University buys Baypoint for $4.9 mil

Allison Collins
News Editor
Roger Williams University purchased Baypoint Inn and conference center for $4.9 million at the end of January. The closing real estate transaction took place on Jan. 29, according to the Director of Public Relations for RWU, Ruth Bazinet. The university purchased Baypoint as part of a law-associates L.P. and Ralph Papitto, the former chairman of the board of trustees at RWU. Papitto was forced off the board after using racist language in a meeting. Baypoint's assessed value is more than $5.4 million and can be found on the Portsmouth Town Assessor's website. The university's use of the property will stay the same. "We intend to continue to operate the property as a residence hall and conference center," Bazinet said. The money to purchase Baypoint came from the university's lawsuit settlement with Kentron.

Five students spend spring break helping in El Salvador

Noel Perreault
Herald Staff Reporter
While some students will be hitting the beaches or relaxing this spring break, a small group of students will be spending their break helping others in El Salvador.

Five students and a faculty member will be leaving RWU Mar. 13 and flying to El Salvador to offer their assistance to a medical clinic established by the Foundation for International Medical Relief for Children, which works to establish medical clinics and

Plastic laundry bag causes fire in Willow laundry room

Griffin Labbance
Herald Staff Reporter

On Wednesday, Feb. 24, Willow residents in units 24, 25, 22 and 21 were interrupted in the middle of the day to what they believed to be a fire drill. Upon arrival outside and noticing smoke pouring out of the Willow 24 laundry room, residents quickly realized it was not a drill. Sophomores Adam Medeiros and Liam Gifford, who work for Bristol Fire and Rescue, were sitting in their Willow beds.
Mt. Hope Farm goes broke

The Bristol Phoenix reported that Mt. Hope Farm operated with a $60,000 deficit last year, and is only able to stay open by drawing $6,000 monthly from an equity line. To see the full article visit eastbayRI.com.

Sorority holds raffle

Theta Phi Alpha is holding a raffle this week. Prizes will include 5 Hawk Dollars and a red parking pass. Tickets are $1 or $5 for an arm's length. They will be sold from 4 to 6 p.m. in the upper commons on Tuesday and Wednesday, and from 12 to 2 p.m. in the lower commons on Thursday.

Global Fest needs Irish dancers

Global Fest is looking for Irish step dancers to perform. It's being held on Apr. 2. Contact Marla Adkins at medkins@rwu.edu.

El Salvador group collects medical supplies

The group going to El Salvador to volunteer during spring break is looking for donations. They can still use children's Tylenol, children's cough medicine, steroid nasal spray (Xyzal), children's Buprofen, adult Tylenol, adult Buprofen, liquid antihistamine (Benadryl) and nasal decongestants. Items can be left in boxes in the student Senate office and in the MNS lobby.

Spring Break

Students have the next week off from school for Spring Break. Classes resume on Monday, Mar. 22.

Next Issue

The next issue of The Hawk will be out on Thursday, Mar. 25.

News Briefs

CAR: Police find drugs in vehicle

Westerkamp, who said his car was missing and who denied being involved with the accident at the golf course, the article said. Other students told police they were with Westerkamp when he drove his car onto the golf course and that they attempted to extricate the vehicle by towing it out of the trap with another student's Jeep, the article said. While in Westerkamp's dorm room, police say they found a third bag of marijuana on a counter, the article said. Westerkamp is being charged with vandalism, reckless driving, obstruction and possession of marijuana.

Paul Mattos, Club President of the Montauk Country Club, said he would not have expected this type of vandalism from an RWU student. "We've had a good relationship with the school. The golf team played here for years for nothing," Mattos said. "It's kind of hurts us a little bit." All the damage done to the course can be fixed, Mattos said. He could not provide an estimate for the cost of repairs. "I wouldn't think an apology is in order on his part," Mattos said, "but we'll see what happens." Alannah Fay

FIRE: Ceiling partially melted, students O.K.

Saturday night, a fire alarm went off at Roger Williams University over their radios. Gifford said that he looked out his window and noticed smoke coming from a resident's unit up the hall. Both Gifford and Medeiros put on their gear and were first on the scene.

"Being first on the scene, we made sure everyone in the hall had gotten out before we opened the laundry room door," Medeiros said.

After everyone was out, Gifford and Medeiros opened the door to find large amounts of smoke and water pouring out of the laundry room. "We saw that the sprinklers had kicked on and so after making sure the laundry on the floor wasn't still lit, we shut the door to let the sprinklers keep going," Gifford said.

Gifford and Medeiros added that they then called the fire department dispatch and had two fire trucks and Bristol Police dispatched to the residence hall.

"We determined the cause of the fire after the sprinklers had been shut off. We found that there had been a plastic bag of laundry left laying against the hot vent in the room which had heated up and caught on fire," Medeiros said.

Juggling by the burn marks, we can tell that the fire originated from the heat vent and rolled up the wall and over the ceiling, causing the ceiling to partially melt," Gifford said.

There is no word currently on when the laundry machines will be fixed. In this case, firefighters on scene stated that everything worked the way it should have; the sprinklers turned on at the right moment and put out the fire. No damage was done to the interior of the building and no students were injured during this incident.

BAYPOINT: University says purchase won't affect school's budget

Continued from page 1

The financing terms of the agreement are confidential. "In order to purchase Baypoint within our preferred timeframe, we used University savings to complete the transaction. We are now in the process of obtaining mortgage financing for the property, and will be using those funds to replenish the savings needed in January's purchase of Baypoint," Bazinet said.

After the mortgage transaction is complete, the university will make monthly payments to the mortgage company. Bazinet says the university will not be spending any more money than they did to lease the building.

"The annual debt service is not expected to exceed the annual amounts payable under the former lease," Bazinet said. The amount of the payments under the former lease is confidential.

The university never had plans to pull out of Baypoint like it did with Founders Brook and King Philip, both former RWU residence halls, according to Bazinet.

The university has no plans to sell Baypoint, according to Bazinet. Around 230 students currently live at Baypoint.
TRIP: Students assist medical facility

LeMasters said that this trip serves a dual purpose for her and the other participants. “As well as helping children, we will gain firsthand experience in the medical field which helps us as biology majors. This organization has set up clinics all around the world, with El Salvador being one of its better-established branches. LeMasters said she is also excited to see the difference this clinic has made in the lives of those it serves. This is the first alternative spring break trip to leave RU and is being sponsored by a different country, LeMasters said.

LeMasters explained how she is proud to be one of the first and hopes these trips will continue into the future.

The,Vagina Monologues as seen from a male perspective

Ben Whitmore Assistant News Editor

I went to the Vagina Monologues fairly uneducated about what I was about to see. I knew that the show consisted of women portraying various characters talking about their vaginas. I knew that some would talk about their vaginas humorously, others would talk about it very gravely, in the context of abuse or rape. I was right. Yet, what I didn’t know is how it would make me feel. And during the nearly two-hour production of the Monologues in the field house Saturday night, I learned something very important about myself.

Thing number one: I learned I am embarrassed by the word vagina. This surprised me. I have no problem using the word. I have no reservations about saying it or hearing it in the context of a conversation with friends, but when women get on stage and emphatically declare their affinity for vaginas, their voices amplified by microphone, ringing out in a room filled mostly with stranger female students, I blush. I just felt like everyone was staring at me, waiting for me to let slip some micro expression or awkward cough that would condemn me as a misogynistic jerk. I’m not one, but I still felt like I might have, at any moment, unintentionally embarrassed myself by looking like one. It was very stressful.

Secondly, I learned that I have immense guilt for being born male. When hearing the monologues about rape and feminicide of Congolese women, I took it personally. I could not help but lower my eyes in shame hearing about a woman who was raped by her father’s friend, or listening to the anguish of a sexually enslaved sixteen year old. I am in no way an abusive boyfriend, nor have I ever entertained the idea of being violent or abuse to any woman. Yet, I still took these monstrous men’s blame upon myself. I think it was because I wanted to prove to all the women sitting around me that I was truly respectful of these women’s suffering, I in no way wanted to be mistaken for someone apathetic or indifferent to what I was hearing.

It was a shame that I was so preoccupied with being self-conscious during the Monologues: the show was very good. All the actors did a great job for my taste, and some really emotionally heavy topics were treated with tasteful tenderness. My one regret is that I couldn’t join in with the feeling of empowerment that the women audience members must have felt. No one ever asks me how I would cloth my penis if I were to dress it. Then again, I don’t think I would really want them to.

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Spring break should be about making memories

Kelleigh Welch
Editor-in-Chief

Spring break: a week when college students get to travel to some warm location to sit on the beach and drink during the day, then go out and drink more that night, only to wake up and do it all over again.

Paradise, right?

Now, I will admit, that like many students at RWU, I enjoy going out for a night of dancing and drinking at the bars, whether it be in the Bristol area or out in some bigger city. But despite the fun of the night, I can't help to dread the consequences that will follow. A night of drinking leads to a morning of bad hangovers and the realization you spent more than you wanted. It causes me to lie in my bed wondering: "Was last night really worth it?"

When it comes to spring break, you are given a week to do whatever you want, depending on your budget, of course. Typically, or stereotypically, college students head out to some tropical getaway to spend a week partying with their friends, funneling beers and doing things they will probably regret in the morning, if they even remember it.

But why? Why spend hundreds of dollars to travel to some location and not remember it? Seems a bit foolish.

For me, spring break is a break. I want to be able to escape the lifestyle of a college student for a moment and be able to catch up with my life. Money is tight as it is, and I don't find it fun to spend my hard-earned money on a week that I won't remember. Instead, I want to spend my money to go on a trip that I can tell stories about. I want to travel to a place I've never been and be able to experience the culture there.

I know that I'm probably breaking from the norm, and yes, this is an opinion, but what I'm suggesting is that even if you are going to one of those generic spring break locations, take a day off and do something unique. Instead of drinking all day, maybe you could go snorkeling or hiking. Take some pictures or rent a bike and go into the town. Meet people who live there, find out what their stories are.

If you are in a city, go to a museum or a show. Eat the food that the city is known for, just to say you did it. It won't cost you a lot, and you'll leave feeling like you've done more than hurt your liver.

But please, take a break. Even if it's just for a day. Avoid the party scene and do something you enjoy and will remember. It's worth it, I promise.
Clothing lines would save
University money and energy

Noel Perreault
Herald Staff Reporter

As I was moving the mounds of laundry I had collected over
the week from the washer to the
to electricity-consuming dry­
drying to my mother about the cost
of washing clothes not
mention it'd be a green alterna­
tive to laundry.

The University committed to
being a green campus and taking
steps to lower its carbon foot­
print, and this seemed like a per­
fec solution. I decided to investi­
gate all sides of the issue and see
what was up with the clothes-
drying situation on campus. Ac­
cording to the U.S. Department of Energy, the average dryer uses
about 1,800 to 5,000 watts of
electricity every year. Here at
RWU, there are multiple dryers in
every residence hall sucking up
much electricity every day. It
seems this is one place where the
University can begin to reduce its
carbon footprint.

RWU student Kathleen Kieley
agrees with the idea of a clothes line
saying “I would use one; they
would be useful because my dry­
ing rack takes up space in my
room.” Kieley’s statement brings
up another valid point; while stu­
dents may bring their own drying
erack, I can see many problems with
these. Drying racks tend to
be bulky and take up much space
in a dorm room, which could
cause problems with storage and
potentially be in the way in case
of fire. Also, it is not a good idea
to place drying racks in hallways
either as they impede walking
space.

Next in my quest for the an­
swer to the dryer question was
straight to the source: the De­
partment of Housing. According
the Assistant Director of Housing,
Ralph Williams have clothes lines
around its
collect".

In a dorm room, which could
cause potential fires if not
properly maintained. With this
in mind, students should
be encouraged to use clothes lines
because it does not have any envi­
enmental consequences. However,
this is far from the truth as
Josh Hennessy, dining commons manager,
says, “wasted food is a wasted
resource.” As

The Hawks' Herald asked:
What was the most exciting thing you have done/will do
over spring break?

Connor Gentilcore
Herald Staff Reporter

My best spring break was travelling to Paris with my friends from high school.

Ashley Thompson 2013

“This year I am spending my break in
Hawaii.”

Amber Thomas 2011

“One year I
spent my
break in Ire­
land where I
was able to
march in the
St. Patrick’s
Day parade in
Dublin.”

Lauren Dranoff 2013

“My favorite spring break memory was
spending the week in
Disney.”

Sara Zatir 2013

Waste reduction program had
improved results from last year

Samantha Duggan
Eco Rep

The Waste Reduc­
tion Program, also
known as the Taste,
Don’t Waste Week in
the commons just fin­
ished up its second an­
nual cycle two weeks
ago, with improved re­
sults than that of the
previous cycle one year
ago. For those of you
who may still be unsure
about what the Waste
Reduction Program ac­
ually is, the basic point
of this campaign is to
educate consumers, or
in this case students,
about the impact food waste makes on our en­
vironment. A common misconcep­tion
that
many people believe is
that food is a “natural sub­
stance” and therefore,
throwing it away
does not have any envi­
enmental conse­
quences. However, this
is far from the truth as
Josh Hennessy, dining
commons manager,
says, “wasted food is a
wasted resource.” As
done/will do

week’s issue, Bon Ap­
pepit has made a gigan­
tic effort to avoid
wasting their resources by composting appro­
priate foods, and by
holding this campaign
to physically show stu­
dents how much food
they actually waste on a
daily basis.

After the first an­
nual Waste Reduction Program last spring se­
meister, many students were upset that Bon Ap­
pepit was encouraging them to eat all the food
they pay so much for
an unlimited meal plan.
While they were just
suggesting to take
smaller portions and get
2nd and 3rd helpings,
miscommunications led
to misunderstandings.

For this year’s cycle,
Bon Appetit
changed their
methods, in
hope for a
more suc­
cessful out­
come. This
year, instead
of having Bon
Appetit em­
ployees collecting the
waste, the Eco-Reps did
the dirty work.

Having student
workers do the dirty work
for other students has already proven to make
a difference. Eco-Reps attended each meal
(breakfast, lunch, and
dinner) Monday-Friday
for the entire week, and
interacted with their
friends and other stu­
dents about the pro­
gram and it’s purpose.

Having the Eco-Reps
wipe down all the plates
definitely had a much
bigger impact on the
students than Bon Ap­
pepit did because it gave students the opportu­
nity to see that other
students, like them,
care about a big issue
that The Commons
faces, and inspired them
to actually think about
the point of the campa­
ign and maybe even
give new less-wasteful
eating habits a thought.

As for the Waste
Reduction Program’s
outcome this year, it al­
ready seems to be more
successful. Last year’s
baseline week (the
week that the program
was run) was 2,407.7 lbs
of waste compared to a
baseline of 1,772 lbs this
year! So congratulations
to the students who
participated and have
now contributed to the
efforts at Roger
Williams University to
reduce our carbon foot­
print.

blogs.rwuh.edu
Hands-on project teaches students aspects of business practices and crop growing.

Connor Gentilecore
Herald Staff Reporter

By teaching students the fundamental aspects of farm business practice and crop growing, the Student Garden serves as both a positive learning experience and a productive way to contribute to the Bristol community.

The Student Garden, located directly behind MNS and adjacent to the current Sustainability Garden, is a multi-purpose project that mainly focuses on the garden serving as, "location for learning about how to grow food organically, sustainably and locally," said Angela Possinger, the Student Garden manager.

While the primary goal of the project is to educate, the herbs produced in the garden will be going to the dining services on campus, the Bristol's farmers' market and, more than likely, to the Bristol soup kitchen. The garden seems to be working perfectly along side with the university's beliefs in regards to community service and minimizing carbon output.

"We're trying to feel our way through it. We have a ton of ideas and a lot of ambition," Gubata said.

"The challenge is: How do I transfer the knowledge, initiative and the progress to the next generation of students?" Gubata said. Key members of the project, such as Bobby Crothers and Possinger, will be graduating after the current semester. With this in mind, group organizers put thought towards preserving student ambition towards the project.

Currently, the workers behind the program are mostly eco reps and students enrolled in the honors program. The Student Garden is constantly looking to expand its volunteers and anyone can help out. There is a big gardening day scheduled for Mar. 26 at 2:30 p.m., where volunteers involved with the project will spread compost and plant in the green house. Anyone who is interested in helping out is encouraged to e-mail Possinger at apossinger352@gru.edu

Students and faculty are encouraged to research the specifics about the garden, and to know what people working in the garden learn from their experiences. The Student Garden looks to continue educating students about how to grow food organically while producing food for local consumers in the years to come.

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Students create unique recipes in Commons

Many students have tried the common food concoctions such as mac and cheese. Plain pasta from the pasta line, mixed with the nacho cheese, is found at the salad bar. Some students managed by Bon Appétit put food out for students that accommodates to everyone’s appetite. But what happens when students become bored of the food available and cannot find something they wish to eat? The answer: they become creative, making their own dishes up and expanding on what is available to them.

If you arrive in the Commons for breakfast, you usually find the average student eating eggs, home fries, fruit or a bagel. But take a little closer and you will see that some of these dishes aren’t being created by the dining chefs. For instance, sophomore Travis Cournoyer likes to toast a bagel, and then put jelly and nutella from the salad bar on the bagel. If this is too sweet for your liking, or you would like something more filling, than try what Jill Conroy and Claire Newbury are thinking up. They both start by cooking half a waffle from the waffle station and while it is cooking, they ask the grill line to fry them 1 or 2 eggs. When the waffle is done, they bring the fried egg over on a plate and place it on one side of the waffle. They then go and get bacon and cheese and make a waffle, egg, bacon and cheese sandwich. Newbury suggested putting maple syrup on it which is found next to the waffle and cereal station. For the students who do not enjoy waking up in time to make it to the dining hall for breakfast, many students have suggestions for afternoon and dinner food combinations. Senior Chip Ely enjoys a cheeseburger on which he adds onion rings and BBQ sauce to it. Ely added that sometimes he likes to have a side of blue cheese dressing when it is available at the salad bar.

So there you have it RUWU – new and creative ideas to add to the already creative food options. Who knows, these could be the next peanut butter and jelly sandwiches.

Eating with a Range of Ingredients

Many students have tried the common food concoctions such as mac and cheese. Plain pasta from the pasta line, mixed with the nacho cheese, is found at the salad bar. Some students managed by Bon Appétit put food out for students that accommodates to everyone’s appetite. But what happens when students become bored of the food available and cannot find something they wish to eat? The answer: they become creative, making their own dishes up and expanding on what is available to them.

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Healthy Breakfast Smoothie

1 cup of frozen berries (blueberries, blackberries, raspberries and/or strawberries)
1 scoop of whey powder
1 Tbs. flaxseed oil
1 Tbs. ground flaxseed
2 tsp. lemon juice
1 tsp. unsweetened cranberry juice
1 pack of Stevia
8 ice cubes
1 cup water

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The Hawks’ Herald recipe of the week: DJ’s of the week

Connor Gentilcore
Herald Staff Reporter

DJ Names: AK Agodo and Dzifa Ababio
Name of show: Monday Night Party
Show air times: Monday 8 to 10 p.m.

AK’s Top 5 Songs:
1. Lloyd Banks - "Beamer, Benz or Bentley"
2. Lil Wayne ft. Eminem - "Drop the World"
3. Timbaland ft. Justin Timberlake - "Carry Out"
4. Usher - "Daddy’s Home"
5. Ester Dean - "Drop It Low!"
Spring break bonanza
Fun, easy vacation ideas

Amanda Newman
Business Manager

So you didn’t book a plane to Cabo and you’re not going to Europe. So what? Even if you’re going to be rockin’ the “staycation” this break, you’re not destined to a week spent watching mindless television and hours of video games. The Hawks’ Herald has compiled a list of fun things you can do close to home to keep your brain from melting of boredom without leaving New England.

Maine
- Maine is well-known for one summer specialty: its beaches. Plus, who says it has to be summer to enjoy the beach? Beaches are spectacular in early spring. Pick a day that’s supposed to be sunny and on the warmer side, and drive up for a walk. The sand between your toes will take you right back to summer! We recommend Wells Beach in Wells, Maine.
- Not ready to tease yourself with a taste of summer yet? Would you rather keep enjoying the last few weeks of winter? Then go skiing! The northern points of Maine are still swamped with snow. If skiing isn’t your thing, take a trip up north! Sunday River is a great and popular place to go. You can lodge there overnight or go for the day. To find out more, visit SundayRiver.com

New Hampshire
- Ever wanted to go skydiving? Don’t actually feel like jumping out of a plane? No problem! Skyventure in Derry, N.H. offers a unique skydiving experience. Skyventure allows you to simulate what it feels like to skydive – no planes involved. Learn more at SkyventureNH.com.
- If you’ve ever dreamed of taking a trip in a hot air balloon, you’ve got your chance! High 5 Ballooning in Derry, N.H. offers fun, romantic hot air balloon rides. Though pricey, this would be one experience you wouldn’t forget! Go to High5ballooning.com for information and rates.

Massachusetts
- Take a day trip to Boston. There are lots of different activities to do and things to see. If you want to see the city in a day, the best way to do it is through a Boston Duck Tour. Book one online at BostonDuckTours.com.
- If shows are more your speed, try checking out what’s going at The Palladium in Worcester. Though you won’t see any big name pop stars here, you might find a new favorite artist. To check out upcoming events visit ThePalladium.net.

Connecticut
- When was the last time you saw a play – or anything – with live actors? Ditch the boring movie theaters in exchange for a real theater. Check out what the Bushnell Performing Arts Center in Hartford, Conn. has to offer.
- Are historical sites your thing? Even if you answered no, there’s no denying the charm that oozes from Mystic, Conn., the cutest little area you’ll ever see right on the water. Come explore the treasures within!

Rhode Island
- Staying local? Try going to Chan’s in Woonsocket one night for dinner. It’s part Chinese food, part jazz bar and part blues club all rolled into one. To see if it’s your scene, visit Chansegrillandsjazz.com.
- Hop on a ferry and head over to Block Island. With its scenic views and idyllic setting, Block Island is the perfect place to go, no matter what time of year. Plus, you’ll feel as though you have the island all to yourself, since it’s the island’s off-season. For more information about what awaits you on the island, visit Blockisland.com.

Other break ideas

Volunteer! Worried you'll be bored on your vacation? Want to do something you'll feel good about? Do you want to give something back? Volunteer your time at a local organization, such as a soup kitchen or shelter. Not exactly sure what's available near you or what you want to do? Visit http://www.volunteermatch.org. This website lets you input your location and pulls up what is closest to you, based on your interest.

Take time off for yourself! College should not be super stressful, but for a lot of students, it is a trying time, especially with midterms and finals looming in the future. Relax! Take a day off to do just do nothing. Sleep late if you want to. Watch TV. Read a book. Do something that makes you feel at ease. If you want to take it a step further, consider treating yourself to a massage. You'll feel relaxed, both mentally and physically.

Visit out-of-state friends. Everybody has friends at different schools. Why not go take a trip to visit one (or some) of them? Even though you'll be at school, you won't have to worry about homework or tests, so you can focus on what's important: having fun. If you miss your friends from school, consider visiting them as well.

Let your inner child out. When was the last time you made a fort in your living room or watched a classic Disney movie? Invite some friends over for a night of games, movies, and childish mischief. (Doing dinner? Try serving macaroni and cheese or peanut butter and jelly sandwiches.)

Take a little "road" trip. Little-known places are prime to visit, even in off-seasons. Though there might not be quite as much to do, a little adventure will be rewarding. You'll be treated to virtually no crowds, a quaint place and lovely views. Worried that you can't afford the gas? Gather a bunch of your friends and pile in the car. The more people there are to contribute to the fuel fund, the less expensive it'll be. A fun, local place you could try is Cape Cod, Mass.

Spend time with family. If all else fails, why not hang out with the ones who know you best? Reconnect with your siblings. Take them out and do things you used to do when you still lived at home. Set aside time for mom and dad, too. Also, consider going to visit relatives who live a little further away. That way, you can be with the ones you love and still have a nice vacation.

Don't you wish you were here?
Visit rhodeisland.com
If you're staying in the area for Spring Break, or even if you get bored on a lazy spring afternoon, check this site out for the best tips on places to visit in Rhode Island. Even in the cold weather, Rhode Island can offer an array of things to do, whether it's outdoor hiking, boating or visiting the Roger Williams Zoo.

Homestarrunner.com
This website will bring any computer/internet nerd back to their childhood. The website was started in 1996 by two students of the University of Georgia, and includes flash animations of a group of characters who get themselves into comical situations in the world they live in. The site has a lot of video that traces back to the beginning, but if you are looking for a laugh, be sure to check it out. We highly recommend watching the episodes of "Teen Girl Squad," or a few short "Strong Bad Emails," and if you can find a cartoon involving the Poopy Smith, don't disconnect.

HH Health Tips
Between the stress of classes and the dry, artificial heat in stuffy classrooms, it's not a surprise if your skin seems to be breaking out more than usual. Although these causes are understandable, there may be other factors to prevent frequent winter acne. One of the best ways to prevent breakouts is through your diet. According to naturalacneremedy.com, there is a list of Do's and Don'ts to prevent acne.

Kelleigh Welch
Editor-in-Chief

Do's:
Water: Have six glasses each day.
Colorful fruit and vegetables: Have five daily servings, including red/orange/yellow vegetables and fruits, purple foods, green foods, onions and garlic, and 'seed' foods such as peas.
Fresh seeds: Each day have one tablespoon of mixed fresh seeds, e.g. pumpkin, sunflower, sesame or ground hemp/linseed.
Essential fats: Have a tablespoon of cold-pressed seed oils daily and oily fish three times a week.

Fiber-rich foods: Eat plenty of whole grains, root vegetables, lentils and beans.
Organic foods: Eat organic as much as possible.
Alternatives to dairy products: Try using alternatives to milk and cheese such as soy milk and tofu.
Vegetable sources of protein: Include some Soya beans, lentils and sprouted seeds.
Yogurt: Have low-fat, live, organic yoghurt.
Alcohol: Avoid completely or limit your alcohol intake.
Tea and coffee: Have no more than two cups a day.
Vegetable oils: Limit vegetable oils to a little olive oil and/or cold pressed sunflower or other oils.
Red meat: Limit red meat to no more than three times a week. Have fish, organic chicken or game instead.
Grain foods: Limit foods made from wheat, oats, rye, etc. to one or two portions each day.

Don'ts:
Sugar: Don't add sugar to drinks and cereals, and avoid sugary foods such as soft drinks, sweets, jams, many cereals, biscuits, cakes and desserts.
Refined carbohydrates: Don't have foods containing white flour, such as bread, biscuits, cakes, pastries and pasta.
Chemicals: Don't have foods containing chemical additives. This includes most canned, preserved or processed foods.
Fried foods: Don't have fried foods. Boil, steam, bake or lightly grill them instead.
Fatty foods: Don't have foods like butter, cream and ice cream.
Processed fats: Don't have processed foods as most of them contain trans-fats.
Smoking: Don't smoke at all.

Pizzamaking.com
An entire website designed to showcase pizza. You can get great recipes for classic or quirky pizzas, books about pizza and where to get the best pizza, and links to other sites about pizza. This is the site to check out if you are a pizza lover, but beware if you are hungry.
World Watch

Greece's budget balancing turns violent

In order to combat a debt crisis threatening to destabilize the euro, Greek prime minister George A. Papandreou announced severe spending cuts Friday. The thrift measures, which drew money from Greek citizens' retirement and insurance bonds, caused riots in Athens, forcing police to use tear gas to maintain order. Seven police officers were injured; five protesters were arrested.

Germany, the bastion of financial stability in the European Union, officially announced its denial of Greek aid. German chancellor Angela Merkel did, however, applaud Papandreou's latest austerity measures.

In quake's aftermath, Haitians face new dangers

Less than one month after the magnitude 7.0 earthquake that devastated Haiti, survivors face hardships aggravated by the disaster.

Before the earthquake, Haiti's schools were in poor order: only about half of all school-aged children attended school. The quake destroyed over 3,000 schools, sending many would-be students into work at menial jobs. Remaining schools pose risk of collapsing during aftershocks. To ensure schools' structural integrity, Haitian engineers have set out to inspect the still-standing schoolhouses. But the effort is greatly understaffed: only six engineers are responsible for inspecting over 10,000 schools. Also, with the country's medical and sewage infrastructure incapacitated by the earthquake, malaria is becoming an increasingly pervasive problem. Several emergency responders, three Haitians and one U.S. traveler have officially contracted the disease. Because malaria was already classified as an epidemic throughout Haiti, those citizens now forced to live outdoors are at increased risk.

Despite violence, Iraqi's make effort to vote

Iraqis braved mortar and rocket barrages as they made their way to polls to vote in the country’s parliamentary elections. Insurgent groups opposed to Iraq’s democratic government planned and executed around 100 artillery strikes in Baghdad in attempt to deter voters from participating in the elections. The attacks were deadly, killing at least 38 people in the capitol city. Yet, despite the terrorism, Iraqis defied turnout estimations, voting in higher numbers than the previous elections, held in 2005. Though no final results are in, early tallies show two pro-democracy government coalitions ahead in the vote. The results of this election will prove crucial in preserving democracy in strife-ridden Iraq: the winners of the vote will continue to hold office after U.S. military troops are currently scheduled to be stationed in-country.
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BASKETBALL: More predictions
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shot at a successful tournament run.

4. Pittsburgh (24-7)
The Panthers have a first-round bye in the Big East tournament, and have finished the regular season with three Big East victories. This team hasn’t been challenged much since the 70-65 win over Villanova and the 68-53 loss to Notre Dame. It will be important for them to play well this week in order to get a number three seed in the March Madness tournament.

5. Notre Dame (31-10)
The Irish are peaking right now at the perfect time. They wrapped up the regular season with a four-game winning streak against Pittsburgh, Georgetown, Connecticut, and Marquette. If they have any sort of success comparable to how they finished the season, expect to see this team in the NCAA tournament.

6. Louisville (30-11)
The Cardinals have been a tough team to figure out in their last four games. They’ve either lost by double figures against good teams or have beaten them in close games. Their win over Syracuse is impressive, no matter which way you look at it, but the losses to Georgetown and Marquette could have been more competitive.

7. Marquette (20-10)
The Golden Eagles had their four-game win streak snapped in the 53-60 overtime loss to Notre Dame. They had been involved with three straight overtime games going into that contest. The only exception was the dominating performance they had against Louisville, 69-49, in what can be argued as their best performance this season.

8. UConn (7-14)
The Huskies are back against the wall right now. Their bubble has burst and the only chance to go dancing this season is by winning the Big East tournament, something much easier said than done. They finished the regular season on a three-game slide that included two road losses and a home loss to Louisville, 78-70.

DATES: March Madness

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inSBC Arena (Buffalo, N.Y.)
Jacksonville Veterans Memorial Arena (Jacksonville, Fla.)
Bradley Center (Milwaukee, Wis.)
Spokane Memorial Arena (Spokane, Wash.)
HSBC Arena (Syracuse, N.Y.)
Spokane Veterans Memorial Arena (Spokane, Wash.)
Milwaukee, Wis.

Midwest Regional
March 26-28, 2010
Edward Jones Dome (St. Louis)
South Regional
March 26-28, 2010
Reliant Stadium (Houston)
West Regional
March 25, 26, 27, 2010
Lucas Oil Stadium (Indianapolis)
East Regional March 26, 27, 2010
Carrier Dome (Syracuse, N.Y.)

Spring break sports:
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10 a.m.
Men’s Track & Field at Buffalo Spring Open (Hosted by Northeastern University) 1 p.m.
Women’s Lacrosse at Eastern Connecticut State University 3 p.m.
Baseball at Trinity College 7:30 p.m.

Women’s lacrosse season to begin Mar. 11

Kelleigh Welch
Editor-in-Chief

The Women’s Lacrosse team will kick off their season on Thursday when they travel to Nichols College. According to the Commonwealth Coast Conference coaches’ poll for 2010, the team will be second in the conference. The team received two of 12 first place votes, and gained 130 points. Last year, the team scored 19-4 and 8-1 in TCCC. The first place team is Endicott, exceeding RWU by nine points.

Last week, the team announced its captains for the 2010 season, including seniors Jessie Alden and Amanda Magee, and sophomores Kasey Beckwith. Alden has acted as a strong midfield and defensive player, playing in 19 games in 2009. Magee was the only goalie-keeper named to the TCCC All-Star Championship last year with 594 save percentage. Beckwith, known for her offensive skills, received the TCCC Honorable Mention in 2009.

“I’m really excited to get the season started and we’ve been working really hard and hope to win the title this year,” Magee said.

The team will play their first home game on Mar. 24 against New England College.

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MFA IN EMERGENT MEDIA

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Sports

Sailing team starts season

March Madness starts

Will Boshes
Assistant Sports Editor

At this current time of the year there is a loss of sports around the country, the Olympics have just ended, it is only the beginning of spring training and it is the middle of the basketball season (which no one really cares about) and football is long gone and won’t be back until next school year.

Yes, spring break is just rushed with a simple three days of fun and the spring season Feb. 27 and 28, placing RWU into the final six, where they raced against the top five teams, ending the regatta in 13-10.

The College of Charleston won 20-1, but RWU defeated nationally-ranked teams in 11 of their 13 wins. The regatta also gave Coach John Callahan the title of Male Athletes of the week at RWU for their efforts and effective teamwork.

This past weekend, the team raced in Annapolis, Md. for the Gram Hall TR, in Providence, R.I. for the Sharpe Trophy Team Race, and in New London, Conn. for the Thames River Team Race.

Next weekend, the team will travel to St. Mary’s City, Md. for the 7th St. Mary’s Team Race, to Newport, R.I. for the Wood Trophy against Salve Regina, and to Cambridge, Mass. for the Team Race against MIT.

Ballpark tournament starts Tuesday

Dan Malkin
Sports Editor

The Big East is the strongest conference in all of college basketball. The tournament will begin in Madison Square Garden on Tuesday in what should present some of the most exciting games of the week.

1. Syracuse (28-3)

The Orange were on a roll heading into Louisville this week for the final game at Freedom Hall. The Cardinals came out firing on all cylinders and looked like a team who could make a push in the tournament. In the end Syracuse lost the game with a final score of 77-74. The Mountaineers finished the regular season on three impressive wins over Villanova, Georgetown, and Cincinnati. Right now they’re my pick to upset Syracuse in the Big East tournament championship game. They must have been able to play at a high level all season long while winning many close games against strong in-conference opponents.

2. West Virginia (24-6)

The Mountaineers finished the regular season with three impressive wins over Villanova, Georgetown, and Cincinnati. Right now they’re my pick to upset Syracuse in the Big East tournament championship game. They must have been able to play at a high level all season long while winning many close games against strong in-conference opponents. The Wildcats haven’t looked too impressive this month. They’re 4-5 in the month of March Madness isn’t good for college basketball – it is great. It is what separates it from any other post-season competition in sports. It’s nothing but non-stop action up until the champion is crowned.