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RWU Mock Trial slams the gavel

Owen Kaupillo
Features Editor

After a year of continued successes, constant practice and claimed victories at numerous tournaments, a team outside of the athletic department prepares for another semester of peak performance.

The Roger Williams University Mock Trial team is beginning their competition season this fall after their competition rally on Oct. 16 at the Coast Guard Academy in Connecticut. After taking first place at this venue last year, the team expects to return and claim the title again.

RWU Mock Trial President, Nick Tamortos, commented on the recognition they hope to receive after last year’s appearance. "We’re excited to return to the Coast Guard Academy with everyone knowing who we are," Tamortos said. "We’re going to have to prove how far we can go again this year." After the Coast Guard Academy Invitational, the team competed at Tufts University.

BURNING DEBATE

Student pundits sound off

From the eyes of a former senator: a look at the workings of Student Senate

Noor Alaweyat
Herald Staff Reporter

With a bang of the gavel, President Thomas Gleason calls the Student Senate meeting to order. On any given Monday night or afternoons in the Senate Chambers at Roger Williams University, where the Student Senate meetings are conducted, it is a full house. From senators, to org leaders, to the senate advisors, with a side of senate-related tension over the most recent heated argument, high expectations are anticipated from everyone in the room. Sometimes there is too much at stake for a student in terms of balancing academics, extracurricular activities, along with simply having fun.

Noor Alaweyat

Being a student leader means being a student role model. But the role of a voluntary student leader position means that if the conduct requirements put in place by taking the title, "student leader" become too great, one can always resign. So while the student attains his/her position of either a senator, ICC officer, or any other student leadership title, the student is subject to a whole new set of rules and guidelines.

State officials announced on Sept. 7 that the National Science Foundation, awarded the University of Rhode Island (URI) $20 million dollars to be issued over the course of five years in order to improve the educational effectiveness and scientific utility of collegiate scientific research studies. Though nominally URI is the recipient of the EPSCoR grant, nine colleges and universities throughout Rhode Island will receive a portion of the $20 million dollars, as per agreements made by all the institutions during the grant application process. RWU's share is $2.1 million.

The money will help Rhode Island colleges and universities allow for the updating of research equipment and infrastructure, pay the salaries of professors leading research projects, fund stipends given to student researchers, and conduct high school and public outreach programs to put scientific findings in a relevant context. At RWU, the EPSCoR grant will particularly benefit faculty members looking to expand the potential of their student-driven research projects.

Noor Alaweyat

This is seed money to get younger researchers... some good experience and give them some money to fund their projects," said Polly Hutcherson, Director of Government Grants and Contracts.

We'll have money that goes directly to some of our science and math faculty members such that they have a project in mind but they don't have the dollars to go out and buy the supplies — now we have a pool of money that they can tap into," said Jim Lemire, EPSCoR Coordinator of the Undergraduate Research Center and Adjunct Professor of Biology.

Unlike most other research grants, the EPSCoR grant provides funding to general research areas, rather than to specific projects. This means that high student interest in a given area can manifest the money necessary to establish a research project. Traditionally, grant money is used to fund existing projects, which then recruit students to perform their research. With the EPSCoR grant, students effectively recruit professors to oversee and manage projects. The EPSCoR grant was awarded specifically to fund research on the effects of climate change in marine life. Most of the research projects undertaken with EPSCoR funds will be centered around finding baseline information on marine habitats in the Narragansett Bay, said Lemire. Data collected through projects now will become critical data with which to make accurate predictions.
Arlington National Cemetery admits to misplacing bodies

The US Army admitted that two bodies were buried in the wrong graves at Arlington National Cemetery.

The announcement came Wednesday following an investigation into burial mistakes and mix-ups at the most revered of the nation’s cemeteries. The investigation was the result of a report published in June that claimed Arlington had problems that could potentially implicate thousands of graves. Upon release of the report, officials received about 1,100 calls from families concerned that their loved ones were involved.

“The families are satisfied that the problem was fixed,” said Gary Tallman, an Army spokesman, in an interview with the Associated Press.

One such call, which came from the widow of an Army staff sergeant, led to the exhumation of her husband’s body. Upon opening the grave, officials discovered the remains inside were not those of her husband’s. They opened a nearby grave and found her husband’s remains.

In a different section of the cemetery, another grave was opened at the request of the deceased’s father. The casket was found to have the proper remains of Marine Pfc. Heath Warner of Canton, Ohio, who was killed in Iraq back in 2006. Tallman claims he was not informed of any other requests for exhumation outside of those which were done. Initially, the Defense Department claimed that three remains were discovered buried in the wrong graves at Arlington, but corrected the number to two, both of which were discovered and righted.

As a result of the mismanagement, Army Secretary John McHugh announced that Arlington’s two civilian leaders would be stepping down, and that a new chief would be appointed to continue the investigation and sort out the misplacements.

“We’re gratified that the outcome was positive and that they (the families) were able to gain some closure,” Tallman said.

Arlington National Cemetery is the most hallowed cemetery in America; the honor of being buried at Arlington cemetery is awarded to distinguished military members and their families. The cemetery is known for its place, seemingly endless rows of white tombstones, marking the final resting places of over 90 thousand unknown American soldiers and more than 300,000 remains, some dating back to the Civil War. It is visited each year by almost 4 million people.

The Arlington National Cemetery in Washington, D.C.
Medical marijuana users protest distribution center delay

Amanda Newman, Co-Managing Editor

A number of medical marijuana users and supporters protested outside Providence's Health Department offices Monday to protest the Department's recent announcement that it had not granted licenses to any of the 15 groups who had applied to become RI's first medical marijuana distribution centers.

The distribution centers, also known as compassion centers, were supposed to have been licensed by July, but the department had extended the decision deadline by weeks. Last Friday, the department announced that none of the 15 applicants met the criteria and therefore none were being granted licenses.

Users of medical marijuana, tired of waiting and frustrated by the extended deadline and then denial, gathered in protest. The Health Department maintains that there is good science to support the benefits of medical marijuana use, but the criteria for granting licenses are still being refined.

"We are very, very aware there are many people who are frustrated with us," Beardsworth told The Providence Journal.

The process was complicated by complaints the department received from the applicants, who claimed that there were inconsistencies in the application process.

Beardsworth said that as the department reviewed the applications for the licenses, flaws were discovered in the process that were enough to disqualify the department from making a finalized decision.

"We are beyond the deadline for deciding these applications," said Beardsworth.

In that process, the department reviewed the applications for the licenses, and that some of the department's guidelines were confusing, Beardsworth acknowledged that some of the applicants were vindicated in their complaints.

As a result, department officials were re-examining the guidelines, especially the 25-page limit that was in place. Some of the applications came in hundreds of pages too long, which hindered the process and contributed to the department's delay.

The patients have support outside for one another.

JoAnne Lappanen, the executive director of the Rhode Island Patient Advocacy Coalition, told the Providence Journal that "[users] in this state have been more than patient."

Lappanen and her coalition noted that the legislation allowing the licensing of marijuana centers called for the first license to have been issued by December 2009.

Beardsworth says she and the department understand the patients' anger and empathize with them. However, for some users, the department's sympathies are simply not enough.

"I'm sick, absolutely sick," said Bobbi Brady-Cataldo, who uses marijuana to treat multiple sclerosis symptoms, according to The Providence Journal. "It's hypocrisy at its finest."

There are currently no repercussions or parameters in place to reprimand a state when it misses its licensing deadlines, according to Lappanen. The decision process will begin again in October.

GRANT: Marine science gets funds

Continued from page 1

Future data can be compared. Specifically, tests on algae diversity, mercury levels in fish, aquaculture research, and investigating causes for diseases in aquatic animals will most likely be the mainstay of research subjects.

Because the majority of student researchers in Rhode Island are undergraduates, most of the research funded by the EPSCoR grant will serve as training, giving students experience that is beneficial both educationally and as a resume builder, Lemire said.

The student-centered nature of the EPSCoR grant is not a benefit exclusive to RWU students. The communal approach to scientific research has been embodied in the ten-week long Rhode Island Summer Undergraduate Research Fellowship Program (SURF), for which students compete for fellowship positions in research projects conducted by professors of participating colleges and universities in the state.

There might be students in another institution who have no opportunity to do marine biology or at least something that's on the bay so they can come here," Hutcheson said. "It might be some equipment at Brown that students here don't have access to, so they can maybe go there.

The SURF program selects the most qualified students from institutions across the state to participate in the program. Students then choose which participating faculty scientists' research project they would like to join.

This summer, 45 scientists offered research programs through the SURF program. Nineteen students were chosen to participate in the program, so not all the scientists' projects were undertaken. Now, with EPSCoR subsidization, more students will be able to be selected to earn fellowships in the SURF program, meaning more scientists' research is conducted.

Yet which specific projects are undertaken will still be up to the students to decide.

"If [students] are interested and they are capable, and they are the ones who want to do the fellowship to, then they should have the choice where their interests lie," Lemire said.

Peace Corps Info Table at RWU

Date: Wednesday, September 22
Time: 11:00 a.m. to 3:00 p.m.
Location: The Commons at Roger Williams University

Peace Corps is actively recruiting liberal arts majors with a commitment to public service. Explore new and expanded opportunities in areas such as TEFL (Teaching English as a Foreign Language).

Life is calling. How far will you go?

peacecorps.gov

800.424.8580

So What?

So why should you, the average, non-scientifically inclined RWU student, care about those people in MNS getting a couple million bucks? Jim Lemire, one of the guys putting the $2.1 million to good use, explains:

"We are living in a world where a lot of the problems and the solutions of problems are scientific or technologically driven, and we need a population of informed citizens and we need a population of experts that are going to help solve many of these problems. This goes from climate change, to the oil spill in the gulf... medicine, epidemics of H1N1..."

"If we can position our students and make Roger Williams a place that is central to training the next generation of scientists, then we are doing essentially everybody better."

In other words, the EPSCoR grant will help more students do more research so that more answers can be found by more up-and-coming scientists who can help change the world in more ways.

Not impressed? What if you found out your lab-dwelling peers could be the people that make your career job a reality? Lemire breaks it down:

"Part of the idea is if you stimulate the research community, in the end you stimulate the economy through training a workforce, such that we have a number of students that then go on to jobs where they are now better trained for this, whether it's biotechnology, whether it's small start ups, or a chemical development company, or pharmaceuticals..."

"The more highly educated the population is, in the end, the better the economy can be."

Basically, as students get smarter, companies that employ the student-turned-graduates get smarter, too. With smarter, higher-caliber companies seeking out smart Rhode Island undergraduates, your diploma gets a whole lot sexier.

In short, the EPSCoR grant makes science sexy. And sexy is good.
Continued from page 1 or Maiken Burgj (Multicultural Student President) have been elected to be the "face," so to speak, of their respective organizations. More importantly, Awaii and Burgj along with other org leaders are viewed as positive role models who serve their organization in a constructive way. With that being said, they are the students that are not only looked up to, but they also are the ones who, in many ways, place the needs of their organization above their own personal affairs. These student leaders fulfill the obligations of creating, maintaining, and motivating an organization to succeed. The student leaders also create a positive environment in which their goals can be achieved. These are things that would be hard to do if a student leader was under the influence of distracting or intoxicating agents. Ergo, the importance of staying focused and clean of any substances becomes more and more apparent.

Archery club takes aim at the future

Griffin Lobbance
Herald Staff Reporter

With the new school year underway, students have started to find the clubs they want to get involved with. The intramural teams they will play for, and the different organizations they wish to join. But for ten chosen men on campus, the fall will have a different feel this year.

Each year, the Inter Residents Hall Association (IRHA) puts on the Mr. RWU male beauty pageant. This is a traditional pageant with an intramural aspect to it. Ten male students are chosen to compete in the event. Although the culmination event is one of the best known around campus, the main focus of the show actually begins now and will continue up until the last spectator walks into the show. The ten male contestants are as follows: Dave Velle, Chris O'Reeles, Casey Selon, AJ Guedorou, Travis Courmoyer, Matt Butzke, Brendan Buerger, Brett Bergman, DJ Savigny and Justin Demers. The group will begin fundraising for Hasbro Children's Hospital in Providence and The Children's Miracle Network by carrying a blue water bottle around campus at all times and asking for donations to go towards their grand total, which, in the past, has totalled upwards of $24,000 for all ten contestants. Students will see the faces of these contestants at Homecoming, pep rallies, in class, and at other events. Through the duration of the fall season, they will fundraise in as many ways as they can while also preparing for the show in late November. At the end of the show, along with one male being crowned as Mr. RWU, awards for Most Funds Raised and a Mr. Congeniality award will be given out.

The co-chair of the event, Amy Roach, feels that the pageant is both an educational and fun experience for the guys. "The pageant is for the community," Roach said, "where all the money we raise goes straight towards the hospital." Roach continued to comment on the proceeds of the event. IRHA, with the help from different departments, will create the event so that 100 percent of the money raised and generated from the production can go directly to the hospital. Roach also commented that "[our efforts] have a direct impact to the people right around

The Mr. RWU contestants are known for their exuberance, enthusiasm, and dedication.

Connor Gentilcore
Web Manager

The newly established archery club is shooting into action, gathering members and establishing places to practice. Alex Diaz, a freshman here at Roger Williams University, is starting the school's first archery club for students to participate in on campus. The club is likely to officially start within the coming weeks, and is still looking for Public Safety to sanction an area to store the bows. Diaz's passion for archery started when he went on a family vacation in Florida and shot a bow for the first time. His last three years in high school were spent shooting for fun, and now, he is bringing his enthusiasm and passion for the sport to college.

"People misplace the needs of their organization above their own personal affairs. These student leaders fulfill the obligations of creating, maintaining, and motivating an organization to succeed. The student leaders also create a positive environment in which their goals can be achieved. These are things that would be hard to do if a student leader was under the influence of distracting or intoxicating agents. Ergo, the importance of staying focused and clean of any substances becomes more and more apparent."
As we approach the start of the fall semester, RWU's Mock Trial team is looking forward to another successful year. The team, which consists of a mix of returning and new members, is eager to compete in regional and national tournaments.

"The fall 2009 semester, RWU was a very 'young' team, with only five sophomores, one senior and two freshmen. Not many groups knew of them," said Nick Tsimortos, President of the RWU Mock Trial team.

The team has faced some challenges, but they are determined to make a splash in the competition. They have already made it to the Gold Rounds for the first time, an achievement that Tsimortos finds "tough - you have to hide the fact that you're nervous." The team has also been working on improving their performance, with Tsimortos noting that "there is more to being on Mock Trial than just being a public speaker." Members are required to play roles such as journalists, CEOs and car dealers. They also practiceArguing your case is essential.

"It's tough - you have to hide the shakiness," Tsimortos said. "The judges are hanging on every word you say." For more information on the Mock Trial team here at RWU, contact Nick Tsimortos, at ntsimortos01@rwu.edu.

The team is already looking forward to the fall 2010 semester, and Tsimortos is optimistic about their chances of success. "We're going to make it to Gold Rounds this year. We have everything we need to make this happen; it's just up to us," he said.

November of 2009, again taking first place overall with multiple individual awards. "It's good when the team wins, obviously," Tsimortos said, "but when you hear RWU called for the individual awards, it's a good accomplishment for the program." While competing at Brandeis University, an invitational that featured some of the most notable teams in the country, RWU was able to compile a final record of 5 - 3. Although they didn't take first place at this event, the team was still impressed with their performance among such exceptional national teams.

Tsimortos continued, commenting on the change in status that the RWU team has fostered over the past year. At the beginning of the fall 2009 semester, RWU was a very 'young' team, with only five sophomores, one senior and two freshmen. Not many groups knew of them, and they had yet to make a splash in the competition. That all changed with their sweeping success at the Coast Guard Academy.

Now, with seven out of eight team members returning, Tsimortos is optimistic about the future tournaments they are scheduled to attend. "It would be nice to have some seniors," he said, "but the experience of all of us is what makes it work. We're all really dedicated to it."
Bristol Bagel Works brings you a better breakfast

Darielle Terry
Herald Staff Reporter

It's Sunday morning, and the whole Browne family is up working behind the counter of their Hope Street store, while out in the front, the line is almost out the door and just about every table is full. They are getting ready for the Sunday morning rush at Bristol Bagel Works.

"This is one hundred pounds of dough that will make about 34-dozen bagels that will all be gone by tomorrow," explained Rob Browne, one of the owners of Bristol Bagel Works.

Rob is busy cutting up dough and placing it in the conveyor belt that molds the bagels into shape. His parents are also busy, trying to keep up with the demands of their popular breakfast destination. Rob's mother, Chris, is preparing another batch of tomato basil cream cheese as Rob's father, Herb, is rolling trays of bagels out of the oven.

The three Brownes are the proud co-owners of Bristol Bagel Works. The store is just a three-minute drive from Roger Williams University. Their central location in Bristol is on 420 Hope Ave., in between the Toy Shop and the Paper, Packace and Panache store. From Bristol Bagel Works, it is a very short walk down to the water near Thames Street, where you can look out and see the beautiful Bristol Harbor. On any given morning, you will see families and students sitting outside of the store enjoying bagels and coffee.

Chris describes the atmosphere at the store as being, "friendly, comfortable and unpretentious... (laughs) I hope!"

Throughout the day, Chris and Herb's grandchildren hang out in the back of the store jumping on bags of flour and practicing singing the newest songs they learned in school. The store has many regular customers who will not go a full week without coming into Bristol Bagel Works, at least once, the owners said. Most RWU students may already be familiar with Bristol Bagel Works, yet may not know it. Bristol Bagel Works supplies RWU with all of its bagels put out in the upper commons and sold throughout campus. Bristol Bagel Works has always employed RWU students, the owners said. In fact, the manager of the store now is a RWU graduate.

The store offers a wide variety of selections to choose from, for breakfast or lunch. They have 14 different types of bagels, including everything from broccoli and cheese bagels to blueberry bagels. All of the bagels are made without eggs or oil, making them a healthy choice for a meal or snack. They also have about 10 different types of flavored cream cheese. Their most popular flavor, besides plain, is scallion. But Bristol Bagel Works offers more than just bagels: "Bagels are our staple but we were willing to accommodate to people if they want something special," Chris said. Besides bagels, they also have a variety of sandwiches and pastries. To pair with their delicious food, Bristol Bagel Works has a full selection of coffees, smoothies, juices and soft drinks, like Bristol's own Empire Bottling Inc. soft drinks.

The Brownes opened Bristol Bagel Works in August 1994. Chris and Herb were both on their way to retirement. Chris had been a registered nurse, and Herb had worked as a salesman. Their son, Rob, was about to graduate from college in Vermont. They wanted to open up a new business, so they looked into opening a car dealership or a radio station. In the end, they decided to open a bagel shop in their hometown. Sixteen years later, the business is doing better than ever, they said.

Bristol Bagel Works is open Monday through Friday from 6:30 a.m. until 2:30 p.m., and on the weekend from 7:00 a.m. until 2:00 p.m.
Approximately 9 years ago the United States of America was under attack from a known enemy. We all knew the story, the conspiracies and the opinions on what happened that day. Fast forward to right now: your cell phone is probably going off, you might be sitting in front of the TV, and you’re probably on your Gmail, all at the same time. These changes in our life from 9 years ago have connected us as a global society, which has turned into an information-gathering gift and curse.

My hope for this piece is to find a lot of understanding through all the media bullshit and I hope I can help open up the eyes of my peers and provide a different perspective on an issue.

The real issue sprouting from this anniversary is the media coverage given to a Pastor, named Terry Jones, which allowed him to spread his word of absolute nonsense. Who is this man you may ask? He resides in Gainesville, Florida and is the Pastor of The Dove World Outreach Center who rallied his church community to burn the Quran, which is the holy book of Islam.

This weekend could possibly be the best example of a majority of people around the globe drawing the same conclusion: Pastor Terry Jones is a nut job (this is the nicest way I can say this). I know exactly what you might be thinking, that he has the right to freedom of speech, but this man also has the right to freedom of religion, and in that idea resides the notion of religious tolerance. Islam is a religion just like Christianity and Judaism, all originating from the same geographical region, sharing many of the same ideas, and this should never be forgotten.

Granted some out there believe all Muslims are terrorists and don’t think twice about the extremists in other social societies. To be put in perspective, America has had their own homegrown terrorists including, most recently, Scott Roeder an American and devout Christian, who shot George Tiller, an abortion doctor, last May.

With that said, we should be criticizing the actions of terrorism that take place around us, just like I am writing this opinion criticizing Jones. I believe everyone should have the right to freedom of expression in this country, but this task line, in my opinion, comes down to hate speech and being closed-minded, which has fueled debate for media around the globe. At college students, it is our responsibility to form our own opinions and draw our own conclusions and to not buy into any prejudice the media might give off. Not to sound clothe, but question everything.

There should be a healthy debate on what has led us to this point in time and we should be doing it with an open mind set based in knowledge and to be tolerant of those with opposing opinion.

So why is it that every idiot who wants to burn a Quran on the anniversary of 9/11 gets multi-media coverage on a ridiculously large scale? I’ll be honest, when I was first asked to write my opinion on this issue I was very divided. Part of me wanted to play devil’s advocate and say, “Hell yeah he can burn it!” But, despite my desire to receive hate e-mail naming me a bigot and what not, I just couldn’t. The burning of the Quran by Pastor Terry Jones was a bad idea. I recognize that the extremism of one branch of Islam does not warrant the damnation of the entire faith. I’m sure the recent debate over the construction of a mosque near the site of Ground Zero only fuels thoughts like this, but we have to be careful.

While we, as Americans, have this amazing Constitution that grants us the right to freedom of speech we have to recognize that Uncle Sam was right: "With great power comes great responsibility." The liberties that we enjoy in this nation are not to be taken advantage of, just because you can burn the Quran does not mean you should. I understand that a large portion of the American population are fearful of the Islamic stereotypes that our society has created as a result of 9/11, but we must not fear the Islamic faith as a whole.

I am all for bringing the full might of the U.S. military to the doors of terrorists, but we have to be smart. Furthermore, I am concerned with how this burning would have affected our international relations within the Middle East. I know that we have a really large fan club in the nations of that region and this Quran burning would have hurt our membership indefinitely. Nothing says "we are looking to establish stability" quite like mocking the followers of the Quran with a good old book burning. For our troops sake, let’s keep the ignorance down a few levels. If we are ever to achieve stability within the Middle East it will be through time and understanding. We do not want riots in areas where our "boys" are, we have asked them to do enough already and the addition of a Quran burning to incite some angry mobs is just unnecessary.

While I will not call Pastor Terry Jones an extremist, because I can see where he and his followers are coming from, and how they view the ideals and values that they honor as being under threat, I will say that the burning is the wrong way to protect their way of life, their ideas, and their beliefs.

While it may provide them with some sort of satisfaction, it would ultimately serve to produce a negative outcome which is not what the good pastor would have wanted, which is why he canceled it. Pastor Jones realized the errors of his line of thought, and for that I applaud him. On that note, I’m running near my word limit so I’ll say good day and God bless.
I'mma let you finish...

Gaga in the flesh

Owen Kauppila
Co-Managing Editor

The MTV Video Music Awards lit up television screens throughout the country last weekend. The white carpet flooded with celebrities, Lindsay Lohan made an awkward come back, Taylor Swift and Gaga showed up with an posse of military men and women.

Now, although this wasn't the best VMAs I've seen, in any sense, I did end up feeling the love; the love of Gaga.

I know, I know...enough about Lady Gaga, right? Wrong. This is because she wore a hat made in the business. In addition to winning video of the year, and to put it on the carpet flooded with Gaga.

She sang every note, from the upbeat to the totally quiet, monochromatic as usual. She was born this way. "Gaga's little monsters" were pleased, to say the least.

I'm not saying every note (unlike Justin Bieber or Nicky Minaj) and hit every note (unlike Eminem or Rihanna or Taylor Swift). In her improvisational mini-performance, Gaga managed to capture my attention and prove to me that she was a true talent. There were no edited vocal lines or synthesized, no fog or mirrors, just pure, unadulterated Gaga vocals.

I'mma let you finish. Eminem, Bieber, Swift and Minaj, but take some advice from the mistress herself and bring a little Gaga into the way you look at music.

Jeremy King
Business Manager.

Welcome to the all-new Hawks' Herald auto column. We at Roger Williams University seem to have a pretty soft-spoken automobile community here on campus. We have lifted trucks, lowered coupes, chromed-out SUVs, and tuned hatchbacks. All in all, RWU students seem to really love their cars. This column is a place for weekly automotive news, views, tips, and tricks. But we need your help! If you have a question about your car, have an idea for a story, or just have something to say, send it in to hawksherald@gmail.com and put CARS in the subject line.

We're all about efficiency these days. We compare cars in mpg in lieu of zero-to-sixties. We judge a car's emissions to determine how "green" they are. We look for cars that can drive half-way across the country on a single tank of gas. To those of us who this is of utmost importance we so often turn to hybrids. It started with the little Honda insight back in 2000 getting a whopping 70 mpg on the highway. Shortly after, Toyota's Prius hit the U.S. market creating a new standard for "efficient" cars. It has become the quintessential fuel-efficient icon of the automotive world. But why? How efficient is it? According to the EPA, the 2010 Prius gets a mind-blowing 51 mpg, highway. Wait a second, isn't that almost a third less than what the Honda was getting over a decade earlier? With advancements in lithium-ion technology, CVT transmissions, and regenerative braking, shouldn't we be seeing progressive results? The Europeans sure aren't foreign to the idea of mpgs, or should I say kilometer per liter, they thrive on those figures as well, but they're actually doing something about it.

Go to Europe and take a look around, you don't see hybrids ruling the roads, they've put their faith in diesel. Sedans, coupes, trucks, SUVs - they've all got them. Why you ask? Because they're better! They're not the best option if you're worried about gas mileage but don't want to compromise on power. The Prius is a third option. It's not as efficient as these electric Frankensteins and demand diesel options. Honestly, it's only fair!

Tip of the Week:

Want to make your car more efficient? Check your tire pressure. If your tires aren't properly inflated there may be too much rolling resistance from your tires. What's that mean? That means your tires are creating too much friction with the road causing your gas mileage to fall. Don't know how much air is enough? Check your driver's side doorknob. All cars have a sticker or plaque with proper inflation data for your car.

Mark Fusco
Photo Editor

Anyone involved in an organization that has shrugged off the campus Recreation Center is familiar with the cheesy motivational signs depicting rivers and flowers encouraging you to be all you can be. We mostly ignore them and sometimes poke fun at them for their sentimentality, but on a recent trip to downtown Bristol one was out for revenge. The hot air balloons provided a typical background for this sort of thing and the phrase was almost spot-on. "Aim for the stars - maybe you'll reach the sky.

Seemed like a normal cheesy sign, then it hit me. Maybe. That word casts a shadow of uncertainty over the entire idea of the sign. "Do what you can and it might amount to something," is not near as encouraging as it may seem. Maybe if we ignore that fatal word the sign's message will be improved. Notice with closer reading you realize that the sky, though very high, is not nearly as high as any star. So where does that leave us?

With the comforting thought that we can do something and it will be outcomes. That we can try for something and it might accomplish something? Maybe. It could have simply been the sarcastic mood I was in by the time the afternoon came around, but this sign left me scratching my head thinking "WTF?" Made for a good laugh too.

WWW.USMAGAZINE.COM
Lady Gaga at the 2010 Video Music Awards

Sept. 16, 2010

Page 9
Here comes the cold: 4 tips to stay healthy this fall

- **Sleep** - I may mention sleep a lot, and I should start to follow my own advice, but getting enough sleep is crucial for college students. Lack of sleep only weakens the immune system causing people, students in particular, to become vulnerable to illnesses. A good night’s sleep is very beneficial to the body.

- **Hygiene** - If you’re straight-forward: wash your hands and do not share drinks. Citrus contains a lot of Vitamin C, which helps conquer a multitude of illnesses. Drink up that orange juice or start taking a Vitamin C supplement.

- **Tea** - Tea helps clear the sinuses and soothe the throat. If your symptoms include a runny nose or scratchy throat, try some herbal tea. This can be made in any dorm by simply heating water in the microwave for 2 minutes.

- **“Time cures all”** - The old saying is true: You can’t rush the common cold, but you can speed the process up and prevent it from recurring.
Here comes the cold: 4 tips to stay healthy this fall

Katlyn Proctor
Opinions Editor

Autumn is approaching quickly and bringing the common cold right along with it. It is a known fact that students are more apt to fall sick when the seasons change because of an influx in pressure levels. When the weather finally levels out to the constant chilly wind of fall, the high risk chance of catching the common cold is reduced. Sniffles and coughing is heard already echoing throughout the library and upper commons. If you are experiencing chills, sneezing, coughing, and drowsiness, here are a few tips to beat the chill and remain healthy.

- **Sleep** — I may mention sleep a lot, and I should start to follow my own advice, but getting enough sleep is crucial for college students. Lack of sleep only weakens the immune system causing people, students in particular, to become vulnerable to illnesses. A good night's sleep is very beneficial to the body.

- **Tea** — Tea helps clear the sinuses and soothe the throat. If your symptoms include a runny nose or scratchy throat, try some herbal tea. This can be made in any dorm by simply heating water in the microwave for 2 minutes.

- **Hygiene** — It's pretty straightforward: wash your hands and do not share drinks. Citrus contains a lot of Vitamin C, which helps conquer a multitude of illnesses. Drink up that orange juice or start taking a Vitamin C supplement.

- **"Time cures all"** — The old saying is true: You can't rush the common cold, but you can speed the process up and prevent it from reoccurring.
Hawks sail through opening weekend winning 4 regattas

Lauren Tierney
Herald Staff Reporter

It was a busy weekend for the Roger Williams University sailing team. The team competed in four regattas across New England over a two-day span, including the Harry Anderson Trophy at Yale University, the Penobscot Bay Open, the Harman Cup at Maine Maritime Academy, and the Mt. Hope Bay Invitational at home. The Hawks took home one first, two second, and one fourth place finish overall.

"The Harry Anderson is the biggest event of the weekend and we finished in second place, only a few points behind Brown," said Head Coach Amanda Callahan. "Standouts at the Harry Anderson were C.J. Thompson and Kelly Stannard, who won their division. The two sailed together for the majority of last year and both were named All-Americans by the Intercollegiate Sailing Association (ICSA)." Thompson said, "I was really happy with my performance, but most importantly with my team's performance." Thompson and Stannard weren't the only success story of the weekend. Up at the Harman Cup in Maine, the team led by Alec Anderson and crewed by Josh Saltmarsh, Zach Shaprio, and Alex Feldman qualified for the New England Sloop Championship. This regatta is one step along their way to the National Championship. At the dinghy regatta, George Saunders and Abby White won the A division while Hailey Powell and Bianca Rom finished second in the B division. At home, two Hawks teams finished fourth and eighth in the Mt. Hope Invitational. The Roger Williams University Sailing team looks to continue their streak of success. Thompson hopes to "take one regatta at a time, and finally get Roger Williams to become number one in the nation." The Hawks will be competing again next weekend in New York, New Hampshire, and Massachusetts.

Third-place finish for Women's Cross Country at RWU Invite

Henry Loughlin
RWUHawks.com

The Roger Williams University Women's Cross-Country team ran well in its second meet of the season Saturday at Colt State Park. Racing on their home course at the Roger Williams Invitational, the Hawks placed third out of a field of seven teams.

First across the line for Roger Williams was sophomore Liliana Ruffner, who cracked the top-10 with a time of 20:04, good for 7th overall out of the 87-runner field. Freshmen Vanessa Camilo and Kristen St. Pierre were the next two Hawks to cross the line, finishing 14th and 17th, respectively, with times of 20:56 and 21:06. Junior Alexander Honkala was right behind in 18th, clocking 21:16, while classmate Jessica Kolcza was a second behind, finishing 20th in only her second cross-country race ever.

Sophomore Katie O'Koren and junior Lauren Ashby rounded out the top 7, placing 26th and 31st, respectively, with efforts of 21:41 and 21:51, respectively.

Despite the brevity of the season, the Hawks continue to demonstrate their potential with their performance on the day. The top-eight runners all brought 22 minutes over the 3.1-mile course, with junior Kaitlin Crowley, the 4th finisher for the team, placing 30th with a time of 21:59.

The Hawks are at the UMass Dartmouth Invitational next Saturday.