Rape victims come forth to benefit others

By Krista Mischou

The best asset a class has is good class officers.
The Senior class does
They have excellent ones. The president is
Phil Longo and he’s a human whirlwind.
Phil, along with fellow officers Vice
President Sue Hall, Treasurer Joe
Mogelnick and Secretary Laurie Campbell
has created a very successful year for the
Senior Class.

The Hat Party, Nut-n-Screw Party and
Steak-n-Brew and various specials at the
Village Tavern and Gillary’s are just a few of the events put on by the Senior “Class”
- it’s the best bang for the buck.
The final speaker was WERI afternoon
DJ Hunter Davis. She started her career as
while still in college studying English.
Her college radio station, like our own, was in the
Programming of one of the dorms. She
never set out to be a professional DJ, but a
friend encouraged her and with some
pushing and a few connections, got the
jobs. Her advice to students was to
volunteer, to offer to work even for free if
you have to get the desperately needed experience. She added that to get a job as a DJ
you have to have a good attitude, a
good, but not overpowering ego, and a
good sense of humor.
The evening ended with a question
and answer period among the speakers,
students, teachers and others in
attendance. The entire events were
arranged by WRC's own Public Relations
In- ter, Karen Bickford, with some help from
our P.R. Department.

Lecture Series

By Krista Mischou

The Roger Williams College Lecture Series ended Monday, April 16 with a Talk by Senator John Chaffee of Rhode Island.
The Student Senate sponsored series also
included Attorney General Dennis J.
Roberts II on the ninth.

Following an introduction by WRC
President Rizzini and Senate President
Steve Cardi, Attorney General Roberts
talked about his job and what it was like.
He is a public official who represents the
people as consumers. He deems himself
"the people's representative for law en-
forcement."
The son of a former mayor of Pro-
vidence and grandson of a former Chief
Justice, he has brought back, with his
department, approximately 14 million dollars for the people of Rhode Island.
In his third term, Roberts has just finish-
ed using the EPA on Acid Rain.

The Attorney General, who spoke for
about an hour, discussed topics ranging from plea bargaining to the EPA and Rhode Island public cases.
Following his lecture was a 10 minute question period from students.

Senior Class Officers

By Krista Mischou

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To The Editor:

I would like to take this opportunity to tell the students of Roger Williams College some of the accomplishments of their student government for the year. The Senate, with the help of many concerned individuals on campus has been involved in the following:

- For the first time a Student Legal Service was established at RWC; it was very successful.
- For the first time a student run together course evaluation was conducted on campus by students for students.
- Started and refereed a political lecture series which include such people as Governor of the State of Rhode Island J. Joseph Garrahy, Attorney General of Rhode Island Dennis Roberts, United States Senator John M. Chafee.
- Published a student phone directory.
- This year the Senate paid off the cafeteria during finals time for late night studying.
- Has also for the first time a non-voting member to the Board of Trustees.
- Had for the first time in many years a freshman member to the Board of Trustees.
- Established a basis for very strong communication channels between student and all other sections of the community.
- Helped the clubs to have one for the most successful years.
- Printed a new club directory.
- Had very successful homecoming, open house and club day.
- The Senate has been and continues to be an open arena to air problems and concerns it will always be the student sounding board.
- The Senate has a strong base on which to work for student's interests both on and off campus.
- The Senate has representation on many college committees such as Recreation Building Advisory Committee, Academic Council.
- Has a new and stronger advertising policy.
- Worked much more closely with the student life staff because of their willingness to develop good relations.
- Has had a successful year.

There are some of the highlights of what has been a successful year. The Student Senate wishes to thank all of the people on campus who made the 83-84 year the successful one! You know who you are, so once again thanks!

Unfortunately, not everyone has been fully informed as to what the Student Senate has been doing for the students of the college. One of the reasons has been inadequate coverage of campus news by this newspaper. How can the Messenger cover a Senator meeting in the first few minutes of the meeting after which time they leave. The Student Senate deals each day with campus issues that the Students should know about! Ask yourself why you are uninformed of what the Senate is doing! The Messenger is the instrument which is supposed to inform you of campus events. They did do this the beginning of the year, but now they are not fulfilling their prime function as a campus newspaper!

I realize that there are staffing problems within the paper and that no such understaffing is an easy task. The point is that you, the students are not informed as to the issues that are happening on the campus! This is a problem that has to be rectified.

Sincerely,

Stephen A. Cardi
Student Senate President
Experience Without a Job?

By Anne B. Wagner

"I need a job, but employers only want experienced help. How can I get experience without a job?"

RWC's Co-operative Education Program offers a solution to this perplexing problem. The staff assists students in locating employment where they not only get on-the-job training, but also earn academic credit.

"It's a good way to get a foot in the door," says the Director of Co-operative Education, Kate Osborne. It also benefits those who are undecided by allowing them to try out a job before choosing it as a career.

"They often have unrealistic expectations based on media presentations," Osborne explains. "Through exposure to the field, they are better able to decide whether they really want to work in that career."

Co-op Ed offers two plans. Internships require 135 hours of work without pay. Frequently, interns are placed in government agencies or non-profit organizations. Alternatively, students may work full or part time for pay, usually in private firms. Depending on their objectives, they might earn as many as five credits. Co-operative Ed is considered coursework and you must register and pay tuition for it just like any other course.

Eligibility includes completion of your Freshman year (1 semester for transfer students), an academic standing of 2.0 or better, the necessary time and a commitment to the assignment.

Pizza Hut will take 20% off the price of any purchase, *when you come in with your Roger Williams College I.D. So stop by for a deal of a meal.

* Excluding alcoholic beverages

According to Osborne, 120-130 students participate annually. All start with instruction in job-seeking skills. Applying those skills, students then compile information on potential employers and positions. Next, they choose where they want to work. After receiving a job offer, the student, his faculty advisor and the employer confer and draw up a contract specifying their respective responsibilities. When the period ends, the student must verify his experience in a tangible form, usually a written report.

While the Co-op experience is always beneficial, it is not always pleasurable. Osborne tells of students who return disillusioned about the lack of professionalism they witness in the workplace. Others are bewildered by the lack of supervision. Instead of being told what to do, they are expected to figure it out for themselves. Osborne refers to this as "breaking out of the academic cocoon." It's satisfying to see them grow from timid, unsure persons into confident, assured persons," he says.

Only one other college in the state has such a program. Participation in the Co-operative Education program gives RWC an edge in the job market. Osborne sums it up: "Work experience differentiates RWC graduates from other R1 graduates. Employers want that."
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A Few Good Men

The Miriam Hospital Division of Nutrition and Metabolism has received funding from the National Institute of Health to study the effects of exercise and diet on levels of blood cholesterol.

In contrast to the earlier studies involving endurance athletes, the new project will recruit physically inactive men and place them in an exercise program. Participants must be non-smokers, 18-45 years of age and in good health. During the initial period, all food will be provided through The Miriam Hospital’s Metabolic Kitchen.

Subjects will then participate in a 10-week period of exercise training and be allowed to eat what they want on their own and will then undergo repeat testing when their dietary intake is controlled. Exercise training will be supervised and will consist of running and bicycling. All subjects will be reimbursed for their participation.

The funding will allow The Miriam to continue its research in this area. During the past three years, Paul Thompson, M.D. has been studying the relationship of physical activity to the production of higher levels of high density lipoprotein (HDL) cholesterol by controlling diets and exercise patterns of fifty-six runners who were capable of running ten miles daily. The results indicated that exercise plays an important role in determining HDL cholesterol levels.

The final piece of the evening Symphony was choreographed by Davis and performed by Heather Ahern, Lauri Bentzho, Peter Bramante, Chic Caron, Bo Crowell, Suerte Hunsstine, Fernando Manea, Julia McGregor and Donna Meidendorf. Another favorite of the audience was "The dance of subatomic particles never ends and it is never the same... (it) is marked by the animation of the initial particles and the creation of new ones..." The Dancing Wu Li Masters.
Law package indicates concern about graduate education and careers

Students are actively considering graduate education and career options early in their undergraduate years. The Law Package, a new service introduced in a nationwide poster campaign on college campuses last fall, is any indication.

Developed by the Law School Admission Council (LSAC) and the Law School Admission Services (LSAS) — the people who administer the Law School Entrance Test (LSAT) — The Law Package consists of a full program of publications, services and self-evaluation resources, designed to give students a better handle on legal education and the range of legal careers available.

"A full third of the students who ordered The Law Package are in their freshman or sophomore years," said Bruce L. Zimmer, Vice President of the Law School Admission Services.

"We are very impressed with the trend because we believe it essential that students consider their future career and education plans when they have the time to explore their interests and develop their skills," Zimmer continued. "We have reported that the highest percentage of juniors and seniors ordering The Law Package shows that students are realizing the importance of information and guidance even as they have to make concrete decisions about graduate education.

As expected, the most common field of study among those using The Law Package is government/political science, with just over 35% in this category. What did interest LSAS was the second most popular major among those considering law school: 24% of all users have concentrated studies in business, accounting, or finance.

"I think this figure indicates that undergraduate students are more career-oriented today," said Zimmer. "And while they are planning careers in business, these students see that legal training will have a role to play in these careers as well.

Another statistic that emerged from the data is that 35% of those who ordered The Law Package are women. Zimmer noted that this number parallels the number of women currently enrolled in law school, which has been increasing significantly over the past decade.

The Law Package was developed in part to help students make some decisions about law school before they begin the time-consuming and costly process of actually applying. "While more than 113,000 people took the LSAT during the 1982 test year, only 42,034 actually entered law school in the fall of 1983," said Zimmer.

"Many of the 70,000 who did not enter law school discovered, after investing time and money in taking the LSAT and applying to law schools, that they did not want to pursue legal education and careers. Students can use The Law Package, early in their undergraduate years, to help decide if law school is for them.

LSAC and LSAS introduced The Law Package on campuses last fall as part of a nationwide poster campaign, and ads in college papers and national magazines such as Rolling Stone, Glamour, Newsweek on Campus and Black Collegian. The poster campaign is underway again this spring.

Reaching the poster theme, "For $10, you can have law school all wrapped up. Zimmer comments, is trying to convey to students that for a very small investment, they can receive a great deal of information about law school, the admission process, and legal careers." Available from the Law School Admission Services, The Law Package includes:

- The Test, a cryptic LSAT that students can take and return to LSAC for a confidential analysis of their test results.
- Information on Five Law Schools that students designate on The Law Package data form.
- The Admission Process: A Guide, a booklet that describes major factors that law schools consider in reviewing applicants: financial aid information; and additional sources of information relative to legal education and the admission process.
- To order The Law Package, send a check for ten dollars and your name, college and address to: Law School Admission Services, Box 500-67, Newsou, PA 18940. Students who desire more information before ordering can request "The Law Package Brochure" by writing LSAS at the same address.

J. Edward Fitzgerald Award for Photography

Each year, the Boston Globe presents the J. Edward Fitzgerald Award for Photography in conjunction with its annual amateur Color Photography Contest. The grand prize of $1,000, will be given to a New England amateur photographer, on the basis of an original photo entry reflecting strong interest and promise in photojournalism.

The award honors the late J. Edward Fitzgerald, former Globe Executive Photo Editor and New England Magazine photographer, for his significant contribution to this newspaper and to the world of photojournalism, and in recognition of his long standing interest in the efforts of amateur photographers, especially those of young people.

Enclosed are the rules for both the Fitzgerald Award and the Color Photography Contest. Last year more than 100 aspiring photojournalists entered the Fitzgerald Award Contest, hopefully this year's exciting contest will attract even more.

If you have any questions, please feel free to call, 929-2640.
A sound medical diet is the "King, Prince, Pauper" Diet. You eat like a king for breakfast, a prince for lunch, and a pauper for dinner. The body needs its best nourishment before sleep. That is what the term "breakfast" means. It is a break from a fast. The body has time to break down this meal over the whole day. The same is said for lunch. The gradual tapering down process takes place until dinner, where very little is eaten. A meal at 6 o'clock, traditionally, cannot be acted upon by the body. That is why a light dinner is desirable.

Snacks should be eliminated if possible. The body can be trained like an animal to receive regular feedings. Once the pattern has been set and followed, the body falls into the regular cadence. By eating properly and wisely 3 times a day, there won't be the growing pains of hunger some feel on more restrictive diets.

The real secret to staying in shape is to eat with the regular cadence. By eating properly and wisely 3 times a day, there won't be the growing pains of hunger some feel on more restrictive diets.

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Aerobic sports don't build bulk. They tone the muscle tissue. That is why aerobic sports, don't build bulk. They tone the muscle tissue.

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