Amidst the bombardment of snow and ice last week, plow truck drivers expediently worked throughout campus, doing their best to clear the pavement while avoiding road-obstacle-like students’ cars.

While scraping along the tar-mac, a contractor’s plow truck met steel, colliding with a student’s car in H-4 on Monday, Jan. 31.

The driver of a Da Ponte’s Landscaping Svc. Inc. 2005 Chevrolet plow-equipped pick-up truck collided with the right passenger side of Roger Williams University student Marc Molloy’s 2002 Imports Camry, according to a Bristol Police Department accident report. Neither of the drivers were injured in the crash, police said.

The road conditions at the time of the accident were listed as “slippery” by the Bristol Police Department.

Despite the fact that Four Loko manufacturers released a press statement stating the product will be changed to not include potentially dangerous energy boosters, the Roger Williams University Administration has placed a campus-wide ban on the popular drink.

"The decision was made by the president and his cabinet," said Kathleen McMahon, Dean of Student Affairs and Other Drug Task Force (AODT), McMahon sat through many meetings with faculty, staff, students, and student senators before deciding to recommend the ban to President Champagne.

Last semester, the drink became tremendously popular all over the university, including the dry underclassmen dorms of South campus. However, the AODT did not limit who they felt needed to be protected from the dangers of the caffeine-laced alcoholic beverage.

Multiple transports to the hospital and numerous disruptions of the community were attributed to campus community plans to celebrate the university’s 55th birthday this Valentine’s Day, Feb. 14.

"We do at RWU is possible because of the vision and hard work of the founders and our predecessors," Mrs. Champagne said. "Founders Day gives us an opportunity to recognize and appreciate our mission and our legacy." In the spirit of the Valentine’s Day birthday, Mrs. Champagne and Jon Small, Director of Special Events, created blue rubber wristbands with the slogan "We (Heart) You RWU" to be distributed to campus community members on Founders Day. The university is also providing free meals.

Mrs. Champagne seeks to establish annual tradition
**N.Y. Rep. Chris Lee resigns after Craigslist scandal**

Republican Rep. Christopher Lee of New York resigned his House seat Wednesday following a report that the married congressman had tried to meet a woman on Craigslist.

"It has been a tremendous honor to serve the people of Western New York," said a statement by Lee posted on his website. "I regret the hurt that my actions have caused my family, my staff and my constituents. I deeply and sincerely apologize to them all. I have made profound mistakes and I promise to work as hard as I can to seek their for­giveness."

---

**One of five Colombian hostages is released by FARC**

Colombian politician Marco Baquero was released by the FARC. Colombian rebel group after one year and seven months of captivity, according to CNN affiliate Caracol TV.

"My first words are for my wife and my children, who I love very much," he said.

Baquero was the first of five hostage releases expected by the Revolutionary Armed Forces of Colombia, or FARC. He was a councilman from the town of San Jose de Guaviare.

---

**University plans 9/11 anniversary**

CLAIRE MOSER | [Herald Reporter]

Sept. 11, 2011 will mark the tenth year that's passed since the attacks on the World Trade Center and Pentagon. Because of this, Roger Williams University is already making plans to honor the lives lost.

Allison Chace-Padula, Director of Conference and Activities for Student Affairs, is trying to gather a planning committee of faculty and students.

"What we would like to do is form a small committee to bring people together from various parts of campus to start brainstorming the types of things that we feel would be appropri­ate for the commemoration," Chace-Padula said.

RWU plans events in remember­ance of 9/11 every year, but with this being the 10th Anniver­sary, the administration real­ly wants to do the date justice.

"Every year, the College Re­publicans and College Demo­crats organize a 9/11 memorial on campus. Being a member of College Republicans, I am ex­cited for an event with admin­istration, clubs, and students working together," said Thomas Gleason, Student Senate Pres­ident, who plans on being in­volved in this project.

Chase-Padula is keeping tabs on what New York City plans to do on 9/11, and is considering showing that event on campus via jumbotron. Other ideas that have been brought up so far are bringing relevant speakers to campus and making next year's common reading a book that is related to 9/11.

The idea is that there should be multiple events on the actual date and possibly the days sur­rounding it.

"I think people will want to mark the day in different ways, and we want to have respect for that," Chace-Padula said.

"This shouldn't be a problem, because Chase-Padula expects that many of the clubs and organizations on campus will want to help out. She isn't just looking for students already in­volved, however. The commit­tee should be a diverse group, and Chase-Padula is particu­larly interested in people who have personal ties to the 9/11 attacks.

"If there are folks in the com­munity who have ideas about or have something that they'd like to see included, well be very interested in hearing from them," Chace-Padula said.

People interested in participat­ing in the 9/11 committee are invited to contact Chase-Padula at achasepadula@rwu.edu.
LOKO: University officially bans drink
Continued from page 1

to consumption of Four Loko. "It's hard to be responsible when drinking a Four Loko," McMahan said.

The ban actually started last semester, but Student Conduct, who is charged with informing students of new rules, waited until the new semester to in­form and enforce the new regu­lation. The office prefers to wait for a new semester before plac­ing new conduct regulations in effect.

"I think it's ridiculous," report­ed one freshman who preferred to remain anonymous. "If anything, I think this will encourage kids to try and get their hands on it, even now when it's become so difficult to find." According to RWU Alco­hol Policies, and Guidelines the kegs, handles, funnels, drinking games and others are also banned. Four Loko, which inhibits a person's ability to real­ize they have had too much to drink, falls in line with the other banned substances and the university's attempt to prevent students from consuming large quantities of alcohol, especially at rapid rates. All items are sub­ject to confiscation and their owners could face penalties in­cluding merit point reduction, possible suspension, and even expulsion.

Program offers new way
to get students talking

Will Foley | Herald Reporter

Roger Williams University will soon start training students in how to participate in and fos­ter civil discourse. On March 4 and 5, the Leadership Institute in Inclusive Discourse will be on campus. This two day event will train students to hold sus­tained dialogues on matters that they think are important. This entirely student-run program will allow students to decide where, when, how and what they would like to discuss in a civil and approachable man­ner. "We're looking for about 40 stu­dents," said Carol Sacchet­ti, Di­rector of Student Programs and Leadership. These students will "work to improve their campus, their workplace, and their communities," Sacchetti said.

Ideally, the program will train a core group of students who will then work to promote dialogue throughout campus. Some will take leadership positions and help to run future programs, while others will simply take part in the discussions. This allows for students who may not have participated in the March 4 training to become more involved on campus. "I hope this is another opportu­nity for students to get involved in, and will want to be a part of," Sacchetti said.

"It was identified as something that would be beneficial," Stated Allison Chase-Padula, Director of Conferences and Assistant to the Vice President of Student Affairs. Chase-Padula believes that the program will help to promote the RWU core values. "Given the opportunities that sustained dialogue presents, a college campus is a great place to have it, especially in a univer­sity like this that promotes civil discourse as a core value. "What I really love about it is that it is student run," Chase-Padula said. This allows for students to take charge of subjects that they feel are important, and find other students who think similarly.

According to Sacchetti, this will also offer a way to con­tinue with the civil discourse series. "We have these civil discourse lectures that happen, and I think we noticed last se­mester that students would say, 'What was that, and what next? I think sustained dis­cussion can take a topic that was addressed at a civil discourse and offer other discussion after that speaker has left, so we're not just discussing it once; we keep bringing it back,' Sacchet­ti said.

Student Conduct, the office that originally proposed having a sustained dialogue program, is trying to encourage students to have no topic be off-limits, but at the same time, maintain civil discourse. According to documen­tation from the Sustained Dia­logue Campus Network, the organization that provides the program, "the world’s pressing problems require citizen leaders to work together across lines of difference at local, national, and global levels. Yet, while succes­sive generations are described as more tolerant, widespread bias persist in modern campus envi­ronments." This program aims to combat such bias.

"I'm very excited for the pro­gram," said freshman Jacob Hol­mes, who received an invitation to the program. "I really think this a great way to maintain civil discourse here at RWU."
Forking over a new leaf

NICHOLLE BUCKLEY | Herald Reporter

Notice the changes to the Commons? Señor Hawk's is now called the "Mexican is always popular," said Robert Lavioe, Director of Culinary Operations. "Looking at comment cards that students give us on a constant basis say 'more tacos, always tacos, please have tacos.' It has proven to be very popular. I think it's a great alternative as opposed to having stir fry on both sides." But don't worry, Bon Appétit will still do nacho chips and a taco salad. They'll change it up a little here and there so there doesn't look like it's the same thing, Lavioe said, "as far as the griddle goes, I thought it was looking a little old and shabby. The biggest change was making our own french fries. We'll get better at it, and I think the kids will eventually adapt to those fresh cut french fries." Students might also notice the revamped stir-fry station. Instead of looking so indistinguishable with all the metal and stainless steel, it looks more authentic now. The last revamp took place five years ago. Lavioe said, "a big change we may have next semester is that we may put in for a real grill even in the pizza station, as opposed to the conveyor belt oven, so we can make the pizza like the ones that we have downstairs in the Lower Commons." That'll be a big change if we get that approved. It's fun for the staff. They're all working at different stations now, so they're having fun with that as well. Hopefully everything will be a positive change," Lavioe said. And don't worry, human feet will still be served. "It'll be a little bit different than what it has been in the past. Students will have to go get their own ice cream and will put the sauce on it. It won't be set up like it was before, but once we get into the rhythm of getting these new stations set up and working properly, then we'll fall into bananas foster on Fridays again," Lavioe said.

Joshua Hennessy, Manager of the Upper Commons, is proud to say that the Commons have "extended our hours Sunday through Thursday until 8 p.m. and so far I've seen the time frame between 7:30 p.m. and 8 p.m. increase since we implemented it," Hennessy said. Hennessy and Lavioe both agree that these changes make things fun for the students so things don't become so stale. Lavioe said, "That's why we like to change it up every once in a while and do something different and give you a different experience, so you don't feel like you're going to the same restaurant 7 days a week." Nothing is better than a healthy smoothie after a great dinner, so head over to the Hawk's Nest and "Señor Hawk's smoothie sign's new home." For Bon Appetit, tells all. "We did a new smoothie program where basically we took the old smoothies and, after researching the amount of calories that were in them, I thought it would be best to look for ways to come up with low-caloric smoothies and to give students things like post-workout opportunities to get a breakfast supplement," Nappi said.

Don't worry, the Hawk's Nest staff keeps two of the most popular old smoothies, the Bristol Berry and the Cocoa Splash. They brought in new elements, such as fuzi, water, and orange juice. Bon Appetit is using things like honey and agave sweeten to supplement for any sugars that were in them before. Currently, there are twelve smoothies, and there will also be weekly specials. Nappi said, "I would also like to do a competition where students can give us their input and came up with their own recipes and we can use those as a weekly special. Students can name them themselves." In addition, they're using real far-free yogurt and two new wizard blenders that do all the work themselves. A 20 oz. smoothie is $4.25, definitely worth it for all the refreshing it provides. Nappi said, "I think this is going to be a real fun experience for the students and I'm hoping that Roger Williams will love it."
Bristol is for lovers: Where and how to pamper your sweetheart

Danielle Terry | Herald Staff Reporter

Love it or hate it, Valentine’s Day is right around the corner. It’s the day to celebrate love and affection through sending gifts, flowers, and cards to loved ones. Valentine’s Day is not just a day for those in relationships, though; it can also be a day to show love to your friends or it could be the perfect chance to surprise that crush of yours that you cannot stop writing about on LikeALittle! Whoever you are shopping for, the perfect gift and the perfect date, can be found right here in Bristol.

Since Valentine’s Day inevitably brings with it gift giving, it can be a day for those in relationships, and cards to loved ones. Valentine’s Day is not just for those in relationships, though; it can also be a day to show love to your friends or it could be the perfect chance to surprise that crush of yours that you cannot stop writing about on LikeALittle! Whoever you are shopping for, the perfect gift and the perfect date, can be found right here in Bristol.

Because Valentine’s Day is always a plus, there is nothing wrong with going for the generic Valentine’s Day gifts: roses! Floral Symphony Ltd., located at 579 Hope St., has a large selection of flowers from which to choose. The prices for the bouquets range from $24.00 to $124.00, and arranged bouquets can be found on the Floral Symphony’s website. The names of the flower arrangements featured on www.floralsymphonybristol.com all have their own messages, such as “Hugs and Kisses.” “Always on My Mind,” and “PS. I Love You.” If you are having trouble coming up with the right thing to say, the flowers can say it for you. Customized flower arrangements can also be made in the store, for whatever price fits your budget. In addition to the flowers, a snuffed animal, loons, or a box of chocolates can also be added to any order for an additional price.

If your date has flower allergies, or you want to get something that will last longer, jewelry is a good alternative. The Green River Silver Co. has plenty of Valentine’s Day jewelry items, many of which are heart shaped, including a sterling silver heart necklace with a heart-shaped pendant on the center is reduced from its normal price of $56 to $39 for a Valentine’s Day special. This necklace also has heart-shaped rings that are also $39 for Valentine’s Day. There are many other options to choose from in the store and on the Green River Silver Co’s website like the Rhode Island pendant and Valentine’s Day appropriate jewelry pieces. The jewelry is all reasonably priced and located at 297 Hope St. If you can’t make it in to the store, they also make deliveries for $2.99.

Valentine’s Day would not be complete without satisfying your sweet tooth. Whether you are looking to do something special but that is more subdued, there are plenty of other dinner choices. Roberto’s Restaurant at 301 Hope St. is a fine Italian restaurant. The dining room is intimate, so reservations are a good idea. Or for something a little less expensive, Leo’s Ristorante is also a good choice for Italian food. The restaurant, which is located at 305 Hope St., is known around campus as a classic first date location because it is perfect for college students. Leo’s has a relaxed atmosphere and good food at a good price. Plus, Leo’s will also have a special Valentine’s Day menu.

Remember, whatever you choose to do this Valentine’s Day, do it with love!
Dead batteries stall turbine


Winter storms keep bike path buried

---

ATTENTION: College Freshmen

Is your New Year’s Resolution to find a great part-time job making lots of money?

**Well, look no further!**

Earn TOP $$$ as Machine Operator or Shipper at Gold Medal Bakery

- Earn $14.55/hr after training
- **PLUS** $1.00/hr shift differential
- Work part-time during the school year around your school schedule—continue with more hours during summer breaks!
- Opportunity to qualify for end-of-summer bonus. (Average bonus is $400)
- Possible internship after completing 1 summer.
- Opportunity to apply for $1,500 scholarship

* **Some prior work experience necessary**  
**Must be at least 18 years old**
* **Some weekend availability a must**
* **Must be willing to continue working during summer break**

If interested, complete application #1 at

www.goldmedalbakery.com/jobs

OR

Apply in person (Mon-Fri 8:00am-4:30pm; Sat 8:00am-12noon) at Gold Medal Bakery * * 21 Penn St. * * Fall River, MA
Clearing the paths is no easy task

GRIFFIN LARBARDE | Herald Staff Reporter

Closing in on almost 40 inches of snow this season, students are beginning to wonder how the paths and roads stay clear throughout a storm. Rhode Island is currently experiencing a winter full of changing New England weather patterns. From deep snow and windy conditions, to icy roads and slushy sidewalks, this season's weather has kept Grounds Supervisor Matt Clement and the rest of the facilities department busy.

We are seeing a pretty rough winter in terms of everything clear," Clement said. "When we get a few storms, it is hard to keep all paths and roads always cleared around campus through-out the day." With about 18 pieces of equipment being used in each storm, Clement describes the department called their "snow team." This team is a group of seven members: maintenance staff and residence hall staff members who are dedicated solely during a storm to keep walkways and roads clear. Each member of the team is given a region of the campus to work in, in which they will stay throughout the storm.

"Dividing up the campus allows us to more effectively clear and keep clear all of the high-traffic pathways," Clement said. During a busy storm, Clement said, the department will sometimes work 20 or more hours straight in order to ensure a safer campus.

RWU grounds crew uses a combination of sweepers and plows attached to university trucks and machines. These various pieces of equipment allow for a wide range of clearing options for different weather conditions. "We like to use the sweepers because we can put pressure down on the ground and get a clean sweep which will clear down to the pavement," Clement said.

Along with the machines used, the grounds department prides itself on using one of the only salt products that is endorsed by the Environmental Protection Agency (EPA). Magic Salt is a product that is less corrosive than regular road salt and is has been environmentally endorsed. This product appears to look like sand, but doesn't have some of the negative impacts that sand does," Clement said.

Over the past few years, different road companies and towns have begun to take sand out of the backs of their trucks and replace it with salt. Sand has shown to clog up drains and roads who arc dedicated solely during a storm. "This is the best experience of my life," said Kirby McTague, a sophomore PR major. "I saw so many things that I have always wanted to see and do since I was a little girl." Both McTague and another sophomore, Sofia Giovanello, remember the process of being able to go very quickly. The first twelve people to show up at Shelton's door at 8:00 a.m. Wednesday morning were the people who got to go. McTague missed out the skim-dry day from the trip out on Wednesday and as a result woke up at 5 a.m. both days of the trip. McTague and five other girls spent the night outside Shelton's office the night before. The twins proved to be well worth it.

"I worked at Tuscan Tavern, so I could afford to go," Gio­vanello said. "It was the best money I've ever spent. Even though I spent all of my money, I would definit­ely spend it all again. It was the best time of my life." Every morning at 8, the group would meet Shelton at her desk and then deliver a class lecture for about an hour. After her les­son, it would be time to go to a scheduled appointment and various PR meetings.

"On the days that we had ap­pointments, we had to get there early and find our own way there," Giovanello said. Firms visited specialized in fashion, hospitality, corporate, talent, and food, BWR, a tal­ent and entertainment firm, represents Lindsay Lohan, Brad and Butter, a hospitality and food based firm, does PR for The Shulas (real name Tori Avey), who is a food writer with the aim of preserving the art of Jewish cuisine, Bob Mansfield PR is a boutique fashion firm that takes underground brands and connects them with estab­lished names in the industry, and Entertainment Fusion Group builds brands in both the fashion and entertainment industries. "It was great to go to a variety of [firms] because it helped some of us see what we might want to do and what we do not want to do," McTague said, though she is still torn between event planning, music/television/talent PR or being a publicist as she says. Despite this, one firm did have an effect on her. McT­ague cites one of her decisions being an intern at BWR, hope­fully developing that internship into a full-time job, she said.

KINSEY JAKOBU | Herald Staff Reporter

Twelve Roger Williams University students, who are dedicated solely during a storm to keep walkways and roads clear, frequently experience the winter full of everything and walk down to the bottom of the campus to walk on the roads. "With about 18 pieces of equipment being used in each storm, Clement describes the department called their "snow team." This team is a group of seven members: maintenance staff and residence hall staff members who are dedicated solely during a storm to keep walkways and roads clear. Each member of the team is given a region of the campus to work in, in which they will stay throughout the storm.

"Dividing up the campus allows us to more effectively clear and keep clear all of the high-traffic pathways," Clement said. During a busy storm, Clement said, the department will sometimes work 20 or more hours straight in order to ensure a safer campus.

RWU grounds crew uses a combination of sweepers and plows attached to university trucks and machines. These various pieces of equipment allow for a wide range of clearing options for different weather conditions. "We like to use the sweepers because we can put pressure down on the ground and get a clean sweep which will clear down to the pavement," Clement said.

Along with the machines used, the grounds department prides itself on using one of the only salt products that is endorsed by the Environmental Protection Agency (EPA). Magic Salt is a product that is less corrosive than regular road salt and is has been environmentally endorsed. This product appears to look like sand, but doesn't have some of the negative impacts that sand does," Clement said.

Over the past few years, different road companies and towns have begun to take sand out of the backs of their trucks and replace it with salt. Sand has shown to clog up drains and roads who arc dedicated solely during a storm. "This is the best experience of my life," said Kirby McTague, a sophomore PR major. "I saw so many things that I have always wanted to see and do since I was a little girl." Both McTague and another sophomore, Sofia Giovanello, remember the process of being able to go very quickly. The first twelve people to show up at Shelton's door at 8:00 a.m. Wednesday morning were the people who got to go. McTague missed out the skim-dry day from the trip out on Wednesday and as a result woke up at 5 a.m. both days of the trip. McTague and five other girls spent the night outside Shelton's office the night before. The twins proved to be well worth it.

"I worked at Tuscan Tavern, so I could afford to go," Gio­vanello said. "It was the best money I've ever spent. Even though I spent all of my money, I would definit­ely spend it all again. It was the best time of my life." Every morning at 8, the group would meet Shelton at her desk and then deliver a class lecture for about an hour. After her les­son, it would be time to go to a scheduled appointment and various PR meetings.

"On the days that we had ap­pointments, we had to get there early and find our own way there," Giovanello said. Firms visited specialized in fashion, hospitality, corporate, talent, and food, BWR, a tal­ent and entertainment firm, represents Lindsay Lohan, Brad and Butter, a hospitality and food based firm, does PR for The Shulas (real name Tori Avey), who is a food writer with the aim of preserving the art of Jewish cuisine, Bob Mansfield PR is a boutique fashion firm that takes underground brands and connects them with estab­lished names in the industry, and Entertainment Fusion Group builds brands in both the fashion and entertainment industries. "It was great to go to a variety of [firms] because it helped some of us see what we might want to do and what we do not want to do," McTague said, though she is still torn between event planning, music/television/talent PR or being a publicist as she says. Despite this, one firm did have an effect on her. McT­ague cites one of her decisions being an intern at BWR, hope­fully developing that internship into a full-time job, she said.

The recent snowfall gave residents of New England one of two things: a bad case of cabin fever, or the desire to get out and make the most of their plight. Some Roger Williams University students opted to do the latter.

On the night of Jan. 27, one day after classes resumed at RWU, Chris Alutto, Tim Bax­ter, Mark Fucos, Chris Kelsauk, Jeremy King, and Kyle Rutkau­nas ventured out into the cold. Equipped with snowboards, snow­boots, gloves, and winter coats, they took Portsmouth High School from a seemingly ordinary high school campus and turned it into a makeshift snowboard park, reveling in the terrain that enveloped Rhode Island. However, despite it being obvious to credit the storm for their creativity, the environ­ment in which they were operated was an obvious question: Why? Would such condi­tions warrant people to become hermits, not ekimos? Not for these guys.

"Since it snowed, we wanted to go have some fun," Kelsauk said, who, along with Fucos, was able to find the spot that they transformed from a bland high school campus into a ter­rain park. "We didn't have a local moun­tain, so "urban" riding was the only way to go." Undaunted by the weather, they set to work at around 9:00 p.m. with the intention of getting in a few hours of fun.

What is "urban" snowboarding? Largely resembling skateboarding in its heavy use of structures, "urban" riders constitute utilizing things like walls, rails, tables, and drops in order to achieve momentum. In other words, this is not typical run-of-the-mill, bunny-slope snowboarding that one does at their local mountain: it's generally performed by snow­boarding aficionados who are advanced in their handling skills. Readers should exercise extreme caution if deciding to try out some "urban" stuff, as it is definitely not for the faint of heart.

Although there was snow on the ground for them to work with, these guys were posed another option while pursuing fun: doesn't snowboarding need a mountain to be entertaining? Not quite. "We built a half pipe and a 3-pica-pic-tile "jib," Kelsauk said. The result: something resembling a skateboard park... covered with snow.

For the next three-and-a-half hours, these RWU students had a blast. They grinded the rails, rode some benches, and prob­ably left panacheys behindfelled with what they were seeing. The six men who braved the elements more than reaped the benefits of fresh snow. Let that be a lesson to everyone reading this who sat inside during the storm: just because it seems nasty outside, doesn't mean you can't have fun!

For photos of the riders in action, see SNOW, page 10
Chapter 11
America's academically bankrupt higher education system

For many college students nationwide, making it through four years of parrying, during social jockeying, and self-discovery is a difficult journey. Yet, a new study, published by the University of Chicago Press, has found that many students, college has become surprisingly less challenging in one sense academically.

In their recently released book and accompanying study, Academically Adrift, sociology professors Richard Arum and Josipa Roksa present an unflattering view of the United States higher education system, claiming that large numbers of undergraduate students demonstrate "significant gains" in critical thinking, analytical reasoning, and written communications during the first two years of college.

"How much are students actually learning in contemporary higher education? The answer for many undergraduates, we have concluded, is not much," Arum and Roksa write. "Students[ ]drifting through college without a clear sense of purpose is readily apparent."

The sociologists based their findings chiefly from the College Learning Assessment (CLA), a standardized test designed to rate students' abilities to think and communicate critically. The test was administered to students as incoming freshmen, and then again in as they completed their sophomore years. The tests were administered at two-dozen four-year institutions, ranging from large public schools to small liberal arts universities, calling results from over 2,000 students.

The CLA does not, however, measure students learning in specific areas of study, such as vocational majors. Arum and Roksa say that their findings are congruent with the National Survey of Student Engagement (NSSE), a national survey of over 2-million students at 1,000 colleges and universities. The NSSE has shown similar trends in declining student study habits.

"The solution to the watered-down degree problem, Arum and Roksa say, is for both students and university administrators to start committing to more comprehensive academic experience. "You need an internal culture that values learning," Arum said. "You have to have departments that they aren't handing out easy grades."

Though he admits that the recuperating economy slows institutional change, Arum argues that colleges and universities need to redefine their goals.

"It's a question of what outcome you want," Arum said. "If the outcome is student retention and student satisfaction, then engagement is a great strategy. If, however, you want to improve learning and enhance the academic substance of what you are up to, it is not necessarily a good strategy."

Notes

---

June Speakman
Professor of Political Science

"If we are going to foster critical thinking, complex reasoning and writing skills, what do we need? We need agreement that these are the goals of higher education. We need agreement on how to integrate them into our curriculum without sacrificing academic freedom. We need students who come to us prepared for these challenges. We need small class sizes. We need faculty development programs that help faculty devise ways to encourage often resistant students to read more and write more.

As the authors say, liberal arts courses encourage critical thinking. Complex reasoning and writing. Perhaps we should ask ourselves if that isn't a shift in focus that has gone too far. But again, I am a liberal arts professor, so I have a bias. I also understand how difficult it is for students to add more liberal arts courses to their course of study and still graduate on time. It is complicated."

Sandra Schreffler
Professor of Spanish and Linguistics

"Unfortunately, I believe that if Ruhl it is true that students are not as academically challenged as they should be. Too many of our classes lack writing and reasoning components so that students are not provided the opportunity to exercises higher-level thinking skills. I have found that many of the students who enroll in the courses I teach arrive without realizing the opportunity to develop and hone critical thinking skills, and except for the writing courses that they are required to take for graduation, they have little experience in forming an argument and maintaining it over a long 15-20 pages) written document."
SNOw: Riders turn powder into playground

Juniors Chris Kluwek, Kyle Barrett, Tim Basses, and Chris Alutto are photographed snowboarding at Portsmouth High School, finding ways to get their snowboarding fix, without the mountain.

LOWER COMMONS RAISES SELECTION

Students are lining up in the Lower Commons to experience some of the new features and specials Bon Appetit is cooking up.

The Lower Commons on campus has always been a place where students can go and get a late-night sandwich or a piece of pizza, but with the help from Koren Nappi, the Director of Retail Operations for Bon Appetit and the rest of the staff, the Lower Commons now offers much more for the student body.

"We re-vamped the look of the displays and features so that students are drawn to the new additions," Nappi said. She added that the staff tries to run certain specials that pertain to the season or a widely celebrated tradition or holiday on campus.

Recently, students could buy the Super Bowl special which consisted of a large pizza and a drink for only $12.

"Selling entire pizzas is something that the Lower Commons has been marketing more in the past half year to encourage students to purchase food on campus with their food points.

"From when you call in a pizza to the time you pick it up, you should only be waiting about 10-12 minutes," Nappi said.

Along with the new pizza-to-go offers, students can find some new additions to the menu in the Italian section. For just over $6, students have their choice of either a meatball sub or a freshly breaded chicken parmesan sandwich.

"We cut and bread our own chicken on site from an egg batter which is made in house," Nappi commented in saying that the largest of Bon Appetit's changes also such as the new coca-cola cooler and the new shelving for fruit near the large drink cooler" Nappi said.

"We have done some new decorating changes also such as the new Coca-Cola cooler and the new shelving for fruit near the large drink cooler" Nappi said.

Students can find out about all of the new changes and specials Bon Appetit is featuring in the Lower Commons through their Facebook page and also on the Daily Dose.

Nappi commented in saying that their biggest form of advertisement is their own signage in the Lower Commons and the word of mouth between students.

PRSSA: Students get insider's look at Hollywood

Continued from page 7 being filmed, walked past the set where the infamous upside-down Spiderman kiss was, and stood on the set of Gilmore Girls.

"It was so weird because they explained to us how when people film movies, it's like a whole little world but everything is fake," Giovanello said.

"The same buildings are used in all the movies, but they're so different because of the time era of each movie and how each director wants the buildings to look. I thought that was so interesting.

"Interpersed between the film trips and the sightseeing were assignments. Each student had to write a brief about every PR firm that was visited, and two papers were to be written about two separate live events that were attended. A reflection paper was also handed in, and for the final project, each individual group was required to write a pitch to a company with an idea for a live event.

"Raisers were high for Professor Shelton, as both girls spoke of her passion for teaching and her commitment to the PR students at RWU.

"Everyone would fight to talk to Shelton about their future plans and she was very helpful with everyone's questions," McGugge said. "We all really respect her. The trip was amazing itself, but without her it would not have been as much fun."

Giovanello added that Shelton is "the reason why there are so many opportunities for PR kids here at Roger Williams. She makes it possible for us to stand up to and compete with Ivy League schools when we go up for job interviews. I am so grateful for everything she does."

Both McGugge and Giovanello left L.A. with reluctance, but happily discovered that being in PR felt as good as it looked on paper.
For their good and yours, give VARTS students bigger piece of the pie

ALEXANDRA ARTIANS | Opinions Editor

The Visual Arts Department is something I feel has been greatly overlooked at Roger Williams University. When talking about all the strengths this school has or offer the list usually goes: beautiful campus, great architecture, architecture department, marine sciences, and so we offer a lot of other majors too. It is hard to really see where the visual arts fit in with our community logistically. Where I believe it should be is at an equal level with the top things that we offer, along with the other overlooked majors. The arts are not only an important part of any community but also an essential part of a liberal arts community. Student art is a visual expression of what we as a student body are feeling and interested in. This is something that can attract new students and invigorate existing ones. Right now, that huge source of student power and student interest is not being fully utilized and the solution to that is a permanent on-campus gallery space for the visual arts. The solution to this just this year purchased an off-campus warehouse that is shared between the seniors of the visual arts department and the School of Engineering. While this is a step in the right direction, it is also limiting in the fact that all of that great work and influence is being pushed out of the day-to-day at RWU.

While this is a new art building, even as a Visual Arts minor, the studio space in the art minors—creating, mixing my mouth water and my blood boil from jealousy. Aren’t visual arts students just as deserving? One of the problems is that the largest portion of students in the Visual Arts Department are minors. But if there was studio space and a better on-campus presence, things would change and we would be able to have more freedom for students as a whole to show themselves a little more.

While this is true, the lack of progress one student sees in his or her four years of enrollment can be discouraging. When it comes to this, White said that “Something that occurs here, kind of, is the university pressure to go general and so people can’t quite see the show outside themselves a little more.” On the positive side, it seems that students and facility are united in wanting expansion and growth in the arts here at RWU.

There are more opportunities than had been there before and so part of the issue now is making sure everybody knows about them.”

Fighting to keep a positive perception of the visual arts departments is essential to getting this expansion and growth. But simply, White said, “it seems like something needs to be a regular place to display student work, a secure place. One of the problems with all the venues other than the library is that people might not feel that their work will be safe”.

While there isn’t a stable place to display art, the Visual Arts Department does have two showings scheduled this semester. From April 15-20, there will be student awards at the off-campus warehouse. 255 Franklin St. From May 18-21 there will be the Visual Arts Senior Show at the gallery in the School of Architecture.

What is the university’s responsibility to the arts? I think they should be actively working to keep each major here at an equal playing field. But that doesn’t seem to be the direction the university is heading in. White recognizes this in saying: “We’re constrained in some way, particularly at the lower levels ... somehow in the evolution of the university I think it is surprising in some ways that some of the things that are the core humanities, the core liberal arts, english history, art, art history, are some of the things subscribed to at Roger Williams and somehow I think it’s just been the culture that the more professional majors the ones that seem a little more career oriented, somehow those have become more prominent.” Even if a major has less than 100 people enrolled, it is no less entitled to and no less deserving of the full attention and support of the university community.

This school should do all in its power to ensure that every major has the opportunity for success, because after all, isn’t that what college is all about?

 freelance outline by the Bayside 200s

NICHOLAS TOMELO | Copy Editor

Having visited the Getty Villa in Malibu over winter break— as I am native to California—I found myself to be quite excited, and more accurately, apprehensive about the idea of a visit to the Getty Villa. As I was walking toward the entrance, I thought I knew what to expect, but as I got closer, I was struck with a sense of unexpected excitement. I had never been to a museum that was as large as the Getty Villa before. The sheer size of the building was overwhelming, and I couldn’t help but feel a bit nervous about what I would find inside.

The Getty Villa is a private museum located in the Pacific Palisades area of Los Angeles. It houses an extensive collection of Greek and Roman art, as well as European paintings and sculptures from the Middle Ages to the 20th century. The museum is open to the public, and visitors are encouraged to take their time exploring the different sections of the collection.

Upon entering the museum, I was immediately struck by the ancient artifacts on display. The collection includes a variety of objects from different time periods and regions, from the prehistoric to the modern era. The artifacts are arranged in a way that allows visitors to experience the history of art and culture firsthand.

One of the most impressive displays in the museum is the collection of Greek and Roman sculptures. The sculptures are beautifully preserved and displayed in a way that highlights their artistic beauty. I was particularly drawn to a statue of Apollo, which was so lifelike that I couldn’t help but feel like I was looking into the eyes of the god himself.

As I walked through the museum, I couldn’t help but feel a sense of awe at the beauty and majesty of the art on display. The Getty Villa is truly a remarkable place, and I would highly recommend a visit to anyone with an interest in art and culture. The museum’s extensive collection and beautiful displays make it a must-see for anyone who loves art and history.

Special thanks to the Getty Villa for hosting me during my visit and for providing an unforgettable experience. I hope to return to the Getty Villa in the future and continue to explore the incredible art and culture it has to offer.

MARK FUSCO | Photo Editor

Phallic outline by the Bayside 200s

MARK FUSCO | Photo Editor

Snow is an anomaly as far as precipitation goes. Instead of melting days grey and depress- ing, like rain, snow seems to lift spirits and motivate people to go outside. Once outside, the look of snow's blank white can provide a contrast to the surrounding buildings and, otherwise, create a quick walk around campus after a snowstorm, an exciting factor of snowy creations. The lower region of the male body plays home to test humor's favorite body part, and this "junk" tends to show up quite often. As a matter of fact, while our teams are forced inside, the Roger Williams University soccer field plays home not to athletic teams, but to a large drawing of the male undercarriage. Although for a moment a first time viewer could admire the immense size of this specimen, it is in no way something people enjoy seeing every morning on their way to classes. Although these drawings match the phallic structures that were recently erected in the willow courtyard, they do not match the campus décor. For the safety of RWU, please keep your geni- tals out of the snow — you could put an eye out. Honestly no one wants to see it. WTF RWU!
Nicholas Tome [Op Ed Editor]

The protests in the Middle East are nothing short of indicating the calls from a younger Arab generation that has been globalized to autocracies whose interests among the Egyptians, an opposition leader such as Baradei, and a peaceful transition to secure power in the hands of another leader. Presidential elections in September must be made in order to not resolve would cause lasting damage to the hands of the Muslim Brotherhood. It is feared for America and Israel. If Egypt were to fall into the hands of the Muslim Brotherhood, it is possible that a friendly Arab nation would have to be made. The national crisis in the Middle East, overall, brings into question the possibility of implementing democratic systems in the Middle East, with the exception of Israel, which is already formally one. If, for one, stability in such countries as Egypt and Saudi Arabia can be only be completely ensured with autocratic rule, and for one, if instability seems to comprise the lack thereof, perhaps the shades of gray need to be further inspected. This refers specifically to the ethnic composition and the socio-economic classes of each respective group of people. As a part of this younger generation, one has knowledge of political theory and of international relations must formulate a sort of middle ground for such autonomist demands in the Middle East, so to displace the current order and give more representation to the plebeians, while, from our perspective, avoiding a dominance of Islamism and protecting our economic interests of the West. Of course, however, economic interests must be combined with a greater propensity towards sustainability; we, ourselves, in America, and similarly, as part of this younger generation, must contemplate new forms of managing our resources, in those cases that are inconsiderate of fuel. Passivity is not permitted, and optimally, great progressions in political, economic, anthropological, and other types of thought must be made, as well as a sense of agency that actually knows how to implement change, unlike the hippies of the past generation.

For, with this, a middle ground can be formed between political and economically troubled regions such as the Middle East and for such countries as Egypt, Greece, and others through the strategic trajectory of globalization. But rather, a collaboration with intellectuals and academics of these countries for a more stable future.

Tech Review: Verizon's top smartphones

Jeremy King [Business Manager]

Within the last year or two, we have seen a lot of change in the world of cell phones. Phones are no longer that "smart." However, they’re more capable and powerful than ever. The momentum behind smartphones is building and more people are purchasing them. The next generation of smartphones is building and the world of cell phones is building and more people are purchasing them. The next generation of smartphones is building and the world of cell phones is building and more people are purchasing them. The next generation of smartphones is building and the world of cell phones is building and more people are purchasing them.

This transition in full swing of many of the leading smartphone companies are fighting to surmount the others and come out as the leader. On the big three, in ranking order, are RIM (Blackberry), Google (Android), and Apple (iPhone). The most recent entry to the smartphone game is Google’s Android operating system. When the iPhone was released on AT&T, Verizon was left in the dust. They have since struck a deal up by releasing a line of Android powered phones that promise to improve. I've reviewed three of these new Android cell phones to see if Google has hit a home run. The phones I've compared are the massive Motorola Droid X, the fashionable Samsung Fascinate, and the business worthy Motorola Droid Pro.

Each of these phones boasts unique features and designs that optimize their intended use. Unlike the one-size-fits-all iPhone, Android phones have a slew of devices to meet your needs. The interface on each of these phones was very user friendly. It had a high-tech feel with consumer friendly features. One nice feature of the Android operating system is the top bar that keeps track of all your processes and notifications. With the iPhone you have to keep an eye on each individual application. Another nice feature native to Google phones is their built-in turn-by-turn navigation. With an Android phone, there is no need for a TomTom or a Garmin. And true to their slogan, "Droid Does," there is a true open source app store. There is an app for just about everything. So now let’s get into the nitty gritty. Let's see how the phones performed.

Droid X

The first thing that should be mentioned is looking at the X’s screen. It’s larger than almost any other modern smartphone on the market. And although it’s size takes some getting used to really a blessing in disguise. Smartphones are all about doing things other than making calls. With a oversized screen it makes doing those things that much better. And the X has the power to back it up. There was never any lag or delays. Things did what you wanted, when you wanted, in a flash. One of the notable strengths of this phone was its call clarity. This is a quality that is often overlooked in selecting a phone. The Droid X’s sound had excellent quality distinctly stronger than the phones I reviewed. This was my top pick.

Screen size, powerful processor, great call clarity.

Lows: Hard to hold, not the easiest phone to use.

The Verdict: A power do-it-all phone for the person who wants every aspect of your life in the palm of your hand.

Samsung Fascinate

Samsung certainly had a younger, more fashion forward consumer in mind when designing this phone. It looked good and felt good. Unlike the X, the Fascinate was very sleek and easy to hold. The greatest feature on the Samsung was without a doubt the innovative "swype" text input method. Using the onscreen keyboard, users must simply drag the tip of their figure from letter to letter as opposed to poking each letter to spell out a word. It is a hybrid between typing like the '90s and a QWERTY keyboard. After some time to figure it out, it became my new favorite way to text. It was quick and efficient getting all words correct, in fact in this texting system set the world record for texting fastest text message. How do you like these examples? Where this phone differed was in processing performance. It did things slightly slower and froze up a few times. All things aside, it was a pleasure to use.

Highs: Swype text entry, Thm, Stylish

Lows: Slow, MedioCRe Batter life, Phone looks like a bus.

The Verdict: If all you care about is good looks, do not further; if you text a lot even better.

The Pro

The Droid Pro

The Pro is Motorola's attempt at winning over some of the faithful BlackBerry users. The phones look remarkably similar to BlackBerry phones. It features the same powerful processor found in the X but oriented for business people with a thumb keyboard. Aside from a pre-programmed calendar key on the phone’s side, the Pro is just a business-oriented entirely. It lacks any uniquely productive features not available on other phones. This phone was my least favorite tested. The keyboard’s keys were angled outward making it sort of awkward to type on. The overall package was attractive; however, with a case that elevated the Fascinate. Whether or not the Pro will be able to chip away at BlackBerry's grasp is questionable.

Highs: Fast Processor, Physical Keyboard, Good Looks

Lows: Awkward keys, smallest screen, not enough bells and whistles.

The Verdict: The Pro serves the perfect training wheels for BlackBerry addicts looking for change.
The Girl Next Door: Everyone wants to get with the girl next door, but when you’re in college, you may want to expand your dating radar.

Whether it is a one night stand or an actual exclusive relationship, this may be an area where it is better to listen to your head than your heart. Think about it, relationships with strangers can be hard, rarely healthy or long term, so cramming all those conflicts, emotions, and insecurities into one building could cause more trouble than you may think.

Before you commit this cardinal crime, here are a few things to consider:

- The Label-lssly-Loopy: You aren’t friends, but you definitely aren’t in a relationship. Since you never defined what you were, it’s hard to “break up” something that never officially started. So, if you really have feelings for someone that you have hooked up with and then wished that it never happened, you will feel guilty, isolating you when you are upset and vulnerable. If you really have feelings for someone that lives with you, the only way to avoid them is sitting in your room all day with chick flicks and a bag of potato chips.

- Too much togetherness: When fighting with a beau, it’s usually best to get some space to cool off and think, but not with this one. The most important thing to do within the first 48 hours is to set aside some time to be alone and reflect on what you actually want. Whether you really have a connection with someone, you know it. If you are confused about the way you feel, then chances are that you probably don’t like them enough to go through the hassle of actually continuing things with them. Note: this is not the time to nauseating things! There is no need to be cruel, but you want to make sure that you talk and explain exactly what you want. Honesty in the begining will minimize the drama and mystification later on in the relationship.

- Keep it classy—Regardless of your feelings after the deed is done, no one wants to hear the dirty details. It is best to give someone some space and don’t turn it into something it’s not. Because of the happy couple, it often leads to an awkward situation that affects more than just you and your significant other.

- Uh oh! What if it already happened? For all of you that have already experimented with dormmates and are now suffering from the consequences, here are a few things that you can do to ease the pain or make it work out for your advantage.

- Be honest:
- If you’re a guy and she’s your roommate, respect her space, boundaries, and say goodbye.
- If you’re a guy and you hook up with them, get ready for the upcoming fall semester, because you will have to adjust from our atmosphere of the whole floor, which is sitting in your room all day with chick flicks and a bag of potato chips.
- She should know if you are interested in being more than a casual friend.

- Keep it classy—Regardless of your feelings after the deed is done, no one wants to hear the dirty details. It is best to give someone some space and don’t turn it into something it’s not. Because of the happy couple, it often leads to an awkward situation that affects more than just you and your significant other.

- Uh oh! What if it already happened? For all of you that have already experimented with dormmates and are now suffering from the consequences, here are a few things that you can do to ease the pain or make it work out for your advantage.

- Be honest:
- If you’re a guy and she’s your roommate, respect her space, boundaries, and say goodbye.
- If you’re a guy and you hook up with them, get ready for the upcoming fall semester, because you will have to adjust from our atmosphere of the whole floor, which is sitting in your room all day with chick flicks and a bag of potato chips.

- Make it work out for your advantage:
- Even if you’re not a guy, start being respectful to other people.
- Be honest:
- If you’re a guy and she’s your roommate, respect her space, boundaries, and say goodbye.
- If you’re a guy and you hook up with them, get ready for the upcoming fall semester, because you will have to adjust from our atmosphere of the whole floor, which is sitting in your room all day with chick flicks and a bag of potato chips.

Grass isn’t greener: Turf is the way to go.

Christina Berlinguert
Herald Contributer

For those of you who have been living under a rock and have not heard the phrase, the turf field has been passed, finally. The field is expected to be ready for the upcoming fall sports seasons. Money has come in from various sources to support this hopefully prosperous investment. Some students, parents, and professors worry that the university is spending too much money on this field, but they need to consider the benefits that the field is going to reap in.

Sports recruits have been told that the new turf field is coming to Roger Williams University, which is one of the reasons they are considering coming to our college. But being told that there is a great field coming does not mean that it will be there the following year.

The new field will be ready for the fall 2011 season, coming at a rough estimate of $2 million. The large amount of money will be used to provide a high-quality playing surface for players at Roger Williams University. The most successful athletes at the university are the more successful athletes at the university. Greater athletes tend to boost the reputation of a university, and if high school students hear the Roger Williams University has a strong reputation, they will be more convinced to come here and earn a degree from a reputable university.

Not only will the turf field benefit the university because of the attraction to future athletic students, but it will also benefit the players that are currently playing on the field. Since a great deal of other schools have turf fields, sometimes it is difficult for Roger Williams players to adjust from our field to a turf field. Colleen Ryan, a Roger Williams girl’s soccer player says, “It will give the team more practice time on turf, which will be beneficial when we travel to the schools that already have turf.”

I have been hearing that some people are upset that the university is giving a great sum of money that will pay for lights for the field, because they think that the money should fund other programs at our university. Although there are a lot of programs that may need money to help their club or organization, athletics are also in need of this field. The high school that I went to had a turf field, yet when I came to college, the university did not have turf. Something is wrong with this picture.

So, that do most of the students at Roger Williams think about this investment? Ben Woldick, a sophomore lacrosse player, sums up what many students at RWU think: “It’s about time.”

Contact:

Lauren Reed
Allie Thomas
Giles Vickers

Staff Reporters:

Christina Berlinguert
Will Fisher
Henry Longhous
Courtney Liddle

The Hawkes’ Herald
The student newspaper of Roger Williams University

2010-2011 STAFF DIRECTORY

EDITOR-IN-CHIEF
Ben Whitmore
benwhitmore1@g.rwu.edu

MANAGING EDITOR
Amanda Newman
amanda274@g.rwu.edu

NEWS EDITOR
Amanda Newman
amanda274@g.rwu.edu

FEATURES EDITOR
Katherine Proctor
kproctor687@g.rwu.edu

ART & PHOTOGRAPHY EDITOR
Nicholas Tomaro
nicholastomaro@g.rwu.edu

OPINION EDITOR
Alexandra Antalian
alexantalian968@g.rwu.edu

PHOTO EDITOR
Taylor Lyons
olyons457@g.rwu.edu

COPY EDITOR
Courtney Liddle
liddle274@g.rwu.edu

WEB EDITOR
Connor Gentilec
connor.gentilec@g.rwu.edu

CONTRIBUTORS

Lauren Reed
Allie Thomas
Giles Vickers

STAFF REPORTERS

Christina Berlinguert
Will Fisher
Henry Longhous
Courtney Liddle

The Hawkes’ Herald • Suite 202, Campus Recreation Center • 1 Old Ferry Road • Bristol, R.I. 02809 • or write us at e-mail to hawksherald@g.rwu.edu

The Hawkes’ Herald is a student publication. The views, statements, opinions, depictions, and/or representations expressed in the opinions columns are solely those of the corresponding opinion writer.

The Hawkes’ Herald reserves the right to not print any letter or comments submitted to the newspaper.

Turf Hawkes’ Herald is dedicated to providing news to the university in a fair and accurate manner.

Contact:

Letters to the editor, suggestions, corrections, story ideas, and other correspondence should be addressed to The Hawkes’ Herald, Campus Recreation Center, 1 Old Ferry Road, Bristol, R.I. 02809 or sent via e-mail to hawksherald@g.rwu.edu.

For all other media inquiries, please call The Hawkes’ Herald office 09/11 1-292-3229 Monday-Friday 8 a.m. to 3 p.m. or e-mail hawksherald@g.rwu.edu at any time.
KINELL: Healthy eating options dwindle when Upper Commons closes

LAUREN KINELL | News Co-editor
Many here at Roger Williams University are committed to healthy eating. We see this commitment in our fitness center, intramural sports, and the introduction of such programs as our Simply Wellness and Weight Watchers at Work.

Perhaps the strongest indication of our commitment to the health of our campus has been our choice to partner with Bon Appetit, a company committed to responsible eating. Bon Appetit’s Kitchen Principles, which are designed for the well-being of their guests, include providing healthy items throughout their cafeterias, banning trans fats, limiting the use of antibiotics and hormones in their meats, using fresh ingredients, and providing vegetarian options.

Unfortunately, when the Upper Commons shuts its doors at 8:30 p.m., the healthy food options presented to students are significantly limited. This problem is felt most keenly by students with night classes which are sometimes scheduled from 5:30 p.m. to 8:00 p.m. right through the dinner hours.

College campuses are simply not 9-to-5 operations. Our architecture studio is open most week nights until 12:00 a.m., some of our classes continue until 9:00 p.m., and our library is open until 2:00 a.m. Our campus does not close at 8:00 p.m., but the salad bar does.

This leaves students with the familiar and unhealthy late-night options – a burger and fries from Flap, a Chicken Caesar sub from Quiznos, a slab of pizza from Pie. The few bright spots – hand-rolled sushi, fresh salads, sandwiches, or wraps – are in limited supply and high demand, making it difficult to get these items past the normally scheduled dinner hours. It is especially hard if you are a vegetarian or looking for meatless options, since these are usually the first items to go.

And once the clock strikes 11:00 p.m., Quiznos is the only place which offers “healthy” salads and sandwiches. Unfortunately, their Chicken Caesar salad contains 920 calories, 66 grams of fat, and 2,110 milligrams of sodium; the regular veggie sub, a favorite of students looking for a healthier option, contains 820 calories, 48 grams of fat, and 1,950 milligrams of sodium.

To put this into perspective, if a 130-lb., 3’4” female student were following the campus’s Weight Watchers Program, one regular veggie sub would be 20 of her 23 points for the day.

We are fortunate that our dining hall is founded on a “Circle of Responsibility” which ensures that we are educated about our food which allows us to make responsible decisions about what we put into our bodies. Because of Bon Appetit’s efforts to promote this responsibility, students on our campus are making healthy choices. However, when these healthy alternatives are not available, students looking to make the responsible decisions are faced with making the expedient one.

We should appreciate how fortunate we are for the wonderful options available during regular dining hours and encourage them to provide more opportunities for us to make healthy late-night choices.
**SUNDAY PUZZLER**

**ACROSS**
1. Crunchy 104. Tiers
2. 6 Excludes 98. Movie extras, for short
3. 10 Write from thresholding 99. "Lost in —"
4. 115. Make sugary
5. 116. Devouring sound
6. 117. Aids and —
7. 118. Orphan in the funnies
8. 119. Contended sound
9. 120. Act like a ham
10. 121. Isolate
11. 122. Fat
12. 123. Make a first appear
13. 124. Homer's straw hat
14. 125. Come to be
15. 126. Reduce by
16. 127. Kimono sash
17. 128. Waste from threshing
18. 129. Place of refuge
19. 130. Unchanging
20. 131. — more than 60
21. 132. Place of exchange
22. 133. A microscope part
23. 134. Scurry
24. 135. Lab substance
25. 136. A microscope part
26. 137. Rudder lever
27. 138. One of the archangels
28. 139. Before
29. 140. Monarch's substitute
30. 141. Flurry one
31. 142. A microscope part
32. 143. A microscope part
33. 144. A microscope part
34. 145. A microscope part
35. 146. A microscope part
36. 147. A microscope part
37. 148. A microscope part
38. 149. A microscope part
39. 150. A microscope part
40. 151. A microscope part
41. 152. A microscope part
42. 153. A microscope part
43. 154. A microscope part
44. 155. A microscope part
45. 156. A microscope part
46. 157. A microscope part
47. 158. A microscope part
48. 159. A microscope part
49. 160. A microscope part
50. 161. A microscope part
51. 162. A microscope part
52. 163. A microscope part
53. 164. A microscope part
54. 165. A microscope part
55. 166. A microscope part
56. 167. A microscope part
57. 168. A microscope part
58. 169. A microscope part
59. 170. A microscope part
60. 171. A microscope part
61. 172. A microscope part
62. 173. A microscope part
63. 174. A microscope part
64. 175. A microscope part
65. 176. A microscope part
66. 177. A microscope part
67. 178. A microscope part
68. 179. A microscope part
69. 180. A microscope part
70. 181. A microscope part
71. 182. A microscope part
72. 183. A microscope part
73. 184. A microscope part
74. 185. A microscope part
75. 186. A microscope part
76. 187. A microscope part
77. 188. A microscope part
78. 189. A microscope part
79. 190. A microscope part
80. 191. A microscope part
81. 192. A microscope part
82. 193. A microscope part
83. 194. A microscope part
84. 195. A microscope part
85. 196. A microscope part
86. 197. A microscope part
87. 198. A microscope part
88. 199. A microscope part
89. 200. A microscope part
90. 201. A microscope part
91. 202. A microscope part
92. 203. A microscope part
93. 204. A microscope part
94. 205. A microscope part
95. 206. A microscope part
96. 207. A microscope part
97. 208. A microscope part
98. 209. A microscope part

**DOWN**
1. Asides boast 1. Pancho
2. Fear 2. Vape
3. Metaphor's cousin 3. Divining rod
5. Straw hat 5. Pencil
7. Humor's "Thud" is one 7. This puzzle
8. Burn area 8. One of the archangels
9. Was sufficiently bold 9. Holy woman (above)
10. Was blowingly bold 10. Like hollandais sauce
12. Sacker 12. Polo
take 13. Scroll 13. Romance
14. Tor-tur- e missile 14. Expressive quality
15. Shower 15. Close
17. Tide 17. Through
18. Gain knowledge 18. Perfect
19. Diminutive suffix 19. Make lower in status
22. Basball star 22. General T.S.
24. Break a cipher 24. Monarch's substitute
25. False 25. Present at
27. Movie extras, for short 27. The Little Mermaid

**PUZZLES**

**SUDOKU High Fives**

Find the word held in common by the three words in each puzzle. The three solution words will form a fourth word. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudokus.

**WORD R.P.**

Find the word held in common by the three words in each puzzle. The three solution words will form a fourth word. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudokus.

**ASTRO-GRAFHY**

By Bernice Rebe Chad

ARIES (March 21-April 19) — Regardless of how many scintillating tales you have to tell, don’t dominate the conversation when gabbing with friends. Let others have the spotlight from time to time.

TAURUS (April 20-May 20) — Spreading rumors won’t add luster to your image, no matter how juicy some of what you say. You’ll eventually find just the right time to make a cute fact.

GEMINI (May 21-June 21) — Be kind and tolerant if you are saddled with someone who always does a lot of talking but never has anything of value to say. You’ll eventually find just the right time to make a cute fact.

CANCER (June 22-July 22) — If it’s a controversial subject comes up, don’t involve yourself in it. You won’t be able to win anybody over to your point of view, nor will you see the merits of your image, no matter how juicy some of what you say. You’ll eventually find just the right time to make a cute fact.

LEO (July 23-Aug. 22) — Rationalization or wishful thinking is never a substitute for productivity. If you want something done, you’ll have to roll up your sleeves and do it all by yourself.

VIRGO (Aug. 23-Sept. 22) — Before finalizing a group activity, ask the entire party involved if they are in accord. If you do, and discover later that someone is unhappy, serious problems could arise.

LIBRA (Sept. 23-Oct. 22) — You’ll eventually find just the right time to make a cute fact.

SCORPIO (Oct. 23-Nov. 21) — Dash take is for granted that a friend or family member who goes off on his/her own is unhappy, serious problems could arise.

SAGITTARIUS (Nov. 22-Dec. 21) — If you can’t comfortably spend the necessary cash to purchase something you want, but really don’t need, wait until circumstances improve. Realize in your kind.

CAPRICORN (Dec. 22-Jan. 19) — It’s human nature to want to blame someone when we can’t have something we want. If you point the finger and try to make another the scapegoat, you’ll generate a lot of anger.

AQUARIUS (Jan. 20-Feb. 18) — Believing everything you hear can quicky take you down a blind alley. Take things with a hefty serving of bad humor.

PISCES (Feb. 19-March 20) — Get over a marvelous quality, but don’t waste it on the unappreciative. Instead, borrow what you have to offer on recipients who are as grateful and generous as you are.
Senior captain Corey Fava dunks past an opponent to the hoop. Fava led all scorers in the game with the most points scored and the most total points, scoring 15 on the game.

Men's basketball slam dunks conference foe

Henry Laughlin | Herald Staff Reporter

Riding the momentum of its recent defeat of previously unbeaten Colby-Sawyer, the Roger Williams University Men's Basketball team beat rivals Salve Regina with a 61-54 home decision last Wednesday night. Playing in front of a vociferous crowd, the Hawks stayed off some fierce second-half pressure from the opposing Seagulls to prevail in a crucial contest.

The triumph marked the first series of back-to-back wins for RWU since Jan. 14, when they defeated Western New England College at home in overtime, 73-72.

Coming into the game, RWU boasted a mark of 12-7, with a 4-3 The Commonwealth Coast Conference (TCCC) record. The Seagulls, on the other hand, played with a 10-8 record, 3-4 in Conference play.

In addition to the fact that the teams were fairly even in terms of win-loss records, the Hawks saw this as a "must-win" game, being on their home court against one of their conference foes.

The crowd seemed to be as hyped as the players, as they greeted the Salve players during the team introductions. Based on the level of intensity shown in the crowd prior to the start, the game promised to be an exciting encounter.

The first few minutes foreshadowed a half that would be a rather cagy affair, as neither team truly dominated the initial goings. However, when Taylor Petrucelli hit a three-pointer to give RWU a 10-8 advantage, the game began to heat up, as both teams started battling for the ball with greater intensity.

The added pressure proved exciting to the crowd, even if it was to the chagrin of the ref, who called 19 fouls in total. Despite having six free throws to put the game beyond reach, RWU hit only an Elizabeth Kilzi three-pointer to show for their efforts.

Despite having a decent share of the possession, the Hawks were not so fortunate in the scoring department, as Salve went down to the other end and Melissa Pendegrast buried a basket on top of two free throws to put the game beyond the hosts.

Final score: Salve Regina 62, Roger Williams 57.

Kathryn Bove led all scorers, notching 21 points for the Hawks, while Erin Phillips led Salve with 17.

Kilzi and Spagnola topped the 3-point category, with first-year Kim Iuliano hitting 4-of-11 and this year's physician Ken George with 3-of-9.

RWU will be home next on Saturday, Feb. 12 at 1:00 p.m. against Regis College. The event will be part of "Think Pink Day," a day devoted to fundraising for cancer research.

Women's basketball falls after hard-fought battle

Henry Laughlin | Herald Staff Reporter

Despite showing great character coming from behind to lead with less than 10 minutes to play, the Roger Williams University Women's Basketball team endured a 62-57 loss to rival Salve Regina University last Wednesday.

The Hawks came back from a whopping 17-point first-half deficit to gain the lead going into the final moments of the game. However, they were unable to hold on down the stretch and succumbed to their greatest of foes.

Coming into this game, the Hawks were 12-7 overall, 5-2 in The Commonwealth Coast Conference (TCCC) play, while Salve Regina were 16-3 overall with an undefeated conference mark of 7-0.

"Any other athletic contest between these two schools, there was plenty of passion, evident right from the start."

Through losing the opening tipoff, Salve got on the board first, jumping out to a 20-3 lead in the first six minutes of the half. RWU, however, had only an Elizabeth Kilzi three-pointer to show for their efforts.

Despite having a decent share of the possession, the Hawks were not so fortunate in the scoring department, hitting the rim on numerous occasions.

However, they began to claw back the deficit, Salve would get no closer than the final difference, as the Roger Williams ran out the clock on a win to save.

Fava, who sank the most three-pointers on the night, led all scorers with 15 points — three more than his teammate Petrucelli, who totaled the second-highest number of points in the game.

Scott St. Lawrence led Salve with 10 points on the night.

RWU is next at home on Saturday, Feb. 12 at 6:00 p.m. taking on Regis College.