

THE



COWL

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Providence College

April 24, 2014

Celebrating Students

by Kathleen McGinty '16
Asst. News Editor

CAMPUS EVENTS

With a sea of laptops and trifold poster boards situated throughout the upper level of Slavin, Providence College recognized the work of more than 200 students nominated by faculty to conduct research and produce creative work at the Fifth Annual Celebration of Student Scholarship and Creativity held this past Wednesday, April 23. This year's celebration featured 87 student-generated empirical and creative projects, presentations, and performances in subjects ranging from the sciences to business to the arts and humanities.

According to Dr. Hugh Lena's, provost and senior vice president for academic affairs, welcome letter in the celebration's brochure, the Celebration of Student Scholarship and Creativity originated from a three-year grant entitled "Fostering a Culture of Student Engagement," provided by the Davis Educational Foundation. The grant is intended to enhance student engagement in learning, a part of the College's mission and Strategic Plan in which student engagement proves critical to academic excellence.

Jessica Leonard '14, a biology major who participated in this year's celebration, spoke to the celebration's intent of fostering greater student engagement, finding herself immersed in and intrigued by her research on the role of a bacteria, *Shewanella oneidensis*, in growth and iron homeostasis.

After having conducted research at the College for the past three years and working alongside Dr. Brett Pellock of the biology department, Leonard, with the help of some faculty inspiration, decided that she wanted to conduct her own research.

"My first attempt didn't work," she said laughingly, reflecting on her efforts to tag protein so that she could observe it alone, a task that took her all of first semester. Yet that has not discouraged Leonard. Despite such trials and errors, Leonard noted that her findings, which implicated that *Shewanella oneidensis* Hfq is involved in stabilizing RyhB, are particularly significant because the more that is understood about Hfq, the more that can be understood about genetic regulatory mechanisms. She also expects to continue working on this research after graduation.

The marketing research efforts of Samantha DeGroff '14, Katharine Harris '14, Erin Murphy '14, and Samantha Stump '14, all marketing majors, will also be continued following their graduation, pointing to the significance and relevance of their findings to the College. In their project entitled "Students' Perceived Brand Image of Providence College," the four students set out to measure how freshmen perceive PC's brand, surveying a focus group of freshmen finishing their first year at the College, a project which has taken all year to complete.

Among their findings, the four seniors arrived at conclusive statistics suggesting that 75 percent of parents cared more about the College's religious affiliation than students, over 50 percent of students believed athletes receive preferential treatment, and 80 percent realized that the College's proximity to their home proved more important than they initially thought. Similarly, 75 percent used the word white to describe the College and 66 percent used upper-class.

Following the graduation of the project organizers this spring, a junior will be tasked with continuing the research they started this past fall.

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Portfolio

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Sports covers PC's first ever track meet at the Ray Treacy Track.

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Providence College's Student-Run Newspaper Since 1935





How the Sexual Revolution Has Hurt Women

by Meaghan Dodson '17
News Staff

LECTURES

On Tuesday, April 15, 2014, Dr. Angela Franks, Ph.D. came to Providence College to give a lecture entitled "How the Sexual Revolution Has Hurt Women." Members of the PC community gathered at 7 p.m. in the Slavin Mural Lounge to hear Franks talk about how the sexual revolution, rather than granting women more freedom and liberation, has, in fact, failed the female population.

Franks proposed that there have been two stages of the sexual revolution: the "baby" stage in the 1960s in which contraceptives became readily available, and the "bonding" stage in the 1990s where the hookup culture and recreational sex became a part of mainstream society.

She revealed startling statistics that reveal the discrepancy between what people think about sex versus the reality of it. Franks disclosed that, contrary to how it is presented in the media, the majority of people "hook up" only once a year. In terms of relationships, meanwhile, most people believe that men initiate sexual relations three weeks into a relationship, while in reality it takes about nine weeks. Women, in comparison, are more likely to initiate sex after 17 weeks as opposed to the assumed four weeks.

Studies have proven that there is a

huge sexual disparity between men and women. After a one-night stand, men are 45 percent more likely than women to disrespect their hookup partner, and 53 percent of women have reported feeling disrespected after sexual relations have occurred. Researchers agree that it is men who benefit most from the hookup culture.

Franks asserted that many couples who practice "serial monogamy," or have sex while in committed relationships, usually cannot make the relationship last. These relationships are marked by insecurity, and an individual has the "upper hand" in the relationship if one cares less than his or her partner. These people are trying to shield themselves from emotional pain, but they are also unintentionally forming habits that prevent the establishment of mutual, self-giving, and long-term relationships.

When discussing what women want to get out of a relationship, Franks proposed that females seek to trade sex for more intangible benefits such as love, affection, attention, and self-esteem. For them, the "strings" that are attached to sex are what make it good. Men, on the other hand, have stronger sex drives and tend to focus less on these "strings" and more on sexual gratification.

Franks spoke of "sexual economics," revealing that the price of sex is higher for men simply because they want sex more. Women are the sexual "gatekeepers" in a relationship, but many women do not feel empowered by this knowledge. They believe that

if their men cannot get sex from them, then the men will seek sex elsewhere; namely, from internet pornography.

It surprised many members of the audience when Franks revealed that married people actually have more and better sex than single people. Fifty percent of married men report feeling more physically and sexually satisfied, as compared to the 37 percent of single men. Franks also divulged that 95 percent of emerging adults want to get married, and that the benefits of marriage include, but are not limited to, greater happiness, health, and wealth.

Franks concluded her lecture by suggesting that the best way to live is to look at "babies and bonding" as essential components of sex. The hookup culture, she argued, promotes selfishness, but it is selflessness that

is essential for a person's happiness. She asserted, "True freedom is doing what makes you happy even when it is hard."

Mary Louise Bento '17 reflected, "I thought the lecture was very interesting and it really opened my eyes about the whole topic in general. One thing that specifically surprised me was the fact that marrying younger reduces chances of divorce. I was surprised by this because I always thought that it would increase your chances."

Franks is the author of the book *Contraception and Catholicism: What the Church Teaches and Why*, and she is also the Director of Theological Programs at St. John's Seminary in Boston.

The entire event was sponsored by the Anscombe Society, PC for Life, Campus Ministry, and the PC Theology Department.



ANNA WIECIORKOWSKA '14 / THE COWL

Franks discusses the differences between males' and females' expectations of relationships.

Celebration: Enhancing Student Engagement

Continued from front page

While the former projects will continue after the Celebration, Michaela Bolotin '16, Kristina Campano '16, Samantha Wagner '16, and Amjad Talib '16 are seeing their project come to fruition today, April 24, with the grand opening of the Common Grounds Café.

According to Talib, the project, overseen by Dr. Keith Morgan of the

Department of Public and Community Service Studies and Dr. Sylvia Maxfield of the School of Business, was officially announced last April, taking a little over a year for the café to get up and running.

Inspired by a trip to Nicaragua in which global studies students learned about fair-trade coffee, Common Grounds Café, which aims to bridge

the College community with the Smith Hill Community, now serves ethically-sourced goods and local products as a result of collaboration between the global studies students and business majors.

Wagner noted that being a student while juggling the opening of the café has proven tough to balance but that the rewards of seeing it officially open

today make it worthwhile.

For students interested in becoming more engaged in undergraduate research projects overseen by a full-time faculty member, details about undergraduate research and grant funding can be found on the College's student engagement web page.



ELYSE BUTTERWORTH '15 / THE COWL

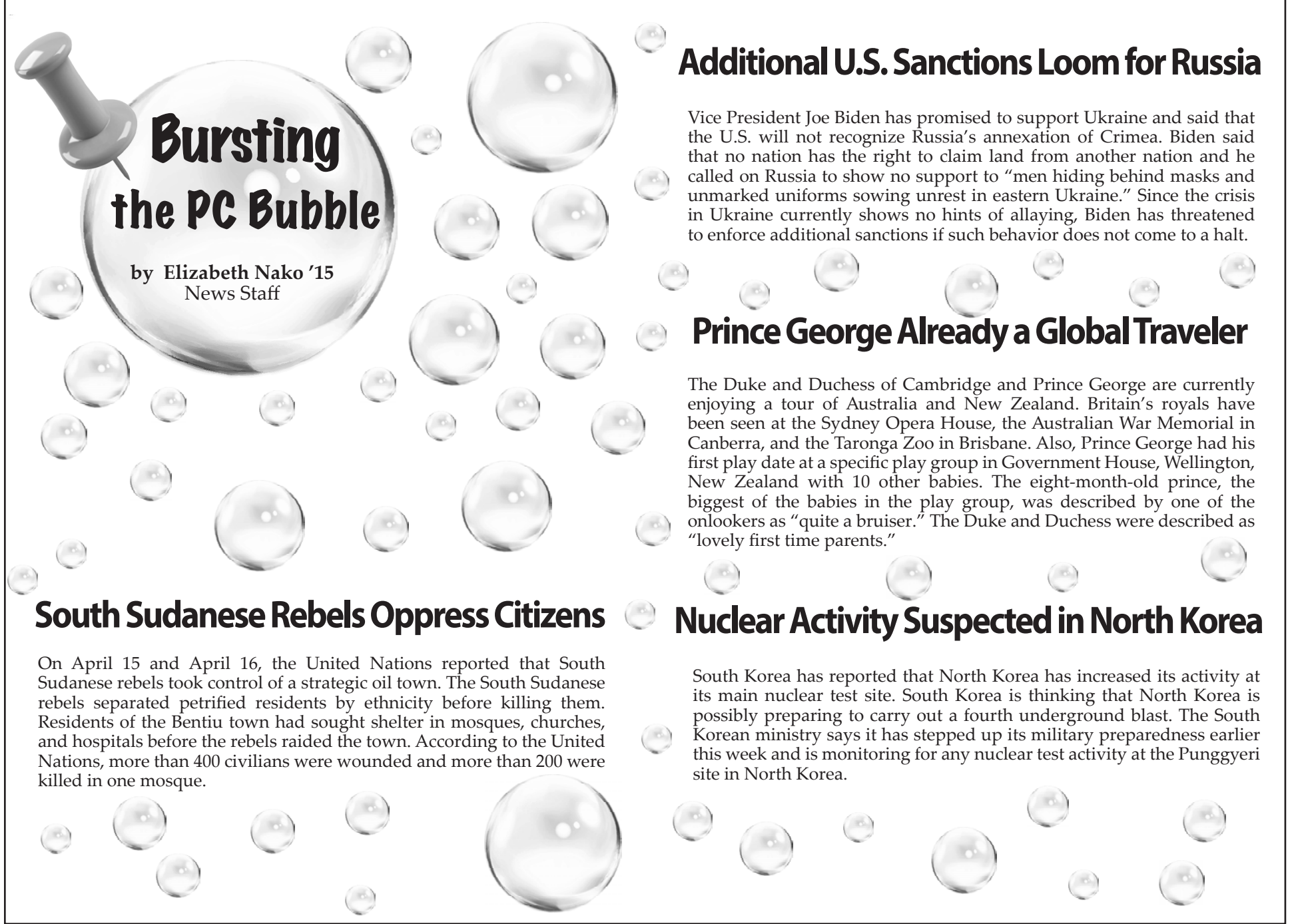
Eighty-seven projects, completed by over 200 students are showcased throughout Upper Slavin.



ELYSE BUTTERWORTH '15 / THE COWL

Students showcase their research and creative work in the arts in the Fishbowl.

Like us at www.facebook.com/thecowl



Bursting the PC Bubble

by Elizabeth Nako '15
News Staff

Additional U.S. Sanctions Loom for Russia

Vice President Joe Biden has promised to support Ukraine and said that the U.S. will not recognize Russia's annexation of Crimea. Biden said that no nation has the right to claim land from another nation and he called on Russia to show no support to "men hiding behind masks and unmarked uniforms sowing unrest in eastern Ukraine." Since the crisis in Ukraine currently shows no hints of allaying, Biden has threatened to enforce additional sanctions if such behavior does not come to a halt.

Prince George Already a Global Traveler

The Duke and Duchess of Cambridge and Prince George are currently enjoying a tour of Australia and New Zealand. Britain's royals have been seen at the Sydney Opera House, the Australian War Memorial in Canberra, and the Taronga Zoo in Brisbane. Also, Prince George had his first play date at a specific play group in Government House, Wellington, New Zealand with 10 other babies. The eight-month-old prince, the biggest of the babies in the play group, was described by one of the onlookers as "quite a bruiser." The Duke and Duchess were described as "lovely first time parents."

South Sudanese Rebels Oppress Citizens

On April 15 and April 16, the United Nations reported that South Sudanese rebels took control of a strategic oil town. The South Sudanese rebels separated petrified residents by ethnicity before killing them. Residents of the Bentiu town had sought shelter in mosques, churches, and hospitals before the rebels raided the town. According to the United Nations, more than 400 civilians were wounded and more than 200 were killed in one mosque.

Nuclear Activity Suspected in North Korea

South Korea has reported that North Korea has increased its activity at its main nuclear test site. South Korea is thinking that North Korea is possibly preparing to carry out a fourth underground blast. The South Korean ministry says it has stepped up its military preparedness earlier this week and is monitoring for any nuclear test activity at the Punggyeri site in North Korea.

2014-15 Student Congress Election Results

Class of 2015

President:

Tim McGrail (Unopposed)

Vice President:

Elizabeth Reidy (Unopposed)

Treasurer:

Sean Barbary (Unopposed)

Secretary:

Molly O'Donohue (Unopposed)

Representatives:

Colleen Cassidy (179)

TJ Hoban (165)

Andres Taborda (165)

Michael Hagan (149)

James Cromie (148) *

Lauren McNulty (148) *

Katie Dul (144)

Deirdre Joyce (130)

Casey Sullivan (126)

Ellen Anderson (101)

*Due to a tie, a runoff election will be held on Friday 4/25 between James Cromie and Lauren McNulty for the fifth representative spot.

Class of 2016

President:

Kelley Garland (Unopposed)

Vice President:

Andrew Moses (158)

Tyler Stein (145)

Treasurer:

Aaron Golding (Unopposed)

Secretary:

Julie Bash (Unopposed)

Representatives:

Chuck Rainville (217)

Cisco Oller (206)

Nick Steffen (200)

Eric Benz (191)

Chibi Nguyen (161)

James Hilton (154)

Vanessa Equitani (151)

Class of 2017

President:

Taylor Gibson (150)

John Hindley (109)

Joe Bettinelli (81)

Jake Sharkey (80)

Brendan Barbato (68)

Anthony Ravosa (41)

Vice President:

Gretchen Barret (Unopposed)

Treasurer:

Pedro Aleman (268)

Emily Higgins (103)

Zach Acunzo (95)

Steven Sepe (63)

Secretary:

Emilia Smith (275)

Kristen Sauer (254)

Representative:

Andrew Konnerth (326)

Katie Fayen (303)

TJ Gianci (303)

Matt Griffin (274)

Skyler Carlin (260)

Jack Barnes (246)

Jimmy Carrillo (208)

Michael Kennedy (197)

Mike Welch (153)

SHEPARD Hosts Day of Silence

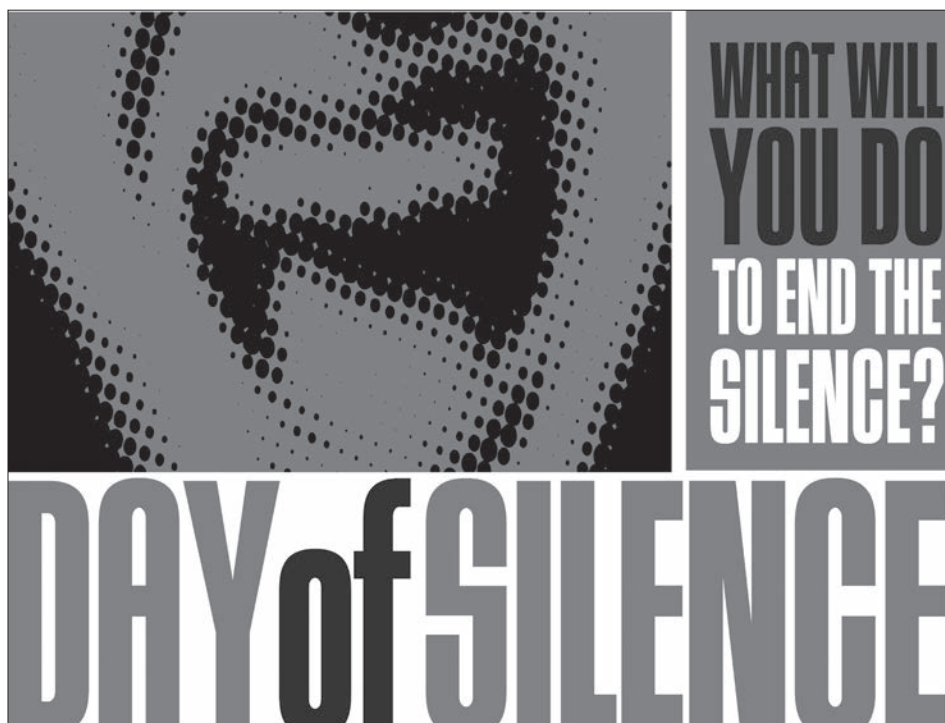
by Elizabeth Nako '15
News Staff

CAMPUS EVENTS

On Friday, April 11, SHEPARD, a support group at PC for all members of the LGBTQQIA (acronym for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Ally) community facilitated its annual "Day of Silence." SHEPARD has facilitated the "Day of Silence" on campus for the last several years.

Kyle McCandless '14, treasurer of SHEPARD and three year participant of the "Day of Silence" event, explained how "this day represents the bullying that queer students, even those our age, experience today because they identify as a member of the LGBT community. They are harassed and bullied, which places this silencing effect on them because of their sexual orientation or gender identity." McCandless then commented how his vow of silence echoed that silencing effect "in order to build awareness of the anti-LGBT harassment that occurs every day."

Caroline Jones '14, vice president of SHEPARD, said, "Essentially the Day of Silence has participants across the country vow silence in honor of those who are silenced every day by harassment, bullying, and name calling for being LGBTQ [or perceived to be]." The club gives T-shirts to all participants and "speaking cards." Jones explained that the "speaking



The Day of Silence raises awareness about the bullying and harassment queer students face.

cards" are so that "participants can hand to people who aren't familiar with the program, which explains why they are being silent on that day." Jones also said that SHEPARD encourages participants to reach out to professors in advance to inform them why they are being silent on that day in class.

McCandless described how it is very difficult to be silent throughout the whole day: "I had meetings and events to attend to in which I couldn't say anything. Even ordering lunch was a struggle for me." McCandless said he

would get looks from different people reading his shirt and then trying to comprehend why he was not talking. However, McCandless said he would see people on campus he knew who showed support of his participation by giving him either a thumbs up or a pat on the back.

At the end of the day, SHEPARD then holds a "Breaking the Silence" debrief and discussion for all participants. The "Breaking the Silence" gives participants the opportunity to share their feelings and experiences, both

good and bad, from the "Day of Silence." The "Breaking the Silence" event is described by McCandless as a fulfilling way to end the silence. According to Jones, the point of the end debrief and discussion is "to literally 'Break the Silence' in hopes that more and more members of our community are made aware of the injustices done to the LGBTQ people [youth in school in particular]."

This year, SHEPARD had approximately 60 participants in the "Day of Silence" and 10 attendees at the "Breaking the Silence" event. McCandless reflected on how unfortunately his vow of silence and "Day of Silence" T-shirt still make him a target for those on campus who revert to anti-LGBT remarks and name-calling. McCandless talked about an incident walking out of the Ray Cafeteria, when a group of boys uttered the word "fag" [context was unclear] to him. McCandless said, "That use of language is still something that upsets me, and encourages me to make everyone aware of why I am a three year participant of this day."

Congress Updates

by Kathleen McGinty '16
Asst. News Editor

STUDENT CONGRESS

In old business, SCRC-64-13 passed unanimously. The legislation, introduced by Caroline Young '14, recommends that in the trial process of sexual assault cases in the Office of Community Standards, the victim and the accused be assigned an advocate. The advocate would be there for the individual throughout the trial and in the appeals process, should the victim or accused choose to appeal the decision.

In new business, SCRC-64-14 was introduced by Melissa Scott '14 and would recommend that St. Dominic Chapel be open 24/7. The legislation had resounding support throughout the floor discussion and will be voted on next week.

Another piece of new business, SCRC-64-15, introduced by Kevin Salvaggio '14, recommends that a map be installed in the Ruane atrium to provide a visual of and directions in the Slavin Center and Alumni Hall. Members of Student Congress showed support of the legislation, but suggested another map be installed in the Slavin atrium. A vote on the legislation will take place next week.

Bobby Arruda '15, executive president-elect and chair of the Committee on Legislative Affairs, announced that a runoff election would take place this Friday on Sakai from 9:30 a.m. to 4:30 p.m. for the fifth representative spot in the Class of 2015. The runoff will be between Lauren McNulty and James Cromie, who tied in the general election.

THANK YOU!

TO OUR LOVELY
SENIORS FOR THEIR
AMAZING WORK OVER
THE YEARS.
BEST OF LUCK IN ALL
YOU DO AND KEEP
READING US!

KATHLEEN SULLIVAN, NEWS EDITOR

JACKIE MCCARTHY, NEWS STAFF

WITH LOVE,
ANDRES & KATHLEEN



Updates:

Semester Delivery Total: 2,419 lbs.

Week Delivery Total: 277 lbs.

Unhealthy Home Environments Discussed

by Carolyn Bothwell '15
News Staff

LECTURES

On Monday, April 14, PC alum Mark Kravatz of the Green and Healthy Homes Initiative (GHHI) came to Providence College to discuss sustainability issues in Providence and Rhode Island. This event was hosted by the Student Environmental Action Coalition (SEAC). SEAC strives to raise awareness about sustainability at PC.

Kravatz encouraged the audience to think about what challenges the environmental community is facing and how they can overcome them. The students in attendance agreed that there is a need to spread more awareness about the environmental issues at hand.

Kravatz spoke about how environmental issues need to be met with immediate action. He said, "We really have to balance a sense of urgency without freaking people out and seeming crazy...more than anything we need better leaders. We are missing those leaders that are willing to take the risk and jump."

That is exactly what Ruth Ann Norton, president and CEO of the



ANNA WIECIORKOWSKA '14 / THE COWL

Kravatz highlights the environmental dangers lurking in homes, such as lead poisoning.

GHHI, did when she founded the organization while advocating for healthy housing. Kravatz and the GHHI strive to end childhood lead poisoning and other damaging hazards so that the child can grow and reach his or her full potential.

In 1927, more than 70 countries banned lead-based paint, but the U.S. was not one of them. It was not until 1978, 51 years later, that the U.S. banned the harmful paint.

"Lead poisoning is still very much alive. In fact, 21 percent of kids in Rhode Island entering kindergarten have elevated blood levels due to lead poisoning," Kravatz said.

Asthma also affects many children due to unhealthy home environments and is one of the main reasons that young children miss school. During the past year, the United States spent \$6.4 billion on asthma treatments. Many low-income families cannot

afford the expensive costs of hospital and emergency-room visits due to asthma. This becomes a direct burden on the tax payers.

"It's funny, we think we need to improve education with more math and reading. But kids need to be able to sleep at night. They need to be able to feel comfortable, to feel warm. These are really important issues, more important than school," Kravatz says while stressing the importance of weatherization for houses.

The GHHI strives to go into cities, specifically low-income areas, in order to make policies more accessible and efficient. The organization utilizes cross sector innovation to get programs to work together in order to align, braid, and coordinate their strategies and procedures. By integrating and streamlining the process, the GHHI is saving both low-income families and tax payers money. The GHHI began in 10 cities nationally and is now present in 21 cities.

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Sunday, April 27th at 2pm and 8pm

Smith Center for the Arts

Tickets will go on sale 1 hour before each show
\$3 for students and \$5 for adults



OPINION

PC Social Scene Is Greatly Lacking during the Week *College Socializing is More than Weekend Partying*

by George Copley '16
Opinion Staff

CAMPUS

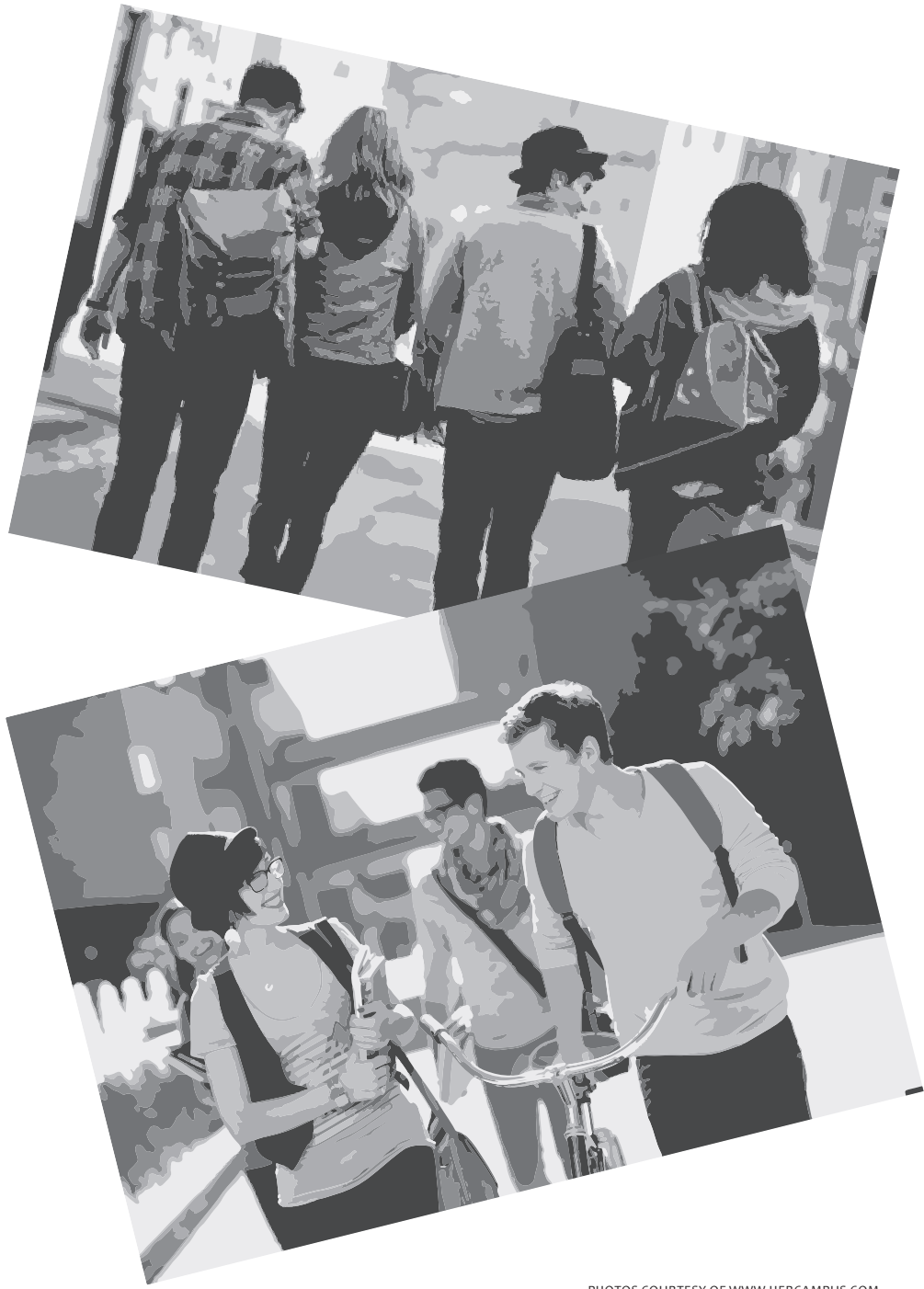
Weekends at Providence College are turnt; whether it's the bar, house parties, dorm rooms, or even McPhail's, Friars are partying and enjoying their time off from schoolwork. Yet, once the tomfoolery blows over and Sunday morning lounging has finished, the school week picks up again and, for some reason, the social scene that is so predominant on Friday and Saturday nights silences. Providence College weeks are boring.

I understand that students are expected to have roughly two hours of homework/studying for every fifty minute class they endure, but this doesn't mean that we have no free time. Some nights I am overwhelmed with schoolwork and I have to spend four to five hours in Feinsein miserably writing essays or studying, but I also have leisure time on other days where I can sleep or relax with my friends. What I can't do, though, is walk up to a group of random students soaking sunrays outside and join them. This would be viewed as socially taboo. On top of the awkwardness of our culture, there really isn't a whole lot going on outside of sunglass decorating and food sampling in Slavin. This isn't pointing fingers at the school; they provide plenty of fun options throughout the week, but this is advocacy against the society of our student body. Where are the guitar players strumming on a bench? Where are the painters creating Mona Lisas? Where are the philosophers questioning the stars? Are they hiding in their dorm rooms, afraid to venture out into a judgmental quad? Or are they simply not here? The

university is a place of exploration and creativity, but our Monday through Thursday social scene consists of brief hellos at Ray and hesitant eye contact on the way to class.

On top of the dry week culture we have here at PC, there is a huge disparity between the men and women here at PC. Students don't appear as keen on meeting members of the opposite sex when interaction isn't based at a party scene. Cliques of friend groups are formed and they are not broken or integrated. I've tried saying hello or sharing a smile with strangers on my way to class and less than half the time I'm reciprocated. I've attempted talking to a girl I don't know in Ray and I have actually been completely ignored. Perhaps I'm more unappealing than I thought, but still. This is kind of ridiculous. Outside of college, the world is full of random and spontaneous interaction. Business settings, formal occasions, and family events are all places where complete strangers may surround you. Now is the time to utilize our ability to be around people we know pertain similar qualities as ourselves. Also, you should really be able to socialize without having to shotgun a few beers beforehand; it's part of being a human being.

Socialize. It's the basis of a society. And a society is what we have here as PC students. We have shelter, food, and each other; we seem to have no problem utilizing the first two aspects of a university, but the last is lacking outside of our weekends. I think everyone would enjoy their experience here at Providence College even more if we all just put our guards down and realize that weekdays aren't just for studying and sleeping, but can be just as fun and interactive as the weekends.



PHOTOS COURTESY OF WWW.HERCAMPUS.COM

A Lasting Impact *Santos '14 Looks Back on PC with Nostalgia*

by Matt Santos '14
Opinion Staff

CAMPUS

The days are limited, becoming greater in beauty and lesser in number as the April calendar pages turn. With three weeks left in my undergraduate career at Providence College, it is quite close to impossible not to walk around campus with nostalgia popping up all the time. And with all that nostalgia wafting around the lovely spring days, there are a few things which occasionally press my mind and the minds of others I know. Maybe they have for you other seniors too. Maybe seeing them in print in front of you offers some sort of solidarity. Maybe you underclassmen can see these, be ready for, and look forward to the good, the bad, the great, and the sad to come.

I think back to freshman year and think about the older students on campus that I looked up to for one reason or another. I'm sure that many

of us have those one or two mentor-type figures who had a great impact on our first moments at PC, whether a friend, an orientation leader, classmate, or fellow club member. That person might not even remember you or me while still having offered such a big influence on our early times at PC. And so sometimes I wonder, did I offer that impact on anyone during my four years here? Does it matter if I did? Perhaps I, and others who may wonder similarly, hope to have had some sort of impact. To have found a new home in four years and to have left it a better place in one way or another. It's a seemingly natural way to think, hoping that there is some significance attached to one's efforts which goes beyond one's personal achievements and endeavors, a kind of legacy and remembrance beyond a brick outside the library.

Another frequently occurring thought stems from wanting to enjoy the little time left, wanting to "soak it all in." FOMO certainly lingers over much decision-making as no one wants to leave with an unchecked box

on the bucket list. I'm pretty sure no one is alone with this sort of thinking, and such a desire to experience all that the college years have to offer seems to relate a sort of appreciation. And with that gratitude coming with it, it can be a pretty positive influence.

We're all certainly lucky to be students at any college, never mind one which can offer so many wonderful experiences. Embracing a little bit of anxiety to enjoy all of it while we still can denotes a realization that we're all very fortunate to be here.

Finally, and perhaps quite obviously, there is a whole lot of excitement. A lot of effort, work, ups, and downs, come along with the undulations of a four-year undergraduate career. Somehow, some way, and with a lot of influence that seems apart from one's actions, it comes to a conclusion here. It's been fantastic, and opens the door wide to the myriad of experiences and opportunities which will come away from Smith Hill. And, after all, it's someone else's turn now to make

their four-year story at Providence College. I hope they make an impact, I hope they healthily embrace FOMO to do it all, and at the end of the day be excited for the next pages to come. Seems like a decent recipe for success. And, hell, I hope I did too.

PHOTO COURTESY OF WWW.NEWENGLANDMAGAZINE.COM

FRIAR IN FRANCE

Know Your Homeland

by Christina Moazed '15
Opinion Staff

ABROAD

When people reflect upon their study abroad experience, they perhaps will refer to the mouth-watering food, aesthetically pleasing buildings, sunsets, and, of course, the astounding and ear-shattering nightlife.

But what about examining the underlying values and opportunities that a country may possess? Or whether a certain level of equality and said freedoms exist? In essence, societal values cannot be perceived by the eye. They are under the skin. They are mysterious and fleeting. They trick you and entice you. But they should always be questioned.

I don't blame you, though. Students are not pushed nor expected to explore whether or not minorities are granted the right to vote, if the government allocates spending for social housing, or employment opportunities in the countries they call home for a semester. See, this column has already turned into a rant of boring-ness. I should be talking about all the romantic weddings and proposals in front of the Tour d'Eiffel this past weekend. Or should I?

Don't get me wrong, Nutella crêpes and the elegance of the French language can cause anyone to melt into an endless puddle of indulgence. But to not assess the values of one's country is equivalent to not knowing thyself. When studying abroad in a foreign land, I find it necessary to embrace inquisitiveness, while shamelessly munching on a crêpe.

You and you alone must decide the manner by which to lead your life. To truly grow, you must challenge what comes naturally. Getting on a plane and leaving the country for a few months forces you to do this.

During my excursion to Prague, I was hoping to uncover the historical instances of political invasion and foreign authoritarianism in the Museum of Communism or "Muzeum komunismu." Surely so, horrific clips revealed hundreds of Soviet soldiers beating innocent civilians merely 30 years ago in the exact streets I had explored that morning. Today, the hardships of the past are slowly fading in Prague to pave the way for personal freedoms.

Study abroad students have a responsibility to inform. We must tame our curiosity and broaden our understandings so we can fight for what is right, not defend what is wrong.

Being an American is sacred. We should grasp this identity and question our potential. When residing abroad, varied regulations are constantly nudging and tempting you to evaluate your homeland every single minute. So, leaving your homeland can potentially make you understand your homeland. Ironic? I think so.



CORR Values

A Message to the Class of 2014

by Emily Corr '13
Guest Opinion

CAMPUS

"I'm not ready!" This is probably the most common statement by the Class of 2014 of the past academic year. Not only is it annoying to hear, by undergrads and postgrads alike, but it is also not true. Stop saying it. You're ready.

You feel like you're not because you don't want to let go and for things to change. But don't worry, this is not the case.

Among the things that will not change: You will still have ramen for dinner. You will still procrastinate. You will still depend on caffeine to function, and you will still love Providence College with all of your heart.

In fact, you will love her more than you ever have.

This probably comes as no surprise to you, but the world outside of PC is harsh. Yes, it would be nice to have things be easy from here on out. To land a great job, move into your first place, and continue the joy ride that was college.

But that is not what you were made for. You were made for greatness. Because of that, things are going to get harder from here. But remember: you're ready.

You will work hard, because it will be expected and nothing less will be accepted. You still won't be 'rolling in the dough,' because you'll be using every last penny of your paycheck to get by. You will be lonely, because chances are you will be away from at least one person who holds a piece of your heart. But remember: you're ready.

You're ready because Providence taught you to work hard. Anything less than your best is a waste of time in the eyes of a Friar. You're ready because Providence taught you that making money is not where your desires should lie. You're ready because Providence taught you how to give and receive love.

At the Class of 2013's Baccalaureate Mass last May, Fr. Shanley spoke about the goal of the Dominican Friars at Providence College. He said while they hoped PC had prepared us for a job, graduate school, or just to appreciate learning for learning's sake, that was never their first intention. He said, "It was always our hope that you would recognize your individual and unique call to holiness."

Providence instills in her students the desire to become holy saints, contrary to what the secular "real world" tells us is important. Providence has taught us securing a job is good, but doing that job with love is where success lies.

This is why you will come to love Providence College even more than

you already do: because you will be grateful. You've been educated holistically, and therefore understand what true success is.

That is what our world needs. Individuals who will pour their heart and soul into every thing they do. Whether you're crunching numbers at a nine-to-five or getting your hands dirty in volunteer work, pouring love and care into these actions is the unique and necessary touch they require.

Unfortunately, this is hard to come by in the "real world." It will be one of the harsh realities that hit you after four years at PC, where friendly smiles and people holding doors are the norm. But that is exactly why you need to carry that Friar spirit with you after you cross the stage one month from now.

So to the Class of 2014: You're ready. And the world is ready for you.

Just remember: heart and soul, always.

The New Science: Immortality Research

Do We Have the Right to Live Forever?

by Nicole Corbin '15
Opinion Editor

SOCIETY

What would you do if you could live forever? Would you chase fame? Master every skill known under the sun? Or maybe you would just chill out and watch Netflix until the end of time? The thought of immortality and its endless opportunities has tantalized many, if not all of us with its unattainability. However, modern science claims that it may not be as unattainable as we think.

On the surface, immortality sounds perfect: no death, no grieving, no sadness. Not to mention a wealth of time at your disposal. But do we have an inherent right to time that is acquired by artificial or unnatural means?

The question is a double-edged sword. If one were to deny a human person "time" based on the use of unnatural means, in order to make the case against immortality, then by the same reasoning, one could also say that it is wrong to prolong an ill person's life with prescription medications for that is unnatural means.

So what's the difference between the quest for immortality and the way we

already preserve human life through medical intervention?

The difference is simple: medical intervention saves a life being attacked by a disease, but the aging process naturally continues. On the other hand, immortality science attempts to reverse and prolong the aging process, which is strictly unnatural.

"You Can Live Forever: Is Immortality Plausible? Or Is It Quack Science?" is a 2013 article by Andrew Romano published in *Newsweek* that explores the science behind immortality. Romano interviewed Walter Bortz and Aubrey de Grey, two researchers of regenerative medicine.

In the interview, de Grey explains, "I think we have a good chance at being able to repair them so well, rejuvenate them so well, that we will be able to take them back to being biologically 30 or 40." The "them" that de Grey speaks of is healthy 60 year-olds who may be around in an estimated 30 years from now—that means he's speaking of today's 30-year-olds.

The average human life span today is about 75 years, but Bortz believes that new science could push the average human life span to 100, possibly 120; de Grey concurs that 90 to 100 years is the age around which the human body could be

"energetically ordained."

It's not quite the immortality of Zeus, but it is certainly a big improvement, especially since not only does it extend the length of life, but it also claims to prolong our functionality.

Science is attempting to make strides in this field as millions of dollars are being poured into immortality science research in recent years. While it may sound like positive advancements, it is not as black and white as it seems. The question of human mortality and life is a question that many philosophers, theologians, and academics have debated for centuries, yet the gray area still exists in determining whether or not we have the right to immortality.

Just because we have the ability to do something, should we?

Correction: The event reported in Jenn Giffels '14's Columbia article was the Fr. Ed Cleary, O.P. Memorial Lecture sponsored by the Department of Political Science.

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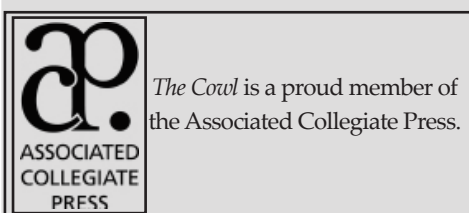
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Support Your Fellow Friars

by Kelly Sullivan '15
Associate Editor-in-Chief

EDITORIAL



During the final few weeks of the semester it is easy to get bogged down by last-minute papers and final exams. It also becomes easy to forget, or not even notice, that there are final performances and shows being put on by fellow Friars that deserve a full audience!

All semester long, these clubs work hard to produce a final product—a dance performance, a choral concert, a final film. Their extra hours of planning and practicing are not to earn a good grade or a win, but rather to foster the pure enjoyment these students gain in performing and entertaining the PC

community.

Maybe you'll see your roommate, maybe a classmate, or a friend, or maybe you won't recognize anyone at all. Either way, you will experience something new and be able to appreciate another aspect of what makes Friartown so special. They are all close by, usually not too long, and not too expensive—the perfect combination for a good study break. Support your performing Friars, and check something else off of your Providence College bucket list.

Below are some of the upcoming shows. If I have left anything out, please email me at ksulli51@friars.providence.edu and I will be sure to issue the addition on our Facebook page!

Upcoming Performances On-Campus

Spring Dance Concert
Pieces of Me Fashion Show
PC Funk Ensemble
Spring Choral and Orchestra Concert
Love Art Hate Discrimination Art Show
Dance Club's Spring Semester Show
Symphonic Winds Concert
Irish Dance Club
Footprints Gospel Choir Spring Concert
Film Festival

Friday, April 25 and Saturday, April 26
Saturday, April 26
Saturday, April 26
Saturday, April 26
Sunday, April 27
Sunday, April 27
Sunday, April 27
Wednesday, April 30
Wednesday, April 30
Thursday, May 1

Appreciate the College Experience

Walsh '17 Reflects upon Her Freshman Year at PC

by Carolyn Walsh '17
Opinion Staff

CAMPUS

With finals just around the corner, I can't help but feel like this year has flown by. It feels like just yesterday it was move-in day and I was lugging my entire wardrobe, bedding, shoes, and electronics up 10 flights of McVinney stairs. I was always told (more like warned) by my parents and older siblings that college is over before you know it. However, it is really hard to believe that I am already almost done with my freshman year at Providence College. This year has been full of changes and challenges but through my experiences with the PC community I have really learned a lot about myself.

Transitioning from high school to college is a big step and it seemed like a daunting task in the beginning of the fall semester. In some respects, I had underestimated how difficult it would be adjusting to being away from home and my family. I decided to take a chance and sign up for the Campus Ministry weekend Connections retreat in New Hampshire with the hopes

of meeting new people and making new friends. Going on the retreat was a great start to my college experience and helped me to feel more at home here.

It was reassuring and refreshing to be surrounded by people who were open and welcoming and, like me, trying to find their place at PC. I remember the retreat leaders helped to create an atmosphere that was supportive, fun, and friendly. For those two days I learned what is truly special about the PC community: that it is one without barriers and where people are more than willing to lend a helping hand to each other. I have seen this in other clubs and activities I have participated in and being immersed in a community like PC has helped me become more confident and willing to take chances and to try new things.

While the classes here can be challenging, the professors really work hard to help you be successful. I may not have known it before coming here, but learning about Plato, Aristotle, and Virgil at 8:30 a.m. is actually survivable. In PC's academically challenging environment, hard work and motivation can pay off. I definitely feel that this first year has been a real growth experience and it makes me

really appreciate the opportunities here.

Looking forward to the summer and being home with family and friends, I have to admit I am really looking forward to my sophomore year. I am now aware of how fast this experience goes and am making it my goal to slow down and really appreciate every moment I can.

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2014 Spring Dance Concert

STUDENT CHOREOGRAPHY SHOWCASE

FRIDAY 25 APRIL 8:00 PM
SATURDAY 26 APRIL 2:00 PM



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401.865.2218

2014 Student Film Festival

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All proceeds to benefit: Dr Gora Scholarship Award
Tickets available in the SCE Office, Harkins 109

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PROVING PHOTOGRAPHY

What was your favorite on-campus event this semester?



"Clam Jam is coming up!"

John Coulter '16 and Tristan Janowicz '16



"Friar Ball!"

Katie O'Brien '16



"Relay for Life. We walked 10 miles together!"

Angie Mascena '17 and Michelle Piccolino '17



"Casino Night. Everyone won that night."

Chris Cruz '14



"Friar Ball, I thought it was nice that everyone went."

Emily Clarke '16



"The fashion show that's this weekend!"

Chantal McMulle '14



"All the snow days!"

-Olaf



Orange Is the New Black Returns for Season Two

by Marisa Urgo '14
A&E Staff

TELEVISION

Who else screamed when they saw the new trailer for *Orange Is the New Black*? I shouted with joy for more details about the show that I will undoubtedly binge-watch on June 6 via Netflix. The trailer was vague in terms of not giving anything away, but it did allow a glimpse into a few possible ideas. Here are six of my personal predictions for season two:

It is common knowledge that the most attractive prisoner of all time, Alex Vause (Laura Prepon), is going to play a much smaller role (sadly). This makes me wonder if she will somehow cover for Piper (Taylor Schilling) after she brutally beat up Pennsatucky (Taryn Manning). I think Piper will definitely face some SHU time (as indicated by the trailer), but Alex somehow sharing blame, might repair their relationship and be a good way to write her off the show, if she is transferred to another prison. I doubt she would be released entirely. The good news is that according to *NYDailyNews.com*, Laura Prepon will be returning as a season three regular if the show is as successful with their second season as they were with the first. I am hoping it will be, because I think we all need some more Alex Vause in our lives.

Sister Ingalls said, "There's a storm coming." I immediately thought of *American Horror Story: Asylum* where the storm is used as a plot device. Maybe a wicked hurricane will tear through the prison walls. The idea



PHOTO COURTESY OF ENTERTAINMENTMONTHLY.COM

might be cool, but the idea could be more metaphorical, to describe the drama going on in the prison. If anything, I think that may relate to my fifth prediction, concerning Red and her new enemy, Vi.

We will probably see Larry try to get over Piper and mingle with

women. Ugh. No thanks. I am over Larry. His story, unrelated to Piper, does not interest me. Eventually, I predict he will attempt to contact her again and maybe get back together until he realizes it is a mistake because Piper is a different person now.

Something is up with Healy and

his wife, more than we have seen. I wonder if it contributes to his weird obsession with Piper and disdain for her "lesbian activity," as Pennsatucky called it. Maybe Piper reminds him of a daughter he had that he couldn't accept because of her sexuality, or maybe a first wife that he had similar issues with. Either way, I think we will see more into his backstory and maybe it will make us feel sorry for the man who looked the other way when Piper said Pennsatucky was going to hurt her.

The biggest reveal of the trailer was that Red is going to be sharing her prison with a woman she had some sort of problem with in the past. It was also indicated that this woman, Vi, is Crazy Eyes's new obsession and it appears that the woman does not hate the idea. I think the woman will find Crazy Eyes sweet but manipulate her because she will find her useful in some way, maybe to take down Red. Whatever the conflict is, I think Red will struggle to maintain power over her prison with this new woman around, but I still think Red will end up victorious. She is too interesting of a character not to.

Morello is one of my favorite characters and we see a glimpse of her in some sort of blue dress. This could indicate a glimpse into her backstory. She has been planning this wedding and talking about it since the very first episode, but we have not heard much about her alleged husband. Other characters have even doubted his existence. It will be a smaller plotline, but I predict we will see Morello get her hopes up and then crushed in some way about this wedding.

Krewella Expected to Pack Peterson

by Maria Grande '15
A&E Staff

MUSIC

BOP's annual Spring Concert is just around the corner. On Monday, April 28 join your fellow Friars to see Verge Campus Spring Tour present Krewella and their opening act Radical Something, at 7:30 p.m. in the Peterson Center. Krewella and Radical Something are both breakthrough artists, gaining much attention for their experimental indie and electronic sounds.

Radical Something was formed in 2011 by Alex Lagemann, Josh Hallbauer, and Michael Costanzo, also known by their stage names Loggy, Josh Cocktail, and Big Red. Lagemann and Costanzo met while at UC Berkeley, and began their musical career by recording hip-hop songs in their apartment. They later met Hallbauer at a recording studio in New York City. After being discovered by photographer Bruce Weber to record a few tracks for his upcoming art project, the three men decided to officially materialize their band.

Radical Something's first album *We Are Nothing*, dropped on September 20, 2011, reaching over 50,000 downloads on iTunes and being named no. 9 on the iTunes Alternative Albums Chart. A little over a year later, they released their EP *No Sweat* which reached no. 6 on



PHOTO COURTESY OF EDM-PARTY-PEOPLE.TUMBLR.COM

the iTunes overall album charts. Many of their songs have been featured on commercials for companies such as Lord and Taylor and Hollister. The trio have a hipster, laid back vibe, while producing catchy hip-hop verses between the chorus. Some popular songs include "Say Yes" and "California," which make one excited for the lazy days of lounging in the sun on the sand in summer.

Krewella, the main headliner of BOP's Spring Concert this year, has been achieving widespread fame over the small amount of time they have been active as a band. Hailing from Chicago, the band was created in 2007 by Jahan Yousaf, Yasmine Yousaf, and

Rain Man. Krewella has stated that their sound "draws upon house, dubstep, hardstyle, and drum and bass." In June 2012, they released their first EP *Play Hard*, which reached no. 1 on Billboard's Dance Radio Airplay Chart.

Krewella's first studio album *Get Wet* was released on September 24, 2013, charting in the Top 10 of Billboard's Top 200 just in their first week. The band has been featured at various music festivals, including Electric Daisy Carnival, Spring Awakening, and Stereosonic. Just this past March, Krewella performed a live set on the mainstage of Ultra Music Festival in Miami, a feat that they had never accomplished before.

Krewella's most popular song among

listeners is "Alive," as listed by iTunes, Spotify, and Soundcloud. "Alive" embodies Krewella's experimental house and dubstep sound, having an array of upbeat tempos and beat drops throughout the track. The real gems of this song are the vocals harmonizing over the beat. Another favorite is "Live for the Night," which, similarly to "Alive," shows off the band's fun dance beats and melodic vocals.

Do not miss out on catching these two great artists for one time only here at Providence College. There are still a limited number of tickets being sold at the Slavin Info Desk for \$25.

Trend Alert: Denim Is in Style

by Christina D'Adamio '16
A&E Staff

FASHION

From designer labels to retail collections, denim is the craze. Whether dark denim or distressed denim, our closets are stockpiled. Denim jeans come in a variety of fits and styles. Celebrity stylists Emily Current and Meritt Elliott are denim experts. Current and Elliott share their favorite denim styles with fashion blog *WHO WHAT WEAR*. All who wear denim should keep their tips and tricks in mind when making denim purchases.

The first denim style is crop skinny jeans. Crop skinny jeans are the most versatile jeans. The jeans can be dressed up or dressed down for a completely new look in minutes. Therefore, crop skinny jeans can be worn for every occasion. These body conscious jeans should be purchased in a medium wash.

The second denim style is rise skinny jeans. Like crop skinny jeans, rise skinny jeans are body conscious pants. The jeans hug the thighs and ankles. However, the rise skinny jeans button above the hips, rather than button at the hips. The jeans are trendy yet sophisticated.

The third denim style is boot-cut jeans. Boot-cut jeans are the most flattering of jeans. The jeans cinch the waist and elongate the legs. Toss on a pair of wedges for extra length. Boot-cut jeans should fall slightly below the ankles. Ladies, do not let these jeans drag.

The fourth denim style is flare boot-cut jeans. Flare boot-cut jeans are a fashion throwback. The jeans flare mid-calf, creating that '70s style. When purchasing flare boot-cut jeans be modest in the jean selection. The flare should not be overwhelming; instead it should be complementary.

The fifth denim style is boyfriend

jeans. Boyfriend jeans are the most comfortable jeans. The oversized style is effortless and chic. For a weekend casual look, boyfriend jeans are the best option. Faded boyfriend jeans are the wash to purchase.

When it comes to denim jeans, these five styles are essential to your wardrobe. Nevertheless, denim

comes in other forms and fashions. From denim shirts to denim skirts and denim jackets, denim is the eternal fabric. Pairing your denim ensemble is the next step. The denim-on-denim fad is back on the runway. Designers are crafting head-to-toe denim ensembles, as denim-on-denim is the look of the season. Play with your favorite pieces and have fun mixing and matching denim.

When braving the denim-on-denim style, stick to three basic rules. American television personality, fashion designer and author Lauren Conrad shares her secrets for this look. First, opt for a two-toned denim combination. For example, pair a faded denim shirt with darker wash jeans. Avoid similar wash denims, as the look will be monochromatic. Second, pair clean-cut denim with distressed denim for an edgy statement. To soften the look, add some accessories that sparkle. A chunky necklace is a fashionable statement. Third, layer your look. To break up the denim, layer with colorful fabrics and eye-catching prints. Conrad suggests pairing a denim collar chambray with a plaid sweater. Remember, do not overthink your denim-on-denim ensemble. The best looks can simply be spontaneous.

Fashion experts have shared their tips and tricks. Now it is up to you. Dig out those denim jeans or make some denim purchases, and have fun styling your look. Do not forget, denim is a look that never fades. As fashion columnist and editor Diana Vreeland marvels: "Blue jeans are the most beautiful things since the gondola."



PHOTO COURTESY OF BOWSANDSEQUINS.COM

FX Revitalizes Fargo after Hiatus

by Frank Flanagan '15
Asst. A&E Editor

FILM

In 1996, the illustrious filmmaking brothers Joel and Ethan Coen released *Fargo*, a snowy little film about big trouble in a small town. Now, 18 years later, Noah Hawley, a devoted *Fargo* and Coen brothers enthusiast, has adapted *Fargo* into a television series. With only the first two episodes of new *Fargo* released, how can we evaluate its performance?

When Noah Hawley created *Fargo* (the series) it seemed clear that he was not aiming for a recreation of the movie, but instead its themes and setting. *Fargo* (the movie) is set between snowy Minnesota and even snowier North Dakota. The landscape is almost constantly white, and the characters are almost always bundled up to their eyes. The plot of the movie is based around a kidnapping and a couple of murders, but the real story lies within the characters' convictions and response to the unexpected change in the status quo.

Characters from the movie such as Jerry Lundegaard, played by William H. Macy, and Marge Gunderson, played by Frances McDormand, are clearly mirrored in the series under different names. Marge Gunderson is replaced by a Molly Solverson, a deputy police officer hell bent on solving the murders yet burdened by a under-witted and ill-motivated police force. Lester Nygaard replaces Jerry Lundegaard. Lester, an emasculated life insurance salesman who is tormented and harassed by seemingly everyone, is

the anti-hero protagonist of the series, just as Lundegaard was in the movie.

In the first episode we were introduced to quite a few characters, and in the second episode, even more. Besides Lester Nygaard's character, viewers must have their eye on Lorne Malvo, played by Billy Bob Thornton. Malvo, a sociopathic drifter, blows into town in the first episode after a mystery conflict. Since his early introduction Malvo has proven to be ruthless, dangerous, and most of all manipulative. In the movie version of *Fargo* there were not any characters that seem exactly represented by Lorne Malvo, however his sullen and quiet qualities along with his inclination towards violence render him a faint similarity of both Carl Showalter and Gaear Grimsrud, the two chief villains of the tale. Malvo's character is a frightening force. Thornton plays the dark criminal

extremely well, and has to be a fan favorite even though he is utterly evil.

Characters like Lorne Malvo in the series, or Gaear Grimsrud in the movie, are responsible for the bulk of the violence in the respective stories. In both versions of *Fargo* there are episodes of graphic and seemingly out-of-place acts of violence. These episodes typically drive both stories, and are filled with an excessive amount of fake blood, which, when contrasted on the white set of the north really pops and intrigues. This intense and sudden brutality is somewhat of a hallmark in Coen brothers films, which set alongside the Coen deadpan humor makes for a truly eerie story. Hawley does an excellent job of translating the general vibe of the original *Fargo* into his series.

The series, which will be 10 hour-long episodes, would have done the movie a grave injustice if it had set out

to recreate the plot bit by bit. Instead, Hawley has effectively captured the essence of *Fargo* and utilized it in his new series, with a new plot and some additional characters. There are some similarities between the two that suggest an obvious borrowing, but it is in good taste. With eight episodes remaining in the series it will be interesting to see how the plot develops and characters play out. Right now the plot of the series is a little too wide open to draw any obvious conclusions, which, after only the second episode, is probably a good thing. *Fargo* (the series) so far has proven to be an enjoyable companion to the movie. It doesn't seem at this point like it will overcome the movie's widespread popularity, but it certainly has potential.

Fargo airs every Tuesday night at 10:00 p.m. on FX.



PHOTO COURTESY OF THEGUARDIAN.COM

Orphan Black: Season Two Begins

by Mary McGreal '15
A&E Staff

TELEVISION

Orphan Black is back. Last Saturday, the second season of the award-winning science fiction drama premiered on BBC America. There was a lot of hype leading up to the premiere, with the promise of new characters and evolving plots. However, the episode got off to a slow start and, as a whole, acted as more of a refresher of the last season. Other than a few creepy cowboy-like Proletheans sent to stir up trouble with Sarah, no new significant characters are introduced. No one knows where Sarah's daughter Kira is, Alison still has an unsettling wealth of knowledge about firearms, and Cosima and Delphine are balancing the whole monitor/girlfriends thing. Basically, the episode was a continuation of the last episode of the first season.

In an attempt to explain the popularity of the show, a *Time.com* article quotes *io9* writer Lauren Davis saying, "I actually think that *Orphan Black* captures a lot of the things that make shows like *Buffy [the Vampire Slayer]* great in a way that *Buffy* imitators haven't been able to. It's a female-centered show—and I think a lot of people underestimate how attractive that is for female viewers—with snappy dialogue, complicated relationships, accessible mysteries; and a big bad. The characters are larger-than-life, giving the show the kind of escapism you might find in cartoons or action movies, but the relationships between them feel authentic." In a media landscape where graphic violence against women



PHOTO COURTESY OF TVAFTERDARKONLINE.COM

is depicted as acceptable (*Game of Thrones*, I'm looking at you), it is always refreshing to see strong female leads.

Or should that be a strong female lead? Tatiana Maslany shines as multiple clones. It never ceases to amaze how one actor can portray more than half the cast, yet manage to make them more than, well, clones of one another. This is seen in other elements of the show as well. One of the strongest supplemental elements of last season was the music chosen to accompany the episodes. The iconic scene where Alison rocks out to "Bitch" (also known as "Nothing in Between") as she drives down the street in her minivan perfectly summarizes the many identities of the clones. The show masterfully balances entertainment with sentimentality by

choosing music that complements both contemporary tastes and the clones' identities as thirty-something-year-old products of the 1980s and 1990s. It will be exciting to see what music makes an appearance during the second season.

Many sources cited last week's biggest shocker as the reappearance of one of the clones, Helena, who is also Sarah's twin sister. Emily Yar writes in *The Style Blog* section of *The Washington Post*, "But by far, nothing beat the revelation that Helena—the Ukrainian serial killer assassin clone that Sarah supposedly-fatally shot in last season's finale—is actually alive. Well, barely—Helena stumbles into a hospital in the final seconds of the episode, covered in blood. 'Excuse me,' she whispers hoarsely. 'My sister shot me.'"

Honestly, anyone who was surprised that Helena survived into the second season has probably not watched enough television. Unless you are Josh Whedon or George R. R. Martin, you do not kill off the character that has the most complexity and potential for further development. Helena may be psychotic, but she is interesting. Not to say that the rest of the clones are not interesting—in fact, Helena might not be the only one with homicidal tendencies. Last season, clone Alison watched as her neighbor Aynsley is strangled to death by her own scarf and garbage disposal. What that says about Alison is up for interpretation, but the show continues to raise some intriguing questions about nature versus nurture.

Friar Fashion: Spring Hair and Makeup

by Isabella Goldstein '17
A&E Staff

FASHION

Friar Fashion here again, your on-campus source for all of the new and exciting trends that can easily be incorporated into a college wardrobe. It seems the spring weather has finally arrived, and though I have already given you fabulous Friars a list of 10 must-haves for the season, I have neglected to discuss both hair and makeup, two beauty essentials I believe are just as important as the outfit one is wearing.

First, it may sound crazy, but the hottest lip color of spring 2014 is neon orange. This bright colorful lip works well with many skin tones, but pay close attention to its finish. Stick to either glossy or creamy shades, and keep the rest of your makeup very simple. All you need are defined brows, luscious lashes, and eyeliner to complete the fresh look. Speaking of eyeliner, now is the time to perfect the cat eye, another hot trend for the spring season. It may sound intimidating to achieve, but with the right cream eyeliner, an angled brush, and some practice, you will be able to perfect it in no time. With a bold lip and cat eye, avoid matte lips and face makeup. Instead try a tinted moisturizer or BB cream for a more refreshing feel in order to keep the look clean.

Next, though I am the biggest culprit of obsessing over long, luscious locks, it appears that a medium length haircut is the preferred style of the season. The length virtually complements all face shapes and can be styled to

anyone's taste. A Friar Fashion pet peeve: avoid a straight across cut at all costs. Please do not forget about incorporating layers into your next trim at the salon, for they add both volume and shape, something that will make you look and feel fabulous!

Fourth, be bold and daring by sporting metallic nails rather than the pink, blue, and purple pastels that we are so accustomed to wearing in the spring. A bit of sparkle, shimmer, and shine will complement your soon-to-be sun-kissed skin tone. Plus, it is a nice change from the pretty, yet typical soft colors of the spring. However, the next time you decide to get a manicure, avoid an unnatural nail shape and acrylics, both very tacky trends.

Lastly, though golden locks and sunshine go together hand-in-hand, do not feel the need to go blonde this season. Try something different for a change. Keep your natural brunette hair or experiment with a rich brown dye job and frame facing highlights. And if you still have not tried an ombre color, there are so many tutorials and do-it-yourself kits that a salon appointment is not necessarily needed if you are on a budget.

And so, that is my top five for you, Friars. I have now given you the latest trends from head to toe so I expect this campus to be sporting the perfect springtime looks for the remainder of the semester. And please remember: whether you are wearing a casual outfit or glamorous dress, simple or elaborate hair and makeup, Friar Fashion says to always be fashion forward!

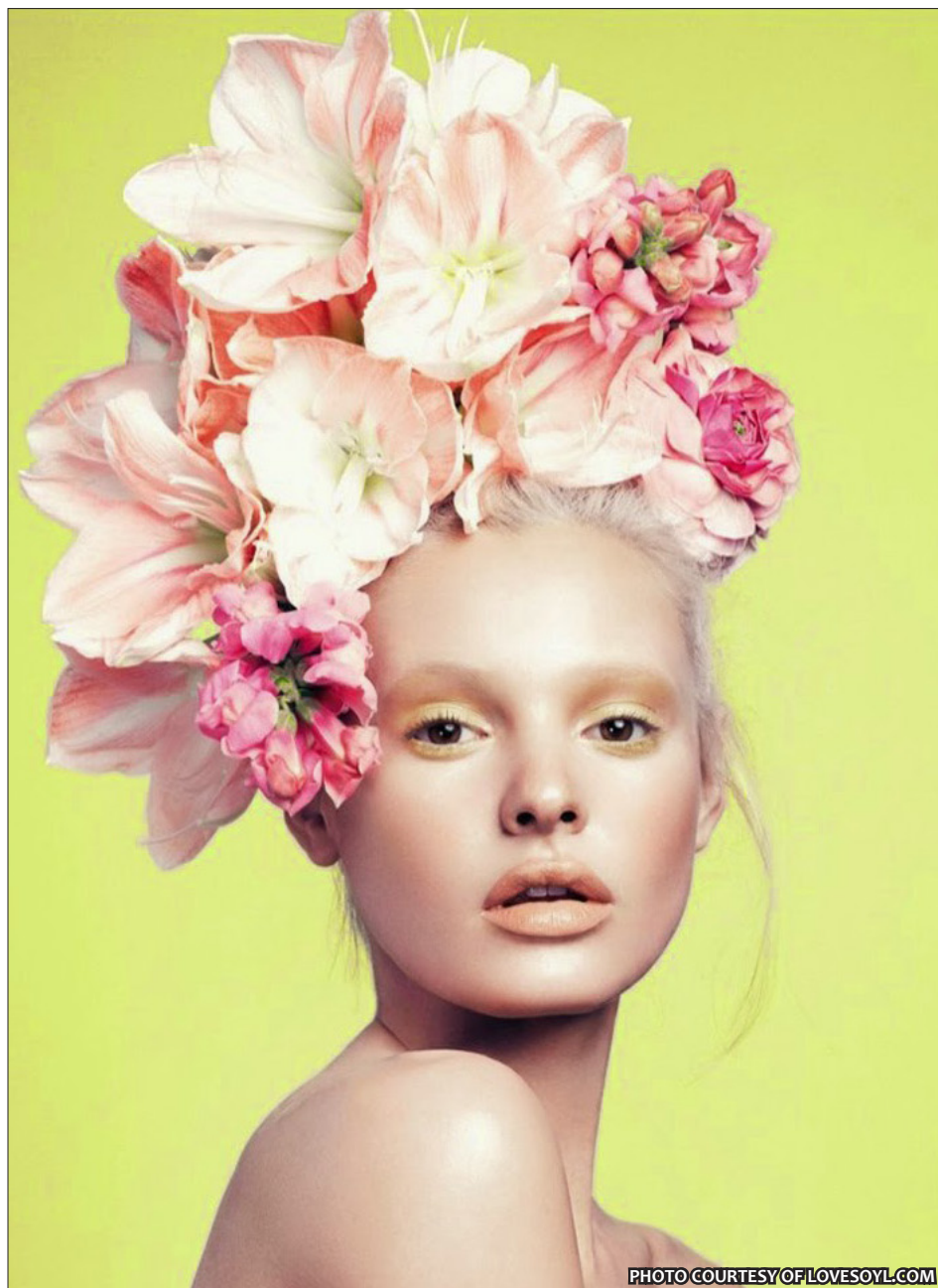


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Summer 2014 Television Preview

by Kelly Laske '16
A&E Staff

TELEVISION

The four months of summer in between semesters at PC are a time for relaxation and no homework. With all this free time during the week, new summer television shows give us something to do when we want to wind down at night after a long year of strenuous classes and exams. Although television networks release their best shows in the fall, the summer is known for its ridiculous one-hit wonder game shows and fun sitcoms. This summer's shows to watch are *Food Fighters* (NBC), *Welcome to Sweden* (NBC), *The Bachelorette* (ABC), *Extant* (CBS), and *The Quest* (ABC).

On July 22, *Food Fighters*, a reality TV competition of home chefs versus professional chefs premieres on NBC at 8 p.m. Hosted by TV personality Adam Richman, *Food Fighters* gives amateur chefs the opportunity to compete with the best cooks in the world. The catch? These chefs will be trying to cook the home chefs' specialty dishes better than they can in hopes of winning over a dinner table made up of the American public. With each week, the cash prize gets bigger and bigger.

Airing on Thursdays at 9 p.m. on NBC, *Welcome to Sweden*, created by comedian Amy Poehler, is a comedy about a man who leaves behind his life as an accountant in America to move to his girlfriend's native country, Sweden, after she gets offered a job



there. Premiering on July 10, the show stars and is based on a true story about Amy Poehler's real life brother, Greg Poehler, when he moved to Sweden to live with his Swedish wife almost 10 years ago. The series has already aired in Sweden and was a

major hit. NBC has already renewed the show for a second season before even airing in the United States yet.

Although it is not a new premiere, ABC is releasing two *Bachelor*-themed television shows with brand new contestants and locations. *The*

Bachelorette, premiering Monday, May 19 at 9:30 p.m., stars Andi Dorfman, the woman who was famously dumped by the previous *Bachelor* Juan Pablo Galavis. Dorfman, a 26-year-old attorney, has not stopped dissing Juan Pablo since the breakup, even posing on a poster that says, "She's looking for the right Juan," with the word Juan crossed out and the word "one" written next to it. ABC is also premiering *Bachelor in Paradise*, which is another version of their show *Bachelor Pad*. Instead of residing in a mansion in California like *Bachelor Pad*, *Bachelor in Paradise*, premiering on Monday, August 4 at 8 p.m., will have contestants live in "isolated romantic paradises."

Produced by Steven Spielberg, *Extant* is about a female astronaut, played by Halle Berry, as she returns home after being in outer space for a year. Premiering on Wednesday, July 9 at 9 p.m. on CBS, *Extant* will show the life of Molly as she tries to rekindle her distant relationship with her husband and kids. Unlike the previously mentioned shows, *Extant* is a sci-fi drama that takes a more serious route.

Finally, ABC is premiering a unique game show for *Lord of the Rings* fans called *The Quest*, premiering on Thursday, July 31. The show creators joined up with the creators of *The Amazing Race* to design a reality competition that consists of challenges in a land of magic and mystery. The summer television lineup of 2014 is packed and networks are ready to unveil their shows to eager viewers.

Netflix Instant Queue: Horror Films



by Alanna Smith '14
A&E Staff

FILM

Closing in on finals week, all students need a way to blow off steam during their down time—and a good horror movie might be the best way to do that. However, something too frightening might add to the stress load, so here is a list of films, all available on Netflix Instant Queue that do not skimp on gory moments, but also provide lots of laughs.

Grabbers (2012)—This Irish film has possibly one of the best horror movie premises ever: a small fishing town is attacked by blood-sucking sea monsters, and the villagers' only defense is to get really, really drunk. Such a premise could easily turn into a tasteless caricature of Irish culture, but director Jon Wright steers away from that. Also, instead of turning to slapstick gags and parody of horror clichés that fill most comic

scary films, the humor comes from the talented cast and the colorful characters they portray. The on-screen relationships are so established and natural that the viewer cannot help but feel like they are watching real life—minus the monsters, of course. There are no big-name actors, but keen eyes may recognize Richard Coyle from *Covert Affairs* and Russell Tovey from *Sherlock*. Other strengths lie in gorgeous cinematography of the Irish coast and surprisingly excellent special effects for a low budget film.

Cockneys vs Zombies (2012)—The title may be slightly ridiculous, but it might be the only one that could accurately sum up this raucous and hilarious zombie flick. The plot is exactly what the title suggests: a group of young East Londoners trying to save their grandfather's retirement home from being demolished, finds their bank robbery interrupted by an even bigger crisis. Fans of *Shaun of the Dead* will enjoy imagining that this was what was

happening on the other side of London during the zombie outbreak. There is plenty of blood and guts, and bucket-loads of profanity spewing from the mouths of geriatrics, as well as fantastic use of a double-decker bus. The film takes care to stay on the lighter side: there is never a shortage of danger, but the audience also never loses hope that their heroes will pull through. The cast is largely composed of unknowns, but that aids the suspension of disbelief. Peggy, one of the women from the elderly folks' home, is played by Honor Blackman. The name might not mean too much to the modern viewer, but in 1964, she played Bond girl Pussy Galore in *Goldfinger*—possibly the most famous James Bond film ever. Even at 88 years old, she makes an excellent zombie killer.

Nightmare Factory (2011)—This one technically is not a horror film, but a documentary. It features the world of Hollywood horror makeup, focusing especially on the company KNB EFX

Group. The company has done special effects for hundreds of films and shows, most recently including *The Walking Dead* and *Django Unchained*. The documentary details the careers of Robert Kirkman, Greg Nicotero, and Howard Berger: how they got started in the industry, how they started KNB, and how they are keeping practical special effects relevant in a world dominated by computer imaging. There are many movie clips showing some of their most famous effects, so the weak-stomached should be warned. However, despite the gore, seeing decapitation and dismemberment from behind the scenes actually helps to take the nauseating edge away from horror films. There is commentary from many great directors as they reflect on working with these makeup geniuses, including John Landis (*Animal House*), Michael Jackson's *Thriller*, George A. Romero (the creator of the zombie genre), Quentin Tarantino (*Pulp Fiction*, *Kill Bill*), and John Carpenter (*Halloween*, *The Thing*).

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PORTFOLIO

Page 17

April 24, 2014

TEN MINUTES

by Jose Martinez '16
Portfolio Staff

FICTION

It started about two and a half months ago, probably, with a guy on the street approaching me out of nowhere. I've never seen him before, and he didn't look shady in the slightest. He didn't attempt to cover himself up or anything. He just told me that on the 10th of May, starting from 12:30 in the afternoon, I had 10 minutes to convince the customers of the Royal Regala Cinema to flee the building. He told me I had 10 minutes, or else "it would happen."

Ten minutes.

I didn't think too much on it. In fact, I hadn't even bothered coming. But I was bored, and I was in the mood to see a movie. No movie in particular; just a random showing of a random movie of my random choosing. And then it hit me, "Right...that nut threatened me with that 10 minute crap." So I figured that if I had time to kill, I'd "warn" a couple of people who passed by, just for kicks and giggles, no intent of actually caring for their safety; it'd just be for fun.

I arrive, get a ticket for some movie, look at the showtime, and I let the countdown begin.

Minute one, I warn a guy with a cheap-looking but probably expensive fleece jacket. He tells me that that kinda stuff must be real funny and then tells me to knock it the hell off before that kind of crap gets me in real trouble. That reaction was really surprising.

Minute two, I warn a dark-brown-haired and ginger couple of what is to come. The ginger flips me the bird, the brunette tells the other to not bother giving me any attention, I'm just some nut who feeds on attention. At least the brunette was cool about it. I check my watch five seconds before it changes into the next minute. There is no way that figure is going to pull off whatever it is he is trying to pull off.

Minute three, I'm feeling a bit thirsty, so I head up to the concession stand and ask for a bottle of water. Either the couple or the first guy tipped off the nearest employees they could find and word spread quick, because the concession stand girl hands me my water with eyes that could stab, threatening to call security if I "continue this kind of behavior." Hey, I'm just trying to pass a message along.

Minute four, I completely disregard concession stand girl and warn an old man and what must be his grandson. The grandson is pretty young, and whenever kids that age hear things that sound "bad" or "scary," they begin to make those preliminary crying sounds that resemble whining. Grandpa tells grandson not to worry, and he gives me the Han Solo finger, telling me I should be ashamed of myself

for scaring a kid his age with such nonsense. Well damn...he's probably going to tell concession stand girl now.

Minute five, the halfway point. Is this guy really going to go through with this? May the Good Lord strike me with lightning if this guy actually does make this happen. Concession stand girl interrupts my thoughts, waving a walkie-talkie in my face, threatening to call security like she promised if I wouldn't cut this out. I raise my hands as if I was about give myself up for a crime that I never committed. I promise that the old man and his grandson were the absolute last people I would "scare." She tells me it doesn't matter, security are coming anyways. I lower one of my hands over where I think my heart is, swearing on my father's soul that they were the last people. I even tell her that I have to watch this movie, I can't get kicked out. She relents, heading back to her post, and gives me the "I'm watching you" fingers. I'm shaking.

Minute six, and I've passed the halfway point. Imagine if the guy said 10 minutes, but actually meant less than that. Like at this exact moment, "it" happened. The first guy would have been real regretful of the way he talked to me. He would have thought, "Damn, why didn't I listen to that crazy loon when I could have? Guess he isn't so crazy now..." If we both live through this, I'll be the one getting him in real trouble for threatening like that.

Minute seven, and I imagine the kind of status I would get from surviving this. "Hey, guess what? A couple of months ago, the guy who orchestrated this told me that it would happen. And what are the odds that the person he told would survive?" I bet I'd be a hero. Maybe I could win over the brunette from earlier. She'd be all over a fortune teller, wouldn't she? I bet the ginger would beg me to give her back, even attempting to make it up by setting me up with one of his other hot friends. Not a chance dude. Not after flipping me off.

Minute eight, and I would honestly feel bad for both the grandpa and his grandson. I mean, sure, I'd laugh at them first for not believing me, the grandpa more because laughing at such a cute kid is pretty messed up. But I would definitely feel bad for both of them. The grandpa because he's got like, what? A couple of years left? He's old and senile, he doesn't know any better.

And no kid that young and adorable deserves to go through such a thing. If he does, may he be among the first to depart with the Good Lord; surviving it would mess that kid up forever.

Minute nine, and that guy is probably not going to go through with this. I mean, come on. What kind of guy doesn't cover himself up or at least make a poor attempt at covering himself up? What kind of guy doesn't attempt to look shady and weird? He wasn't suspicious at all. Usually the guys that threaten people with this kind of crap are among the weirdest people you'll ever come across. That's what separates the criminals from the proper citizens of society; it's how strange you are. Look at me funny or exhibit some kind of weird behavior, and you better hope I forgot my cell phone at home, because I'm calling the police. The guy who came up to me months ago? He was just a punk, looking to cause trouble. For him, he better hope I run into him again, or some nostrils are going to start

bleeding.

Minute 10, the final minute, the moment of truth, and also, what kind of guy waits months for this kind of event to happen? You either want this to happen at the time you tip a random guy off, or like I said previously, you're looking to cause trouble. That guy was just trying to be funny. He made me look bad, like I was the one trying to cause trouble. Too bad for him that I remembered his face; I hope he likes it in dire need of facial reconstruction surgery.

That was it. I did my best to warn people, I even waited the whole time anticipating it would happen, and all it got me was some prude threatening to call security on me and a bunch of angry feelings. I actually was hoping it would happen, however messed up that sounds, but only because I didn't actually think the guy would deliver. And I was right. Well, that's the last time I ever hope something chaotic happens. That guy must have had a girlfriend walk out on him, due to the fact that he can't keep his promises. What a wuss.

Ten minut-

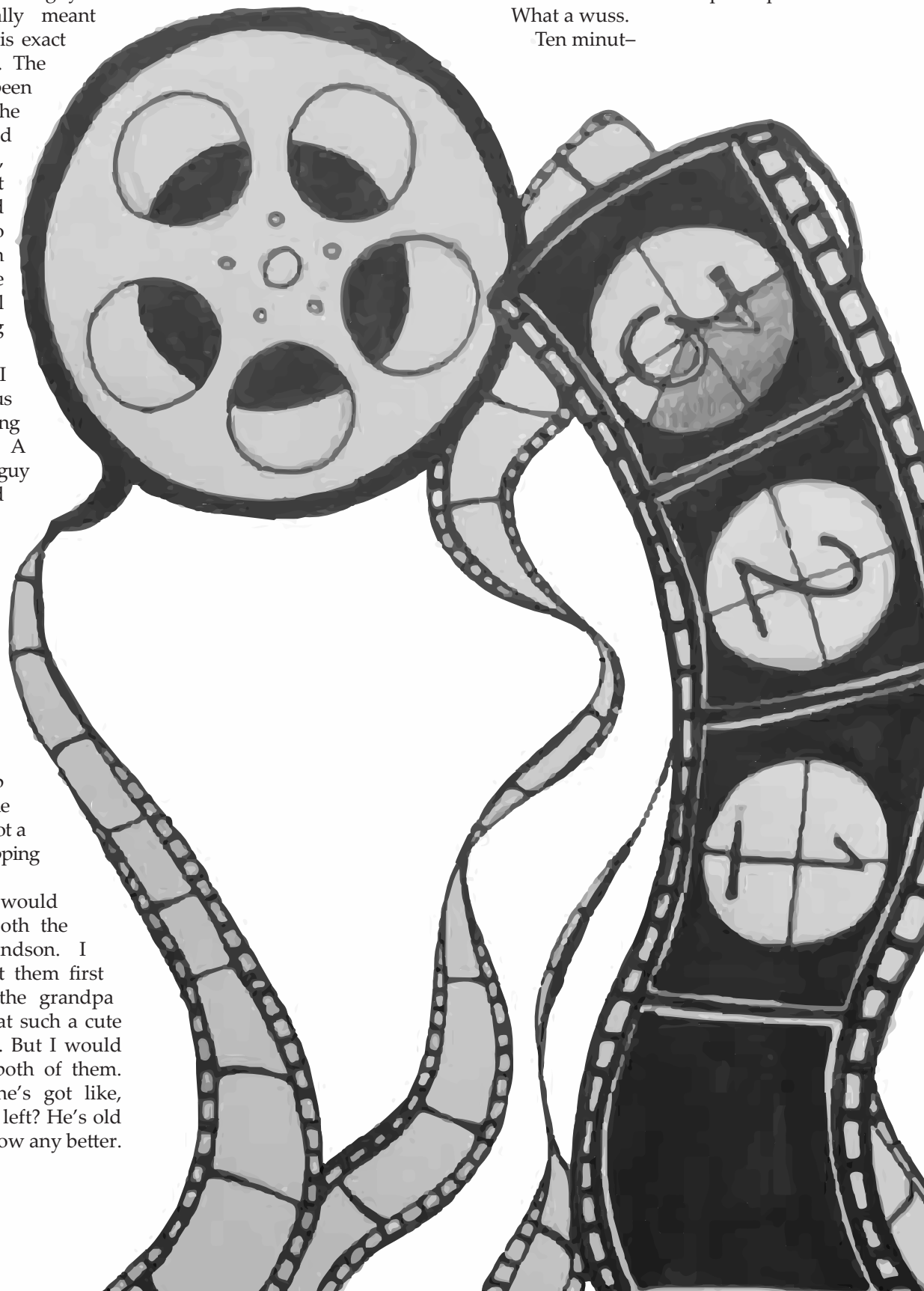
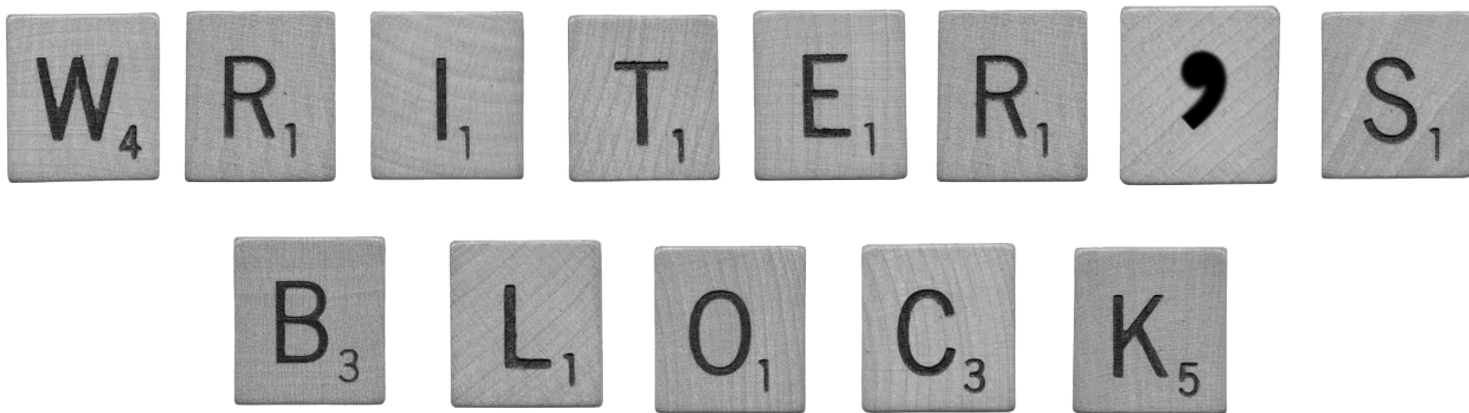


Illustration by
Casey Lynch '14



by **Melanie Souchet '14**
Senior Portfolio Staff

FICTION

The door knocked three times, and then there was silence. He didn't bother getting up to answer. And why should he? He knew how this was going to go. It was the same thing every time. People called once or twice, then they stopped. Maybe they stopped by once afterward, in person, but never more than that.

Okay, if he was honest (and he'd been brutally honest with himself lately), he'd admit that things were slightly different this time around. Someone had been knocking on his door every day. Sometimes twice. They always ended up leaving, but they were back the next day, at about the same time, knocking again.

It was his brother, he suspected. His brother was the only one who called consistently. At first on a weekly basis, then daily. Then the daily in-person knocking started. Even with this suspicion, he didn't bother getting up to answer the door. He stayed in his bed, wrapped up in the blankets, too tired to get up. It wasn't just a physical exhaustion. Hell, physically speaking, he probably should have

been fine. He'd gotten enough rest to put him through a few days without having to recharge, at least. It was an emotional exhaustion, a sense of emptiness that ran so deep that it turned into a physical exhaustion. There was no point in getting up to answer the door, or do much else that wasn't necessary for keeping himself alive. He was physically incapable of doing so.

That was probably a bad sign, but he was past the point of caring.

He wasn't sure if this was better or worse than things had been before, when he did care. Back when he cared, at least he could say he was feeling something. Even if what he was feeling was horrible, nothing but an unending spiral of hating himself, other people, and literally everything in existence, it was something. How did that one song go? Something about pain being better than nothing? He didn't know. He'd always hated songs like that, anyway. They never struck him as being sincere. They whined and complained about being numb, but they never seemed to know what it was really like. Or at least, if they did, they were terrible at describing it.

In fairness to those musicians, it was a bit hard to describe nothing.

He'd tried, a few times, when he'd explained to other members of his family why he wasn't returning any calls. "See, it's not like I'm ignoring you, it's just that, emotionally speaking, I am in a state where anything beyond vague apathy is impossible for me to feel? So I literally have no enthusiasm for anything? It's nothing personal. It's an across-the-board thing, don't worry."

Yeah, that had gone over well.

But they'd all given up on him, rightfully so. What good was he anymore? All he did was lie in bed, wander around his apartment like a ghost, barely show up to classes on a good day, and sleep. Mostly sleep. He wasn't surprised everyone had given up on him.

"Well," said the part of his mind that hadn't gone entirely numb. "Not everyone. He's still knocking, isn't he?"

He couldn't argue with that. As much as the apathy tried to swallow up any dissenting argument, anything that said he had a reason to get up or people who still cared about him, he couldn't argue with this simple, logical fact. Even if there was no emotion to go with it. Even if the fact that someone was still stopping by to make him feel better made him feel no measure of relief or gratitude, he could not argue with the fact that someone was still stopping by

and still calling. Someone still cared.

Maybe there was something to that.

The next day, someone knocked on the door three times.

He listened to the silence that followed. He stared at the door from his place on the couch. He'd anticipated this and made himself move to a place closer to the door. Maybe that would make things easier. He was wrong about that—even the few steps from the sofa to the door looked like an insurmountable distance.

But he made himself get up anyway. He stepped forward, slowly, until he was at the door. He stopped. He answered.

He realized how he must have looked—skinnier than usual, dead tired, hair a mess, barely holding on to wakefulness. He saw the shock on his brother's face, and couldn't even bring himself to feel shame.

But there was a slight hint of something in his voice as he spoke for the first time in what felt like forever: relief. "Hey, bro."

His brother smiled. "Hey."

The numbness didn't magically vanish and he didn't suddenly feel better. But the relief was still there as he stood aside to let his brother in.

It was a start.

Two writers, one line:

"The door knocked three times, and then there was silence"

by **Paul Francisco '15**
Portfolio Staff

FICTION

The door knocked three times, and then there was silence.

Oh come on. Not again. I am way too busy to deal with this girl's problems again. "Yeah! Come on in." Sometimes I really wish I hadn't become the guy best friend.

"HI MARK!" Carly yelled, opening the door and jumping onto my bed, tossing the books I had open into the air. This girl is cray-cray.

"Hey Carly! What's up?" I said as I continued to work on my thesis. Probably her roommate brought back a boy and is being extra loud tonight.

"Oh you know the usual. My awful roommate is being her extra happy self. Ooooooh. Whatcha reading?" She said, picking up my copy of *The Great Gatsby*. She looked at the book and saw how marked up it was.

"Working on my thesis on F. Scott Fitzgerald. That is the copy of *Gatsby*

I have had since high school," I said, checking out Carly. She is looking FIIIIINE tonight. This girl may be annoying, but she sure is pretty. Maybe tonight is my chance to get out of the friend zone. Carly was not an unattractive girl. She was almost as tall as I was, plus one. She had that really cute, nerdy girl kind of look going for her, plus two. When she had her glasses on SWOON CITY, plus five. She is an 11. This is the night I am going to attempt to make a move. Time to play it cool.

"Cool. Cool. Let's do something fun and spontaneous. I am bored. You don't want to be doing work. Let's go out and light stuff on fire." This girl is literally crazy...crazy hot. Carly jumped up from my bed and stood right above me messing up my hair. "Come on. Let's go and play!"

"Carly, I need to do some serious work on my thesis. It is due in like two weeks! I can't just drop what I am doing and go light stuff on fire with you." I wasn't lying. I needed to finish this thesis. I have four pages

left to write. Bang this out tonight and I AM FREE. No more stressing out. No more highlighting passages about colors. Freedom.

"Oh come on Mark! Live a little bit. Come with me. Let loose. Let the fun and spontaneous guy out to play!" Carly said, closing my laptop. Then she did something completely fun and spontaneous. She kissed me. We have known each other for three years and this is the first time that she has shown any feelings for me.

"Wait. What?" I said, still shocked from what just happened. What is she doing? Does she have feelings for me? Did I give a signal? Are my hauntingly beautiful eyes just so loveable?

"What do you mean? I kissed you. That is something college kids do every once in a while. Some people do more than just kiss. Hence why I am currently in your room." Carly said, holding my face in her hands. "Did you not want me to kiss you? AM I A BAD KISSER?!" She started to do her little extremely sarcastic act on me. I didn't hate it. Her hands are really soft. She is definitely a

Bath and Body Works girl.

"That isn't what I am saying, Carly. I am just surprised. I thought we were just friends. We haven't really talked about the possibility of an us." Am I overthinking this? Oh goodness. I really hope I didn't just screw this up. She looked at me with a look of confusion. Then a devious smile slowly began to form. She walked out the door.

"Oh fiddlesticks." Should I chase after her? That is gooey and romantic right? Definitely should run after her. I stood up abruptly and ran toward the door. I opened it and there she was.

"Fifteen seconds. Someone once told me that if a boy runs after you, you shouldn't let him go," she said, looking at her phone. She took a picture of me. "I am going to keep this picture and show it to you in the future. This is the first look at the start of us."

"Come on. Let's go do something fun and spontaneous."

Springing

by Emily Goodnow '14
Senior Portfolio Staff

POETRY

When the birds sang this morning,
I remembered that
There is always a new season
Ahead.
You are never
Stuck
In one weather
Forever,
The earth eventually
Shifts
From crunchy leaves
To black ice,
Black ice
To creeping crocuses,
Creeping crocuses
To dewy lawn.

I thought that winter
Would insist
On staying
Like a child
Refusing
To leave a playground,
But Mother Nature
Must
Have put her foot down,
Because the birds sang this morning,
And I am certain
That spring will come.

PHOTO COURTESY OF HDABED

ASTRONOMY IN AFRICA

by Amanda Brown '14
Senior Portfolio Staff

POETRY

We are lions in the wild
Bound to roam the whole earth free.
But now just for a while,
You chose to walk with me.

The pulsing in your ears
Is the pulsing of the sun.
And I can feel the red stars
Pulsing through your blood.

The roaring wasn't anger
It was laughing at their guns.
The scratching was a mark
That together we would run.

PHOTO COURTESY OF VJERAN2001

The Scream

by Kiernan Dunlop '14
Senior Portfolio Staff

FICTION

It happened exactly 30 years ago in March of 1984. Emma didn't talk about it after that, and no one wanted her to. Everyone just said it was much ado about nothing, and hoped saying it would make it true. She even did the townspeople a favor by spending most of her time working in the old curiosity shop in the village and staying out of their way.

Everyone who was old enough to be there remembered one thing above all about that day: the awakening. The horrible awakening that brought everyone out on the road in various stages of dress in the early hours of the morning. A scream resounded off the face of every building in the town that was so loud and powerful, the only source that could justify it was a murder in cold blood. Whispers and rumors grew as they all searched for the source of the scream, a search that brought them to the lighthouse.

Emma sat alone, covered in sand, wearing a white dress torn and frayed at the edges, and screaming at the top of her lungs having undergone some sort of unexplained metamorphoses from the quiet preacher's daughter she was known as. Her face was the color purple that skin turns when all the oxygen has been drained out. The townspeople stood shocked at the sound and the fury behind the never-ending scream, no one moving. People eventually tried to approach the screaming woman, but little by little as she didn't respond and didn't appear physically harmed, people slowly trickled back to their lives, and then there were none. Emma was left alone, far from the madding crowd, and the incident became a source of gossip brought out for special occasions like town picnics and graduations.

JUSTIN FERNANDEZ '15/ THE COWL

Listomania

Putin's Mid-Life Crisis Purchases

Crimea

American Sports Car

A New Olympic Ring

██████████ with Lasers

Healthcare.gov

Vodka

Johnny Weir

Rideable Polar Bears

More Vodka

Fighting Bears

Dire Wolf



Paper Wings

by Justin Fernandez '15
Portfolio Editor

POETRY

The music swells,
But the words are lost on my deafened ears.
And my words turn pale,
And empty,
And cold
As the paper tears and cries for
Sweet relief.

Empty the bucket with the trash.
It's gone now and won't come back.
Come back.
Let's dance with innocence,
And paint our pictures on the walls.

PHOTO COURTESY OF CORALSEA

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

This week...

Dear Tiffany and Earl,

All of my friends got a copy of *Frozen* from the Easter Bunny. But all he decided to bring me was a stupid chocolate egg and *Beauty and the Beast: The Enchanted Christmas*. It's not even Christmas! Why me? Is the Easter Bunny out to get me?

Sincerely,
Stuffing my face with chocolate

Dear Pedofreak,

Drop the chocolate before you break out and get fat; nobody likes to see a beached whale with a pizza face bubbling in the summer sun. Blubber is so not chic, and you'll totally reek.

I honestly have no idea why you're kvetching at me right now; this *Frozen* garbage is clearly overrated. TBH, I listen to that demonic "Let It Go" song when I'm sitting over the toilet, fingers (or toothbrush, depending on the day) down my throat trying to let it all go, thinking about lardbutts like you while I try to get my bangin' beach bod back; that's how bad the song is...I don't even need the fingers (or toothbrush) to graze my uvula, hearing that creepy elfish song is enough to prompt me to let my feta and grilled chicken pizza or my one too many shots of Burnett's all go.

And no, I do not want to friggin' build a snowman. The best part of that movie? The sass of the "OK bye." Love that. Too quiche. Trust me, you're better off with an *Enchanted Christmas* because at least Belle is a classic, timeless beauty with brains, and does not sound like she's possessed by some freaky pedophilic time warp demon when she sings.

Nonetheless, I question your entire life. Best token of Tiff advice: drop the chocolate, or just "Let It Go" (into the toilet...after you eat it), ditch the Disney, and ask for some Chanel.

...OK bye.

XOXO

Dear Elmer Fudd,

To quote the late Leslie Chow, from the horrific and terrifying second *Hangover* movie, "I'm sorry you're having a bad day, did you die today?" Do you blame the bunny for the confusion? When you examine the holidays through a philosophic and analytical eye the holidays are so similar. Anyone with a basic Civ...err I mean...PC degree would know that. What separates the holidays is the commercialization of America.

You see Christmas is supposed to be a celebration of Christ's birth. Not just a celebration of supporting big business, stampeding Wal-Marts, and Mariah Carey defying age with her hotness.

And Easter is a celebration of Christ's rebirth. It is him beating death, and beating the Romans. He is taking Earth for a rebirth; a second chance. And not a second chance like Lindsay Lohan's fifth chance.

The only difference between births is the way we celebrate. One has a huge fat guy somehow shimmy down a chimney without getting any black soot on his red suit, where he delivers an array of presents, with the number of presents depending on your tax bracket. Another has a bunny hopping over the ocean and the land just to deliver presents, with the number of presents again depending on your tax bracket.

Not only that, but there are weather issues to blame. With climate change, the bunny must have been confused with the colder weather, and assumed he was celebrating Christ's first birth, not his second birth.

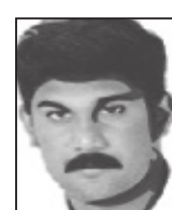
So, in conclusion it was not the Bunny's fault. So, step off or you're just going to get coal for Easter next year.

Disclaimer

The Tiffany & Earl feature is a satirized account of Providence College. Both the question and answers are purely works of fiction. Tiffany & Earl are anti-heroes whose comments ultimately satirize the stereotypes they each represent.



Tiffany



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Men's Hockey Represented in the Pros

Shamanski and Army Sign ECHL Contracts

by James Kirby '15
Sports Staff

MEN'S HOCKEY

After leading the Friars back to the NCAA Tournament for the first time since 2001, two seniors are hanging up their Friar jerseys and have already begun their professional careers by joining teams in the East Coast Hockey League. Derek Army '14 has signed with the Wheeling Nailers from West Virginia and Steven Shamanski '14 signed with the Fort Wayne Komets from Indiana. The East Coast Hockey League is a 21-team AA league with teams across the nation. The league is just below the American Hockey League, which is the main farm system for the NHL.

The ECHL has been the starting point for some Friars who have landed them in the NHL. Most notably Colin McDonald '07 of the New York Islanders started in the ECHL. McDonald played with the Stockton Thunder for a year before moving up the ladder to the AHL and then the NHL. Similarly, Jon Rheault '08 played with the Ontario Reign before joining the Florida Panthers in 2012. Just last year defenseman Myles Harvey '13 joined the Nailers as well. Harvey played in 30 games last season in which he scored three goals and recorded four assists. The Wheeling Nailers are an affiliate

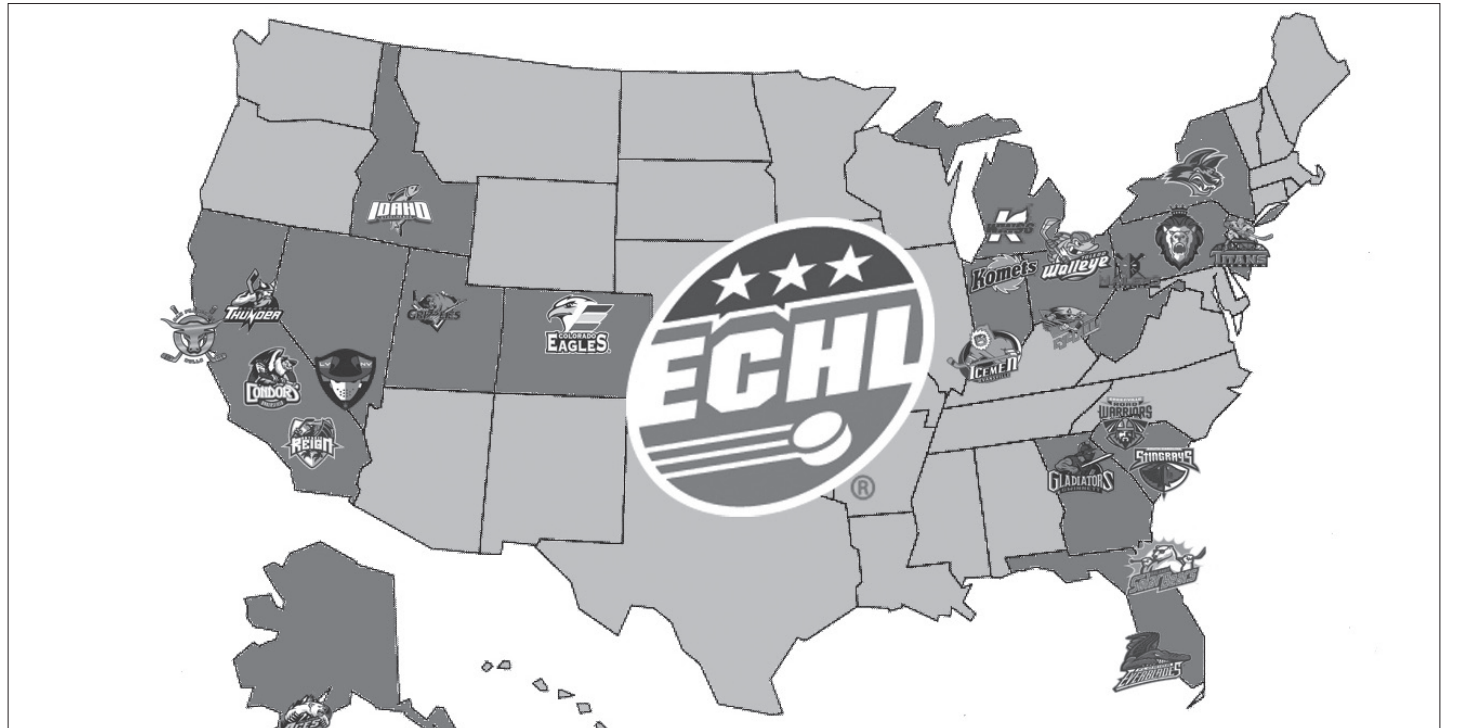


PHOTO COURTESY OF SCOTTYWOZZ.BLOGSPOT.COM

of the Pittsburgh Penguins and the Montreal Canadiens.

Senior co-captain defenseman Shamanski played in 141 total games as a Friar. In his senior year he scored a career best six goals with 16 assists. His most memorable goal may have been against Merrimack when he displayed late game heroics and great stick work by knotting the score 1-1 with under five minutes left when the teams faced off at "Frozen Fenway." Shamanski was also selected to the All Hockey East Honorable Mention team his senior

year.

Derek Army played in every single game during his time here, making him second of all time in consecutive games played for Providence College with 149 games. Who is in first? His dad, Tim Army, who played in 151 straight games. Serving as alternate captain during the year, Army found the back of the net eight times while recording 10 assists.

Army played in the last four games of the regular season for the Nailers, notching three goals and one assist. The performance

was good enough to earn a spot on the playoff roster. Shamanski also played in the remaining three games for the Komets. The ECHL Kelly Cup playoffs began last week with both Army's and Shamanski's teams earning a spot.

With current Friars Mark Jankowski '16, Jon Gillies '16, John Gilmour '16, and Anthony Florentino '17 already drafted by NHL teams, expect to see more Friars playing post-college on the professional level.

Who Will Make the 2014 NBA Finals?

Heat vs. Thunder

Unfortunately for basketball fans looking for upsets, the NBA's Eastern Conference is depleted. LeBron James and the Miami Heat will cruise to the 'ship looking to claim their third straight NBA championship.

This year was perhaps one of the weakest seasons an NBA conference team has seen, with the number eight seed clinching a playoff berth despite being six games below 500 percent. In fact, the Phoenix Suns, who just barely missed the post-season in the Western Conference, would have tied for the third seed in the dismal East.

LeBron James and company will prove to fans that there was never a reason to fear the big men from Indiana, or the veterans in Brooklyn, as they make easy work of this season's postseason. Even further, as they win not only the Eastern Conference championship, but the NBA title as well, the claim that LeBron James is the greatest basketball player of all time will receive more serious attention.

The future is uncertain for the "Big Three" in Miami, but before they potentially part ways, they will share one more triumph in South Beach.

-AJ Stueck '14



PHOTO COURTESY OF METRO.US

Who will win the battle of Western powers?

The Oklahoma City Thunder are currently the second seed in the West, but they should have the edge over the San Antonio Spurs because they have the favorite for the NBA's Most Valuable Player award, Kevin Durant. He leads the league in scoring with 31.9 points per game while adding 7.5 rebounds and 5.5 assists, while leading his team to 58 wins.

His best teammate isn't too shabby either—all-star Russell Westbrook has bounced back from injuries and is averaging 21.8 points while dishing out 6.9 assists per game as well. Congolese-born power forward Serge Ibaka adds 15.2 points and 8.6 rebounds, and has made the All-NBA defensive first team twice and lead the league in blocks for the past two years in a row. Two other defensive specialists, center Kendrick Perkins and Swiss shooting guard Thabo Sefolosha, round out the starting lineup. Don't forget that Ryan Gomes '05, Providence College's all-time leading scorer, comes off the bench for the Thunder.

Although San Antonio has had an incredible season as well, their weak link is age. While the Thunder's core is 25, the Spurs' triumvirate of Tony Parker, Manu Ginobili, and Tim Duncan are over 31. I predict that they will run out of gas against Oklahoma City in the conference final when they go up against the league's best player.

Prediction: Oklahoma City Thunder over San Antonio Spurs in six games.

-Jeff Williams '17

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Black Pack Close Season Strong

Finish Second in the Beast of the East Tournament



PHOTO COURTESY OF PAT SHEA '14

by Pat Shea '14
Sports Staff

MEN'S RUGBY

The Black Pack had a great showing this spring; they blew past the Red Ruggers of Fairfield University during the first game of their season and then went to the University of Rhode Island to dominate schools like Bryant, Boston University, and their hosts the University of Rhode Island to win the Rhody Cup for their second consecutive year. After these noteworthy wins, they travelled to Stonehill in order to dominate the Rugby Northeast Division II 7's tournament for their second year, but the biggest tournament of the spring for any self-respecting rugby program is the Beast of the

East Tournament.

The Beast, as most ruggers call it, is a two-day rugby tournament that teams from all over the East Coast come to compete in. Now the tournament normally has a Division I and Division II bracket. Providence College Rugby plays in the Division II Rugby Northeast Conference, but at this year's tournament the Black Pack was asked to compete in the Division I bracket since they had such great seasons for the past several years.

The games started on April 12 at 10:30 a.m. with the Black Pack against the Southern Connecticut State University Owls, and this game resulted in a Providence victory 14-0. The Black Pack got to take a long rest before their 6 p.m. game against the Ithaca College Bombers. This was actually

the team that beat the Pack in the championship in the 2011 Beast of the East, and many of the seniors who were in this game were eager to pay the Bombers back. The team destroyed the Bombers 47-0.

The next day, the Black Pack immediately qualified for the Cup semi-finals against the Terriers of Boston University whom the Pack had already beaten in the Rhody Cup tournament a week earlier. The Black Pack showed that this victory was not a fluke by beating Boston University 26-0, making it their third consecutive shutout of the tournament in the Division I bracket. This was an incredible showing from the Black Pack's defense, stopping three top-tier teams in their tracks and driving through their opponent's defense to score time and time again.

Unfortunately, all good things must come to an end, and the Black Pack's winning streak fell short by one game against the Minutemen of the University of Massachusetts Amherst. The Black Pack was only able to put up three points against the Minutemen who were able to put up 16. This resulted in the Black Pack finishing the Beast of the East tournament in second under the Division I bracket.

This will conclude the 2014 spring season for the Black Pack, who now looks forward to this Saturday's alumni game where the team will meet with past Providence Ruggers and match up against the alumni who still support the club and want to play a match.

Sisson Recognized as Scholar Athlete

Adds Another Accolade to Stellar Senior Season

by Bryan Blum '17
Sports Staff

TRACK AND FIELD

It has been a good year for Emily Sisson '14. In addition to winning a national championship and being named All-American, the senior distance runner from Chesterfield, Mo. was named Big East Female Scholar Athlete of the Year. She is the first Friar to win the award since Samantha Roecker '13 won it in 2012.

Sisson, who finished seventh in the NCAA Championships for Women's Cross Country, also won an individual Big East title destroying the old course record of 20:26 with her own course record of 19:49, beating out last year's champion by five seconds. This was Providence's first individual Big East Title since 2005, when Fiona Crombie '06 took home the honor. In addition, Sisson finished second at the Northeast Regional Championship, was named National Athlete of the Week on November 4, 2013, and was three-time Big East Athlete of the Week during the most recent cross country season.

Although she is still competing in the Indoor/Outdoor Track season, Sisson was also recognized for her efforts during the 2013 season, during which she won

indoor 3000 meter and 10,000 outdoor meter events at the Big East Championships. Sisson also earned First Team All-American Honors in the 5000 meter outdoor track event and Second Team All-American at the 5000 meter indoor event.

This season continued an already impressive career of distance running. Before even entering college, Sisson was a four-time high school state champion in cross-country. She also earned a bronze medal in the 2007 Junior Pan-Am Games, finished third at the 2009 Foot Locker National Cross Country Championship, and won the 2009 Nike Outdoor National 5000 meter championship.

Out of high school, Sisson attended the University of Wisconsin, earning All-American honors with a 14th place finish at the cross country NCAA championship. In the outdoor season, Sisson finished 10th at the NCAA Championship in the 5000 meters, also earning Big Ten honors.

Sophomore year, Sisson transferred to Providence, and under the coaching of Ray Treacy, picked up where she left off. During the cross country season, Sisson won the Bryant University Nassaney Invitational and finished fourth at the Big East



PHOTO COURTESY OF RI.MILESPLIT.COM

Championship. In the indoor track season, Sisson earned Second Team All-American honors with a 12th place finish in the 3000 meter race at the NCAA Indoor Championships. During the outdoor season, she also won the Big East Championship in the 5000 meter race and finished fourth in the 5000 meter race at the NCAA Championship earning her First Team All-American Honors.

In the fall of 2012, Sisson earned All-American honors for her performance in the NCAA DI National Championships with a 15th place finish before the 2013 campaign.

Sisson also performs in the classroom, and earned All-Academic honors for the 2013 cross-country season. This was a part of a team that was named NCAA Division I Scholar Team of the Year with a 3.38 cumulative grade point average.

Sisson and the rest of the track team look to finish the season strong with their upcoming events, most notably the Big East Championship on May 10 and 11 at Villanova.



SPORTS

Ray Treacy Invitational a Huge Success PC Hosts First Ever Track Meet



PHOTO COURTESY OF FACEBOOK.COM/AUSTINKING

by Nate Svogun '16
Sports Staff

TRACK AND FIELD

On Saturday, April 12, 2014, Providence College's illustrious Men's and Women's Track Teams secured convincing victories over Bryant University and Stony Brook University in the Ray Treacy Invitational. In this victory, the team simultaneously provided an exciting start to a new era in PC sports.

That is because Saturday's competition was PC's first ever meet at the new Ray Treacy Track. After the opening ceremonies for the new arena, the PC Men's and Women's Track Team wasted no time in getting down to business and doing what they have done so consistently for many years: winning.

PC started off efficiently early in the day in the high jump, long jump, and triple jump events. Phil Reid '15 brought home the victory in the men's high jump, clearing an impressive 1.93 meters. Reid also finished second in the men's long jump with a leap of 6.11 meters. In the women's triple jump, Meredith Daly '14 recorded a distance of 8.96 meters, finishing in second place.

The running events began with the women's 3000 meter race. The defending national champions showed why they are still the best women's track team in the country right from the starting gun. Sarah Collins '16 surged ahead of the pack and never looked back, maintaining a comfortable lead throughout the entire race, eventually finishing with a time of 9:19.77. Collins finished more than 25 seconds ahead of her nearest competitor, Catarina Rocha '17, who passed the finish line at 9:46.80. Lauren Mullins '16 and Erin Murphy '14 also ran well, finishing in sixth and seventh place, respectively.

The men's team put forth a similarly dominant performance in the 3000 meter. Benjamin Connor '15 won with a time of 8:16.25, and was immediately followed by five of his fellow Providence runners. Shane Quinn '15 captured second place, less than one second behind Benjamin, while Liam Hillery '15 placed third. Trevor Crawley '17, Christian Costello '16, Jake Feinstein '17, and Stephen Robertson '16 ended up in fourth, fifth, sixth, and eighth place respectively in what was a resounding victory to begin the day.

In the 4x100 meter relay, the PC

women's team claimed another victory with the team of Brianna Abbott '17, Lauren Basile '16, Maria Pantazelos '14, Caroline Callaghan '15, and Angelica Kartsounis '17, narrowly edging out Bryant's team by two-tenths of a second. The men's team claimed second as Kwaku Frimpong '14, Anthony O'Malley '15, Kevin Olsen '16, Reid, and Austin King '16 finished less than two seconds behind Bryant.

Providence also achieved considerable success in the other relay events, later in the day. The women's team of Callaghan, Taylor Corder '15, Kelsey Dermody '15, Molly Keating '16, and Daly captured first in the 4x400, while the 4x800 team of Laura Nagel '14, Caitlin Abelseth '15, Devyn Pryor '16, Katelyn Sischo '16, and Keelin Hollowood '17 also placed first, completing the trifecta.

The men's 4x800 team of O'Malley, Harvey Dixon '16, Julian Saad '14, Jake Meredith '16, Luke Perron '15, and Joseph Vercollone '16 placed first, while the men's 4x400 squad took second to a strong Bryant team.

The PC women also secured victories in the 100 and 200 meter, with Basile winning both races. Keating won the 800 meter four seconds ahead of her closest competition, with a time of 2:11.73. Nagel won the 1500 meter in 4:20.86, with more

than twenty seconds to spare. In the women's 400 meter, the only race in which the PC women's team did not receive first place, Abelseth finished in second, with a time of 58.93 seconds, just a fraction of a second behind Bryant's Kristen Hayes (58.32 seconds) in a photo-worthy finish.

The PC men performed well later in the day as well. Nik Andrews '14 won the 100 meter, while King recorded victories in the 200 and 400 meter. Dixon won the 800 meter, and Saad won the 1500 to cap off a resounding Providence victory.

PC's athletes were enthusiastic about the events of the day. Vercollone noted, "We did well and stayed solid" in the meet. Feinstein praised the new track, saying, "It's awesome—the start of something legendary".

PC track runner Jackie McCarthy '14 agreed with this sentiment, calling the new track, "a great addition to the school".

At the end of the day, the Providence College Men's and Women's Track Teams clearly inaugurated their brand new track in style.

Editor's Corner: An American Winner American Meb Keflezighi Wins The Boston Marathon

by DJ Anderson '16
Sports Editor

COLUMN

With all the coverage on this year's marathon, including all of the incredible tributes to those injured and killed in last year's bombings, the results of the race were not at the forefront of most Americans' minds on Monday, April 21, 2014. However, as the first runner broke through the finish line, every American across the country took notice. For the first time since 1983 an American man won the Boston Marathon. Meb Keflezighi, an Eritrean refugee who migrated to the

country in 1987, won the race with a time of 2:08:37.

The magnitude of Keflezighi's achievement, which came a little more than one year after an American tragedy, can not be measured by normal standards. Since 1991, either a Kenyan or an Ethiopian has won 22 out of the 24 races held in Boston. South Korea and the U.S. are the only other countries to have a runner cross the finish line first.

Keflezighi's popularity before the event has been a bit overlooked in the past few days. Before the race he was recognized as a world class runner, winning the Silver Medal in the Men's Marathon for the U.S.

in the 2004 Summer Olympics. He has also come close to winning the Boston Marathon before, coming in 5th in the 114th running of the race in 2010.

As impressive as Keflezighi's win was, the gear that he chooses to represent may have been his biggest statement. Keflezighi crossed the finish line rocking a combination of Skechers brand apparel, shoes and shirt included. There are not many people who can claim to have never owned a pair of Skechers strap-up sneakers during their elementary school experience, and it is great to see that the company is still on top of their game.

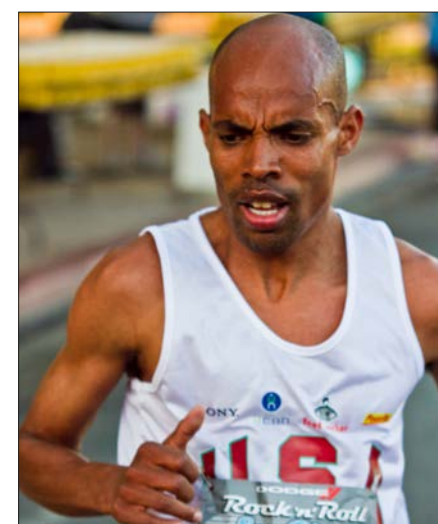


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