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## Hawks' Herald -- June 5, 2009

Roger Williams University

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# THE HAWK'S HERALD Orientation Special

## Freshmen Lend a Helping Hand



For the sixth year in a row Roger Williams University freshman will participate in Community Connections- a program in which they dedicate their services to the community. This year's community connections program will take place in August.

## New buildings to open in fall

By **KELLEIGH WELCH**  
Editor

On Aug. 15, 2009, Roger Williams University will open the doors to their New Residence Hall, which will house 347 residents.

According to Joe Pangborn, Vice President and Chief Information Officer, during an interview in the Fall 2008 semester, "growing from an undergraduate population of less than 3,000 (students) to over 3,800, better students, demanding curriculum, technology advances and other initiatives have driven the campus to create new space to accommodate the expanding needs and renovate old spaces in order to modernize their support of the University mission and Core Values."

Construction on this building began back in the summer of 2008, along with the groundbreaking of the site for the Global Heritage Hall, New Admissions House and Marine and Natural Science Wet Lab expansion.

The New Residence Hall will house mostly sophomores and juniors, and is split into segments. The north end will consist of suite-style rooms, while the south end will have apartment-style housing.

The suite side of the apartment will consist of ten ten-person suites and six six-person suites. The typical ten-person suite will include four doubles and two singles.

According to Director of Residence Life and Housing, Tony Montefusco, a typical single in the suite portion of the New Residence Hall is approximately the same size as a single in Maple. The bed will be lofted, placing the desk and dresser under the bed, still allowing room for a futon.

A typical double will contain two closets to the right and left of the entrance, and then open into a larger room to hold the furniture.

Like Maple Hall, each suite will contain a common room for residents, and will include a microwave, sink and refrigerator for everyone to use. Residents will need to have a meal plan, however they will still have the luxury of micro-waved pop-

See **OPENING p. 2**

## Fall semester set to 'WOW' students

By **ALLISON COLLINS**  
Herald staff writer

Her freshmen year at RWU, Katie Peters, Weeks of Welcome (WOW) 2009 co-coordinator, and other members of the class were instructed by a man standing in the middle of the field house with a microphone to do random things at an event called "Playfair."

"I didn't want to do most of the stuff, but I did it anyways, and it was a lot of fun," Peters said. "I ended up meeting a lot of people through that...you were kind of forced to."

Though "Playfair" won't be happening this year, a similar event will be according to Peters, as a part of the Weeks Of Welcome at RWU.

"Weeks of Welcome is basically a series of events that happens at the beginning of the school year, geared mostly towards new students," Peters

said. "WOW is designed to show some of the spectacular programs and entertainment that Roger Williams has to offer and to welcome students back to campus," Ashley Brinkmann, the other co-coordinator of the events said.

The Weeks of Welcome give students something to do when they first arrive on campus. There are movies, performers, food and other events that welcome new students to RWU, Peters said.

"It's especially important for new students because many aren't familiar with the area and don't know a lot of other people on campus. WOW events give them a chance to hang out, have fun, learn and experience new things," Peters said.

"Freshmen should definitely go, it is a great way to meet people and to have fun with the friends they have already made," Brinkmann said.

See **WOW p. 2**

# RIPTA continues to serve RWU

By **BEN WHITMORE**  
Asst. News Editor

Without cars of their own, incoming freshmen have to rely on the benevolence of other drivers to travel beyond the Roger Williams University Campus. The Rhode Island Public Transit Authority's number 60 bus line, which runs from Newport to Providence, is the most practical mode of transportation for freshmen. With their university-supplied free unlimited-fare cards, freshmen can ride RIPTA busses as often as they want with monetary impunity. Yet, if it were not for some deft budget managing and some good fiscal luck, RIPTA might not have been able to provide RWU students service.

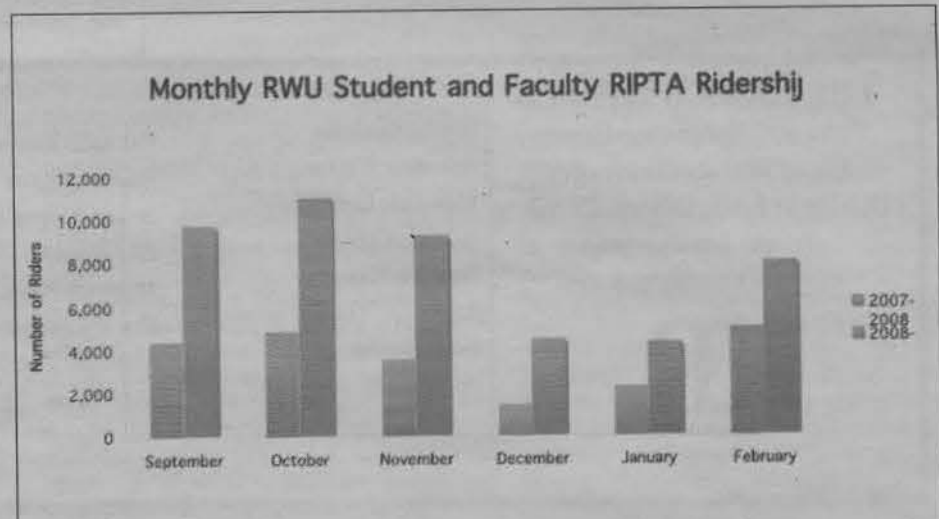
Last year, due to a \$12.2 million budget deficit, RIPTA was considering cutting service hours on many of its bus lines, including the 60 line, which is the only bus line that serv-

es RWU's campus. Fortunately, RIPTA was able to drastically reduce their debt and continue to provide RWU students with access to their beloved big, white busses.

To reduce their costs, RIPTA made cuts in January to the service hours on some of their lines, including a one-hour service reduction on Sunday nights to the 60 line.

These cuts, along with "further [planned] cuts in June ... and in combination with [falling] fuel prices, were enough to reduce the budget deficit," RIPTA Planning Manager and liaison to Roger Williams University Tim McCormick said in an April interview. "At this point, it's just about eliminated."

RIPTA's continued service to RWU's campus is welcome news to the thousands of students per month who ride RIPTA. According to figures provided by RIPTA, ridership among



RWU students and faculty has, in some cases, more than doubled last year's ridership numbers (see chart).

While RIPTA ridership wanes

elsewhere due to rising unemployment rates and a struggling economy, ridership at RWU remains strong,

See **RIPTA p. 2**

# RIPTA: Freshmen ride for free

Cont'd from page 1

McCormick said. "We expect [ridership] to grow every year," McCormick said.

McCormick suspects that upperclassmen, who did not arrive at RWU while a free or reduced fare plan was implemented, are less likely to ride RIPTA than underclassmen, who have assimilated RIPTA-riding into their culture. Incoming seniors are the last class that did not arrive at RWU with a free or reduced fare plan in place.

"Until the [incoming seniors] graduate, we will not have a clean [ridership] sample," McCormick said. Ridership will peak only when all students have gotten used to making RIPTA riding a part of their culture, McCormick predicts. "We have seen this at every campus we have gone to."

Although increased collegiate ridership helped, the main medicine for RIPTA's ill budget was the fall of diesel fuel prices. The steady decline in fuel prices during the end of 2008 and the beginning of 2009 allowed RIPTA to save the money needed to soothe their budget. By April, RIPTA's budget deficit was down to \$3.1 million, according to McCormick. Recent Providence Journal reports have placed the deficit near \$1.3 million.

RIPTA budgeted spending an average of \$2.87 per gallon of diesel fuel for the 2008 fiscal year, which began last July and ends this June. However, the actual cost of diesel fluctuated greatly: during the 2008 fiscal year, the fuel price rose as high as \$4.51 per gallon; earlier this year, RIPTA paid as low as \$1.92 per gallon. Yet, \$1.3 million is no debt to take lightly; and if fuel prices rise again, RIPTA could once more face seemingly unmanageable debt.

Stable fiscal help came early this year from the Rhode Island legislature. In his Supplemental Appropriations Act of January 14, Governor of Rhode Island Donald Carcieri initiated the annual shifting of \$2.2 million from an environmental protection program, funded by gas tax revenue, to RIPTA. This bailout supplements RIPTA's savings and is

reliable aid when gas prices fluctuate.

According to McCormick's estimates in April, if the price of diesel fuel remains low, with the average cost per gallon remaining below \$2.40, RIPTA will be able to finally get their budget into the black.

RWU plans to continue their symbiotic relationship with RIPTA. The university has "set aside funds to continue the subsidy for faculty and staff, along with the free ridership for freshmen students," Vice President for Student Affairs John King said. Yet, "if RIPTA was unable to offer a significant subsidy, there would be a related impact on our ability to fund our program to the current level of involvement," King said.

According to their current contract, RIPTA charges RWU students and faculty \$0.88 per one-way trip. RIPTA charges all other riders \$1.75. If their budget problems return, RIPTA may not be able to maintain the current level of discount.

Neither party wants this. RWU ridership is on the rise, and as King pointed out, "RIPTA benefits from the marketing, access, and steady income" the university provides it. "It is revenue they can count on - backed by the university and paid in a timely fashion," King said.

"The benefit [of RIPTA service] to students and faculty is access," King said. Though two years ago RWU gave free-fare cards only to its freshmen class, last year all students will receive such cards. "Our preference would be to continue to provide access to all students," King said.

Convenience is only part of RIPTA's benefit. "Parking demand [at RWU] has peaked," King said. As RWU reorganizes its parking lots, King looks to RIPTA for relief: "we hope, over time, that RIPTA [utilization] will decrease the number of cars and the demand for parking on campus."

This is a crucial time for RIPTA's budget to be healthy. RWU's three-year contract with RIPTA is due for renewal in July. Like the contract it will replace, the new contract will lock RWU into a fixed fare rate, the price of which to be determined by

how much RIPTA can afford to discount at the time. RIPTA's budget in the end of this month will dictate the level of subsidy it is able provide to RWU for the next three years.

McCormick hopes his company's budget will permit RWU's relationship with RIPTA to continue as it has. Speaking to all RWU RIPTA riders, McCormick said, "You pass as the best thing that ever happened to this transit authority. The bus system is different having Roger Williams on the 60. The last thing we want to do is to change that."



Ben Whitmore

The 60 line RIPTA provides students with transportation between Roger Williams University, Providence, and Newport.

## ONLINE EXTRA



As of Spring 2009, The Hawk's Herald has officially gone to the web. Each week, along with a hard copy, we publish our stories on the web, allowing anyone to read about the news at Roger Williams. This provides our writers with another place to showcase their work, and gives us the opportunity to improve our work.

So Join The Hawk's Herald

## WOW: What is it?

Cont'd from page 1

To help plan the event, Peters has done a lot of "talent-searching."

"I got a call from Hawaii the other day from a man who introduced himself as Volcano...it's things like that that make my job really fun," Peters said.

The theme for this years' Weeks of Welcome will be revealed during orientation.

## OPENING: New buildings set to open for fall 2009

Cont'd from page 1

corn. There will also be a separate shower, sink and toilet area, so that residents can, for example, use the shower while another washes their hands.

On the apartment side of the building there will be standard apartments.

In a typical quad, there are two bedrooms, a living room, bathroom with a separate shower room (and lots of storage) and a kitchen equipt with all the standard necessities. Instead of a kitchen table, each apartment will have an eating counter with stools.

RA rooms are similar on both sides of the building, and are spacious, but do not come with a kitchen or livingroom.

Between the two sides of the New Residence Hall is a central common area, which includes seminar rooms, a kitchen and a cafe. Small study 'nooks' are also provided, giving students a place to do their work in quiet and the laundry machines should be more efficient than those in other residence halls.

The walls are double sheet rocked, meaning that the sleeping rooms will be quiet.

"If someone runs down the hall screaming, you shouldn't be able to hear it," Mon-

tefusco said.

In the center of campus, across from the Business school, is the new Global Heritage Hall, which, according to President Nirschel's 2008 State of the University Speech, "will feature classrooms - some of them representing the important ethnic and racial diversity that is our region (African-American, Hispanic, Portuguese, Italian and others), a television studio, a home for the Peggy and Marc Spiegel Center, the Robert F. Stoico Foundation World Languages Café, mac labs and offices for faculty, as well as public gathering spaces."

In the basement of the Marine and Natural Science building, an expansion on the school's Wet Lab will include a new, 4,000 square-foot shellfish hatchery; the only one in Rhode Island. The hatchery will specifically raise native oysters, scallops and quohogs, all which call the Naragansett Bay home.

"With the hatchery there will be more opportunities for bringing students in not only to work, but also to conduct reasearch," Dale Leavitt, Assistant Professor of Marine Biology, said during an interview in March 2009.

All construction is scheduled to be completed by the Fall 2009 semester.

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## COMMENTARY

## Advice from the Counseling Center

By ALLISON COLLINS  
News/Managing Editor

Moving away from home for the first time is a different experience for many college students and coping with the new environment can be tough at times.

Marge Welsh from the counseling center offered The Hawk's Herald advice on adjusting to college life.

A good way to get to know your new roommate(s) is to look for common interests, according to Welsh. Ask him or her questions about their family, pets, hobbies and high school activities, and be open to sharing the same information about yourself. Before you meet a lot of new people, your roommate, is a good person to go to meals and activities with—this will allow you to get to know them better.

Don't expect to be best friends with your roommate.

"Not all roommate matches are 'matches made in heaven,' Welsh said.

If you don't get along well with your roommate talking to a PEER, RA or CORE could help you work out the problem.

"If conflict becomes intense or persistent you may want to talk with someone in the resident life office or the counseling center about doing a mediation (facilitated conversation) to resolve the situation," Welsh said.

However, you don't have to be best friends with your roommate to coexist peacefully.

"The best tip for living with someone else is to be respectful of each other, personal property, and privacy," Welsh said.

Talking about study, sleep and cleaning habits early in the year can help you to avoid conflict. Setting some house rules can also help.

"Basic rules that are established early on can prevent miscommunications and

conflicts from occurring," Welsh said.

In addition to living with someone new, incoming college students also have to deal with new classes and new types of involvement.

"The initial adjustment to college pressures and freedoms can be quite overwhelming and stressful at times," Welsh said.

Some of the most common things that students adjust to include structuring free time, handling long-distance relationships and homesickness.

"Coming to college involves leaving much loved family and friends; people that you have relied upon as your network of support. It is very natural to miss these familiar people, places and activities," Welsh said.

But if the feelings of loneliness or sadness persist beyond the first few weeks of the semester Welsh advises stopping into the counseling center for support.

It's also important for students to take care of themselves when they begin to get really busy.

"Self-care activities can range from scheduling time for a favorite television program or having a cup of tea with a friend to keeping a regular exercise schedule and eating well-balanced meals," Welsh said.

"The days that feel like you have no time available for self-care are the days that you most likely need to find a few minutes for yourself," Welsh said.

"Balance and moderation are two good words to remember as you begin to experience the excitement and demands of life away from home," Welsh said.

## COMMENTARY

## A Few Things to Keep in Mind

By MICHAEL MCGARTY  
Herald staff writer

For the next few months you are going to be bombarded with an onslaught of information. Your friends and family will be trying to make sure you know all the important stuff, but there are a few smaller details I'm sure are going to be left out.

So I figured I would help my future fellow students and fill you in, as I wish someone had at the beginning of my time here at RWU.

During your first couple of weeks you are going to be meeting and spending time with a lot of new and different people who may act outrageously and probably out of character, don't hold it against them. We all do things we regret or do not normally do when we first get to college and begin to get acclimated. Odds are most of these people you are spending time with will not become your core group of friends; it takes a while to find and bond with these people. Keep in mind not to judge or maintain the same image you have of these people, you all are going to change drastically during your time here.

As developing young minds you are bound to make mistakes, but hey that's what college is for, and you may be documented and written up for some of these mistakes. Now I am not condoning any behavior that could get you in trouble nor saying it does not matter if you get documented, but it is not the end of the world. Almost everyone gets caught somewhere they should not as a college student. The best way to handle the situation is to give a call home and be honest and not to stress yourself out about it.

I'm sure some of you are worried about the "Freshman 15," and I am sure a lot of you will want to start hitting the gym, some for the first time, and you may feel a bit intimidated. Well there really is not a reason to be. Everyone in the gym is too busy working on themselves to think about anyone else, and there is plenty of staff to help you out. And if you are worried you will not be able to fit the gym into your busy schedule; it opens in the early morning and remains open until 11pm.

Providence is a great city and is only a bus ride away. There are plenty of places to entertain yourself between Thayer Street, Wickenden Street, the Providence Place Mall, and various entertainment venues. Just make sure you know where you are going, and you know when the last RIPTA bus leaves, because if you miss it and cannot get public safety to pick you up, the only way home is a costly cab ride.

No matter how much information people try to fill your head with, you are still going to have questions. Honestly just ask someone passing by you on campus, we have all been in the same positions, and have no problem helping you guys out.

## LESSONS FROM ABROAD

## WHEN IN NAPLES, EAT THE PIZZA, AND RUN

By KELLEIGH WELCH  
Editor

Pompeii, 79 AD. If there were newspapers, the headlines would read "Coastal resort town flattened by volcanic eruption." What we speak of is the infamous story of Pompeii, a Roman vacation town for the wealthy, and how it was buried under ash and stone when the nearby volcano, Mount Vesuvius, erupted. What the people of this time did not know, was that instead of this town being destroyed, it was entombed for thousands of years, only to later be recovered and give us an idea of life in ancient Rome.

Today, you can walk through the streets for a convenient 11 euro, and get a first hand glimpse at the once vibrant town. Obviously, with a historic preservation major (Ben) and art history major (Kelleigh), a weekend excursion would include a visit to this archaeological gem.

The Plan: We visit four cities, two dead, one living, one barely hanging on, in two days. We took the 6:40 am train from Florence to Naples, with the plan to sleep on our four hour ride, although combined, we slept for a total of half an hour.

Two of our companions had read the book *Eat, Love, Pray*, which in one part described a pizza place so incredible that after one bite you would never eat another food again. I was impressed with the fact that we could find the pizza place in Naples... which to put it nicely, could use a little urban renewal. However, we made it to the pizzeria, and experienced our first "pizza orgasm."

In Ben's words, it was the epitome of pizza, the crust was soft and chewy but thin so that it didn't fill you up and overpowered the rest of the pizza. Furthermore, the pizza had a perfect blend of sauce and cheese, all three components left me

searching for a word in any language I knew of to think of an adjective to do it justice.

Our next stop was the sister city of Pompeii, Herculaneum, unlike its better known sibling it was enveloped by pyroclastic flows and lava instead of being buried in ash and rubble. The excavated site is literally a big hole in the ground in the middle of modern day Ercolano. In contrast to Pompeii, it is fairly off the tourist path, and often times you find yourself alone among the ruins. However, it is significantly smaller than Pompeii but that also makes it a lot more manageable so we were able to thoroughly explore what they had opened to the public.

In the late afternoon we were back on the train again. After an enjoyable ride along the coast of the Mediterranean, with the island of Capri on one side and Mount Vesuvius on the other, we arrived in the coastal town of Sorrento. We found our hostel and got our room, which pushed the word cramped to its fullest extent. Dinner continued the adventurous streak as Ben and I had octopus, which once you get past the whole tentacle thing is pretty good. That night we ventured down to the cliffs overlooking what was once re-

ferred to as the "Roman Lake," which was now flanked by the glittering lights of modern civilization, but upon close inspection from where we came one could make out the ominous silhouette of Mount Doom... I mean Vesuvius.

The next morning we were up and on the train platform waiting for our ride that would bring us right to the gates of Pompeii. We arrived around 10:00 and made our way through the kiosks and got our maps and headed up the ramps to 79 BC. It was a lot like Herculaneum, just more expansive, we paid no heed to our maps and overwhelmed by the scope wandered down the streets taking everything in. We had trail mix sitting on the floor of the stadium where gladiators once fought to the death, and then explored Pompeii in the fullest sense of the word, taking in the frescoes and mosaics, and eventually ventured where the throngs of tourists did not tread.

When we left

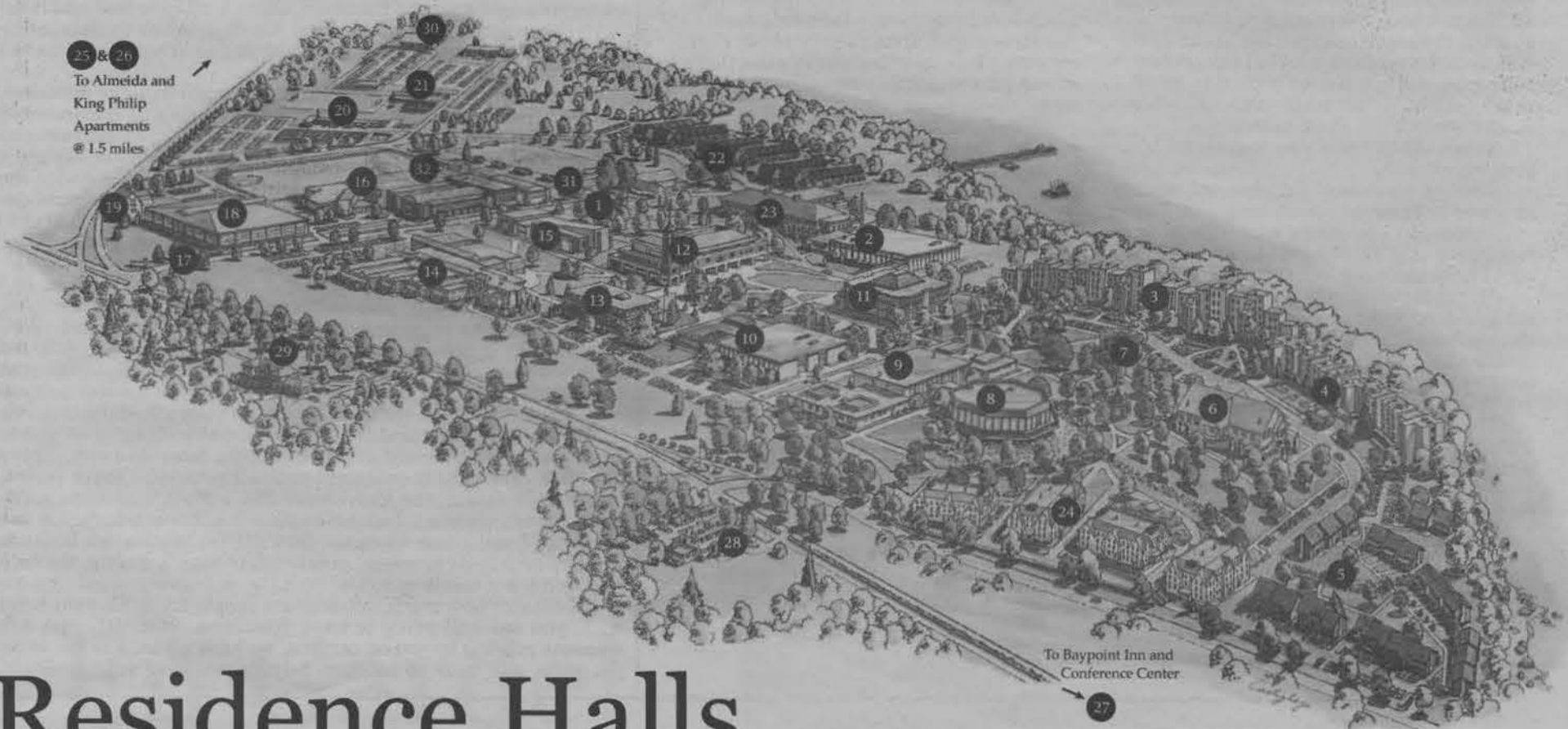
Kelleigh Welch

Right: Students enjoy traditional Naples Pizza at Pizzeria da Michele during a weekend trip while abroad in Italy.

Below: A shot of the Pompeii forum.



# Freshman Essentials: A survival Your Personal Guide to RWU



## Residence Halls

### Freshman Potential housing

**3. Maple Hall:** Home to mostly Freshman and Sophomores, and situated in the center of campus, within a five minute walking distance to most buildings. There are 12 units, each with 18 rooms (9 singles, 9 doubles) and is set up into four "quads" with a common area in the center. Each unit houses one RA, and the rooms are set up with the standard desk, chair, bureau, bed and closet for each resident.

**4. Cedar Hall:** As all Freshman Residence Hall, Cedar is set up with standard long hallways, five floors, two common area lounges and houses over 350 residents. For students looking for an authentic first-year experience, and enjoy being surrounded by students in the same situation, Cedar is the place to be. Rooms are set up in singles, doubles and quads, and come with the same furniture as Maple.

**5. Willow Hall:** For those who enjoy being outside, Willow offers lots of outdoor common space, along with a breathtaking view of the bridge. Here, residents are separated a bit more, but still have the opportunity to meet new people. Rooms are standard, and although the residence hall is a bit farther from the main campus, a shuttle service drive through the area, providing students with a quick means of transportation.

**24. Stonewall Terrace:** Made of mostly single and double rooms, Stonewall houses mostly Sophomores and Juniors, with some Freshmen, and is home to the Honors housing. Rooms are separated into suites, boys on one side, girls on the other, and have a common area in the middle. This residence hall is perfect for those who like their quiet, and is fully carpeted and air conditioned.

### And the others.....

**22. Bayside Courts:** Home to mainly Upperclassmen, Bayside offers three courtyard apartment complexes, with roughly 500 residents, and is conveniently located on campus, facing the Mount Hope Bay.

**25. Almeida Apartments:** Located two miles from campus, Almeida offers large one or two bedroom apartments, and has a shuttle bus run to and from campus, making getting to class easy.

**26. Baypoint Inn and Conference Center** Located over the bridge in Portsmouth, Baypoint offers standard hotel-like rooms with two double beds and a private bathroom. It is predominantly for sophomores, and also has a shuttle that runs to and from campus.



## Academics

**2. Global Heritage Hall:** Our new academic building, which will have classrooms, a television studio, the Peggy and Marc Spiegel Center, the Robert F. Stoico Foundation World Language Cafe, mac labs and offices.

**7. Fine Arts Building:** Part of the School of Architecture, Art and Historic Preservation, here you can find art studios filled with student's art

**8+9: Feinstein College of Arts and Sciences:** Home to 25 majors, the Feinstein College of Arts and Sciences offers a variety of subjects to study in the arts, humanities, social and natural sciences, and provides a well-rounded education for students.

**10. School of Engineering, Computing and Construction Management:** This school offers a hands-on experience in mathematics, physical sciences, computer science and engineering.

**11. Gabelli School of Business:** Located in the center of campus, the Gabelli School of Business' mission is to "prepare students for fulfilling careers in an evolving digital and global economy." One feature the school offers is the Center for Advanced Financial Education (CAFE, which offers students trade stations and corporate-level software to give students a realistic educational experience.

**14. School of Architecture, Art and Historic Preservation:** The school that never sleeps; The school of architecture, art and historical preservation is open 24/7 for the Architecture students, who are provided with their own studio space each year. This building also houses the Architecture Library, where you can find many books on architecture-related topics.

**19. Performing Arts Center:** Also known as the Barn, here you can find dance studios and a theater, where events such as plays and concerts are performed.

**23. Marine and Natural Sciences Building:** Here you can find the Wet Lab, where marine science majors conduct experiments and raise various forms of marine life. You can also find the Chemistry labs, and some very comfy chairs.



# guide to everything on campus

## Student Services

**6. Center for Student Development (CSD):** Home to the Office of the Vice President of Student Affairs, the Dean of Students, the Department of Residence Life and Housing, Career Center, Health Services, Center for Counseling and Student Development and Wellness Program Office. Most likely, if you have a question, you can go to one of these offices for the answer. The building is conveniently located across from Cedar Hall, and contains a Bank of America ATM machine.

**12. Main Library:** Now called the Learning Commons, this building is the place to go for research, quiet study and free printing. At the start of your fall semester, Freshmen will be given a tutorial on how to effectively utilize the resources offered. This building also houses the Center for Academic Development, the School of Education and the Mary Tefft White Cultural Center.

**13. Administration Building:** This is where you go for all the important paperwork while attending Roger Williams University. Here, you can find the offices of Academic Affairs, Bursar, Enrollment Management and Retention, Development, President, Registrar, Student Advocacy, Student Financial Aid and Financial Planning and Continuing Studies.

**15. The Commons:** This is where you eat. Upstairs is the buffet style dining area, equipt with six major category food stations that are updated regularly. Downstairs, you have smaller, pay-to-go options, such as Quiznos, Flip and Pie. Here you can also find student mailboxes and the University Bookstore.

**16. Campus Recreation Center:** This building includes the gym, pool and fieldhouse, all which are accessible with the swipe of your student I.D. card. This is where most of the school's major events take place, such as the MSU Fashion Show, Mr. RWU Spectacular and Spring Concert. Here you can also find the Offices of Athletics, Student Programs and Leadership, Special Events and Conferences, Orientation and the Hawk's Nest and Hawk's Nest Express. You can also find the Org Suite, which houses the offices of five of our seven student-run organizations, and the WQRI Radio booth, which broadcasts 24/7.

**30. Public Safety and Facilities Center:** If you ever need to speak with Public Safety, you can find them here by the parking garage at J-lot. You can also find the offices of Purchasing and Human Resources here.

**31. Mail Room:** Simply put, if you have a package, show your student I.D. card here to pick it up.

## Traditions



Arielle Millstein

Above is the statue of Roger Williams dressed to the theme of the 2009 Spring Weekend.

One of the biggest traditions at Roger Williams University is the stepping on the seal. In four of the schools, Business, Engineering, Marine and Natural Science, and the Law School, are seals on which if you step on, you will instantly get bad luck until you shake the hand of the statue of Roger Williams in the D'Angelo Quad. During finals, you will sometimes see students shaking Roger's hand for extra luck.

Another common tradition on campus is Swoop, the school's mascot. Students can audition to become Swoop, however the identity of the students who wear the costume cannot be revealed until their graduation day.

A third tradition is Spring Weekend. Each year, the Campus Entertainment Network creates a theme for the weekend, and provides students with entertainment, such as a live concert, carnival and fireworks. Each year, students dress the Roger statue according to the theme.

Finally, a fourth tradition held at Roger Williams University is Convocation. This ceremony, which takes place during the first few days at school, welcomes Freshmen in a formal fashion. Faculty dress in traditional robes, and welcome the start of the student's academic career. This year, Convocation will take place on August 22nd at 3 p.m.

# We're Here to Help



**Cora, Residence Assistant (RA)**

This past year I was an RA in Cedar hall, and had all Freshmen residents. I helped them get adjusted to the college experience by building and protecting their community within Cedar.

While RA's get a bad reputation because we are seen as only be the disciplinarians, we do a lot more than that and truly do care. We're trained to handle almost any situation you face while living on campus in the hopes of helping you in times of need.

I loved hanging out with my residents in the hall, giving them advise and being a role model for them. I was always there for my residents and your RA will be there for you. Use us as resources and have a great year.

*RA's, PEERS and HAWES are placed in each residence hall, and are available to help students at any time. Their offices are located in the Center for Student Development. If you are interested in becoming a RA, PEER or HAWE, applications are available in the Spring.*



**Molly, PEER**

Roger Williams University Peers are here to help you. Peers, as a part of team CARE, live in the residence halls amongst Roger Williams students. While HAWEs deal more with physical wellness, Peers deal with mental wellness. The Peer's purpose is to act as an educated resource for students regarding things such as homesickness, roommate issues, stress, relationship problems and anything that could trouble a student. Peers are well versed in providing information to students on pertinent topics and can refer them to the correct location to better care for the student's concerns. This year, the Peers will shift their focus to campus wide programming in hopes of promoting mental wellness among Roger Williams Students. Peers put on programs to help students with their transition with college, as well as tending to the needs of all other students. Programs that the Peers have done in the past have focused on relationship issues, financial wellness, sexual assault, eating disorders, addictive behaviors and pressure from other students, just to name a few. More than anything, the Peers are here as a resource to you students, so feel free to make use of us.



**Hannah, HAWE**

The Health and Wellness Educators (HAWEs) are a group of students who work together to help the RWU community make healthier decisions around issues in physical health. Under the direction of Donna Darmody, the director of Health education, a team of 11 students act as a confidential resource to the dorm community. Because of our specific roles as HAWEs we each are assigned to a resident hall and work with the RAs and Peer to ensure a safe dorm room community. Unlike Resident Assistants we have no judicial responsibility, in other words, we cannot document a situation.

The HAWEs concentrates on issues in physical health in creative ways to deliver the information in a more exciting and interesting way. This past year the HAWEs created fake prescription bottles with messaged regarding taking prescription medications not provided to a given student. The message was "wake up about staying awake." In addition, in collaboration with the spiritual life office and the PEER educators we brought a labyrinth to school during finals week as a stress relaxing exercise. Another large project the HAWEs worked on was the new RI Procurement laws. In addition to putting handcuffs on doors with residents over the age of 21, the HAWEs served Root Beer at spring weekend while reminding students of age that "The ONLY beer they should be serving to minors is Root Beer."

All of the HAWEs can be found in the Health Education Office located on the second floor of the Center for Student Development or ext 3413

# Student Programs and Leadership

## Time to get involved

By **ALLISON COLLINS**  
News/Managing Editor

The Student Involvement Fair will take place Sept. 9 on the D'Angelo Quad, where clubs and organizations will set up tables in hopes of recruiting new members.

Getting involved can dramatically enhance the RWU experience, according to Gretchen Streiff, Assistant Director of Student Programs and Leadership.

"Involvement will help you to make new friends that may share a common interest, but perhaps most importantly, involvement will allow you to learn new things and provide you with a different perspective about the world around you," Streiff said.

"Being involved on campus helps you to feel more connected to the RWU community and provides you with more opportunities to contribute back to RWU," Josh Hiscock, Associate Director of Student Programs and Leadership, said.

Students can go to the involvement fair to meet members of clubs and organizations and see which clubs they would like to join.

"The purpose of the Involvement Fair is to allow new and returning students to get acquainted with student clubs and organizations that they might be interested in joining," Streiff said.

The Student Programs and Leadership staff strongly encourages student leadership and involvement.

"Whether it is joining a club and organization or just attending an event, we want each and every student to get involved on campus in some way," Hiscock said.

Students can find a list of clubs and organizations on OrgSync or on the RWU website under student life.

"OrgSync is a web portal that lists all the clubs and organizations on campus and you can join any club you are interested in," Adrienne Henderson Assistant Director of Student Programs and Leadership.

Students interested in getting involved can also visit the Student Programs and Leadership office, located in the Recreation Center.

"We are here to help students make connections to others through clubs and organizations, help introduce you to leadership training and opportunities, and to help with events and programs through technical, space and design center support," Hiscock said.

"You have the opportunity as a student leader to shape the present and future history of Roger Williams and truly make RWU your home away from home," Hiscock said.

# En Garde!

## Fencing Guild fights with form

By **DAN MALKIN**  
Sports Editor

Dressed in helmets, protective jackets and gloves, affiliates of the brand new Roger Williams University Fencing Guild take it to the mat each week to practice and learn the sport. During each meeting, members of the club perform different footwork techniques and strategies while taking part in various sparring sessions.

The program was created this year by Kyle Birmingham, who currently serves as the clubs President. Along with Birmingham, Greg Souza works as the team's Vice President, Ramon Rosario is the Treasurer and Joe Santacroce lends his hand as club Secretary. Together they have created a great organization for the Roger Williams community to be a part of and plan on keeping the club running for years to come.

The guild consists of over 20 members who all have different levels and experience in the world of fencing. Some have competed on various high school teams, while others are trying the sport out for just the first time. The club's creation is an important landmark for the University in allowing students the opportunity to plan, manage and construct their own organization. It takes hard work and preparation to generate and devise a brand new idea and Birmingham has shown the Roger Williams community the devotion he and his members have towards their idea.

If you stop by a fencing practice on any Monday in the Rec Center studios from 9-11 p.m., you will see a large group of students swigging flickering swords across their body while practicing different stances and strategies. The group works together to learn when and where to hit their opponent and how to eventually out dual their counterpart and record the win. Members of the club share different tactics and strategies with one another in the critical goal of remaining a few steps ahead of their chal-

lenger at all times.

Birmingham tried fencing for the first time while in England at the young age of 12. He immediately was drawn to the sport and all it had to offer. "It was something completely new to me," Birmingham said. "I enjoyed the unique blend of strategy and mindset that the sport has to offer at any given time." While in high school, Birmingham joined his school's fencing team and once again took pleasure in competing and practicing the sport. "When I came to Roger Williams I realized we did not have a fencing team," recalled Birmingham. "It may have taken me a few years, but I have accomplished my goal and can now say I have brought fencing to our school."

Fencing is a unique sport due to the fact that strategy outweighs overall physical talent by an immense level. Most bouts usually consist of each player competing to score five points before the other does. It is important to know how to play your opponent and how to direct them into making certain defensive moves so you can ultimately score points on the offensive end. It is a very complex sport that involves thinking on the go and having a specific plan throughout each and every match.

The group can confidently say that they are pleased with the creation of the club and are glad the University has given them the opportunity to play a sport that all enjoy. For many of the first time participants, they are happy for taking a risk and attempting something they normally would not try. According to Rosario, "fencing has brought many of us first time competitor's worlds of excitement through a unique and fun activity."

The Fencing Guild will continue to hold meetings in the fall, and anyone interested is encouraged to attend meetings. Times will be announced during the involvement fair in early Sept.

# What Kinds of Clubs and Orgs on Campus? Organizations

Campus Entertainment Network (CEN)  
Inter-Class Council (ICC)  
Inter-Residence Hall Association (IRHA)  
The Hawk's Herald  
The Multicultural Student Union  
WQRI  
Student Senate

## Clubs

### Academic

Accounting Club  
American Chemical Society  
American Institute of Architecture Students  
American Internet Technology Professionals  
American Society of Civil Engineers  
Anthropology/Sociology Club  
Chinese Club  
Classics Club  
Construction Management Club  
Engineers without Borders  
Future Teachers of America  
French Club  
German Club  
Graphic Design Club  
Historic Preservation Club  
Marine Science Club  
Mock Trial  
Pre-Med/Pre-Vet Club  
Psychology Club  
Public Relations Student Society of America  
Society of Woman Engineers  
Spanish Club  
Stage Company  
Technology Committee

### Selective Organizations

Ambassadors  
Social  
Alternative Entertainment  
Balls to the Walls Racquetball Club  
Ballroom Dance Club  
Chair Rearrangement Club  
RWU Chorus  
Dance Club  
Fencing Guild  
Hollerin' Hawks  
Ice Hockey  
Leisure Sports and Barbeque  
Martial Arts Club  
Musicians Guild  
Outing Club  
Pep Band  
Semper Fi Society  
Scuba Club  
Ski and Snowboard Club  
Special Delivery (A Cappella)  
Squirrel Viewing

### Surf Club

Underground Mafia Association (card role play game club)  
**Civic Engagement - Political, Activist, Service**  
Alternative Spring Break  
Amnesty International  
College Democrats  
College Republicans  
Environmental and Animal Rights Club  
Model United Nations  
ONE Campaign at RWU  
STAND  
Student Volunteer Association  
Students for Change  
Students for Renewable Energy and Environmental Preservation (SREEP)  
**Cultural and Spiritual**  
Hillel  
Inter-Varsity Christian Fellowship  
Muslim Student Association  
Multicultural Student Union  
Newman Club  
Sexuality Advocacy for Everyone (SAFE)  
Woman's Center  
**Media and Publication**  
The Hawk's Herald (Newspaper)  
RWU Student Literary Magazine  
WQRI-FM 88.3 (Radio Station)  
**Academic Honor Societies**  
Alpha Chi (Alpha Chapter)  
Delta Sigma Pi  
Lambda Epsilon Chi  
Phi Alpha Theta  
Phi Beta Delta (Epsilon Rho Chapter)  
Phi Sigma Alpha (Phi Lambda Chapter)  
Psi Chi  
Sigma Tau Delta (Alpha Alpha Nu Chapter)  
Tau Sigma Delta (Beta Tau Chapter)  
**Non-Varsity Club Sports**  
Cheerleading  
Crew  
Ice Hockey  
Men's Rugby  
Women's Rugby  
Men's Volleyball  
Ultimate Frisbee



MARK FUSCO/THE HAWK'S HERALD

Travis Cournoyer, 19 (left) and Nicholas Westbrook face off in a sabre match during a recent Fencing Guild meeting, while Greg Souza, a club founder, looks on.

# Helpful Tips from your OAs

The Hawk's Herald asked your Orientation Advisors to give a few helpful tips for incoming freshman. Here's what they had to say:



"Bring Rainboots"  
- Dana



"Get Involved."  
- Jerrel



"Keep your door open so you can meet new people."  
- Allison



"Step outside your comfort zone as often as possible and don't let any opportunity pass you by. Anything can turn into a memory or learning experience."  
- Amanda Haskins

## COMMENTARY

# What you should worry about

By BEN WHITMORE  
Asst. News Editor

I can remember vividly what it was like last summer being an incoming freshman at orientation. I had many worries. They ranged from whether or not I was wearing the right kind of shoes to whether or not I would be able to last a full year at Roger Williams. After successfully surviving my freshman year, I can say that college was not as scary as I thought and that what you wear on your feet has no correlation to your happiness – unless it is raining. The following were five of my biggest concerns from last summer at orientation. Here is why they should or should not warrant your worrying:

### Making Friends

The cliché advice, "get involved," is repeated so frequently for a reason – it is true. You will meet more people and potential friends if you get out of your room and interact with other people. It is as simple as it sounds. While the strong advocating of joining clubs and organizations is sound advice (I met good friends writing for the newspaper and being a deejay on WQRJ), not all involvement has to be that much of a time and energy investment. The activities planned for freshmen during the first weeks at school, aptly titled Weeks of Welcome, are great ways to meet people while doing fun activities in low-anxiety social settings. It is not un-cool to go to these events; do not fall into the trap of thinking you will look lame by being the person trying to meet people at the event designed to encourage people meeting. Avoid clinging to the company of your dorm mates at WoW events. You will be seeing them plenty throughout the year. Instead, go sit next to a random student and introduce yourself. You will have done the hard part; all that stands in your way of making a friend then is initiating small talk about yours and your new pal's hometowns.

So should you be worried about not being able to recreate that robust social network you left behind at high school? The answer is no, you should not, unless you decide to spite

all those telling you to "get involved," in which case you will only be setting yourself up to hear an even more egregiously trite line: "I told you so."

### Getting Along With Your Roommate(s)

Worried your roommate(s) will be slob or jerks? If so, you are worrying in vain: everyone has the potential to be messy and rude. But just as you will be attempting to be Mr. or Ms. Congeniality on move-in day, so your roommate(s) will be too. No roommate will go out of his or her way to make the living arrangement uncomfortable. It is not in his or her best interests. Your roommate(s) will not purposely demonstrate his or her worst qualities. Your roommate(s) do not want to live in an awkward or tense room just as much as you do not. And remember that you do not need to go out of your way to cater to your roommate(s) peccadilloes. You are not obligated to be friends with your roommate(s). Although it is nice to be, at minimum, cordial with your roommate(s), consideration is all that is necessary.

You may find yourself, however, becoming friends with your roommate(s). The university is very good at placing compatible people together. The chances of you being put in a room with your polar opposite are very slim. Yet, if you do get win the "oops" roommate lottery, rest assured that you will not be spending all of your waking hours with your worst-case roommate. Between going to classes, eating, and spending time with your new friends, you will hardly be in your room long enough for roommate to bother you. And having a roommate you are not friends with is a plus: you will be more motivated

to be more outgoing and seek social relationships. Do not fret over who your roommate is. Future bff or not, your roommate's personality is not the sole factor in your happiness at RWU.

### Being Able to Party

Yes, as a college freshman, you are eager to capitalize on your newly achieved geographic freedom from parental authority. Locating like-minded freshmen will not be a difficult task. Finding the right people to party with, however, is something to worry about. Beyond being smart enough to keep yourself out of trouble, partying intelligently is a skill that requires maturity, which not all freshmen possess. Recognizing and befriending responsible partiers is key to long-term contentment at school. Partying responsibly is more than just knowing your limit on a given evening; knowing when to party is also important. Wearing yourself out for the following day should be done only when you can afford to do so. Work deadlines

- Ben Whitmore

and early classes are legitimate reasons to skip the party. Many students do recognize work commitments as acceptable reasons for their friends to not join them at the party. If you find your party friends do not honor obligations to do school work, then you should seek out other partying buddies.

### Getting the Work Done

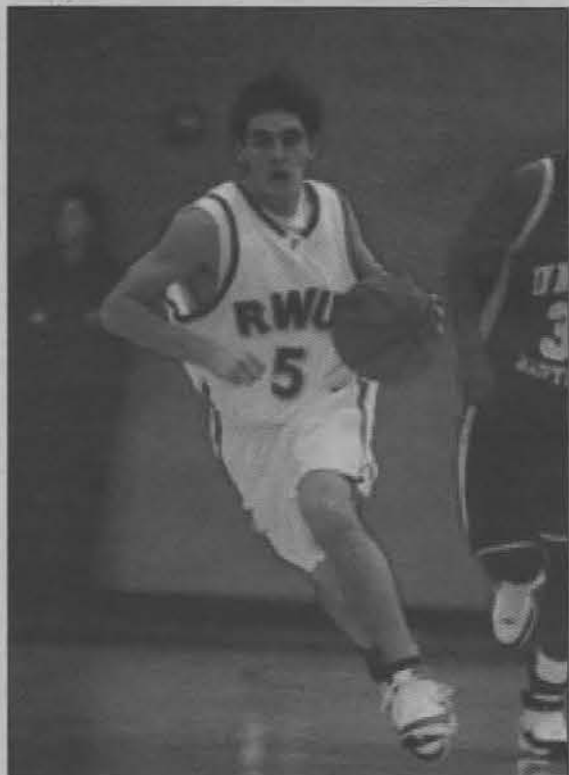
Being able to do the work well should not cause you too much concern. You did, after all, prove you were smart enough to get into the school. In a given week, your schedule will consist of 168 total hours, less than 15 of which will be spent in class. This is why you should be worried. Because only less than 9% of your time each week is officially scheduled for academic activities, it is incumbent on you to be able to ensure you are spending at least a double-

digit percentage of your time on schoolwork. Some students fall prey to the siren song of procrastination; yet, others miss out on social encounters by over working themselves. Being afraid of not being able to find the right balance between work and play is a legitimate concern. It is tough. The key, however, is motivation. If you care about doing good work, you will find the time to get the reading, writing, designing, or calculating done. Recognizing and defining where your priorities lie is important and useful. Utilizing a calendar or personal organizer is a practical idea. But goal setting and planning are useless without will. Supplement your motivation to do work by setting yourself up to succeed. Remove the temptations of television, music, and talking by going to the library. Plan on doing work when you know your roommate(s) will be out of the room. Do work immediately after class when your metaphorical academic juices are still flowing. Cure your Facebook addiction. You will have plenty of time to get your work done. The test will be attempting to not get overwhelmed by the luxury of this abundance.

### Liking College

This was one of my biggest worries last summer. I asked myself: Will I get good professors? Will I, miraculously, get homesick? Will I meet a girl? Will I find what I am passionate about? For better and for worse, the answer to all of these questions was yes. Roger Williams has all the opportunities for your happiness. It has potential friends, some of whom may be your roommate(s), it has friends with whom you can party and it has many great professors with whom you can create personal connections. Do not worry about liking school, but rather, worry about living a life you are proud to enjoy. To paraphrase two wise, unofficial philosophers, Abraham Lincoln and my grandmother, "It is all in what you make your mind up to."





Courtesy of Athletics  
Chris Fava shows off his skills at a basketball game during the 2008–2009 season. Basketball is one of the 20 varsity sports offered at Roger Williams University.



TOM MAYBURY/FOR THE HAWK'S HERALD

The men's and women's track teams enjoyed success this weekend at their conference championships. The men won first place and the women placed third. The win was the men's first as a varsity team.

# RWU SPORTS

- Men**
- Baseball
- Basketball
- Tennis
- Wrestling
- Lacrosse
- Track and Field
- Cross Country
- Swimming and Diving
- Soccer
- Women**
- Basketball
- Cross Country
- Track and Field
- Tennis
- Volleyball
- Softball
- Lacrosse
- Soccer
- Swimming and Diving
- Co-Ed Sports**
- Equestrian
- Sailing
- Non-Varsity Club Sports**
- Cheerleading
- Crew
- Ice Hockey
- Men's Rugby
- Women's Rugby
- Men's Volleyball
- Ultimate Frisbee

## Men's track wins first at conference

By **KELLEIGH WELCH**  
Editor

RWU men's track and field showed New England's Division III teams to never underestimate the 'new guy' when they won their conference's championship meet Saturday as a first year varsity team. Along with this win, the girl's track and field placed third.

"Both teams had great seasons," track and field head coach Sean Livingston said. "We had our first ever Varsity meet against primarily Division I and II schools at the Bryant University Invite, and they did very well there. That set the tone for the rest of the season, where many school records were broken, and then re-broken."

The men and women raced at Gordon College, along with Colby Sawyer University and Nichols College. The men won with 239 points, while the women got 91, with only 10 women on the team.

Among individual wins, senior Kevin Clark won the 5,000-meter and 1,500-meter races, sophomore Thomas Maybury won the steeple chase, freshman Jaime Goodwick scored 34 points in six events, sophomore Matt Callahan won the discus and hammer throw, freshman Brian Nelson won the shot put, and freshman Zach Gillespie won the 110 hurdles event.

On the women's team, freshman Liz Futoma set the school's record for the 100 hurdles, freshman Kristn Metcalf won the 200 meter and 400 meter races, and freshman Meghan Krauss set the

school's record for the 100 meter race. "On paper, we were looking pretty good going into the CCC Championship meet, but all the guys were entered in a lot of events so anything could have happened. They all stepped up and we had some awesome performances. To be a first year varsity program and win the meet is pretty special. They wanted it, went out and earned it," Livingston said.

"The fact that we came in first as a team at the conference championships our first year as a varsity sport just proves how hard we worked this season," Maybury said. "I emphasize the word 'team' because that is what it came down to. When we ran, threw or jumped, we all gave 110 percent for the team, and when we weren't competing in our individual events, we were all cheering, encouraging and pushing everyone else to do their best."

The track and field team is made of mostly freshmen and sophomores, led by seniors Clark, Tim O'Koren, and Adam Davis. With such a young team, this win will only be the beginning.

"I'm already getting excited about next year," Livingston said. "With most of this year's team being freshmen, the foundation is already there and it looks like a very strong incoming freshman class is on the way. I expect to see the roster size for both teams increase significantly, giving us more depth in all the events. The returning athletes know what to expect now and will hopefully be ready to take it to the next level."

Qualified runners, Maybury, Nelson, Goodwick, Metcalf, Krauss, and freshman Austin Bobrow will head to Springfield College on May 2 for the New England Division III Championships to run in individual events, while freshmen Maria Lobalbo and Lauren Sposato will be part of the 4 x 100 meter relay.

"To the team, thank you so much for your hard work, dedication and commitment through the season," Davis said. "May you all continue to run faster, jump higher and throw farther. We have the chemistry and positive attitude that not many other schools have, which is a definite advantage. Keep doing great things."



## Men's tennis aces the TCCC tournament

RWUathletics

After winning the Commonwealth Coast Conference Tennis tournament April 25 over Salve, the hawks have earned a bid to the NCAA tournament Friday morning against Wilkes University at Amherst College.

Like sports?  
Like to write about sports?

Join The Hawk's Herald and write about the exciting world of RWU sports.

Contact  
hawksherald@gmail.com  
for more information today.