improved meals.

"There should be fresh veggies at the salad bar, different types of vegetarian 'fake meats'— Morning star makes great 'chicken nuggets' and has fake beef options, and have all of the cook to order meals they that make should have one just for vegetarians.. or at least 100 percent meat free meals," said Blake.

Wiles also has some suggestions, "make sure labels accurately reflect vegetarian and vegan options, keep meat options and vegetarian options separate, most vegetarians won't eat anything that touches meat, and try making meals with soy, tofu, and meat replacers."

While these suggestions may be valid, dining services wish that more students told them exactly what they do not like about the food.

"As always, everyone is welcome to come to see either myself or Chef Lavoie and discuss their needs," said Costanzo. "When people come to see me and say that the food 'stinks', to put it nicely, it tells me nothing. Please tell me that it 'stinks' because, it's cold, too hot, too spicy, too dry, whatever. The more information you give, the better I can find out why things are unsatisfactory and the better we can fix the problem, or at least give you a reasonable answer as to what the issue is."

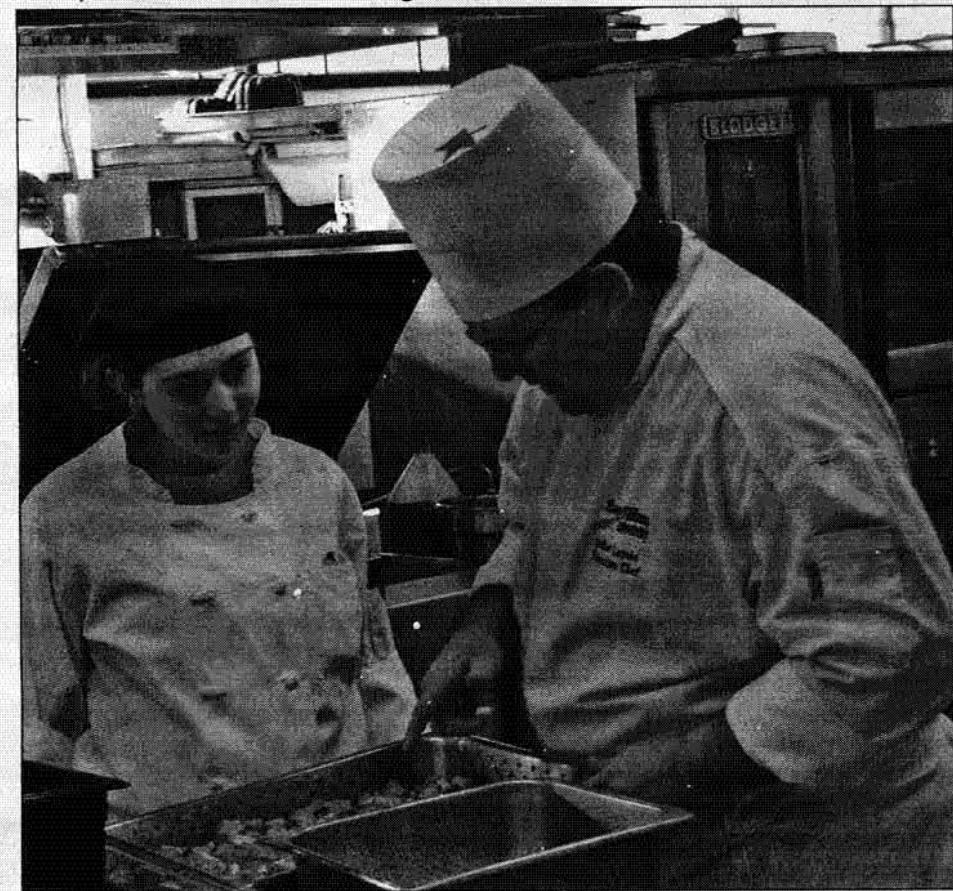
Lavoie agrees he would like students to speak up; "All they have to do is what they do at home, and that's come to me. I'm completely 100 percent accessible."

Costanzo also wants students to ask for items that they do not see served that they would like. All they have to do is ask because it may be worth it.

"If I can get it, and get it at a reasonable price, I will," states Costanzo.

As to his new job, Lavoie is very excited for the future.

"I do like it a lot. It's a different challenge for me. It's the first time I have worked in a university setting, so getting to understand what the students really want to have to eat is a challenge. The operation I came from was very high end, so trying to incorporate as much of that high end stuff as I can but keeping it palpable for the students is difficult. I try to cook some of the things they really like, but we're trying to cook things a little bit differently, a little more healthy, and really going along that path, and that's going to take us to the new building."



Christopher Parish

"Chef Bob" and Brenda Pereira prepare a meal for Thursday evening's dinner.

Winter Intramurals well underway

Greg Carlson
Herald Staff

Intramural sports kicked off earlier this week, with the basketball and indoor soccer teams playing their first games on Monday.

Later in the semester, over 1,100 participants are expected to join up to play indoor floor and field hockey, dodgeball, softball, beach volleyball, and water basketball, according to Intramurals and Recreation Coordinator Bret Stothart. Stothart took over the program this year, succeeding Mike Gallagher, who had been in charge for the past seven years.

Any graduate or undergraduate student who does not play on the intercollegiate team, faculty, staff, or administration member can play intramural sports. While experience is not necessary to join, it is not uncommon to find that players are not first-time athletes.

Freshmen members of the Blue Eagles basketball team, Nick Vining and Jay Sawin, both played in town leagues and on their high school teams. And both seem to enjoy the intramural basketball here at Roger Williams.

"I like it a lot," Vining said. "It's organized well, and I like my team."

"It is fun, and we've got a good team," Sawin added.

While basketball clearly draws a large following, dodgeball is most popular among students, with over 300 participants expected to join up this semester. Freshman dodgeball referee Michael Marr seems to agree, saying that dodgeball was "hands-down" his favorite sport to officiate.

"Everyone has a really good time with it," he said.

While dodgeball is the most popular sport, indoor soccer is a relatively close second with only about seventy-five less players than dodgeball.

"The games are six-on-six, and we have twenty-six teams," said Stothart. "And the teams usually have more than six players."

Although no new sports have been added this year, there is one new rule that has been added to the basketball league that is sure to create some controversy. Starting this year, any basket made by a female player that would normally count as a two-point basket now counts as a three-point basket. While the arguments against this rule are obvious, Stothart argues that it is justified.

"We put this rule into play to encour-

age more females to participate," he said. "Getting excited to score more points is an incentive for them."

Stothart said that previous attempts to get more girls to join, such as all-women leagues, had failed. Of the approximately 1,110 total participants, over 950 are men.

While the rule will hopefully have a positive effect, it may not be permanent.

"I'd like to go back [to the equal scoring rules]," Stothart said.

"We just want people to come out and have fun, and then they'll come back again."



Timothy Mannion

Winter intramural sports have started and take up much of the field house on most nights of the week.

"I'm going to Disneyworld!"

The story behind the Super Bowl's most sacred traditions

Timothy Mannion
Editor

It started with five little words. "I'm going to Disney World."

For the last 20 years that saying has been a trademark of Superbowl MVPs. It has been a trademark of the Disney Corporation. It has been a trademark for everything that is right in sports.

Phil Simms never knew that his saying would go down as a cultural revolution. In the week leading up to Super Bowl XXI in Pasadena, the folks at Disney approached Simms about their idea. They told him if he won the game they will have a camera crew on the field right after the game and all he had to say were those five words. "I'm going to Disney World!"

Simms has said that he didn't feel really comfortable with doing it at first. He wasn't basing it on a karma thing; no superstitions were tied to it. He didn't want

to break the game habits. But of course, Disney got their man. The Giants won the game, of course, and the rest is history. Simms's saying was made into a commercial. It was on television the next night. Talk about capitalizing on the market. Disney pounced on the idea and made it legendary.

For most athletes, those five words are the pinnacle of their careers. Just look back at those 35 commercials that have spawned because of the success of the catchy phrase. It's one thing to make it into the Hall of Fame; it's another to become a member of this elite club. A club with only a select few; with names like Jordan, Aikman and Rice.

For that one moment, which meant they were either champions, or runners-up, these athletes shined.

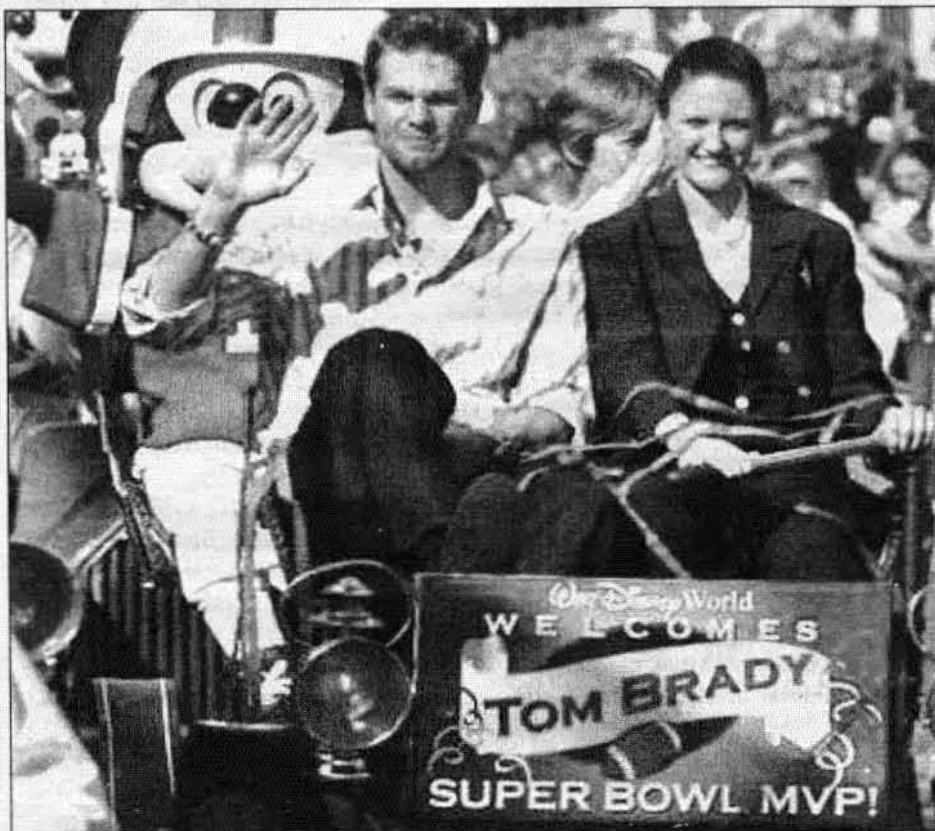
There have been three two-time winners. Joe Montana, John Elway, and Tom Brady. Ask any NFL fan to name their top

five quarterbacks of all time. These three will unquestionably be in the list. They have sealed their legendary status, forever.

There has been an implementation of women sports as well. The 1999 US Women's World Cup team grazed the small screen. Even head coaches got into the mix. In 2003 Tampa Bay Buccaneers head coach John Gruden got to flash his best Phil Simms impression after his Bucs

beat his former team, the Oakland Raiders in Super Bowl XXXVII. Talk about karma. Simms' son, Chris, was the quarterback who led Tampa Bay into the playoffs *this* year. Will lightning strike twice? Whoever lands Simms in free agency is banking on it. So is Disney.

Could you imagine a Simms-Simms, "I'm going to Disney World!" love fest? Oh, sweet irony.



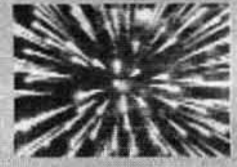
Remember Tom Brady? Well he's a Super Bowl MVP, too. And he's uttered the famous words...twice.

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Raining Jane gives heartfelt performance

Florentine Lehar
Herald Staff

The California-based band, Raining Jane, was given a standing ovation by a full house last Friday night after their passionate performance in the RWU Snack Bar.

Although scheduled to start at 9 p.m., February 3, the performance didn't begin until approximately 9:30 p.m. due to technical difficulties, some of which continued throughout the first two songs, but were then fixed by the CEN Tech Crew.

Based out of Los Angeles, Raining Jane is an all-girl eclectic rock-folk band. Becky Gebhardt (bass, sitar, guitar), Mona Tavakoli (drums, cajon, vocals), Mai Bloomfield (guitar, cello, vocals), and Chaska Potter (guitar, vocals) started together seven years ago in 1999 at UCLA. The girls came together and started playing shows and winning the hearts of students in California. It took them about two years to start touring and then the women made the band their full time career commitment. The band saved all the money raised from their shows to finance their first self-titled album.

"So it's four young women. We quit our jobs. We started our own small business and it just happened to be music, you know. Which is really cool I think for four young women doing that," said Tavakoli.

Wanting to make changes in this world through their music inspires the women of Raining Jane. All members of the band also have personal influences and inspirations, which help them bring their unique qualities to the band. The band's members are very democratic in all deci-



The Mr. RWU contestants and their personal assistants sit in a line on stage as they await the results of the competition. The event raised money for the Children's Miracle Network.

sions they make; all the songwriting is done collectively, and most importantly, they support one another.

Tavakoli explained that the band wants to get across a message of hope and that people should change things until they like it. Potter agreed, explaining that since they as a band chose a nontraditional path in life, people shouldn't fear questioning the typical way of life. Potter divulged that one of the messages the group wants to get across is to "Be who you are and do what you wanna do."

Many RWU students came to see Raining Jane perform in a coffee house-setting put together by CEN. Along with sponsoring the performance, CEN also

provided coffee, hot chocolate, and cookies. There were, however, complaints made by students because there was no water or soda available.

Raining Jane performed nine songs from its second and newest album, "Diamond Lane," as well as covers of Aaliyah and Missy Elliot. Many students were impressed by the new and different sound of the band as well as the all female band. "It was a fresh, innovative, and a very entertaining night," said sophomore, Nicole Baker.

The RWU students that attended the show enjoyed not only the music, but also the humor and feel good vibe that the girls brought with them onto the stage.

Tavakoli didn't hesitate to inform all the students that RWU's Dean of Students, Kathleen McMahon, was the Dean of Students at UCLA while they attended there.

Freshman Shashwat Baxi explained, "When I heard that Raining Jane was coming, I didn't really know what to expect, but they actually turned out to be an amazing band and I hope they come back because they were awesome."

Raining Jane will have a new album coming out by the end of this year, and more information on the band can be found at their website, www.rainingjane.com or on their Myspace site,

www.myspace.com/rainingjane.



You don't work for the Hawk's Herald?
"Well you have bad HAIR!"

Email the channel 4 news team, or the editors at hawksherald@gmail.com

RWU's Food Critic:

Feast or Famine: Great food ... except the salad and fries

Kaitlin Curran
Herald Staff

Feast or Famine, located on 495 Main Street in Warren, R.I. is a nice Italian-style restaurant which offers casual dining and unique cuisine.

The interior features Italian décor with a modern twist. Wooden tables with candles and dark yellow walls create a comfortable environment for guests.

The most noteworthy and most highly recommended item on the menu would definitely be the pizza. All pizzas have a thin crust and come with a wide variety of toppings. The best by far is the grilled chicken no. 1. A margherita pizza (parmesan, asiago, gorgonzola cheeses with pomodoro sauce) with grilled chicken and roasted red peppers. It's fantastic!

For all the vegetarian lovers, Feast or Famine offers the Veggie No. 1 and the Veggie No. 2. No. 1 is a white pizza with garlic, spinach, mushrooms, feta and parmesan cheeses. No. 2 is a white pizza with diced tomatoes, onions, spinach,

Restaurant Ratings (1-5)

Food: 3.0

Service: 3.5

Price: 3.5

roasted red peppers and mushrooms.

Of course, if you are not a vegetarian there is always the Anti-Vegan: a margherita pizza with meatballs, bacon, and pepperoni.

As far as prices go, Feast or Famine is reasonable. The pizza appears to be on the expensive side, but the portions are huge. Keep in mind that it is thin crust and people can eat more slices than they would with a regular pizza.

On this visit to Feast or Famine, I decided to try something other than the pizza. First on the list was the chicken panini, a grilled chicken breast, roasted red peppers and spinach with melted parmesan cheese on panini bread. It comes with a choice of french fries or pasta salad on the side. I chose for the fries.

The sandwich was delicious. I'm talk-

ing melt-in-your-mouth good. It wasn't messy to eat, and it was big enough so that I was left satisfyingly full.

Unfortunately, the fries were not so good. I couldn't tell if they were undercooked or thrown in the microwave for 60 seconds, but they were anything but crispy. If there is one thing I hate more, it's soggy french fries.

Now it could have been a fluke, but if I do decide to go back, I might have to order the pasta salad.

Next I tried the Caesar salad. This, like the french fries, was also disappointing. The salad was drenched in dressing and tasted like the stuff the RWU cafeteria has to offer.

Now don't get me wrong, from what I hear, the cafeteria has made some improvements, but if I had to pay \$6 for a caesar salad at Feast or Famine, I'd be better off saving the gas money and just walk to the Student Union than to drive the 10 minutes to Warren.

Of course if you enjoy eating a salad from the RWU cafeteria, by all means help

yourself; however, one bite of that salad brought back some pretty strong memories of my cafeteria experiences during freshman and sophomore year.

Finally I sampled a taste of their tortellini. For \$3 more, grilled chicken or meatballs can be added, but I went for the plain.

The sauce was what made the dish delicious. It was light, and a little tangy which gave it a unique flavor and the portions were more than enough.

Overall, my experience at Feast or Famine was pleasant. It's worth checking out just for the pizza alone, but they also offer a variety of appetizers that I have yet to try.

Of course, remember my advice: stay away from the fries and caesar salad; it's not worth the money.

Do you have a restaurant that needs a positive or negative review? Send your suggestions to:

hawksherald@gmail.com



Timothy Mannion



Timothy Mannion

Couple of the Moment: Claire and Sam ... a.k.a. "Clam"

Reporting by Elizabeth Liederman

Interview With Claire:

1. When/how did you first meet Sam?

Claire: "I technically met Sam at orientation over the summer, but he didn't remember it. A week after school started, I still remembered him from orientation, and I had my eye out for him. I knew he was an honors student, so I knew I'd see him at the Honors Retreat, and that's how we started talking. The next day he stopped by my room and invited me to hang out down by the bay with some of

his friends. [That same day] I said first that I really liked him, and he said it back, and then he asked if he could kiss me - I didn't say anything, I just nodded!... This is my first relationship and his first relationship."

2. What do you like best about Sam?

C: "He's so cute in every aspect; he's very funny which to me is key - if a guy can't make me laugh it's not going to work."

3. Has he said "I love you" yet?

C: "Yes."

4. When did he say it?

C: "After three days of being together."

5. Would you say that Sam was "The One"?

C: "Well, we have talked about marriage and stuff, so yes."

6. Do you fight at all?

C: "No, we have yet to argue."

Interview With Sam:

1. When/how did you first meet Claire?

Sam: "We actually met at orientation - we were eating at one of the lunch tables, and she noticed I was talking too much (which I usually do), and apparently she noticed that and liked it. I first noticed her at the Honors Retreat. We had to form groups, and she kind of followed me to my group. For the rest of the day, she tried to get me to notice her. We went to Providence after that, and she followed me around the Providence Mall. On the bus ride back we started talking and I thought to myself, 'maybe I have a chance'."

2. What was your first date like?

S: "We went bowling a month after first meeting each other, and that's what she considers our 'first date.'"

3. When was your first kiss?

S: "The night after we met, we were down by the bridge and I just kinda asked her if she wanted to kiss me, and she said yes and we kissed!"

4. What do you like best about Claire?

S: "She's a great listener, she's really smart, really pretty - she's pretty much what I've always imagined every guy wants, because to me she's perfect... when I first told her she was beautiful, she cried!"

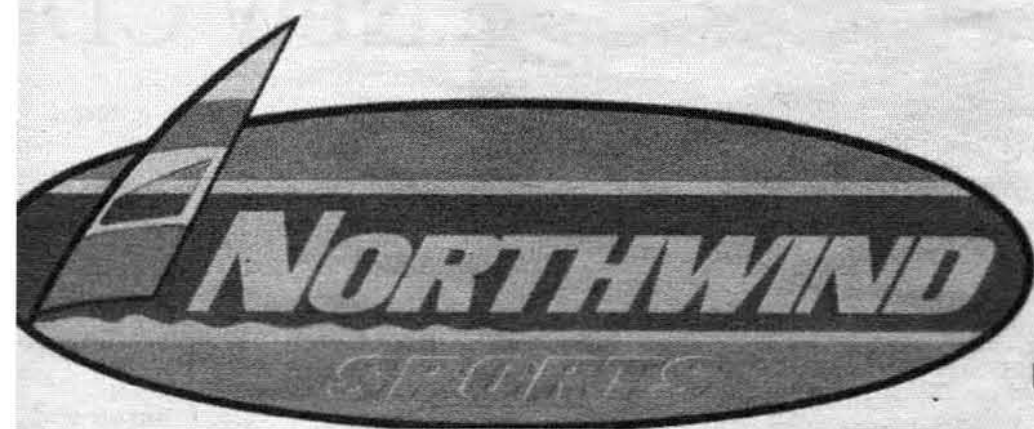
5. When did you first tell Claire that you love her?

S: "I think I told her the first week."

6. Is Claire "The One"?

S: "I wouldn't say yes, but how everything's been coming together we're pretty much inclined to that. This is my first successful relationship. Every relationship I've tried previously has failed - miserably."





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Top 10 New CDs

Courtesy of Rolling Stone Magazine

Featured Left: **Panic at the Disco:** A fever you can't sweat out

Beth Orton: Comfort of Strangers

Below, Left: **Jack Johnson and Friends:** Singalong Songs and Lullabies from the Film Curious George

Belle and Sebastian: The Life Pursuit

Dem Franchize Boys: On Top of Our Game

Various Artists: Sly and the Family Stone: Different Strokes by Different Folks

Deadboy and the Elephantmen: We Are Night Sky

Mylo: Destroy Rock & Roll

The Minus Five: The Gun Album

Kelley Stoltz: Below the Branches

Music Review: Greyboy - Shades of Grey

John Knapp
Special to the Herald

It's great when a CD comes along that kind of reminds you of the time you lost your virginity and the stars aligned and you had a bit of a swagger in your step.

That swagger will come back to you upon listening to Greyboy's most recent CD "Shades of Grey". This is a 60-minute set that he recorded which is full of tight editing, loops, and cut-ups. The sounds range from funk, soul, and R&B, all mixed together by Greyboy.

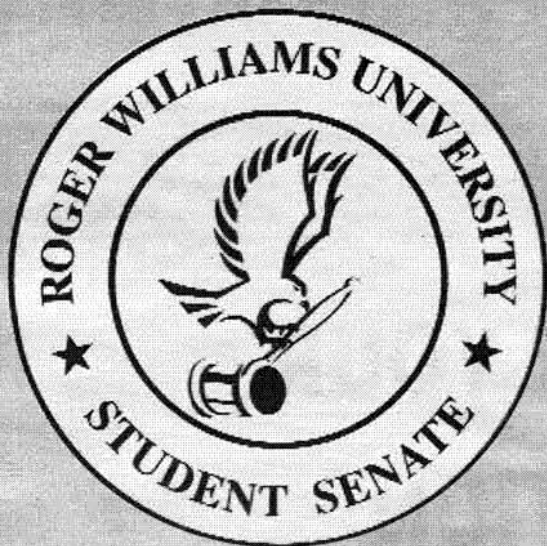
The tempo is closely monitored by Greyboy on the turntables pumping the level of funk to the max and then letting it bring you back down to regain your thoughts and then giving you a blast that will take you on from there. Greyboy makes the songs so much more animated

than they already are by his ear for the correct breaks and cuts.

Save your light beer for another time and get a real nice \$4 bottle of wine and pop this in at your next party and those stars just might align for you.



Curious George
February 2006



RWU Student Senate

Meetings

Monday 6:30 pm
Student Senate Chambers
Upper Level, Rec Center

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\$1,000.00 Stipend per semester

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In the Fitness Center

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Applications Due Friday Feb 17th

Sometimes giving up isn't a bad thing

By Anne Arner
Herald Staff

Everyone has a vice that brings them comfort. Some people enjoy eating, while others may rely on a childhood stuffed animal. Whatever it may be, it's important to find comfort with something. It gives us peace and a sense of security or belonging.

Unfortunately not all comforts are beneficial. My comfort was smoking. That is, until I took a chance and signed up for the Smoking Program offered by Health Services here on campus.

Believe me, I'm no preacher on the subject. The last thing I would want to do is tell people smoking is bad and smoking kills, because by this point in our lives we all know the effects of the delicious friend known as the cigarette. But the thing is, when its time to give up its time to give in.

I was a smoker for eight years. That's eight years of my life under a control addiction. Since I have been at RWU for these past four years, handfuls of friends and family have told me to quit smoking. "I'd my first response would always be my dad told me to never be a quitter," in an attempt to defer the subject and make a joke of it. But when I sat down and considered my options, I knew it was time to let go of my faithful friends, and say goodbye

to Phillip Morris.

I wasn't just your average smoker either, for anyone out there who thinks they can't quit. In an average week I was puffing down 8 packs of Marlboro Reds, which took a toll of \$50 per week on my bank account. As the second semester rolled in, and I realized I could literally no longer support the habit, I put down the lighter and stepped away from the lung darts.

My official quit day was Monday, January 23rd. I learned about a program that the university offers and went in to make an appointment at Health Services. I met with Nurse Practitioner Carline Fleig. Fleig informed me of the process to help me quit and immediately I was uninterested. Like most people, I didn't want to hear about the effects of smoking and talk about how much I smoke. I was ignorant and unresponsive, but I sucked it up and gave it a shot.

The program offers you Nicotine Patches bi-weekly at only \$20 for a two week supply. Most patches when you attempt to quit on your own will cost you close to \$55, so right away I was saving bundles of cash. Fleig, who was supportive and attentive to my situation, gave me the guidelines and even helped me figure out

how much I would be saving by participating in the program. If you do the math, it's over \$100 per month. I needed that kind of income.

It's been two weeks and a few days, some of which have been the hardest to deal with. Between being around smokers and being at different social events where I am more prone to smoking, I began channeling my cravings by doing other things. Every time I wanted a smoke, I'd do something constructive. I'd do work. I'd go to the Gym. I'd write.

The program not only supplies you with patches every two weeks, but when you go in for a two week "check-in" the counselors sit you down and discuss the hardest times you've had. They walk you through different techniques to fight cravings and offer suggestions such as writing down when you want a cigarette, and even give you websites where smokers can communicate and discuss the quitting process.

The best advice I can give on the subject: if you're thinking about quitting then go for it. I always felt that my smoking defined me as a person, and it was time for me to realize that it didn't. With the help of supportive friends and positive environments I have managed to make it this far, and I had never tried to quit before because

it just didn't matter to me. Well, now it does.

These past two weeks I've noticed a lot of things. First I noticed how smokers smell. It's awful. I never realized I had smelled that way because I was always smoking, so those who had to sit next to me in class, my apologies. Second, I can taste food so much better, and I sleep more comfortably and uninterrupted. Most importantly though, my energy level is the highest I can ever remember it being. By quitting, I have motivated myself to do other things, and I have more initiative than I can ever recall.

It was extremely difficult, and I have been the most irritable person since, but each day gets better, and I miss smoking less and less. I'm not trying to preach to fight the good fight or convince anyone of doing something they have no motivation to do, but for those of you who are tired of driving or taking the shuttle just to get a few drags, or standing in the cold winds of Bristol trying to light a heater like I was, then it's time to say goodbye to Mr. Morris, and say hello to Health Services. They'll help you out and direct you in the path to a quitting program that is sufficient to your situation. Give it a shot, because sometimes being a quitter isn't that bad (at least after the first few days).

Fence: Students angered by Bayside groundskeeping

Continued from p.1

ated. "Cars were driving up and down the hill for the fun of it and it just looks bad."

Although the intention of facilities was to make Bayside more aesthetically pleasing, students don't believe it was necessary. "There were barely any cars driving in our quad [Tidewater] on a regular basis," resident Rachel Lindley stated. "I think the poles and fences are pretty pointless."

Facilities and Public Safety disagree. "These [the poles and fences] will make for a neater and cleaner campus," Tameo explained. "If cars drive on the grass, it will be muddy through graduation."

Many students, on the other hand, are concerned that being boxed in, in such a way will make emergencies and moving in and out of the apartments, more difficult to deal with.

"I'm worried about move in day and my poor dad having to carry that stuff so far," Seabreeze resident, Jessica Harwood, stated. But when asked directly how she felt about the additions, "they f***ing suck," she said.

Tameo tried to clear up that misconception. "Security [public safety] has a key to take them [the poles] out. They will be taken down for opening and closing day as well; we have coordinated this with

Director of Housing, Tony Montefusco."

Yet, if an emergency does in fact occur, RWU has a solution for that as well. The poles are movable so if fire trucks or any emergency vehicle needs access to the quads, they can get in easily.

Students disagree.

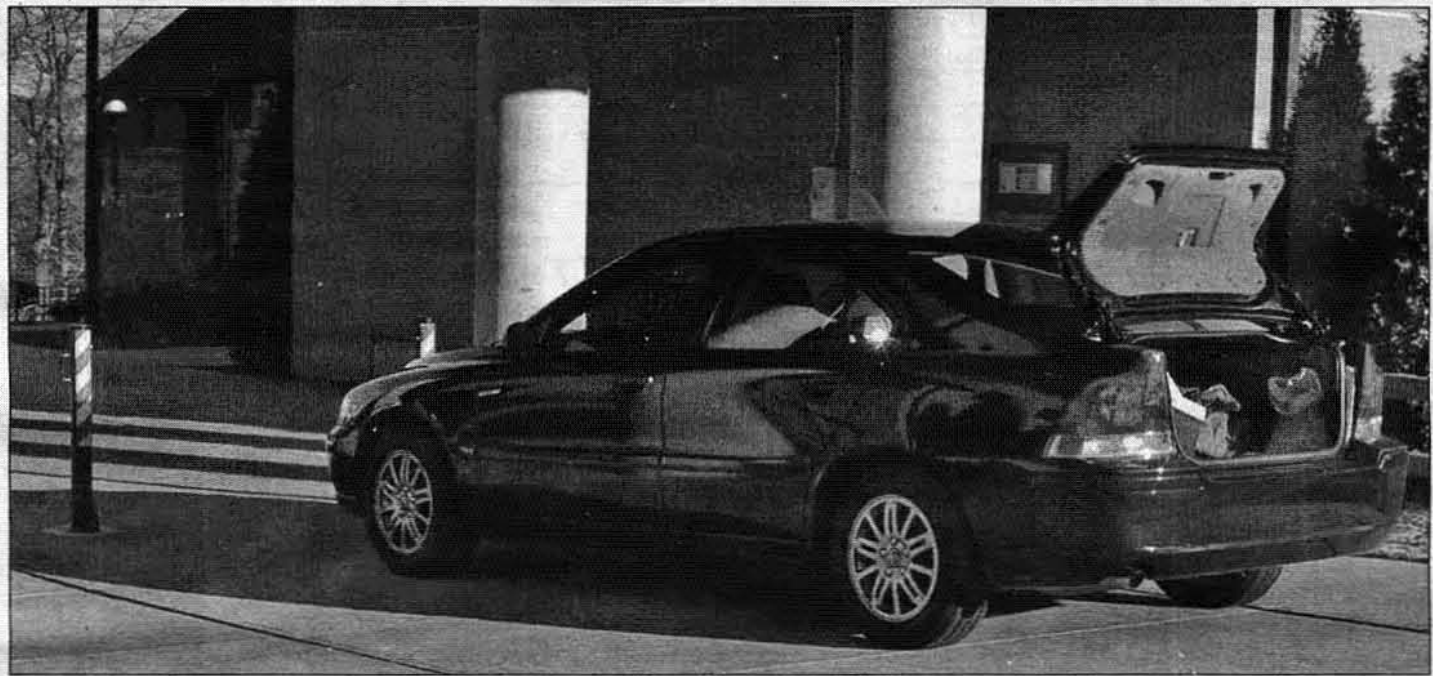
"Whether it is a drill or a false alarm, I have found myself standing around in the quad for a good five minutes before the P.S. comes down.

"If an actual emergency occurred, it would take them five minutes to get down here and additional five minutes or so to remove the poles for the fire trucks to enter and that could be disastrous," DaLuz stated.

Despite the schools best efforts, the residents of Bayside have found reasons to complain and disagree with the new additions at the front and back entrances of the apartments.

The poles have been in place for a few weeks, but students are still trying to adjust to the fences that now make for a cage-like environment.

"Well I hate the ones at the top, the only purpose they serve is to inconvenience the people who live in Bayside. The ones at the bottom haven't affected me yet, however, I know they will when I'm trying to run away from scary cats, which is a whole other issue," Lindley explained.



A student's car, blocked by the entrance to bayside by poles installed over winter break, parks at the Bayside Entrance to unload. Timothy Mannion

Have you had trouble losing weight in the past?

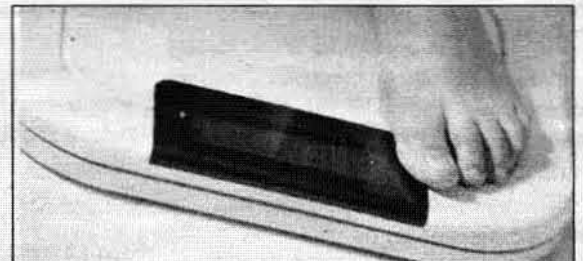
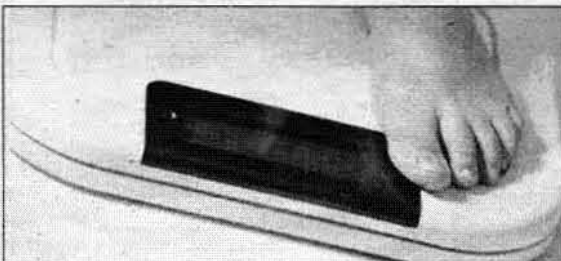
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Across

1	2	3	4	5	6	7	8	9	10	11	12	
13				14				15			16	
17				18				19				
	20			21			22			23		
			24				25					
26	27	28			29	30		31	32	33	34	35
36				37			38		39			
40			41				42			43		
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47				48		49			50	51		
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62			63				64			65		66
67							68			69		
	70						71				72	

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Down

1 Actor Guinness	70 Digits	12 Noun suffix	38 Time zone (Abbr.)
5 Mouth parts	71 Other	16 Congeal	41 Computer memory
9 Valley	72 Periods	19 Original	48 Monasteries
13 Actress Sorvino		21 Overhead railways or golfer Ernie	50 Slip up
14 Garden man		26 Musical note	51 Mistreated
15 Golf clubs		27 Jimmy	53 Guitarist Paul
17 Anguish		28 Stadium	54 Corpulent
18 He was a _____ type of guy		29 Sherlock, for one	55 Exclamation of understanding
20 Divulge		30 Foundation	56 W. state (Abbr.)
22 Range of vision		32 And so forth (Abbr.)	57 Jason's ship
23 Acquire		33 Regions	59 Vipers
24 Famous boxer		34 Mountain feature	60 _____ stick
25 Sheep		35 Velocity	61 Jog
26 Elegance		37 Cheer	63 Girl (Sp.)
29 TV station inits.			64 Nothing
31 Time periods			66 Sharp curve
36 She			
37 Talk pompously			
39 Stumble			
40 Terminated			
42 Actresses Bonet and Eichhorn			
43 Give up			
44 Silver State city			
45 Boot out			
46 Mature			
47 Play			
49 Request			
50 Comforted			
52 Sandwich inits.			
54 Globe			
55 Med. org.			
58 Insect			
59 Sudden			
62 Sound practical judgment			
65 Painful			
67 Hot under the collar			
68 Barks			
69 Psyches			

TIM'S FUN CORNER

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

2	5							
	8		9	2		1		
3	6	1						
		4					7	
	7		1		3			
			6	8				9
							5	3
			2		6			7
		9	3					2

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Last week's solution

J	A	C	K		S	I	P		A	B	U	T		
E	C	H	O		A	C	T	E	D		N	A	S	A
T	H	I	S		P	A	S	T	E		D	I	E	D
S	E	N		A	P	R			T	A	R	T	S	
	S	A	D	D	L	E	S		E	N	E			
			A	L	E		E	A	S	T	W	O	O	D
B	A	M	B	I			A	R	T		P	R	O	
A	L	A		B	A	D		E	S	P		T	E	D
N	E	T			B	E	E		L	A	S	S	O	
S	E	E	D	L	I	N	G		B	A	G			
		A	I	L		G	A	R	N	E	R	S		
T	E	P	E	E		L	E	T		O	L	D		
H	E	L	P		N	O	B	L	E		L	U	A	U
I	S	L	E		E	R	R	E	D		O	T	T	O
S	T	A	R		T	O	Y		T	E	E	S		

Last week's solution

7	2	1	4	6	5	9	3	8
9	3	6	1	2	8	5	7	4
5	4	8	9	3	7	6	1	2
1	5	2	8	9	3	4	6	7
8	7	9	2	4	6	3	5	1
3	6	4	5	7	1	2	8	9
4	1	5	6	8	9	7	2	3
2	8	7	3	5	4	1	9	6
6	9	3	7	1	2	8	4	5

What Steve Perceives:

Eating south of the Border

Steve Annear
Herald Staff

It's hard to eat right when you're living at school. Constantly you find yourself settling for a quick drive to one of the various fast food joints down Metacom Ave because you don't feel like cooking. But those quick fix restaurants are a thing of the past. So put that reheated sad excuse for Mexican food from Taco Bell down and indulge in a meal that's just as wallet friendly, but one thousand times more satisfying and a whole lot healthier.

If you find yourself driving down Metacom Ave. to get a bite to eat, then take an extra 15 minutes and drive into Providence for an amazing Mexican meal at Gordito Burrito. Located on Thayer St. in Providence, just past Brown University, Gordito Burrito is a small Mexican restaurant that has an eclectic menu for a reasonable price.

For a mere \$5, you can enjoy a burrito stuffed to your liking with beef or chicken, an array of fresh vegetables and any other toppings you enjoy.

The meal even comes with a drink,

authentic tortilla chips and a side of your choice between hot and mild salsa. The service is so fast that by the time you take out your money to pay, and yes they accept credit cards, your meal is sitting right there in front of you ready to eat.

Not a fan of burritos? Possibly you're a vegetarian? Well look no further, Gordito has got it covered. Gordito offers a varied menu of much more than just burritos, including many vegetarian options. Even if you're not a fan of Mexican food at all, but your roommates drag you along, there is an amazing Pizza shop in the same building with more pizza-topping combos than you could fathom.

So you must be thinking, "what's the catch?" There isn't one. Not only is this a great little spot to have a meal, but Gordito is located on Thayer Street, a quaint little downtown part of Providence with a bunch of little stores to poke around in. Parking is simple too. If you can't find a spot on the side of the road on your way to Thayer St., there is a Citizens Bank just ahead past Thayer St.

They have a parking lot in back with plenty of spaces, and since the bank is closed by 4 p.m. during the week, you are

allowed to park there.

If you're not familiar with the area, or don't know how to get yourself to Thayer St. in Providence, here's the best way: Take a right out of campus and follow Route 136, Metacom Ave., all the way down until you see signs for 195 West on your right hand side, after Cardi's furniture and McDonalds.

Next, follow 195 until exit two, Downtown Providence. Follow Wickenden Street until you see College Street on your right. Take that right up the hill and follow it until you hit Prospect Street. Take a left into Prospect and then your first right onto Waterman Street, and look for a parking spot! Thayer Street is straight ahead, and Gordito Burrito is number 258. The whole trip is only a mere 18 miles from campus.

If you don't have access to a car take the bus in front of campus but make sure to check the schedule. The bus will drop you off in Providence, and you just need to walk straight up the hill to the best burrito around. It's the perfect trip for those boring Saturdays, and even makes for an interesting date!

So say goodbye to the Taco Bell dog

and the scary McDonalds clown, because no trip to Providence is complete without a mouth-watering bite of Gordito Burritos freshly cooked food.

Crossings

The RWU Yearbook is looking for:

Work study students and Volunteers to be

*Photographers
*Layout designers

~Flexible Hours

No experience required, but preferred

e-mail:

crossings_rwu@yahoo.com

Sports, My Way: Super Bowl XL: An epic failure

Christopher Parish
Sports Editor

Say that I'm bitter. Say that I'm frustrated because I lost my wager and my pre-emption. Say that I'm just mad because I jumped on the Seahawks' bandwagon two weeks ago and refused to budge when the national media did everything but etch the

Steelers' name on the Lombardi trophy all week.

I clearly couldn't have been more wrong last week; about the only thing I guessed correctly was the coin toss (an aside — always take tails. Always). Even late in the game when we were guessing MVP candidates, I picked Antwaan Randle

El, who was clearly the best passer on the field yesterday, over Hines Ward, who basically just had to stand there waiting for a ball thrown perfectly by a guy who had just run the trick play perfectly. Jim Dugan took Hines Ward, and for his correct predictions all day he should be lauded.

But ESPN columnist Bill Simmons won money on the Super Bowl and he thought it was a terrible game, too. As Simmons said...

"This game was so ugly, even Madden ended up slipping tonight: He forgot to give his 'This is what it's all about, right here' speech as the Steelers congratulated one another. Allow me to become the first of 30 million football fans to make the 'Can we give the Super Bowl MVP to the officials?' joke."

And Simmons wasn't alone. Jason Whitlock of the Kansas City Star wrote what we've all been thinking about the league throughout these entire playoffs.

"(NFL Commissioner) Paul Tagliabue's league has an officiating crisis. Bogus, inconsistent flag-throwing and rule-interpreting is making the national pastime difficult to take seriously. So far, only Joey Porter has demonstrated the necessary courage to address what we all see. Many of these part-time, 50-year-old referees don't know what they're doing and can't keep up with the action."

As I write this to a campus of almost exclusively Patriots fans, I say that it shouldn't take long for you to remember this as well. America's greatest team of the 21st century thus far had an identity crisis in the divisional game against the Denver Broncos, but not a soul on this campus who bleeds Patriot blue doesn't think the Pats could have staged a heroic comeback had Brady, your fourth quarter savior, been given a chance to right his wrongs had the correct call been made on the fumble out of bounds in the end zone.

And those who watched the other divisional game probably thought the same

as Dugan had when he called me during the Colts-Steelers game about ready to cry conspiracy. "They're honestly trying to give this game to the Colts," Dugan quipped. And he was absolutely right. There were too many officiating blunders in that game to warrant mentioning.

Fast-forward to Sunday's miserable football game, where the only thing done right was that hilarious FedEx commercial (the highlight, along with a couple of Bud Light commercials, of an otherwise weak array of commercials; you'd think that your ad agency would fill your \$2.5 million, 30-second slot with something memorable, but obviously not), and you'll see a plethora of mistakes that sank the Seahawks.

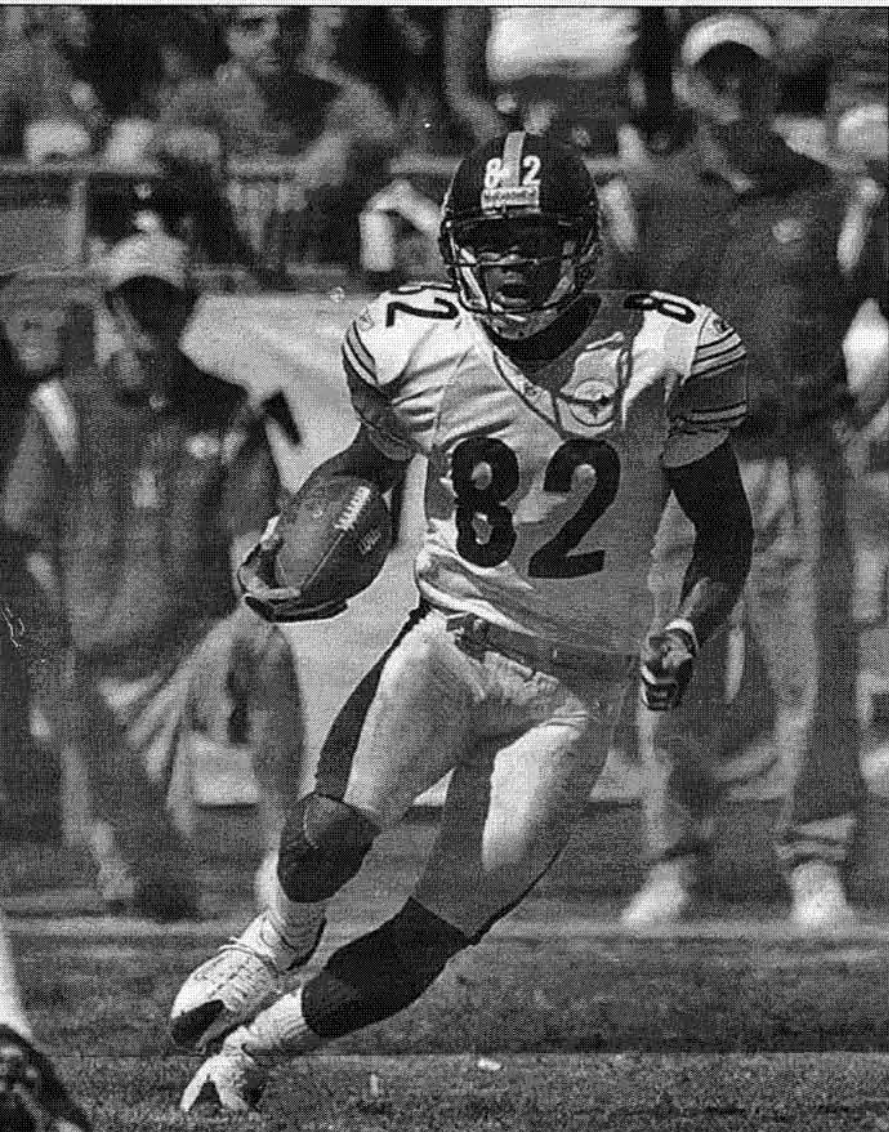
The phantom hold by Darrell Jackson in the end zone that took away a touchdown. The block that Matt Hasselbeck threw that was called a penalty even though the Seattle quarterback obviously tackled the runner. These egregious mistakes lay claim to the belief that Steelers fans were handed the opportunity to win, and they seized the moment. Give them credit. Not all teams playing so poorly could take advantage of the officials' blunders. They seized the win when they needed to, and that's why they are the Super Bowl XL champions.

Yet what this Super Bowl needs to be is a catalyst for future games, whether they're held on the season's biggest stage or if they're merely an exhibition. As Simmons noted in his Monday column...

"Shouldn't the refs just replace the yellow flags with the terrible towels (the yellow towels that Steelers fans wave) at this point?"

So maybe I'm just angry or bitter. But other than a few bucks and a little bit of pride, I had no vested interest in a Seahawks' victory. I'm just angry that the Zebras ruined my favorite Sunday.

And they better not do it again next year.



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ladies and gentlemen, meet Antwaan Randle El - your REAL Super Bowl MVP. And there's an outside chance he'll be suiting up for the New England Patriots next season.

Roundup: Men, women's hoops topple Eastern Nazarene; wrestling dominant

Round Staff Reports

Senior Chris Cormier reached the 1,000 point mark (see page 12 for full coverage) but it was freshman Conrad Griffin who led the Hawks with 16 points as the team cruised to a 78-50 victory over Eastern Nazarene College on Saturday.

Sophomore Geoff Baranger added 13 points and five rebounds and sophomore Camobrecco added 10.

The Hawks, who led by as many as 34 on several occasions, shot 48 percent from the field and held the Crusaders to just 31 percent shooting.

In other news...

FEBRUARY 8

The men's wrestling team won its annual dual meet of the year on Wednesday with a 33-6 win over WPI.

The Hawks, ranked 27th nationally, won eight of their 10 matches to earn the title. Both of the losses were by just one point. John Russo, at 285 pounds, earned the only pin of the day in 4:36.

FEBRUARY 8

Senior men's basketball player Brandon Parrish was named to the College Sports Information Directors of America District Second Team.

Parrish, the team's leading scorer and second-leading rebounder, is only the second player in team history to receive the honor. Parish is also third on the team in

assists and second in blocked shots.

FEBRUARY 6

The men's basketball team rallied from five points down with less than six minutes remaining to earn a 67-62 win over Wentworth on Tuesday.

Freshman Billy Barrett, who led the Hawks with 14 points and three assists, converted a 3-point play with 3:42 to play to give RWU a 59-58 lead. Barrett was also a perfect 5-5 from the free throw line.

Sophomore Geoff Baranger also scored 14 points and added eight rebounds. Senior Brandon Parrish tallied 12 points and seven rebounds.

The Hawks improve to 9-3 in CCC play.

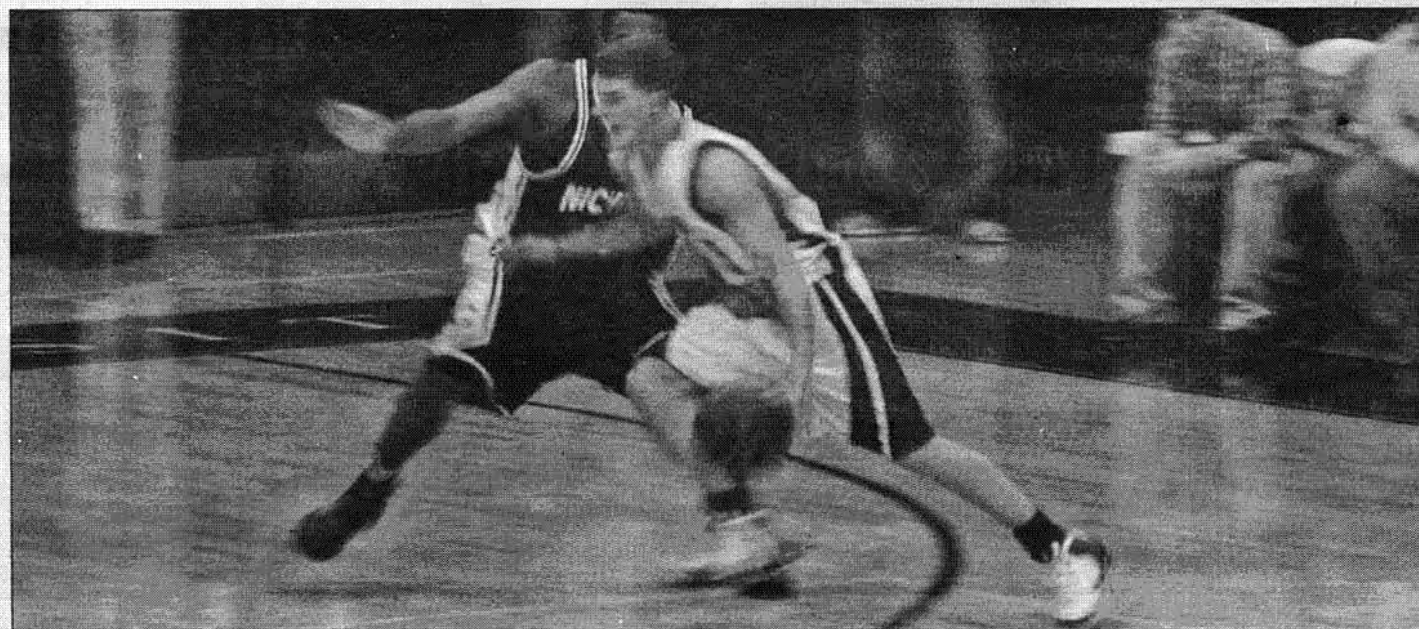
FEBRUARY 6

The women's basketball team was locked in a tie game with less than three minutes to play but couldn't hold on, falling to Wentworth 72-68 on Tuesday.

With 2:51 remaining, RWU capped an 8-0 run to deadlock the game at 64. Wentworth hit a 3-pointer, however, to take the lead for good. Two 3-point attempts by Senior Mallory Decof and sophomore Caitlyn Leone with the team trailing 71-68 both fell just short of their mark.

Leone scored a game-high 21 points for the Hawks and added six rebounds.

See ROUNDUP, p.12



Shaun Hogan

Senior Chris Cormier drives to the hoop in a game against Nichols College last Thursday. Cormier reached the 1,000 point mark this past Saturday, the 24th player in RWU history to do so (full coverage, see p. 12).

Cormier: reaches milestone

Continued from p.1

student and a team player.” According to coach Tully, Cormier has started about 95% of the team’s games over the past four years. In addition to his playing time, Cormier also has served as the co-captain of the team for the past two years.

“Every year he [Cormier] has gotten better and better.”

Coach Tully is extremely happy for Cormier and all of his accomplishments over the past four years. He feels that

Cormier reaching 1000 points is a result of his consistent scoring average of about 10 to 12 points per game.

“It’s great for any college basketball player it is a huge accomplishment,” Tully said of Cormier’s success. “It is a tough thing to do.”

Cormier, 22, has been playing basketball for almost 20 years.

“I have been playing my whole life,” he explained. “Pretty much as soon as I could roll a ball I started playing.”

When Cormier came to RWU he did not set out to reach 1000 points; he feels

that it is just an accomplishment. He feels that he reached this point by giving a consistent performance to his team throughout his four-year career.

“It [the thousand points] came to me,” Cormier explained. “The past few years playing with this team have been great.”

Athletic Director George Kolb is extremely proud of Cormier’s accomplishments at RWU. Kolb feels that Cormier definitely deserves all of the attention he is receiving from his accomplishments.

“Chris Cormier has been a mainstay of the team for the past four years,” Kolb

said. “He has provided consistent scoring and leadership to the basketball program. I look forward to watching Chris and the team work towards winning the CCC Championship in the next few weeks.”

With Saturday’s win over Eastern Nazarene and another win on Tuesday, February 7 against Wentworth Institute of Technology, the Hawks’ overall record is 10-11 overall and 9-3 in the CCC.

Cormier and his fellow teammates will be back in action this Saturday February 11, at home, where they will face New England College.

Cormier a gamer in more than one sense

Alex DaLuz
Special to the Herald

The only thing that has been consistent on the basketball court over the past four seasons has been the presence of Chris Cormier.

The lone senior and co-captain of the Hawks hoop squad affectionately known as “Corms” is the only player that Coach Tully has coached in each of his first four seasons at Roger Williams University.

“I’ve guarded Corms for the last four years and let me tell you that chasing him around in a motion offense is straight torture,” admitted non-conference rival Sean Kelly, who holds Wheaton College’s records for career steals and assists. “Corms is energetic the way a twister is breezy. And he can straight stroke it, too. All he needs a quick second to get it off.”

Recently Corms passed the elusive 1000 career point mark against Eastern Nazarene at home in front of a decent sized crowd for a Saturday afternoon game.

“It was a big accomplishment,” said Cormier while engaging in a mid-day game of Halo 2 on Xbox, his favorite past time next to hoops.

“I didn’t get a chance to do it in high school so I’m glad I got the opportunity here in college and more importantly the team is doing well.”

The team remains on top of the Commonwealth Coast Conference South by two games in the win column over Curry College with a 9-3 clip.

Entering the contest against Nichols College, Cormier needed only 11 points to be in the 1000-point club. He started off the game hot and netted two quick 3-pointers and appeared to be well on his way to achieving his goal. After halftime, as the

Thursday night fans stumbled into the bleachers and became antsy in anticipation of Cormier’s feat, Nichols turned up the defensive pressure and the senior was held scoreless for the rest of the game.

“I didn’t really get any good looks so I didn’t really want to force anything,” said Cormier while keeping his eyes focused on the television screen where he opened the gap on his opponents in Halo 2.

During RWU’s game on Saturday afternoon there was no doubt “the gamer” was going to make history. The Hawks hosted Eastern Nazarene, but the Crusaders probably should have shown up on Monday night for the kick-off of intramural basketball. Perhaps there they would have been more competitive.

Cormier quickly got his five points

out of the way when he connected on a 3-pointer from the top of the key followed by a leaning five-foot lean-in jumper just minutes later.

“I wanted to get it out of the way,” said Cormier while lining up an assassination in Beaver Creek. “I wanted to get that burden off of my shoulders.”

It has been an up and down year for Corms. He has had to sit out four games with various injuries and has seen his minutes per game dwindle.

“Personally it has been a down year for me,” admitted Cormier after a successful beat down of Goose. “I have gotten injured and I haven’t really gotten any sort of flow.”

For the first time in his RWU career Cormier has been used primarily off the

bench. He has only started in four games and those contests were early in the season.

“It is something I’m not used to,” said Cormier before pausing to throw a grenade at unsuspecting Xbox system link opponents. “But at the same time I have been injured so I haven’t really been able to get in a groove to put myself in a position where I should be starting so I think coach is doing it right.”

Whether he is starting or coming off the bench, there is no question that the team looks more cohesive when he is playing. Having watched most of the games this season and playing alongside him for a year, it is easy for me to conclude that he is the smartest player on the team and an obvious leader. “I try to lead by example and vocally,” said Cormier who also takes a reoccurring leadership role during Team Slayer on Xbox.

Although this is his last year, Cormier recognizes that he needs to leave a lasting impression on his younger teammates.

“It is a real young team and I want to the team to continue to do well even when I leave,” said Cormier after finally putting down the Xbox controller. “So I’m going to try to share my experiences with my teammates.”

A truly multi-talented gamer, Cormier has stuck with his passion of basketball over the past four years which is something nobody at this school can say. He has always been a well liked person on and off the court by anybody that has come in contact with him.

Except for maybe The Legend, Beef, JCOOL, Steak, Capichulo, Gary, STAGE5Clinger, Bukkake Express, Goose and Ben The Hen who cross his path in the fantasy world of Halo 2.



Shaun Hogan

Senior Chris Cormier eyes his defender in a game against Nichols last Thursday.

Roundup: Swimmers prep for D-IIIs

Continued from p.11

Junior Caitlin Elnitsky added 10 points, six rebounds and six assists. The Hawks have lost six of their last eight.

FEBRUARY 4

The wrestling team picked up two road wins over the weekend to improve to 13-6-1.

The Hawks won all but two matches in their contest against Southern Maine, earning a 40-6 decision. Dan Woods needed only 41 seconds to pin his opponent while Andy Lacroix needed just 44. Zach Weinrich and James Woods also recorded pins.

In the second match, RWU saw a more formidable opponent in Rhode Island College but still won easily, 23-12. Jared Czarneski won his match 13-0. Trevor Vernon earned a shutout in his 5-0 win.

FEBRUARY 4

The women’s basketball team played strong defense to earn a 12-point victory over winless Eastern Nazarene on Saturday, 49-37.

Katie Toye scored all 14 of her points in the first half. Caitlyn Leone added 11 and Caitlin Elnitsky scored just two points but pulled down 15 rebounds and added seven assists.

The Crusaders shot only 15 percent from the field in the first half and managed only 17 points. The Hawks didn’t shoot much better (34%) but did enough to win easily. The Hawks are 8-3 in the conference despite a losing record overall (9-11).

FEBRUARY 4

The swimming and diving teams had their last home contest of their inaugural season on Saturday and fared well, as the women split their contests to Eastern

Connecticut State and Clark while the men fell in a very close match against Clark.

The women rolled past Eastern Connecticut College on Saturday, 144-115 but fell to Clark, 160-139. Jenny Dill posted victories in the 100 and 200-yard backstroke. Alexia Aron won the 500 and 1,000-yard freestyle races and Cara Naylor set a school record in the 3-meter diving competition, breaking her own record by 51 points.

The men’s team surrendered to Clark College on Saturday, 148-142. Justin Leary set two new school records in the 100 and 200-yard backstroke. Junior co-captain Brad Richie won the 100-yard breaststroke and Andy Hedden won the 200-yard butterfly. Edson Rivas won the 1-meter dive.

The Hawks are off until the New England Division-III meet on February 17-19 at Bentley College.



Happy Valentine's Day Ellen Messali. You're my favorite person ever. I love you tons. Love, the Sports Editor.