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Hawks' Eye -- February 23, 1998

Roger Williams University

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THE HAWK'S EYE

Volume 8 Issue 3

February 23, 1998

The Roger Williams University Student Newspaper

Theater program starts at Ground Zero

**Bronwen Lapidus
Donna Zakzewski**
Staff Writers

If you plan to go to London with the RWU theater program don't keep your hopes up. For the past week the Theater Department has been in an uproar over the possibility of the temporary suspension of the London program.

The idea of this drastic proposal originated from the evaluation made in December by Kurt Daw, Ph.D. from the Department of Theater at Kennesaw State University. He was brought here so he could give a blind non-judgmental assessment of the theater department. Many other programs in all majors will or have already gone through similar evaluations by professionals.

In Daw's evaluation he states that "I heard the faculty members advocating the London experience as

the central strength of the degree program but I also heard administrative concern about the academic integrity of the program."

In the barn on 17, the Dean of The College of Arts and Sciences, Ron Ambrosetti held an open forum with students, faculty and alumni to discuss the possibility of the temporary suspension of the London Theater Program.

Theater major, minors and other students from a wide variety of majors were there to express their concern for the Theater program. "I was proud of my students for not losing their tempers and thought the dean conducted the meeting very patiently and candidly," said professor Grandgeorge.

Dean Ambrosetti was looking at the situation from a business and academic perspective. He com-



RWU students studying abroad in London

pared last year's 23 theater majors to the 77 theater majors of the class of 1990. In the seven year time span the numbers have dwindled drastically and he is concerned for the welfare of the students and faculty of the Theater program.

"There is enough indicators to show the program needs to be revised. Daw also mentioned we need to do something 'Bold and fast'," said Dean Ambrosetti.

"If the Dean is toying with our futures he should have a substantial reason supporting his

decision," said Gina D'Acciario, freshman theater major. "We need to have a neutral starting point with no givens." At the meeting, students misinterpreted the Dean's meaning of "Ground Zero," which he kept referring to when he answered students' questions.

The American Heritage Desk Dictionary meaning of "Ground Zero" is "the place on the earth's surface directly at, or below, or above the explosion of a nuclear bomb." The reference to the term "Ground Zero" could be just a coinci-

dence with the Dean's meaning and the dictionary's meaning. "I think Ground Zero can never be reached, when we are still here and the faculty is still here," said Katie Dewlin, sophomore theater major. "Why should we sacrifice our education for people who aren't even here yet?" said Jane Camacho, junior transfer theater major.

Students feel that the London program, which isn't broken shouldn't be fixed. "If you were

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RWU, a university in search of itself

Jacqueline Binette
Staff Writer

Imagine a school where students are given the freedom to make up their own majors, where no requirements are needed, where a course on Trash Literature is available.

Imagine a campus where professors wear plaid shirts with overalls, smoke out of corn cob pipes, and walk off campus in protest to world

events. Imagine a school founded on the principle that it should be a "lively experiment." Imagine Roger Williams University 30 years ago.

Go back a little further and one will notice that over the course of its more than 79 years in existence, Roger Williams University has gone through some major changes both physically and philosophically. Not only has it gone from an enrollment status as low as 40

students in its premiere year, to 3,800 part-time and full-time students in the present day but its name has changed seven times.

Starting out in 1919 as the School of Commerce and Finance at the Providence YMCA building as an extension of Northeastern University, it went on to become the Providence Institute of Engineering and Finance in 1942. In the interim, it established a law school in

1920 that would offer the LL.B degree until 1933.

In the early 1940's World War II ensued and enrollment was low. The school was forced to close, only to be reopened in 1945 as the YMCA Institute of Engineering and Finance, and then changed its name (again) to the YMCA Institute.

The Institute maintained its name until 1956 when, after applying for a state charter as a

two-year degree granting facility, became the first junior college in the state and took on the name Roger Williams Junior College. At this time in the school's history, there were a total of 312 students, only 100 of which were full-time, but by 1959 the numbers evened out and there were equal numbers of full-time and part-time students.

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Letters must be typed, double-spaced and spell-checked.

All letters must be signed. Anonymous letters will not be printed.

The writer should include his/her phone number, although the number will not be printed in The Hawk's Eye.

The Hawk's Eye reserves the right to edit all articles.

Call 254-3229 Fax 254-3257

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"This program is vital... In fact, those who choose to suspend the program should seriously consider attending it next spring. It might be the only thing that can reverse their blindness."

Stacey Uria



Big Ben, a historical sight

Theater students speak their mind...

To Whom it May Concern

I had an opportunity last spring to address a group of parents and students who were here for an Accepted Students Day. Towards the end of the discussion, one parent stood up and asked me something I'd never been asked before. He asked me to describe what theatre taught me and how it influenced my life outside its walls. I was tongue-tied for a moment, because for me theatre has always been an end unto itself. Then I started to think about it and I realized that what we do here in this building is unique on this campus. Several times a semester, groups of students come together and create a production from start to finish.

At 8 p.m. on a Friday night, those doors open to a paying audience, and a varied and diverse group of people, namely us, are mutually responsible for the quality and unity of the experience that audience has. No presentation for a classroom full of friends and teachers carries the same responsibilities. No group project mandates the same degree of cooperation. And while there are always faculty to turn to and lean on and learn from, in the end it is us on that stage or in that booth, and that's the bottom line. The buck stops here.

Responsibility, communication, cooperation, compromise, the applications of such an education are limitless: politician, teacher manager, linguist, architect, lawyer, director, author, scientist, historian, therapist, parent. Theatre thrives on such a vast array of personalities and skills. Perhaps the greatest aspect of this department is just that, the variety. Whether it be faculty, classes, our fellow students, the productions we do or the jobs we do for them, life in this building always changes, grows, and reaches for more, different, better. I transferred to this university for all these reasons and more. I came here from a technically superior, better funded program for two reasons.

My old school believed in a rigid hierarchy of positions and responsibilities. Anything I worked on I did with at least three people looking over my shoulder at all times. Nothing was my own. I came here and within my first year I stage managed, I designed and crewed the widest variety of shows under the most amazing circumstances imaginable. Since then I have adapted, directed, designed and produced my own show. I have been backstage, I have even been onstage. Anywhere I go, within the world of theatre or without it, I feel prepared for anything. I also chose this school for the London Program. It is a once in a lifetime opportunity, not only to learn theatre by being at its cultural center and living and breathing it for three months, but to have the epitome of a liberal arts education.

I felt like I was on a Grand Tour. Museums, exhibits, talks, lectures, travel, individualized learning, and to top it all off, theatre almost every night of the week. I learned more about history, culture, language, natural sciences, anthropology,

archeology, politics, naval warfare, religion, art, poetry, and a whole host of other topics. For the first time in my life, I learned from morning till night, about everything and anything. I gained knowledge for the sake of knowledge, connected ancient history to modern art, Roman politics to contemporary language. I learned that there is a world out there that I could spend the rest of my life studying, that fascinates me, that has so much to teach me. I learned that I want to spend the rest of my life learning, and connecting, and growing, and that I can. If that is not the highest ideal of a liberal arts education, I don't know what is.

I have had a wide and varied educational experience, highlighted by three years at one of the finest prep schools in the country, and my three months in London, rank as the single most amazing and educational experience I have ever had. It would be a great disservice to current and future students to delay or tamper with the London Program in any way. In closing, let me, as a representative of the student body, extend a series of invitations to you in an effort to encourage further communication and cooperation. We are presenting the first mainseason production of this semester February 27, 28, and March 1, 5, 6, and 7.

We would appreciate the opportunity to hold a reception for you immediately following a performance, so that you can discuss the experience with those students intimately involved with the production. We would also welcome a chance to form a Student Task Force who could, perhaps over a series of lunches, continue to give you more detailed ideas on departmental restructuring so that it will fit our needs.

Pertaining specifically to the London Program, we would like to invite you to an evening of presentations from several students who have had that experience, so we may demonstrate to you the depth of learning such a program entails.

Along whose lines, I would like to loan you my journal from London, if you are interested in reading about one student's experiences. Thank you for your time and willingness to listen, and I sincerely hope this will not be the end of such communication.

Heather M. Sinclair

"We walked down the cobblestone streets and it was clear how simple it would be to overlook the true meaning behind the beauty of the buildings. They were an extension of York's culture."

Stacey Uria

looking at a construction site of a building that once stood you wouldn't knock down the foundation and start over, you would only fix the cracks and build from there," said sophomore Nicole Pulaski, Business Management major.

"We realize there are changes to be made in the department, and we initially have the same goal as the administration, and I feel we should work together to fix the changes to make this department better," said Heather Sinclair, senior theater major, who went on the London program a year ago. According to Daw four of the strengths of the theater program are:

1. A fiercely dedicated, hardworking faculty
2. Substantial alumni and community goodwill, which might be turned into literal support with some planning help from campus fundraisers.
3. A charming, generally adequate facility, which cannot be easily turned to any other use.
4. A talented student body

On the other hand Daw sees three major weaknesses in the theater program.

1. The curriculum is sprawling, with no assessment program in place to ascertain or document its effectiveness.
2. A lack of internal leadership, leaving the department in only sporadic conversation with the upper administration and relatively uninvolved in national organizations and movements.
3. Vagueness in both the university and department mission statements that leaves the department relatively unfocused.

One of Daw's major concerns for the program is the equipment funds. Daw says: "These

funds do not need to be extravagant, but there should be an annual allocation to purchase and maintenance of equipment..." Daw concludes, "It can, in my opinion, be brought back on track by reducing its scope to a more manageable size, strengthening the internal leadership, and sharpening the department focus."

"The London theater program is a specialty item," said Dean Ambrosetti. He feels the department needs to start at the bottom and work it way up to the top. "Sometimes unique isn't better," said Dean Ambrosetti.

With that comment one senior raised her hand. "I just want to say because this department is so small I got a chance to be in some plays, where as in a big school I would have never got the chance, and I am thankful for that...and as for unique, I am a red head with green eyes-one percent of the population I think I am unique," said Kyla Fox, a marine Biology major with tears in her eyes.

For some, it was an extremely emotional meeting. Feelings about the whole department came into the open. On the whole there were many students praising the department, the faculty, the small classes, the other students, and most importantly the London theater program. "I have learned more in the one semester I've been here than I have in my whole life," said Jay Miscia, a freshmen theater major.

"The faculty have the prerogative to shape their program," said Dean Ambrosetti.

"The distinguishing factor to come to RWU was for the opportunity of the London Program, I was accepted to Emerson College, and received a full tuition scholarship at University of Tampa...my life is up in the air right now, I feel if I don't go to London I do not deserve a degree from this University," said Camacho. Another freshman stated his opinion,

"two of the biggest reasons I choose RWU were first, tuition remission and the second, the London Theater Program. I have been looking forward to studying in London since I was a sophomore in high school. I feel cheated.

How much worse must those students paying \$25,000 a year feel?" said Tim White. "It is harder for sophomores and juniors who haven't gone yet, where it might be too late to transfer, and they have a lot invested academically and socially," said Abi Darling, junior transfer theater major, and elementary Education minor. Dean Ambrosetti kept saying this was not a money issue.

"Obviously they don't want students to take abroad programs because the tuition we pay while we are here it goes directly to the campus and when we are abroad it serves the students rather than the institution," said Dina Rizzo, junior Theater major, who just got back from London.

One problem of the suspension of the London program is the graduate requirement. Students sign a paper, saying they would go to London and earn the 15-18 credits.

Students are now wondering if they can't go to London then what will they have to do instead of going to London. Some students are worried that they may have to take extra classes in order to make up for the missing program.

To specify what the London Theater Program here at RWU is really about let's start with the facts. A student takes five classes ranging anywhere from political science to theater, then the students see numerous amounts of churches and castles throughout

"There is enough indicators to show the program needs to be revised."
Dean Ambrosetti

England, third the students see an average of six performances at a nearby theater a week.

On weekends the students travel all around the country to places like: York, Bath, Stonehedge, Canterbury, Stratford-Upon-Avon and many more places. During the three months that they study abroad they have two weekends and a week off where they can go anywhere they want to, to learn more about the culture of the different countries.

Some students go to Paris, Scotland, Ireland or Amsterdam. There are numerous events in the city itself that are quite educational. For example Speaker's Corner in Hyde Park. This is a place where you go to listen to other people talk about any subject they like.

For a more relaxing time the students can venture on the tube to Piccadilly Circus, Lester Square

"...I feel if I don't go to London I do not deserve a degree from this university."

Jane Camacho

and Covent Gardens. The shows and performances that students see are always a new experience. "Not only does London offer more productions of plays than one person could experience in any other city in the world, its theater fare is panoramic, encompassing a broad range of periods and styles," RWU Home Page.

The London theater program here at RWU has been alive for 25 years giving a student an opportunity of a life time. The final decision has not been made yet.

The Theater Program here at RWU is in trouble. The possibility of suspending or completely taking away the London Theater Program may lessen the people who apply to RWU.

The Theater Program and the Dean are trying to come to some conclusion and the answer about the possible suspension of the London Theater Program will be revealed soon. If the program does get temporarily suspended, "As a representative of the student body, we're not gonna let this go," said Sinclair. So if you haven't heard from the new Dean, yet, he may be knocking on your major next.



The stage at Globe Theater

Cont. from front page

RWU, a university in search of itself

In 1967 Roger Williams Junior College was growing and was granted a request to give the four-year baccalaureate degree. Along with the new status came, yes, a new name: Roger Williams College. The most important and challenging change came in 1967 when the school began its \$8 million project of building a campus in Bristol. Two years later, on September 18, 1969, the brand-new campus welcomed 1300 Liberal Arts students, 300 of which were housed on-campus.

With the physical ground-breaking to build a new campus, came a new ground-breaking way of teaching. A host school to a group of colleges and universities, Roger Williams College was part of an experiment known as "University Without Walls," which encouraged a non-traditional way of teaching. Quite an undertaking for a 'new' college.

The idea for the college to take on such an innovative idealism came from the man whose name adorns the entrance to the campus - Roger Williams. Williams, who founded Rhode Island in 1635, wrote a document in which he described the colony of Rhode Island as a "lively experiment." The president of Roger Williams College in 1969, following the footsteps of this radical leader, said the school was, "one which stands ready to question and test all underlying assumptions regarding the teaching process, the content of what is taught, and the very purpose of all aspects of the educational environment."

Come to the present day in the office of Phillip J. Szenher, Ph.D., Professor of Communications, whose teaching career would span 30 years, back to the very first days of the

Bristol campus. Surrounded by 16 bookshelves, displaying hardcovers entitled Understanding Poetry, The Anthology of English Literature, and Philosophy in the 20th Century, he speaks of a school whose earliest days were based on ideals and philosophies that would be indicative of the times. "We were told by the dean and the president that we were going to join an experimental university. We were told at Roger Williams that the old way of teaching was up for grabs. There were requirements to teach and learn in new ways and we were encouraged to develop unusual courses, to teach in small groups, tackle unpopular topics, to defy status quo."

Wendell Pols, Head of Reference, Special Collections Librarian, and University Archivist at the university's Main Library, was a member of the second baccalaureate graduating class. Pols, who has worked full-time in the library since 1975, recalls a time when he was student, when the main library was housed in what is now the Gabelli School of Business, and the school's cafeteria was in what is now the Fine Arts Building.

Ken Osborne, a faculty member since 1979, most currently Director of Cooperative Education, graduated in 1977 from what was then Roger Williams College, and was a student during this time of hippie-style teaching methods. He recalls the day in 1974 when he first arrived on campus, back when the school's parking philosophy was 'first-come-first-serve,' and walked directly into an anti-war demonstration - while wearing combat fatigues. He had just returned to the United States from

Panama after spending five years in the service - one of those years in Vietnam, the very war his fellow classmates were protesting.

'Roger Dodger' College, as it was affectionately referred to, was known as a school that attracted individuals who wanted to avoid going to Vietnam. The war had pushed men in a corner - either enroll in a higher education facility or get drafted. The campus at this time was bustling with men, the ratio of men and women was at least 70 - 30. At the present time the ratio of men to women is 1.3 to 1, with students hailing from 26 states and 45 nations. After the war ended, men who did not "dodge" the draft and had served their country, were accepted into the college under the G.I. Bill.

Szenher, barely

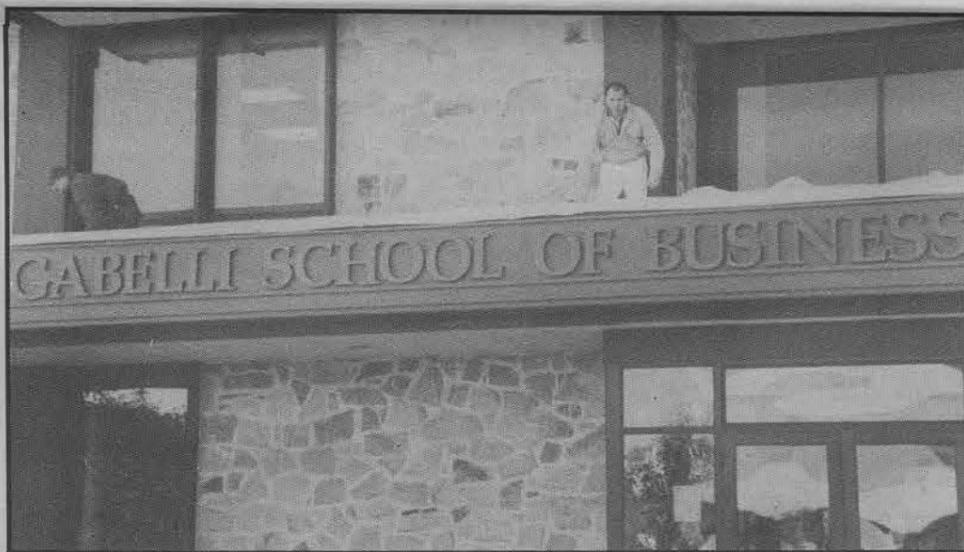
courses.

Vernita Thomas, a Roger Williams student in 1976, remembers a school that allowed students a lot of freedom, and even more important than that - fun. "There was a bar downstairs in the Student Union called the Ratskeller, and because the drinking age was 18, students were allowed to drink beer and hang out. It was a lot of fun. Then we would take the party to one of the dorms. Everyone kept their doors open to whomever wanted to come in." And even then Thomas remembers that the wall outside the Student Union attracted many students.

By the mid 1970's, the student body appeared to have an almost even number of men and women roaming the campus; Thomas says, "It was basically balanced." And just like

alarm button knowing that this 'perfect' boyfriend would exit another girl's dorm-room in fear of perishing in a fire, only to meet a fate of another kind. Needless to say, this student would never live it down during his time on this campus.

The college was ideal for many people during this time due to the lack of emphasis on formal learning, combined with the fact that the letter grade 'F' did not exist. Instead, the school's policy entitled students to receive an 'NC' - not complete, meaning a student would not have to be concerned with a declining grade point average if they were unhappy with one of their courses. Osborne fondly remembers his dorm-mates, "One of them was a former drug dealer and another one was an inmate on release." He goes on to say that his



Gabelli School Of Business was once known to students as the library

older than his students in 1969, began teaching at Roger Williams College as an English professor - hence the aforementioned course on Trash Literature. In the school's earliest days, professors prompted to be diverse, radical; to experiment. During this time deans had less influence, and professors, as committee members, would decide who to hire and who to fire, what classes would be offered, and would debate over what time they would teach their 'radical'

today, there were real-life soap operas being acted out behind dorm-room walls.

Laughing as though she is reliving the very moment she is sharing, Thomas relays a funny story: there was a group of students who were so tired of hearing a young woman's claim that her boyfriend would never "cheat" on her, they decided to let her find out the hard way that she was very wrong. Choosing the right moment, one student pushed the fire

class was known to challenge the professors at this time because they had a yearning to learn.

There were no guarantees that this progressive way of teaching would work, and by the late 1980's changes had to be made, as the times were changing too. No longer were students rolling in as they had when the school opened its doors in 1969, and it was time to re-evaluate the school and its willingness to experiment. The economy was

cont. on page 5

Cont. from page 4

shifting with the times, and according to Szenher, "Departments and faculty decided we could not afford to be radical and experimental because we weren't bringing in the students. We had to offer more conventional education, training for jobs, so we began to revise the early curriculum and approach to teaching."

It cannot be denied that a university can be measured by how it has grown physically; tangibly, and the progress of Roger Williams can be attributed to economic and technological evolution. Within the last decade the school went from a college status to that of a university, received a 10-year accreditation by the New England Association of Schools and Colleges, as well as established the Roger Williams University Ralph R. Papitto School of Law. In its

progression, the university has acquired various buildings in an effort to enhance student and community life, as well as continued to sponsor clubs and organizations.

Keeping up with the shifting times, the university has stood by its words: "Building on its current strength and supported by its unique history, Roger Williams University is poised to continue its tradition of excellence into the next century."

In speaking with students on campus, there is an overwhelming feeling that although there are kinks still being worked out by the school as it grows, most students feel they get the personal touch when it comes down to receiving the kind of attention they need in regard to academics.

Steve Drago, a senior receiving a degree in Corporate Communications says, "I can

always find my professors when I need them and get the help I'm looking for."

Part of the draw that Roger Williams University has to its potential students, aside from its pristine campus, is its small classroom style that enables the student and teacher to learn in a symbiotic nature.

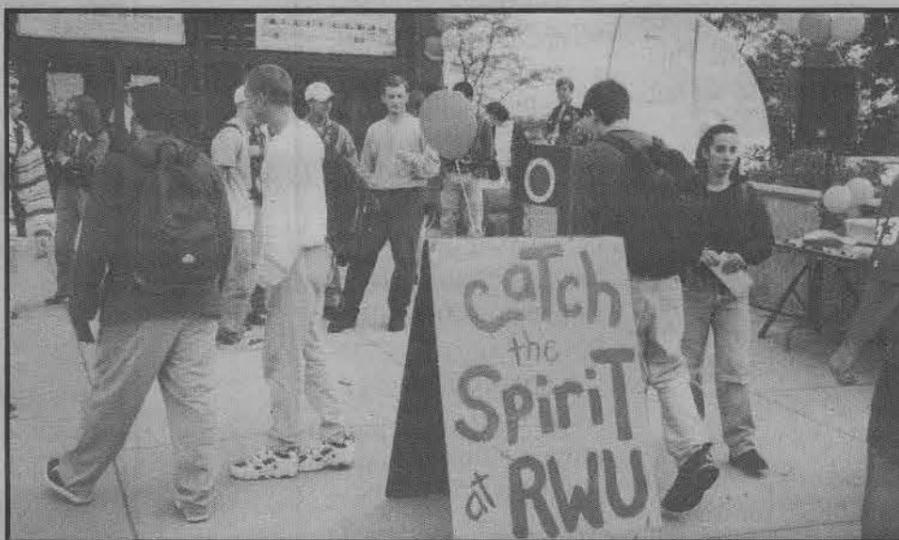
Szenher says, "The one strong tradition that has remained on this

campus is this notion that the faculty is accessible to the students, that the professors are not aloof, reserved, scholars, and experts in ivory towers. We are here as a teaching college, our primary mission is to educate and be available to students."

He continues, "Maybe the Roger Williams University you see today is a combination of some of the experimentalism and radicalism we started out

with, but it is set within more limited boundaries."

Observing Szenher, with his black beard and round glasses, one can almost see him in 1969 with smoke flowing from his corncob pipe, hands in the pockets of his baggy overalls, exiting the campus of Roger Williams College in protest to the political atrocities of the time.



Roger Williams University students of today

Mount Hope Bridge becomes free in April

tolls not enough to support renovation and up-keep

Carly Kinnas
Staff Writer

Crossing the Mount Hope Bridge will soon be an even cheaper proposition - it will be free.

Beginning on April 2 there will no longer be a toll charge for use of the bridge although revenues from the toll are not enough to support its renovation and up-keep said William E. Laurie Jr., director of the state Turnpike & Bridge Authority in Jamestown.

"There's quite a bit of traffic but we weren't making enough money," Laurie said. "Due to public opinion, the board of directors decided that it wasn't necessary to have a toll there at that price. We're eliminating it altogether."

Currently there is a 30 cent charge for all pas-



From a distance, the Mount Hope Bridge

senger cars that cross the bridge.

Tokens at a rate of 10 cents a piece can also be purchased by those people who utilize the bridge often. The current price of the toll is down from the original 60 cent charge that was implemented when the bridge was first constructed in 1929.

According to Laurie, although the state takes in approximately \$750,000 to \$800,000 per

year from the price of tolls alone, it still is not enough.

Instead, revenue from the Newport Bridge, whose toll is \$2 per car, will go toward future projects on the Mount Hope Bridge.

Any unused tokens will be redeemed, Laurie said, and although they may not be able to be restamped for use at other toll bridges, the metal can possibly be put to good use as scrap ore.

Counseling Center offers free screenings for eating disorders

Do you and your friends exercise impulsively and count calories in an effort to lose weight and be extremely thin? Does your roommate run to the bathroom to throw up after a big meal? Once you start eating, do you find that you are unable to stop? Do you focus your life around food and how you look? These behaviors are all signs that you or your friend may have an eating disorder. Before these behaviors get out of hand, learn how to get help.

Roger Williams University will join hundreds of colleges across the country in the second National Eating Disorders Screening Program (NEDSP) during Eating Disorders Awareness Week, February 23-28, 1998. RWU will hold the free program on Thursday, February 27th on the second floor of the Student development Building. All screenings are free and anonymous. If you are concerned about a friend, feel free to stop by and obtain some information.



Info can be obtained through Jim Azar in the Center

The Death Penalty: keep it or leave it?

Lisa McDonough
Features Editor

The death penalty has been an issue lately. Should there be a death penalty or not, that seems to be the question as of late because of the way Karla Faye Tucker in Texas axed her husband and his lover in cold blood.

Because of her actions she was tried and sentenced to death. This caused people to act out in both agreement and disagreement to the death penalty.

The death penalty is a difficult issue for many people. The Karla Faye Tucker trial brought out different attitudes from people of all ages .

Sara Confer, 20, is for the death penalty. She stated, "I am for the death penalty because I don't think that people should spend a large amount of money to provide criminals with food, shelter, or education when there are so many innocent people who have nothing."

Drew Wilensky, who is for the death penalty stated, "Murderers should not be killed humanely because their victims don't get a chance to choose how they are killed, so why should murderers get a choice?"

So, was Karla Faye Tucker put to death too humanely?

To some people the answer is yes. Yet, to some people , Karla should have life imprisonment and made to suffer for the rest of her life.

Everybody interviewed responded that the appeal process should be quicker and that the murderer should only get one chance to appeal his or her case.

Interviewing people from New York, Maine, Minnesota, and Massachusetts, Massachusetts is the only state that hasn't legalized the

death penalty.

Richard Cabelus, 20, says, " I am against the death penalty because the chances of someone being executed for a crime they didn't commit is too high."

Lots of people who disagree with the death penalty feel the same way.

Jason Letourneau, 27, replied, "Instead of the death penalty, criminals should have life imprisonment without the possibility of parole having no cable television, no outdoor activities, and should be in solitary confinement. There is no cure for brutal criminals. If we kill the criminals, the death penalty does not deter other people from committing murder."

Cat Sumislaski, 19, even though against the death penalty agreed with the sentence for Karla Faye Tucker. Cat stated , "I Believed that they carried through with the sentence that was agreed upon by the judge and jury, and this shows that the government is not afraid to set down the laws and carry them out."

In the end, people have mixed feelings towards the death penalty depending on what the crime is. The worse the crime, the worse the penalty should be

But is this the right way to act or feel towards the death penalty?

The death penalty is a strong subject and it should be dealt with very carefully so it doesn't cause a lot of problems among the community. Is it worth the effort?

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Applications must be received by Friday, March 13.

If you have any questions please call:

Health Education - ext. 3413

Counseling Center - ext. 3124



Tanning: A daily routine on our campus

Josephine Buffolino
Staff Writer

Janice Ihrig, a 32-year-old accountant from Long Island, New York, has been making daily visits to the tanning salon since she was 24-years-old. She always thought the tanning bed was safer than laying out in the sun. "I went tanning almost everyday, Monday through Friday," says Janice. "Sometimes if a special occasion was coming up, I would go to one tanning salon for 20 minutes and then head on out to a different tanning salon right after. Little did I know of the consequences." When Janice turned 31-years-old, she discovered that the mole on the right side of her stomach grew larger. As a result, Janice was diagnosed with skin cancer. She claims, "I never thought such a nightmare would happen to me."

Although it may take several years as well as, attending a salon almost everyday, tanning is very dangerous to the human skin. Most do not realize what a tanning salon can do until the consequences occur to them.

A brief overview of the customers that attend Bermuda Tanning shows that at least 15 students from RWU make a daily appointment for the tanning salon. "So many people go tanning, that within a 15-minute interval of waiting for a bed I see at least six people I know from Roger Williams," says Christina Jakubowski, a junior at RWU.

At Bermuda Tanning, which is a popular tanning salon used by most students who attend Roger Williams University, one will find several tanning beds as well as tanning booths. Each person is allowed up to 20 minutes of tanning, depending on

their skin type, and is able to tan only once a day. The first time one goes tanning at Bermuda it is free of charge. After the first visit, each session is \$4. If a student does not want to pay \$4, there are special packages offered as well. Within each room contains eye goggles for ultraviolet protection and a towel. Usually after usage, the beds are wiped down for sanitary purposes.

Experts say that people should beware of tanning because of the threat of skin cancer, cataracts, and premature aging. Unfortunately, most tanning damage does not show up until people are in their late 30s to 40s. According to Alyssa McCloud, a freshman at Roger Williams University, "Every four months, my grandmother has to go to a specialist who treats the cancerous skin damage on her skin due to too much exposure to the sun and tanning beds."

Ultraviolet radiation is the cause of most skin cancers, cataracts, and 90% of visible aging. There is no such thing as a "healthy tan" because to get that tan you need to expose yourself to dangerous amounts of radiation. "I stay in the tanning bed for as long as I want because my skin doesn't burn. My skin is olive complexion, so it really doesn't matter," comments Sara Steinberg, a junior at Rhode Island College. People that are born with dark skin are naturally protected more than light skinned people, but even the darkest people can get skin cancer or signs of sun-related aging.

Too much UVR, mostly UVB exposure creates a sunburn, which could turn into something more dangerous. "About a year ago, I was

checking my E-mail and found this warning message about tanning salons. It was about a young girl who was addicted to these salons. Instead of going on special occasions, like Janice, she continually went to different tanning salons twice a day, everyday. One day she smelt a distinctive odor around her body and got very concerned. Eventually, she went to a hospital and they had told her that parts of her insides were actually burnt from the frequent use of the tanning bed," said Shaune Murphy, a communications major at RWU.

Murphy was never so horrified in her life and commented, "Whether this story is true or not, it definitely convinced me to cut down on my visits at the tanning salon"

One person in the United States will die from skin cancer every hour

Due to ultraviolet radiation, one first receives the damage that can lead to skin cancer and then it cripples one of our body's normal defense systems. "I love the tanning salon because it gives me a healthy glow," explains Aime Laster, a dance major at RWU. "Also, due to all the soreness and tension I get from dancing all day, it relaxes me." The tanning salon can definitely relax and relieve tension, but a few minutes of unprotected ultraviolet radiation will damage certain cells, which are there to help fight off invaders such as bacteria, in ways that will last for weeks. Now, is

tanning really worth it?

According to controversy arises over dangers of tanning, an article written by Leslie Coalet, most tanning salons use a low-pressure, conventional bed which contains UVA and mostly UVB light. Customers that do not want UVB rays can tan in the Hex booth, which only gives off UVA rays. The Hex Booth operates with 160 watts, whereas the conventional booth operates at 100 watts. There is only one other booth that gives off only UVA rays at 1300 watts.

Supposedly, this bed does not burn and keeps the skin from aging. Consequently, most customers use the conventional bed to tan.

Matt Heady, a junior at RWU, comments about how his girlfriend understands the certain tanning consequences but does not discontinue going to the salons. "My girlfriend goes tanning almost three times a week and is always complaining about how when she gets older her skin is going to feel and look like shoe leather." All customers of tanning salons are warned of the consequences. usually they receive a small contract to sign just in case something does happen. As a result, it is the obligation of the customer to follow the safety guidelines.

Unfortunately, some people do not follow those safety guidelines. Recently at Bermuda Tanning, the light bulbs were replaced in the tanning beds; therefore, the radiation is much stronger. "Every time I go to Bermuda Tanning the lady at the front desk warns me about the bulb changes. I always knock my time down five minutes because the lighting and radiation is so much stronger than it used to

be," explains Kasey Berraducci, a junior at RWU. She also adds that some people in front of her do not care about the bulb change and proceed with their normal timing.

Some say tanning is a popular trend for mostly women. This saying is nothing but old-fashioned RWU, tanning salons are being taken over by males as well as females. According to a small survey I conducted, 5 out of 10 male students at RWU love to go to the tanning salon for that healthy glow. Unfortunately, the consequences are the same for males as they are for females. Victor Maccagannan, a junior at RWU, tans more than his girlfriend does. "I enjoy tanning, even though I know it is bad for you. It feels great after a day's workout."

Tanning salons have come a long way and the equipment keeps getting better. In the meantime, people need to be careful and they need to listen to what the employees at the tanning salon have to say. Most people want to look good and going to a tanning salon is an easy way to accomplish this craving.

For those individuals that are unable to discontinue the trips to the tanning salon, specialists recommend self-examination tests. Every month she should check for moles that have changed sizes, skin changes, and new moles.

The truth of the matter is that most people will not understand the consequences of a tanning salon until the consequences happen to them. After all, the fact sheets do say that one person in the United States will die from skin cancer every hour.

NUTRITION NEWS

Entertaining Ideas

Summer Living: Light, Lean, Low-Fat...And Easy

(NAPS)—It's summertime and, according to the popular Gershwin song, the living is easy. Why shouldn't your entertaining be the same?

Weight management expert Jenny Craig offers a solution. "Keep your meals simple. Opt for casual barbecues and picnics instead of preparing elaborate entrees. Tap into the seasonal bounty of fresh fruits and vegetables, and use them as side dishes or desserts. Think light...lean... and low-fat, and you'll help keep your stress level—and your weight—down as the temperature rises."

Here are a few more helpful tips, plus a recipe for Savory Potato Salad from Jenny Craig's new cookbook, *No Diet Required*:

- Snack on frozen grapes, strawberries or banana slices on hot summer days.

- Try low-fat or nonfat salad dressings as marinades for poultry, fish and lean meats.

- Zesty dips taste great with fat-free crackers or fresh vegetables like broccoli and cauliflower florets, carrot and celery sticks, squash slices and cherry tomatoes.

SAVORY POTATO SALAD

- 10 ounces round red potatoes
- 2 tablespoons chopped fresh parsley
- ¼ cup nonfat mayonnaise
- 1½ tablespoons canned low-sodium chicken broth
- ¼ teaspoon pepper



- ¼ cup chopped celery
- 1 (2-ounce) jar diced pimiento, drained
- 3 tablespoons nonfat sour cream
- ¼ teaspoon rubbed sage
- ¼ teaspoon dried whole thyme

1. Wash potatoes. Cook in boiling water to cover 15 minutes or until tender; drain and cool completely. Peel potatoes, and cut into ½-inch cubes. Combine potato, celery, parsley and pimiento.

2. Combine mayonnaise and remaining five ingredients; stir well. Add mayonnaise mixture to potato mixture; toss gently to coat. Cover and chill.

Jenny Craig's recipe for Savory Potato Salad yields four ½-cup servings, with 76 calories and 0.1 gram of fat per serving. Her new cookbook, *No Diet Required*, is available at Jenny Craig Centres or at major bookstores nationwide. Call 1-800-43-JENNY for more information.

NUTRITION NEWS

Fish Is Brain Food—And It's Heart Food, Too

(NAPS)—Finally, health professionals are telling us to eat more of something.

The food is seafood, and experts at respected research organizations are recommending people have seafood at least twice weekly. The typical American now has one seafood meal per week.

Why is fish such a recommended food? Because most species of fish contain omega-3s, a polyunsaturated fatty acid that has been shown to reduce the chance of heart disease—which claims at least half a million lives each year.

Omega-3s work by making blood less thick so it doesn't clot and cause a heart attack or stroke. They also lower blood fats and modestly lower blood pressure.

A study in Wales found that fish-eaters who had already survived a heart attack were 29 percent less likely to die from heart disease in the two years after they began eating fish. Regular fish consumption may also protect against sudden cardiac arrest.

It's been found that infants especially need omega-3s for proper building of brain tissue, nerve growth and for the development of the retina in the eye. Babies get the substance from their mother before birth, and from breast milk after birth.

Scientists believe a lack of omega-3s may result in delays or deficiencies in nervous tissue development and, possibly, impaired vision in infants. Con-



Research has shown that eating several fish dishes per week can drastically lessen the risk of heart disease.

sequently, pregnant and nursing women are encouraged to eat fish regularly.

Research shows omega-3s may also be beneficial in fighting arthritis, kidney disease, diabetes and inflammatory bowel disease.

Omega-3s are found almost exclusively in fish, particularly species like mackerel, salmon, tuna and sardines.

There are many ways to include more fish in your diet. Substitute fish or shellfish for meat and poultry in your favorite casseroles, soups and pasta recipes. Steak lovers may prefer "meatier" types, like swordfish, tuna, halibut and shark.

For more information about the healthfulness of fish, send a SASE to: Healthy Fish, c/o NFI, 1901 N. Ft. Myer Drive #700, Arlington, VA 22209.



The average American consumes more than 300 pounds of dairy products a year.



In 1860 tomatoes were still regarded so suspiciously that magazines recommended they be cooked for at least three hours.

DID YOU KNOW...?

- ✓ A person running for 30 minutes will experience a cumulative impact load exceeding one ton on each foot
- ✓ During a ten-mile run, the feet make 15,000 strikes, at a force three to four times body weight
- ✓ During the summer, the measured temperature inside footwear can reach 125 degrees
- ✓ During the course of a day, the foot can perspire as much as a half a pint of moisture



Fitness Facts

Cold Weather Wisdom For Heart Healthy Lifestyles

(NAPS)—Cold weather presents a nutritional challenge to everyone, from soccer moms and their active kids to on-the-go college students who often balance studies with work. As lifestyles become sedentary, metabolism can take a nose dive.

Whether your goal is to avoid holiday weight gain or your resolution is to live a more fit lifestyle you can improve your fitness and energy levels by following a few key nutritional guidelines.

Lee Haney is the only eight-time Mr. Olympia winner, and his advice on training and effective eating has been sought out by several of the world's greatest athletes, including Evander Holyfield, Gary Sheffield of the Florida Marlins, Denver Broncos' wide receiver Shannon Sharpe, and Kevin Willis of the Houston Rockets.

To stay fit, Haney suggests paying more attention to what you eat and eating for what you're going to be doing the rest of the day.

"Morning is the best time to eat a big meal. This will kick start your metabolism. Eat complex carbohydrates such as pastas and breads, by mid-afternoon to allow ample time for burning off lethargy-inducing calories. Keep evening meals smaller and focus on proteins such as fish, chicken, egg whites and beans," says Haney.

"Shifting to frequent yet smaller meals also helps the body function more efficiently," says Dr. Fred Hatfield, co-founder and president of the International



Lee Haney, the only eight-time Mr. Olympia winner, now advises world-class athletes on how to eat.

Sports Sciences Association.

"Waiting every six hours to eat starves the body, resulting in overeating. Instead, five to six small meals a day is a smart approach for people of all ages and sizes because the body is continually nourished."

Mini-meal suggestions include half a turkey sandwich, an apple and a protein shake, or a cup of yogurt and a granola or protein bar.

Haney also believes nutritional supplements are integral to wellness, but from personal experience knows that the wide variety of available choices can make it difficult to find the supplement that's right for you.

"Over the years when I was competing for Mr. Olympia, I tried every brand out there, but many of the programs and instructions often made little

sense, or weren't right for my goals," says Haney.

Haney recently started using a new high-tech supplement line from Country Life's Biochem Sports and Fitness Systems.

"The only way to achieve overall fitness is by combining the three components of good nutrition, proper supplementation and regular exercise, says Biochem creator Ryan Drexler.

As for the exercise, just do it. The President's Council on Physical Fitness notes, "physical activity does not need to be overly strenuous to achieve health benefits."

Hatfield also endorses vigorous aerobic activity during the winter months, noting "Whether you're a gym fanatic or a home exerciser, focus on vigorous cardiovascular workouts to compensate for cold weather food indulgences laden with sugar and fat."

For those who won't brave the cold weather, Haney suggests creating a home gym.

"A treadmill or aerobics video will give your heart a good workout and boost your energy level."

So when cold weather pulls you inside, don't just retreat to the couch and load up on fatty snacks and sweets. Stay active in any way possible and indulge on healthier treats including protein bars, fruit and cut-up vegetables. Support a well-balanced diet with key nutritional supplements and regular exercise.

To learn more about feeling and looking your best, call 888-476-8647, Dept. NAPS.

Samples of poetry from students...

Storm Front

*In darkness beneath
brutal torrents of rain
and thunder the forebod-
ing oak trembles: swift
flash of blue and then a
blink later dancing in the
shadow of night.*

Matt Barber

Anyone who wishes to submit a poem may do so by leaving his or her work in the Creative Writing Club.

In future issues we hope to include more of your work.

Any advice for this section would be greatly appreciated and can also be dropped off in the Creative Writing Club mailbox in the Student Activities.

Anyone interested with this is encouraged to attend a Creative Writing Club meeting on any Tuesday at 8 p.m. in the Maple Hall Meeting Room, room 1402.

*Im lost in a pair of eyes
staring right into my desires
I can't help but dream her, she drowns
everything else*

*I breathe her smell, oh God
it tingles in my nose
makes my muscles feel fuzzy
white and soft*

She doesn't want me

*She knows I can't have her
but why does she stand like that
it does so much*

*and dressing like that sears my eyes
open*

I'm on fire too

*She can't help it
that it's her fault*

Ben Higgins

The room is empty but people have left their marks:

plastic bags

wrappers, torn paper towels,

I sit beneath a triangle of vacant light peacefully buzzing to itself in its own company.

Sloppily, my feet rest, crossed, on the table in the front of me just out of reach of a bag of rainbow candies.

My pen scratches as I write here, alone.

The heater, one wall away, rattles

There is me, and nothing. Eyes closed in a blink, no light, no sound, no body. When my eyes open, footsteps are upstairs gradually fading behind the snap of a closing door.

COMIC STRIPS

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Adam 95

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Sigal & Hoffman

When was the last time you... watched a beautiful sunrise?



Adam 96

©1996 ADAM "EGG ON MY FACE" GREEN

Matthew Braddock will return your call for more info. 1-800-961-1111



Performing Arts building known as The Barn

Former staff member, Dr. Robert Mulligan speaks out

I would like to thank my students for their warm reception and hospitality during my visit at the end of last semester. It is a great comfort to know I am missed as much as I miss all of you.

Unfortunately, during my visit I was informed an unnamed faculty member has filed a complaint alleging some unnamed RWU students and some of their parents expressed discomfort about calls I placed to their homes since leaving Roger Williams. It was also alleged, I misrepresented the fact I am no longer associated with the University. I did not find this allegation credible when I heard it, and I have since investigated further.

Since leaving Roger Williams, I have spoken with seven parents of current students. No parent expressed discomfort at the time. Since learning of the complaint I contacted these seven parents again. All affirmed they have never objected to my contact with their son or daughter. All were aware I no longer work at Roger Williams. None had ever discussed my calls with any staff at RWU. I now know what I always believed - the anonymous complainant lied.

It should surprise no one that there are two kinds of people on the staff at Roger Williams. The first kind would not lie to save their lives. The second kind can not

tell the truth to save their souls. Everyone who knows me knows what kind I am. It is sad there are people at RWU so threatened by my relationship with my students that they would lie about me and about students' parents. It is especially pathetic anyone so morally crippled is permitted to posture as an educator. The only conceivable response at real university is dismissal for cause. To do less undermines the institution's integrity.

I have only admiration for the people of integrity at RWU without whom the university has no future.

My heart goes out to you T.S. Eliot describes your predicament as being "united to supernatural vermin". It is up to you to make the other group accountable for their misconduct. Otherwise the university's reputation will not long survive - and who wants their school known as a safe haven for slander?

I am very sorry if this situation causes distress among the RWU community, but the person who really owes an apology is the one who filed the false official report and fabricated such a pathetic lie.

Sincerely,

Robert F. Mulligan,
Ph.D.

My name is Nicole Pulaski and I am the treasurer of Stage Company and a non-theatre major. Similar to Heather, I had the opportunity to address the same group of students and parents at an Accepted Students Day.

I feel that this department has offered me more than any other department on this campus, despite the fact that I am not a theatre student.

I walked into this department the first day of classes and walked out after class having signed up to stage manage a show.

The department was willing to take a chance on my abilities and since that point in time, I have stage managed, directed, built sets, hung lights, worked backstage and taught fellow peers to do the numerous tasks that are required to put up a show.

Without the support of the faculty, the department, and my fellow peers I would not have the skills that I have now that I feel are preparing me for whatever I endeavor to do for the rest of my life.

I have learned skills such as carpentry, managing, human resources, electrics, organization, responsibility, connections, as well as life long lessons in handling stress, time management, working with people, understanding, compassion, and a closeness that can only be achieved by work that is done in this building.

The hand that was extended to me is extended to every student who walks through the front door whether it be for a class, to talk to a professor, or to see a show.

That in my opinion is the greatest strength of this department. Last semester alone, we put up four

shows and had over 1300 people in this building. Over five hundred of those people were students on campus.

When you think that 500 students walked through those doors to see a show and allowed themselves to be swept away by what the members of this department were presenting for their approval, that is an extremely high number.

This does not include the number of people who walk into this building for the Alive Arts program which is one of the only outside multi-cultural groups who come to this campus.

It is the people in this department that run those shows and provide the technical support which allow those shows to be presented.

The department goes out of their way to connect us with outside sources so that we have the connections when we leave this place to further our own lives.

The connections that the department has with Trinity Repertory Theatre in Providence have allowed students to graduate from this department and work very closely with Trinity.

The London program is something which seems to inspire many people to go on and pursue theatre with a passion and drive that is not necessarily there before they go to London.

As an R.A. on this campus I see how the department effects the overall student community.

There is nothing like the feeling that a person gets when someone that they are in class with takes the time out of their schedule to go up to someone they saw in a show and say, "Hey that was really great."

"Let me know when the next show is

so that I can go and see it."

For a student, professor, staff member or community member to comment on a performance at this building is not only a compliment to the people involved but also positive publicity for the University.

The theatre is getting the name of the University out into the public eye by each one of their performances.

It is an incredible publicity source that the University does not even realize they are utilizing.

In closing as a student of this university I feel that the steps you are taking to restructure the program are going to be a positive asset to the department as long as it is kept in mind that if it isn't broke don't fix it.

The department as it stands offers more to its students than any other department on this campus.

The genuine concern for the students' best interest is always a top priority of this faculty and the department as a whole teaches more life lessons in applicable skills than any other department on this campus.

Thank you for your time and willingness to listen to what I had to say and on behalf of the rest of the students and myself I would like to invite you to feel free to contact us at any point if you have any questions.

Nicole K. Pulaski

"In York, England one weekend, I realized how young the United States is... how important it is to understand the world that I live in."

Stacey Uria

S P O R T S

Male Cheerleader, Chris Thibeau

Lisa Hickey
Contributing Writer

"Any guy can hold a cheerleader's hand, but only the elite can hold her feet." That anonymous quote perfectly describes RWU's first ever male cheerleader, Chris Thibeau. An RWU freshman from East Boston, MA, Chris had never had any cheerleading experience when he joined the Hawks squad last November. An avid soccer and track and field player, Chris became interested in cheerleading when he started high school.

"My sophomore year, I went to my girlfriend's cheering competition and was surprised to see a male cheerleader. I always wanted to cheer in high

school, but didn't because of the close-minded, catholic school atmosphere," said Chris.

Upon coming to RWU, Chris met up with some cheerleaders and they encouraged him to join, so he did. Inexperienced Chris began practicing three times a week for two to three hours at a time with the Hawks squad that consists of 11 women and a male coach. He immediately caught on, learning all of the cheers and stunts.

"Chris came into it and it was totally new to him. He gave 110 percent and worked so hard," said junior captain Deanna Pellechia. Chris has also attended the cheering practices at URI and Providence to build on

his skills and technique. He has now mastered the basics of cheering and his participation with the squad is growing. "With the help of Brian (RWU coach), I edited all the the cheers and made the motions less girl-like," said Chris.

Since there has never been a male cheerleader before, the athletic department didn't have a uniform to provide for Chris. Over intersession he went out to various Sporting Goods stores and compiled his own uniform. It consists of blue warm-up pants, an RWU t-shirt and a pair of Nike sneakers.

Chris hopes to have a real uniform that matches the women's for the next basketball season. At the Hawk's

last home game on Thursday, February 19, Chris will not only cheer and stunt on the sidelines, but he will take part in his first time-out routine. "I'm psyched for it. All the work, I put into it will finally pay off," said Chris. So, what response has Chris received from the RWU community? "

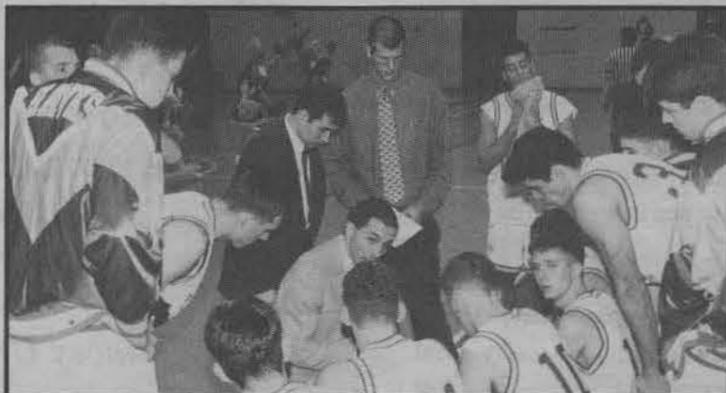
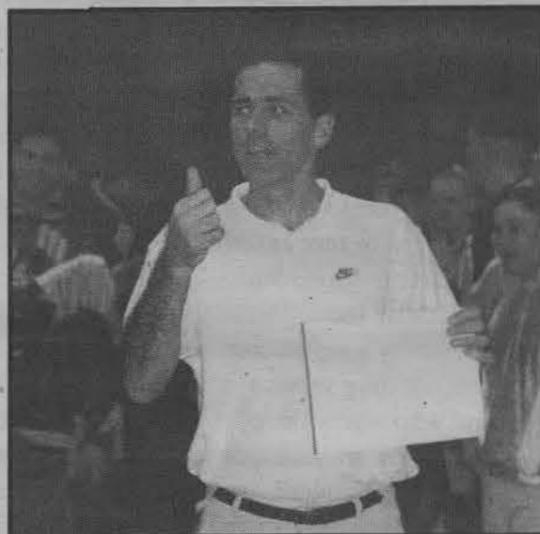
Mostly, the responses from friends have been positive. I could care less about what other people think or have to say about me," said Chris. After talking with a few RWU students, I collected these soundbites:

"Good for him! More people should challenge the norm and take part in what they want," said Kate, a RWU sophomore.

"I wouldn't do it," said John, a freshman. "I give him a lot of credit. Go Chris!" said Bry, a freshman. Chris's parents are really supportive and they encourage him to ignore others.

"I think it's great that Chris doesn't care about what people think," said Deanna. Chris has hopes of the squad becoming full coed within the next few years. "We need three to four more guys," said Chris. He encourages others to join and exclaims that the other cheerleaders are "just like his sister." "Chris is a great addition to the squad, but he can't do much on his own. We need more guys," said Brooke, a freshman cheerleader. If anyone is interested in joining the RWU cheering squad they can drop coach Brian Coyne a note at the Athletic Department or there will be notices up in the fall for tryouts. "It's a lot of work and dedication, but also fun and in the end you benefit from it," says Chris.

The many faces of Coach Sienkewicz



KEEP YOUR EYES OPEN FOR SPRING BALL TO START UP...

LACROSSE

BASEBALL

SOFTBALL

INTRAMURALS

CONTACT YOUR ATHLETIC DEPARTMENT FOR FURTHER INFORMATION... REMEMBER THE WEATHER IS GETTING NICE SO GO OUT AND PLAY BALL!