Jerry Brown to speak at RWU

The former California Governor will set "An Agenda for the New Millennium"

Public Relations

RWU will open its upcoming Spring University Lecture Series to the public, when former California Governor Edmund G. (Jerry) Brown, Jr., speaks Thursday, April 24, at 7 p.m. in the Paolino Recreation Center.

The subject of the free lecture will be "An Agenda for the New Millennium." Brown maintains that "two views are vying for the allegiance of humankind...one is more industrialized growth, leading to a computerized world of 12 billion people surviving as a global ant heap. The other is a transformed civilization based on wisdom, restraint and caring."

"The real dangers are insufficient food, deforestation, species loss and climate change," claims Brown.

As Governor, his innovative California Conservation Corps has spawned a worldwide movement in training and developing youth.

Long before environmental awareness was politically correct, his term as Governor was recognized as the most innovative in America in terms of alternative energy, limiting the use of pesticides, and protecting the environment.

Brown is chairman and founder of "We The People," a grassroots membership association of individuals and families who support self-governing and sustainable communities.

RWU Hall Council wins three awards

The Hawk's Eye

Three years ago when the Director of Student Life, Richard Stegman, came to RWU he viewed Resident Hall Council as a major component to a residence hall experience. He challenged the staff to design viable, productive hall councils for each residence area, and he offered to work with the COREs to provide the necessary support and resources.

Since that time the Residence Hall Councils have successfully excelled in offering a diverse amount of educational programming. In addition, they have attracted a wide array of enthusiastic students with ideas and visions for the future. In fact, because of such dedication and devotion to hall council activity, two complimentary branches have been added to RWU. NEACURH (North East Affiliate of College and University Residence Halls), a regional organization aimed at gathering a variety of hall government members to network ideas and share successful programs, and IRHA (Inter Residence Hall Association), a group of representatives from each hall council who coordinate campus-wide programs and assist each other's teams with innovative programming ideas.

The following is what occurs at the North East Affiliate of College and University Residence Hall Conferences. You're in a crowded auditorium with 350 screaming students all trying to prove that their college or university has more spirit than yours. To prove that you can compete with this gathering of energetic students you break into a routine of cheers, bust a move and show that RWU is one of the most spirited schools in the North East.

Over 30 schools attend these conferences and compete for various awards and at the last three conferences RWU Hall Council representatives placed second twice and first once during roll call. Roll call demonstrates to other schools the spirit and enthusiasm your delegation has for the conference. In turn, students are subjected to a variety of educational programming in which they present back at their campuses.


MS — not just a computer company

ALICE GOODHEART

The Roger Williams Volunteer Center is looking for participants to take part in the Rhode Island MS Walkathon, on Sunday, April 13. This year the 10k (6.3mile) walk will take place along the Narragansett route, beginning at Pier School and encompassing the beautiful view of the ocean, Coast Guard House, and the many historic homes in the area. Channel 12's Shelly Carey will join us on this scenic walk. You can help out by participating as a walker, or simply pledge your support to our team.

Multiple Sclerosis (MS) is a disease that randomly attacks the central nervous system, wearing away the control the victims have over their bodies. At the moment nobody knows how it starts, why some people get it, while others don't, or how to prevent it. Although new medications have recently been developed to try and slow down the progression of the disease, these do not work for over a third of the people diagnosed, and there is still no cure. Symptoms range from numbness to paralysis and blindness. MS is a devastating disease because it is so unpredictable. The progression, severity, and specific symptoms cannot be foreseen. No one knows what attacks will occur, how long they will last, what part of the body they will effect, or how severe they will be.

Most people are diagnosed with MS between the ages of 20 and 40, but the un-predictable physical and emotional effects can occur for the rest of your life, and that is what frightens me the most. I was diagnosed with MS three days after Thanksgiving in my Freshman year. My first attack came on very suddenly, with no warning, and effected the nerves from my waist down, leaving me without feeling in my legs and nearly 50 percent of my normal sensations in my feet. Since then I have had three other major attacks. I have been blind, had double vision, lost all control from the neck down, and been unable to feed, dress, or bathe myself. My last attack left me with only partial feeling in my hands (which will never come back), partial bladder incontinence, chronic fatigue, and increasing difficulty in speaking with clarity. Everyday brings new challenges, and new restrictions. I can no longer drink any alcohol due to the medication I have taken to control muscle spasms, I cannot walk long distances, and I can no longer go out on hot days because this makes my symptoms worse. My MS has progressed rapidly, making the medication less likely to work, and the doctors believe that I will be unable to walk within the next two to five years. The emotional toll, on not only me but also those close to me, can be enormous, and the future frightens all of us. I have good days and bad days, but I am lucky compared to many MS sufferers.

The National MS Society is dedicated to ending the devastating effects of this disease, through research, education, and support for sufferers.

If you would like to help raise funds, or just show your support by joining our team, please contact the Volunteer Center at x3448, or Alice Goodhart at ext. 6347, by Thursday, April 9th.
I realized that I was participating in the very best at RWU and wished that the world approached problems in this way, as educated people seeking the truth.

Karen R. Haskell, Dean of Students

sues related to freedom of the press, what are the responsibilities of a reporter, diversity and fairness at RWU. They did so with articulation, passion, conviction and above all respect for one another and differing points of view.

Office (401) 253-7756
Fax (401) 253-5813

The program will take place on the second floor of the Center for Student Development. The entire RWU community - students, staff and faculty - is invited to participate. For more information about this free program call the Counseling Center at 254-3124.

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THE BENEFITS OF LIVING OFF-CAMPUS

The Hawk’s Eye Letter Policy
Letters should be dropped off at The Hawk’s Eye office in the lower Student Union before deadline. Any letters submitted after this date may not be printed. Letters must be typed, double-spaced and spell-checked. All letters must be signed. Anonymous letters will not be printed.
The writer should include his/her phone number, although the number will not be printed in The Hawk’s Eye.
The Hawk’s Eye reserves the right to edit all articles.

Call 254-3229 Fax 254-3257

EVENTS
Jerald Harscher,
guitarist, adjunct faculty, Performing Arts Center, 2:30 p.m. Free and open to the public.

Poet Brendan Galvin will appear on RWU’s Visiting Writers Series April 24. Widely published in The New Yorker, Poetry, Atlantic, Paris Review and Calliope, he has authored five chapbooks and eleven full-length collections, “Hotel Malabar” his most recent work, won the Iowa Poetry Prize.
The first recipient of the O. B. Hardison Jr. Poetry Prize from the Folger Shakespeare Library, he has also received grants from the National Endowment for the Arts and Guggenheim Foundation.
In addition to writing, Galvin teaches literature and creative writing at Central Connecticut State University.

Dean of Students voices RWU pride

On Wed evening, March 9, I was very proud to be a member of the RWU community; I was attending the MSU/LGBTQA forum on diversity. Moderated by Dr. June Speakman, the all student panel and the almost all student audience, argued, discussed, questioned, challenged issues related to freedom of the press, what are the responsibilities of a reporter, diversity and fairness at RWU. They did so with articulation, passion, conviction and above all respect for one another and differing points of view.

I realized that I was participating in the very best at RWU and wished that the world approached problems in this way, as educated people seeking the truth.

Karen R. Haskell, Dean of Students

NATIONAL STRESS AND ANXIETY SCREENING DAY

Are you having feelings of manic or fear for no reason? Is sitting in class difficult because you feel edgy, keyed up or stressed out? Do you find social situations or test taking impossible because you become overwhelmed with anxiety? You may be one of the 23 million Americans suffering from problems with anxiety.

Anxiety and stress are treatable and they do not have to ruin your life. Help is available. Come to a free education and screening program sponsored by the Counseling Center between 9:30 a.m. and 2 p.m. on April 15.

Individuals will have an opportunity to participate in a confidential screening questionnaire. There will also be a presentation at 1-1:45 p.m. on "Dealing with Stress and Anxiety" by Jim Azar, Director of the Counseling Center; a stress break workshop with Nancy Hood, Counselor, and Donna Darmody, Director Health Education, from 12:30-2 p.m. and Head and Shoulder Massage by the Health Advocates at 12:30-2 p.m.

The program will take place on the second floor of the Center for Student Development. The entire RWU community - students, staff and faculty - is invited to participate. For more information about this free program call the Counseling Center at 254-3124.
Who got lucky on St. Patrick's Day?

The Willow Hall Council sponsored a "Get Lucky on St. Patrick's Day" win a dinner for two. Five winners were picked to enjoy a wonderful dinner in the Bayroom. The meal and service provided by Dining Services was impeccable. Winners enjoyed marvelous hors d'oeuvres butlered to their individual candle lit tables. The Jumbo Shrimp Cocktail was in endless supply. After a perfectly tossed salad, winners enjoyed a choice of succulent Prime Rib, mouth-watering Baked Stuffed Shrimp, exquisite Chicken Marsala, or delightful Eggplant Parmigiano. With a meal like this, there was little room for the heavenly stacked gourmet Chocolate Cake.

The five lucky winners were: Sarah Holmes, Jeff Palmer, Alice Goodhart, Dawn Farnsworth and Sarah Needham.

Life is a Team Sport

From intramural athletics and extracurricular activities to group case study classes and in-class team projects, it seems that everywhere you turn, you're asked to interact with other students. The truth is, more than ever, life is a team sport. Whether it be in college or the world of work, it is the way of the 90s and will most certainly be the way of the 21st century. Given this, recruiters today are looking for candidates with Group Skills for their organizations. It's one of the "Winning Characteristics" upon which interviewers make hiring decisions, so you'll want to be able to prove to them that you are strong in this area.

Extracurriculars are an excellent way to develop and sharpen your Group Skills. They almost always involve teams of students working together over a number of months to complete large, complex projects. Key here is that if you're going to develop and be able to demonstrate that you have Group Skills, you'll need to go a step beyond just joining the organization. You're going to have to actually get involved after you do.

Fortunately, if you pick an activity that you're genuinely interested in, from theater to student government, you'll enjoy the experience rather than considering it work. You'll learn from the interaction with the more experienced members who will be managing the projects. And, if you do a good job, you'll earn the respect of others in the group, giving yourself the opportunity to take a Leadership role in the organization.

Leadership is another of the Winning Characteristics.

So, get involved and get a head start toward getting the job you want.
Sail away for a Semester at Sea

The Hawk's Eye

Semester at Sea, administered by the Institute for Shipboard Education and academically sponsored by the University of Pittsburgh, is a program that takes 500-600 students, from colleges and universities across the United States and abroad, around the world each fall and spring semester. Since 1963, over 28,000 students have studied and traveled to 60 countries around the world through this program.

Students can choose from 50 lower and upper division courses in a variety of disciplines. Courses offered are accredited by the University of Pittsburgh and are fully transferable to the student’s home institution. Classes meet daily while the ship is at sea. The faculty are visiting professors from institutions across the U.S. and abroad. All of the faculty have had extensive resident international experience which serves to integrate course content with countries on the itinerary. When in port, students can select from a wide range of structured travel opportunities that are developed by the Institute and the faculty. Students may also choose to travel independently. Each class has a field component requirement that the student must complete during the voyage. Activities in port can include home stays with families in the countries, visits to universities, travel to places of historic, cultural and religious significance, or simply free travel to experience life in the cities and rural areas. Stays in port range from three to six days.

One particularly successful field program has been involvement at the local level of area kindergarten to 12th grade students through the Vicarious Voyage Around the World. Coordinated through the Pittsburgh office in conjunction with the shipboard administration, groups of three to five Semester at Sea students “adopt” a grade school class and communicate with them throughout the term. Personal exchanges during the voyage provide K-12 students with a very real connection to the experiences of those traveling around the world. Items sent home in “culture packets,” a newspaper, menu, map, stamps, or language brochure, for instance, enable the teacher to make the international learning experience come alive in the local classroom.

In addition to the students, approximately 75 to 100 “senior scholar” participants join each voyage. Often these seniors are of retirement age, however, there is a diversity of age within this group. They have the opportunity to enroll in courses offered or to informally audit those classes of particular interest to them. The cabin areas for the senior adults are separated from the student areas, and an adult coordinator is on board to range programming and activities geared to the seniors.

The seniors are an important part of the community that develops on board the ship and for them the educational environment of Semester at Sea is a unique alternative to other forms of travel.

Semester at Sea welcomes the participation of non-U.S. students and each semester a growing number of students form around the world join the program. Semester at Sea now offers a special certificate program each voyage for international students, called English as an International Language. The EIL program is available to students wishing to improve their English language ability, but who are not yet prepared for enrollment in an undergraduate curriculum. The ability to study English intensively, toe a participating member in a unique U.S. campus environment, and to have the global experience that Semester at Sea provides, is an exciting opportunity for students the world over.

Without an aid package, the cost of the semester program is $12,580 for standard accommodations, and includes tuition, room, and passage fare. Financial assistance is available. Students who qualify for aid on their home campus can often use that aid, combined with additional grants from the program. Furthermore, assistance can be available to those students who have not qualified for the traditional forms of financial aid. Additional information may be obtained by calling: 1-800-854-0195.

Katherine Draper, RWU student
Caffeine — the get-up and go drug of the 90's

College Press Service

Contrary to popular belief, your local bar, club and pub are not the most ideal location to meet interesting individuals, or to find stimulating conversation. In fact, people of all shapes and sizes are being drawn - as if pulled by some strange metaphysical phenomenon - to local coffee joints; tempted, no doubt by the aromatic fragrance of a steamy "cup of Joe." It is the tantalizing scent of coffee, and the bittersweet taste of caffeine that brings us together under the same roof; just look at The Other Place.

Not all coffee drinkers are addicted to the substance. On average, adults regularly consume approximately 280 mg of caffeine daily, which is equivalent to two large cups of coffee. However, if you find yourself in the coffee shop three or more times a day, and you are ingesting over 350 mg of caffeine, you may have a caffeine addiction.

Being a caffeine addict is not as terrible as it may sound. In the United States alone, over 80 percent of adults consume caffeine in some form, according to the National Institute on Drug Abuse. Furthermore, caffeine has been categorized as "the world's most widely used mind-altering drug."

Caffeine is actually considered a stimulant drug, because it increases activity in the central nervous system. It provides the user with an energy boost, and it increases overall alertness.

If it's good enough for the president, it's good enough for you! Caffeine used in small amounts produces pleasant effects. The part of the brain that controls feelings, thoughts, coordination, heartbeat and breathing becomes stimulated upon consuming a caffeinated substance. An average serving of six ounces of Java containing between 60 to 150 mg of caffeine will increase mental clarity and energy levels.

But, an intake of higher doses can produce negative effects, such as anxiety, nervousness, irritability, diarrhea, heartburn, upset stomach, insomnia, depression and dehydration. If more than one of these symptoms occur when drinking an excess amount of caffeinated beverage, chances are, you need to reduce your intake of the substance.

If you are like me, and you walk into walls prior to your first cup of morning coffee, or at least you need three cups to form coherent sentences, you probably are addicted to caffeine. A reliable way of finding out if you are dependent upon caffeine is to avoid consuming your regular dose of the substance. Your body will expel any traces of caffeine from your system anywhere between 12 to 24 hours. During this time period, wait to see whether or not you develop an excruciating headache. If you do, your body is reacting from caffeine withdrawal.

If you want to reduce your caffeine intake, the best way is to gradually decrease your caffeine use, and not quit "cold turkey" so you can avoid any withdrawal symptoms that could occur. Replace your coffee breaks with herbal tea, or other decaffeinated beverages.

One natural path, a practitioner of disease treatment through use of natural medicinal substances, at Melbourne College of Natural Medicine, suggests to support the adrenal glands with licorice, vitamin B supplements, and alternatives like dandelion coffee or peppermint tea.

Fortunately, caffeine addiction has shown few connections to serious health disorders, unlike substances such as nicotine or alcohol. Compared to other addictive drugs, kicking the habit of caffeine is relatively easy. Become involved in more natural means of attaining higher energy levels, such as exercise, meditation, or dunk your head in a bucket of ice water.

It would take over 75 cups of roasted coffee, or 10 g of caffeine to kill the average human being, although it would be difficult if not impossible to find the bladder capacity. Vivrin and similar commercial drugs in tablet forms usually have around 200 mg of caffeine each. Although they are appealing as a quick pick-me-ups, they should only be used with extreme caution and in accordance with the correct amount of dosage, or not used at all.

How long can you exist without your usual intake of caffeine?

STOMP!
Come join the Elizabethan Society for STOMP, April 27 at 3 p.m.
More than music, movement, and magic, STOMP is an exciting, must-see show!
For questions or reservations call Kristy at 254-5334

Attention RWU Students!

RWU is making available to all students packing and shipping services on campus by authorizing Mail Boxes Etc. to assist the students with their moving needs. Mail Boxes Etc. will be on campus May 9th, and May 12th thru May 15th at the Center for Student Development.

There will be packing supplies available for purchase as well as the option of having Mail Boxes Etc. do the expert packaging for you. To assist you, Mail Boxes Etc. will accept all major cars, cash, and C.O.D.'s.

From clothes to computers, futons, bicycles to fax machines, BIG or small, Mail Boxes Etc. will ship it all!
Selena is the final tribute to the slain singer

College Service

Latin singer Selena's crossover dreams are finally coming true almost two years after the young artist was killed in a Texas motel.

When the Warner Bros. release "Selena" opened nationwide March 21, the Queen of Tejano Music finally reached American audiences from coast to coast, a goal that eluded her during her life.

Even if she sang some English songs in her concerts, most of her recordings were in Spanish. Only at the very end of her career did she start recording in English, as part of her label's plans to promote her to mainstream audiences.

Her sudden death March 31, 1995, at the age of 23, put an abrupt end to those plans. Yolanda Saldivar, 36, fatally wounded the Grammy-winning singer during a confrontation at a Corpus Christi motel.

The former head of Selena's fan club and manager of her boutique was convicted of murder and is serving a life prison term.

"Dreaming of You," an album that included Selena's English recordings and also several Spanish tracks, was released in 1995 but failed to create a big stir in the American market.

Now comes "Selena," a movie written and directed by Gregory Nava with an almost all-English soundtrack, which could finally give the slain artist what she wanted most: national recognition.

Selena's father, Abraham Quintanilla, was instrumental in getting the movie made. "He approached producer Moctesuma Esparza and arrived at an agreement with him, and they thought of me to direct the film," said Nava in a recent interview. "I was, of course, delighted to do it."

Nava, the celebrated director of "El Norte," which was nominated for an Academy Award for its screenplay, and the critically acclaimed multi-generational "My Family," used interviews with members of Selena's family to form the basis of his screenplay.

"I tried to keep the story true to facts," Nava said. "I even included thing that the family didn't want me to show, like the fact that Selena married Chris (Perez) in spite of her father's opposition to her relations with him. I finally convinced them that that was the right thing to do."

Is the movie a real biography or a love letter to Selena?

"It's both, because if you do a true bio of Selena you are at the same time doing a love letter to her because she was beautiful," said Nava. "Everybody falls in love with Selena and I fell in love with her, too."

After a long search, the role of Selena went to a young actress of Puerto Rican descent, Jennifer Lopez, who had worked with Nava on "My Family." Lopez also appeared in "Money Train" with Wesley Snipes and Woody Harrelson and "Jack" with Robin Williams.

"We went through an open casting and 22,000 girls showed up for the open call in San Antonio, Miami, Chicago and Los Angeles. We selected three from that group and four actresses from a professional search that went on at the same time. And, finally, we selected Jennifer. I think the movie proves that I was right," said Nava.

If you didn't sign up for ROTC as a freshman or sophomore, you can catch up this summer by attending Army ROTC Camp Challenge, a paid six-week course in leadership.

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The Hawk's Eye — A reading rush!
Yes, Virginia, there is a Break Away Group for you!

Peggy Deson
Contributing Writer

They use phrases like "re-energized", "rewarding", and "awesome". They say that nothing can compare to this experience; that it went beyond their expectations. These must be students returning from a week of sun and fun in Florida or some other warm place, right? Wrong! These are the comments from a group of RWU students upon returning from a week of work in the Break Away program in Virginia.

This is the second year that Roger Williams University has participated in Break Away, an opportunity for college students to spend their spring break in a volunteer work experience. This year, under the direction of Steve Sears, eight students traveled by van to Westmoreland State Park in Montross, Virginia. They spent a week building a steep set of stairs set into a hillside trail. Working along with the park rangers at Westmoreland, the Break Away group made new friends, reaped new skills, and was apprehensive about what the location actually would be like when they arrived. Her fears were unwarranted as the Westmoreland State Park proved to be an exciting experience where "everyone put all they had into getting the job done special moment of seeing the American bald eagle just about ten feet ahead of her. Realizing that this beautiful, powerful bird is on the endangered species list, Sue felt certain that it is worth every effort to protect its' environment. "I had mixed feelings about the trip after spending several months in plan-

Kate Richards was the site leader for the group and was apprehensive about what the location would actually be like when they arrived. The fears were unwarranted as the Westmoreland State Park proved to be an exciting experience where "everyone put all they had into getting the job done special moment of seeing the American bald eagle just about ten feet ahead of her. Realizing that this beautiful, powerful bird is on the endangered species list, Sue felt certain that it is worth every effort to protect its' environment. "I had mixed feelings about the trip after spending several months in plan-

In encouraging others to try the alternative spring break, Kelly says, "Don't think of it as "volunteer-ing." Think of it as a physical and emotional challenge. You belong to a group and with just one person missing, it wouldn't be that group anymore." George Billings was

on the trail during the day and learned to appreciate each other in a new way." Kate recommends volunteering and suggests that students begin at the local level first. If they find the volunteer experience rewarding, then by all means, Kate says, "take up this opportunity."

It was a powerful, memorable and thought provoking week for Sue Malomo, also a returner from last year's Break Away trip. She recalls a

thinking that "this is going to be a very long van ride" as they swung onto the highway heading south for Virginia. Upon his arrival, George found the 1300-acre Westmoreland State Park to be much nicer than he had imagined. He also enjoyed making new friends with the park ranger and volunteers from the Americorps group. Describing his experience in a few words, Billings wrote down, "Wonderful, unforgettable, and I can't wait to do it again next year!"

Is there something special about a Break Away experience that seems to be catching on in the university community? It appears that college students are finding themselves by giving of themselves. Jeremy Ballad says that he "feels good" about the week in Virginia. Ballad knows that the efforts of the RWU team made the trail more accessible to a wider age group and they also helped the environment by curbing erosion. Jeremy feels that the Roger Williams students "left an impression that people do care."

Kyla Fox was very impressed and surprised by Westmoreland State Park and knew that "one week would never be enough time to really appreciate it." Kyla said that she learned so much about her companions and teamwork that she missed them as soon as she arrived home. Kyla urges other RWU students to give Break Away a try because "Cancun and Florida can never compare to this. The lessons and memories will never fade like that Southern tan."

Break Away Coordinator, Steve Sears, brought his usual enthusiasm into focus and described Westmoreland as a "spiritual area." Sears was inspired by the teamwork displayed by the RWU students and encourages other students to take the plunge into a volunteer experience.

Amanda Butvilas, a second year volunteer, feels that this trip was one of the best experiences of her life and wants other RWU students to know that "It will be the most amazing experience of your life. You will learn more about yourself and your partners than you could ever guess. You can make a difference not only in your life, but in the lives of others."
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This year, join the millions who will use TeleFile to file their taxes by phone. With TeleFile from the IRS, you file your tax return with one quick, easy call from a Touch-Tone phone. TeleFile service is completely free. And since there are no forms, the IRS can get your refund to you within three weeks. Check your mail for a TeleFile booklet. If you qualify, take advantage of this convenient service. Filing doesn’t get any easier than TeleFile.

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Rudolf Koppitz

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- committe sponsoring BLIZARD OF BUCKS friday 4-4 @ 8:00 pm. snack bar.
- Tom cruise was his agent in JERRY MAGUIRE. saturday 4-26 @ 8:00pm. dinning hall.
- Advertising's signature initials in the HAWK'S EYE.
- dance club friday 4-11 from 10pm-2am. student union.
- this band will KNOCK YOU OUT at the chameleon club.
- everyone's favorite picture show- DRIVE IN STYLE. 4-19 @ 8:30.
- three little letters that represent the campus entertainment network.
- there are 101 of these in the DISNEY movie showing spring weekend.
- JIM BRUERER is known for this character on S.N.L. 4-5 @ 8:00. Gym.
- word from a popular VIOLENT FEMMES song. spring weekend.
- you might see SPOCK at this movie. 4-12 @ 8:00pm. dinning hall.
- lots of fun will be FLYING at this daytime program. april 30.
- committe with cool initials that meets every thursday @ 6:30pm. other place.
Just in case you decide to buy the books this semester.
Horsing around with the Equestrian Team

Lisa McDonough
Staff Writer

As you walk up to the second floor of the Center for Student Development, you may notice a prestigious picture of a horseback rider. It may take you by surprise because you probably didn’t even realize that our school has an Equestrian Team. The team of 16 girls has worked especially hard this year and is disappointed that they don’t get more recognition.

Horseback riding is a physically demanding sport; there’s a lot more than just jumping on a horse and plopping around. “It takes a lot of talent because we don’t know the horses we ride. Their tempers can be unpredictable,” said tri-captain, Carrie Snodgrass. These girls risk their lives when they compete and ride. Horses can buck them off, throw them into a fence, or fall on them. “I’ve had the wind knocked out of me, had horses fall on me, and I’ve been dragged across the ground with my foot caught in a stirrup,” stated sophomore rider, Sarah Mainen. Riding is actually a lot like ballet. Balance is essential and riders have to look decent and pretty on their horse. It builds strong muscles in the calves, shoulders, and backs. “It’s a great stress reliever because we totally get off campus, away from the school environment,” explained captain Renee May.

As far as practices and competitions, the team works very hard. They have lessons with their new coach, Joanne Cisson, once or twice a week and their season starts in September and ends in April. Their shows are held every Saturday. Some of them are as far as UCONN and Wheaton College, but others are held at Salve Regina University. “Unlike other sports, equestrian is an all day event. Since we have to travel, we start at like 7:30 in the morning and sometimes don’t end until 5:00 in the afternoon,” Snodgrass stated.

Because the team is overlooked, teammates feel that they aren’t getting enough support from the university. “It’s very discouraging when I hear someone say, “We have an Equestrian Team?” It’s like we’ve worked so hard for nothing,” Mainen said. According to Snodgrass the team wasn’t even mentioned at the pep rally.

“I can understand why the team feels like outsiders, but since the shows are usually far away, it’s difficult for them to get spectators. Unfortunately, due to the nature of the sport, we can’t really change that,” stated William Baird, Director of Athletics.

Overall, the team would appreciate any support it can get. Why not check out one of their shows on some boring Saturday afternoon? Next time you walk by that picture you’ll smile rather than say “HUH? An Equestrian Team at RWU?”

The Lacrosse Team getting set to rumble

The Lacrosse Team getting set to rumble

Interested in sports? How about writing? If so, come write for The Hawk’s Eye!

INTRAMURAL BASKETBALL AND SOCCER CHAMPIONSHIP RESULTS

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FAB FIVE II - TEAM MEMBERS

<table>
<thead>
<tr>
<th>Fabricio Desouza</th>
<th>Louis Daza</th>
</tr>
</thead>
<tbody>
<tr>
<td>KEVIN McWILLIAMS</td>
<td>ERIC COOLEY</td>
</tr>
<tr>
<td>JOSH MITCHELL</td>
<td>ADAMGRIIDI</td>
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<tr>
<td>JARED PREDMORE</td>
<td>BRIAN COOK</td>
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SHINE ON - TEAM MEMBERS

<table>
<thead>
<tr>
<th>Paul Fabiano</th>
<th>Paul Gallagher</th>
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<tbody>
<tr>
<td>DEREK McQUILLAN</td>
<td>WILL CRONIN</td>
</tr>
<tr>
<td>DEREK POTTER</td>
<td>KEVIN TRACY</td>
</tr>
<tr>
<td>Matt AntonioLI</td>
<td>MIKE McGOWAN</td>
</tr>
<tr>
<td>Jess Zambarano</td>
<td>Jay Damato</td>
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