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RWU, Bristol continue PILOT talks

Brett Kearns
Herald Staff

Colleges and universities and the cities and towns they reside in have always needed to address the issue of re-payment. These PILOT (Payment in Lieu of Taxes) programs have always been a hot button issue between towns and universities. For several years now, the town of Bristol and RWU have been engaged in negotiations to arrive at an agreement.

RWU, as is the case with other colleges and universities, is a tax-exempt entity because it is a non-profit organization. Although RWU does pay for other services they use, the two services that they do not pay for are the use of the Bristol Fire and Police Departments.

According to Diane Mederos, Bristol Town Administrator, said "Town officials have been hearing for years from constituents that RWU 'doesn't pay their fair share.' I think that the perception has been that the university over-taxes our police and fire/rescue service without adequate compensation to the town. Whatever agreement we can come to that combats that perception would improve the climate in the community toward the university."

Jeffrey Gillooly, Senior Director of Government Relations and International Programs at RWU, has been at the forefront of the PILOT negotiations with Bristol.

"Fire and Police are two services that

we do not pay for, but students are still billed for the use of the rescue vehicles ...and we now have EMT's on staff," Gillooly said.

Both Mederos and Gillooly have discussed possible solutions for the PILOT program, one of which they both mentioned was the university possibly donating or contributing toward a rescue vehicle or a ladder truck.

Mederos said that the negotiations have been, "more contentious in previous years." She continued to say that, "When I began my term, (December, 2004) one of the first things I did was reach out to the university and Dr. Nirschel to have a discussion about how we can better work together. I think that set the tone and things have been congenial."

Gillooly agreed with Mederos saying

town of Bristol, saying, "We are good neighbors to the town of Bristol, and it is important to be good neighbors."

"Overall, I would say that Roger Williams has had a positive impact on our community. The students have contributed many hours of community service, have helped the economy by frequenting our local businesses, among others things," Mederos said. "RWU has enriched the cultural climate here, has employed many of our residents and has given us many good and productive residents who decide to stay here after graduation."

The *Bristol Phoenix's* article highlighted the commendable contributions that RWU has and continues to make to the town of Bristol. Specifically, the awarding of scholarships to Bristol residents, which totaled 611,000 dollars and also the community services that RWU students perform in the community.

Furthermore the university employs 370 Bristol residents and donated 60,000 dollars to various organizations in Bristol in 2005.

Mederos and members of the Bristol Town Council expect an agreement to be reached sometime in April.

Mederos has said the only thing that she has been frustrated with is the length of time it has taken to come to an agreement, but she is optimistic about the end result.

"I think that we will all be happy with the outcome."



The dumpster behind Tidewater went up in flames Sunday night but Public Safety and Bristol Police & Fire, a service RWU does not pay for, came to the rescue.

"I would also like to see the university give a tuition reduction for Bristol kids who are accepted and enroll in the university, especially those who will be living at home and not impacting the housing shortage on campus," Mederos said.

Gillooly said that he wants to put a package together that is in conjunction with the mission of the university.

that the perception that negotiations have been hostile has not been the case. "There were some good ideas and some ideas that were not so good ... we do not just want to give a lump sum of money and say do what you want with it," said Gillooly.

Gillooly has reaffirmed the commitment of RWU to be a good neighbor and also to have a strong relationship with the

Building names honor contributors

Phil Devitt
Herald Staff

Their names hang high above the doors of some of the most popular places on campus. Fixed to the walls of university buildings in gold and silver letters, they are impossible to miss. But these names are more than names. They are the identities of people with close ties to the university and their significance goes far beyond the concrete to which they are attached.

The Feinstein College of Arts and Sciences bears the name of the well-known Rhode Island personality Alan Shawn Feinstein. A former teacher and journalist, Feinstein retired ten years ago to devote all of his time to philanthropy. The Cranston-based Feinstein Foundation, which he founded in 1991, is dedicated to alleviating world hunger.

Feinstein also believes in the importance of public service and dedicates much time to getting local students involved in

improving their communities and helping people in need. This is also what led him to RWU.

"The university received a million dollars from the foundation to make our community service program a part of the curriculum," said Feinstein. "And it evolved from that because of my close relationship with Roger Williams University as well as a few other colleges and universities in the area."

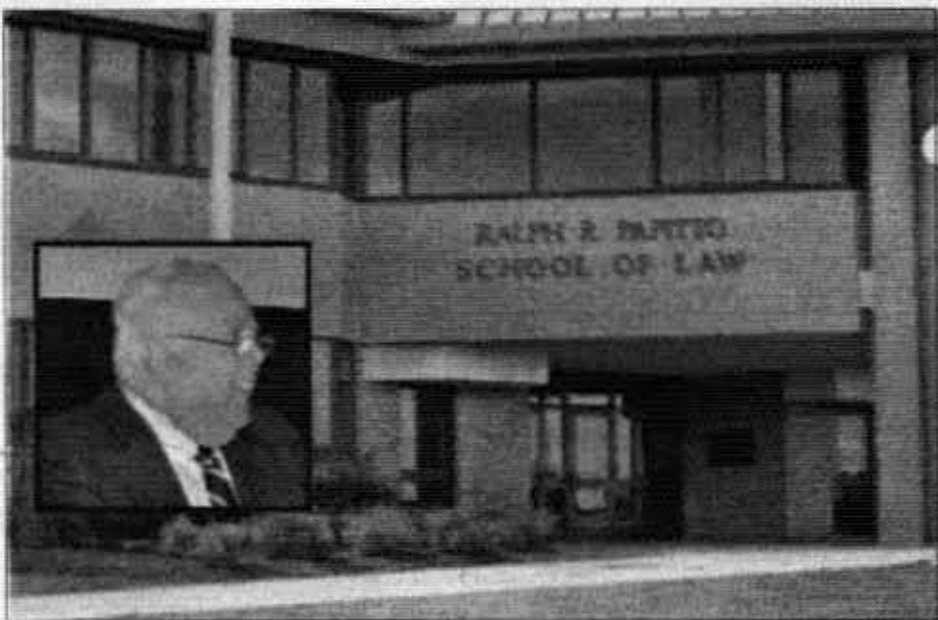
The College of Arts and Sciences was named for Feinstein in recognition of his donation and the work that he does. Most buildings on campus are generally named for similar reasons.

"Usually, buildings are named for people because of philanthropic donations they have made," said Corporate and Foundation Relations Director Michele Allaux. "It's not that they say 'I'll give you money and you can put my name on a building.' It's more often in recognition of what they have given us."

The contributions that these people make are often more than just financial ones.

"These are people who are usually very much engaged with the university, and not just in a money way," Allaux said. "They are involved with where the university is going and in touch with what is hap-

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Tracey Lemle

Looking for a sensible design

Michael Hurley
Herald Staff

Take a look around. You stand in one of many wide-open fields, you see a number of old-fashioned gothic buildings, and you feel the historic aura. The campus proves to be able to accommodate for the future while still preserving its rich history.

This is not Roger Williams University, it is the University of Notre Dame.

An observer at the RWU campus would see classically designed buildings, such as the Campus Library - a solid, brick building with a high clock tower. A first-time visitor to the school may also notice the Marine and Natural Sciences Building, a classic-style brick building wrapped by green plants and surrounded by stone walls. Instilled with a sense of the school's history and of the town in which it lies, the visitor may become confused upon seeing the new, angular buildings that better resemble something out of an episode of *The*

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From Bayside, with Love

"You Won't"

"Every time, I tell myself, 'never again,'" my roommate says to me shaking his head in disgust with a half cracked smile and a bulging right cheek. It's 12:30 p.m. on a



Chris Villano
Herald Staff

Wednesday night and I can only respond to him with, "do it again, you won't." He denies, "You're right, I won't." It's been four years and he knows the game too well.

There are many forms the Peer Pressure Monster can take when you're hanging out with your friends, none more powerful than the simple declarative statement "you won't." And it's more than the fact that, if you wanted to, you know *you could*. It's the tone; the haughty smile and the short pause that seems to last for days that forces you to give you're rhetorical consent. You respond eagerly, "Oh, I won't?" And you do it, whatever it is, you'll be damned if you're going to let someone tell you what you won't do! You may come to regret it later, but for the moment victory is yours.

However, this form of peer pressure doesn't always come from someone else; it can also come from within. I was in 1776 last weekend doing math (I'll explain later) when I decided to go buy a beer. I opened the glass door hesitantly and put my left hand around a cold 40 oz of Steel Reserve. And as soon as I touched the icy beverage, four years of experience flooded my every thought. I know that eventually, nothing good can possibly come from the purchase of a Steel Reserve; it's literally a bottle of poison. "Am I really going to spend money on a bottle of poison?" I wonder as I recall the time I put on the mask from the movie *Scream* and barged into random dorm rooms howling. I know better, I let go of the bottle and shut the glass door. But then the little voice enters and he brings with him all the ensuing justifications. Game over.

Hey, I've got five weeks left on this campus, don't judge me!

And as the end nears, seniors continue to forge forward inventing new ways to creatively intoxicate. Well actually, I wouldn't define dumping a shot of Tabasco sauce into a full funnel as an "invention" (apparently it tastes like Buffalo wings) and I wouldn't call snorting a line of parmesan cheese accompanied with a slab of butter "creative intoxication." But hey, to each his own.

It's all in good fun, but I'll let you know where a good place to draw the line is: one million beers. I was involved in a lurid discussion last weekend that honestly went on for too long. What would it take to drink one million beers? You'd think the first guy who blurted out "well you'd die before you even got halfway" would put an end to the conversation. Wrong.

I'll break it down for you (remember that math I mentioned a few paragraphs ago?) Let's start with a reasonable number, you drink three beers an hour, every hour of the day. You operate with a classy digital watch that goes off every hour that reminds you "it's time to funnel three beers." You might as well get it over with quick, because let's face it, one million beers are going to cost some serious cash and we both know you don't have the money to splurge on something sip-worthy. What does that mean? It means you're drinking one million Genny Lig's, my friend! At \$11.99 a 30 pack you can't go wrong (unless you have taste buds). So Mr. frugal alcoholic will only be throwing down about four hundred thousand bucks for this little experiment (I can't look at that number without laughing).

So if you're drinking three beers an hour for 24 hours, 365 days a year, you're drinking 26,280 beers a year. If you keep this pace you'll be done in about 38 years. The mean age on this campus is probably 20, so guess what, by the time you're 58 you'll have finished off one million beers or you'll be dead before you hit 21. Imagine how good the last one would taste; it would have to be a bottle though. So, of course, after you finish you could throw it against the wall and watch it shatter into glass shards of victory! Drink one million beers. You won't!



ASK MEG & ASH

Dear Meg and Ash,

I had a great freshman year. I made a lot of friends, was very involved in extracurricular activities and did well in school. I love RWU. The problem is that I made all new friends and lost touch with my friends from high school. I have to move back home at the end of the semester and really don't want to leave RWU. I think my summer is going to be horrible! What should I do?

-RWU Lover

Dear Lover,

First, we are really excited to hear that you loved your time at RWU. It is great that you became really attached to the school. We understand your problem as it is a common issue for a lot of freshmen. If you are on Facebook, look up your high school friends and send them a "long time, no see" message. Mention that you can't wait to hear about their freshman year and want to get together. Or instant message or email them. Are you getting a job this summer? You will probably make new friends at your job. If you are one of the lucky few that doesn't have to work during the summer, volunteer in your community (at the hospital or local Relay for Life etc.) to get to know others. Also, spend some quality time with your family. We also recommend staying in touch with your college friends and perhaps getting together with them once a month.

Have a great summer!

Meg & Ash

Dear Meg and Ash,

I have had the same roommate for two years now. She and I started out really good friends and slowly we began drifting apart. Now it's like we barely know each other and our friendship has actually turned to hatred. I've often found things missing around my room and I don't want to blame her, but who else could it be? Just recently a \$300 piece of jewelry went missing. Do I confront her about this? Help!

-Afraid of Confrontation

Dear Afraid,

Well of course you have to confront her, but not necessarily in an accusatory manner. Ask her if she's "seen it around," or if she happened to borrow it and forgot to tell you. If your property is going missing, then something most definitely needs to be done about it, but don't jump to any conclusions. Maybe you should tell her that you're going to tell the RA that some of your stuff is missing because you think someone may be breaking in. She may get scared and confess if she's actually done it. It's probably a good idea to get the RA involved either way. He or she can maybe help you with your problem. On a side note it's sad that the two of you were such good friends and have lost that relationship. Maybe you could talk to her about that and rekindle any friendship that may be left. Good luck!

Meg & Ash

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



Editor's Note: There will be no Hawk's Herald next week because of the Passover and Easter holidays. We hope everybody has a safe and enjoyable holiday. Eat lots of Matzah and search for colored eggs.

Look for future issues of the Hawk's Herald on
April 21, April 28 and May 5

חג שמח
Happy Passover

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Names: Buildings named after philanthropists

Continued from p.1

pening."

Feinstein, who received an honorary degree from RWU, remains in touch with the college that carries his name.

"We are in regular communication with the president, and we are very interested in the college's yearly community service project," said Feinstein. "I'm proud of my association with the college and I wish I had time to stop in more often."

Other buildings on campus, such as the Papitto School of Law, are named for the people responsible for their existence. Ralph Papitto, now Chairman of the university's Board of Trustees, was key in establishing the law school in 1997.

When he conducted a study to determine whether starting the school would be cost-effective, the study determined that it wasn't practical.

"Chairman Papitto wouldn't accept that," said Chief Financial Officer James Noonan. "He had another feasibility study done and this time, it was accepted. Ralph was really the driving force behind the establishment of the law school."

The Board of Trustees decided to name the school after Papitto in recognition of his persistent efforts.

"He was instrumental in getting the whole thing together," said Allaux. "Our law school is currently the only one in the state. He recognized that it was a need, and saw an opportunity. That's what led to his name getting on the school."

The recreation center and athletic field just next door to the law school are named for a university trustee, too. Thomas Paolino was Chairman of the Board when the center opened in 1983. Paolino, who died in 1987, headed the Rhode Island Republican Party and served on the Rhode Island Supreme Court.

Mario Gabelli, whose name is also familiar on campus, serves as Chairman and CEO of the Gabelli Asset Management Company, a New York-based investment firm. Because of a financial contribution he made to the university, the School of Business now bears his name.

"Mario's involvement in the business world is in market management and stock management," said Allaux. "He gave a very large donation and the business school was named in honor of him."

Gabelli, also a university trustee,

remains involved with the School of Business and according to Allaux, comes to university events when he can.

There is no set amount of money that determines whether a building on campus will be named after someone. And while some donations are public knowledge, other people choose to keep their contributions private.

"Sometimes people want their names on a building and sometimes people don't," said Allaux. "Sometimes people just want to remain anonymous when they give us very large donations. It depends on the person."

Buildings aren't the only places on campus that display the names of loyal benefactors; though. Even the ground students walk on has names attached to it. D'Angelo Common, located at the heart of campus, was named for trustee Philip D'Angelo and his wife Jennifer in 1998.

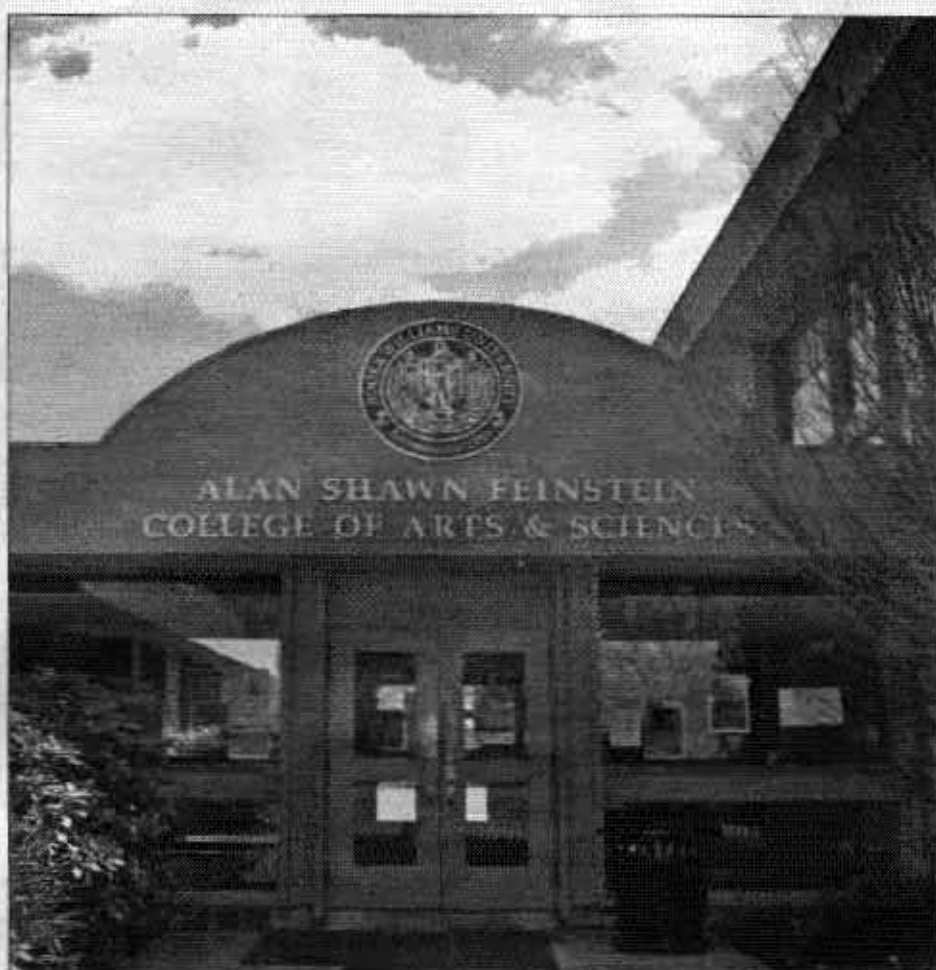
A stone bench also located on the Common is inscribed "to Marshall Fulton, who loved and worked for the vision." Fulton served on the board of Roger Williams College in Providence and owned the RWU property which was farmland until 1967. He was instrumental in expanding the university out of the city into Bristol. The bench is situated to the right of the Roger Williams statue on the hill.

Many bricks on the walkway behind the hill are inscribed with names, too. The bricks were placed in honor of financial contributions made by alumni and faculty, and in memory of people who have died.

"These are people who gave smaller donations but they just wanted their name on something that belongs to the university," said Allaux. "It's usually people who absolutely love the place and for whatever reason, they are still attached and want to stay connected."

A conference center in the Marine and Natural Sciences Building was named in memory of Mark Gould, a professor who helped to create the Center for Economic and Environmental Development.

"He was a wonderful, very much loved professor on campus," said Allaux. "When he died, people were very upset and wanted to do something for him. We recognized that there were a lot of people who still were excited about what he had done. Friends, family members and other faculty members gave money and the conference room was named after him."



Tracy Lemke

Donations were also used to create the Mark Gould Memorial Scholarship and Research Fund, which began in 1999.

"The scholarship was established in response to an outpouring of sentiment and dedicated contributions from the entire University community and beyond," said Allaux.

Across from the Marine and Natural Sciences Building, nestled in the library, is the Mary Tefft White Cultural Center. Named for a woman who graduated with the class of 1976 at the age of 60, the center serves as a meeting place for students and faculty, as well as the room many lecturers speak in every month.

In 2004, White, an artist and philanthropist, donated 500,000 dollars to the university. At the time, this was the most money any alumni had ever contributed.

"Mrs. White loves the liberal arts, and a few years ago, she was thrilled with the direction of the university," said Allaux. "She offered to do something for the library, and that led to the opening of the cultural center. It was something she was interested in, and that's usually how dona-

tions come about. The person is involved with a project or has some kind of affiliation with what they're contributing to."

White, who turns 90 this year, remains involved with the cultural center. She attends many of the lectures and enjoys interacting with students.

"It's so exciting to even talk to students," said White. "I love just talking with them because I can feel for them and see what I can do to stir things on for them. I think there are a lot of opportunities in this world and you don't have to have anything. You just have to do it and keep it up."

White finds satisfaction in seeing the cultural center used for the purposes she envisioned.

"My whole life is spent wanting to help people," said White. "I feel so close to young people and I like to do anything I can to give them a little push toward something that they truly want to do — anything I can to help young people get that seed patted so that it will grow into a huge, beautiful something. That's what I'm living for."

RWU faculty strives to be the biggest loser

Based on the show seen by millions each week on NBC

Courtney Nugent
Herald Staff

Many students around the Roger Williams University campus tune into reality television shows: Laguna Beach, Real World, and American Idol are among some of the more popular shows. Another reality TV show, The Biggest Loser, judges contestants on how much weight they are able to lose over a period of time. With a growing trend of obesity on college campuses and throughout the United States, members of the RWU community decided to follow in the footsteps of The Biggest Loser.

The idea of The Biggest Loser, developed by Kim Teves, the Fitness Center Program Specialist and implemented by herself and Mark Andreozzi, came about due to a growing concern of obesity across college campuses.

"The rate of obesity is climbing and President Nirschel has expressed a concern for this on campus," said Teves. "This concern has promoted the development and implementation of new programs in health and fitness as well as the Biggest

Loser competition between faculty."

According to Teves, the program was started to bring together members of RWU faculty who were looking to accomplish weight loss goals. The program, which ran from February 22 to April 1, allowed the



nine dedicated participants to work out three times per week for 1 hour with a trainer. It also required the participants to hand in food logs as well as exercise logs, as they need to commit to exercising two extra hours on their own.

"We wanted to motivate and inspire people to develop a healthier way of life in a team perspective so they would be more apt to commit," said Teves. "It gave those people who wanted to change their ways of living, but did not know the place to start,

We were able to allow individuals to become responsible for changing their eating habits. We reviewed all eating plans and made suggestions to them, as well as modifications."

As the idea of losing weight is not

appealing to most individuals, the program offered prizes to the team who had the highest percentage of lost weight.

"The winning team was chosen by the highest percent of total weight loss from the whole team over the six weeks. Team Fusion received a one-year free fitness center membership and a team makeover with a local hair salon and makeup artist at Salon Rhea with before and after pictures and also workout clothing compliments of the Athletic department," Teves said.

"There were also two other winners, Lorraine Lalli and Phyllis O'Neill, who won free personal training sessions until June 1st with Mark Andreozzi and myself for their continued hard work, dedication and most improved overall strength and form in exercise."

Overall, the total weight loss over the 6 weeks was 99 pounds.

"The response from the participants was incredible," said Teves. "It showed that there are people on campus dedicated to bettering their own health and their lifestyles."

Arch: Some question design of RWU buildings

Continued from p.1

Jetsons than from a small New England college campus.

These "modern" buildings include the latest addition to the Architecture Building and the adjacent new Student Union, which is nearing completion in its construction.

The new structures stand out significantly from the campus in general, and the contrast is most evident in the location of the University Admissions Office, a late 19th century farmhouse located directly across the street from the new Student Union.

The look and design of the new buildings are a part of a comprehensive plan that includes construction, destruction, and renovation of campus buildings. This plan is not available to the public.

The reason for the construction of the new buildings, according to Associate Professor of Architecture Edgar Adams, is two-fold: to accommodate the increasing number of RWU students, and to carry the university into the next century by taking advantage of today's technological and material resources.

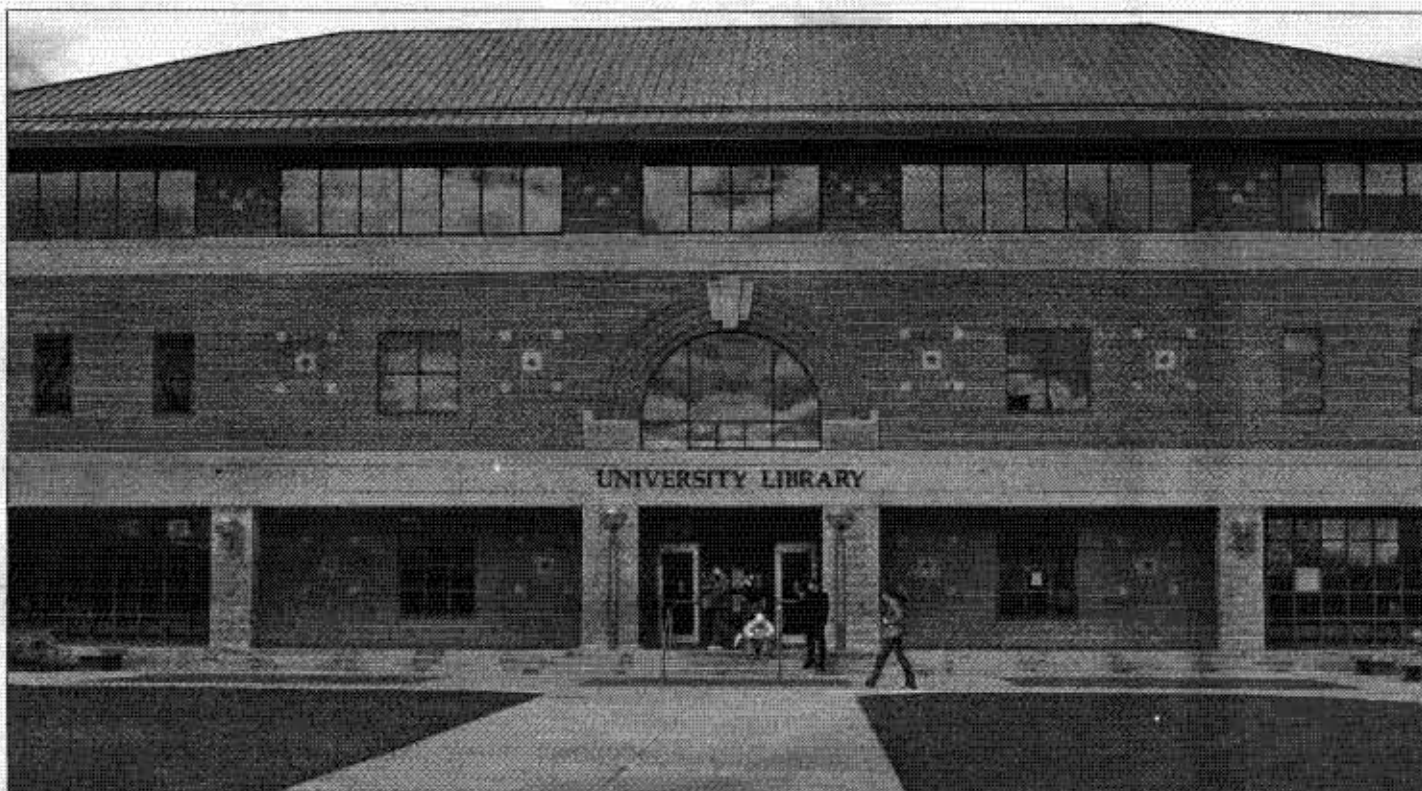
However, students and faculty alike have had trouble seeing these concepts come to life on campus.

"[The new construction] makes you wonder what and where the style of this campus is going," said Mike Messina, a sophomore Historic Preservation major at RWU.

The new Student Union looks modern and futuristic something that may be trendy today, but how will this look to people 20 years from now?" Messina added.

Dr. Ulker Copur, a Professor of Architecture at RWU who played a significant role in designing the campus plans, defended the modern look of the buildings.

"Every time period has different



Tracey Lemle

expressions of design," she said. "Architects are more free now to use new technology than in the past. Although there is a change in appearance, there needs to be continuity."

Adams, who also helped design the campus plan, showed support of the new buildings by comparing them to other buildings on campus.

"All buildings are dated – even the Admissions Office. The Marine and Natural Science Building is dated because it uses forms and materials that were specific to the 90s," said Adams.

Adams described how the University Library's clock tower is, architecturally, an anchor of the university to which other buildings on campus are related.

"If a building is only trying to draw attention to itself, then it will take away

from the cohesion of the campus," Adams explained, "and I don't think any of these buildings do that."

However, the sizes of some buildings eclipse the size of others. For example, the three-story Campus Recreation Center, with its eye-catching glass entrance, is 124,000 square-feet – more than three times the size of most other buildings on campus.

Compared to the smaller buildings, large structures draw attention away from the buildings that originally served as the foundation of the campus.

Adams divided the campus' growth into three stages.

"Phase 1 was the original buildings (FCAS, Eng. Building, Gabelli Business School, Administration Building) which fit well with the site. Their light color made them almost appear out of the landscape."

"Phase 2," Adams continued, "involved the Campus Library, MNS, and the addition of columns in the front of Gabelli School of Business in order to create a quadrangle. These buildings had a very heavy relationship to the site and provided the campus with an anchor."

"Currently, Phase 3 involves the addition to the Architecture Building and the construction of the new Student Union," said Adams.

"The new buildings are designed to draw one's attention to the library's clock tower as well as direct one's eyes to the Mt. Hope Bridge and views of the Mt. Hope Bay. Though they are large, they try to complement the anchor and foundation of the campus."

Adams says that the development of North Campus is important to the school, but it will take 10 to 20 years for the uni-

versity to complete.

"First, the university must convince the town that expanding the campus is beneficial to the town," Adams said. "Also, we can't build more dorms until the sewage system is upgraded."

Again, the school's future plans for the campus are not available to the public, so Roger Williams students and faculty must wait to see how the plans unfold.

Though the architecture faculty and those who had a hand in creating the master plan for the campus defend the new structures, others fail to see the continuity described by Copur.

"There is no cohesive look," Messina said. "Look at Cedar Hall compared to Stonewall. Look at MNS compared to the Athletic Center. Look at the Library compared to the new Student Union."

"They don't match," added Messina. "It seems like they don't have a firm grasp of deciding how the campus is going to look."

While nobody is questioning the ability of the architects to construct buildings that will stand for many years, many students like Messina are simply wondering if the campus will ever look coordinated, or if they will piece the campus together one building at a time.

However, because people cannot see the campus plans, they must rely on the word of the architects – a fairly difficult task amidst all the construction taking place.

Whether or not the plan will come to fruition will be seen over the next year, the next 10 years, and the next 50 years. Until then, RWU students, faculty, and visitors must walk around the campus in search of its identity.



Tracey Lemle

OP-ED:

Students not thrilled with Spring Weekend music

Meghan Zanetich

The one event students on our campus look forward to the most as the semester winds down is Spring Weekend. It is a four-day festivity with plenty of activities for the students to participate in, including a highly anticipated concert.

It is a time for everyone to let loose and have a great time with their friends right before summer break. In past years, our school has had great musical acts such as Wyclef Jean, Maroon 5, Third Eye Blind, and Busta Rhymes, all musicians who are known, loved, and respected. But this year's decision has left much disappointment throughout campus.

This year's musical guest for Spring Weekend will be Lifehouse.

Sophomore Sarah Robertson seemed disappointed in the decision.

"Lifehouse?" she exclaimed. "Are you kidding me? How are we even going to dance to that?"

This is the reaction of most students when they hear of the musical guest that is coming to Roger Williams. Lifehouse has had its share of two hits, but for a campus that has had great artists in the past, why on our 50th anniversary would we choose to have a band such as this one?

Students feel as though this was a big

mistake made by CEN who will probably regret it after ticket sales drop from past years.

Students understand our school may be on a tight budget, but there must have been plenty other options out there that would gather a larger crowd and get people excited for the concert.

Most people are just bummed out by this choice. Senior Alex DaLuz said, "I'm glad I'm banned from festivities because their music is horrible." Although this may be a very strong opinion, I do believe he isn't the only one thinking that.

Spring Weekend is usually a time to

look forward to because the weather is great, the school year is ending, seniors are graduating, and for one last time before finals students get to have a lasting memory. With the choice of Lifehouse as a performer this year, Spring Weekend's concert will be one to forget.



www.matthom.com

Spring Spinning has Sprung

Traci Harris
Herald Staff

Looking for a great workout that can burn up to 900 calories in one class? Want a workout that will test your endurance and raise your heart rate? Do great music and an upbeat instructor get you going? If yes, then look no further than spin.

For those who have never heard of this intense workout, RWU spin instructor of a year and a half, Brandi Youngs describes it as, "a fitness class held on stationary bikes. By changing the resistance teachers can take students up and down hills, on sprints, and more."

Donna Darmody, Wellness Coordinator at RWU has been doing spin for three years. "I do it because for me, it is one of the most intense cardio workouts I have experienced in a class. In the past I have taken and taught aerobics and step aerobics," said Darmody.

According to Youngs, spin is beneficial for everyone because "it increases your strength and endurance, works the calves, hamstrings, gluts, quads, and even the core."

Youngs said that many factors determine how many calories are burned in each class.

She said that "it depends on how much you weigh, how hard you work, your muscle mass-to body fat ration, etc. Generally the consensus is that it can burn 500-900 calories an hour. That's half the reason we love it."

Lindsey Maguire, an RWU junior has been doing spin for a year and a half, and likes it because of "the rush it gives you while working out. It's the best workout I do."

Spin is also for beginners. Lauren Ciarleglio, also a junior at RWU, recently started spinning, and is glad she tried something new.

"I like to go to spin with my friends. I like the music we listen to and I especially like the way I feel when it is over," said

Ciarleglio.

When the ride gets tough, the music seems to be what really keeps the riders going.

"What I like about it is the music makes the hour go by quickly and it is easy to get my heart rate up into a training zone," said Darmody.

Youngs agreed, "If the music is good you can get so into the ride-the time flies and the whole time you are having fun!"

On the toughness of spin, Maguire noted that "it's easy if you make it easy. You have the ability to go at your own pace so you have to have the drive to push yourself."

Ciarleglio has noticed that spin is not an easy ride. "I think it is very hard to do, and I know for a fact that I would never be able to push myself that hard on my own, but the instructor is very motivating and keeps me going."

She also optimistically said, "I think the more you go the better it gets and you feel very accomplished in the end!"

Youngs thinks that one of the many reasons to try spin is that, "It's a great way to change your workout routine- it's fun and energetic."

Maguire agreed, "I suggest that everyone tries spin. You have to be ready to be challenged. It's a great way to get a cardio workout. It's something different than the elliptical and treadmill."

Ciarleglio also thinks that everyone should try spin at least once because it "is an overall fun experience and is very rewarding in the end."

She continued to say, "I think everyone should try spin. If you are the type of person who doesn't particularly like working out in the gym, but want to work out, like me, I would absolutely recommend trying spin."

Darmody points out that spin is a hard workout by suggesting that "anyone serious about getting a cardio workout should try spin."

"Everyone should experience the intensity of the cardio workout. Plus

because you have an instructor pushing, you tend to work out harder than you would at your own pace."

A good thing about spin is that "there are a lot of times where I get very tired or dizzy, but I have no problem slowing down even though the rest of the class may be getting ahead," said Ciarleglio.

If you are not sold on trying spin yet, take it from the experts that this is a growing trend.

"I think over the past three years spin has been the most popular fitness class," said Darmody.

Youngs comments that most of the time her evening class is full, but said that "in the morning, we have anywhere from 3-18 people."

Lastly, Youngs wants to tell the RWU community to "come try spin if you haven't, you always get a great workout!"

Students who plan on trying one of the spinning classes should stop by the Recreation Center for a schedule of spin and other group exercises.



Tracey Lemle

University getting better video equipment

Lindsay Tucker
Herald Staff

The Media Studies Department at Roger Williams University is planning on purchasing new video equipment that will enable the university to produce DVD quality footage that can be transmitted via the Internet, enabling the community to broadcast newsworthy events from right here on campus.

The new equipment will enable the department to "do what we call IP TV," said John Moffa, head of media services. "Essentially what our equipment does now is via Internet. A video is plugged in from the conference room into any Internet port. Audio video is then taken and set to modulation which puts it out on channel five, the campus bulletin."

According to Vice President of Public Affairs, Susan Rivers the equipment will be "a useful way to allow our students to watch athletic events, cultural events, and other happenings on campus that they might otherwise miss. When we post these videos on our website, student's parents and friends will also be able to access these events." Moffa agrees that the equipment will be useful for public affairs and marketing, but also for sporting events and speakers.

According to Moffa there are many long term goals in regards to the Media Studies Department.

"We would like to be able to produce video news releases to air on network

news. We would like to increase the visibility of the University."

Moffa also mentioned the possibility of putting a decoder over at the Cox video room. This way, the university will be able to shoot programming to Cox over the internet, and this way things like speakers or sporting events could be put out over Cox Live. It is also speculated that in the future the university will be able to put out promotional DVDs, commencement videos. "The possibilities are endless," said Moffa.

As of right now, the university has verbal confirmation from two different local networks who say they will take 3-5 minute packages on any subject related to RWU. On slow news days they will put the footage on their program.

"However, if the footage is not broadcast quality, they will not air it," Moffa explained. "What we do here is very good, but not good enough quality to air on network news."

"I think it's really cool that the school will be able to broadcast its footage on local news stations," said junior Jennifer Dill. "One of the problems RWU faces is that it does not receive enough positive exposure. If the community was able to stay informed about interesting and positive events on campus, they may look at the school with a little more intrigue and respect."

In addition to news coverage the equipment may be used to make promotional videos for prospective students, but

also to persuade different corporations to donate money to the school so it can "build its endowment, raise more scholarship money, and enhance its curriculum," explained Rivers. "Again, that also directly benefits the students."

Rivers explained that the equipment also has the capability to be used to train interns who plan on working in the communications field after graduation.

Media Services has asked for a budget of 100,000 dollars. The department, which is located in the basement of the library, will be responsible for the new equipment. Moffa, however, does not seem to agree with Rivers on allowing interns the use of such equipment. "I don't think anyone else can really handle 100,000 dollars worth of equipment. You can't just give a thirty or forty thousand-dollar camera to students to take out into the field."

Although this new addition to RWU sounds beautiful on paper, the university has not yet gone ahead and decided to definitely approve the equipment. "There is a lot of logistics involved. We can't just throw money out and buy this stuff right away, a lot is involved logistically," Moffa explained.

In order to properly handle the equipment the department will need to enhance its staff.

"The biggest problem you face is staffing: who will be in charge of equipment? We are hoping to get a higher professional staff. The equipment manage-

ment is going to be a lot of work, but once people see what it can do it is going to light a fire," Moffa speculated.

In regards to purchasing the equipment Rivers explained, "As an institution of higher education, our expenditures are always primarily driven by the needs of our students."

Rivers also mentioned that a decision still needs to be made on whether to buy some, all, or none of the equipment requested by media services.

"All large expenditures on campus are reviewed, discussed, and weighed by a committee of key administrators and the president."

The administration has made tremendous strides technologically.

"When I started here 11 years ago there were no multi-media rooms—now we have 41," Moffa said. "The Nirschel administration really embraced technology; they realize its importance. [Nirschel] is very supportive of technological advances."

The Media Services department has not yet chosen a distributor from which to purchase the equipment.

"We have talked to many vendors but we need to get competitive bids. Prices vary greatly from dealer to dealer. What we need is a vendor who deals with this level of equipment," said Moffa.

Details such as staffing and related logistics need to be worked out before a decision can be made and the equipment can be purchased.

RWU's Food Critic: Double Dose

Kathin Curran
Herald Staff

Rise and shine! It's time for the most important meal of the day. That's right, breakfast. It's that morning pick-me-up everyone craves, and Bristol offers a variety of restaurants to choose from. Some are good, some are bad, but let's face it: by the end of the year, you sometimes feel like anything would beat the cafeteria.

The Liberty Café, located on 576 Metacom Ave. in the Bell Tower Plaza, is a quaint little diner that offers breakfast and lunch seven days a week.

The inside is small and decorated in country-style red, white and blue decorations. Seating is limited, but there's plenty of room to sit at the counter.

I sat at the counter and was served immediately to my surprise and enjoyment. Breakfast is not one of those meals I like to eat leisurely, mostly because the food gets cold too fast and also because I'm not considered a "morning person."

I ordered my favorite, the No. 1: two eggs (any style), two slices of toast, and home fries all for a whopping \$2.25, you just can't beat it. If the price doesn't satisfy you, the taste most certainly will. Everything was delicious.

I ordered the eggs scrambled and they were perfect, cooked nice and fluffy, not runny. The wheat toast was crispy and covered in melted butter and the home fries were just the right size, shape, and texture. The portions were so big that I had trouble finishing my plate. Everything was made fresh and right in front of me and served in under 10 minutes. On top of all this, I had a nice tall glass of apple juice.

In addition to the scrambled eggs, patrons of this patriotic diner can order a wide variety of omelettes (which are prepared with three eggs). Some tend to be the typical found at any eatery, but omelettes such as the Peppercorn (that has peppercorn, mushrooms, spinach and cheese) proves to

Restaurant Ratings (1-5)
Food: 5
Service: 4.5
Price: 5

be unique.

If you're looking for something a little heavier, try the *PB&J French Toast*. This concoction is a regular French toast but instead of toppings, it's stuffed with peanut butter and jelly.

Two of the most popular breakfast meals are the *Liberty Waffle Special* and the *Liberty Buttermilk Pancake Special*. Although priced slightly more than the other meals on the menu, these specials are definitely worth the extra cash. Both the Waffle and Pancake are topped with blueberries, strawberries, whipped cream and of course powdered sugar.

The *Liberty No Carb Special* is another popular dish. For just \$4.50 a plate full of three eggs (any style), three bacon slices and three sausage links will be delivered to the table.

The last starred item on the menu is the *Liberty Egg Special*. This meal, consists of two eggs (any style), two pieces of sweet bread French toast, bacon, sausage and home fries. This jam packed plate is for a mere \$6.95.

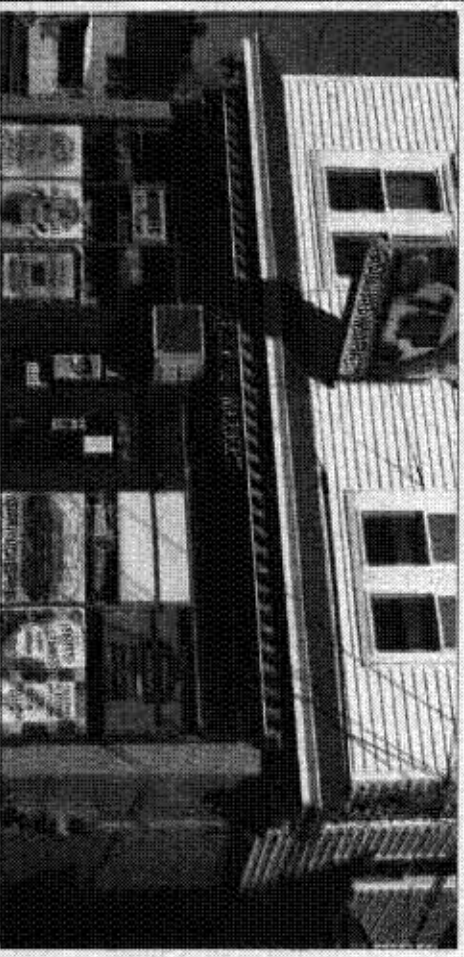
The most expensive meal on the menu is another favorite, the No. 3: *Steak and two eggs*. A little heavier than plain eggs with home fries and toast, but it will keep you filled all afternoon. The steak was cooked to perfection, even for a small Café such as this.

Whatever you crave when you wake up in the morning, the Liberty Café has it, between their choice of eggs, omelettes, egg sandwiches, oatmeal & fresh fruit, French toast, waffles, pancakes and more.

With the motto of, "have a star spangled day," how could you not be enticed? I highly recommend going to the Liberty Café, overall it was the best breakfast I've had in a long time.



Sarah Cournoyer



Courtesy of Adapting

Tony da Monkey Adapting Very Special to the Herald

Tony da Monkey and Adapting here. We are writing from the office of Cliff McGovern, our post as employees of the Maintenance department (which, at this moment in time is leading to a lot of "The Food Critic" reading sessions). We have discovered a large folly, "The Food Critic" has yet to observe the greatness of Bristol's own Goglia's Market. Goglia's traditional atmosphere has apparently not been integrated into the chic culture of collegiate youngsters.

This charming small town meat market serves daily tradesmen, workers and the like who flood the market in a mass exodus for a sandwich of extreme delight. Known by locals as a gem in the heart of Bristol, this market assembles sandwiches even Grandma needs to order out for. The feeling provoked by this establishment's interior is that of a dense grocery store. Goglia's offers a range of cereals, vegetables, fresh fruit, fresh canned foods, cold cuts, meats and more. The friendly employees help create an atmosphere unseen since the times of family markets located at the end of your neighborhood street.

On our visit to this market, we were privileged enough to be on our lunch break. As we entered the market, jolly gentlemen behind the counter greeted us with "hello." As Adapting and I perused the store (the had already received our order via phone), the scent of succulent meats and crisp vegetables drew me to the rear of the store, where the infamous "The Works," was about to be created. The early afternoon light filtered through the aisles, and then I spotted some hanging sausages. At first little of it, but this market in Bristol, R.I. (whose name ends in not one vowel, but two), reminded me of the markets my grandmother used to bring me to as a child. Upon exiting this lovely nostal-

Restaurant Ratings (1-5)
Food: 5
Service: 5
Price: 5

ions, pickles and hot peppers, all artful enveloped in a tasty grinder roll. This 14 inch two pound sub can also be created with ham, turkey or roast beef but any way you have it, "The Works," available for \$5.50 or make an even \$6.00 with a canned soda of choice, thereby defying the sales market.

Located on 374 Wood St., it is often overlooked by students who generally stick to more beaten paths. However, though located just past the center of Bristol, Goglia's has been recently discovered for the gem that it is. A family name for three generations, Goglia's has preserved the feeling of a fine neighborhood butcher shop, providing an ethnic and fresh variety of quality food.

How can one judge the goodness seeping from behind the counter onto Wood St? A person can only hope that their taste buds have been well rested and prepared for a primordial dance of salivary joy. Open Tuesday-Friday 9 a.m. - 6 p.m., and Saturday 9 a.m. - 5 p.m., Goglia's is a place for a college student who is looking for a quick delicious meal that's cost doesn't burn a hole in the pocket.

Do you have a restaurant that we should review? Email your suggestions to...

hawsherald@gmail.com

Katrina images portray social injustice

Timothy Mannion
Editor

The third lecture in the Thurgood Marshall series took the viewers to a new medium this year. The lecture, which was held in the Appellate Courtroom of the Law school, was a visual demonstration of images that went full barreled on the issue of discrimination that still plagues our country. Of the distinguished speakers were Mrs. Thurgood Marshall and Regina Austin, a professor of Law at the University of Pennsylvania.

After a brief remark from Mrs. Marshall, Austin took the floor and the open microphone.

"The images of the devastation of Hurricane Katrina have had a profound impact on our society. Our government had a chance to save these people but didn't. They didn't because they were poor

and black," Austin said. "Pay close attention to the people we are going to see. Human beings the laws are suppose to protect but did not."

Austin then unveiled a slideshow of the images of destruction left by Katrina's power.

"Usually lectures bombard you with words, I'm going to bombard you with images. Images that humanize the situation, giving a reason to stand up for socialization in our society," Austin said.

The pictures consisted of the many who have fallen from the disaster. Homeless and displaced looking for refuge under embankments, US Army tanks patrolling the streets and the American dream shuffled under the water.

"These pictures tell us what the government tried to deny. Their response was very slow and many in New Orleans lost their lives," Regina added.

Regina went on to speak about how the images captured truth. She believed the American public was riveted by the images.

"Katrina advanced the cause of social injustice in this country," she said.

After the initial slideshow was over, Regina flung the topic into other mediums. She showed clips from "Born Rich," a documentary film about the young rich Americans who have no sense of reality when it comes to the poor.

"Isn't it weird that we as a society have a hard time looking at the poor, but we are in love with the rich," Regina pondered.

Regina went on to question the filmmaker's agenda with not putting some of the more controversial scenes in the final cut.

The third part of the lecture was based around a story of an African American,

Vernon Evans, who was convicted of killing two people and was sentenced to the death penalty.

The audience watched a 17-minute documentary film made by two lawyers outlining his case against the law. The lawyers broke the fact that the one eyewitness to the crime said Davis didn't shoot the individuals someone else did. Not mistakingly this witness, who could have set Evans free, "slipped through the cracks" of the investigators during the trial and retrial. Evans faced an uphill battle against racism.

After the lecture was over, Roger Williams Law School was presented a local Emmy award for their help in a documentary film about the 50th anniversary of the *Brown vs. Board of Education*. Following the ceremony the guests were led to a photography exhibit formed by Julia Clinker and other artists.

RWU to host Roving Eye Film Festival

Florentine Lehar
Herald Staff

The new annual Roving Eye Documentary Film Festival, presented by the Rhode Island International Film Festival, will be hosted by Roger Williams University on April 21 and April 22. Organizers say it will showcase 25 documentary films created by independent filmmakers.

The Roving Eye Documentary Film Festival will be the kick-off for the 10th anniversary of the Rhode Island International Film Festival, and will be taking place throughout the month of April at various locations besides Roger Williams, including the Columbus Theater and The Newport Public Library.

Due to the large number of film entries received, the directors of the festival wanted to create a new platform to exhibit the work of these independent filmmakers.

Adam Short, the festival's producing director, said, "Each year, RIFF receives over 1,500 entries and while the festival does screen more films than any other festival in New England during its six-day run - 282 in 2005 - many excellent films

are not screened."

"Additionally, the quality of the documentaries submitted to our festival and the interest of the public in seeing these films has grown by leaps every year," explained George T. Marshall, Executive Director of RIFF and RWU documentary film professor.

According to Short, the film festival was created due to the large support for the film festival in the state, and the opportunity the festival had to bring awareness to Rhode Island about the world.

"We've received films from Iran, a series from the United Nations, from Poland; actually from all over the world, and they address many different subjects. Our goal is to make sure everyone in our community has a chance to enjoy the documentary film experience, from families to senior citizens to young adults. There really is going to be a little something for everyone."

"Roving Eye is an opportunity to screen these great films, and we are very excited to be putting this festival together," said Marshall.

The section of the festival being hosted at RWU will feature documentaries on various topics, some of which are less seri-

ous than others. "One Day Sale" directed by Keith Brown, is about the shopping craze that hits Best Buy on Black Friday, and "Buffet" directed by Natasha Schull, examines the buffets in Las Vegas during Thanksgiving weekend, as well as the people cooking, serving, and eating the food.

Other films concern much more serious international issues, many of which were produced by various UN departments.

The UN Works/UN Department of Public Information partly produced the film "What's Going On? Child Soldiers in Sierra Leone," which follows a UN Messenger of Peace and a 12-year-old former child soldier.

"Better Future" was produced by the UN Office of Drug and Crime Control and the film concentrates on forced labor. The UN Office for the Coordination of Humanitarian Affairs/IRIN produced "Our Bodies, Their Battleground: Gender Based Violence During War."

Two films focus on issues in Iran that many students may not be aware of. Mohammad Ehsani is the director of both "The Lovers, The Victims," a documentary on HIV in Iran, and "Phase," which focuses on Ecstasy use in Iran.

"Lemonade Stories" directed by Mary Mazzi, examines the role mothers have played in the success of modern entrepreneurs. "Bombhunters," directed by Skye Fitzgerald, examines the lengths farmers in Cambodia must go to in order to farm land that is still littered with landmines and unexploded ordnance.

Although many students have not yet heard of the festival and its coming debut at RWU, many students who have heard the news are excited for its arrival.

"It's a good idea to have it here at Roger Williams. As a senior, I wish they had something like it in past years as well. I'm looking forward to it, and I'll be going," Joanna Champagne said.

At the festival, students, faculty, and members of the community will have a chance to watch the films, meet the directors, and participate in discussions.

The Roving Eye Documentary Film Festival is open to the public and free of charge due to the large number of sponsors and the donation of space from screening location hosts. A schedule of the exact times and locations of the documentary films can be found at:

<http://www.film-festival.org/RovingEye2.php>



www.film-festival.org

Couple of the Moment:

Matt Lofaro and Katie Toye

Reporting by Elizabeth Liederman



Interview With Matt:

1. How and when did you meet and start dating Katie?

I met Katie last year through my good friend Garrett. We hung out a lot with a group of people but then started talking on the phone a lot last summer. When we got back to school, we started dating in December.

2. What is it about her that really gets your adrenaline pumping?

Katie is a great girl. We have a great time together whether we are going out to a bar and getting blackout drunk or hanging around watching TV. She is drop dead gorgeous and has the sexiest eyes.

3. Has she met your family?

Yeah, I took Katie home for the first time and we went to New York City to meet my family. My parents, especially my mother, love her and my sister likes her a lot too. But the first time my parents met her was at school (Katie and I weren't dating yet) and Katie was hungover wearing a "Shot gunning is for tough guys shirt."

4. What would you say are her greatest traits and why?

Katie is a very loving and caring person. She isn't selfish and would put her friends or family before her anytime. Katie is very attractive and sexy. She has beautiful hazel eyes, a hot body and a pretty smile.

6. What kinds of things do you do together, when together?

During the day, we'll just hang out. We run errands if we need to or just drive somewhere like Newport or Providence to chill and eat dinner or something like that. We love going on road trips, and I got Katie obsessed with New York City. At night, we love to drink and party, and just hang out with our friends.

7. What things would you say are key to making your relationship work?

Honesty and trust are things that have always been big for me. If two people have those working well, a relationship can definitely work. Katie and I are always honest with one another and are never afraid to talk about things that are on our minds.

8. What's the greatest/most memorable thing you've ever done for her?

She would probably say the flowers over Christmas. So I'm gonna say the flowers. I sent her two-dozen roses over Christmas and her birthday. She loved them (and I scored points with the family).



Do you know a couple who should be the next Couple of the Moment?

E-mail us:

hawksherald@gmail.com

Interview with Katie:

2. How did you guys end up together?

We were best friends and then started really liking each other, and towards the end of the first semester, mid-December, we decided to start dating.

3. What would you say are his best qualities?

Matty is so funny and that is how we first hit it off, we both love to have fun and laugh. He is so kind and caring, and we would both do anything for each other. I know I could talk to him about anything because he is so understanding and loving.

4. What is the most memorable thing Matt has ever done for you?

Matty and I first started going out around Christmas break, which was also my 21st birthday. Matty told me he wouldn't be able to come to celebrate my birthday because it was a five hour drive and too close to the holidays. I woke up on my birthday to two-dozen pink roses from Matty, and I was so excited when he later told me he would be coming to surprise me for my birthday. It was the first time I had ever received roses and it was a perfect birthday surprise.

5. What is the most memorable thing Matt might say you've done for him?

Over Christmas break and spring break it was hard for us to hang out because we live far away from each other and we both were going away and doing things with our families. Over both breaks I sent him a box in the mail, just with random funny things to make him laugh or video games to keep him busy over break. It wasn't a big deal but I know it's always fun to get a box in the mail, and I know Matty is obsessed with video games!

6. Do any celebrity couples remind you of your relationship with Matt?

If I had to say a celebrity couple that reminds me of us, I would say Katie Holmes and Tom Cruise because they are both crazy about each other and both are really hot. I could see Matty jumping on the couch for me!

7. What interests do you guys share?

Matty and I both love sports, and we are always watching some game on TV. He came to all of my basketball games this season even though basketball isn't his favorite sport to watch and he taught me a lot about hockey and baseball because I didn't know much about either one of those sports. We both love going out and having fun with our friends, and I think our relationship works so well because our personalities are very similar.

8. ...And in what ways are you guys different?

Well Matty is a New York Yankees fan and I'm a Boston Red Sox fan so we have our differences during baseball season!

RWU women lauded and applauded

Tracey Lemle
Features Editor

Clapping, cheering and standing ovations were some of the reactions expressed during the Outstanding Women's reception, an event to recognize all of the exceptional women at RWU who have dedicated themselves to making this campus a more accepting and improved community.

"When the program began in 1997, the first reception had 25 women honored," Director of Residence Life and Director of the Women's Center, Jen Stanley said. "In our 10th year we now have 105 [women] honored!"

The BayPoint Conference Center was packed full with women who were notified of their nomination, anticipating their award. With smiles on their faces, the women sat in chairs or on couches, awaiting the beginning of the afternoon.

The March 30 event opened with two of RWU's most influential women sharing their thoughts of the struggle women have had to overcome and how they have treasured their time at the university.

"I'm the oldest fossil at RWU," Associate Director of Admissions Gloria McMurrough said. "I was never a feminist but women can overcome any challenge when given the opportunity. I was hired into a macho office of five men and they said I wouldn't last, but I've been here for 30 years."

McMurrough discussed her years spent here while recapping the differences



Over 100 women were recognized as part of The Women's Center's "Outstanding Women" on the RWU campus at the Baypoint Conference Center on March 30.

in the buildings from when she first arrived in 1976. But above all of the architectural changes, she nostalgically said, "I have a treasure chest of stories that could take all afternoon to tell."

As Nancy Hood, the next speaker, took to the podium, the 60-year-old psychological counselor and professor described the lack of women focused activities, including a Women's Center, when she first arrived. Not only at RWU was there a missing link between the female students and their plea for their

rights, but also men seemed to have all of the control.

Hood was determined to change that.

"A woman without a man is like a fish without a bicycle," she said. "We had a woman's group during our lunch hour ... there were a lot of changes on campus, there were even women athletes."

After a group photo and desserts that dressed the table like a beautifully wrapped present, the award's ceremony began, with the President of the Women's Center, Ellen Messali and Vice President,

Danese Nalence, called each name and handed out 105 certificates to those recognized that were present.

"This year's RWU outstanding women's event was a big success and we had a big turnout," Messali said.

Following the ceremony, with Hilda Soares, Cash Operator at the Snack Bar, receiving the most applause and attention, a PowerPoint slideshow was shown.

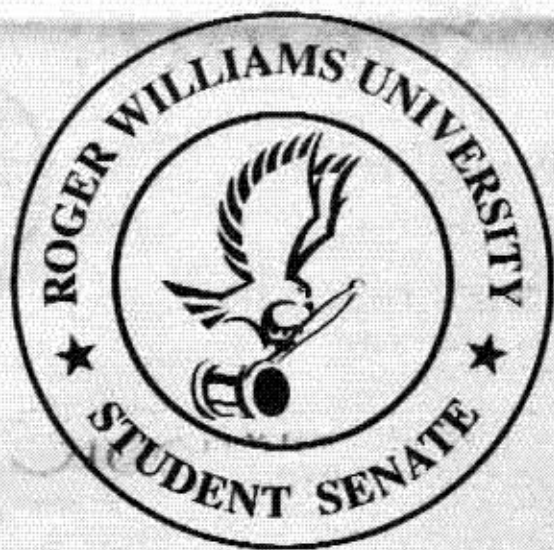
"We introduced a few new features this year, inviting two long-time RWU faculty to speak at the event and showing the slideshow that highlighted famous women that have visited our campus over the years and various events that the women's center hosts every year," Messali said.

To be recognized by the Women's Center, a faculty or staff member must nominate a candidate or candidates that he or she believes to be "outstanding." They must create a short biography of the person they deem worthy of the award.

"We want to recognize women who are not always in the lime light," Stanley said. "We send a call to campus for nominations ... we are not competitive, we honor everybody who gets a nomination and display their bios in the library."

Being a huge advocate of women's rights, Hood talked of her hope to see a woman in the oval office in her lifetime. Additionally, she challenged her audience to not sit back and to be more proactive in the fight for everlasting women's rights.

"This is no time for silence, this is a time to roar!"



RWU Student Senate

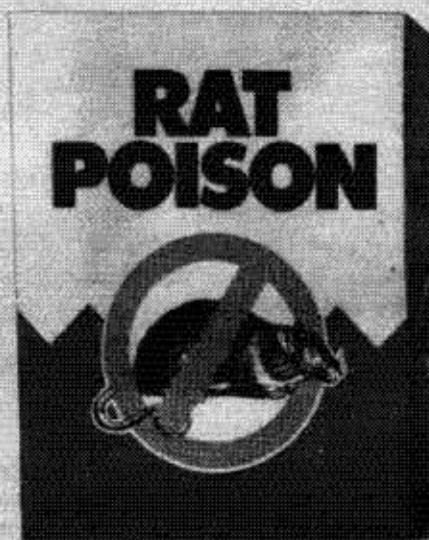
Meetings

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

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RWU steroids not rampant, but present

Timothy Mannion
Editor

Major League Baseball and the Major League Baseball Players Association are looking for a do-over. Back in 1991 these two sides voted on a collective bargaining agreement, excluding a policy on steroids. Since then the sport has dealt with Ken Caminiti, Jose Canseco, Mark McGwire, Rafael Palmeiro and now Barry Bonds. These names will forever be synonymous with performance enhancing drugs.

On a day when Bonds goes down for his alleged steroid abuse, MLB is left searching for answers. "The Game of Shadows," based on Bonds chronic use of performance enhancing drugs since the 1998 season has already hit shelves with high expectations. MLB has launched an investigation into the steroid era led by former Senate Majority Leader George Mitchell. The damage, though, has already been done. Smeared on television, radio and newspapers, this problem has had a snowball effect that has trickled all the way down to the college and high school levels.

Senior Dennis Carnelli has seen steroid use firsthand.

"I remember freshman year going to the gym a couple times a week. I always worked out hard and went with the same kids. We lifted for a few months and I started to notice that the people I went with got bigger and bigger. I asked around and found that they were on a steroid call D-Balls. It was a swallowable steroid they took a few times a week. I don't know where they got them from and I never really asked," Carnelli said.

RWU Senior Scott Richards, a gym rat, has no problem sharing his concerns over steroids.

"The school is probably going to have problems finding out who is on steroids. I know using them is wrong. But some people here are looking to use them and that doesn't surprise me," Richards explained. "Today's society is all about image. The reason people go to the gym is to feel better and get healthy. Using steroids is like cutting the corners and then hopelessly falling into the side effects."

The number of side effects have ranged anywhere from cardiovascular diseases, like heart attacks and strokes; liver cancer and damage to the immune system are also associated with steroids.

Fitness Coordinator and Personal Trainer Mark Andreozzi has been at Roger Williams for several years. He is openly against using.

"People shouldn't use steroids because of the side effects. Of course when they are tempted to use, they always look at the upside of the drug. They never glance at the downward spiral they could be on. Guys look at the cover of muscle magazines and girls look at the cover of Cosmopolitan and say 'I want to look like that no matter what,'" Andreozzi said.

"Steroids are like the 800-pound gorilla in the corner of the room that no one wants to look at and never questions. It's a real sad case that I hope no athlete or student ever has to face."

~Matt Lindblad, RWU Sailing Coach

As of right now, college and high school levels are currently waiting in the wings. RWU Athletic Director George Kolb is familiar with the ongoing situation, but being at a Division III school the steroid allegations haven't hit this level.

"If there was an incident of an athlete using an illegal substance and they failed a test, we would do something about it. We are prepared to take immediate actions; luckily it hasn't been an issue though," Kolb confirms.

At the Division III level, the NCAA requires only tests to take place at tournaments. A failure of an illegal steroid or stimulant would cause a one year calendar ban and a lost year of eligibility.

"So far it hasn't been an issue here," Sailing coach Matt Lindblad said. "In my sport, fitness and endurance is the most important thing not strength. Steroids are like the 800-pound gorilla in the corner of the room that no one wants to look at and never questions. It's a real sad case that I hope no athlete or student ever has to face."

Kolb is hoping the steroid issue will eventually turn into a learning aspect.

"We follow the NCAA guidelines. Other than that the only thing we can do is to try and educate our student-athletes. We have a Wellness Coordinator on campus for students to gain some perspective. Also, they can speak to Mark Andreozzi who can help the student-athletes without looking towards illegal supplements."

Andreozzi has seen faces walk in and

out of the gym and a few have raised suspicions. When asked about whether he believes that some people are using steroids at RWU Andreozzi explained, "Yes no doubt in my mind, but I could be wrong. I think steroids have always been around. The baseball issue, Barry Bonds, and BALCO. It's always been there, its just more visible now. I think no matter what, here in Division III, a local gym or even a Division I locker room, we need to educate about it."

When looking at the edge of the

stronger, and faster from an illegal steroid and will produce more body mass ten-fold to what they would have put on with all those supplements, they would logically turn to steroids."

Carnelli correlates the steroid abuse to today's professional athletes.

"The average sports fan can tell which athlete is on 'roids. You see Barry Bonds crushing home runs and football players doing incredible things. Everyone either wants to play like them or have bodies like them. Steroids made them what they are and these kids want to be like their idols."

Richards concurs.

"Professional athletes who disappeared after the testing are highly suspicious. You look at Sammy Sosa and Rafael Palmeiro, these guys are not playing right now, you have to wonder," Richards said. "Barry Bonds is running around this issue, using his son and family as a shield."

The steroid debate will probably rage on for years.

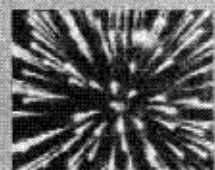
The heavy burden of this investigation will lead to other guilty names. The 800-pound gorilla finally has a name- cheater. Either way the enhancers have entered our culture and sent a wave of suspicion that lies under every root.

"We live in the so-called 'ATM' society where people want instant gratification. They don't want to work out for months without seeing an impact. But those are the people who turn and find out the dark side the hard way. Acne, mood swings, shrinkage and more. It's troubling," Andreozzi said.

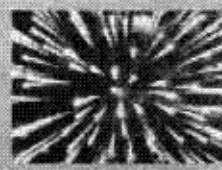
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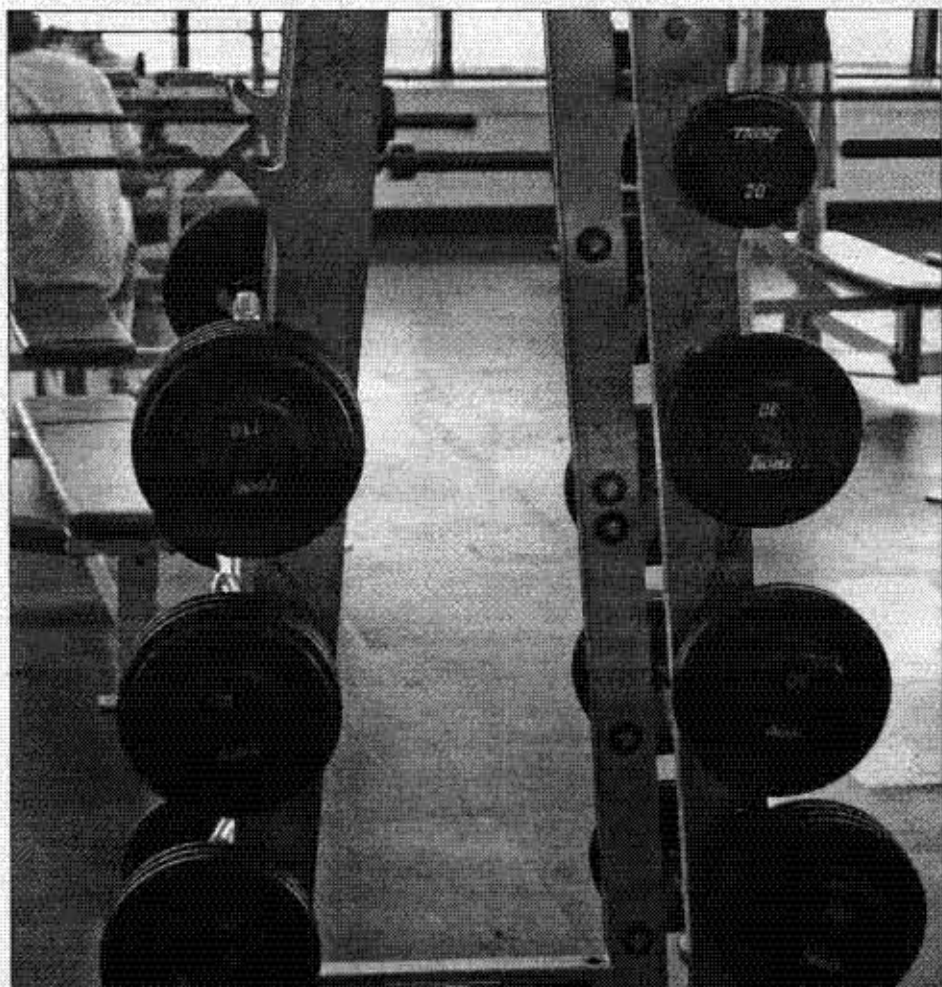
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Timothy Mannion

THIS WEEK'S
WEATHER:Courtesy of www.weather.com

Saturday:

Rain
49/33

Sunday:

Sunny
53/35

Monday:

Sunny
54/39

Tuesday:

Sunny
60/43

Wednesday:

Sunny
56/46

Thursday:

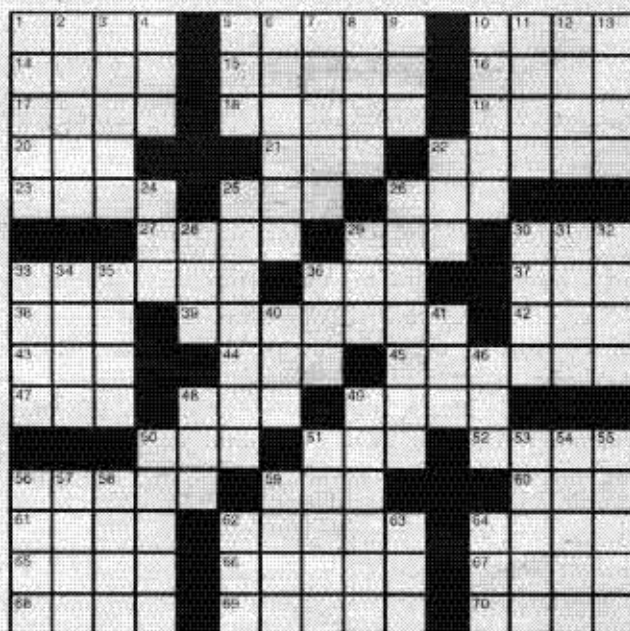
T-Storms
60/45

Friday:

Showers
57/40TIM'S FUN
CORNER

Across

- 1 Vote down
5 Got up
10 Woody plant
14 Golf club
15 Estate
16 Champion
17 Location
18 John Jacob
19 Harness
20 Hotshot
21 After beer or tin
22 Jabs
23 Identical
25 Snooze
26 Bone
27 Fleece
29 Quagmire
30 Entreat
33 Forsake
36 Frisbee, e.g.
37 Pindaric
38 Beer relative
39 Take off
42 Beverage
43 Dashed
44 Bowling item
45 Deadly
47 Conclusion
48 Breach
49 Volcano
50 Crazy
51 Some
52 Kon Tiki
56 Bedlam
59 Zag's partner
60 Expire
61 Red deer
62 Military doc
64 Layer
65 Got down
66 Stadium
67 Congers
68 Field game



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- 69 Modelled
70 Fashion plate

Down

- 1 Passports
2 Author Jong
3 Clan emblem
4 Singleton
5 Med. org
6 Scamp
7 Next up
8 Shortly
9 Slip up
10 Pulsate
11 Exude a foul odor
12 Keystone State
city
13 Ages
22 Hog
24 Sheep
25 Tablet
26 King and
queen
28 Non-profit
group (Abbr.)
29 Buckle under
30 Two together
31 Thought
32 After square or
raw
33 Challenge
34 Style
35 Transmit
36 Sunburned
40 Perk
41 Hankering
46 Asphalt
48 Fuel
49 Motor
50 Slogan
51 Assistants
53 Arrivederci
54 Playing area
55 Laconic
56 Fellow
57 Nimbus
58 Seed covering
59 Goose egg
62 Chart
63 Heel
64 Turner or
Williams

Last week's solutions

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

CARD	MOPED	SWAP
AVER	IMAGO	TOGA
MITTE	MALODOROUS	
PARAGONS	GRADES	
SNORES	YIELD	
ITAL	PRO	PEP
TREES	IRE	NAOMI
REVS	MOG	QUIT
ANITA	BEA	SURLY
MAL	CHE	CANE
STARR	RODEOS	
OLDIES	OUTBURST	
ROUNDHOUSE	COCO	
ANNE	ENTER	TSAR
LESS	SEEDY	SERE

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What Steve Perceives:

Get away for awhile; take a trip to the Lonely Island

Steve Amear
Herald Staff

Get away for awhile. Take a trip to the Lonely Island.

Forget about stepping through a wardrobe and into a land filled with lions, witches and obnoxious little English kids. Instead, be the lazy American you know you can be and sit yourself down in front of your computer monitor, get those fingers tapping, and log into the paradise of TheLonelyIsland.com.

Yet another underrated but deserving website packed with humor that needs to be recognized by the college students it is geared towards. "TheLonelyIsland" has the equivalent of an entire season of comedy television, jam-packed into one internet site.

TheLonelyIsland.com is host to the loveable "Glirk" video featured on YouTube.com, but has so much more to offer. Along with comedy skits and shorts, the trio Yorma, Akiva and Andy, dive at you with a unique blend of youth comedy that leaves you wondering why it hasn't hit the TV screen. Well, it tried, but it got denied.

Instead of making it to the boob tube,

the three comedians that posted their professional-looking skits online for the whole world to enjoy. Sure it can be tedious sitting in front of a screen with a group of friends around you watching internet comedy, but it's worth it when you take all your pals to TheLonelyIsland.

You have choices too. Watch a full episode of the show, "Awesometown," or

just view whatever tickles your fancy. These three comedians have the site loaded with skits that will keep you going back for more like it's Grandma's home-made apple pie.

Featured on TheLonelyIsland.com is a music video parody of "The Ying Yang Twins" called "The Bing Bong Brothers." They incorporate the beat and melody of

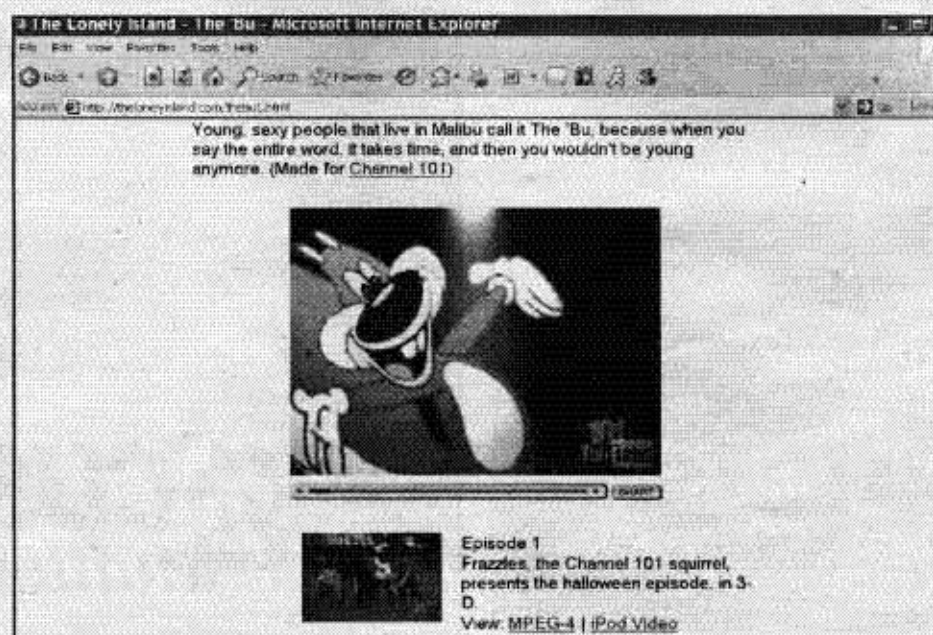
those catchy rap twins, but revamp it adding their own lyrics along with a skit to compliment its hilarity.

Not enough to convince you? Then give it another chance and watch them bash the essence of "The OC" with their skit called "The BU," short for "Malibu." There are endless clips to watch, and enough to pull you away from the couch for a bit, so at least it will feel like you are being productive sitting in front of your computer screen.

Not only do Akiva, Yorma and Andy have the talent to rip apart cheesy teen television dramas, but they were also blessed with the ability to create and direct a bundle of side-splitting music videos with lyrics that will stick in your head like a catchy "Lifehouse" tune.

So take a load off. Pack your bags, and settle yourself down with the website that will surely make you forget about your significant other. TheLonelyIsland.com offers you enough comedy that it'll make you forget that the new season of "The Chapelle Show" is even going to show its face.

After all, what's more relaxing than taking some time for yourself on a lonely island of humorous serenity.

www.lonelyisland.com

Sports, My Way: Your stock in Bonds

Christopher Parish
Sports Editor

It's time to make up your mind. Right now. No straddling the fence.

You either like Barry Bonds or you hate him.

And you have to make your decision now, because this season could be one of the most tumultuous of your life as a fan if you don't pick a side. Let's take a few minutes to review exactly what is going to happen to Barry Bonds in the next six months.

He's going to pass Babe Ruth for second on the all-time home run list. This will invariably be followed by the question of race, since it has been largely accused that Barry Bonds hates white people and has continued on his steroid-induced pace simply to pass the white Ruth.

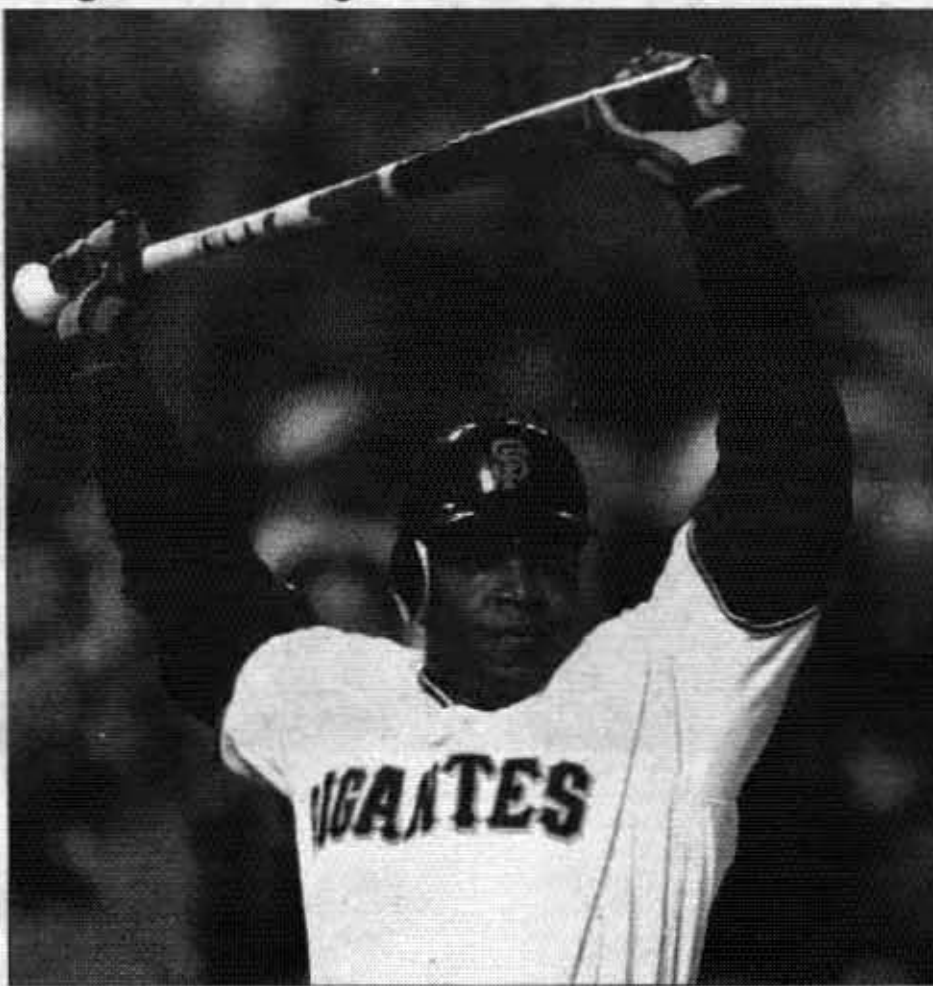
There is also going to be a huge media circus thrown both by Major League Baseball and the media about the historic accomplishment.

There are going to be at least two additional revelations regarding the steroid controversy, followed by at least two Bonds outbursts chastising the media.

There are going to be at least three moments when Bonds hits tape-measure home runs that make him look like either the best baseball player in the world or a man who has more steroids in his veins than blood.

There is going to be at least one stint on the DL, leading media conglomerates to wonder aloud whether his injury problems will cost him a shot at Hank Aaron's record.

In September, there will be playoff races, triple crown threats and Bonds inching closer to the all-time home run record.



Barry Bonds will surpass Babe Ruth this year for second on the all-time career home runs list. If he stays healthy, he may pass Hank Aaron. And I couldn't care less.

He may ... MAY ... surpass Aaron's record this year.

And for fans of baseball, it is simply not acceptable to jeer and cheer in the same season. It is all but conclusive that he cheated. It is all but conclusive that his home run record is tainted. You either care or you don't that he cheated. You either

care or you do not that he hits home runs at a torrid pace.

And there cannot be any in between.

Of course, no jury will convict you for rooting for one of the most prolific figures in professional sports. Since 1986, Bonds has 2743 hits, 708 homers, 1,853 RBIs. Bonds has never had a season with more

than eight fielding errors and has won an astounding eight Gold Gloves. He won six MVPs in the National League, including three in a row from 2001-2003.

Of course, rooting for Bonds is sort of like rooting for the New York Yankees, but I tolerate Yankees fans so I won't complain.

But I could help you make up your mind. This is a guy who once told former Rookie of the Year Ron Kittle that he doesn't sign autographs for white people. This is the same guy who admitted to taking "the cream" and "the clear" but said he thought that one of them was flaxseed oil. This is the same Barry Bonds who frequently says "test me. Test me any time you want," then refuses to take drug tests.

This is the same Barry Bonds who once said, that he could never play in Boston because the city is "too racist."

It is not fair to yourself nor to the very nature of the game of baseball to both look down on someone while lauding their accomplishments. In the offseason before the 2001 season, Gary Sheffield demanded to be traded. During the first game of the season, Sheffield was met by a chorus of boos.

Two home runs later, the crowd cheered fervently and would not cease until Sheffield gave a curtain call; a move that reeks of hypocrisy.

Let the same thing not happen to Bonds. Let not the same fan who threw a syringe at him on Monday night give him a standing ovation when he eclipses the home run record. Force him into the criticism that is so deserved, or plead apathy and appreciate his contributions to the game of baseball.

And for your own sake, don't do both.

An open letter to Yanks/Pats fans

Dear Pseudo-Sports Fans,

It's as if you're doing it on purpose. It's as if you know you're boiling the blood of all people who believe in the sanctity of sport. You proudly display your love for the good guys, while simultaneously stomping on all that is right in the world. You know who you are: You're the hybrid Yankees/Patriots fan, and you, sir or madam, need to stop.

You wear a Yankees hat one day, and a Patriots jersey the next day. Your actions are downright scandalous and are cause for immediate removal from the sports world. You may be thinking something along the lines of "I can root for whoever I want, what's it to you?" Well, please allow me to do my best at explaining why your misdeeds will lead you to eternal purgatory.

First of all, if you're from New York and you are a Yankee fan, then you're stuck with the Giants or, even worse, the Jets. I'm sorry. I know that is an unfair fate, but that's how life goes.

For those of you from Connecticut who claim to be "close enough to New York" but "still a part of New England," let me tell you something: when you put that Yankees hat on, you're giving the proverbial middle finger to all New Englanders. You've turned your backs on us. We don't want you. If you're so closely affiliated with New York, you should have no problem cheering for Eli Manning every Sunday.

Also, being a fan is about passion. It's about watching your team every year, just hoping they have a chance to win a championship. And when they do win that championship, it is the ultimate reward for your years of loyalty.

That being said, it is a disservice to all fans to pick and choose the best teams to be "your teams." To be a fan of the winningest team in baseball history and the most successful team in the NFL's salary cap era is not a coincidence. You do not know pain like most fans. You do not know what it's like to be starved of a championship. If you never endure the suffering of most sports fans, then you can never understand the essence of being a fan.

The fact is that the post-2000 Yankee teams have been ensembles of talent. They've been the best team on paper that money could buy and have left fans hungry for a championship after six whole years of coming up short. Meanwhile, the Patriots have embodied the essence of the word "team." Though lately notable players have left New England, the Super Bowl teams were a group of unselfish individuals working together to win a championship.

So, I ask you, hybrid Yankees/Patriots fan, where do your values lie? Do you want a 198 million dollar payroll, or do you want to root for guys who are willing to take pay cuts to play for their team? To choose both is illogical, confusing, and hypocritical.

My suggestion - leave the Tedy "Guy Who Came Back From a Stroke to Try to Win Another Championship" Bruschi jersey in the closet and throw on the Alex "Highest-paid Prima Donna Who Unfortunately Happens to be the Best Baseball Player on the Planet" Rodriguez jersey. You're on the other side. There's no turning back now.

Yours Sincerely,

Michael Hurley
Herald Staff



Hogan's Heroes: Are the '06 Sox building a team identity?

Shaun Hogan
Herald Staff

Like many Red Sox fans, I have concerned about the team being able to hold it together after losing pivotal players such as Johnny Damon. The now well-known spring training fights also served to feed my doubts about the team being able to work together this season.

Also, after a poor '05 season, star pitcher Curt Schilling did not show much improvement during spring training. It seemed to me as if it was going to be another mediocre season for the Red Sox.

However, on Monday when opening day came around and Schilling threw a total of 117 pitches, allowed only two runs and crushed the Texas Rangers, my season outlook changed. It was almost unbeliev-

able, a team that looked as if they might be falling apart and destined for trouble was able to put their differences aside and play as a team again.

It looked like they were having fun out on the baseball field. There was no bickering or arguing; they played the game as best they could.

For those of you out there who are somewhat superstitious like I am, there were really good signs for the success of the Red Sox this season.

The team was able to play so well together after it seemed as if they were falling apart.

David Ortiz pointed out the second in an interview after the game when he stated that Monday's game was the first time in six years that the Red Sox had won on

See HOGAN, p. 12

The grass is always greener...

...when new groundskeeper Matthew Clement is working on it

Shaun Hogan
Herald Staff

Roger Williams University's new Grounds Supervisor, Matthew Clement, might not play professional baseball, but he can definitely attend to an athletic field better than most.

Throughout his life, Clement has always enjoyed working outside. Clement believes that one of the most important things for any organization is to have an outdoor landscape that looks great.

He also feels that it is important for people to enjoy their jobs. Clement says that people need to be able to get up and want to go to work in the morning. That is one of the main reasons why he went into the landscaping business.

"I think one of the greatest things about working in the landscaping industry is that you get to see the end product," Clement said. "After all the hard work, I love to see people enjoy that work."

The RWU Department of Facilities Management hired Clement less than a month ago, on March 24.

His current job description is to oversee all of the landscaping activities that take place on Campus. He is also in charge of managing the school's landscaping equipment.

Before coming to RWU, Clement worked as a golf course superintendent in



Shaun Hogan

Grounds Supervisor Matthew Clement isn't related to the Boston Red Sox starting pitcher, but his work with the university's baseball fields and other sports fields has been of all-star caliber.

New Jersey, where he gained a lot of experience in the maintenance of sports fields. Clement explained that he has always had a passion for working with sports fields because he likes to give players a sense of pride.

He also believes that having well-maintained campus grounds will give students and employees alike a sense of pride in their campus.

"I am a firm believer in the idea that if

you can put out a good product," Clement said, "then people will be less apt to simply trash it, maybe instead of throwing their trash on the ground they will carry it the few extra feet to a trash can."

While Clement does have a strong passion for athletic fields, his responsibilities are currently maintaining the campus grounds in general, not the athletic fields. However, he explained that the school is looking to upgrade the condition of its

fields so his role may be expanded.

Before working in the field of landscaping, Clement worked as a manager at a LESCO store, a company that sells turf products to the landscaping industry (golf courses, for example).

Although he has only worked at RWU for a few weeks, Clement is very impressed with both the campus and the people on it.

"I think the Roger William Campus is beautiful," Clement said. "The location is awesome, I think there is a tremendous amount of potential."

"Everybody here has been great to work with," Clement continued. "Everybody has been very friendly in offering advice."

Clement wants to take full advantage of the RWU campus' potential and make the campus look as good as it possibly can. He feels that having a well kept campus is essential to the school's success, because it can influence students to come to the school or not.

"What I envision here," Clement said, "is that when people pull into the campus and see what it looks they will get that 'wow' factor."

"It is the first impression that matters," Clement continued. "As soon as you pull in, you have already formed an opinion about the school, before you talk to any students or administrators."

Hogan: Sox starting to look like a team

Continued from p. 11

opening day. This I take to be a sign, a sign of good things to come this season.

After last season, I take any positive event regarding the Red Sox to be a sign of something good to come. I think this change in trends might truly represent a change in the luck of the Boston Red Sox.

To get away from the superstitious

aspects of the Red Sox, Schilling played a key role in the team's victory. I remember as I was watching the game, thinking that he looked like he did back in 2004. I probably am not the first to admit that I was a little worried about his pitching this season, mainly because of his ankle injury. Monday removed any doubt about his potential for this season.

I would not say that Schilling is back

to his old self yet, but at least things are starting to look up for him. If Schilling remains consistent, along with the rest of the team, then they have a real chance of going far this season.

While the Red Sox did not win their second game on Tuesday night, they still came together and played as hard as they could. I'm not going to let their loss ruin my optimism for this season. Not only that

but Tim Wakefield did most of the pitching that night and his knuckleballs were all over the place.

Despite losing their second game, there are still some very positive signs that point towards success for the Red Sox this season.

The team coming together along with Schilling throwing incredibly well provides great promise for the season.

Softballers focused after heartbreaking end to '05

Greg Carlson
Herald Staff

Junior captain Gina Marie Mariano was on the field for the final out of a 5-4 CCC title game loss to Endicott College in extra innings last year.

"I was definitely disappointed. It was a really tough game to lose, it was extra innings, we lost to Endicott the previous year, and they're a huge rival for us ... I was close with one of the senior tri-captains (Michelle Picard) and it was even harder to watch her play her last game, so that stung more than the actual loss."

The women's softball season is midway through their 2006 season, and the team hopes to continue the success that has made them one of Roger Williams's most exciting teams.

Head coach Steve Pappas says that last year's loss will not affect this season, however.

"We approach every year basically the same way," he said. "The loss to

Endicott was disappointing, but I'm not going to use it positively or negatively."

Mariano also says that this year is a new season with fresh possibilities.

"It's kind of like a business," she said. "We know what we have to do in order to win, it's a matter of whether or not we get it done. We're a very talented team and if we use the skills that we have as well as what the coaching staff provides us with, I'm confident that we can go very far in the CCC."

The team began this year with their annual spring trip in Cape Coral, Florida. The coaching staff, made up of Pappas, pitching coach Kim Warrington, and assistant coach Dave Charbonneau, was said to be pleased with the trip, much of which is allocated to defining players' roles.

"For the most part, each athlete was probably the best player on their respective high school team and now they find themselves competing for a position," Pappas said. "We try to stress that everyone is

important to the team."

Even though six Hawks made the all-conference squad last year, the team focuses on the team concept and does not single out any particular player's performance.

"I want my players to realize that their successes would not be possible without the help of some people other than those you read about after each game," Pappas said.

However, the coach did say he was impressed with the team's defense and that they were hitting with "considerably more power than anticipated." He also said that the players in supportive roles have "contributed immensely."

After finishing either first or second in the conference regular season five of the last eight years, the team's high expectations are not surprising.

"Our goal is to finish as high in the standings as possible to secure a good playoff seeding," he said. "Then, to win the conference tournament and advance to the NCAA Regionals," said Pappas.

Mariano says that this team is a fresh start with new faces but the same focus.

"We have a very new team," she said. "We have two transfer students, three freshman, and two new sophomores, so we've had to feel each other out on the field a little bit, but I'd say we're past that point now. We all seem to have a good grasp on the types of players we all are."

However, he believes that success is not just found on scoreboards and in record books.

"As coaches, we strive to build lifelong relationships with our players. We want to help them succeed in the classroom. We want them to graduate and go on to be productive members of their community. We truly hope that someday they'll also coach, at any level, and give back to the sport that has given so much to them."

The team is currently 6-2 in the conference, and 11-10-1 overall. The team plays at Endicott on Saturday, hosts New England College on Sunday, and visits Curry on Tuesday.



Christopher Parish

