Medical amnesty seeks to staunch fear, encourage safety

Amanda Newman  
Co-Managing Editor
The Roger Williams University Alcohol and Other Drug (AOD) Task Force recently unveiled its newest addition to the RWU Alcohol Policies and Guidelines: a new policy dubbed the "Medical Amnesty Policy." Though formally adopted and implemented last June by the administration, it was officially distributed via e-mail to the student body on Sept. 3, just days after being presented to the incoming freshmen.

"The medical amnesty policy is all about student safety regarding alcohol and drug use," said Kathleen McMahon, Dean of Students and co-chair of the AOD Task Force. "We never want students to not call for help for fear of getting in trouble. Therefore, there is no strike, no fine outside of any accrued hospital fees." The AOD Task Force began looking into the idea of adopting such a policy back in the fall of 2009. They started researching to see if an amnesty policy would be beneficial to the school. "We decided that it was something we felt strongly about here, so we recommended it to John King [Vice President of Student Affairs] and took it to the Student Senate, who passed a resolution endorsing it on May 10. We took it back to the Board of Trustees, said Richard Bredy, Chairman of the Board of Trustees, said the board focused not only on identifying an accomplished leader in education, but an individual with the enthusiasm and creativity to sustain the University's momentum during this important transition," Breasy said he was "very pleased" to welcome Dr. Champagne to Roger Williams. In an exclusive interview with The Hawks' Herald, the president opened up to reporters, talking about his lifelong love of learning, his goals during his tenure at the university, and why he finds collecting 16th-century Dutch maps so rewarding.

Champagne, 68, said he discovered his passion for learning during his last years at an "uncompromising Jesuit prep school." During his life, he has attended three higher education institutions, earning two master's degrees and a Ph.D. in the fields of philosophy, physics and the foundations of math and physics. "I think I learned first-hand what it meant that knowledge is not isolated and fragmented; it's a way of thinking and looking at the world in a different way. That's what you bring to it. And you can take a variety of perspectives but they have to come together in you," Champagne said. Champagne seems to constantly search for the larger implications of the tasks he's set on. As a professor of mathematics at Fordham University, teaching the philosophy of math, Champagne realized that his efforts as a teacher were not isolated from the context in which he taught— the greater context of the qualities of the math curriculum, of the mathematics school, of the entire university. He concluded that the university's administrators are the ones in charge of making a staff of good professors the engine of a great higher education institution.

Champagne set his sights on university administration. After chartering a successful inner city college preparatory school for gifted students, Champagne, at 33 years old, became the vice president of academic affairs at a school in Appalachia, West Virginia. From there, Champagne began a career in higher education administration, serving as president and interim president at five colleges and universities, now including RWU.

Even as the chief executive at a university, Champagne is cognizant of the value of analyzing and synthesizing different schools of thought. "Leadership is something you have to earn. And what you have to earn is the trust and confidence of the people you're leading," Champagne said. Champagne said he earns leadership by listening to the input of his fellow administrators and ignoring pride when evaluating ideas. "You don't have less power because you are humble enough to say 'I may not be the smartest guy in the room,'" Champagne said.

Here at RWU, Champagne has already begun to identify medical amnesty seeks to keep alcohol documentations and transports on the decline.

Students and co-chair of the AOD Task Force. "We never want students to not call for help for fear of getting in trouble. Therefore, there is no strike, no fine outside of any accrued hospital fees." The AOD Task Force began looking into the idea of adopting such a policy back in the fall of 2009. They started researching to see if an amnesty policy would be beneficial to the school. "We decided that it was something we felt strongly about here, so we recommended it to John King [Vice President of Student Affairs] and took it to the Student Senate, who passed a resolution endorsing it on May 10. We took it back to the Board of Trustees, said Richard Bredy, Chairman of the Board of Trustees, said the board focused not only on identifying an accomplished leader in education, but an individual with the enthusiasm and creativity to sustain the University's momentum during this important transition," Breasy said he was "very pleased" to welcome Dr. Champagne to Roger Williams. In an exclusive interview with The Hawks' Herald, the president opened up to reporters, talking about his lifelong love of learning, his goals during his tenure at the university, and why he finds collecting 16th-century Dutch maps so rewarding.

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Continued from page 1

Obama slams GOP leadership
"Obama accused the GOP of pushing bankruptcy economic policies ahead of national welfare." - CNN.com

Colorado wildfire torches 54 homes, 8 missing
"At least 54 homes west of Boulder, CO were destroyed after a wildfire broke out. Eight people are unaccounted for." - CNN.com

Disaster in the gulf: BP partially takes the blame
"Officials say BP has acknowledged an internal report that misinterpreted a key pressure test of the well." - CNN.com

Google unveils new 'Google Instant'
"Google Inc. revealed a new update to their search engine that tries to predict what users are searching for before they've even typed. Google is doing this by tapping into its extensive database of user behavior to predict the most common searches." - sfgate.com

Fidel Castro doubts the 'Cuban Model'
"Despite recently avoiding domestic topics of discussion at public appearances, Fidel Castro told an American journalist that the 'cuban model' no longer works." - CNN.com

Thousands homeless in Mexico after rain
"Weeks of torrential downpours forced thousands of people to abandon their homes. Thousands are refusing to leave their homes, and are sleeping on the roofs of their houses." - TODAYonline.com

President: Champagne brings wisdom, experience

Champagne appreciates intelligence. His wife, Ruth, is a "nationally recognized expert" in mathematics education as an author of several widely used math textbooks.

"What I love about her is that when we always go out, many people make the grave mistake that the president's wife simply stays home and makes cookies," Champagne said. He said he is proud when people realize his wife's academic acumen. Ironically, Champagne is the one who likes making the cookies. He said he finds cooking meditative: "a way to get away from things." He said his wife often comes home to find him baking large batches of cookies.

Champagne said his wife has learned that the more cookies he bakes, the more difficult and trying his day was. In asking him to accept the position as interim president, Champagne said the Board of Trustees asked him to "keep the car going while [the board] finds a new chief:"

"My job is not to put the tires back on the car, my job is not to give it a new engine, my job is not to bang out the dents in the fender, there aren't any," Champagne said.

"The car is not broken, it just needs a driving it."
continued from page 1
To enter information funneled into a master database. Any tidy recordkeeping is more important than ever for RWU because of new federal regulations. The Jul. 2010 law states that all higher education institutions must contact the person(s) listed as emergency contacts within 24 hours of declaring a student missing. Before this law was passed, colleges and universities were not federally obligated to adhere to any timeframe in regards to contacting related parties of missing students.

The law also necessitates the publishing of an institution’s missing persons investigation protocol in a public medium. Besides changing its methods of collecting emergency contact information, the university has posted on its website its missing persons policies and procedures, which are “very similar” to what they were before the Jul. 2010 law, said John Blessing, Director of Public Safety.

When a student notifies a member of university staff that they think another student may be missing, Public Safety is contacted. If, through interviewing roommates, checking ID card swipes and other investigative methods, Public Safety finds that the student is truly missing, Pamela Moffatt, the Associate Director of Public Safety, and Blessing are alerted and briefed on the investigating Blessing said. The pair then call or text the student’s listed emergency contact and coordinate a further investigation with police, if necessary. Blessing said.

There are, however, a few exceptions to the federal regulations. The university is relieved of its 24-hour notice obligation if the missing student chose not to enter an emergency contact into the database, according to Chris Nerbona, the university’s Associate General Counsel.

RWU is not duty-free, though; the university still has to notify the local police when a student is officially declared missing, Nerbona said. The university must also contact a legal guardian of a missing student if he or she is under 18 and is not legally emancipated, Nerbona said.

The new law, entitled “Missing Student Notification Policy and Procedures 20 USC 1092,” derives from the efforts of a former RWU student’s father to create stricter notification regulations for missing persons cases on college and university campuses.

Brian Nisenfeld, a freshman at RWU in 1997, disappeared after being seen last leaving a literature class on Feb. 6, 1997. Bryan’s father, Steven Nisenfeld, received calls from his son a week earlier, during which Bryan was reported being harassed by a former student, Bryan’s alleged romantic partner. Nisenfeld says he called Public Safety on his son’s behalf, requesting that an officer visit his son’s room to hear Bryan’s threat complaints.

Public Safety officers reportedly did not enter Bryan’s room until nine days after Nisenfeld’s phone call.

The university contacted Bryan’s parents on Feb. 12, six days after Bryan was last seen. Though the university coordinated search efforts with the State Police, Bryan was never found.

On Aug. 31, 1997, hikers discovered a boot holding a bible bone. Bryan’s parents identified the boot as Bryan’s. After DNA tests confirmed the bible was Bryan’s, the examiners studied the bone and were able to conclude that Bryan’s death was a suicide. The case is now closed.

RWU does not currently require students to fill out the emergency contact form, although doing so is recommended.

Montefusco said the ideal emergency contact is a person who is easily accessible by phone, who can make decisions on the student’s behalf, and who would have a likelihood of knowing a student’s whereabouts. A parent would be the best contact, Montefusco said. Roommates are not the best contacts because university staff will most likely interview them during preliminary investigations, Montefusco said.

In many cases, the students reported missing have simply failed to communicate travel plans to roommates, Montefusco said. In order to avoid false alarms, Montefusco recommends that all students maintain good communication with roommates, RAs, and parents.

Montefusco recommends that all students fill out the emergency contact form located in the “Services” tab on MyRWU, at the bottom of the “Student Information” column.

Students with reasonable concerns regarding a missing student should call Public Safety at 401-354-9611.

News

CONTACT: University urges students to enter contact information online

Katyln Proctor
Opinions Editor

Precautions were taken all along the New England and Eastern coastlines last week in order to prepare for Hurricane Earl. National hurricane and tropical storm weather alerts and emergency orders were issued for Mass., R.I. Conn., N.Y., N.J., Del., Md., Va., and N.C. President Obama enacted preparations by ordering FEMA (Federal Emergency Management Agency) to gather necessary supplies and organizing medical teams and medical supply trucks to assist with predicted damages.

Earl was predicted to be a Category 4 hurricane with winds reaching a high of 135 miles per hour. By midday on Friday, Sept. 3, Earl dropped to a Category 1, officially transforming from a hurricane to a tropical storm. Initially affecting the coastline, residents were greeted with treacy rains and winds ranging from only 70­ 85 miles per hour. Areas hit with the most rain included Nantucket and Cape Cod, as well as Canada. Power was lost to more than half of the Northeast, but lasted no more than 6 hours.

Homes were accessed by national insurance agencies, and the expected damage total for the U.S. was roughly under $1 million.

“Hurricane Earl was the sixth tropical storm to ever grace the Northeast region, but caused the least amount of damage seen yet,” said Prof. Marc K. Mahon, who teaches Environmental Policy.

Weather authorities recommend that all students, there are exceptions to guarantee of amnesty: because it is determined on a case-by-case basis. You can’t move up to a strike two, McMa­ hon said.

McMahon said that administration is very excited about the implementation of the policy. “We think it will be a positive thing for students to know about and use.”

AMNESTY: Policy grants immunity to those seeking help

continued from page 1
King, and it was approved by (former President Roy J.J. Nirsche.

“Now we’re trying to educate people on what it’s about,” Mc Mahon said.

DeW Lewis, a sophomore student senator, worked on the AOD senate committee during the adoption process, where he was tasked with “thinking of any questions students could have about the policy to ensure that there were no loopholes or infringements on their rights.”

“We spent a lot of time working through various scenarios to make sure that policy would work for many different cases,” Lewis said. “We worked constantly on the policy, making finalizations, asking our own questions, and checking it out for flaws.”

The policy has been implemented with the hope that it will encourage students to be responsible and never choose to forgo necessary medical help due to fear of being punished for their actions. (The policy is all about being proactive and seek­ ing help,” McMahon said. “Also, the amnesty extends to the person or persons who call for help. The caller is required to stay with the person needing help in order to receive amnesty.”

Though amnesty is available to all students, there are excep­ tions to guarantee of amnesty: because it is determined on a case-by-case basis. You can’t move up to a strike two, McMahon said.

McMahon said that administration is very excited about the implementation of the policy. “We think it will be a positive thing for students to know about and use.”

Hurricane Earl whirled through Northeast
From the ground up

The Student Garden is starting off the semester by raising awareness of its efforts by selling its produce in the Lower Commons.

Located behind the Marine and Natural Sciences building, the Student Garden is a collaborative project combining the efforts of both students and the Bon Appetit staff. Their goal is to educate the Bristol community about farming business practices and to improve the ways in which food can be grown and transported.

Selling the produce in the Lower Commons is not intended to bring in much financial gain, but rather, to bring attention to the campus regarding the project and its missions. By raising awareness, the minds behind the garden hope to propose ideas that will better the community, in ways such as considering new routines to reduce our carbon footprint while transporting produce to its destinations. The money that the Student Garden hopes to bring in will likely be put directly back into the project; funds will support purchasing seeds, rakes, and other equipment.

James Gubata, General Manager of Bon Appetit, says the students are working to form both a club and an organization with a farming timeline.

Students working with the project are looking to establish continuity, starting with the creation of the garden and club and carrying out its maintenance year after year. This foundation requires student participation and leadership to carry the torch and to later pass it on to future student leaders for the project. Working with the garden helps students to learn about the business plan that farmers create and abide by throughout the growing season. This helps to educate students about good financial lessons and responsible thinking.

The garden has always cooperated with Bon Appetit. The teamwork seemed to "help establish a student-run initiative," Gubata said.

The students working on the garden have the accessibility to do what they want to with the garden while having the safety net of Bon Appetit to help them if they need support, such as financial support and physical labor.

Gubata asserts that being involved in the Student Garden is "one of my favorite parts of my job."

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F MINUS

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OK, YOU GUYS ARE GONNA HATE ME, BUT I DON'T THINK I EVER CHOSE A FLOOR!
New policy urges off-campus students to respect neighbors

Ben Whitmore
Editor-in-Chief

A man in a shirt and tie and a Bristol police officer ring the doorbell and wait in the front stoop of a two-floor apartment house in downtown Bristol. To the bewilderment of Roger Williams University student who opens the door, the well-dressed man says, “Don’t worry, you’re not in trouble.”

Scott Yonan, Assistant to the Vice President of Student Affairs and Director of Special Projects, and Patrobin Morse, traveled throughout Bristol to visit 30 off-campus apartment buildings to educate students about RWU’s good neighbor policy.

The university’s policy reminds students living off campus that when “private actions or behaviors become public... Roger Williams University becomes involved.” The university is concerned by loud parties. Some students argue that when they move off campus, they no longer have to abide by any of those student conduct codes,” Yonan said, “and that’s just not the case. We still have acquaintances of them.

“No one is trying to tell the students that they don’t have the right to have people over... we just want people to be respectful of their neighbors.”

Although RWU has had a good neighborhood for years,” this is the first time that the university has taken a proactive approach to informing students of the university’s expectations.

“We figured we’d try to nip this in the bud,” Yonan said. Besides university policies, Yonan and Patrobin Morse also informed students about Rhode Island’s new social host law. It states that if at least one under-21 person is arrested for drinking alcohol inside or outside the house of a person of legal drinking age, that person and all people over 21 at the party could face up to a $1,000 fine and could face up to six months in prison for the first offense.

Yonan and Patrobin Morse visited 32 notably noisy apartments, giving the new residents a “goodie bag” containing the university’s good neighbor policy, loud noise codes and information on the new social host law, as well as reusable water bottles, mini potted plants, mints and a “drink now, text later” bumper sticker.

The new residents of the apartments and housed on Yonan’s list were “under the magnifying glass” due to their predecessors indications. This was not news for some new residents.

“Our landlord said she purposely didn’t rent to boys so she wouldn’t have to deal with them,” said Nicole Folt, a senior living in Bristol. She said the male students who lived in the apartment last year were so destructive, the landlord had to replace nearly everything in the apartment — from the floors to the doors. But it’s not just men who can be unruly tenants and neighbors. Three years ago, a group of women wearing a Living in a Wood Street apartment were so consistently noisy, their former residence is still on the Police’s and the university’s radar.

“They were horrible, they were just very disrespectful and constantly a thorn in our sides,” said Elizabeth Radchuk, who lives with her husband and two children across the street from the student apartment.

Radchuk described how these women had parties on their front porch, drinking and screaming “really, really filthy” obscenities. The late-night gatherings would wake up the

See NEIGHBORS, page 8

Studying abroad: the travel guide

Owen Kaupillia
Features Editor

In addition to involving themselves in various student groups and organizations, doing their best in all areas of academics, and perfecting their housing arrangements in the dining commons, there is another way to guarantee that students will experience all there is to experience during their time at Roger Williams University. Existing in aptitude to “bridge the world,” or at least to “learn to do,” RWU presents an opportunity for its students: the ability to study abroad. To some, those words promote an idea of freedom, exploration and independence, but to others, it can be frightening. Siding with either end of the spectrum, studying abroad is just one aspect of the university’s futures students’ lives as Hawks.

“It’s good to let people see your view of the world; you see it in a whole new way,” said senior Molly Reynolds who recently returned from Australia. “You meet people you would never meet and you’re put into situations that help you grow as a person. It makes you want to do big things.”

The planning process for studying abroad begins right now. The Study Abroad Fair that was held Wednesday, September 5th provided a list of courses and travel options for current students. Students can choose from programs in Australia, Spain, France, Italy, China, Japan, and many other countries.

“Kevin’s office hours are expanded this semester on a walk-in basis,” said Martin. “Students can come in any time to see me to ask questions or use our new online form to ask questions that will be answered by a Study Abroad Advisor.”

Choosing the study abroad program that fits students specific interests best, after all the appropriate paperwork is completed, after the announcement has been made to the families that the students are officially going up and leaving home, it’s time for the students to prepare to embark on the adventure of their lives.

SHWAYZE was here: About 1,900 students jam out at concert, sets record for largest attendance for any RWU concert
Over the past nine years, Roy J. Nirschel played an integral role in making RWU a more competitive university. According to an archived press release on the university’s website from 2010, since Nirschel assumed the presidency, the number of faculty nearly doubled, applications increased by 100 percent, and the acceptance rate decreased by over 25 percent.

Besides increasing the academic integrity of the university, Nirschel was an adept fundraiser. According to a New England Association of Schools and Colleges report, RWU’s total revenue increased by an average of 11.5 percent annually during Nirschel’s first five years as president. In this same period, the university’s endowment grew by nearly 19 percent annually.

In May interviews with The Hawks’ Herald, Nirschel responded to a question addressing rumors regarding his tenure at the university. “When [the job] is no longer fun, when we’re no longer making progress, when I’m no longer excited about doing what I’m doing, I’ll just leave the keys in the desk for someone else,” Nirschel said.

The Hawks’ Herald takes a look back at the career of a president equally memorable for his commencement speech singing as for his measurable improvements to the academic quality of the university.
a retrospective look at Roy J. Nirschel

"Shortly after he became president, it was the World Trade Center and Pentagon disasters. The campus was in a bit of an uproar and he pulled people together and calmed things down. I think he is a large part was responsible for people keeping their focus on things academic, as paying homage to the people who suffered, but also reminding us that this is a university and that the best thing we can do is to continue what we were doing."

Judy Stein
Professor of History

"I was really shocked."

"The senate executive committee meets with the president and the provost on a monthly basis and there was no indication at our last meeting in May that there was any change coming up."

Susan Rosca
Faculty Senate President, Professor in School of Business

"I think that [Nirschel and Papitto] certainly didn’t always agree on everything, but what I saw them agree on was... the growth of the institution, the health and well-being of the institution, the hiring of really good faculty, making the law school the jewel in the crown; they did agree on those."

Sally Lupides
Board of Trustees Member (2004 - 2007)

"I was unaware of any differences between the president and the board on the vision in regard to the future of the university. The faculty are well aware of the president’s vision for the future of the university... But the board never speaks to the faculty. Any differences that existed, we are completely unaware of, so this is a big surprise."

President Nirschel was a big figure on this campus. The university is very closely identified with his person. He’s a very bold leader. I didn’t always agree with some of the decisions that he made but they were bold decisions. He wanted to take the university to new places and have it do things and he was very aggressive in his pursuit of change at the university."

Jane Speckman
President of the Faculty Union, Professor of Political Science

Your Campus

| Commons building opens, with new dining hall, mail center, and bookstore |
| Number of international students: 50 |
| Number of international professors: 35 |
| Nirschel creates Passport to Your Future program, gives passports to eligible freshmen |
| Endowment highest of Nirschel’s career: $115 million |
| RWU ranked 7th among baccalaureate colleges in the north by US News and World Reports |
| Nirschel’s son, Chris, 26, is hired as major gifts officer; Chris resigns two days after an arrest in New Jersey for assault charges |
| The campus community learns that Nirschel and his wife have divorced |
| Average student SAT score: 1005 |
| Endowment: around $67 million |
| Total university revenue: $177.4 million; Total expenses $170 million (included $64.7 for capital projects) |
| Acceptance rate: 78 percent |

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Nirschel resigns in March, Nirschel announces plans for sweeping academic reorganization.
Letter from the editor:

On behalf of the entire staff of The Hawks' Herald, allow me to welcome you back to our sunny, autumnal Bristol campus here at Roger Williams University. We at The Hawks' Herald have worked hard over the summer to bring you a newspaper with timely news, compelling features, and intriguing opinions. We've built on the momentum from last semester, furthering the redesign of our paper. We've got a new look, and more importantly, a new feel that we think better represents the student voice.

And that's just what you're seeing this week. We've got some exciting new sections on the way, including a Bristol page, bringing you news about and reviews of the people and places you'll find interesting downtown. Plus, be on the lookout for some more content coming soon that you may find "classy." We recognize that The Hawks' Herald has gotten a reputation for being hip-o-ridden and for being distributed unreliably. No longer.

We are taking serious steps to allow all feedback, positive or not.

We want you to be proud to pick up a copy of The Hawks' Herald and know that your fellow students, composed, designed, and printed that newspaper.

Best regards,

Ben Whitmore
Editor-in-Chief

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I'mma let you finish...

Kanye's at it again

About a year ago, a little event called the Video Music Awards took place on the MTV network. About a year ago, Kanye West's name flooded the headlines of media outlets across the country.

About a year ago, Taylor Swift's name flooded the headlines of media outlets across the country. Huff said, "Now, with the 2010 VMAs scheduled to air this Sunday and Kanye topping the list of celebrities to appear on the show, tensions are high and fans are counting down the days to when West might '1-up' last year's spectacle."

For those of you who don't know (and quite possibly live under a gargantuan rock), Kanye interrupted Taylor's acceptance speech at last year's VMAs by proclaiming, "I'mma let you finish... but Beyonce had one of the best videos of all time."

First of all, thank you Kanye West for inspiring this column. Secondly, because this rooted so much hype in the entertainment industry, Kanye's appearance at the 2010 VMAs is not only sparking Facebook status updates and Tweets with fans, but with Kanye too.

Last Saturday, Kanye made a point to flood his entire Twitter account with self-loathing, apologetic and pathetic comments regarding Taylor Swift and his encounter last year. Some of the annoyingly depressing Tweets include: "Why was it made into such a race issue. Taylor loves rap music... I love country music."

"When I right songs like Heartless I always say is this melody good enough to be a country song or a Broadway song?"

"I've hurt, I've lied, I've learned... I only want to do good. I am passionate. I am human. I am real. I wish I could meet every hater."

"I want them all to know how much I really cared about music and pop culture and art and peoples feelings... I want to help starting with the music and ending with the smile."

Okay, now that is just one section of over eight pages of Twitter updates that Kanye posted last weekend. What the hell? If this isn't a pure, unadulterated publicity stunt, then I don't know what is. Clearly he is latching on the opportunity to attract as much attention as possible before his appearance at the VMAs this weekend.

Also, are these comments really and truly sincere in the most insane way possible? Or are they fabricated and sarcastic? Frankly, I can't tell. Yes, Kanye is a talented performer and producer. Yes, he has had some difficult struggles in his life. Yes, he has gone off the deep end and when it comes to being a public celebrity. I'm sorry, I can't hold back when it comes to the way this guy handles situations. Even since the incident last year, Kanye has irked me to the core. He is so conceited and so blunt with his words, but so freaking talented.

I'mma let you finish, Kanye, because you deserve the chance; you know your stuff. But from now on, please refrain from spilling your figurative emotional guts all over the Internet in order to create buzz and attention that happened a year ago. We get it, you're a 'good guy.'

To read more of Kanye's Twitter madness, visit www.therbyt.com.

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WTF of the week

Cell phones have become as essential to our everyday make-up as, say, not wearing the same pair of socks for a whole week. Sure we can go without changing them, but we all cringe at the thought of it. Like socks, cell phones also come in an extremely wide variety, some of which are more useless than others. However, no matter how "smart" phones become, they are truly no match for some owners' lack of intelligence when selecting a ringtones. We have also grown accustomed to hearing these dorky cell phone songs at the most inopportune moments, and the events of last Saturday emulate this. Google's recent Android phone has one of the better tones: a simple, low pitched robotic voice that simply says "Droid" pretty cool, innit? Our editor-in-chief returned from a trip to the library last weekend only to tell us of a student, whose droid was happily bellowing its name aloud. The student was asked why he had his droid so loud in the library. The student responded by informing his friend it was because and the user - well, you get the point. However, this is not the real problem. Cell phones vibrate with folks, and quite well too. So, be it in class or otherwise, be respectful and silence your phones. You wouldn't sit in class uttering your own name over and over, would you? WTF RNWU?

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Mark Fusco
Photo Editor

Adrianne Mukria
The 2010-2011 Herald Editorial Board

Owen Kauppila
Co-Managing Editor

Ben Whitmore
Editor-in-Chief

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The 2010-2011 Herald Editorial Board
New year, new school, new you: 5 ways to stay fit

Katyn Proctor
Opinions Editor

Welcome to Roger Williams University. Class of 2014! You can say you successfully made it to the next important step in your life. Congratulations!

For most of you, it is your first time living away from home. Here are a few tips to having a fun and healthy first year of college:

• EXERCISE - Get in the habit of exercising now! Make it fun and it won’t seem like a chore. There are a handful of fun, free aerobic and cardio classes offered throughout the week. Pick one and make it a weekly habit.

• DO STUFF - Get involved with things on campus! RWU offers an abundance of clubs, athletics, organizations and intramural sports. Staying busy is a great way to counter homesickness, too. Learn to balance your schedule in such a way that your homework gets done, relaxation becomes a priority and lounge time with friends is often.

• SLEEP - It is so important to get enough sleep. The freedom of not living with parents may be tempting you to stay up late and hang with new friends, but it is important that students get 7-8 hours of sleep every night. Getting enough hours of sleep will help you stay alert in class, keep your energy level up, and prevent you from getting sick!

• KNOW YOUR LIMIT - It is possible to avoid drinking while being a college student, but if you succumb to temptation, respect yourself enough to know what situation you are in, who you are with and what your limit is. Value the buddy system.

College is sure to be one of the best experiences of your life. Enjoy the freedom and responsibility of living on your own, but do so in a healthy way!
New year, new school, new you: 5 ways to stay fit

Katelyn Proctor
Opinions Editor

Welcome to Roger Williams University, Class of 2014! You can say you successfully made it to the most important step in your life. Congratulations!

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• KNOW YOUR LIMIT - It is possible to avoid drinking while being a college student, but if you succumb to temptation, respect yourself enough to know what situation you are in, who you are with and what your limit is. Value the buddy system. College is one of the best experiences of your life. Enjoy the freedom and responsibility of living on your own, but do so in a healthy way!

• EAT - The Upper Commons does a great job of preparing meals to remind you of home. Do your best to eat healthy foods, follow the 8 categories of the food group, watch your portions, and eat slowly. Studies show that when you eat slowly, you actually fill up faster and consume less. Eating right, along with regular exercise, will keep you feeling and looking good.

• DO STUFF - Get involved with things on campus! RWU offers an abundance of clubs, athletics, organizations and intramural sports. Staying busy is a great way to counter homesickness too. Learn to balance your schedule in such a way that your homework gets done, relaxation becomes a priority and lounge time with friends is often.

Check out the classes here: http://www.rwu.edu/depository/athletics/group_schedule.pdf.
Volleyball reaches Springfield
Invitational Tournament Championship

Article courtesy RWUHawks.com

The RWU Women's Volleyball team posted an undefeated record, not dropping a single set, through pool play at the Springfield College Invitational Friday and Saturday. The Hawks advanced into the Championship Match where they took the first set before falling in the end, 3-1, to the host Springfield Pride.

Senior libero Ali Hurd and sophomore Kelsey Twarog were both named to the All-Tournament Team for their outstanding play. Hurd averaged 6.5 digs per set and registered just six reception errors in 69 attempts throughout the weekend. Twarog earned her All-Tournament nod after hitting .258 on 10 kills and just 16 errors on 23 swings. The Hawks began the tournament Friday evening with a 3-0 win over Lasell College, 25-15, 25-14 and 25-12. RWU finished the match with a team hitting percentage of .322.

Saturday morning the Hawks faced defending MASCAC champions Westfield State University. RWU posted seven total blocks in three sets, and won by the scores of 25-13, 25-18 and 25-16.

In the third match RWU started out on fire against Brandeis University, notching nine kills with no errors on 20 swings to take the set, 25-17. The Judges responded well, taking an early eight-point lead in the second set, but a late comeback gave RWU the 25-23 win before the Hawks won the final set, 25-22.

The three wins placed the Hawks in the championship match where it met Springfield College, which also advanced without dropping a set all Tournament. RWU continued its winning streak posting 11 kills on 25 swings to take set one, 27-25. Springfield College responded with a different match-up in set two and took the set, 25-17. Midway through the third set the teams were tied 11-11 before Springfield edged ahead, 19-16 and finished with the 25-19 win.

The final set was close throughout, with RWU holding the 17-16 lead late in the set. Springfield responded with a 9-5 scoring run to win the end, 25-22. The win gave the Pride a 4-0 start to the season, while RWU moves to 4-1.

RWU returns to action Tuesday, traveling to Emmanuel College for a 7 p.m. non-conference match. Listed below are the final results of the 2010 Springfield College Invitational.

Women's tennis sweeps Anna Maria for first TCCC win

Article courtesy RWUHawks.com

The Roger Williams University Women's Tennis team began Commonwealth Coast Conference play with a 9-0 win over Anna Maria College Tuesday afternoon.

The Hawks cruised to the victory, winning all six singles matches and all three doubles matches without dropping a single set.

Samantha Curran and Leah Ribchinsky defeated Kayla Cummings and Emily Williamson at number one doubles, while Tracy Klein and Amanda Wolfe won their number two doubles match against Allison McCarthy and Kelly Blake.

Women's Tennis players return shots during their team's win over Anna Maria on Tuesday. The Hawks won 9-0.