The student newspaper of Roger Williams University
Bristol, R.I. 02809
Thursday, February 18, 2010

Compost program reduces university's carbon footprint

Ben Whitmore
Assistant News Editor

While Bon Appetit brings economical eating to students' attention through its Taste Don't Waste program, Roger Williams University's composting program is a behind-the-scenes effort, quietly but consistently working to reduce the university's carbon footprint. Composting is the act of transforming biodegradable materials into a nitrogen rich fertilizer, akin to an all-natural version of Miracle-Gro. Instead of sending melon rinds, potato peels, corn husks and degradable plates and napkins to the state landfill, RWU workers in the Commons' preparation kitchens toss the "composting material" into green buckets destined for the Anthony W. Dupont Compost Facility in Bristol, R.I. At the facility, RWU's composting material is mixed with yard waste (grass clippings, branches and other plant remnants) and sludge (solid matter drawn from waste water) collected from local businesses and city-owned sources. These ingredients are blended together and then sent down one of four 220-foot-long bays, where the mixture reaches temperatures of nearly 160 degrees during the chemical decomposing process. After three weeks of decomposing, the resulting compost is ready for pickup or purchase by both private and commercial customers. Though a cubic yard of the ultra-fertile soil sells for around $1,200, Bristol residents and other private gardeners can fill their bags for free, said Matthew Calderio, Water Pollution Control Department and the man in charge of the Bristol compost facility.

And there's a lot of compost to be had: the facility produces nearly 10,000 cubic yards annually—thousands of pounds, Calderio says. See COMPOST page 2

Safe Rides prepares for proposal

Amanda Newman
Business Manager

What began simply as an idea has transformed into a detailed program with the potential to save lives.

The Safe Rides program, soon to be officially proposed to the university, is one that will, if passed, establish a safe and secure method of transportation that will be available to all students.

The students behind the program, seniors Jess Adler and Brian McGrath, are excited about what they've created and are eager to propose it. "We're hoping to use the program to not only create a comfortable and safe environment for students, but to also bring people closer and... bridge together different groups of people and make a better campus community as a whole," McGrath said.

"I was visiting my friend and we were out, off-campus, when her car broke down. We were stuck... but then she called their safe rides program, who picked us up."  

-- Jess Adler

"The Safe Rides program is one that will, ideally, be useful to students in case they ever feel they're unsafe or need a ride back to campus," said Adler. "A lot of people work off campus, and sometimes they miss the RIPTA. Safe Rides would be there to pick them up. Likewise, if they were ever in a situation where they felt either themselves or someone else was unsafe to drive, they could rely on Safe Rides to get them back to campus safely."

The idea was the brainchild of Adler, who had a positive experience come out of a negative one when she went to visit a friend at the University of New Hampshire. "I was visiting my friend and we were out, off-campus, when her car broke down. We were stuck... but then she called their safe rides program."

See RIDES page 3

Student group educates Bristol about census

Allison Collins
News Editor

The 2010 census is coming, and a group of Roger Williams University public relations students is trying to spread the word.

The census, which will be sent out in March, will allocate more than $400 billion in federal funding to communities across the nation. The census must be mailed back by April 1.

The RWU Batesman team, a group of five students, created "The Rhode Counts," a public relations campaign aimed at making sure everyone in the Bristol area is counted in the census. The campaign also aims to educate students about the census, and to have students counted in Bristol instead of their hometowns because RWU is where they live for the majority of the year.

"Our research found that in the last census year, Bristol had one of the lowest response rates, at only 63.7 percent, which was See CENSUS page 3

www.hawksherald.com
COMPOST: RWU's recycled food waste fertilizes campus

The process: continued from page 1

Jeff Dalaire dumps compostable material into a mixing tank already filled with yard waste.

The mixer churns, beginning the composting process, which creates lots of heat.

This rototiller will blend the compost while it pushes the mixture down one of four channels.

This channel, and the three others, are 220 feet long and are air cooled to prevent the 160 degree compost from overheating and spontaneously combusting.

The finished product stored in its silo. The compost is still smoldering at the inside of the heap.

Costanzo's purchasing power, he said, "[My] food cost for the week really hasn't changed very much, but what I can buy with those dollars has changed," Costanzo said. "The money that I'm allot­ed every week is very well spent. Tonight we're having fish with lobster sauce. If people were throwing food away, then my cost per meal would have risen, and I wouldn't have had the money to buy the lobster to make that sauce." The composting pro­gram is RWU's way of mini­mizing costs. The student body can do their part by leaving less on their plates, Costanzo said. "In no way do I want to lead anybody to believe that you shouldn't take what you want or that you should walk out of here hungry," Costanzo said. "I want you to eat, I want you to be eating really well and I want you to be very healthy. I just don't want you to waste."

Costanzo summed up his standpoint in nine words: "Take what you want, but eat what you take."
RIDES: Alternative to shuttles proposed

Continued from page 1

to help us mold our own program," said McGrath.

Presently, the pro-
gram is scheduled to be in operation on Friday and Saturday nights; however, if the response is positive and the need is great, the program would consider expanding to Thursday nights as well.

“We hope that, with the students’ help, we can build this program to be something that is well known and properly utilized on campus,” said Adler. “Currenty, we’re working on getting this program up and running, so we can begin doing trial tests of the program, which would allow us to fine-tune it into a successful and highly useful program, which would premier officially next fall.”

The slogan behind the program is ‘people helping people,’ and that’s what we really want to do,” said McGrath.

If you have any questions or are interested in learning more about the Safe Rides program, or wish to be a volunteer, please email Jess Adler at jjAdler382@rwu.edu or Brian McGrath at WmCGrath1795@gmail.com.

Looking for a part-time offer where you can earn $1400 to $2400 every two weeks?

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Computer literate?

Have access to the Internet one to two hours a week?

If you answered yes, then we have your career waiting for you! Canes Ultralights Inc. is currently seeking store managers, assistant managers, trainee managers and payment clerks to work at your own flexible schedule!

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This great opportunity is limited, so contact Canes Ultralight Inc. today!
**Top 5 reasons to watch the Olympics**

**Allison Collins**  
News Editor

1. Apollo Anton Ohno - He's amazing. From the soul patch to the multiple medals, he's a winner. Who else can stand at the end of the speed skating herd and move to the front of the pack in less than one lap?

2. The comeback story. You know, leg-7 months ago but he's back-cry. Whatever it is, when it's broadcast with the right music and voiceover, it will always make your mom cry.

3. You secretly know that with a little more practice and dedication, you too could have made it to the Olympics.

4. Okay, just kidding. But, you can witness levels of athletic talent that you could never have.

5. There's almost always something to watch on TV.

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**Top 5 reasons to ignore the Olympics**

**Ben Whitmore**  
Assistant News Editor

1. It's a yawn. It it weren't for sexy snowboard chicks, the Olympics would have no business being on television. I have less enthusiasm for watching cross-country skiing then Ben Stein had for selling Clear Eyes.

2. Curling is taken seriously. People who smell of denture cream, who wear their pants above their bellybuttons and who aren't embarrassed to wear Velcro shoes play curling. Strapping young men and women should be too embarrassed to play curling to win honor for their country. What's wrong with them?

3. NBC is doing, don't support its recovery. NBC is the lanser major network channel. Don't give it false hope by boosting its ratings and making it think that there will be anyone who is remotely interested in watching any of its garbage programs except... The Office.

4. We will never beat Canada at its own game. The United States' hockey team will never beat Canada's. Don't even bother watching.

5. LOST is on at the same time. Duh. Watch LOST instead.

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**Save by printing from home**

**Samantha Duggan**  
Eco-Rep

So you need to print out 60 pages because your professor said so, but your printing credits are all used up. You're probably in one of two situations: 1. You don't want to use so much of your own paper for one assignment or 2. You have a printer but need ink or paper (or both). So what are you going to do?

Printing double-sided from your printer at home is a quick and simple money-saving solution to your printing problems. Here is a step-by-step guide to making your life a little bit easier (and more sustainable!). Let's use an 8 page paper as an example. When you are ready to print your paper:

1. Click File -> Print
2. A box will show up that looks like this (See photo)
3. Click on the box that says "PAGE RANGE"
4. Type in all the odd-numbered pages, separated by a comma (ex: 1,3,5,7)
5. PRINT
6. Arrange your pages in order with page 7 on the top of the stack and page 1 at the bottom of the stack.
7. Place the pages back in the printer FACE-UP.
8. Repeat steps 1-3

The cost of ink is about $30 and the cost of plain white paper is about $15. At just $45 total I think it's worth it to make the investment in ink and paper to save yourself a few trips to the library and save a few dollars by not paying per page. With these simple steps, you can now print double sided easily from the comfort of your dorm room, apartment, or house while also saving time, money and the environment.

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**Did we piss you off?**

Did someone else piss you off?

Is something on campus pissing you off?

Tell us about it.

hawksherald@gmail.com

No anonymous submissions, please.
English students happy about possible hire

To the editor:

As English majors, we wanted to inform you of our excitement about the search for a new faculty member in our department. Although we greatly admire the time that senior faculty members have put into our English literature curriculum, we look forward to welcoming a new perspective in the department. Last week we were lucky enough to run into one of the candidates for the open position, Jordan Smith, and shared a thought-provoking conversation with him about his specialty and interest in global literature. As students of the Latino/a Literature course last spring, we greatly valued the potential of a Candidate who shared the same excitement we have about reading literature from other parts of the world. We feel that in meeting him we were able to glimpse the school's true efforts in living up to its slogan, bridging the world. We can't wait to meet the other candidates, and welcome whomever will be teaching our global literature classes in the fall.

Sincerely,
Omar Reyes & Caitlin Studley

WTFs of the week:

I understand the whole "going green" thing we have so quickly embraced at Roger Williams University. It makes sense that in such desperate times we have tried to do our part to try to lessen the amount of waste here on campus, and to dispose of what waste we do have in a proper way. Trash cans outside are an ideal method for reducing peoples tendency to drop garbage outside. However, how someone managed to get a trash can out to the middle of our unfrozen pond is beyond me. Not only does this leave us wondering who our water-walking-campus Jesus is, but also, how we are going to throw out our candy wrappers. WTF RWU?

Mark Fusco

Safe rides could help students

Getting a safe ride home is always something that stands out in the back of someone's mind at midnight on a Saturday night, so I don't understand as to why RWU doesn't assign shuttle drivers to stay out later to offer students a "safe ride" home. I'm not saying dropping them directly off at their doorstep but somewhere within walking distance. Having a few designated pick-up spots and a select few drop-off spots in Bristol seems fair. It would make things a lot easier for the students, it would lower drunken driving rates and it could make weekends here less hectic.

Will Boshes
Assistant Sports Editor

When some Roger Williams University students begin their Friday nights, there are a couple things that need to be taken care of: getting beverages hangout location and of course, a way home.

Something that has become a rough issue over the past few years around Bristol, is lowering the amount of drunk driving to and from campus and around town. A lot of students, including myself, resort to walking to avoid getting into a car with a drunk driver.

Something that I don't understand is if RWU is so concerned about the student's safety on the weekends, why not do something about it? Throughout the night from Thursday through Sunday an RWU shuttle will be around Thames and Hope Streets to assist party and bargain-goers in a "safe ride" home.

I don't understand why the shuttle stops running at a specific time off campus, but still runs on campus. Why not have a shuttle running even later than 2 a.m. in and around Bristol? Also, why do they have the shuttle driving around campus after 11 p.m.? Are people really that lazy? It seems like a waste to me when other people could use a ride.

Worry about students transportation off campus - it's not like the RWU campus is that big anyway.

I know from experience that there is no greater buzz kill than having to walk back in the freezing cold, from Thames Street to my apartment because the shuttle was full. Honestly, how are you going to turn students away like that?

Will Boshes
Assistant Sports Editor

The Hawks' Herald asked:

What did you do for Valentine's Day?

Griffin Labbance
Herald Staff Reporter

"I went out to dinner this Valentine's Day with my parents because my boyfriend was at school... Valentine's Day is alright, I like it; but its nothing that special."

Jaclyn Serino
Sophomore

"I went to Dave and Busters with a big group of my friends. We went out to hang with all of the single ladies.

I think the day is an overrated holiday but I don't mind going out with some friends for a good time."

JR Moffa
Freshman

"I worked during the day and then got to go out with some friends and go bowling... it is really just another day for me."

Dan LaBonte
Bayside CORE

"I surprised my dad this past Sunday. I brought him a card and a hot coffee."

Caitlin Studley
Sophomore
Students produce 23 videos for Planet Forward 2.0

Kiera Haley
Herald Staff Reporter

With a challenge from former CNN correspondent, anchor and Washington bureau chief, Frank Sesno, Michael Scully, a journalism professor, and Judi Johnson, Assistant Vice President of University Communications, facilitated a class of 17 students who shot, produced, and edited their own videos promoting environmental awareness...

Planet Forward 2.0 gained a lot of speed since its first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a portal about human behavior, environmental awareness, a professor who bikes to work, and scientific special, which premiered a lot of speed since it's first run in 2009. Last year, videos were submitted from several schools across the United States to PlanetForward.org. The plan was to create a website that happens to have a television show, rather than the website that happens to have a port...
Bridge to Haiti events this week

Feb. 23: Panel Discussion
Mary Tefft White Center, 4-5:30 p.m.
Professor June Speakman will host panels on Haitian economics, politics, history and the plans to rebuild this devastated country. Panels are free and open to the public.

Feb. 24 (Wednesday): House, Heal, Hope Art Gallery Opening and Sale
Mary Tefft White Center, 4-8 p.m.
100 percent of the proceeds benefit Partners in Health, Habitat for Humanity International and Plan USA. Join us for this exciting art sale featuring the donated works of accomplished local artists and RWU students. Prices of art are set to be affordable to faculty, staff and students alike. For a preview of the art for sale, please visit www.mollynook.com/haiti. Event is free and open to the public. For more information, please contact KC Ferrara at kferrara@rwu.edu. Sponsored by the RWU Bridge to Haiti Committee.

Feb. 26 (Friday): Sign away a meal from the Upper Commons.
Allday
Sign away one meal to donate money to Haiti.
65 people minimum needed to potentially raise $200.
The Haitian Relief Committee meets Mondays at 10:30 a.m. in Global Heritage Hall, room 300. All are welcome. If you have any questions regarding RWU Bridge to Haiti, please contact KC Ferrara Director, Feinstein Center for Service Learning and Community Engagement at 401-254-3764 or kferrara@rwu.edu. Sponsored by the RWU Bridge to Haiti Committee.

Volunteers model hats for Haiti.

Baked Mac & Cheese

Ingredients:
• 1/2 pound elbow macaroni
• 3 tablespoons butter
• 3 tablespoons flour
• 1 tablespoon powdered mustard
• 3 cups milk
• 1/2 cup yellow onion, finely diced
• 1 bay leaf
• 1/2 teaspoon paprika
• 1 large egg
• 12 ounces sharp cheddar, shredded
• Salt and pepper

Topping:
• 3 tablespoons butter
• 1 cup panko bread crumbs

Directions
Preheat oven to 350 degrees F.

In a large pot of boiling, salted water, cook the pasta to al dente. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf. Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese. Melt the butter in a saucepan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

DJs of the week

Connor Gentilcore
Herald Staff Reporter

DJ Names:
Tucker Silva and Steve Davidowski
Show air times:
Mondays and Thursdays 6-8 p.m.

"We are mostly a talk comedy show. Our main goal is to make people laugh and have give away contests. But when we do play music, it's mostly modern rock. However, I will play something different from time to time," Silva said.

Top 5 songs in their playlist:
• Stone Temple Pilots - "Vasoline"
• Cage the Elephant - "Ain't No Rest for the Wicked"
• Led Zeppelin - "The Ocean"
• Phoenix - "1901"
• Andrea Bocelli - "Time to Say Goodbye"
Top Three Coupon sites

For those of you in relationships, chances are Valentine’s Day made you grapple some harsh realities concerning your personal finances. And even if you didn’t shell out for your sweetie this weekend, saving money is like a Sam Adams—always a good decision. So if you’ve got your eyebrows down every time you check your account balance, visit these websites chock full of coupons and begin to grin again.

deadude.com
deallocker.com
shop.upromise.com

You Wouldn’t Drive With a Drink In Your Hand... ...Don’t Drive With a Cell Phone In It Either

Cell Phone Distraction Causes 2,600 Deaths and 330,000 Injuries in the US Every Year  
- Human Factors and Ergonomics Society.

Your Conversation Can Wait Your Life Can’t

Sponsored By: RWU Health and Wellness Educators “Helping Others Help Themselves” CSD Rm 211 #401 254 3491
So it’s that time of year again… Lent. We flirted with a few ideas about what to give up: alcohol? Sex? We’ve seen it’s our senior year, b.) alcohol? Sex?

But then we realized a.) it’s our senior year, b.) we’ve seen absolutely nothing in our lives that we are comfortable giving up… at least for now.

So instead, we are going to reach out. We’ve decided that for 40 days, we will improve the lives of others. Every day, we will help out at least one stranger in some way. We will record our journey, keep you updated weekly in The Hawks’ Herald. Want to see how we are doing? Read our column every week in The Hawks’ Herald.

Let us know how your Lenten promises are coming along! E-mail us at either: cadamczyk137@g.rwu.edu or kburke555@g.rwu.edu. We’d love to hear from you!

Kick your way to fitness

Amanda Newman
Features Editor
Want to change up your exercise routine, but not feel like you’re workin’ out?

Cardio kickboxing is a high-energy, fast-paced exercise hybrid. It is the highest calorie-burning form of exercise, burning an average of 1,000 calories per hour, according to cardiokickboxing.com. The exercise was created in 1992 by Frank Thiboutot in Portland Maine. Thiboutot, a black belt in Shotokan Karate, was also a kickboxing trainer who mixed his own personal style into his kickboxing routines, according to YMAA.com. Cardio kickboxing was born.

Since its creation in 1992, cardio kickboxing has grown in popularity. The hour-long classes are sure to make you sweat, but you leave feeling as though you’ve done a full circuit workout. The benefits of cardio kickboxing are burning calories, muscle tone, and improved cardiovascular health. Currently, the classes are being offered at RWU for a limited time. Classes are offered twice a week, on Tuesdays and Thursdays, from 12:15 to 1:00 p.m.
Art show aids Haiti

On Wednesday, Feb. 24 from 4-8 p.m. in the Mary Tefft White Center, the RWU Bridge to Haiti Program will host an art show and sale, where contributing artists from RWU and the local community will sell their art at affordable prices. All the money raised will go towards the three charities RWU is donating towards, including Habitat for Humanity, Partners in Health, and Plan USA. Above is the featured painting, titled Summer Bunch by Meredith Cornell. For more information, visit the official website at http://www.mollynook.com/haiti/.

World Watch

Paris, France:
According to NYTImes.com, France’s chief air accident investigator expressed optimism in regards to the search for the wreckage of an Air France flight that crashed into the Atlantic last June, which will resume next month. The search was postponed in September, but with the time lapse and careful following of currents and wind direction, officials have been able to narrow the search zone to approximately 800 square miles, one-tenth of the original search zone.

“We have reduced the size of the haystack,” chief investigator Jean-Paul Troadec said. “Now we have to find the needle.”

Port-au-Prince, Haiti:
A Haitian judge said Wednesday that eight of the ten U.S. Baptists charged with child kidnapping were free to go without bail or other conditions. According to NYTImes.com, the parents of the children testified that they voluntarily gave the children to the Baptists. On Jan. 29, the missionaries were accused of taking 33 Haitian children to the Dominican Republic without the proper paperwork. However, “The parents of the kids made statements proving that they can be release,” Judge Bernard Saint-Vil said to the Associated Press.

Vancouver, British Columbia:
Beginning last Friday, Feb. 12, 82 countries joined together for the 2010 Winter Olympics. With events such as Alpine skiing, ice skating and curling, athletes compete for medals to take home. As of Wednesday, according to www.vancouver2010.com, the results were:

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LSAT classes starting soon!

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Higher test scores guaranteed or your money back.

Seating is limited. Call or visit us online today to enroll.
SWIMMING: RWU swimmers go to championships

continued from page 12

wins against Regis College and Bridgewater State College; it was only fitting that they placed first at the TCCC Invitational. Coming off their Invitational success, the women’s swimming and diving team racked up three more wins and one loss to advance to a 9-4 overall record and a 3-0 conference record.

The men’s team had even greater success than that of the women’s team. Although they began their season with an early loss, they quickly bounced back managing to obtain seven victories in a row. The men’s squad proved to be a powerhouse as they beat Wheaton College, Regis College and Bridgewater State College among many others. Like the women’s team, the men also placed first in the TCCC Invitational. They also placed 2nd out of six teams at the New England 1-Meter Diving Championships and the ECAC Championships. These outstanding accomplishments have allowed the squad to maintain a 7-1 overall record and a 3-0 conference record.

Both teams are setting their sights high as they continue their triumph to the New England Championships and the ECAC Championships. With records to brag about, the RWU Men and Women’s Swimming and Diving Teams will undoubtedly be successful in each championship.

STEROIDS: Players still need some natural talent

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brought back life into the game with dazzling plays and of course, the long ball. Their accomplishments shouldn’t be taken away, asterisks shouldn’t be put next to their names and their stats shouldn’t be considered as possible candidates for the Hall of Fame.

If I were voting, I would consider all of these players as first ballot Hall of Famers. Sure, by putting on extra muscle on you can make the ball go further but what about fundamentals, such as hand eye coordination or just understanding how to play the game, and making smart decisions on the field.

People should stop blaming these players for “tainting” the great game of baseball and look at what would have happened over the past 16 years and see where the game would be without these players. Everything needs a shake up, in the eyes of authority baseball was tainted, but in order for things to be right once again, something needed to happen. Stop blaming the athletes and for once blame the people who crushed almost every role model in the MLB and made them into things they are not – a bad person.

"Things will get worse before they get better" – Ian Shepherson

Wrestlers compete in Futures Tournament

Dan Malkin
Sports Editor

It was an exciting and eventful day on the mat for the Roger Williams University wrestling program. The squad hit the road to compete in the New England Futures tournament at Springfield College this past Sunday.

Sophomore Kevin Edward who competes in the 149 pound weight class took his 10-9 record and made a fantastic showing. Edward was able to fight his way towards a 4-1 record and a 3rd place finish on the day and looks to be a very solid option for the team going into next season.

Fellow sophomore Kyle D’Urso, who competes at the 157 pound weight class, also clocked in with a 4-1 record on the day to finish in third place for the tournament.

It was definitely the day for the Hawks’ sophomore wrestlers, as Ryan Lefaivre also stood out among his competition at the 165 pound division. Lefaivre turned in the most wins for the squad finishing the day with a 5-2 record which was good enough for a fourth place finish. Jack DiBurro, a freshman wrestler was able to make a name for himself while competing at a weight of 149 pounds. DiBurro was also to reach the semifinals and finished the day at 2-2.

John Paul Carluccio and Jon Lemoine also finished with a 2-2 while competing at the 184 and 125 pound weight classes. The team will next compete in the New England Division III Championships on Saturday.

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Sports

Did steroids save baseball?

Some say performance enhancing drugs threaten the sanctity of America's favorite game....

Others beg to differ.

Baseball has been America's pastime for over a century. American fans take full advantage of the game, tailgating, drinking beer and spending time with family and friends. Honestly, what is better on a hot summer day than sitting and watching your favorite player or team while eating a hot dog with everything on it and belting out the words to take me out to the ball game, during the seventh inning stretch. Baseball has not always been so innocent. A dark time in the league's history takes us back not too long ago.

The year was 1994. Major League Baseball fell into a strike that forced play to stop. The strike lasted for 232 days, from August 24, 1994 to April 2, 1995. Most of the second half of the season, including the world series, was canceled due to several owners demanding that a salary cap be put in place in order for smaller market teams to compete with the juggernauts that would reach into their deep pockets to sign or trade for the best available player.

Now looking past the strike, a sense of rejuvenation swept back into the game. The year was 1995. At the time no one thought of anything to do with the pending steroid use. In 1998, Sammy Sosa, and later on, Mark McGwire, dazed the country with one of the most entertaining seasons of baseball that viewers will not soon forget. Both players were locked in a heated race to break the home run record was previously held by Roger Maris for 37 years. The record was 61, which both McGwire and Sosa both broke, respectively.

As the time no one thought of anything to do with the steroid use. Through all of the turmoil baseball has taken back its rightful place in America as the top two sports in the world. PED's are no longer an issue for the game. Through all of the turmoil baseball has taken back its rightful place, the players have been identified. The players who are accused of taking steroids like, Barry Bonds, Sammy Sosa, Roger Clemens, Rafael Palmeiro and most recently Alex Rodriguez, have been accused of taking steroids.

Baseball commissioner Bud Selig took into consideration that "PED's" (performance enhancing drugs) were being used due to the massive rise of home runs in MLB. At this time, a dark cloud came over the game that we have loved for so long, accusing the players of cheating. Talks of voting against them in the Hall of Fame ensued. People look at "the steroid era" as a bad time. The game looked as though it was going down the drain. How could you compete with other sports like the NBA with the all the great players they had?

Through the Yankees dynasty, the home run records that were broken and one of the longest "curses" in the game has finally ended. It seems the smoke has settled and baseball is back. Through all of the turmoil baseball has taken back its rightful place in America as the top two sports in the world. PED's are no longer an issue for the game. Baseball commissioner Bud Selig took into consideration that "PED's" (performance enhancing drugs) were being used due to the massive rise of home runs in MLB. At this time, a dark cloud came over the game that we have loved for so long, accusing the players of cheating. Talks of voting against them in the Hall of Fame ensued. People look at "the steroid era" as a bad time. The game looked as though it was going down the drain. How could you compete with other sports like the NBA with the all the great players they had?

Now to the players who have been identified. The players that are accused of taking steroids like, Barry Bonds, Sammy Sosa, Roger Clemens, Rafael Palmeiro and most recently Alex Rodriguez, have been accused of taking steroids.

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Men's and Women's Swimming and Diving team continues its successful season

Abby Cunningham
Herald Staff Reporter

The 2009-2010 RWU Men and Women's Swimming and Diving teams have had a very successful season. With the New England Championships beginning on the 19th and the ECAC Championships in the near future, the success of the men and women's team is attributed to the excellent performances of each individual. Although the men's team boasts an overall record of 7-1 compared to the women's 5-4 record, both squads remained undefeated within the conference; a feat that is worthy of praise. From October to February, both the men and women's teams have fully submerged themselves in the race for the championship.