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Roger Williams University
Freshmen Lend a Helping Hand

By ALLISON COLLINS

Her freshmen year at RWU, Katie Peters, Weeks of Welcome (WOW) 2009 co-coordinator, and other members of the class were instructed by a man standing in the middle of the field house with a microphone to do random things at an event called "Playfair."

"I didn't want to do most of the stuff, but I did it anyways, and it was a lot of fun," Peters said. "I ended up meeting a lot of people through that...you were kind of forced to."

Though "Playfair" won't be happening this year, a similar event will be according to Peters, as a part of the Weeks Of Welcome at RWU. "Weeks of Welcome give students something to do when they first arrive on campus. There are movies, performers, food and other events that give them a chance to hang out, have fun, learn and experience new things," Peters said.

"Freshmen should definitely go, it is a great way to meet people and to have fun with the friends they have already made," Brinkmann said.

See WOW p. 2

RIPTA continues to serve RWU

By BEN WHITMORE

Without cars of their own, incoming freshmen have to rely on the benevolence of other drivers to travel beyond the Roger Williams University Campus. The Rhode Island Public Transit Authority's number 60 bus line, which runs from Newport to Providence, is the most practical mode of transportation for freshmen. With their university-supplied free unlimited-fare cards, freshmen can ride RIPTA busses as often as they want with monetary impunity. Yet, if it were not for some defl budget management and some good fiscal luck, RIPTA might not have been able to provide RWU students service.

Last year, due to a $12.2 million budget deficit, RIPTA was considering cutting service hours on many of its bus lines, including the 60 line, which is the only bus line that services RWU's campus. Fortunately, RIPTA was able to drastically reduce their debt and continue to provide RWU students with access to their beloved big, white busses.

To reduce their costs, RIPTA made cuts in January to the service hours on some of their lines, including a one-hour service reduction on Sunday nights to the 60 line. These cuts, along with "further [planned] cuts in June...and in combination with [falling] fuel prices, were enough to reduce the budget deficit," RIPTA Planning Manager and liaison to Roger Williams University Tim McCormick said in an April interview. "At this point, it's just about eliminated."

RIPTA's continued service to RWU's campus is welcome news to the thousands of students per month who ride RIPTA. According to figures provided by RIPTA, ridership among RWU students and faculty has, in some cases, more than doubled last year's ridership numbers (see chart). While RIPTA ridership wanes elsewhere due to rising unemployment rates and a struggling economy, ridership at RWU remains strong.

See RIPTA p. 2
McCormick said, "We expect [ridership] to grow every year," McCormick said. McCormick suspects that upperclassmen, who did not arrive at RWU while a free or reduced fare plan was implemented, are less likely to ride RIPTA than underclassmen, who have assimilated RIPTA-riding into their culture. Incoming seniors are the last class that did not arrive at RWU with a free or reduced fare plan in place.

"Until the [incoming seniors] graduate, we will not have a clean [ridership] sample," McCormick said. Ridership will peak only when all students have gotten used to making RIPTA riding a part of their culture, McCormick predicts. "We have seen this at every campus we have gone to."

Although increased collegiate ridership helped, the main medicine for RIPTA's fiscal problems was the steep fall of diesel fuel prices. The steady decline in fuel prices during the end of 2008 and the beginning of 2009 allowed RIPTA to save the money needed to soothe their budget. By April, RIPTA's budget deficit was down to $3.1 million, according to McCormick. Recent Providence Journal reports have placed the deficit near $1.3 million.

RIPTA budgeted spending an average of $2.87 per gallon of diesel fuel for the 2008 fiscal year, which began last July and ends this June. However, the actual cost of diesel fluctuated greatly: during the 2008 fiscal year, the fuel price was as high as $4.51 per gallon; earlier this year, RIPTA paid as low as $1.92 per gallon. Yet, $1.3 million is no debt to take lightly, and of fuel prices rise again, RIPTA could once more face more seemingly unmanageable debt.

Stable fiscal help came early this year from the Rhode Island legislature. In his Supplemental Appropriations Act of January 14, Governor of Rhode Island Carcieri initiated the annual shifting of $2.2 million from an environmental protection program, funded by gas tax revenue, to RIPTA. This bailout supplements RIPTA's savings and is reliable aid when gas prices fluctuate.

According to McCormick's estimates in April, if the price of diesel fuel remains low, with the average cost per gallon remaining below $2.40, RIPTA will be able to finally get their budget into the black. RWU plans to continue their symbiotic relationship with RIPTA. The university has "set aside funds to continue the subsidy for faculty and staff, along with the fuel price for freshmen students," Vice President for Student Affairs John King said. Yet, "RIPTA was unable to offer a significant subsidy, there would be a related impact on our ability to fund our program to the current level of involvement," King said.

According to their current contract, RIPTA charges RWU students and faculty $0.85 per one-way trip. RIPTA charges all other riders $1.75. If their budget problems return, RIPTA may not be able to maintain the current level of discount.

Neither party wants this. RWU ridership is on the rise, and as King pointed out, "RIPTA benefits from the marketing, access, and steady income" the university provides it. "It is revenue they can count on - backed by the university and paid in a timely fashion," King said.

"The benefit [of RIPTA service] to students and faculty is access," King said. Though two years ago RWU gave free rides to its freshmen class, last year all students will receive such cards. "Our preference would be to continue to provide access to all students," King said.

Convenience is only part of RIPTA's benefit. "Parking demand [at RWU] has peaked," King said. As RWU reorganizes its parking lots, King looks to RIPTA for relief. "We have, over time, that RIPTA [utilization] will decrease the number of cars and the demand for parking on campus."

This is a strong reason for RWU's three-year contract with RIPTA to be healthy. RWU's three-year contract with RIPTA is due for renewal in July. Like the contract it will replace, the new contract will lock RWU into a fixed fare rate, the price of which to be determined by how much RIPTA can afford to discount at the time. RIPTA's budget in the end of this month will dictate the level of subsidy it is able provide to RWU for the next three years.

McCormick hopes his company's budget will permit RWU's relationship with RIPTA to continue as it has. Speaking to McCormick, King said, "You pass as the best thing that ever happened to this transit authority. The bus system is different having Roger Williams on the 69. The last thing we want to do is to change that."
Advice from the Counseling Center

By ALLISON COLLINS

Moving away from home for the first time is a different experience for many college students and coping with the new environment can be tough for common interests, according to Welsh. Ask him or her questions about ongoing classes at school, athletics, and high school activities, and be open to sharing some information about yourself. Before you meet a lot of new people, your roommate is a good person to go to meals and activities with — this will allow you to get to know them better.

It’s not always easy to be friends with your roommate.

"Not all roommate matches are ‘match-made in heaven,” Welsh said. If you don’t get along well with your roommate talking to a Peer, RA, or CORE could help you work out the problem. It can become intense or persistent you may want to inform someone in the resident life office or the counseling center about doing a mediation (facilitated conversation) to resolve the situation.

Don’t let this get too far.

"The best tip for living with someone else is to set up a buddy system," Welsh said. "Talk about study, sleep and eating habits early in the year to avoid conflict. Setting some house rules can also help. "Basic rules that are established early on can prevent misunderstandings and conflicts from occurring,” Welsh said.

In addition to living with someone new, incoming college students also have to deal with new classes and new types of involvement.

"The initial adjustment to college presuming with a lot of new people, to deal with new class relationships and homesickness,” Welsh said.

Some of the most common things that students adjust to include structuring free time, handling long-distance relationships and homesickness.

"Coming to college involves losing much loved family and friends; people that you have relied upon as your network of support. It is very natural to miss these familiar people, places and activities,” Welsh said.

And if the feelings of loneliness or sadness persist beyond the first few weeks of the semester Welsh advises stepping into the counseling center for support. It is also important for students to take care of themselves when they begin to get really busy.

"Self-care activities can range from scheduling time for a favorite television program or having a cup of tea with a friend to keeping a regular exercise schedule and eating well-balanced meals,” Welsh said.

The days that feel like you have no time available for self-care are the days that you most likely need to find a few minutes for self-care.

"Balance and moderation are two good words to remember as you begin to experience the excitement and demands of life away from home,” Welsh said.

By KEJ.LIE WELCH

Pompeii, 70 AD. If there were newswires in ancient Rome you would read "Coastal resort town flattened by volcanic eruption." What we speak of as a city today is all that remains of a Roman vacation town for the wealthy, and how it was buried by a cloud of ash and stone when the nearby volcano, Mount Vesuvius, erupted. How many people of this time did not know, was that instead of this town being destroyed it was buried for thousands of years, only to later be recovered and give us an idea of life in ancient Rome.

Today, you can walk through the streets for a convenient 11 euro, and get a first-hand glimpse at the once vibrant town with its many historic preservation major (Ben) and art history major (Keleigh). This weekend excursion would include a visit to this archaeological gem.

Our trip would visit four cities, two dead, one living, one barely hanging on, all located in Italy. The train from Florence to Naples, with the plan to sleep on our four hour ride, allowed us to save a day or two of the same image you have of these people, you all are going to change drastically during your time here.

As developing young people you are bound to make mistakes, but hey that’s what college is for, and you may be documented and written up for some of these mistakes. Now I am not condoning any behavior that could get you in trouble nor saying it does not matter if you get documented, but it is not the end of the world.

Almost everyone gets caught somewhere they should not as a college student. The best way to handle the situation is to give a call home and be honest and not to stress yourself out about it.

I’m sure if some of you are worried about the ‘Freshman 15,’ and I am sure a lot of you will want to start hitting the gym some for the first time, and you may feel a bit intimidated. Well there really is no reason to be. Everyone in the gym is too busy working on themselves to think about anyone else, and there is plenty of staff to help you out. And if you are worried you will not be able to fit the gym into your busy schedule, it opens in the early morning and remains open until 11pm.

Providence is a great city and it is only a bus ride away. There are plenty of places to entertain yourself between Thayer Street, Wickenden Street, the Providence Place Mall, and various entertainment venues. Just make sure you know where you are going, and you know where the R.I.P.T.A. bus leaves, because if you miss it and cannot get public safety to pick you up, the only way home is a costly cab ride.

No matter how much information people try to fill your head with, you are still going to have questions. Honestly just ask someone passing by you on campus, we have been in the same positions, and have no problem helping you guys out.

CONTRIBUTORS

By MICHAEL MCGARTY

For the next few months you are going to be bombarded with an onslaught of information. Your friends and family will be trying to make sure you know the important stuff, but there are a few smaller details I’m sure you are going to be left out.

So I figured I would help my future fellow students and fill you in, as I wish someone had at the beginning of my time here at RWU.

During your first couple of weeks you are going to be meeting and spending time with a lot of new and different people who may act outrageously and probably out of character, don’t hold it against them. We all do things we regret or do not normally do when we first get to college and begin to get acclimated. Odds are most of these people you are spending time with will not become your core group of friends; it takes a while to find and bond with these people. Keep in mind not to judge or maintain the same image you have of these people, you all are going to change drastically during your time here.

The Hawk’s Herald

Aluson Collins

Aluson Collins

Advice from the Counseling Center

A Few Things to Keep in Mind

By KEJ.LIE WELCH

Pompeii and made our way back to the train for our ride back, one could only reflect on how two thousand years ago thousands of Romans had their lives put before us as we explored Pompeii, ancient city, and with some whom now have their last moment captured in cement and put behind glass for the cameras of hundreds of daily tourists to snap a photo.

So, what did we learn from all of this? One, we can book a successful trip. Two, seeing Pompeii is a dream of both of us, and to finally experience that dream is incredible, and three, if you are ever in Naples, get the pizza, and run.

Clair

Keleigh and Ben

Right: Students enjoy traditional Naples Pizza at Pizzeria di Michele during a weekend trip while abroad in Italy.

Balboa: A shot of the Pompeii forum.
Freshman Essentials: A survival "Your Personal Guide to RWU"

Residence Halls

Freshman Potential housing

3. Maple Hall: Home to mostly Freshman and Sophomores, and situated in the center of campus, within a five minute walking distance to most buildings. There are 12 units, each with 18 rooms (9 singles, 9 doubles) and is set up into four "quads" with a common area in the center. Each unit houses one RA, and the rooms are set up with the standard desk, chair, bureau, bed and closet for each resident.

4. Cedar Hall: As all Freshman Resdience Hall, Cedar is set up with standard long hallways, five floors, two common area lounges and houses over 350 residents. For students looking for an authentic first-year experience, and enjoy being surrounded by students in the same situation, Cedar is the place to be. Rooms are set up in singles, doubles and quads, and come with the same furniture as Maple.

5. Willow Hall: For those who enjoy being outside, Willow offers lots of outdoor common space, along with a breathtaking view of the bridge. Here, residents are separated a bit more, but still have the opportunity to meet new people. Rooms are standard, and although the residence hall is a bit farther from the main campus, a shuttle service drive through the area, providing students with a quick means of transportation.

24. Stonewall Terrace: Made of mostly single and double rooms, Stonewall houses mostly Sophomores and Juniors, with some Freshmen, and is home to the Honors housing. Rooms are separated into suites, boys on one side, girls on the other, and have a common area in the middle. This residence hall is perfect for those who like their quiet, and is fully carpeted and air conditioned.

And the others........

22. Bayside Courts: Home to mainly Upperclassmen, Bayside offers three courtyard apartment complexes, with roughly 500 residents, and is conveniently located on campus, facing the Mount Hope Bay.

25. Almeida Apartments: Located two miles from campus, almeida offers large one or two bedroom apartments, and has a shuttle bus run to and from campus, making getting to class easy.

26. Baypoint Inn and Conference Center Located over the bridge in Portsmouth, Baypoint offers standard hotel-like rooms with two double beds and a private bathroom. It is predominately for sophomores, and also has a shuttle that runs to and from campus.

Academics

2. Global Heritage Hall: Our new academic building, which will have classrooms, a television studio, the Peggy and Marc Spiegel Center, the Robert F. Stonor Foundation World Language Cafe, mac labs and offices.

7. Fine Arts Building: Part of the School of Architecture, Art and Historic Preservation, here you can find art studios filled with students' art.

8+9: Feinstein College of Arts and Sciences: Home to 25 majors, the Feinstein College of Arts and Sciences offers a variety of subjects to study in the arts, humanities, social and natural sciences, and provides a well-rounded education for students.

10. School of Engineering, Computing and Construction Management: This school offers a hands-on experience in mathematics, physical sciences, computer science and engineering.

11. Gabelli School of Business: Located in the center of campus, teh Gabelli School of Business' mission is to "prepare students for fulfilling careers in an evolving digital and global economy." One feature teh school offers is the Center for Advanced Financial Education (CAFE), which offers students trade stations and corporate-level software to give students a realistic educational experience.

14. School of Architecture, Art and Historic Preservation: The school that never sleeps; The school of architecture, art and historical preservation is open 24/7 for the Architecture students, who are provided with their own studio space each year. This building also houses the Architecture Library, where you can find many books on architecture-related topics.

19. Performing Arts Center: Also known as the Barn, here you can find dance studios and a theater, where events such plays and concerts are performed.

23. Marine and Natural Sciences Building: Here you can find the Wet Lab, where marine science majors conduct experiments and raise various forms of marine life. You can also find the Chemistry labs, and some very comfy chairs.
guide to everything on campus

Student Services

Traditions

6. Center for Student Development (CSD): Home to the Office of the Vice President of Student Affairs, the Dean of Students, the Department of Residence Life and Housing, Career Center, Health Services, Counseling and Student Development and Wellness Program Office. Most likely, if you have a question, you can go to one of these offices for the answer. The building is conveniently located across from Cedar Hall, and contains a Bank of America ATM machine.

12. Main Library: Now called the Learning Commons, this building is the place to go to for research, quiet study and free printing. At the start of your fall semester, Freshmen will be given a tutorial on how to effectively utilize the resources offered. This building also houses the Center for Academic Development, the School of Education and the Mary Teft White Cultural Center.

13. Administration Building: This is where you go for all the important paperwork while attending Roger Williams University. Here, you can find the offices of Academic Affairs, Bursar, Enrollment Management and Retention, Development, President, Registrar, Student Advocacy, Student Financial Aid and Financial Planning and Continuing Studies.

15. The Commons: This is where you eat. Upstairs is the buffet style dining area, equipped with six major category food stations that are updated regularly. Downstairs, you have smaller, pay-to-go options, such as Quinnos, Flip and Pin. Here you can also find student mailboxes and the University Bookstore.

16. Campus Recreation Center: This building includes the gym, pool and fieldhouse, which are accessible with your student I.D. card. This is where most of the school's major events take place, such as the MSU Fashion Show, More with physical wellness, RWU Spectacular and Spring Concert. Here you can also find the Offices of Athletics, Student Programs and Leadership, Special Events and Conferences, Orientation and the Hawk's Nest and Hawk's Nest Express. You can also find the Org Suite, which houses the offices of five of our seven student-run organizations, and the W4RI Radio booth, which broadcasts 1370.

39. Public Safety and Facilities Center: If you ever need to speak with Public Safety, you can find them here by the parking garage at J-lot. You can also find the offices of Purchasing and Human Resources here.

31. Mail Room: Simply put, if you have a package, show your student I.D. card here to pick it up.

We're Here to Help

Cora, Residence Assistant (RA)

This past year I was an RA in Cedar hall, and had all freshmen residents. I helped them get adjusted to the college experience by building and protecting their community within Cedar.

While RA's get a bad reputation because we are seen as only the disciplinarians, we do a lot more than that and truly do care. We're trained to handle almost any situation you face while living on campus in the hopes of helping you in times of need.

I loved hanging out with my residents in the hall, giving them advice and being a role model for those who are unsure of themselves. Every resident in every hall needs an RA, as no RA will be there for you. Use us as resources and have a great year.

Molly, PEER

Roger Williams University Peers are here to help you. Peers, as a part of team CARE, live in the residence halls amongst Roger Williams students. While HAWEs deal more with physical wellness, Peers deal with mental wellness. The Peer's purpose is to act as an educated resource for students regarding things such as homesickness, roommate issues, stress, relationship problems and anything that could trouble a student. Peers are well versed in providing information to students on pertinent topics and can refer them to the correct location to better care for the student's concerns. This year, the Peers will shift their focus to campus wide programming in hopes of promoting mental wellness amongst Roger Williams Students. A main goal of the Peer program is helping students with their transition with college, as well as tending to the needs of all other students. Programs that the Peers have done in the past have focused on relationship issues, mental wellness, sexual assault, eating disorders, addictive behaviors and pressure from other students, just to name a few. More than anything, the Peers are here as a resource to you students, so feel free to make use of us.

One of the biggest traditions at Roger Williams University is the stepping on the seal. In four of the schools, Business, Engineering, Marine and Natural Science, and the Law School, are seals on which if you step on, you will instantly get bad luck until you shake the hand of the statue of Roger Williams in the St. Angelo Quad. During finals, you will sometimes see students shaking Roger's hand for extra luck.

Another common tradition on campus is Swoop, the school's mascot. Students can audition to become Swoop, however the identity of the students who wear the costume cannot be revealed until their graduation day.

A third tradition is Spring Weekend. Each year, the Campus Entertainment Network creates a theme for the weekend, and provides students with entertainment such as a live concert, carnival and fireworks. Each year, students dress the Roger statue according to the theme.

Finally, a fourth tradition held at Roger Williams University is Convocation. This ceremony, which takes place during the first few days at school, welcomes freshmen in a formal fashion. Faculty, students in traditional robes, and welcome the start of the student's academic career. This year, Convocation will take place on August 22nd at 3 p.m.

Hannah, HAWE

The Health and Wellness Educators (HAWEs) are a group of students who work together to help the RWU community make healthier decisions around issues in physical health. Under the direction of Donna Darmody, the director of Health Education, a team of 11 students act as a confidential resource to the dorm community. Because of our specific roles as HAWEs we each are assigned to a resident hall and work with the RAs and Peer to ensure a safe dorm room community. Unlike Resident Assistants, we have no judicial responsibility, in other words, we cannot document a situation.

The HAWEs concentrates on issues in physical health in creative ways to deliver the information in a more exciting and interesting way. This past year the HAWEs created fake prescription bottles with messages regarding taking prescription medications not provided to a given student. The message was "wake up about staying awake." In addition, in collaboration with the spiritual life office and the PEER educators we brought a labyrinth to school during finals week as a stress relieving exercise. Another event that took place was the new RI Procurement laws. In addition to putting handcuffs on doors with residents over the age of 21, the HAWEs served Root Beer at spring weekend while reminding students of age that "The ONLY beer they should be serving to minors is Root Beer."

All of the HAWEs can be found in the Health Education Office located on the second floor of the Center for Student Development or ext 3413
Student Programs and Leadership

Time to get involved

By ALLISON COLLINS
News/Managing Editor

The Student Involvement Fair will take place from 9 a.m. to 2 p.m., on the D'Angelo Quad, where clubs and organizations will set up tables in hopes of recruiting new members.

Getting involved can dramatically change the RWU experience, according to Gretchen Streiff, Assistant Director of Student Programs and Leadership.

"Involvement will help you to meet new friends that may share a common interest, but perhaps most importantly, involvement will allow you to learn new things and provide you with a different perspective about the world around you," Streiff said.

"Being involved on campus helps you to be connected to the RWU community and provides you with more opportunities to contribute back to RWU," she added.

Students can go to the involvement fair to meet members of clubs and organizations and see which clubs they would like to join.

"The purpose of the Involvement Fair is to allow new and returning students to get acquainted with student clubs and organizations that they might be interested in joining," Streiff said.

En Garde!

Fencing Guild fights with form

By DAN MALKIN
Sports Editor

Dressed in helmets, protective jackets and gloves, affiliates of the brand new Roger Williams University Fencing Guild take it to the mat each weekend to practice and learn the sport. During each meeting, members of the club perform different sets of techniques and strategies while taking part in various sparring sessions.

The club was created this past year by Kyle Bermingham, who currently serves as the club’s President. Along with Bermingham, Greg Souza works as the team’s Vice President, Barbara Streiff, the Secretary, and Joe Santacroce lends his hand as club Treasurer. Together they have created an organization for the Roger Williams community to be a part of and plan on keeping the club running for years to come.

The guild consists of over 20 members who all have different levels and experience in the world of fencing. Some have competed on various high school teams, while others are trying the sport for the first time.

The clubs creation is an important landmark for the University in allowing students the opportunity to plan, manage and construct their own organization. It takes hard work and preparation to generate and devise a brand new idea and Bermingham has shown the Roger Williams community the devotion he and his members have towards their team.

If you stop by a fencing practice on Monday in the Rec Center studio from 9-11 p.m. you will see a large group of students swinging fencing swords across their body while practicing different stances and strategies. The group works together to learn when and where to hit their opponent and how to eventually out duel their counterpart and record the win.

Members of the club share different tactics and strategies with one another in the critical goal of remaining a few steps ahead of their challenger at all times.

Bermingham tried fencing for the first time while in England at the young age of 12. He immediately was drawn to the sport and all it had to offer. "It was something new and completely new to me," Bermingham said. "I enjoyed the unique blend of strategy and mindset that the sport has to offer at any given time. While in high school, Bermingham joined his school’s fencing team and once again took pleasure in competing and perfecting the sport. "When I came to Roger Williams I realized we did not have a fencing team," recalled Bermingham. "It may have taken me a few years, but I have accomplished my goal and can now say I have brought fencing to our school.

Fencing is a unique sport due to the fact that strategy outweighs overall physical talent by an immense level. Most bouts usually consist of each player competing to score five points before the other does. It is important to know how to play your opponent and how to direct them into making certain defensive moves so you can ultimately score points on the offensive end. It is a very complex sport that involves thinking on the go and having a specific plan throughout each and every match.

The group can confidently say that they are pleased with the creation of the club and are glad the University has given them the opportunity to play a sport that all enjoy. For many of the first time participants, they are happy for taking a risk and attempting something new.

The Fencing Guild and continue to hold meetings in the fall, and anyone interested is encouraged to attend meetings. Times will be announced during the involvement fair in early Sept.

What Kinds of Clubs and Orgs on Campus?

Organizations

- Campus Entertainment Network (CEN)
- Inter-Club Council (ICC)
- Inter-Residence Hall Association (IRHA)
- The Multicultural Student Union
- WJRI

Student Senate
- Clubs
  - Surf Club
  - Underground Mafia Association (card room, poker, games club)
- Civic Engagement - Political, Activist, Service
  - Alternative Spring Break
  - Amnesty International
  - College Democrats
  - College Republicans
  - Environmental and Animal Rights Club
  - Model United Nations
  - ONE Campaign at RWU
- STAND
- Student Volunteer Association
- Students for Change
- Students for Renewable Energy and Environmental Protection (SEREP)
- Cultural and Spiritual Halls
- Inter-Varsity Christian Fellowship
- Muslim Student Association
- Multicultural Student Union
- Focus Clubs
-_Risk Advise for Everyone (SAFE)
- Women's Center
- Media and Publication
- The Hawk's Herald (Newspaper)
- RWU Student Literary Magazine (WIRI-TM 8.3 (Radio Station)
- Academic Honor Societies
  - Alpha Chi (Alpha Chapter)
  - Delta Sigma Pi
  - Lambda Epsilon Chi
  - Phi Alpha Delta
  - Phi Beta Delta (Spelman Rho Chapter)
  - Phi Sigma Alpha (Phi Lamba Chapter)
  - Tau Chi
  - Sigma Tau Delta (Alpha Alpha Nu Chapter)
  - Tau Sigma Delta (Beta Tau Chapter)
- Non-Varsity Club Sports
  - Cheerleading
  - Crew
  - Ice Hockey
  - Men's Rugby
  - Women's Rugby
  - Men's Volleyball
  - Ultimate Frisbee
Helpful Tips from your OAs

The Hawk's Herald asked your Orientation Advisors to give a few helpful tips for incoming freshman. Here's what they had to say:

"Bring Rainboots" - Dana

"Get Involved." - Jerrel

"Step outside your comfort zone as often as possible and don't let any opportunity pass you by. Anything can turn into a memory or learning experience." - Amanda Haskins

COMMENTARY

What you should worry about

By BEN WHITMORE 
Asst. News Editor

I can remember vividly what it was like last summer being an incoming freshman at orientation. I had many worries. They ranged from whether or not I was wearing the right kind of shoes to whether or not I would be able to last a full year at Roger Williams. After successfully surviving my freshman year, I can say that college was not as scary as I thought and that what you wear on your feet has no correlation to your happiness - unless it is raining. The uncomfortable. It is not in his or her -it is true. You will meet more people together. The chances of you being put...
The men's and women's track teams enjoyed success this weekend at their conference championships. The men won first place and the women placed third. The win was the men's first as a varsity team.

"On paper, we were looking pretty good going into the CCC Championship meet, but all the guys were entered in a lot of events so anything could have happened. They all stepped up and we had some awesome performances," said Tim O'Koren, a senior track and field runner for RWU. "Some of them were entered in 10 events. We did very well there. That set the tone for the rest of the season, where many school records were broken, and then re-broken."

The men and women raced at Gordon College, along with Colby Sawyer University and Nichols College. The men won with 239 points, while the women got 91, with only 10 women on the team.

Among individual wins, senior Kevin Clark won both hurdles and the 110 hurdles, freshman Thomas Maybury won the steeplechase, freshman Jaime Goodwick scored 34 points in six events, and junior Brian Nelson won the discus throw. Senior Kevin Clarke ran the 5,000-meter and 1,500-meter races, sophomore Matt Callahan won the discus throw, and freshman Meghan Krauss set the school's record for the 100-meter race.

"The fact that we came in first as a team at the conference championships our first year as a varsity sport just proves how hard we worked this season," Maybury said. "I emphasized the word 'team' because that is what it came down to. When we ran, threw, or jumped, we all gave 110 percent for the team, and when we weren't competing in our individual events, we were all cheering, encouraging and pushing everyone else to do their best."

The track and field team is made up of mostly freshmen and sophomores, led by seniors Clark, Tim O'Koren, and Adam Davis. With such a young team, this win will only be the beginning.

"I'm already getting excited about next year," Livingston said. "With most of this year's team being freshmen, the foundation is already there and it looks like a very strong incoming freshman class is on the way. I expect to see the roster size for both teams increase significantly, giving us more depth in all the events. The returning athletes know what to expect now and will hopefully be ready to take it to the next level."

Qualified runners, Maybury, Nelson, Goodwick, Metcalf, Krauss, and freshman Austin Bowden will head to Springfield College on May 2 for the New England Division III Championships to run in individual events, while freshmen Maria Loblaba and Lauren Sposato will be part of the 4 x 100 meter relay.

"To the team, thank you so much for your hard work, dedication and commitment through the season," Davis said. "May you all continue to run faster, jump higher and throw further. We have the chemistry and positive attitude that not many other schools have, which is a definite advantage. Keep doing great things!"