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Hawks' Eye -- September 18, 1996

Roger Williams University

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The Hawk's Eye on Dog's Eye

Dog's Eye View, an MTV Buzz Bin favorite, will play September 28th

Josh Mitchell
Editor-in-Chief

On Saturday, September 28th, Dog’s Eye View will be barking at a gymnasium near you. Sponsored by the Campus Entertainment Network, Dog’s Eye View is led by fine songwriter Peter Stuart.

Stuart, a former solo act who has opened up for such prestigious rockers as the Counting Crows, Cracker and Tori Amos, takes traditional coffeehouse folk sound, splashes it with some Hootie-like vocals and transforms it into something very friendly and personal to listen to. “Everything Falls Apart” the first single from their debut album, is a multi-format hit, making MTV’s Buzz Bin and achieving Top 10 status on Alternative and Top 40 charts.

“I hope you don’t listen to me,” croons Stuart to kick off Dog’s Eye’s first track on their debut disc. “Don’t listen to him! happy nowhers is a lyrical gem, nicely capturing the realities and intricacies of human emo-

Rosemary Wikler
Staff Writer

It’s main purpose is to create competition between the residence halls while uniting students within their own area,” said senior RA, Claire Stillwell.

The idea of superstars came from Richard Stesman, Director of the Department of Student Life. When he was a graduate student at Bowling Green State University he was an Assistant Hall Director, supervising over 600 men. So in order to unite the zoo of guys he introduced Superstars. “It was successful in helping to connect the guys in a positive way,” said Stesman.

Susan C. Thomas
Assistant Editor

“Superstars” is the perfect name because everyone on campus can get involved one way or another.

Donna Zakszewski
Staff Writer

Do you know what it takes to be a Superstar here at RWU? Well, it’s not individuality, it’s teamwork! And it’s your chance to be a superstar, your team is your living area.

A Resident Assistant Staff Development Program is making it’s way to our campus. It’s called Superstars, which is a perfect name because everyone on campus can get involved one way or another.

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Team CARE, one unit with the same goal

Kelly Scafariello
Staff Writer

Throughout the history of RWU, there have been many individual groups that have helped students on campus with many different issues in their lives.

Fifteen years ago RWU developed Council PEERS, which assisted students who had problems concerning family and friends. Six to eight years ago RWU developed Health Advocates and Career Assistants, which assisted students who had alcohol and drug problems and students who wanted direction after graduation. One year ago RWU created Diversity PEERS, which was geared to promote diversity on campus.

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Wasting away in Macarena-ville

If you’ve listened to the radio lately even for a second, you’ve heard it. The new cheesy pop phase that is making the Electric Slide seem like a rumor - the Macarena.

Born as a 1993 pop hit in Spain by the group Los Rios, this exciting new dance craze is showing up at weddings, summer camps, baseball games, and dance clubs around the world. The New York Yankess held “Macarena Night,” Gynmnast Kerri Strug with injured ankle and all swagging her way at the Olympics. Team CARE didn’t forget during their annual benefit, the Patrickwebt Red Sox rocked McCoy stadium with their dazzling arm-work. You can’t swing a dead cat without hitting someone doing the dumb dance.

In keeping with the nation and it’s contagious. Everyone from my two-year-old cousin to my 70-year-old graney are doing it and to be honest - I can’t stand it. If I hear that annoying chick’s voice, “what I suppose to do, they were so fine?” one more time, my head’s gonna melt like an ice-cream cone in a sauna. I love dancing, always have, but after 15 minutes of silhouetted our arms out like Franklin on acid my enthusiasm for the unchallenging and repetitious choreography fades like crayon tattoo.

Comic Janeane Garofalo had a cool observation: “You can tell a lot about a person by how excited they are to do the Macarena.”

See, I have an excuse Janeane. I discovered the Macarena before people started to mistakenly refer to it as the “Macaroni” or the “Margarita.” Last summer me and my friends went to Florida to a place called “Placentia Island.” Ever hear of it? Eight clubs outside, stellar entertainment, every night’s New Years - it’s heaven on earth for college students. Anyway, during the new year festivities part of our nightly routine included doing this new Spanish jig called the Macarena. The first night we didn’t do too well. We were Spanish for a different story. We were Spanish girls from “In Living Color.” We were Fred Estate and Grace Kelly in Miami. We were Michael Jackson, James Brown, and Savion Glover at a bellhop. Okay, getting carried away - but we were good.

So understand, I’ve been doing this since dinosaurs roamed the earth. The Macarena looks like the moonwalk or breakdancing to me now. But I don’t want to ruin it for those yet to strut their fine stuff to the new cliche. Next time you hear it, you go with your bad self. I’ll be the one in the corner Waltzing with myself.

The Hawks: stronger than ever

The PEERS program began almost 20 years ago at RWU. The PEERS were created to provide students with information, educational workshops and confidential referral sources. Trained by the Counseling Center; the PEER Educators are able to deal with situations from extreme personal issues to everyday concerns. Each semester the PEERS program on a variety which include, Parenting, Stress Management, and Women’s Rights. As the PEERS have become more respected organization, the PEERS have a new title, “Superstars”. This is a new effort at RWU, still had not received a significant amount of recognition. The Dean of Students, Karen Haskell reactivated it ideally when she states, “in the past PEERS have worked hard to assist students in having a successful experience at RWU. But were not highly visible, at times it must of been frustrating for the PEERS.” Many good ideas passed since then the PEERS program has become a more respected organization. Beginning around three years ago the concept of Team CARE began evolving at RWU, and by this year the program was put into effect. Team CARE was created to provide services and programs that would create a humane learning community. Each individual leadership program within the organization would go a lot control of the PEERS program. With only two returners, Matt Martin and myself Fritzie Charne, the PEERS program began with a relatively new staff. The organization was joined by Trisha-Foster, Stacy George, Amy Siddons, Karl Smith, Aaron Spaulding, Melissa Wood and Donna Zakowski. With our inten-
Bristol - your home away from home

Ella McNamara
Feature Editor

It's hard enough moving away from home and all your friends and family, but now you have to find out what's happening in the quaint town of Bristol, Rhode Island. Well, it's simple. Bristol is filled with an overwhelming amount of nature and breath-taking beauty.

For those of you who enjoy cycling, take a close look at the East Bay Bike Path. Take a long ride along the 15 miles of beautiful scenery, where at one moment you'll be cycling through woods and the next admiring sail boats on Narragansett Bay. But don't stop there, because just around the bend you can watch ducks swimming in a tidal pond - it's a sight to see.

The Bike Path

The bike path is also a great way to get around. It was designed by the State Department of Transportation to create another way for people to ride to work, school, or shopping areas while enjoying some of Rhode Island's best scenery.

The bike path is a 10-foot-wide paved corridor with grass shoulders. It runs along the water, which is a blessing to bikers because it's flat. But be careful during the late afternoon, southwest sea breezes can make south bound cyclists feel as though they are peddling uphill.

The path is easy to find. It crosses Route 114 in Barrington and Warren and nearly 40 side streets along the way.

Museums

Also, minutes away from RWU is the Herreshoff Marine Museum where you can see and feel the "Golden Age of Yachting." Here you can trace the history of the Herreshoff Manufacturing Company, designers and builders of the greatest racing and cruising yachts in the world.

At the museum you will see SPRITE, designed and built by Nathanael G. and John B. Herreshoff, a Buzzards Bay 25-foot, and 45 other original Herreshoff boats that are simply awesome.

From fast steamers, exquisite small craft, handsome schooners, and America Cup winners you will be provided with the precise information and array of Yankee Colt State Park

Come in, there is plenty to see and do there. It's easy to get to from RWU; take 114 and turn right on Burnside Streeet.

Another major attraction on 114 is Colt State Park. Here you can admire a view of one of Rhode Island's largest ocean bays. You will be surrounded by well kept grounds and gorgeous flowers. It's a great place to have a picnic, fly a kite, play frisbee, or relax under a shady tree while catching up on homework.

There is also a smaller bike path within the park that runs about three miles, so come-on grab your bike, roller blades, or put those walkin' shoes on and take in everything Colt State Park has to offer.

In the mood for a movie? Well, go visit Bristol's Cinema's where movies not yet released on video can be seen for $1.99 - that's a good way not to blow all your money. And don't forget about the RWU Shuttle Bus, a great way to get around Bristol. For information and a schedule see Security.

In Providence you will also find train and bus stations. Newport is another town located on the seaport and only 20 minutes from Bristol. There you can tour the incredibly awesome Newport Mansions, take a scenic walk along the Cliff Walks, or go shopping at a variety of specialty shops.

Both Providence and Newport can be accessed by the Rhode Island public bus line, which makes several daily stops right here in front of RWU. Don't forget about the RWU Shuttle Bus, a great way to get around Bristol. For information and a schedule see Security. For all you who have become acquainted with RWU campus life, get out and enjoy your home away from home.

Check This Out!

The Bayside Market

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The success of the Mentor Program

Lindsay Blumenthal
Felicia Smith
Contributing Writers

Everyone hates the feeling of being lost and not knowing which way to turn. To many newcomers, the Roger Williams University campus may appear to be an endless maze of buildings. Registration, meal plans, housing, and all the other necessary welcome-back procedures can overwhelm anyone, but thanks to junior Jennifer Teague, co-founder and president of the RWU mentor program, freshman no longer have to experience this upon entering their first year at RWU.

"The mentor helped me out a great deal and definitely eased the transition of adjusting to college," said freshman Selim Bovah, a mentor. "Also, I got to meet a lot of new people I don't think I would have met otherwise."

Jennifer Teague

Playboy talk about sex?

American college students are having longer and more sexually creative relationships with a regular partner, according to a new survey done in the October issue of Playboy magazine.

The poll shows that nine out of 10 students are sexually active - more than the Kinsey Institute's 1991 figures of 80 percent for men and 73 percent for women. About half of them are having sex at least once a week.

Designed to solicit unguarded answers about fantasies, emotions, public sex, masturbation, one-night stands, orgasm, oral sex and condoms, the survey showed that 57 percent of the men and 70 percent of the women said they had had just one sexual partner in the past school year. About one-third of both the men and women, however, admitted to having intercourse with someone other than their steady partner.

The survey of 10,000 college students indicates a sexual revolution is under way on campuses across the US. The women surveyed displayed a newfound comfort with talking about sex, with 52 percent saying they had flirted with an "authority figure" at least once. The survey also revealed that: More women (24 percent) than men (15 percent) feel that oral sex is more intimate than intercourse, yet when asked, "Is oral sex real sex?" 76 percent of the men and 66 percent of the women said "yes." One virgin at San Francisco State had oral sex with 10 partners.

More female than male students claim they masturbate in front of a partner - 21 percent of the women said they had done so "frequently," compared to just 12 percent of the men.

"I'm just glad this dog's eye view is open and leaned toward a student's perspective rather than a professor's perspective," said freshman Scott Gregory. "I was extremely pleased with the results of this presentation. The panel was honest and the audience responded well."

"One must be strong and confident in their beliefs and if a friend stands by them, you've found yourself a true comrade," reiterated Haskell.

So remember those wonderful lyrics - "I'll Be There For You!!"

Dog's Eye View

"Everything falls apart"

Continued from Page 1

Stuart's voice counsels with a soft easy-on-the-ears sound that leaves hints of blues and sprinkles of pop. It's smart, engaging acoustic rock that makes you think, remember, smile and dance.

The songs reinforce a notion of a personal link, delivering 13 intimate glimpses into the real world we live in. Pounding sharp storytelling and emotional honesty into electric rock/rap/folk, Dog's Eye can unite on hybrants with the best of them. Stuart admits in "The Prince's Favorite Son" that "it took 23 years to get this stupid, I'm wondering, when will I get wise?" Most college students wonder the same thing. That's why RWU will relate to Dog's Eye's warped mentality and strange personas.

Where did the band get their name? "I lived in a basement apartment with just a window view of a hydrant and sidewalk," so I decided I had this dog's eye view," said Stuart, in an interview with USA Today.

Tickets go on sale next week. They're $16 in advance and $18 at the door.
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COMEDY  
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MARK NIZER

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FILMS  
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THE TONE YOU JUST HEARD  
WOULD HAVE BEEN FOLLOWED BY  
SPECIFIC INSTRUCTIONS OR IMPORTANT INFORMATION.
Small freshman class

Continued from Page 1

Communications. The small freshman class should pose quite a few benefits. "It will allow for the refurbishment of resident halls," explained Howe. Although there are fewer students, Howe foresees no real problems with RWU clubs, athletics, or participation by students. "All the students we’ve accepted have been active participants in their high school, and therefore, we hope will be active members on the RWU campus as well," said Howe. Enrollment standards have been gradually increasing for the past two years. "The standard has now been put forth," said Howe. "There is a need for RWU to upgrade the quality of its student body. Yes, the freshman class is small, but it’s the best quality in the history of the school.

Howe hopes that will also create a better teaching environment. This recruitment is not just limited to the United States, RWU has even higher standards. The International Admissions Department, headed by Didier Bouvet, has enrolled 30 new international students this year. Twenty-two are freshman and eight are transfers. These 30 students represent 14 different countries. "Most of these students are here for professional majors," said Bouvet. These majors include engineering, business, architecture and some are here as ESL students.

"The way we select them, they should do very well," said Bouvet. "As long as they keep their work ethic, they will be fine."

The criteria for the international students has also been upgraded. "My position here began three years ago," said Bouvet, "the university is putting money into the international program to get more students. In the past three years I have been all around the world for RWU. I have visited all of the continents. It’s nice to know that the president stands firmly behind our international program.

We need diversity, and soon all this will pay off."

The Team CARE concept

Continued from Page 1

after reading in a business magazine how employers are looking for students who think as well as learn "With this new program, students taking advantage of this program will end up edge over other students from other schools." Haskell, with this support, began working out the details of the program. First, the students were given a 10 day training session. "The students took the risk with us, and they more than met the challenge," she said. Around 78 students were becoming a single, strong unit. Seventy-eight students making up Team CARE consisted of 55 RAs, 10 PEERS, 14 Diversity PEERS, six Health Advocates and three Cancer Assistants. "With this new program I have direct interaction with the resident," said Amy Siddons, a PEER in Cedar Hall. Therefore, both the students acting as leaders in the program and the students using its services will benefit.

With not even a month into school, Team CARE seems to be passing with flying colors. Students, new and old are taking advantage of the people around them. In every floor of Cedar a student will come across part of the team.

"Students will become focused on the goal quality will rise and a better community will form in the residence halls," explained Haskell. "This will in turn produce a better student, which will become a better adult, which will be followed with the end result - success."

RWU Superstars

Continued from Page 1

Students, using its resources, will benefit. Therefore, both the students acting as leaders in the program and the students using its services will benefit.

The college bowl, sponsored by Honda, is an intellectually based activity that gives the winners a chance to go to the regional early spring and then maybe to the Nationals.

There will be a calendar posted in the Student Union that will not only have the upcoming events but the winners as well. On the final day, November 3rd there will be a large game of flag football as well as an indoor board game. "This is going to be so great because of the diverse talents on this campus will be represented," said Karen Haskell, Dean of Students.

The television show "Brains and Brawns" comes to mind when I think of Superstars because in the community there will be a lot of intelligence and strength involved in the different events.

The point system devised is fair because all you need is a team. And cheering on is just as important as being on the team, you get points for that as well. In the large events, teams get 500 points for just participating, and additional points for winning. There will be individual prizes as well as group prizes. Rumor has it that the overall winners will get a free lobster dinner in the Bayroom.

Superstars will create school spirit and when everyone does this once, they’ll want to do it again," said RA Kim Berger, a fifth year architecture major. Everyone’s a winner with Superstars - let the battle begin!
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toe 138 south.
Get over to the right lane to 138
south exit.
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Things got pretty competitive for this job. I'm sure my college degree and good grades kept me in the running. But in the end it was the leadership and management experience I got through Army ROTC that won them over.

Army ROTC taught me responsibility, self-discipline and leadership. Those are things you just can't learn from a text book. I don't know where I'd be right now if I hadn't enrolled in Army ROTC, but I do know one thing for sure ... I wouldn't be here.
FEATURES

WORLD-WIDE WEB POST-GRADUATION NEWS

Most of the students returning to the Roger Williams University campus this month are busy - not with school work or studying of course, but with setting up dorm rooms, apartments, and dreaming of the partying that will occur during the next several weeks. Few students have their minds on anything more serious than what type of beer they'll be drinking when the sun goes down. By the time Thanksgiving break and the reality of final exams roll around, however, the tide will turn as an increasing number of students succumb to life's more pressing issues - like coming up with money to pay long-ignored credit card and phone bills.

Such concerns about money (or lack thereof) inevitably force college students to embark on a search for a job, a task even mentioned in the summer or post-graduation job.

For decades and generations of college students, this annual search for cushy, high paying jobs had been branded one of college life's least enjoyable experiences.

All too common were memories of gloomy campus career centers, seemingly unproductive meetings with guidance counselors and endless hours spent leafing through boring literature about undesirable jobs.

But now, just in time for the upcoming semester, relief has arrived for RWU students who want a job and need a job, but are not exactly sure where or how to find that job.

Thanks to the wonders of modern technology, thousands of students on campuses across the country are realizing that the once-agonizing process of finding the ultimate position is now as simple as surfing the Internet.

Simply by visiting http://www.studentcenter.com on the World Wide Web, RWU students can arm themselves with everything they need to know about pinpointing and landing the most coveted employment positions.

From the initial task of writing an effective resume during the sophomore year to dressing appropriately for interviews in the last of the senior year, StudentCenter.com takes students on a virtual step-by-step tour of the career-planning and job-search process.

"Finding a job can be a complex, time-intensive scavenger hunt," explained Eve L. Yohalem, the President of StudentCenter.com. "But it doesn't necessarily have to be that way. Rather than poring through outdated directories and difficult to access CD-ROMs, students can finally find one-stop information shopping at StudentCenter.com.

Unlike many other career sites featured on the Web, StudentCenter.com is geared toward assisting only college-aged students with their career-planning activities. At the Web site, students can read career-related articles, submit questions to career planning experts, take mock interviews and obtain free background profiles on more than 35,000 companies that offer entry-level jobs and internship opportunities in 1,000 different industries.

And now, the new "Dean's List" academic-related section of StudentCenter.com allows students to browse through a listing of the best career-related Web sites in more than 30 different categories, including resume building, networking and specific job openings.

The Dean's list takes into account the growing difficulty of navigating through the endless number of sites on the ever-growing Web, and provides an exclusive list of only those electronic career services worth visiting.

Since Student Center.com has no membership costs, passwords or other restrictions, RWU students are free to begin their job search anytime - 24 hours a day, 7 days a week - by visiting http://www.studentcenter.com.

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Bayside

Bayside Courts, the real world

Melissa LeComte
A&E Editor

Bayside Courts is the new residential apartments that we have all wondered about for over a year. The plans for the new complex brought a new level of excitement to RWU.

Last semester, friends gathered at lottery to make room arrangements, with their conversations full of plans for their new living area. The faculty was thrilled with the ever-growing development of the university. Excitement was in the air. However, one thing remained certain; no one knew what to expect, and many questions regarding Bayside often went unanswered.

Slowly, but surely, Bayside was transformed from just a construction site, to a brand new style of living.

Over the summer, there were many setbacks, including inclement weather, that held up meeting deadlines. As the start of the new school year approached, workers frantically prepared for students' arrival. There were still some things that have not been completed, but dedicated workers can be seen outside of Bayside for many hours of the day taking care of unfinished tasks.

Sophomore Mandy Dunn, an OA, spent the summer at RWU, and paid a visit to Bayside each week to see the progress of her future living area. "The progress was slow, deadlines were repeatedly extended; but overall, things were handled well," said Dunn.

"Just to see a shell of a building actually become a livable unit was fairly exciting. Each day, I would come into the office, giddy about new developments," said Bayside CORE, Scott Kroll. "It's amazing how well things have developed, and I've received less complaints than I had anticipated. It pleases me that everyone has been so patient and supportive."

A positive living aspect of living in Bayside is that the style of living puts students in touch with reality, which is the opposite of what a traditional resident hall offers. The janitors are not there to clean the bathrooms, or living rooms. It is entirely up to everyone to clean their own apartments and take care of their own trash.

"Living here is the next step to real life," said John Russell, an RA residing in Tidewater. "It's a nice feeling to have your own place."

Some people enjoy life at Bayside for other reasons. There is an extension of privacy in Bayside that traditional dorms do not offer.

"Like the idea that when I walk out of my bedroom, and I'm still in my skivvies, it's okay because I'm still in my apartment," said Stephanie Souther, a resident in Tidewater.

Another common complaint of Bayside residents is the lack of a common area. People really will not have a chance to interact with one another, until the courtyards are completed.

"There may not be any unity among the buildings right now, but I think that in the spring, when the courtyards are finished, people will make great use of the area to mingle," said Holly Eason.

The short hike to class may not bother Bayside residents now, but that may all change when the weather gets colder.

"One thing that I am not looking forward to is the walk to classes on snowy days. I'm thinking of getting a golf-cart to get to classes once it starts getting cold out," said Steve Dragu.

Living at Bayside sometimes feels as though it is a completely separate area from the rest of campus. "When I'm in my apartment, I sometimes forget that I'm still living on campus," said Paul Burt.

Real life at Bayside. That is what college is all about, accepting new challenges, and gaining more independence as a result.

Before

After

The COURT-YARD

The NEW MARKET

He's a Kroll-man!
Scott Kroll, Bayside's CORE

Nicole Tau
Staff Writer

Hey Bayside residents, have you been wondering about that "boy next door" living in Whitecap? Even though he could easily be mistaken for just another RWU student, this new kid on the block is Scott Kroll, the new Bayside CORE.

Before arriving at RWU, Kroll worked at Northeastern University and University of Buffalo, both very large in comparison to RWU.

"I think there is so much more you can do in a smaller school. You get to know everyone on campus, students, staff, everyone becomes a familiar face," said Kroll.

Most of Kroll's professional areas have been in residence halls which has given him plenty of experience to bring to his new position. "Working with students is what it's all about," said Kroll.

There was a great deal of work to reach the point to be ready for opening day. Workers had to deal with plenty of delays with various things such as bad weather. Things were expected to be done sooner, but they had to deal with mother nature.

Kroll expected many more complaints. Overall, the complaints were small such as dents in the walls, plate covers missing, no cold water in the showers, and some appliances were not working.

Kroll feels there are many positive aspects of the new Bayside Courts with obviously some drawbacks.

"It is a brand new complex located on the water, allows students to be more independent, and encourages students to face new challenges especially in the kitchen," said Kroll.

He feels the drawbacks of living in Bayside is there is no common area for students to mingle and get to know each other.

Kroll works with a staff of 8 RAs. He feels they are a great group of people who are very dedicated to their job.

If you're having a hard time locating Kroll, check the game room, he'll be the one whipping Cedar's CORB Steve Sear in Demolition Man pinball. He also enjoys playing jokes on people and going to Mass, for hair-cuts.

John Russell, one of the 8 RAs of Bayside, loves working with Kroll.

"He's a great guy who is extremely good at what he does and is always on the top of things," said Russell.
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Located down-stairs in the Student Union.

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"A Little taste of Italy"

Located in the Student Union

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11 a.m.- 12 a.m.
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Without these people Dilly's Deli would not of been possible

Hilda Soras    Donna Soaras
Diane Brum     Nick Cuccinello
Koren Nappi    Andy White
Kim Jason      Tony Ferrerira
and Val Mahoney

Look for our Coffee Card in the next issue of The Hawk’s Eye
Welcome Back Seniors at Topsides

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Mr. Sawoski goes to Washington

Christy Jewell
Staff Writer

A huge piece of shaped metal is sitting on a desk in the Engineering Department and it has come all the way from Sarajevo. After three years of working for the Office of the Secretary of Defense, Dr. Mark Sawoski is back at RWU.

Sawoski has been a member of the faculty here since 1987. He came to Bristol from the University of New Hampshire and previously taught at Tufts University in Boston.

In September of 1993, Sawoski left for Washington, D.C. There he was a member of the policy planning staff in charge of European Security Issues.

Basically put, policy planning is looking into the future to try and forecast political changes anywhere from 3 months to a year in the future. During 1993 and 1994 he worked on Russian relations after the Cold War. He also worked on NATO (North Atlantic Treaty Organization), trying to determine whether new members should be admitted.

Also during 1994, he became a member of the Bosnia Task Force. The work in that department involved determining how the United States should deal with Bosnia or even whether they should deal with them at all.

Sawoski was also one of 14 people to go to Dayton, Ohio and work on the Dayton Peace Accord. That treaty has kept some degree of peace in Bosnia. All of this is new to him. From 1977-81, Sawoski was the Special Assistant to the Spokesman, working in the State Department. He also worked on the Iranian hostage crisis.

Sawoski feels that there is a great deal of potential for Roger Wilco.

After all of his accomplishments and work in Washington he said that "missed teaching and the students." He also enjoys the "ability to freely explore new ideas."

The benefits and realities of volunteering

The summer months offer a wide variety of temporary jobs for hard-working college students. For example, some choose to spend their summer days in the sunshine, working at beaches and local pools. Others prefer to stay indoors working in shopping malls or business offices. And, then there are some who acquire jobs based on experience, such as mechanics, waitresses, and camp counselors.

The Hawkeye's Eye

The 1996 Military Mail campaign is underway! This year's efforts reflect the progress begun in 1965 when a group of patriotic Americans joined to form "Vietnam Mail Call" in support of our forces in and near Vietnam.

Morale-boosting cards and letters from every part of the U.S. are intermingled, then made up into packages to be mailed out to our military personnel everywhere. The Shelter, located off of 95 in Warwick, R.I., is where I spent many of my summer days. As an intern, my responsibilities included assisting volunteers with meal preparations and clean-ups, answering the phone and carefully screening potential residents, learning to do an intake if a family came in, and providing support to the residents.

There are a diverse group of volunteers who donate their time, and in total, there are usually between 50 and 70 people covering different four hour shifts. Sadly, only a small percentage of the volunteers are college-age students.

The summer personnel also involves assisting volunteers with meal preparations and clean-ups, answering the phone and carefully screening potential residents, learning to do an intake if a family came in, and providing support to the residents.

Some people were college-educated people who could not find jobs, and support their families. These people were no different than you and I, but pity is no what they needed. Their greatest need was support, and receiving it from a young adult, someone, someone, someone, could relate to and talk to was beneficial not only to them, but also to myself.

Anyone interested in volunteering at a nearby shelter can contact the Volunteer Center at extension 3448. Remember, helping others makes a difference in your own life.
New England’s Spectacular Haunted Event

21 ROOMS OF TERROR

Opening this October in Fall River, MA

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Plus: Extended Hours The Last Full Week & Halloween
Fri. & Sat. 6:00 pm - Midnight
Mon.- Wed. (last week) & Halloween Open: 6:00 pm- 10:00 pm
Thurs. & Sun. 6:00 pm- 10:00

Direction. Easy To Find!

Right Off Route 195, Exit 5
From Providence, RI:
Take 195 East to exit 5. Bear Left off exit
te 138, behind Fall River Days Inn

From New Bedford,
Cape Cod, Boston:
Take 195 West to Exit 5. Bear Left
rte 138 south.
Get over to the right lane to 138
south exit.
Left at 1st set of lights Columbia St.
Behind Days Inn.

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College Student Weekend

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General Admission: $7.00
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Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Barbecue-Simmered Chicken Chunks

1 pound boneless, skinless chicken breasts or turkey breast tenders, all visible fat removed
Vegetable oil spray

Rinse chicken and pat dry. Cut into bite-size pieces.
Spray a large skillet with vegetable oil. Place over medium-high heat. Add chicken pieces to hot skillet. Cook 3 to 4 minutes or until chicken is tender and no longer pink, stirring occasionally. Stir in remaining ingredients. Cook and stir until heated through, about 3 minutes.
Serves 4; ¼ cup per serving. Preparation time: 5 minutes. Cooking time: 6 to 7 minutes.

Nutrient Analysis per Serving

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($10.00 MINIMUM ON DELIVERY ORDERS)

**FULL BREAKFAST MENU**

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<th>Item</th>
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<td>Stuffed Quahog</td>
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<td>Mozzarella Sticks</td>
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**DINNERS**

- **Norma's Special**
- **Stuffed Clams**
- **Baked Stuffed Shrimp**

**SANDWICHES**

- **Tuna Salad**
- **Chicken Breast**
- **Seaweed Salad**
- **Cheese**
- **Cheese & Peppers**
- **Chicken Parmesan**
- **Eggplant**

**CALL AND ASK ABOUT OUR OTHER DAILY SPECIALS**
Women's Soccer Team, just kicking it

Jen Fox
Sports Editor

This year's women's soccer team has a lot of factors that may be working against them. They lost many key players to graduation last year, such as Nicole Burnett and Vivian Viera. They also lost a lot of experience in defense. Along with these factors, they also have ten new players on the roster.

To meet teams, these would be my five key factors against them. Any team but this one.

Led by seniors Randy Buitte, Lauren Shoemaker, and Jen Webber, this team still has a very positive outlook on the season. All three captains are fourth-year returners, with Weber being the key. She has been RUW's starting goalkeeper for four years here.

One new returning player is senior Denise Perry, juniors Ann Marie Dlugos and Amanda Brunetti, and sophomore Lisa Leon, Erin Bitisney, and Courtney Glista.

Bitisney was second in point standings last year, even though she didn't play in all the games. Leon and Brunetti are both very offensive fullbacks, and make their marks in the point standings well. Perry was on all-conference stopper.

With the loss of Dave Kenny, the lady hawks have acquired a new coach - Frank Kowalkal. Also new is the assistant coach - Stacy Thomas.

There are also ten new faces who had to work to adapt to the team's playing conditions. Freshmen Jen Borden, Karen Kazarovan, and Valerie Payeur have already made their marks in the league.

The team has a definite unity within it. Before every half, they have a team huddle, then the offensive and defensive teams break off into their own huddles. You can also tell from the shouts of encouragement coming from the bench.

The team has worked very hard to overcome their obstacles, and their goal is the same as last year: to win the Commonwealth Coast Conference championship.

College Press Service

In preparation for a new school year - and high school and college competitive sports - the American Heart Association today issued the nation's first set of standardized recommendations for the screening of young athletes for potentially fatal cardiovascular disease. The recommendations are based on a panel of leading cardiovascular and sports medicine specialists; the recommendations are published today in the American Heart Association's scientific journal Circulation.

When a superbly conditioned young athlete in seemingly perfect condition, playing while sports, it strikes the heart of our sensibilities," said Barry Maron, M.D., director of cardiovascular research at the Minneapolis Heart Institute Foundation and panel chairman. The public's reaction is based on the generally held perception that trained athletes constitute the healthiest segment of our society. Maron was a member of the panel.

"The sudden death of a young athlete who, only about one in 200,000 high school athletes dies while on the practice or playing field or arena. However, when such catastrophes do occur, the athletes' parents, school administrators, parents of other athletes, and medical professionals naturally question, "How could this have happened?" raising the issue of whether the death could have been prevented by medical evaluation. Completely eliminating sudden cardiac deaths among high school and college competitive athletes is a practical impossibility, Maron emphasized. "There is no way that all potentially fatal heart conditions can be detected and effectively eliminated through participation screening. The public must realize this and, that, to a certain extent, competitive sports is a game of risk of living," Maron emphasized.

"There is no way that all potentially fatal heart conditions can be detected and effectively eliminated through participation screening. The public must realize this and, that, to a certain extent, competitive sports is a game of risk of living," Maron emphasized.

The American Heart Association's recommendations include: Making participation cardiovascular screening part of a physical examination and complete and periodic medical evaluation and family history - mandatory for all athletes.

Examples to potentially fatal abnormalities that may not show up in a routine physical can sometimes be detected by taking a detailed medical history of both athletes and his or her immediate family. The "family and personal history are extremely important, " Brown said. "They can pinpoint danger signals that a physical exam couldn't be expected to find."

Conducting this screening would be the first step in the league's initiative. in high school or college sports and repeating it every two years. Respecting all athletic screening to be performed by a licensed physician or another appropriately trained health-care worker with the medical skills and background necessary to recognize heart disease. Listening to hearts of athletes while they are standing playing, and only to identify who are in heart problems. Including blood pressure measurements and in physical examination, athletes should be checked. Developing a national standard for pre-participation medical evaluations including cardiovascular screening. While focusing primarily on high school and college athletes the recommendations can be applied to young athletes as well as professional athletes, the authors noted. In designing these recommendations, AHA volunteers evaluated results of studies of sudden cardiac deaths in athletes. One such study, headed by Maron, examined the cases of over 140,000 competitive athletes, all of whom died of cardiovascular disorders despite having gone through a medical screening process. In these cases, only four had aroused any suspicion of possible heart disease. Considering the number of athletes annually screened, Maron pointed out. "We need a better, more efficient approach to pre-participation screening for competitive athletes. What we've been doing up to now probably isn't as effective as it could be."

"Cardiac defects of the coronary arteries, the second leading cause of sudden unexpected death in young athletes, can be found in an early stage of development. An adequate and continuous system with only one opening from the supply vessel, the aorta, into the ventricle, is necessary."

Achieving this goal is the prime suspect in a case of sudden cardiac death. Myocarditis, a disease process often triggered by a viral infection. It is the prime suspect in the sudden death of a 27-year-old Reggie Lewis of the National Basketball Association's Boston Celtics. He collapsed in 1992 while playing basketball. A genetic connective tissue disorder, Marfan syndrome, also has been linked to some young athletes.

If the new guidelines are uniformly applied nationwide, William B. Strong, M.D., chief of pediatric cardiology at the Medical College of Georgia in Augusta and one of the authors of the guidelines, estimated that as many as 50 percent of all-risk athletes could be identified and at least warned of the risk and given the option to withdraw from competitive sports. Currently, no universally accepted standards exist for screening the average 4.5 million high school and college athletes. Maron explained, adding that approved certification procedures for the health-care workers who perform screening exams are also often lacking. Eleven states have no standard medical form for physicians to fill out, and three states don't even require a physical examination.

"We need to make our screening process the best it can possibly be," Maron added. "If the standards for physical exams and medical histories were optimized, more high-risk cases would be identified, and some of the deaths could be prevented."

Strong said that the AHA recommendations likely will be greeted enthusiastically by people who work with young athletes. "Based on my experience during more than 20 years in this field, I believe that state and voluntarily every high school will welcome these recommendations," Strong said. Everybody has been laboring under their own system or no system for too long."

Women spikers dominate

Ray Sullivan
News Editor

The Lady Hawks are soaring high this season under the direction of head coach Tamara Sutton. So far they have managed to compile a 3-0 record. They knocked off Clark University 3-1 and shut out both Atlantic Union and Colby Sawyer 3-0.

The big hitter this year includes Mandi Hubert, Beth Lewohitz, Jean Donnell, Katie McGrath and Tracey Syria. These ladies have been punishing their opponents with powerful spikes.

The defensive efforts have been lead by Kelly Scalfarelli and newcomer Amanda Paiz, whose digging and blocking have stopped other teams cold in their tracks.

Some of the new additions to this years squad who have stood out are: Kara Brilla, Amy Anderson and Jenn Bento. These rookies have played beyond their years and have already made positive contributions to the team.

Coach Tamara Sutton is very pleased with the effort her team has put out so far. "We're coming together very well as a team," said Sutton. "I think defense is going to be a key for us this year," she added.

The Lady Hawks have a challenging schedule ahead of them. There's a lot of talent and competition left for them to face. And even though the season is still very young, the Blue and Gold are still improving with every game they play. With the experienced returning players and the addition of the freshman talent, the Lady Hawks look to be one of the top teams in the conference this year.

The team will have their hands full on Thursday night when they face off against a powerful Coast Guard Squad at 7:00 PM in the Paeco Room. Center.
Lady Hawks capture RWU Invitational Tournament

Jen Fox
Sports Editor

This year's women's soccer team has gotten off to a great start. They started their season by hosting the RWU Invitational Tournament on September 7 and 8.

There were four teams competing: RWU, Emerson College, Worcester State College (WSC), and Rhode Island College (RIC). The losing teams went on to play in a consolation game on Sunday, and the winners played in the championship game after the consolation game.

The first game on Saturday RWU vs. Emerson. The teams ended the game in a 2-2 tie, and the game was decided by a shootout, which RWU won 4-2. Goals were scored by sophomore Erin Betourney, freshman Karen Kazarosian, junior Ann Marie Dlugos, and senior Nicole Sarubbi. This advanced RWU to the championship game, where they met WSC. WSC had defeated RIC 6-0 in the second game on Saturday.

During the first half of the championship game, RWU kept the pressure on WSC. There was a lot of good hustle by RWU, and senior Jen Weber made a lot of key saves under pressure. The only goal of the game came at 19:06, when Betourney was awarded a penalty kick, which she made easily. Kazarosian and junior Amanda Brunetti both had a very strong first half.

The second half was led by the outstanding play of senior Randi Bauer. At 24:30, Weber made a save that kept the game from going into overtime. A few minutes later, she was caught out of the net, and freshman Jen Borden made a terrific defensive play, which kept WSC from scoring. RWU won the game 1-0. This is a repeat of last year's tournament, where RWU defeated WSC by the same score. Overall, the game was very exciting, and had a lot of tense moments.

Since the tournament, RWU has won two and tied one. They defeated Johnson and Wales University (2-0), and Colby Sawyer College (1-0), and they tied Bridgewater State College (0-0).

Their next home game is September 19, where they will battle Springfield College at 4pm.

Rugby ready to battle

Academics vs. Athletics, that is the issue that has recently been raised here at RWU. Which is more important? For some, that is an easy question to answer. For others, it's not so easy. Those who choose to participate in athletics realize that there isn't much chance of them turning pro after college, but that is not to say that they are any less dedicated to their sport. Working together, coaches and teachers do their best to respect both aspects of the student lives.

"Ideally, I'd like to see student athletes do well academically, attend all their classes, and participate fully in athletics," said Haskell.

Ray Sullivan

Skipping for sports

Skips are as far as keeping academic records on all his athletes, insisting that their education comes first. "I'd like to get earlier registration so that athletes can avoid these scheduling problems," said Baird.

"When a student is not present in class, I believe they are not getting what they need from that class," said Karen Haskell, Dean of Students.

"I'd like to see student athletes do well academically, attend all their classes, and participate fully in athletics," said Haskell.

Ray Sullivan