Stricter alcohol sanctions in place

Sarah Cournoyer
Editor

For many college students, the movie "Animal House" identifies their ideal college experience, including fraternity sponsored toga parties with unlimited amounts of alcohol. While there are no organized fraternities on Roger Williams University's campus, the amount of drinking that occurs appears to also be extensive.

Sixty-six percent of RWU students binge drink according to an RWU CORE survey, which is a much higher percentage than the national average of 30 percent.

Since the data obtained by those surveys is consistent each year, the Alcohol and Drug Task Force decided to reevaluate and revise the policies that were already put in place.

"Year after year, what we were doing wasn't working," Dean of Students Kathleen McMahon said.

According to the mandated biannual survey's findings, more educational initiatives needed to be put in place for those students who were written up, along with other consequences.

"Students didn't feel any teeth in the policy," McMahon said.

The survey also indicated that most students were affected by secondhand drinking on a regular basis. Secondhand drinking refers to actions such as vandalism, vomiting, noise and harmful behavior.

According to McMahon, the survey has shown that the rate of binge drinking has not been reduced enough to be considered progress.

The survey also asked students what consequence of being written up impacts them the most; the overwhelming response was Residence Hall removal.

"We need to get to the point where students that don't drink feel their rights are respected," said McMahon.

"It's hard to believe we've finally come to an agreement," Town Council Chairman Kenneth Marshall said. "It took a lot of effort, but it's good to see the agreement come to fruition. It took a while coming down to a formula that both sides could agree upon in terms of how much should be paid."

Town Council Vice Chairman Roy Cordeiro recused himself from the vote because he is the community relations coordinator for the university.

Nirschel said the agreement was worth nearly four years of sometimes aggressive negotiations between the two parties, which had considerably different ideas regarding how the town should be paid.

"This is the next chapter in a four-decade relationship between the Town of Bristol and its hometown university," Nirschel said to the audience of town officials, university administrators and Bristol residents.

Phil Deuitt
News Editor

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Dear Lorin,

Lately I have been having thoughts about my sexuality. I really don't know what to do because I'm questioning whether I'm homosexual or heterosexual. My boyfriend and I have broken up, and I know that a lot of my family and friends would disapprove. I haven't told anyone, but how should I go about doing it? And how can I better explore my options? I'm not sure whether I'm gay or straight.

-Finding Myself

Finding Myself-

There is a gay/straight alliance club on campus called SAFE. To find out more information about this club you should go to the Student Programs and Leadership Office, located on the second floor of the Student Rec Center (the office is right behind the WQRI station). Maybe by joining this club you can meet people who might feel the same way you do. Although it may be difficult to express your feelings to family and friends, if they are true they will support you in whatever decision you make. You sometimes have to do what is best for yourself, and you might get a sense of relief once you figure out your sexuality. The Counseling Center on the top floor of Center of Academic Affairs (the main office) is also available for consultation all the time if you want to figure out how to express the situation to your family and friends. Good luck!

Dear Lorin,

I am new as a freshman and I have met a great group of people to hang out with and go to parties with all the time. I have been dating this guy "Mark" from another dorm. Everything seems to be great, except that I hate my roommates and they absolutely hate Mark. In my forced triple, it is really hard to ever get any space to myself and my roommates were best friends before they entered college. Pretty much I just need to get out of here. I want to move into my friends' dorm, but I don't even know where to start. What do I do?

-New and Confused

Got a WTF of the week? E-mail us at hawksherald@gmail.com

Lorin is a junior communications major and a Peer in Cedar.

*Editor's Note:*

The editors regret the grammatical errors that were introduced to Provost Laura de Abruna's quote in the article "Programs aim to increase diversity." Her quote should have read "The fact that the question of diversity on campus is raised means we still have work to do. There is a group of people among the faculty who are interested in adding to the curriculum to make it more diverse."
Kelleigh Welch
Assistant Features Editor

While many RWU students are accustomed to attending events sponsored by CEN, IRHA and other clubs and organizations on campus, a new event series will allow another department to engage students and get them involved.

The new 10-Spot Series, created by Student Programs and Leadership, will be held every Monday night in the Hawk’s Hangout. With a different activity each week, the series seeks to expose students to something for every taste.

Speed Dating kicked off the 10-Spot series last Monday from 8-10 p.m.

The “Iron Chef” event, taking place Monday, September 17, is a play on the popular Food Network television show and will challenge three chosen students to create dishes in front of an audience using a secret ingredient and a micro_PHONE. The winner of the competition will receive a prize.

The 10-Spot Series will continue throughout the semester and possibly throughout the entire academic year.

Student Programs and Leadership Program Assistant Allie Bird is excited about the series, saying, “It is a good way to network and meet new people.

In hopes to encourage, in­creased involvement, the series will feature interactive events, as well as those where students can hang out and be entertained. The event on Monday, September 24 promises to be an exciting show; the 10-Spot Series will present former pocket bilingual world champion and renowned trick shot artist Jack White.

On October 1, “Bad Movie Lock-In” will take place. Students will pay three dollars at the door and view their first film from home, or watching their first movie in the Hawk’s Hangout.

For freshman Alejandra Cross, having Beah come to speak is an important aspect of the series. “I would like to actually meet Beah to understand that everything really is true,” she said.

Not only do we expect Beah to further discuss his thoughts on children being used in war, and describe what a modern civil war is like, but also to share the stories in his life that are not written in his book, such as his educational accomplish­ments and his life in the U.S.,” said T.C. Rothand Bird, with assistance from Hawk’s Hangout.

Any student who has a suggestion for an event they would like to see in the 10-Spot series is encouraged to e-mail Student Programs and Leadership at studentprograms@hawks.rwu.edu with their ideas.

University anticipates arrival of common reading speaker

Three freshmen students to create dishes in front of an audience using a secret ingredient to a micro­PHONE. The winner of the competition will receive a prize.

“Most of the hopes of students and faculty for having Beah come to speak are to hear more about his education and experience beyond his book,” said Tackach. “I would like to hear how Beah ac­climated into American culture after going through all of that,” said freshman Brittany Bird. “I would also like to find out if he met up with his friends ever again and if he tried to return to his home to help them.”

What I am most interested in is Beah talking about how he got out of that lifestyle and became a “normal” teenager again,” said Tackach.

For freshman Alejandro Coss, hearing Beah speak is more of a question of reality. “The whole point of the book seems a little surreal to me.

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Beah’s arrival on October 4, is highly anticipated and will be an event hard to miss. His speech will be both educating and inspiring and is encouraged to be seen by all students. For those who have not had the chance to read Beah’s book, A Long Way Gone: Memoirs of a Boy Soldier, they still have a chance. The campus bookstore is selling copies, and the library has about half a dozen copies available.

“One of the values of Roger Williams is global awareness,” said Tackach. “I think this book takes students from their safe home to another part of the world and teaches them about that place.”

FREE
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Tutoring
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Center for Academic Development
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Friday 9am - 3pm
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Walk-In for Peer Tutoring
Faculty Tutoring by Appointment
Floreantine Lehar
Herald Staff

As the price of higher education continues to rise, many students expect that they will have to work harder than ever in order to attend the college or university of their choice. On the other hand, the 100 percent increase in parking permit prices in the past two years has left Roger Williams Students shocked and upset.

"If you can’t believe they jacked it [the price] up again this year," junior Jack Fuller said.

The parking permits that allow students to park on campus cost $100 this year, a $25 increase from the $75 permit last year. The increase in parking permit prices is the result of the new parking deck that was built in Lot J by the North Classroom.

Students are upset that prices increased mainly because they do not think that the amount of parking on campus correlates with the price of permits.

"I have to park in J Lot and can never find a spot to park," senior Adrienne C. LaFrance said. "I shouldn’t have to pay $100 for that."

Bristol Police Chief Russell Serpa called the agreement that will pump thousands of dollars a year into the police department a welcome relief for Bristol residents.

"Any little bit helps. Times have been tough and the taxpayers have been squeezed hard. This agreement will help defray the cost of services and help the people in town."

The agreement also calls for the establishment of a cooperative committee, made up of six school administrators and six town officials. The committee will meet quarterly to discuss the town's relationship with the university, as well as the university's plan to expand over the next 20 years.

"Today is a good day for Bristol and Roger Williams University," Town Administrator Diane Mederos said at the ceremony, crediting the "unwavering resolve" of Town Council and Nirschel in completing the agreement.

Mederos signed the nine-page deal, along with Marshall and Nirschel.

"The PILOT pact is the first agreement of its kind between Bristol and the university in the nearly 40 years the campus has been open."

Negotiations started in 2003, shortly after Providence College, Brown University, Johnson & Wales University and the Rhode Island School of Design signed agreements to pay the capital city $50 million under a similar 20-year plan.

The town was in talks with the university to make annual $150,000 payments in 2006, but negotiations stalled when the school hired a consultant to review the plan.

Town Council grow impatient, calling on Rep. Raymond Gallison Jr. to introduce a bill that would strip the school of its tax-exempt status, forcing it to compensate the town.

"The elderly people who live next door or making them feel different. Bristol is a good neighbor, above and beyond your requirements."

The building of these parking decks will most likely not affect parking permit prices, but Noonan said that the price could possibly increase five percent next year.

PILOT: $42M over 20 years for Bristol

Cont'd from page 1

gathered for the ceremony.

"I hope that decades from now, as the university grows and prospers, and the town grows and prospers, we can share in the bounty mutually."

Along with the annual payment for emergency services, the university agreed to give the town $100,000 every five years to purchase first-responder equipment and vehicles, and an additional $25,000 per year for civic activities such as the town's historic Fourth of July Parade.

The agreement also states the university annually will offer three four-year, full-tuition scholarships and two four-year $10,000 scholarships to local high school graduates. A full-tuition grant to an older town resident without previous college experience will also be offered.

The university expects the town to shell out nearly $42 million in total under the 20-year agreement. The money will come from a $150 million budget of unrestricted funds managed by the Board of Trustees. Tuition and room- and-board costs will not be affected, Nirschel said.

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EMERGENCY: Modernized plans in works

Cont'd from page 1

by the student. The message would be recorded and will inform the student and their emergency contact about exactly what is happening.

According to Public Safety Director David Smith, the message will provide specific instructions about what course of action to take.

"They will be given a notice to wait for another message with more detail or may be very brief and direct everyone to evacuate from a building or possibly the entire campus," Smith said.

It is very important that students learn about the Connect-ed system because the students themselves are going to be the key to making this system work, according to King.

"We are asking students to populate the system," King said.

"It will be the student's job to enter their information into the Connect-ed system. Students will be able to do this through our.rwu.edu under the Service tab. According to Joe Pangborn, Vice President and Chief Information Officer, the "self service entry of contact/emergency information into our data system via the service tab should be ready by the end of the month."

Students will enter their own information in order to provide students, faculty and staff a quick and easy way to enter their data into the system. Once the data is entered into the system, the system will be implemented.

"We plan on updating the system each night in order to keep up with contact and phone number changes," Pangborn said.

Another problem that occurred with the Virginia Tech tragedy was that the student who killed peer and faculty members was believed to have suffered from psychological problems in which the correct contact was not made nor was the student not taken.

King says that the counseling center, lead by the Director of Counseling Jim Azar has informed professors and faculty, "how to identify and refer students at risk."

This way students can receive the necessary help they need without calling that person out or making them feel different.

"There have also been improvements on the natural disaster and hurricane evacuation plans. In case of a natural disaster or hurricane, there may be cause to evacuate the campus."

"There are steps to take before evacuation. Bristol has so many hours to be under evacuation and so many hours for it to be under warning before a decision can be made to evacuate will take place."

In regard to hurricanes, the "goal is to inform every one a few days ahead of time if possible," King said.

According to King, if an evacuation does need to occur, students will be advised to drive home or to a friend's house away from the disaster or hurricane. For all students who are unable to go home or can not go to a friend's house, the school would use the Recreation Center as a safe place.

Additional phases to the new emergency and evacuation planning are still in the process of being modernized.

"It is unfortunate that these systems are necessary," Smith said. "For Roger Williams University, it is just another example of a commitment to the overall efficacy of safety on campus."
POLICY: Attempt to curb binge drinking

Cont'd from page 1.

The Hawk's Herald is looking for interested students in becoming Assistant Business Manager.

Commitment of just 5 hours a week needed.

Skills Required:
- Sales
- Organization
- Basic Accounting

Contact Kate Heuron for information
hawksherald@gmail.com

Meetings Mondays at 7 in NAB 101
You've heard it God knows how many times here at RWU: There's always something to do! From your first day at orientation, that message is embedded deep into the wrinkles of your brain.

And, certainly, there is a multitude of activities to keep yourself entertained here. You're probably familiar with most of the standard, boring ideas (going to class, sleeping, eating, taking naps, etc...) so I went on a pursuit at this past week's Involvement Fair to find some of the clubs that are flying under the radar.

The first bizarre club I spotted was the school newspaper. Do these people not get enough homework? Why would they want to write when they could be sleeping? You'd have to be insane to join this club.

Next was the school newspaper. There is a multi-club's treasurer, the English Club, the Surf Club, Simple enough. The first bizarre club I spotted was the school newspaper. Do these people not get enough homework? Why would they want to write when they could be sleeping? You'd have to be insane to join this club.

I looked around and I saw a lot of extreme clubs (the Bike Club, the Ski & Snowboard Club, the Surf Club, the English Literature Club) but I decided that people interested in extreme sports don't need me to find them some extreme action. So I moved on.

I walked around a bit more, and I found something you probably never would have imagined: you can try out to be the next Swoop, RWU's official mascot.

Think about the stories you would like to tell your grandchild. You've heard it God knows how many times here at RWU: There's always something to do! From your first day at orientation, that message is embedded deep into the wrinkles of your brain.

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Iraqi interpreter returns to campus

Eric Sullivan
Herald Staff

"We will not forget you!" These words rang true as Qussay Al-Attabi began his epic journey from war-torn Iraq, through several regions, before finally being embraced in the U.S. by a true friend President Roy J. Nirschel.

On Thursday, Aug. 30, Al-Attabi arrived at TF Green Airport in Providence, welcomed by Nirschel. This was, however, not an easy journey for Al-Attabi. He originally visited RWU in February, 2005, as a member of the Iraqi student delegation.

Al-Attabi is not just an academic, but a man who helped serve his country as well as his new home in the United States. Al-Attabi, an interpreter for the U.S. Military Police and later embedded in task forces of the US Army helped the U.S. in bringing forth a sense of stability to Baghdad.

During his work as an interpreter, Al-Attabi witnessed numerous firefight during my work as an interpreter, and I was one of the teams hit with RPG's, hand grenades, and Improvised Explosive Devices (IEDs)."

Despite the danger however, Al-Attabi said "we were able to conduct wonderful missions and fulfill tasks that brought the activity of the militia to the lowest level that its leaders were on the run," Al-Attabi said. According to Al-Attabi, it was around this time that he began to receive death threats.

When I began receiving serious threats, I wrote to President Nirschel," said Al-Attabi. Nirschel wrote back to Al-Attabi: "I told you earlier that we would not forget you, and we will not!"

According to Al-Attabi, among his college interpreters and friends, Nirschel is known as "Qussay's Savior." Despite the danger in Iraq, Al-Attabi said, "I would definitely go back to Iraq, but will always have in mind how warmly I was received in the States!"

Back in the U.S., Al-Attabi said that he will "concentrate as much time as possible into some projects and initiatives that would help "bridge the world," a vision that President Nirschel is well aware of its importance and working so hard to achieve."

Al-Attabi will teach an Arabic language course this semester at RWU while he works on a Ph.D. program in English literature at Brown University.

A number of students volunteered their time late Monday night to place 3,000 flags on the quad. Each flag represented an innocent life lost in the 2001 attacks. The memorial was sponsored by the Student Senate and the College Republicans.

Below, a student passes the memorial as he makes his way through the rain on a wet September 11.
In pursuit of the 'Butler' body

Wired

The Hawk's Herald • Friday, September 14, 2007

Will Gompertz
Herald Staff

When leaving the latest blockbuster as the end credits start to roll, several things stick: the good-looking cast, the trendy wardrobe and the entertaining plot. All are ingredients in films' recipes for success. But as hitting the books have taken a front seat to hitting the box office, and the "Freshman Fifteen" starts creeping up on the college crowd, many are clamoring for the latest fitness frenzies used by the stars to bring their characters to life.

One of the films to showcase the diet and training regimen to the stars include this year's spring hit, now on DVD, "300." According to Yahoo buzz, "the popcorn-popping, soda-slurping popcorn-popping, soda-slurping fans, who earned the flick a whopping $70.9 mil in its opening weekend, pumped up the searches on its "freshman body" searches." According to Yahoo video can be adapted for your own personal indoor workout. As for the "Maguire diet, Andreozzi stressed. "But if lean abs is the look you want, be sure to eat the same foods but with smaller portions sizes." But some of the best and most effective ways to get your daily, film-worthy workout come from pure ingenuity. According to the "Batman Begins" DVD special feature entitled "Shaping Body and Mind," much of Batman actor Christian Bale's physical stature came from mastering the Keysi fighting method. According to director Chris Nolan, "Keysi reflected quite nicely the film's approach in terms of script and design, of seeing Batman as a gladiator type of character," and "an action figure, decorative figure, but as a functional entity. The same idea can apply to students.

Martial arts are an ancient physical activity used for a variety of reasons." Andreozzi explained. "By helping to find inner peace outside in, and its use for self defense, helps to condition the body to work with the mind and get used to a hard physical workout using both muscles and cardio." But with such a vast selection of martial arts styles, how does one know which one to start with?" I don't think there is any one style a person should go for," Andreozzi added. "You want better help, pick the style that best interests you." Outlets, such as Kickboxing and the school martial arts club, are good on-campus places to start if you're interested in learning ways of the warrior. For example, a new fitness class has started that combines the already popular power yoga and spin classes.

So the next time you want to look like your favorite Hollywood hero, taking these tips-off will help to make you the star of your own blockbuster.

ARE YOU WORRIED ABOUT HOW YOU LOOK?

• Do you think about your appearance often?
• Do these thoughts upset you?
• Do these thoughts interfere with your life in any way (for example, work or dating)?
• Do you wish you could do something about this problem?

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Yes, summer is over. But believe it or not, there is an upside.

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Eastern Mountain Sports
**Couple of the Moment:**

Katie Blythe and Bobby Carlson

Reporting by: Courtney Nugent

---

**Bobby**

What was your first impression when you met Katie?
A friend introduced me to Katie at the end of freshman year. It was easy for me to be myself around her. I was really drawn to her smile and knew that I wanted to get to know her more, however, the summer came and we did not finally start getting to know each other until the beginning of our sophomore year.

How do you manage a relationship in college with busy schedules?
We call each other during the day just to let the other know that we’re thinking about them. We also set aside time to cook dinner, watch a movie or go out and do something just the two of us without the distractions of college life.

What is your favorite thing to do together?
Our favorite thing to do together would be to spend time doing an activity such as going to dinner, an amusement park or going on a trip. We are on the go most of the time with our hectic schedules, but always make time to just hang out on the couch, and maybe watch a movie. Sometimes the best quality time we have together is when we’re sitting back, doing nothing and enjoying each other.

What is the sweetest thing you have done/do for Katie?
I make it up to her by telling her how much I care for her and when I see someone you just want to come over and hang out and he was there.

How did you meet Bobby?
I met Bobby spring weekend of freshman year. I worked with a friend, Patti Behan, at admissions and she wanted me to come over and hang out and he was there.

What's your favorite color?
Pink and yellow.

Ice cream flavor?
Rocky Road.

Describe Bobby in one word.
Amazing. Snuggly (haha)

---

**Katie**

How did you meet Bobby?
I met Bobby spring weekend of freshman year. I worked with a friend, Patti Behan, at admissions and she wanted me to come over and hang out and he was there.

How long have you been dating?
We started dating on and off since November of our sophomore year.

What was one of the first things you were attracted to?
He just seemed like a really nice, sweet guy and of course I thought he was really cute.

What are you most attracted to now that you have been dating?
He is one of the nicest people I have ever met. He would do anything for anyone. He just genuinely cares about people and I think that is the most attractive quality anyone can have.

Describe Bobby in one word.
He seems like a really nice, sweet person.

---

**Common Reading Essay Contest**

The Common Reading Committee invites full-time RWU undergraduate students to submit essays for the 2007 Common Reading Competition, based on Ishmael Beah’s memoir, *A Long Way Gone: Memoirs of a Boy Soldier.*

What messages does *A Long Way Gone* have for students raised in a stable democracy where most citizens have adequate support, resources and educational systems available?

All submissions should adhere to the following guidelines:

- Essays must be double-space typed on standard typing paper with pages numbered.
- Pages should be paper-clipped or stapled.
- A cover page providing the essay’s title and the student’s RWU identification number should be attached to each submission. The student’s name should not appear on the cover page or any other page of the manuscript.
- Hard copies of essays must be submitted by Thursday, September 20, 2007, at 5:00 p.m. to Prof. James Tackach, CAS 137.
- Essays should be 1,000 words or fewer in length and should respond to the following question:
- Essays will be judged on both the quality of their content and the effectiveness of their style.

**Prizes:**

- **1st Prize:** $150 in UniCard dollars
  - Invitation to special dinner with Mr. Beah on October 4
  - Photograph with Mr. Beah
  - Author-signed copy of *A Long Way Gone*

- **2nd Prize:** $75 in UniCard dollars
  - Invitation to special dinner with Mr. Beah on October 4
  - Photograph with Mr. Beah

- **3rd Prize:** $25 in UniCard dollars
  - Reserved seating at Mr. Beah’s lecture on October 4

The prize winners will be notified by RWU e-mail and announced to the RWU community on Monday, October 2, 2007. The decisions of the judging committee shall be final. The committee reserves the right to award no prizes in any category.
# CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Monday</th>
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<tbody>
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<td>Campus Events</td>
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<td>Battle of the Halls, Architecture Field</td>
<td>10 Spot: Iron Chef Hawk's Hangout</td>
<td>“Common Places” by Brian Healy School of Architecture</td>
<td>Penny Arcade Film: Matrix CAS 152 7 p.m.</td>
<td>Game Night The Commons 8 p.m.</td>
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<td>Concerts</td>
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<td>Concerts</td>
<td>Concerts</td>
<td>Expression Session Hawk's Hangout 9 p.m.</td>
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<td>The Starting Line, Four Year Strong, Permanent Me, Sound the Alarm Lupo's, 6 p.m. $15</td>
<td>Penny Arcade Film: Battle of the Halls I Iron Chef Game Night</td>
<td>Penny Arcade Film: Battle of the Halls I Iron Chef Game Night</td>
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<td>9/15</td>
<td>9/18</td>
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## Last week’s solutions

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3 4 1 8 9 2 5 7 6
6 6 7 3 5 4 1 2 9
2 9 5 7 6 1 8 4 3
9 5 8 1 7 6 4 3 2
4 1 6 2 3 8 9 5 7
7 3 2 5 4 9 6 1 8
1 2 4 6 8 7 3 9 5
5 6 9 4 2 3 7 6 1
6 7 3 9 1 5 2 8 4
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## Concert at the Bean

On Wednesday, September 19, singer-songwriter Josh Kelley will join The Pat McGee Band for a show at Judge Roy Bean Bar on State St. in Bristol, according to a press release from Beatrice Bugnosen.

Kelley plans to release his newest album, “Special Company,” in late 2007 or early 2008. He is also producing and starring in his documentary, “Making the Modern Day Label.”

The Pat McGee Band released their seventh album “These Days (The Virginia Sessions)” on July 6, 2007.

Doors will open at 7 p.m. and the show will begin at 9 p.m. Tickets are $15. The show is 21+.
VOLLEYBALL: Off to a positive start

Continued from p. 12

Now in her fourth year with the team, Maurer is very much a part of RWU's success. "I 2
'She [Leeza] has done really well for us in the setter position," said Stothart.

Of the new players Stothart said freshmen Rachael Dion, Britney Sulli
van and Jill Hurd have all shown a lot of potential. Dion, Sullivan and Hurd cur
rently lead the team's freshmen in number of kills

"Our practices are much
more competitive than they've been in the past," said Stothart. "When we
play six on six scrimmage now in practice, both sides are on the same level.

"So I think everybody's game is brought up and everybody knows it's that they've got somebody trying to get in. So they need to come out and play hard dur
ning practice.

The volleyball team will host their first Common
wealth Coast Conference match of the season on Saturday September 15 at 3 p.m., when it takes on West
ern New England College.

Stothart admits that Saturday's game will be a challenge for the team, as WNEC is currently 0-1 overall in their season. Stothard said the only example of the challenging
matchups the CCC has is in store for the volleyball team this season.

However, he said based on the competitiveness of the team's practices he feels they have what it will take to win against equally tough schools and make it to the CCC finals.

"We're at 3-4 right now, which isn't a great record," said Stothart. "A couple of those losses were two point losses. In the fifth game of which are usually a long season, so we still have a lot of work to do.

Best bets: The teams that might make you money

Continued from p. 12

#3. Know the spread. Being 100 percent sure one team will beat another is not always a smart way to bet. For those of you who don't know what a spread is, it is the difference of points that Vegas or whatever odds makers believe a team will win by. Last week the Patriots were at -6.5. What this means is they start the game at Pats -6.5 - Jets 0. You can also give the points to the Jets and say the game starts at Jets 6.5 - Pats 0. Either way it meant that the Patriots had to win by seven points to win the game. If they won the game 21-17 and you bet on the Pats, you lose, because you minus 6.5 of the Pats they lose. Confused? Lock it up and learn. Not confused? Good, you shouldn't be, it's easy.

#4. Don't go crazy during the whole game; wait until the last five minutes. You need to keep your san

ity. Don't freak out every time the other team scores or you fall behind in the spread. It's a crazy game, you never know what to expect. The last five minutes is where you need to panic if it's still close. If your way up with five minutes left, congratulations, switch the channel and check in on the next game.

#5. The more you bet the more you win. Sure you could say well if I don't bet I can't lose, but where's the fun in that. Take it from me, it makes the game so much more interesting. Just imagine how excited you get when that stud Tom Brady is leading his team down the field to another victory, now imagine watching the same drive and knowing you're going to make some money off it.

Save these rules because I will not go over them again. Here are my picks for this week. By the way I make these picks on Tuesday so if the odds change, for example your starting lineups change a stroke, I apologize.

The lock pick. St. Louis Rams -3 over the San Francisco 49ers.

I guess the spread is so low because the Rams lost and 49ers won in week one, but let me tell you something. Steven Jackson is not going to rush for only 58 yards probably ever again. Expect Jackson to have a huge game and besides Frank Gore, the 49ers are terrible. They have nobody who could stop Jackson, and although Alex Smith will be great in 3-4 years, he's not there yet.

The you'll sweat it out but come out on top pick.

Seattle Seahawks over the Arizona Cardinals. Again I feel the spread is too small. The Seahawks will dominate the Cardinals on both sides of the ball. Expect two touchdowns from Sean Alexander and at least 300 yards. This one has the makings of being a good game for the first half and scaring you a little, but in the end, the Seahawks are just too much and will prevail by at least a touch down or two.

The Browns really are that bad pick.

Cincinnati Bengals -7 over Cleveland Browns. Brady Quinn might start next week. Enough said. (On a side note bet against Notre Dame every game this year, no matter what the spread)

The Patriots cheat pick.

New England Patriots -3 over the San Diego Chargers.

This has the makings of an upset with LaDainian Tomlinson in the backfield and the Patriots scandal lin
gerating over their head, but I believe opening day at Gillette Stadium will serve to be too much. If this were in San Diego I'd go Chargers, but the Pats really are that good. Expect to see this same match up with different outcomes in the AFC championship game.

Monday night makeup. Washington Redskins +7.5 over Philadelphia Eagles

This is your chance to make up for everything you lost on Sunday. I may just be making this pick because I am a Giants fan and therefore hate the Eagles but I like the Redskins this year. This game is going to come down to Brian Westbrook. If the Skins can stop him they easily cover the 7.5 spread even if they lose, if Westbrook has a big game, ehbb who cares there's always next week.

The women's junior cross-country team finished fifth in the Trinity College Invita

tional. With a time of 19:19. They will be back in action on September 15 at the Umass Dartmouth Invitational.

The men's cross country team finished fourth in the Trinity College invitational. Falling only three seconds shy of placing in the top ten. They will be back in action on Sep

tember 15 at the Umass Dartmouth Invitational.

The women's soccer team went 3-2 on Saturday against Curry College and 2-1 against Wentworth Institute of Tech

ology on Tuesday. Their overall record stands at 4-1.

The men's soccer team tied 1-1 against Curry College on Saturday and lost 2-0 on Wednesday. Their overall record so far is 0-4.

The Hawk's Herald - Friday, September 14, 2007

Page 11
Women's volleyball: Serving up tough competition

Shawn Hogan
Sports Editor

Despite a winning start to the 2007 season with victories over Clark University and Husson College, the overall record of the women's volleyball team slipped to 3-4 on Tuesday with a 2-3 loss to Connecticut College.

"Tuesday night was not a good match for us," said head coach Bret Stothart. "We started out really well, but then it was really just a matter of I think our passing.

"We broke down and they (Connecticut College) really just took us off the court," Stothart said. At the start of the match, it looked as if the Hawks might break Connecticut College's four game winning streak. The team came out full throttle during the first set, making 13 kills to keep the game tied. However, the tie would not last for long. Connecticut College outshone the Hawks in the latter half of the set for a final score of 30-26.

Although the team's defense would make a season high 39 digs in the next two sets, the Hawks could not recover offensively making only 17 kills. Connecticut College gained a 30-19 victory in the second set and a 30-21 win in the third.

"We need to do a better job of staying mentally focused and staying in the game when things start going down for us," said Stothart.

Sophomore Kristina Dolan would make a season high nine kills during the three sets, hitting .571. Dolan has a total of 40 kills so far this season. Even with the loss, Stothart said he is very pleased with the performance of his team so far. He points out that there is an almost even split between new freshmen players and more experienced junior and senior players, which he feels will help make the team stronger.

"I think we've got a great group," said Stothart. "There are a lot of new people and the team has done really well at coming together and starting good team cohesion, which is important, especially in volleyball."

The team has six new freshmen, six returning sophomores, one junior and three seniors.

Of the returning players Stothart said that senior captain Amy Maier along with sophomore setter Caryn Lecce have distinguished themselves the most so far this season in his eyes.

See VOLLEYBALL, p. 11

Women's tennis season starts well

Shawn Hogan
Sports Editor

Going into the 2007 season, the women's tennis team is looking to repeat the strong performance they showed last year when they surprised the Division III tennis world with a 5-4 victory over Salve Regina that gave them the Commonwealth Coast Conference Championship and a spot in the 2006 National Collegiate Athletic Association tournament.

The team's season ended with a loss to Skidmore College in the first round of the NCAA tournament. Two games into the 2007 season, head coach Chris O'Brien said he feels the team has a strong chance to make it to the finals again this season.

"We have almost all of the team from last year coming back which is pretty exciting considering we won last year," said O'Brien. "What we lost, we definitely gained in freshmen this year so the season outlook is pretty good.

"I expect to see us finish in the top again this year," said O'Brien.

At the end of the 2006 season, the team lost seniors Caitlin Colding and Amy Yaguchi. O'Brien said he is going to rely on the team's three new freshmen to fill any gaps left on the team by their departure. All six of O'Brien's team's returning players are seniors. O'Brien also points out that the team gained three new sophomores through open tryouts.

Seniors Caitlyn Leone and Jessica Mannan will start at number one doubles, while Joanna Nettlefield and Kelsey Parente will be vying for the number three singles position. O'Brien said senior Haley McCraven will have a top spot in doubles play again this season and that Katie Wilmes will likely see more time in a starting position.

Of the three freshmen, O'Brien said he feels Leah Ribchinsky will be a major contributor and that she will definitely play in the team's lineup. O'Brien said freshmen Megan Harrington and Lily Oesowski along with sophomore Caroline McGrath, Melissa Perry and Katelin Richard although they are not in the starting lineup will see some playing time as well this season.

"The depth looks really good this season," said O'Brien. "I hope we will have some people who'll step up and make the team stronger."

October will be a tough month for the team as they will set out in the College of the Holy Cross and the University of Maine.

Of the returning players O'Brien said that senior captain Amy Maier along with sophomore setter Caryn Lecce have distinguished themselves the most so far this season in his eyes.

See TENNIS, p. 11

NFL picks: Advice from a veteran

Joke Diamond
Herald Staff

It's September, which can only mean one thing, throw on your jersey, open that bag of chips, crack a beer; and empty your wallet. For the next 17 Sundays football fans around the globe will be glued to the TV either rooting for their favorite team to win, their most hated team to lose, or just for some other team to cover the spread.

We know you bet. Whether it's for fantasy football, a game with your roommate, or you put up a dollar every week against your grandmother that the Patriots will lose (I lost 12 times last year). No matter how you bet, online, with a small bookie, Vegas sports rooms, or with a mob boss, I'm not here to judge, I'm here to help.

There are five very simple rules to betting every week.

1. Know how many games to bet on per week. Don't bet on just one game because if you lose you'll be pissed, but don't bet on every game because you promise you will lose the majority of them. I like to go with 4-5 games on Sunday and no matter what you MUST bet Monday Night games.

2. Don't bet on your favorite team just because you honestly believe they're going to destroy everyone. This one's for you Patriots fans. Yes we all know they have a great team, obviously. Last week the Pats were -6.5, a safe pick every week for all you cheaters out there.

3. Don't bet on your favorite team just because you honestly believe they're going to destroy everyone. This one's for you Patriots fans. Yes we all know they have a great team, obviously. Last week the Pats were -6.5, a safe pick every week for all you cheaters out there.