

3-8-2010

## Hawks' Herald -- March 8, 2010

Roger Williams University

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**MARCH MADNESS**  
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Spring Break  
see page 8

# The Hawks' Herald

The student newspaper of Roger Williams University Bristol, R.I. 02809

Monday, March 8, 2010

## University buys Baypoint for \$4.9 mil



Ralph Papitto purchased Baypoint as part of a lawsuit settlement with Kentron

Allison Collins  
News Editor

Roger Williams University purchased Baypoint Inn and conference center for \$4.9 million at the end of January.

The closing real estate transaction took place on Jan. 29, according to the Director of Public Relations for RWU, Ruth Bazinet. The university purchased Baypoint as part of a lawsuit settlement with Kentron

Associates L.P. and Ralph Papitto, the former chairman of the board of trustees at RWU. Papitto was forced off the board after using racist language in a meeting.

Baypoint's assessed value is more than \$5.4 million and can be found on the Portsmouth Town Assessor's website.

The university's use of the property will stay the same.

"We intend to continue to operate the property as a residence hall and conference center," Bazinet said.

The money to purchase Baypoint came from the uni-

Above: photo by Ben Whitmore, Right: photo courtesy of cache.dailylife.com

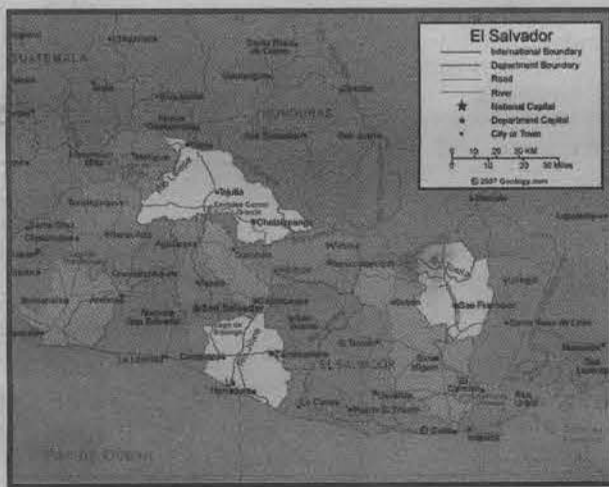
See BAYPOINT page 2

## Five students spend spring break helping in El Salvador

Noel Perreault  
Herald Staff Reporter

While some students will be hitting the beaches or relaxing this spring break, a small group of students will be spending their break helping others in El Salvador.

Five students and a faculty member will be leaving RWU Mar. 13 and flying to El Salvador to offer their assistance to a medical clinic established by the Foundation for International Medical Relief for Children, which works to establish medical clinics and



geography.com

See TRIP page 3

## Plastic laundry bag causes fire in Willow laundry room

Griffin Labbanca  
Herald Staff Reporter

On Wednesday, Feb. 24, Willow residents in units 24, 23, 22 and 21 were interrupted in the middle of the day to what they believed to be a fire drill. Upon arrival outside and noticing smoke pouring out of the Willow 24 laundry room, residents quickly realized it was not a drill.

Sophomores Adam Medeiros and Liam Gifford who work for Bristol Fire and Rescue were sitting in their Willow bed-

See FIRE page 2

## Replace your divots

Student faces charges after tearing up local golf course

Ben Whitmore  
Assistant News Editor

A Roger Williams University student faces criminal charges after allegedly driving his car onto a local golf course, making deep ruts in two fairways and getting his car entrenched in a soggy sand trap near the 10th hole.

According to the Portsmouth Police accident report, officers arrived at Montaup Country Club in

Portsmouth on Saturday Feb. 27 to find RWU sophomore Andrew Westerkamp's gray 2010 Toyota Corolla, with an almost completely dislodged front bumper and a tow strap on the right rear tire, stuck in a sand trap that was pooling water. The car was unable to be driven due to its embedment in the trap.

During an inventory search of the vehicle, police say they found two small bags of mari-

juana and a small glass pipe in the car's center console, according to the report.

Upon documenting the scene and arranging for a tow, officers visited Westerkamp's dorm room in the Baypoint residence hall. Westerkamp was asleep and "difficult to rouse," according to an article in *The Sakonnet Times*.

Police eventually succeeded in awakening

See CAR page 2



eastbayri.com



D.J. Sevigny

## News Briefs

### Mt. Hope Farm goes broke

The Bristol Phoenix reported that Mt. Hope Farm operated with a \$60,000 deficit last year, and is only able to stay open by drawing \$6,000 monthly from an equity line. To see the full article visit EastBayRI.com.

### Sorority holds raffle

Theta Phi Alpha is holding a raffle this week. Prizes will include 25 Hawk Dollars and a red parking pass. Tickets are \$1, or \$5 for an arm's length. They will be sold from 4 to 6 p.m. in the upper commons on Tuesday and Wednesday, and from 12 to 2 p.m. in the lower commons on Thursday.

### Global Fest needs Irish dancers

Global Fest is looking for Irish step dancers to perform. It's being held on Apr. 7. Contact Maria Adkins at madkins@rwu.edu.

### El Salvador group collects medical supplies

The group going to El Salvador to volunteer during spring break is looking for donations. They can still use children's Tylenol, children's cough medicine, steroid nasal spray (Nasonex), children's ibuprofen, adult Tylenol, adult ibuprofen, liquid antihistamine (Benedryl) and nasal decongestants. Items can be left in boxes in the Student Senate office and in the MNS lobby.

### Spring Break

Students have the next week off from school for Spring Break. Classes resume on Monday, Mar. 22.

### Next Issue

The next issue of The Hawks' Herald will be out on Thursday, Mar. 25.

## CAR: Police find drugs in vehicle

Continued from page 1

Westerkamp, who said his car was missing and who denied being involved with the accident at the golf course, the article said.

Other students told police they were with Westerkamp when he drove his car onto the golf course and that they attempted to extricate the vehicle by towing it out of the trap with another student's Jeep, the article said.

While in Westerkamp's dorm room, police say they found a third bag of mari-

juana on a counter, the article said.

Westerkamp is being charged with vandalism, reckless driving, obstruction and possession of marijuana.

Paul Mattos, Club President of the Montaup Country Club, said he would not have expected this type of vandalism from an RWU student.

"We've had a good relationship with the school. The golf team played here for years for nothing," Mattos said. "It kind of hurts us a little bit."

All the damage done to the course can be fixed, Mattos said. He could not provide an estimate for the cost of repairs.

"I would think an apology is in order on his part," Mattos said, "but we'll see what happens."



Profile photo identified as belonging to Andy Westerkamp. facebook.com

## BAYPOINT: University says purchase won't affect school's budget

Continued from page 1

University savings account and will not affect the university budget, Bazinet said. The financing terms of the agreement

are confidential.

"In order to purchase Baypoint within our preferred time-frame, we used University savings to complete the transaction. We are now in the



Alannah Fay

process of obtaining mortgage financing for the property, and will be using those funds to replenish the savings

needed in January's purchase of Baypoint," Bazinet said.

After the mortgage transaction is complete, the university will make monthly payments to the mortgage company.

Bazinet says the university will not be spending any more money than they did to lease the building.

"The annual debt service is not expected to exceed the annual amounts payable under the former lease," Bazinet said. The amount of the payments under the former lease is confidential.

The university never had plans to pull out of Baypoint like it did with Founders Brook and King Philip, both former RWU residence halls, according to Bazinet.

The university has no plans to sell Baypoint, according to Bazinet.

Around 230 students currently live at Baypoint.

Item	Current Appraised Value	Current Assessed Value
Buildings	3,464,800	3,464,800
Extra Building Features	55,400	55,400
Outbuildings	150,800	150,800
Land	1,809,400	1,809,400
<b>Total:</b>	<b>5,480,400</b>	<b>5,480,400</b>

Information on Portsmouth Town Assessor's webpage.

## FIRE: Ceiling partially melted, students O.K.

Continued from page 1

room when they heard about a fire alarm at Roger Williams University over their radios. Gifford said that he looked out his window and noticed smoke coming from a resident's unit up the hill. Both Gifford and Medeiros put on their gear and were first on the scene.

"Being first on the scene, we made sure everyone in the unit had gotten out before we opened the laundry room door," Medeiros said.

After everyone was out, Gifford and Medeiros opened the door to find large amounts of smoke and water pouring out of the laundry room.

"We saw that the sprin-

klers had kicked on and so after making sure the laundry on the floor wasn't still lit, we shut the door to let the sprinklers keep going," Gifford said.

Gifford and Medeiros added that they then called the fire department dispatch and had two fire trucks and Bristol Police dispatched to the residence hall.

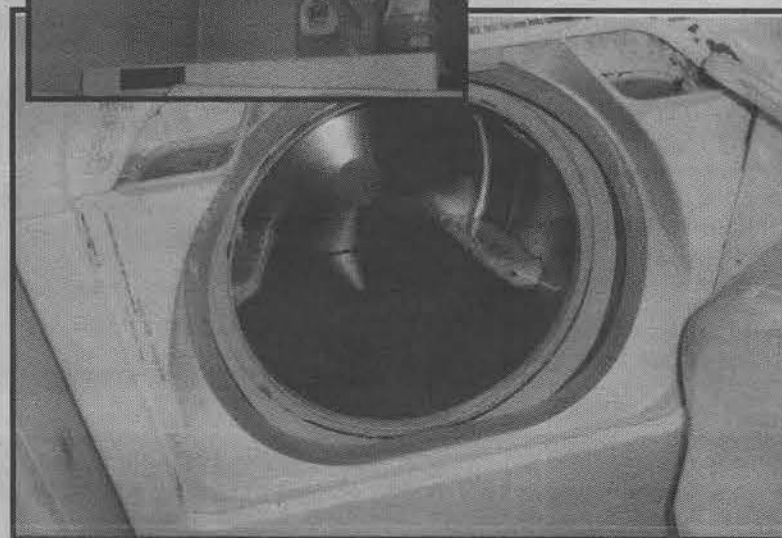
"We determined the cause of the fire after the sprinklers had been shut off. We found that there had been a plastic bag of laundry left laying against the heat vent in the room which had heated up and caught on fire," Medeiros said.

"Judging by the burn marks, we can tell that the fire originated from the heat vent and rolled up the wall and over the ceiling, causing the ceiling light to partially melt," Gifford said.

There is no word currently on when the laundry machines will

be fixed. In this case, firefighters on scene stated that everything worked the way it should have; the sprinklers turned on at the right moment and put out the fire. No damage was done to the interior of the

building and no students were injured during this incident.



## TRIP: Students assist medical facility

Continued from page 1

provide supplies to children and others in impoverished places.

This clinic in El Salvador is the only established medical facility around and provides much needed vitamins and nutrition to children. Elizabeth LeMasters, a student going on the trip explained.

"We will be helping the doctors as well as with education and community activities."

LeMasters said that this trip serves a dual purpose for her and the other participants.

"As well as helping children, we will gain firsthand experience in the medical field which helps as we are biology majors."

This organization has set up clinics all around the world, with El Salvador being one of its better-established branches.

LeMasters said she is also

excited to see the difference this clinic has made in the lives of those it serves. This is the first alternative spring break trip to leave RWU destined for a different country, LeMasters said.

LeMasters explained how she is proud to be one of the first and hopes these trips will continue into the future.



fimrc.org

## The Hawks' Herald

The student newspaper of Roger Williams University

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The content of The Hawks' Herald represents the interests, views and opinions of its contributors, not those of Roger Williams University.



Associated Collegiate Press

## The Vagina Monologues as seen from a male perspective

**Ben Whitmore**  
Assistant News Editor

I went to the Vagina Monologues fairly uneducated about what I was about to see. I knew that the show consisted of women portraying various characters talking about their vaginas. I knew that some would talk about their vaginas humorously, others would talk about it very gravely, in the context of abuse or rape. I was right. Yet, what I didn't know is how it would make me feel. And during the nearly two-hour production of the Monologues in the field house Saturday night, I learned something very important things about myself.

Thing number one: I learned I am embarrassed by the word vagina. This surprised me. I have no problem using the word. I have no reservations about saying it or hearing it in the context of a conversation with friends, but when women get on stage and emphatically declare their affinity for vaginas,

their voices amplified by microphone, ringing out in a room filled mostly with stranger female students, I blush. I just felt like everyone was staring at me, waiting for me to let slip some micro expression or awkward cough that would condemn me as a misogynistic jerk. I'm not one, but I still felt like I might have, at any moment, unintentionally embarrassed myself by looking like one. It was very stressful.

Secondly, I learned that I have immense guilt for being born male. When hearing the monologues about rape and femicide of Congolese women, I took it personally. I could not help but lower my eyes in shame hearing about a woman who was raped by her father's friend, or listening to the anguish of a sexually enslaved fifteen year old. I am in no way an abusive boyfriend, nor have I ever even entertained the idea of being violent or abuse to any woman. Yet, I still took these monstrous men's blame upon myself. I think it was because I wanted to prove to

all the women sitting around me that I was duly respectful of these women's suffering. I in no way wanted to be mistaken for someone apathetic or indifferent to what I was hearing.

It was a shame that I was so preoccupied with being self-conscious during the Monologues: the show was very good. All the actors did a great job for my taste, and some really emotionally

heavy topics were treated with tasteful tenderness.

My one regret is that I couldn't join in with the feeling of empowerment that the women audience members must have felt. No one ever asks me how I would clothe my penis if I were to dress it. Then again, I don't think I would really want them to.



The cast of The Vagina Monologues

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## Spring break should be about making memories

**Kelleigh Welch**  
Editor-in-Chief

Spring break: a week when college students get to travel to some warm location to sit on the beach and drink during the day, then go out and drink more that night, only to wake up and do it all over again.

Paradise, right?

Now, I will admit, that like many students at RWU, I enjoy going out for a night of dancing and drinking at the bars, whether it be in the Bristol area or out in some bigger city. But despite the fun of the night, I can't help to dread the consequences that will follow. A night of drinking leads to a morning of bad hangovers and the realization you spent more than you wanted. It causes me to lie in my bed wondering: "Was last night really worth it?"

When it comes to spring break, you are given a week to do whatever you want, depending on your budget, of course. Typically, or, stereotypically, college students head out to some tropical getaway to spend a week partying with their friends, funneling beers and doing things they will probably regret in the morning, if they even remember it.

But why? Why spend hundreds of dollars to travel to some location and not remember it? Seems a

bit foolish.

For me, spring break is a break. I want to be able to escape the lifestyle of a college student for a moment and be able to catch up with my life. Money is tight as it is, and I don't find it fun to spend my hard-earned money on a week that I won't remember. Instead, I want to spend my money to go on a trip that I can tell stories about. I want to travel to a place I've never been and be able to experience the culture there.

I know that I'm probably breaking from the norm, and yes, this is an opinion, but what I'm suggesting is that even if you are going to one of those generic spring break locations, take a day off and do something unique. Instead of drinking all day, maybe you could go snorkeling or hiking. Take some pictures or rent a bike and go into the town. Meet people who live there, find out what their stories are.

If you are in a city, go to a museum or a show. Eat the food that the city is known for, just to say you did it. It won't cost you a lot, and you'll leave feeling like you've done more than hurt your liver.

But please, take a break. Even if it's just for a day. Avoid the party scene and do something you enjoy and will remember. It's worth it, I promise.

Did we piss you off?

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No anonymous submissions, please.

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## Clothing lines would save University money and energy

Noel Perreault  
Herald Staff Reporter

As I was moving the mounds of laundry I had collected over the week from the washer to the dryer last week, I was complaining to my mother about the cost of washing and drying my clothes. She replied by saying, "Too bad you couldn't hang them to dry." Her statement got me thinking: it would certainly lower the cost of washing clothes not mention it'd be a green alternative to electricity-consuming dryers. As I thought about it further, I wondered: "Why doesn't Roger Williams have clothes lines around its dorms?"

The University committed to being a green campus and taking steps to lower its carbon footprint, and this seemed like a per-

fect solution. I decided to investigate all sides of the issue and see what was up with the clothes-drying situation on campus. According to the U.S. Department of Energy, the average dryer uses about 1,800 to 5,000 watts of electricity every year. Here at RWU, there are multiple dryers in every residence hall sucking up much electricity every day. It seems this is one place where the University can begin to reduce its carbon footprint.

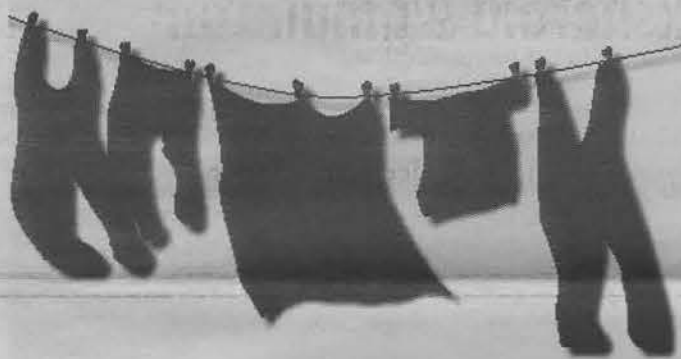
RWU student Kathleen Kiely agrees with the idea of a clothes line saying "I would use one; they would be useful because my drying rack takes up space in my room." Kiely's statement brings up another valid point; while students may bring their own drying rack I can see many problems with these. Drying racks tend to

be bulky and take up much space in a dorm room, which could cause problems with storage and potentially be in the way in case of fire. Also, it is not a good idea to place drying racks in hallways either as they impede walking space.

Next in my quest for the answer to the dryer question was straight to the source: the Department of Housing. According to Assistant Director of Housing, Carol Sacchetti, clothes lines become more of a fire hazard than anything. "The main reason for not having clothes lines is it becomes a fire hazard; it becomes dangerous when students have a lot of clothes hanging" Sacchetti said. When thinking about it from a safety point of view, I believe this stance makes sense, but I feel like this idea should still be looked into.

When asked if she felt the idea of clothes lines in and around dormitories would be feasible at any University, Sacchetti replied by saying "It would depend on the needs of the students"

I feel that clothes lines are a cheap and easy solution to reducing the carbon footprint brought about by excessive dryer use. By utilizing clothes lines students would be helping the University to invest in the future towards a more sustainable world. As I see a future in this topic, I believe that this should be looked at for the future by the University and hopefully revisited.



blogs.nyu.edu

## Waste reduction program had improved results from last year

Samantha Duggan  
Eco Rep

The Waste Reduction Program, also known as the Taste, Don't Waste Week in the commons just finished up its second annual cycle two weeks ago, with improved results than that of the previous cycle one year ago. For those of you who may still be unsure as to what the Waste Reduction Program actually is, the basic point of this campaign is to educate consumers, or in this case students, about the impact food waste makes on our environment. A common misconception that many people believe is that food is a "natural substance" and therefore, throwing it away does not have any environmental consequences. However, this is far from the truth as Josh Hennessy, dining commons manager, says, "wasted food is a wasted resource." As also stated in last

week's issue, Bon Appetit has made a gigantic effort to avoid wasting their resources by composting appropriate foods, and by holding this campaign to physically show stu-

**"For this year's cycle, Bon Appetit changed their methods in hope for a more successful outcome."**

dents how much food they actually waste on a daily basis.

After the first annual Waste Reduction Program last spring semester, many students were upset that Bon Appetit was encouraging them to eat less when they paid so much for an unlimited meal plan. While they were just suggesting to take smaller portions and get 2nd and 3rd helpings, miscommunications led to misunderstandings

and the student body was angered by the program. Since Bon Appetit is part of the Eat Local challenge, they are encouraged to run the Waste Reduction Program every year, so for

this year's cycle, Bon Appetit changed their methods, in hope for a more successful outcome. This year, instead of having Bon Appetit employees collecting the waste, the Eco-Reps did the dirty work.

Having fellow students do the dirty work for other students has already proven to make a difference. Eco-Reps attended each meal (breakfast, lunch, and dinner) Monday-Friday for the entire week, and interacted with their friends and other students about the program and it's purpose. Having the Eco-Reps wipe down all the plates

definitely had a much bigger impact on the students than Bon Appetit did because it gave students the opportunity to see that other students, like them, care about a big issue that The Commons faces, and inspired them to actually think about the point of the campaign and maybe even give new less-wasteful eating habits a thought.

As for the Waste Reduction Program's outcome this year, it already seems to be more successful. Last year's baseline week (the week that the program was run) was 2407.5 lbs of waste compared to a baseline of 1712 lbs this year! So congratulations to the students who participated and have now contributed to the efforts at Roger Williams University to reduce our carbon footprint.

*The Hawks' Herald* asked:  
What was the most exciting thing you have done/will do over spring break?

Connor Gentilcore  
Herald Staff Reporter



Ashley Thompson 2013

"My best spring break was touring Paris with my friends from high school."

"This year I am spending my break in Hawaii."



Amber Thomas 2011



Lauren Dranoff 2013

"One year I spent my break in Ireland where I was able to march in the St. Patrick's Day parade in Dublin."

"My favorite spring break memory was spending the week in Disney."



Sara Zatir 2013

## Student Garden grows for campus and community



*Hands-on project teaches students aspects of business practices and crop growing.*

Connor Gentilecore  
Herald Staff Reporter

By teaching students the fundamental aspects of farm business practice and crop growing, the Student Garden serves as both a positive learning experience and a productive way to contribute to the Bristol community.

The Student Garden, located directly behind MNS and adjacent to the current Sustainability Garden, is a multi-purpose project that mainly focuses on the garden serving as, "location for learning about how to grow food organically, sustainably and locally," said Angela Possinger, the Student Garden manager. While the primary goal of the project is to educate, the herbs produced in the garden will be going to the dining services on campus, the Bristol's farmers' market and, more than likely, to the Bristol soup kitchen. The garden seems to be working perfectly along side with the university's beliefs in regards to community service and minimizing carbon output.

In conjunction with the university, Bon Appetit, the school's dining management company, is supplying

the funding for the project's "seed money" which will be used to buy seeds, hoses and basic gardening tools. There is an equally-shared level of enthusiasm coming from both the university and Bon Appetit.

"For me, the Student Garden is sort of an icon for a lot of other potentials that the university can tap into through community service," said James Gubata, Bon Appetit's Dining Manager.

Even though the garden is currently benefiting the university and its community, much of the enthusiasm around the project is inspired by what the project shows about the future. "Where we are and where we're going is going to be dramatically different," Gubata said.

While the garden is currently being prepared for the coming growing season, there is thought about who will be running the project in the years to come.

"The challenge is: How do I transfer the knowledge, initiative and the progress to the next generation of students?" Gubata said. Key members of this project, such as Robby Crothers and Possinger, will

be graduating after the current semester. With this in mind, group organizers put thought towards preserving student ambition towards the project.

Currently, the workers behind the program are mostly eco reps and students enrolled in the honors program. The Student Garden is constantly looking to expand its volunteers and anyone can help out. There is a big gardening day scheduled for Mar. 26 at 2:30 p.m., where volunteers involved with the project will spread compost and plant in the green house. Anyone who is interested in helping out is encouraged to e-mail Possinger at [apossinger352@g.rwu.edu](mailto:apossinger352@g.rwu.edu)

Students and faculty are encouraged to research research the specifics about the garden, and to know what people working in the garden learn from their experience. The Student Garden looks to continue educating students about how to grow food organically while producing food for local consumers in the years to come.

"We're trying to feel our way through it. We have a ton of ideas and a lot of ambition," Gubata said.

Submitted Photos  
Students work on the Student Garden, located behind MNS near the coy pond.



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## Students create unique recipes in Commons

**Griffin Labbance**  
Herald Staff Reporter

Roger Williams University's award-winning dining facilities managed by Bon Appetit put food out for students that accommodates to everyone's appetite. But what happens when students become bored of the food available and cannot find something they wish to eat? The answer: they become creative, making their own dishes up and expanding on what is available to them.

If you arrive in the Commons for breakfast, you usually find the average student

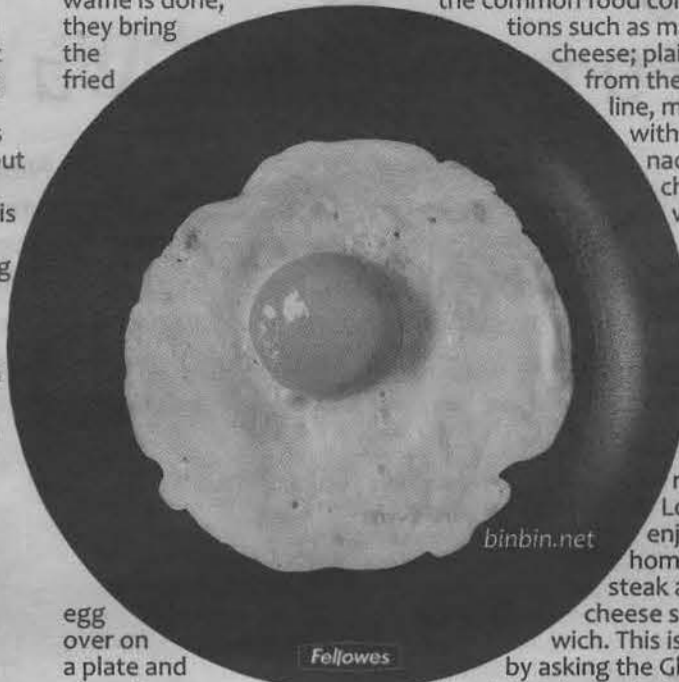
eating eggs, home fries, fruit or a bagel. But look a little closer and you will see that some of these dishes aren't being created by the dining chefs. For instance, sophomore Travis Cournoyer likes to toast a bagel, and then put jelly and nutella from the salad bar on the bagel. If this is too sweet for your liking or you would like something more filling, than try what Jill Conroy and Claire Newbury are thinking up. They both start by cooking half a waffle from the waffle station and while it is cooking, they ask the Grill line to fry

them 1 or 2 eggs. When the waffle is done, they bring the fried

Many students have tried the common food concoctions such as mac and cheese; plain pasta from the pasta line, mixed with the nacho cheese which is found at the grill. Some students along with Freshmen Jeff Los have enjoyed a homemade steak and cheese sandwich. This is made

waffle at the waffle station, and while it is cooking, she gets a small bowl of vanilla ice cream and brings it back to the waffle station. When the waffle is finished, she puts it in a bowl from the pasta station. She then adds the ice cream on top and finishes it off with sprinkles and hot fudge. She suggests not putting fruit on it as it causes the waffle to become soggy.

So there you have it RWU - new and creative ideas to add to the already-creative food options. Who knows, these could be the next peanut butter and jelly sandwiches.



binbin.net

Fellowes

egg over on a plate and place it on one side of the waffle. They then go and get bacon and cheese and make a waffle, egg, bacon and cheese sandwich. Newbury suggested putting maple syrup on it which is found next to the waffle and cereal station.

For the students who do not enjoy waking up in time to make it to the dining hall for breakfast, many students have suggestions for afternoon and dinner food combinations. Senior Chip Ely enjoys a cheeseburger on which he adds onion rings and BBQ sauce to it. Ely added that sometimes he likes to have a side of blue cheese dressing when it is available at the salad bar.

by asking the Global Sir Fry station to cook streak on their grill. While this is being done, stand in line at Stacks and get a plain wrap with cheese on it. Next, put onions and peppers from the Grill line and head back to Global to add the final touch, fresh, hot steak.

If you finish dinner and are still looking for a unique food item, you can try freshman Phil Green's cookie ice cream sandwich. Cookies can be found in the middle dessert island and he suggests using vanilla ice cream. To top off a busy day of work and studying, sophomore Lauren Marchese enjoys making a combination of breakfast and dessert - a Waffle Sundae. She firsts cooks a



wikimedia



only-cookware.com

### The Hawks' Herald recipe of the week: Healthy Breakfast Smoothie



foodnetwork.com

- 1 cup of frozen berries (blueberries, blackberries, raspberries and/or strawberries)
- 1 scoop of whey powder
- 1 Tbs. flaxseed oil
- 1 Tbs. ground flaxseed
- 2 tsp. lemon juice
- 1 tsp. unsweetened cranberry juice
- 1 pack of Stevia
- 8 ice cubes
- 1 cup water

Smoothieweb.com

### DJs of the week

**Connor Gentilcore**  
Herald Staff Reporter

**DJ Names:** AK Agodo and Dzifa Ababio  
**Name of show:** Monday Night Party  
**Show air times:** Monday 8 to 10 p.m.

#### Dzifa's Top 5 Songs:

1. David Guetta and Kid Cudi - "Memories"
2. Omarion - "Speeding"
3. Dido - "Don't Leave Home"
4. SWAGGER - "Ruff n Smooth"
5. Brian Culbertson - "Nice and Slow"

#### AK's Top 5 Songs:

1. Lloyd Banks - "Beamer, Benz or Bentley"
2. Lil Wayne ft. Eminem - "Drop the World"
3. Timbaland ft. Justin Timberlake - "Carry Out"
4. Usher - "Daddy's Home"
5. Ester Dean - "Drop it Low"



The Hawks' Herald recipe of the week:





# Spring break bonanza

## Fun, easy vacation ideas

Amanda Newman  
Business Manager

*So you didn't book a plane to Cabo and you're not going to Europe. So what? Even if you're going to be rockin' the "staycation" this break, you're not destined to a week spent watching mindless television and hours of video games. The Hawks' Herald has compiled a list of fun things you can do close to home to keep your brain from melting of boredom without leaving New England.*

### Maine

- Maine is well-known for one summer specialty: its **beaches**. Plus, who says it has to be summer to enjoy the beach? Beaches are spectacular in early spring. Pick a day that's supposed to be sunny and on the warmer side, and drive up for a walk. The sand between your toes will take you right back to summer! We recommend Wells Beach in Wells, Maine.

- Not ready to tease yourself with a taste of summer yet? Would you rather keep enjoying the last few weeks of winter? Then go **skiing**! The northern points of Maine are still swamped with snow. If skiing or snowboarding's your thing, take a trip up north! Sunday River is a great and popular place to go. You can lodge there overnight or go for the day. To find out more, visit [SundayRiver.com](http://SundayRiver.com)

### New Hampshire

- Ever wanted to go skydiving? Don't actually feel like jumping out of a plane? No problem! **Skyventure** in Nashua, N.H. offers a unique skydiving experience. Skyventure allows you to simulate what it feels like to skydive - no planes involved. Learn more at [SkyventureNH.com](http://SkyventureNH.com).

- If you've ever dreamt of taking a trip in a hot air balloon, you've got your chance! **High 5 Ballooning** in Derry, N.H. offers fun, romantic hot air balloon rides. Though pricey, this would be one experience you wouldn't forget! Go to [High5Ballooning.com](http://High5Ballooning.com) for information and rates.

### Massachusetts

- Take a day trip to **Boston**. There are lots of different activities to do and things to see. If you want to see the city in a day, the best way to do it is through a **Boston Duck Tour**. Book one online at [BostonDuckTours.com](http://BostonDuckTours.com).

- If shows are more your speed, try checking out what's going at **The Palladium** in Worcester. Though you won't see any big-name pop stars here, you might find a new favorite artist. To check out upcoming events, visit [ThePalladium.net](http://ThePalladium.net).

### New York State

- Pass up the hustle and bustle and head up toward Lake George. Once there, go to **Prospect Mountain**, which boasts spectacular views at its 2,030-ft peak.

- Who doesn't love **New York City**? Hit the big apple for a day of timeless touristy sightseeing.

### Rhode Island

- Staying local? Try going to **Chan's** in Woonsocket one night for dinner. It's part Chinese food, part jazz bar and part blues club all rolled into one. To see if it's your scene, visit [Chanseggrollsandjazz.com](http://Chanseggrollsandjazz.com).

- Hop on a ferry and head over to **Block Island**. With its scenic views and idyllic setting, Block Island is the perfect place to go, no matter what time of year. Plus, you'll feel as though you have the island all to yourself, since it's the island's off-season. For more information about what awaits you on the island, visit [BlockIsland.com](http://BlockIsland.com).

### Connecticut

- When was the last time you saw a play - or anything - with live actors? Ditch the boring movie theaters in exchange for a real theater. Check out what the **Bushnell Performing Arts Center** in Hartford, Conn. has to offer.

- Are historical sites your thing? Even if you answered no, there's no denying the charm that oozes from **Mystic, Conn.**, the cutest little area you'll ever see right on the water. Come explore the treasures within!

## Other break ideas

**Volunteer!** Worried you'll be bored on your vacation? Want to do something you'll feel good about? Do you want to give something back? Volunteer your time at a local organization, such as a soup kitchen or shelter. Not exactly sure what's available near you or what you want to do? Visit <http://www.volunteermatch.org/>. This website lets you input your location and pulls up what is closest to you, based on your interest.

**Take time off for yourself!** College should not be super stressful, but for a lot of students, it is a trying time, especially with midterms and finals looming in the future. Relax! Take a day off to just do nothing. Sleep late if you want to. Watch TV. Read a book. Do something that makes you feel at ease. If you want to take it a step further, consider treating yourself to a massage. You'll feel relaxed, both mentally and physically.

**Visit out-of-state friends.** Everybody has friends at different schools. Why not go take a trip to visit one (or some!) of them? Even though you'll be at school, you won't have to worry about homework or tests, so you can focus on what's important: having fun. If you miss your friends from school, consider visiting them as well.

**Let your inner child out.** When was the last time you made a fort in your living room or watched a classic Disney movie? Invite some friends over for a night of games, movies, and childish mischief. (Doing dinner? Try serving macaroni and cheese or peanut butter and jelly sandwiches).

**Take a little [road] trip.** Little-known places are prime to visit, even in off-seasons. Though there might not be quite as much to do, a little adventure will be rewarding. You'll be treated to virtually no crowds, a quaint place and lovely views. Worried that you can't afford the gas? Gather a bunch of your friends and pile in the car. The more people there are to contribute to the fuel fund, the less expensive it'll be. A fun, local place you could try is Cape Cod, Mass.

**Spend time with family.** If all else fails, why not hang out with the ones who know you best? Reconnect with your siblings. Take them out and do things you used to do when you still lived at home. Set aside time for mom and dad, too. Also, consider going to visit relatives who live a little further away. That way, you can be with the ones you love and still have a nice vacation.

*Don't you wish you were here?*



## Q- Read this:

### Pizzamaking.com

An entire website designed to showcase pizza. You can get great recipes for classic or quirky pizzas, books about pizza and where to get the best pizza, and links to other sites about pizza. This is the site to check out if you are a pizza lover, but beware if you are hungry.



### Visitrhodeisland.com

If you're staying in the area for Spring Break, or even if you get bored on a lazy spring afternoon, check this site out for the best tips on places to visit in Rhode Island. Even in the cold weather, Rhode Island can offer an array of things to do, whether it's outdoor hiking, boating or visiting the Roger Williams Zoo.

### Homestarrunner.com

This website will bring any computer/internet nerd back to their childhood. The website was started in 1996 by two students of the University of Georgia, and includes flash animations of a group of characters who get themselves into comical situations in the world they live in. The site has a lot of video that traces back to the beginning, but if you are looking for a laugh, be sure to check it out. We highly recommend watching the episodes of "Teen Girl Squad," or a few short "Strong Bad E-mails," and if you can find a cartoon involving the Poop-smith, don't disconnect.



## Albums for your iPod

#### *Hell or High Water* As Cities Burn

Satisfying mix of angst, distortion, and melody.

#### Play: *The Guitar Album* Brad Paisley

Sarcastic country pretty boy shuts up and shreds.

#### *The Story* Brandi Carlile

Earnest and soulful vocals from a gifted songwriter.

#### *Sonic the Hamilton* Charles Hamilton

Undiscovered talent raps over classic Sega sound effects.

#### *Say Hello to Sunshine* Finch

Sounds like Incubus if they were diagnosed with a manic disorder.

## Corner of love

This week in the corner of love:

### The Bacon Bra



Yes, that really is a bra made out of thinly sliced pig flesh. By the way, bacon comes from either the stomach or thigh of the pig.

Want to get sexier? Bacon panties. Though I don't think that any of the women answered "bacon" for the Vagina Monologues' question "If you could dress your vagina, what would it wear?"



## HH Health Tips

*Between the stress of classes and the dry, artificial heat in stuffy classrooms, it's not a surprise if your skin seems to be breaking out more than usual. Although these causes are understandable, there may be other factors to prevent frequent winter acne. One of the best ways to prevent breakouts is through your diet. According to naturalacneremedy.com, there are a list of Do's and Don'ts to prevent acne.*

Kelleigh Welch  
Editor-in-Chief

### Do's:

- Water: Have six glasses each day.
- Colorful fruit and vegetables: Have five daily servings, including red/orange/yellow vegetables and fruits, purple foods, green foods, onions and garlic, and 'seed' foods such as peas.
- Fresh seeds: Each day have one tablespoon of mixed fresh seeds, e.g. pumpkin, sunflower, sesame or ground hemp/linseed.
- Essential fats: Have a tablespoon of cold-pressed seed oils daily and oily fish three times a week.
- Fiber-rich foods: Eat plenty of whole grains, root vegetables, lentils and beans.
- Organic foods: Eat organic as much as possible.
- Alternatives to dairy products: Try using alternatives to milk and cheese such as soy milk and tofu.
- Vegetable sources of protein: Include some Soya, beans, lentils and sprouted seeds.
- Yogurt: Have low-fat, live, organic yogurt.
- Alcohol: Avoid completely or limit your alcohol intake.
- Tea and coffee: Have no more than two cups a day.
- Vegetable oils: Limit vegetable oils to a little olive oil and/or cold pressed sunflower or other oils.
- Red meat: limit red meat to no more than three times a week. Have fish, organic chicken or game instead.
- Grain foods: Limit foods made from wheat, oats, rye, etc. to one or two portions each day.

### Don'ts:

- Sugar: Don't add sugar to drinks and cereals, and avoid sugary foods such as soft drinks, sweets, jams, many cereals, biscuits, cakes and desserts.
- Refined carbohydrates: Don't have foods containing white flour, such as bread, biscuits, cakes, pastries and pasta.
- Chemicals: Don't have foods containing chemical additives. This includes most canned, preserved or processed foods.
- Fried foods: Don't have fried foods. Boil, steam, bake or lightly grill them instead.
- Fatty foods: Don't have foods like butter, cream and ice cream.
- Processed fats: Don't have processed foods as most of them contain trans-fats.
- Smoking: Don't smoke at all.



## World Watch

## Greece's budget balancing turns violent



Bloomberg News

In order to combat a debt crisis threatening to destabilize the euro, Greek prime minister George A. Papandreou announced severe spending cuts Friday. The thrift measures, which drew money from Greek citizens' retirement and insurance bonds, caused riots in Athens, forcing police to use tear gas to maintain order. Seven police officers were injured; five protest-

ers were arrested.

Germany, the bastion of financial stability in the European Union, officially announced its denial of Greek aid. German chancellor Angela Merkel did, however, applaud Papandreou's latest austerity measures.



## In quake's aftermath, Haitians face new dangers

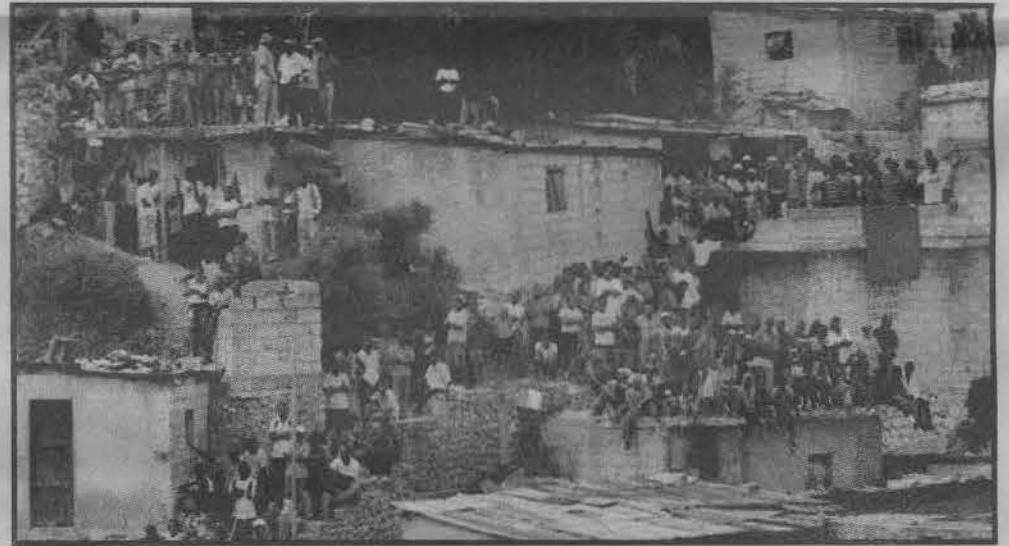
Less than one month after the magnitude 7.0 earthquake that devastated Haiti, survivors face hardships aggravated by the disaster.

Before the earthquake, Haiti's schools were in poor order: only about half of all school-aged children attended school. The quake destroyed over 3,000 schools, sending many would-be students into work at menial jobs. Remaining

schools pose risk of collapsing during aftershocks. To ensure schools' structural integrity, Haitian engineers have set out to inspect the still-standing schoolhouses. But the effort is greatly understaffed: only six engineers are responsible for inspecting over 10,000 schools.

Also, with the country's medical and sewage infrastructure incapacitated by the earthquake, malaria is

becoming an increasingly pervasive problem. Several emergency responders, three Haitians and one U.S. traveler have officially contracted the disease. Because malaria was already classified as an epidemic throughout Haiti, those citizens now forced to live outdoors are at increased risk.



Huffington Post

## Despite violence, Iraqi's make effort to vote



nytimes.com

Iraqis braved mortar and rocket barrages as they made their way to polls to vote in the country's parliamentary elections. Insurgent groups opposed to Iraq's democratic government planned and executed around 100 artillery strikes in Baghdad in attempt to deter voters from participating in the elections. The attacks were deadly, killing at least 38 people in the capitol city. Yet, despite the terrorism, Iraqis defied turnout es-

timations, voting in higher numbers than the previous elections, held in 2005.

Though no final results are in, early tallies show two pro-democracy government coalitions ahead in the vote. The results of this election will prove crucial in preserving democracy in strife-ridden Iraq: the winners of the vote will continue to hold office after U.S. military troops are currently scheduled to be stationed in-country.

## DATES: March Madness

continued from page 12

HSBC Arena (Buffalo, N.Y.)  
 Jacksonville Veterans Memorial Arena (Jacksonville, Fla.)  
 Bradley Center (Milwaukee, Wisc.)  
 Spokane Memorial Arena (Spokane, Wash.)

**East Regional**  
 March 25, 27, 2010  
 Carrier Dome (Syracuse, N.Y.)

**West Regional**  
 March 25, 27, 2010  
 Energy Solutions Arena (Salt Lake City, Utah)

**Midwest Regional**  
 March 26, 28, 2010  
 Edward Jones Dome (St. Louis)

**South Regional**  
 March 26, 28, 2010  
 Reliant Stadium (Houston)

**National Semifinals**  
 April 3, 2010  
 Lucas Oil Stadium (Indianapolis)

**Championship Game**  
 April 5, 2010  
 Lucas Oil Stadium (Indianapolis)

## Spring break sports:

continued from page 12

10 a.m.  
**Men's Track & Field**  
 at Husky Spring Open (Hosted By Northeastern University)

10 a.m.  
**Women's Lacrosse**  
 at Eastern Connecticut State University

1 p.m.  
**Baseball**  
 vs Trinity College

2:30 p.m.



RWU Athletics

## Women's lacrosse season to begin Mar. 11

Kelleigh Welch  
Editor-in-Chief

The Women's Lacrosse team will kick off their season on Thursday when they travel to Nichols College.

According to The Commonwealth Coast Conference coaches' poll for 2010, the team will be second in the conference. The team received two of 12 first place votes, and gained 130 points. Last year, the team scored 15-4 and 8-1 in TCCC.

The first place

team is Endicott, exceeding RWU by nine points.

Last week, the team announced its captains for the 2010 season, including seniors Jessie Alden and Amanda Magee, and sophomore Kasey Beckwith.

Alden has acted as a strong midfield and defensive player, playing in 19 games in 2009.

Magee was the only goal-keeper named to the TCCC All-Star Championship last year with .594 save

percentage.

Beckwith, known for her offensive skills, received the TCCC Honorable Mention in 2009.

"I'm really excited to get the season started and we've been working really hard and hope to win the title this year," Magee said.

The team will play their first home game on Mar. 24 against New England College.

## BASKETBALL: More predictions

continued from page 12

shot at a successful tournament run.

4. Pittsburgh (24-7)  
The Panthers have a first-round bye in the Big East tournament, and have finished the regular season with three Big East victories. This team hasn't been challenged much since the 70-65 win over Villanova and the 68-53 loss to Notre Dame. It will be important for them to play well this week in order to get a number three seed in the March Madness tournament.

5. Notre Dame (21-10)  
The Irish are peaking right now at the perfect time. They wrapped up the regular season with a four-game winning streak against Pittsburgh, Georgetown, Connecticut, and Marquette. If they have any kind of success comparable to how they finished the season, expect to see this team in the NCAA tournament.

6. Louisville (20-11)  
The Cardinals have been a tough team to figure out in their last four games. They've either lost by double figures against good teams or have beaten them in close games. Their win over Syracuse is impressive, no matter which way you look at it, but the losses to Georgetown and Marquette could have been more competitive.

7. Marquette (20-10)  
The Golden Eagles had their four-game win streak snapped in the 63-60-overtime loss to Notre Dame. They had been involved with three straight overtime games going into that contest. The only exception was the dominating performance they had against Louisville, 69-48, in what can be argued as their best performance this season.

8. UConn (17-14)  
The Huskies have their backs against the wall right now. Their bubble has burst and the only chance to go dancing this season is by winning the Big East tournament, something much easier said than done. They finished the regular season on a three-game slide that included two road losses and a home loss to Louisville, 78-76.

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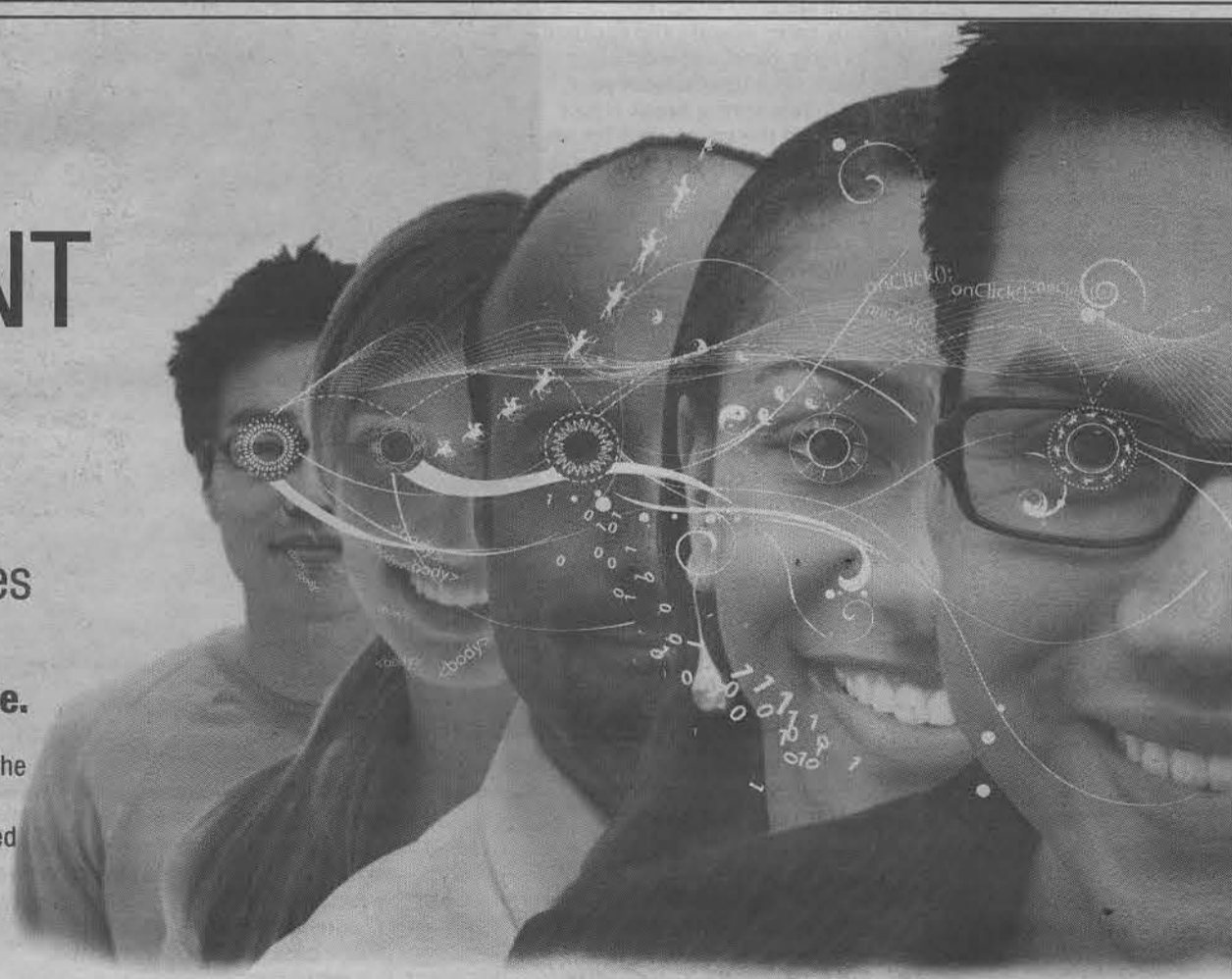
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## Spring Break Sports

Kelleigh Welch  
Editor-in-Chief

Thu, Mar. 11, 2010  
Women's Lacrosse at Nichols College 4 p.m.  
Men's Lacrosse at Nichols College 7 p.m.

Sat, Mar. 13, 2010  
Sailing at 17th St. Mary's Team Race @ St. Mary's in FJs & 420s 9 a.m.  
Sailing at Wood Trophy @ Salve Regina in 420s 9:30 a.m.  
Sailing at Team Race @ MIT in FJs 9:30 a.m.  
Equestrian at Johnson & Wales University Show (Johnson & Wales Equine Center) 9:30 a.m.  
Baseball vs Babson College (DH) 12:30 p.m.  
Men's Lacrosse at Lasell College 1 p.m.

Sun, Mar. 14, 2010  
Sailing at 17th St. Mary's Team Race @ St. Mary's in FJs & 420s 9 a.m.  
Sailing at Wood Trophy @ Salve Regina in 420s 9 a.m.  
Sailing at Team Race @ MIT in FJs 9:30 a.m.  
Equestrian at Trinity College Show (Avon Valley Show Stables) 9:30 a.m.  
Baseball vs Amherst College (DH) 1:30 p.m.

Mon, Mar. 15, 2010  
Softball vs Macalester College 9 a.m.  
Softball vs Polytechnic Institute of New York 11 a.m.  
Baseball vs Fontbonne University 1 p.m.

Tue, Mar. 16, 2010  
Softball vs The College of Wooster 9 a.m.  
Softball vs Smith College 11 a.m.  
Men's Tennis vs Connecticut College 6 p.m.

Wed, Mar. 17, 2010  
Softball vs Lasell College 1 p.m.  
Men's Tennis vs University of Wisconsin-La Crosse 3 p.m.  
Softball vs University of Scranton 3 p.m.  
Men's Lacrosse at Elizabethtown College 4 p.m.

Thu, Mar. 18, 2010  
Men's Tennis vs Franklin & Marshall College 8 a.m.  
Softball vs Salem State College 9 a.m.  
Softball vs Stevens Institute of Technology 11 a.m.  
Baseball vs Worcester State College (DH) 1:30 p.m.  
Men's Tennis vs Illinois Wesleyan University 3:30 p.m.

Fri, Mar. 19, 2010  
Softball vs Fitchburg State College 9 a.m.  
Softball vs SUNY New Paltz 11 a.m.  
Baseball vs Bowdoin College (DH) 12 p.m.

Sat, Mar. 20, 2010  
Equestrian Roger Williams University/Brown University Show (Windcrest Farm) 9:30 a.m.  
Women's Track & Field at Husky Spring Open (Hosted By Northeastern University)

# Sailing team starts season



RWU Athletics

Kelleigh Welch  
Editor-in-Chief

The sailing team kicked off their spring season Feb. 27 and 28, placing 5th out of ten teams in the 10th Bob Bavier Team Race in Charleston, N.C. According to Head Coach Amanda Callahan, the team had only practiced for two days prior to the race, in comparison to other teams that had practiced for weeks or months.

The race was skippered by seniors Jonathan Enright and Bjarki Gunnarsson and sophomore Sean Bouchard.

The team sailed two rounds, going 4-5 in the first round, and winning 7-2 in the second. This placed RWU into the final six, where they raced against the top five teams, ending the regatta in 13-10.

The College of Charleston won 20-3, but RWU defeated nationally-ranked teams in 11 of their 13 wins.

The regatta also gave Gunnarsson and sophomore Tyler Wilson the title of Male Athletes of the week at RWU for their efforts and effective teamwork.

This past weekend, the team raced in Annapolis, Md. for the Graham Hall TR, in Providence, R.I. for the Sharpe Trophy Team Race, and in New London, Conn. for the Thames River Team Race.

Next weekend, the team will travel to St. Mary's City, Md. for the 17th St. Mary's Team Race, to Newport, R.I. for the Wood Trophy against Salve Regina, and to Cambridge, Mass. for the Team Race against MIT.

# March Madness starts

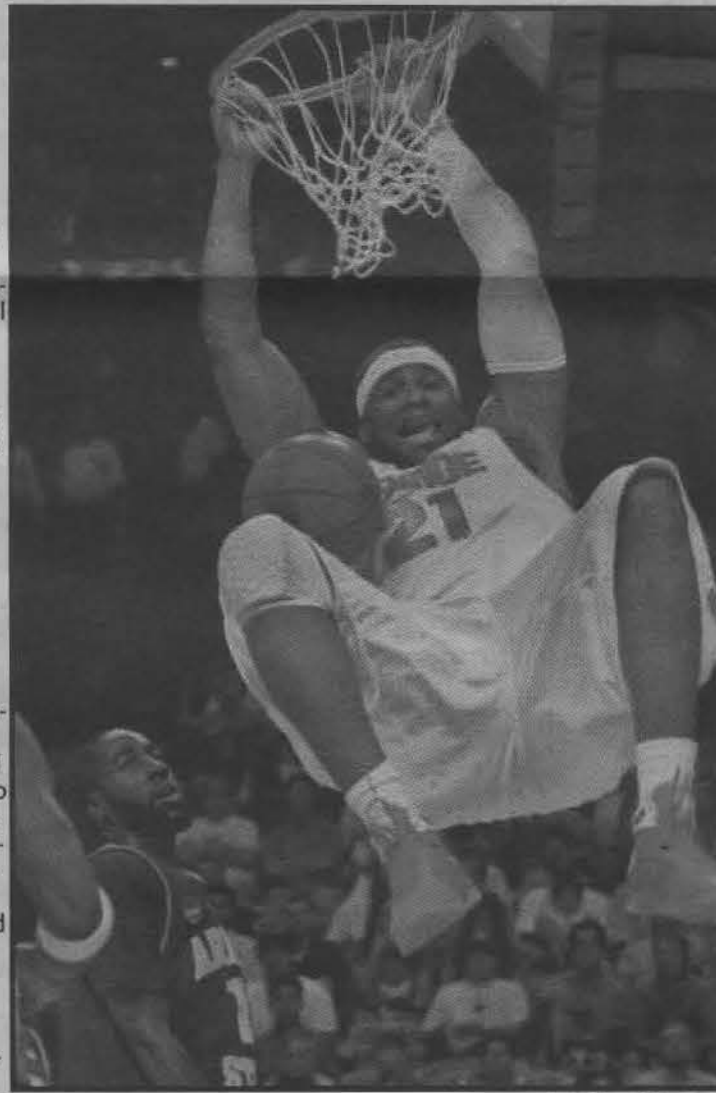
Will Boshes  
Assistant Sports Editor

At this current time of the year there is a loss of sports around the country, the Olympics have just ended, it is only the beginning of spring training and it is the middle of the basketball season (which no one really cares about) and football is long gone and won't be back until next school year.

Yes, spring break is just around the corner but for an average sports fan the best is yet to come. During the month of March, men's and women's college basketball enter something called March Madness where heroes can be made and legends will be born; it is an ultimate opportunity for an unknown team to make a historic run against the country's biggest powerhouse schools. A chance for a small school such as URI to face up against, lets say, Duke in the first round of the NCAA tournament and shock the country.

This could be considered one of the best sports happenings of the year; it is different then most major playoff formats: most are spaced out of a 5-7 game period, when ultimately a winner is crowned. March Madness follows football's format more closely - if you lose, you go home.

A team's dreams and aspirations can be dashed and crushed with a simple three-point jumper as time expires



miamiherald.com

to send you home. It not only gives the players a massive rush but the fans as well.

March Madness isn't good for college basketball - it is great. It is what sepa-

rates it from any other post-season competition in sports. It's nothing but non-stop action up until the champion is crowned.

# Important basketball dates:



twitter.com

**Selection Sunday**  
March 14, 2010  
**Opening-Round Game**  
March 16, 2010  
UD Arena (Dayton, Ohio)  
**First Two Rounds**  
March 18, 20, 2010  
New Orleans Arena (New Orleans)  
Dunkin Donuts Center (Providence, R.I.)  
HP Pavilion (San Jose, Calif.)  
Ford Center (Oklahoma City, Okla.)  
March 19, 21, 2010

See DATES on page 11

# Basketball tournament starts Tuesday

Dan Malkin  
Sports Editor

The Big East is the strongest conference in all of college basketball. The tournament will begin in Madison Square Garden on Tuesday in what should present some of the most exciting games of the week.

1. Syracuse (28-3)  
The Orangemen were on a roll heading in to Louisville this week for the final game at Freedom Hall. The Cardinals came out firing on all cylinders and looked like a team who could make a push in the tournament. In the end Syracuse lost the game with a final score of 78-68. I am not at all worried about this team and feel that they have the players needed to make a run at the Final Four.

2. West Virginia (24-6)  
The Mountaineers finished the regular season with three impressive wins over Villanova, Georgetown, and Cincinnati. Right now they're my pick to upend Syracuse in the Big East tournament championship game. They have been able to play at a high level all season long while winning many close games against strong in-conference opponents.

3. Villanova (24-6)  
The Wildcats haven't looked too impressive this month. They're 4-5 since losing to Georgetown in February and have lost to all the Big East's top teams. They need to find their rhythm quickly in order to have a

See BASKETBALL page 11