Cormier reaches elite 1K status

Shaun Hogan
Herald Staff

Senior co-captain Chris Cormier has most definitely had a successful basketball career at Roger Williams University.

On Saturday, February 2, he added to his long list of accomplishments as he became the 24th player in RWU history to surpass 1,000 points. A male player has not become a 1,000-point scorer since Michael Lynch and Tim Smith in 2001.

Going into Saturday's game Cormier, a native of Trumbull, Ct., was only five points short of 1,000. With only nine minutes and 54 seconds left to play, Cormier hit a mid-range jumper, bringing him to the milestone of 1,000.

In addition to his 1,000-point basket Cormier earned the team eight more points that came from a jumper from freshman guard Conrad Griffin, 13 from sophomore center Geoff Baranger and 10 from sophomore guard Ben Cornbrooks, propelling the Hawks to a 78-50 victory over Eastern Nazarene.

Head Men's Basketball Coach Michael Tully describes Cormier as a key member of the team. He feels that Cormier has come to be one of the team's most consistent players throughout his entire four-year career.

"He is a great leader," Tully said. "Both on and off the court. He is a good student."

Lavoie explains why he thinks the food is good. "I think that since I have been here we have looked more closely at how we are preparing the food," stated Lavoie.

Senior Conrad Griffin, a junior living in Almeida has usually been satisfied with her meals on campus, but would always head to a specific place inside the dining hall.

"I felt that I enjoyed the 'cook to order' meals the most. I found that the roast beef or chicken at the 'cook to order' was pretty tasty, but the meat served on the line always seemed gross because it was served in bulk on huge trays," said Ciarleglio.

When asked about the quality of the food in the dining hall, Lavoie said "I think the quality of the food here is very very good. We are using very reputable providers to purchase our food. We use all the best grades of all meats, vegetables, salads, and fish."

Lavoie explains why he thinks the food is good. "A lot of it has to do with having a good product to start with, then preparing it the proper way, and in that respect, we are definitely down the right path of improving the food here."

Baysiders feeling caged in

Tracy Lemie
Features Editor

Bayside resident Alex DaLaz was planning to furnish his Seabreeze apartment this semester with a couch, but when he returned from winter break he learned that the administration had blocked this idea, literally.

"I was going to bring a couch back to school to put it in my apartment but now since the RWU powers that be decided to put those useless steel poles at the top of Bayside and a fence at the bottom, there is no way we're going to move a three-piece sectional couch into my room from the street."

However, since the beginning of second semester, facilities have been working hard to prevent track marks and cars driving in the quad. "There has been a lot of traffic recently," Manager of Facilities Operations & Engineering, John Tameo, said.

Chef Bob adds flavor to campus

Editor's Note: This is the second in a two-part series on the food quality at RWU.

Traci Harris
Herald Staff

Roger Williams University welcomed a new executive chef to the kitchen this past June. Robert Lavoie may be new to cooking in a university setting, but he has over 22 years of experience.

Since coming to RWU, Lavoie has tried to cook up great meals that are delicious and healthy. Fish is among his favorite things to cook because it is so versatile and very healthy.

A good meal starts with a good menu. Lavoie meets with the cooks once a day to talk about the meals for the following day, so they are all on the same page. When actually cooking, the head cooks go around the kitchen to make sure everyone is doing what they should be.

Lavoie feels that an ideal meal happens when the cooks are educated and trained on how it is prepared. He has a staff of 35 people, 12-15 of them are full time and the rest are part time. There are a lot of students from Johnson & Wales cooking here that are either still enrolled or have graduated.

"I think that since I have been here we have looked more closely at how we are preparing the food," stated Lavoie.

Lauren Ciarleglio, a junior living in Almeida has usually been satisfied with her meals on campus, but would always head to a specific place inside the dining hall.

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See FOOD, p.3
"From Bayside, with Love"

"The good times are killing me"

First things first, the RWU facts have been coming in but at this point I just don't have enough good facts to fill up an entire column. So keep sending them in. Believe me, it's funny.

So I'm sorry to those of you who were expecting to read some ridiculous facts about RWU but it's just going to have to wait until next week. In the mean time I've got to write about something else. I feel like I haven't written anything legitimately amusing lately, so I'm going to get back to my roots. Back to the end of my sophomore year when I declared emphatically that from now, there would be something in our school's newspaper that I would want to read.

And what exactly is that? It's people getting drunk, acting stupid, getting in trouble and maybe even committing a sex crime or two right on this very campus.

Last Thursday night seems like a good place to start this off. I've got an 8:30 class on Friday morning (not by choice, it's the only time it's available and I need it to graduate) so like a good little boy I had every intention of going to sleep by at least 2 a.m. and not drinking (too much).

Thursday afternoon, enter Peer Pressure Pal Phil.

"TEQUILA," he announced to the room in his signature enthusiastic tone laden with the promise of a night to hope for:

Yeah, laugh it up hot shots, but when a friend says something like that to you it's impossible to avoid a moment of introspection. And in that moment you can either choose to say "OK, I'm never drinking again" (which is a lie) or next time you can just skip the wine in a box step of the process, you drink.

What's the moral of the story here? Send me more RWU facts you lazy bastards. I just had to write about all the dumb stuff I did last Thursday because of you.

Chris Villano
Herald Staff

Dear Meg and Ash,

My roommate is driving me nuts! She's constantly using our bathroom and making a serious mess... and by mess I mean the most disgusting thing I've ever seen. She's not like this with the room so what's the deal?

-Grossed Out

Dear Grossed Out,

Wow... we don't know why your roommate would choose the bathroom to be her pig pen, but we sympathize. There is nothing you can do but talk to her and do it fast! Her behavior can't keep up like this because it's not fair to you. There's a difference between giving someone their personal space, and then allowing them to be blatantly disrespectful. Just explain to her that you're getting seriously grossed out by her actions and try and find out if there's some motivation behind her actions. How have your habits been? Could you have done something to upset her? (Not that we're justifying her actions). Talk to her as soon as possible and hopefully you'll see some improvement. Good luck!

Meg & Ash

Dear Meg and Ash,

I am really missing my family lately. I've always been a homebody, but ever since coming back from break I feel miserable. Is there anything I can do?

-Depressed in Willow

Dear Depressed,

Everyone goes through this type of feeling. You should really try and get out as much as possible to get into having some fun on campus. Missing your family is completely normal, but you don't want to sit around your dorm room not experiencing college life. There is so much going on around here. Try joining a club, or getting a job on campus to meet some new people and make some money. Then talk to your friends. If they know what you're going through they may take it into consideration and start coming up with activities you can do together. When all else fails call your mom... we're sure she'll know exactly what to say!

Meg & Ash

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

To Lindsey Maguire

Happy Valentine's Day!

I love you!

Love,

Al.

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Food: Quality has improve drastically over the years

When compared to other schools, Lavoie senses RWU dining is better than other schools.

"Without mentioning any names, I have been to a couple of other universities. I think that we have a better variety, we do things a little bit differently here. I think we're more restaurant of how we are doing things," stated Lavoie.

According to Lavoie, the visiting sports teams have told him that the food is better here than at their schools. The experienced chef practices what he preaches by eating lunch daily in the dining hall and sometimes his family joins him.

Production manager Andrew Costanzo agrees. "In general, the quality of the foods throughout the region and country has improved over the years. At the university, we've always strived to bring you the best and freshest foods we can get."

Ciarcia agrees. "I think that the way the food is presented has a lot to do with the way people think it's going to taste," she said.

Lavoie is confident when saying, "In terms of starting with the raw product, it's all very, very good."

Others disagree. Tess Specter mentions that the meat seems middle of the road. "I hardly eat the meat here and when I do it is ok."

However, Ciarcia feels that students should lighten up. "Students should understand or take into consideration that the chefs have to cook for hundreds of people every day, three times a day," said Ciarcia. "I understand that the university is working on improving the meals in the cafeterias, but I personally believe that it was never that bad to begin with."

With the new dining hall opening later this year, students can look forward to an improvement to their dining experiences.

With a positive outlook, Lavoie states, "I am definitely looking forward to the move."

In preparation of the big move, Lavoie is starting to incorporate new ideas now.

"This semester I decided to start taking some of the concepts that we might be doing in the new building and starting to introduce it to the students now," said Lavoie.

Students should be on the lookout for new recipes, theme stations, and different options during the semester.

When it comes to the new improvements, Costanzo does not think vegetarians are left out. "There are wonderful options for those folks who are vegetarians," he said.

Lavoie agreed, acknowledging that some of his patrons are vegetarians but feels there is a good variety for them.

"I think there are a lot of options for vegetarians. I don't know if vegetarians really know how much there is for them here," said Lavoie.

Lavoie mentioned that there is always a hardy vegetarian soup that contains beans or another type of protein at the soup station. Students can pick from a variety of items at the salad bar, and the deli always has grilled vegetables, hummus, and tabbouleh. And there is at least one main vegetarian dish.

Vegetarian satisfaction is important to Lavoie.

"If there is not something for them to eat there is always the option to come in the kitchen, or ask for one of the chefs to come out and we'll customize some food for them," said Lavoie.

Blake gives the school credit by saying, "I think the school is trying. I have noticed a few improvements, however I think they still need a lot of work. I think they need to speak with a nutritionist on ways that they could improve vegetarian cooking."

Costanzo said there are things being done to improve vegetarian options.

"Our 'cook to order' station allows people to customize each dish that they order. Not only can they pick from the items at that particular station, they can certainly take things from the salad bar, tray line or pizza station and bring those things to the CTO station and have the cooks prepare a custom dish on the spot," said Costanzo.

Senior Andrew Renert likes the 'cook to order' aspect of the cafe since his favorites are, "the pasta pronto, and stuff they make at the 'cook to order' stations."

But for a vegetarian, Wiles feels there is a long way to go until there is satisfaction for vegetarians.

"The options have improved since last year, but the conversion to vegetarian friendly is still far off. There are still limited options and food is often mislabeled as vegetarian or vegan when it is clearly not. I know that mislabeling deters people from eating a lot of things that may actually be vegetarian," said Renee Wiles, president of Veggie Club.

Vice president Ashleigh Blake explains that, "students are required to live on campus for two years, which basically means they are required to eat the cafe food, the least they could do is give a few more options, healthy options, to the students. I think they would be surprised to know how many vegetarians we have on campus."

Many vegetarians are sick of being told to go to the salad bar.

Blake clears up a common misconception about vegetarians by saying, "vegetarians don't just eat vegetables, it's annoying when we complain about not having options and someone tells us to eat salad. That's like saying have some water. Lettuce has 30 calories in it, you burn more calories eating it than getting any nutritional value."

Wiles also feels the options for vegetarians are slim. "I think that improvements need to be made. I know many people who are sick of being told, 'go to the salad bar.' The salad bar just isn't enough. The only tofu they ever have, if any, is plain and unappealing."

With the new dining hall opening next fall, vegetarians are hopeful that their meals will improve.

"I feel as though I eat the same thing everyday, a salad or a wrap, it's become a common theme of dinner for my friends to make comments about my lack of variety, but nothing else ever appeals to me," said Wiles.

The dining hall says that they always offer a vegetarian soup at all meals, but Wiles notes that they are not very healthy.

"They need to improve the soup. They say that they always have a vegetarian soup, but it's usually something really gross like pea soup, that I would never eat. Also, on days when they do have vegetable soup they put like beef in it, or chicken. It's deplorable to add meat to veggie soup," said Blake.

Lavoie says that if students do not like something it is helpful if they fill out a comment card, and if students want to take it one step further, they can call or e-mail him.

I will respond to every comment card that is written as long as the student will put their name there," stated Lavoie.

Although students can be picky, most can find something enjoyable to eat. Renert feels the students should not be afraid to eat in the cafe.

"I recommend eating at the cafe. I just have a lunch plan and if I'm on campus and have time to eat lunch, I always go to the cafe. I think it's convenient," states Renert.

Blake feels that the quality could be worse, and she still is open to eating at the cafe as it is for improved meals.

"There should be fresh veggies at the salad bar, different types of vegetarian 'fake meats.' Morning star makes great "chicken nuggets" and has fake beef options, and have all of the cook to order meals that they make should have just one for vegetarians and one for meat eaters,

"At least 100 percent meat free meals," said Blake.

Wiles also has some suggestions, "I wish they would actually reflect vegetarian and vegan options, keep most options and vegetarian options separate, most vegetarians won't eat anything that touches meat, and try making meals with soy, tofu, and meat replacers."

While these suggestions may be valid, dining services wish that more students would tell them exactly what they do not like about the food.

"As always, everyone is welcome to come to see either myself or Chief Lavoie and discuss their needs," said Costanzo. "When people come to see me and say that the food 'stinks', put it nicely, it tells me nothing. Please tell me that it 'stinks' because, it's cold, too hot, too spicy, too dry, whatever. The more information you give, the better I can find out why things are unsatisfactory and the better we can fix the problem, or at least give you a reasonable answer as to what the issue is."

Lavoie agrees he would like students to speak up; "All they have to do is what they do at home, and that's come to me. I'm completely 100 percent accessible."

Costanzo also wants students to ask for items that they do not see served that they would like. All they have to do is ask because it may be worth it.

"If I can get it, and get it at a reasonable price, I will," states Costanzo.

As to his new job, Lavoie is very excited to start his future at the cafe.

"I do like it a lot. It's a different challenge for me. It's the first time I have worked in a university setting, so getting to understand what the students really want to have to eat is a challenge. The operation I came from was very high end, so trying to incorporate as much of that high end stuff as I can but keeping it palatable for the students is difficult. I try to cook some of the things they really like, but we're trying to cook things a little bit differently, a little more healthy, and really going along that path, and that's going to take us to the new building."
Winter Intramurals well underway

Greg Carlson
Herald Staff

Intramural sports kicked off earlier this week, with the basketball and indoor soccer teams playing their first games on Monday.

Later in the semester, over 1,100 participants are expected to join up to play indoor floor and field hockey, dodgeball, softball, beach volleyball, and water basketball, according to Intramurals and Recreation Coordinator Bret Stothart.

Stothart took over the programs this year, succeeding Mike Gallagher, who had been in charge for the past seven years.

Any graduate or undergraduate student who does not play on the intercollegiate team, faculty, staff, or administration member can play intramural sports. While experience is not necessary to join, it is not uncommon to find that players are not first-time athletes.

Freshmen members of the Blue Eagles basketball team, Nick Vining and Jay Sawin, both played in town leagues and on their high school teams. And both seem to enjoy the intramural basketball here at Roger Williams.

“Have I liked it a lot,” Vining said. “It’s organized well, and I like my team.”

“It is fun, and we’ve got a good team,” Sawin added.

While basketball clearly draws a large following, dodgeball is most popular among students, with over 300 participants expected to join up this semester.

Senior dodgeball referee Michael Marr seems to agree, saying that dodgeball was “hands-down” his favorite sport to officiate.

“Everyone has a really good time with it,” he said.

While dodgeball is the most popular sport, indoor soccer is relatively close second with only about seventy-five less players than dodgeball.

“The games are six-on-six, and we have twenty-six teams,” said Stothart.

“And the teams usually have more than six players.”

Although no new sports have been added this year, there is one new rule that has been added to the basketball league that is sure to create some controversy. Starting this year, any basket made by a female player that would normally count as a two-point basket now counts as a three-point basket. While the arguments against this rule are obvious, Stothart argues that it is justified.

“Put this rule into play to encourage more females to participate,” he said.

“Getting excited to score more points is an incentive for them.”

Stothart said that previous attempts to get more girls to join, such as all-women leagues, had failed. Of the approximately 1,110 total participants, over 950 are men.

While the rule will hopefully have a positive effect, it may not be permanent.

“I’d like to go back [to the equal scoring rules],” Stothart said.

“We just want people to come out and have fun, and then they’ll come back again.”

“A moment. Six. We’re going to Disney World!”

The story behind the Super Bowl’s most sacred traditions

It started with five little words: “I’m going to Disney World.”

For the last 20 years that saying has been a trademark of Superbowl MVPs. It has been a trademark of the Disney Corporation. It has been a trademark for everything that is right in sports.

Phil Simms never knew that his saying would go down as a cultural revolution. In the week leading up to Super Bowl XXI in Pasadena, the folks at Disney approached Simms about their idea. They told him if he won the game they would have a camera crew on the field right after the game and all he had to say were those five words. “I’m going to Disney World!”

Simms has said that he didn’t feel really comfortable with doing it at first. He wasn’t basing it on a karma thing; no superstitions were tied to it. He didn’t want to break the game habits. But of course, Disney got their man. The Giants won the game, of course, and the rest is history. Simms’ saying was made into a commercial.

It was on television the next night. Talk about capitalizing on the market. Disney ponted on the idea and made it legendary.

For most athletes, those five words are the pinnacle of their careers. Just look back at those 35 commercials that have spawned because of the success of the catchy phrase. It’s one thing to make it into the Hall of Fame; it’s another to become a member of this elite club. A club with only a select few; with names like Jordan, Akman and Rice.

For that one moment, which meant they were either champions, or runners-up, these athletes shined.

There have been three two-time winners. Joe Montana, John Elway, and Tom Brady. Ask any NFL fan to name their top five quarterbacks of all time. These three will unquestionably be in the list. They have sealed their legendary status, forever.

There has been an implementation of women sports as well. The 1999 US Women’s World Cup team grazed the small screen. Even head coaches got into the mix. In 2003 Tampa Bay Buccaneers head coach John Gruden got to flash his best Phil Simms impression after his Bucs beat his former team, the Oakland Raiders in Super Bowl XXXVII. Talk about karma.

Simms’ son, Chris, was the quarterback who led Tampa Bay into the playoffs this year. Will lightening strike twice? Whoever lands Simms in free agency is banking on it. So is Disney.

Could you imagine a Simms-Simms, “I’m going to Disney World!” love fest? Oh, sweet irony.

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Remember Tom Brady? Well he's a Super Bowl MVP too. And he's written the famous words...now, www.esqgrid.com

Winter intramural sports have started and take up much of the field house on most nights of the week.

Timothy Mannion
Editor

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Raining Jane gives heartfelt performance

Florentine Lehar
Herald Staff

The California-based band, Raining Jane, was given a standing ovation by a full house last Friday night after their passionate performance in the RWU Snack Bar.

Although scheduled to start at 9 p.m., February 3, the performance didn’t begin until approximately 9:30 p.m. due to technical difficulties, some of which continued throughout the first two songs, but were then fixed by the CEN Tech Crew.

Based out of Los Angeles, Raining Jane is an all-girl eclectic rock-folk band. Becky Gebhardt (bass, sitar, guitar), Mona Tavakoli (drums, cajon, vocals), Mai Bloomfield (guitar, cello, vocals), and Chaska Potter (guitar, vocals) started together seven years ago in 1999 at UCLA. The girls came together and started playing shows and winning the hearts of students in California. It took them about two years to start touring and then the women made the band their full time career commitment. The band saved all the money raised from their shows to finance their first self-titled album.

"So it’s four young women. We quit our jobs. We started our own small business and it just happened to be music, you know. Which is really cool I think for four young women doing that," said Tavakoki.

Wanting to make changes in this world through their music inspires the women of Raining Jane. All members of the band also have personal influences and inspirations, which help them bring their unique qualities to the band. The band’s members are very democratic in all decisions they make; all the songwriting is done collectively, and most importantly, they support one another.

Tavakoli explained that the band wants to get across a message of hope and that people should change things until they like it. Potter agreed, explaining that since they as a band chose a nontraditional path in life, people shouldn’t fear questioning the typical way of life. Potter divulged that one of the messages the group wants to get across is to “be who you are and do what you wanna do.”

Many RWU students came to see Raining Jane perform in a coffee house-setting put together by CEN. Along with sponsoring the performance, CEN also provided coffee, hot chocolate, and cookies. There were, however, complaints made by students because there was no water or soda available.

Raining Jane performed nine songs from its second and newest album, “Diamond Lane,” as well as covers of Aaliyah and Missy Elliot. Many students were impressed by the new and different sound of the band as well as the all female band, “It was a fresh, innovative, and very entertaining night,” said sophomore, Nicole Baker.

The RWU students that attended the show enjoyed not only the music, but also the humor and feel good vibe that the girls brought with them onto the stage.

Tavakoli didn’t hesitate to inform all the students that RWU’s Dean of Students, Kathleen McMahon, was the Dean of Students at UCLA while they attended there.

Freshman Shashwat Baxi explained, “When I heard that Raining Jane was coming, I didn’t really know what to expect, but they actually turned out to be an amazing band and I hope they come back because they were awesome.”

Raining Jane will have a new album coming out by the end of this year, and more information on the band can be found at their website, www.rainingjane.com or on their MySpace at www.myspace.com/rainingjane.
Feast or Famine: Great food... except the salad and fries

Kaitlin Curran
Herald Staff

Feast or Famine, located on 495 Main Street in Warren, R.I., is a nice Italian-style restaurant which offers casual dining and unique cuisine. The interior features Italian decor with a modern twist. Wooden tables with candles and dark yellow walls create a comfortable environment for guests.

The most noteworthy and most highly recommended item on the menu would definitely be the pizza. All pizzas have a thin crust and come with a wide variety of toppings. The best by far is the grilled chicken no. 1. A margherita pizza (parmesan, asiago, gorgonzola cheeses with pomodoro sauce) with grilled chicken and roasted red peppers. It's fantastic!

For all the vegetarian lovers, Feast or Famine offers the Veggie No. 1 and the Veggie No. 2. No. 1 is a white pizza with garlic, spinach, mushrooms, feta and parmesan cheeses. No. 2 is a white pizza with diced tomatoes, onions, spinach, roasted red peppers and mushrooms.

Of course, if you are not a vegetarian there is always the Anti-Vegan: a margherita pizza with meatballs, bacon, and pepperoni.

As far as prices go, Feast or Famine is reasonable. The pizza appears to be on the expensive side, but the portions are huge. Keep in mind that it is thin crust and people can eat more slices than they would with a regular pizza.

On this visit to Feast or Famine, I decided to try something other than the pizza. First on the list was the chicken panini, a grilled chicken breast, roasted red peppers and spinach with melted parmesan cheese on panini bread. It comes with a choice of French fries or pasta salad on the side. I chose for the fries. The sandwich was delicious. I'm talking melt-in-your-mouth good. It wasn't messy to eat, and it was big enough so that I was left satisfyingly full.

Unfortunately, the fries were not so good. I couldn't tell if they were undercooked or thrown in the microwave for 60 seconds, but they were anything but crispy. If there is one thing I hate more, it's soggy French fries.

Now it could have been a fluke, but if I do decide to go back, I might have to order the pasta salad.

Next I tried the Caesar salad. This, like the French fries, was also disappointing. The salad was drenched in dressing and tasted like the stuff the RWU cafeteria has to offer. Now don't get me wrong, from what I hear, the cafeteria has made some improvements, but if I had to pay $6 for a Caesar salad at Feast or Famine, I'd be better off saving the gas money and just walk to the Student Union than to drive the 10 minutes to Warren.

Of course if you enjoy eating a salad from the RWU cafeteria, by all means help yourself; however, one bite of that salad brought back some pretty strong memories of my cafeteria experiences during freshman and sophomore year.

Finally I sampled a taste of their tortellini. For $3 more, grilled chicken or meatballs can be added, but I went for the plain.

The sauce was what made the dish delicious. It was light, and a little tangy which gave it a unique flavor and the portions were much more than enough.

Overall, my experience at Feast or Famine was pleasant. It's worth checking out just for the pizza alone, but they also offer a variety of appetizers that I have yet to try.

Of course, remember my advice: stay away from the fries and Caesar salad; it's not worth the money.

Do you have a restaurant that needs a positive or negative review? Send your suggestions to: hawksherald@gmail.com

Couple of the Moment:
Claire and Sam ... a.k.a. "Clam"

Reporting by Elizabeth Liederman

Interview With Claire:

1. When/how did you first meet Sam?
   Claire: "I technically met Sam at orientation over the summer, but he didn't remember it. A week after school started, I still remembered him from orientation, and I had my eye out for him. I knew he was an honors student, so I knew I'd see him at the Honors Retreat, and that's how we started talking. The next day he stopped by my room and invited me to hang out down by the bay with some of his friends. That same day I said first that I really liked him, and he said it back, and then he asked if I could kiss me - I didn't say anything, I just nodded... This is my first relationship and his first relationship."

2. What do you like best about Sam?
   C: "He's so cute in every aspect; he's very funny which to me is key - if a guy can't make me laugh it's not going to work."

3. Has he said "I love you" yet?
   C: "Yes."

4. When did he say it?
   C: "After three days of being together."

5. Would you say that Sam was "The One"?
   C: "Well, we have talked about marriage and stuff, so yes."

6. Do you fight at all?
   C: "No, we have yet to argue."

Interview With Sam:

1. When/how did you first meet Claire?
   Sam: "We actually met at orientation - we were eating at one of the lunch tables, and she noticed I was talking too much (which I usually do), and apparently she noticed and liked it. I first noticed her at the Honors Retreat. We had no formal group, and she kind of followed me to my group. For the rest of the day, she tried to get me to notice her. We went to Providence after that, and she followed me around the Providence Mall. On the bus ride back we started talking, and I thought to myself, 'maybe I have a chance.'"

2. What was your first date like?
   S: "We went bowling a month after first meeting each other, and that's what she considers our first date."

3. When was your first kiss?
   S: "The night after we met, we were down by the bridge and I just kinda asked her if she wanted to kiss me, and she said yes and we kissed!"

4. What do you like best about Claire?
   S: "She's a great listener, she's really smart, really pretty - she's pretty much what I've always imagined every guy wants, because to me she's perfect... when I first told her she was beautiful, she cried."

5. When did you first tell Claire that you love her?
   S: "I think I told her the first week."

6. Is Claire "The One"?
   S: "I wouldn't say yes, but how everything's been coming together we're pretty much inclined to that. This is my first successful relationship. Every relationship I've tried previously has failed - miserably."
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Music Review:
Greyboy - Shades of Grey

John Knapp
Special to the Herald

It's great when a CD comes along that kind of reminds you of the time you lost your virginity and the stars aligned and you had a bit of a swagger in your step.

That swagger will come back to you upon listening to Greyboy's most recent CD "Shades of Grey". This is a 60-minute set that he recorded which is full of tight editing, loops, and cuts. The sounds range from funk, soul, and R&B, all mixed together by Greyboy.

The tempo is closely monitored by Greyboy on the turntables pumping the level of funk to the max and then letting it bring you back down to regain your thoughts and then giving you a blast that will take you on from there. Greyboy makes the songs so much more animated than they already are by his ear for the correct breaks and cuts.

Save your light beer for another time and get a real nice $4 bottle of wine and pop this in at your next party and those stars just might align for you.

Top 10 New CDs

Featured Left: Panic at the Disco: A fever you can't sweat out
Beth Orton: Comfort of Strangers

Below, Left: Jack Johnson and Friends: Singalong Songs and Lullabies from the Film Curious George

Belle and Sebastian: The Life Pursuit
Dem Franchize Boys: On Top of Our Game
Various Artists: Sly and the Family Stone: Different Strokes by Different Folks
Deadboy and the Elephantmen: We Are Night Sky
Mylø: Destroy Rock & Roll
The Minus Five: The Gun Album
Kelley Stoltz: Below the Branches

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Applications Due Friday Feb 17th
Sometimes giving up isn't a bad thing

By Kim Teves, Assistant Sports Editor

Everyone has a vice that brings them comfort. Some people enjoy eating, while others may rely on a childhood stuffed animal. Whatever it may be, it's important to be comfortable with something. It gives us a sense of security or belonging. Unfortunately not all comforts are beneficial. My comfort was smoking. That until I took a chance and signed up for a smoking program offered by Health Services on campus.

Believe me, I'm no preacher on the subject. The last thing I would want to do is tell people smoking is bad and smoking kills, because by this point in our lives we know the effects of the delicious friend we call the cigarette. But the thing is, when it comes to giving up, it's time to give in.

I was a smoker for eight years. That's 50% of my life under a constant cloud of smoke. smoke, smoke, smoke... I've noticed a lot of friends and family who have told me to quit smoking, and my first response would always be my dad told me to never be a quitter," in attempt to defer the subject and make a ke of it. But when I sat down and considered my options, I knew it was time to let go of my faithful friends, and say goodbye to Phillip Morris.

"I wasn't just your average smoker either, for anyone out there who thinks they can't quit. In an average week I was puffing down 8 packs of Marlboro Reds, which took a toll of $50 per week on my bank account. As the second semester rolled in, and I realized I could literally no longer support the habit, I put down the lighter and stepped away from the lung darts.

My official quit day was Monday, January 32nd. I learned about a program, that the university offers and went in to make an appointment at Health Services. I met with Nurse Practitioner Carlene Flieg. Flieg informed me of the process to help me quit and immediately I was uninterested. Like most people, I didn't want to hear about the effects of smoking and talk about how much I smoke. I was ignorant and unsuspended, but I sucked it up and gave it a shot.

The program offers you Nicotine patches bi-weekly at only $20 for a two week supply. Most patches when you attempt to quit on your own will cost you close to $55, so right away I was saving bundles of cash. Flieg, who was supportive and attentive to my situation, gave me the guidelines and even helped me figure out how much I would be saving by participating in the program. If you do the math, it's over $100 per month. I needed that kind of income.

It's been two weeks and a few days, some of which have been the hardest to deal with. Between being around smokers and being at different social events where I am more prone to smoking, I began channeling my cravings by doing other things. Every time I wanted a smoke, I'd do something constructive. I'd work. I'd go to the Gym. I'd write.

The program not only supplies you with patches every two weeks, but when you go in for a two week "check-in" the counselors sit you down and discuss the hardest times you've had. They walk you through different techniques to fight cravings and offer suggestions such as writing down when you want a cigarette, and even give you websites where smokers can communicate and discuss the quitting process.

The best advice I can give on the subject: if you're thinking about quitting then go for it. I always felt that my smoking defined me as a person, and it was time for me to realize that it didn't. With the help of supportive friends and positive environments I have managed to make it this far, and I had never tried to quit before because it just didn't matter to me. Well, now it does.

These past two weeks I've noticed a lot of things. First I noticed how smokers smell. It's awful. I never realized I had smelled that way because I was always smoking, so those who had to sit next to me in class, my apologies. Second, I can taste food so much better, and I sleep more comfortably and uninterrupted. Most importantly though, my energy level is the highest I can ever remember it being. By quitting, I have motivated myself to do other things, and I have more initiative than I can ever recall.

It was extremely difficult, and I have been the most irritable person since, but each day gets better, and I miss smoking less and less. I'm not trying to preach to fight the good fight or convince anyone of doing something they have no motivation to do, but for those of you who are tired of driving or taking the shuttle just to get a few drags, or standing in the cold winds of Bristol trying to light a heater like I was, then it's time to say goodbye to Mr. Morris, and say hello to Health Services. They'll help you out and direct you in the path to a quitting program that is sufficient to your situation. Give it a shot, because sometimes being a quitter isn't that bad (at least after the first few days).

Fence: Students angered by Bayside groundskeeping

The poles have been in place for a few weeks, but students are still trying to adjust to the fences that now make for a cage-like environment.

"Well I hate the ones at the top, the only purpose they serve is to inconvenience the people who live in Bayside. The ones at the bottom haven't affected me yet, however, I know they will when I'm trying to run away from scary cats, which is a whole other issue," Lindley explained.

Director of Housing, Tony Montefusco, "If an actual emergency occurred, it would take them five minutes to get down here and additional five minutes or so to remove the poles for the fire trucks to enter and that could be disastrous," Deluc stated.

Despite the school's best efforts, the residents of Bayside have found reasons to complain and disagree with the new additions at the front and back entrances of the apartments.

"Whether is be a drill or a false alarm, I have found myself standing around in the quad for a good five minutes before the P.S comes down.

"If I smelt that way, I couldn't do anything," student resident Rachel Lindley stated.

"It's awful. I never realized I had smelled that way because I was always smoking, so those who had to sit next to me in class, my apologies. In an average week I was puffing down 8 packs of Marlboro Reds, which took a toll of $50 per week on my bank account. As the second semester rolled in, and I realized I could literally no longer support the habit, I put down the lighter and stepped away from the lung darts.

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Have you had trouble losing weight in the past? Are you tired of making excuses? Wouldn't it be great if you had access to a personal trainer and nutrition specialist to motivate you to look and feel your best for free?

YOU CAN DO IT!
JOIN THE "CHOOSE TO LOSE"
Weight Loss Challenge
Program starts February 12th

Email Kim Teves at Kteves@rwu.edu for details
**Steve Annear**

**Herald Stuff**

It's hard to eat right when you're living at school. Constantly you find yourself settling for a quick drive to one of the various fast food joints down Mecasen Ave because you don't feel like cooking. But those quick fix restaurants are a thing of the past. So put that reheated sad excuse for Mexican food from Taco Bell down a varied mouth-watering bite of Gordito Burritos instead.

The service is so fast that by the time you take out your money to pay, and yes they accept credit cards, your meal is sitting right there in front of you ready to eat. Not a fan of burritos? Possibly you're a vegetarian? Well look no further, Gordito Burrito has got it covered. Gordito Burrito is a small Mexican restaurant in downtown Providence with a bunch of your roommates drag you along, there is a quaint little spot to have a meal, but Gordito Burrito is not only is it a great little spot to have a meal, but Gordito Burrito located on Thayer St, a quaint little downtown part of Providence with a bunch of little stores to poke around in. Parking is simple too. If you can't find a spot on the side of the road on your way to Tuhey St, there is a Citizen Bank just ahead past Thayer St.

They have a parking lot in back with plenty of spaces, and since the bank is closed by 4 p.m. during the week, you are allowed to park there.

If you're not familiar with the area, or don't know how to get yourself to Tuhey St. in Providence, here's the best way: Take a right out of campus and follow Route 136, Metacom Ave, all the way down until you see signs for 195 West on your right hand side, after Cardi's furniture allow you to park there. Don't know how to get yourself to Thayer St. in Providence, here's the best way: Take a right out of campus and follow Route 136, Metacom Ave, all the way down until you see signs for 195 West on your right hand side, after Cardi's furniture store. Follow Wickenden Street until you see College Street and take a right. The whole trip is only a mere 16 miles from campus.

So say goodbye to the Taco Bell dog and the scary McDonalds clown, because no trip to Providence is complete without a mouth-watering bite of Gordito Burritos freshly cooked food.
Relax and gentlemen, meet Antwaan Randle El—your REAL Super Bowl MVP. And he's an outside chance he'll be sitting up for the New England Patriots next season.

Roundup: Men, women's hoops topple Eastern Nazarene; wrestling dominant

HEALTH STAFF REPORTS
Senior Chris Cormier reached the 90-point mark (see page 12 for full coverage) but it was freshman Conrad Griffin who led the Hawks with 16 points as the Hawks cruised to a 78-50 victory over Eastern Nazarene College on Saturday.

Sophomore Geoff Baranger added 13 points and five rebounds and sophomore Camerococco added 10.

The Hawks, who led by as many as 34 points, fell just short of their season high of 300ageamounts to make the national pastime difficult to take seriously. So far, only Joey Porter has demonstrated the necessary courage to address what we all see. Many of those part-time, 6-year-old referees don't know what they're doing and can't keep up with the action.

As I write this to a campus of almost 30 million football fans to make the Super Bowl needs to be a catalyst for future games, whether they're held on the season's biggest stage or if they're merely an exhibition. As Simmons noted in his Monday column...

"Shouldn't the refs just replace the yellow flags with the terrible towels (the yellow towels that Steelers fans wave) at this point?"

So maybe I'm just angry or bitter. But other than a few bucks and a little bit of pride, I had no vested interest in a Seahawks' victory. I'm just angry that the Zebras ruined my favorite Sunday.

And they better not do it again next year.

Sports, My Way: Super Bowl XL: An epic failure

Stephen Parrish
Sports Editor

Say that I'm bitter. Say that I'm frustrated because I lost my wager and my premonition. Say that I'm just mad because I had to watch the Seahawks' bandwagon two weeks ago and refused to budge when the national media did everything but excheck the

Hawks' name on the Lombardi trophy all week.

I clearly couldn't have been more wrong last week; about the only thing I guessed correctly was the coin toss (an inside—always take tails. Always). Even late in the game when we were guessing MVP candidates, I picked Antwaan Randle El, who was clearly the best passer on the field yesterday, over Hines Ward, who basically just had to stand there waiting for a ball thrown perfectly by a guy who had just run the trick play perfectly. Jim Dugan took Hines Ward, and for his correct predictions all day he should be lauded.

But ESPN columnist Bill Simmons won money on the Super Bowl and he thought it was a terrible game, too. As Simmons said...

"This game was so ugly, even Madden ended up slapping tonight. He forgot to give his 'This is what it's all about, right here' speech as the Steelers congratulated another. Allow me to become the first of 30 million football fans to make the 'Can we give the Super Bowl MVP to the officials?' joke."

And Simmons wasn’t alone. Jason Whitlock of the Kansas City Star wrote what we’ve all been thinking about the league throughout these entire playoffs.

"(NFL Commissioner) Paul Tagliabue’s league has an officiating crisis. Begus, inconsistent flag-throwing and rule-interpreting is making the national pastime difficult to take seriously..."

In other news...

FEBRUARY 6

The men’s basketball team rallied from five points down with less than six minutes remaining to earn a 67-62 win over Wentworth on Tuesday.

Freshman Billy Barrett, who led the Hawks with 14 points and three assists, converted a 3-point play with 3:42 to play to give RWU a 59-58 lead. Barrett was also a perfect 5-5 from the free throw line.

Sophomore Geoff Baranger also scored 14 points and added eight rebounds.

Senior Brandon Parrish tallied 12 points and seven rebounds.

The Hawks improve to 9-3 in CCC play.

FEBRUARY 6

The women's basketball team was locked in a tie game with less than three minutes to play but couldn't hold on, falling to Wentworth 72-68 on Tuesday.

With 2:51 remaining, RWU capped an 8-0 run to deadlock the game at 64. Wentworth hit a 3-pointer, however, to take the lead for good. Two 3-point attempts by Senior Mallory Decof and sophomore Caitlyn Leone with the team trailing 71-68 both fell just short of their mark.

Leone scored a game-high 21 points for the Hawks and added six rebounds.

See ROUNDUP, p.12

Senior Chris Cormier drives to the hoop in a game against Nichols College last Thursday. Cormier reached the 1,000 point mark this past Saturday, the 24th player in RWU history to do so (full coverage, see p.12).
Cormier: reaches milestone

Cormier a gamer in more than one sense

Roundup: Swimmers prep for D-IIIIs