Donald J. Farish named 10th president of RWU

BEN WHITMORE | Editor-in-Chief

Roger Williams University announced Donald J. Farish as its tenth university president at an announcement ceremony Tuesday in the Global Heritage Hall (GHH) Atrium. Farish, the current president of Rowan University in New Jersey, will officially take office on July 1, succeeding current Interim President Ronald Champagne.

Farish’s appointment culminates a multi-month effort from the University Board of Trustees to appoint a university president in the wake of former University President Roy Nirschel’s abrupt resignation last July.

“I spent the last four or five months doing the search along with 16 other people on the committee, and I think we picked the right guy to do the right job,” said Richard Bready, Chairman of the Board of Trustees.

After enlisting the help of third-party search firm Academic Search, Inc. to generate a list of interested applicants, the Board of Trustees worked through the past fall semester and into the spring to whittle down the list of candidates to three finalists, who were all given on-campus interviews, according to Bready.

“I think it was really during that campus visit that Don just

See PRESIDENT, page 2

ON WHAT EXCITED HIM ABOUT COMING HERE:

First of all, in the president’s job description that the campus developed in conjunction with the search firm, there are a series of value statements that are made that I found very compelling. In fact, when I read it

See INTERVIEW, page 2

Above: President-Elect Farish addresses the audience during the March 29 presidential announcement ceremony.

Top right: Farish takes the RWU podium for the first time.

Right: Approximately 250 people crowded the GHH atrium to listen to Richard Bready, Chairman of the Board of Trustees, name the new president of the university. All photos by Mark Fusco.
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A Hawks Herald special feature

PRESIDENT: Farish to take office in June

really, really stood out," said Denise Jenkins, Vice-Chairman of the Board of Trustees and Co-Chair of the Presidential Search Committee. "Any of the three candidates would have done a wonderful job running this university," she added. "And in terms of the fact of the matter it is hard to believe that I am the President of Rowan University. But the fact of the matter is that I am," she added.

"I was hearing in a Chinese restaurant with my wife just prior to that call. And my fortune cookie ... read it could be an almost perfect day. Enjoy it," Farish said, holding up the fortune.

"There's a lot to be done. This is a fine, fine institution," Farish said. "My job, first of all, is to make sure that it is not a problem, and secondly, to ensure as best I can that when I leave, which I hope will be many years from now, that I leave behind an even better institution than I take today."
Yep, it's Lupe ... and Third Eye Blind

CEN unveils performers for April 28 concert

AMANDA NEWMAN | Managing Editor

The Campus Entertainment Network (CEN) officially announced its co-headlining spring concert artists, Grammy Award-winning rapper Lupe Fiasco and Third Eye Blind, last Friday.

The artists were revealed — and confirmed — at a special release party held in the Field House of the Recreation Center.

The CEN Traditions Co.-Chair, seniors Dan Shea and John Walsh, said they were particularly pleased with the feedback from the campus.

"We've felt an outpouring for a hip-hop artist, especially after this year's fall concert. We wanted someone who was a great bargain, and who would perform a fulfilling show," Shea said.

"And we found Lupe Fiasco, who was a steal. He's got a big fan base, is a Grammy Award winner, and he just released his new CD, LASERS," Walsh said.

"Now it's our, and the timing worked out really well, since the album came out a month and a half before we're expecting Lupe on campus," Shea said. The pair said they based their decision on the results of surveys that polled the student body about their preference of genres.

Shea and Walsh said they had a "tough time" trying to find someone to accompany Lupe as a performer because they were seeking to make the ultimate concert experience for students.

"We were looking for a combination that would be different, but mesh together in a way that wasn't too out of the box," Shea said.

"Then we found Third Eye Blind."

CEN decided to make it a co-headlining show — the first show of its kind to take place during the day time at RWU — crediting the fact that they were able to book two big artists.

"We want to make it clear that there is no opener for the show," Walsh said. "Both artists are reserved the same amount of stage time. We think that together, Lupe and Third Eye Blind will make for a high-energy concert, and make the crowd go insane."

The release party, where CEN officially announced the artists, started at 8 p.m. and concluded at around 9:15 p.m. A projector screen displayed a live 45-minute countdown, ticking down the minutes until the big reveal, while local band Mixtape performed for the crowd.

When the counter finally hit zero, students were treated to a 15-second video message shout-out from Lupe himself encouraging students to attend the concert.

"Be there or be square," Fiasco said.

Following Lupe's video, a slide came up revealing the co-headliners, Third Eye Blind, as their hit song "Semi-Charmed Life" played in the background. The release party was also the first of its kind, though it was something which has been on the board for a while," according to Shea.

Shea and Walsh said they felt the release party was a success, given the fact that Lupe Fiasco had been leaked just before spring break. "Once it's out there, it's out there," Shea said. "But we will still have an ace up our sleeve, and felt that the un-released name would be well-received."

All in all, all-inclusive concert expenses — including security, T-shirts, and the artists' total — around $100,000, which is right on track with the amount that CEN has spent on concerts in the past, according to Shea.

CEN is anticipating record attendance for the show. Based on trends from other campuses who also booked Fiasco, the show is expected to sell out, according to Walsh. "[Ticket] sales are definitely going to be interesting," Walsh said.

Only 1,500 tickets will be going on sale at 11 a.m. on April 11. Tickets are exclusive to current RWU students only. The concert will take place on April 28 in the Field House, doors will open at 7:30 p.m. for the 8 p.m. show.

Shea said that CEN is planning to update their Twitter, as well as the event's Facebook page, with remaining ticket counts once they go on sale.

Based upon the positive reactions, Shea and Walsh said they are both very enthusiastic about the show. "We're all really excited by the outpour of support that has been received so far," Shea said. "We think it's going to be a great way to start saying weekend."

Third Eye Blind is a Billboard Music Award-winning artist and was nominated for two American Music Awards in 1998. Fiasco has been nominated eight times for a Grammy Award, one of which he won in 2008.

Google snubs city that named itself Google

"In an effort to woo a Google high-speed internet project, the Kansas capital of Topeka last year changed its name to Google, Kansas, for a month. Like, actually changed it. By a vote of the City Council.

Apparently that wasn't enough. The search giant on Wednesday announced it had chosen Topeka's blandly named neighbor — Kansas City, Kansas — as the winner of its contest. That city, just 60 miles to the east of Topeka, soon will get some of the fastest internet connections in the country."

Japan earthquake impact hits U.S. auto plants

"Japan's deadly earthquake and tsunami have created problems for the global auto industry that are expected to peak here in the U.S. within the next few weeks, analysts say.

The biggest problem is a lack of key parts sourced from Japan.

The issue of potential supply shortages is a top global priority, Morgan Stanley said in a recent report. 'Even a missing $5 part can stop an assembly line.'

Obama rolls out plan to cut oil imports

"President Barack Obama outlined a plan Wednesday to cut America's imports of foreign oil by a third by 2025 — a response to growing global energy demands and instability overseas.

The president's proposal relies primarily on increased domestic production, conservation, and a shift to biofuels and natural gas."

CIA feelers in Libya; rebels lose lots of ground

"As word surfaced Wednesday that President Barack Obama had authorized CIA operations in Libya, and that the agency was using clandestine operatives to gather intel for airstrikes, the rebels lost ground and pleaded for heavier bombardment of Moammar Gadhafi's troops."

Stocks end day up, helped by good job news

"Telecommunications companies led a broad stock rally Wednesday following a report that private companies are continuing to add workers.

All ten sectors of the benchmark Standard & Poor's 500 index rose. AIG Inc. led the 30 stocks that make up the Dow Jones industrial average with a 2.2 percent gain."

Lupe Fiasco addressed RWU in his 15-second video shout-out during the CEN concert release party last Friday night.
**Digital dilemma: the lowdown on downloads**

*NICHOLLE BUCKLEY | Head Reporter*

They say sharing is caring, but when does sharing blur with stealing?

Roger Williams University is taking every necessary step to stop illegal music downloading from happening on campus.

The Information Technology (IT) Networking Group blocks peer traffic in multiple places on the network so that the rate of illegal downloading is zero. Suzanne Barnes, the Chief Information Officer (CIO), explained how she works with the data center, the servers, and the network.

“We don’t specifically monitor what anyone does on the Internet, we just try to make the Internet as safe as we possibly can so that there’s no need to monitor it. We have put safeguards in place so that illegal music downloading can’t happen. We believe that it is not happening, and we would hope that it is not happening, because the penalties are extremely stiff if someone is found doing that,” Barnes said.

The university takes illegal downloading so seriously, in fact, that the RWU Student Handbook has an entire section regarding downloads. The Handbook states that “Downloading and sharing MP3 files of music, videos, and games without permission of the copyright owner” is an example of copyright infringement. The Recording Industry Association of America (RIAA) finds illegal usage by tracking people who share files. For anyone who is caught, the penalties are significant, and in recent years, large fines have been pressed against those found guilty. According to a report by the Institute for Policy Innovation, $12.5 billion is lost each year from illegal music downloading across the world. The earliest file sharing website, Napster, was shut down in 2001 after being sued by Metallica, Dr. Dre, and multiple anti-piracy firms. “We do everything that we can to provide safe and secure service for the students. If there was something like a recording industry noticed, they would go after the person,” Barnes said. People are paying thousands in penalties and fines over just a few stolen songs.

One RWU freshman said she has been illegally downloading music since she got her first iPod at age 12. “At home, I always used Napster, but our school blocks it, so when I come here, I use Youtube to MP3 converting websites. There’s so many, you can… Google it.” Another freshman reported doing the same. “I copy and paste a Youtube URL, into the MP3 website, download it, and then put it into iTunes. Just find a high quality Youtube video,” she said. The Student Handbook also states that “US Copyright Law allows you to create MP3s only for the songs for which you already have rights that usually mean You purchased the CD or tape. And US Copyright Law allows you to make a copy of a purchased file only for your personal use. Personal use does not mean that you can give a copy to other students, or sell a copy of it.”

Barnes highly suggests that students follow the rules and just pay for their songs, “because if you do get caught, there are so many ways that your life will be negatively affected. We’re being as responsible as we can and doing our best to make it safe for everyone and easy for everyone to follow the right rules.”

**No go on HBO: channel is gone for good**

*LAUREN THERMEY | Social Reporter*

The results are in—and they aren’t looking good.

Following the review of results from the Student Senate HBO survey, the Student Senate has opted not to bring HBO back to Roger Williams University.

It was decided that there was not a strong enough desire to see the channel put back on campus cable. At the start of the spring semester, Student Senate proposed an initiative, led by Vice President Nick Tsimortos, to see if students wanted HBO to return to campus. Senate compiled a six-question survey for students to fill out. The survey asked whether students watched HBO, wanted the network to return, and whether they would be willing to see a small increase in tuition if it were to return. The feedback was “one of the strongest yet for a Student Senate survey,” Tsimortos said.

A total of 464 students replied to the survey. While this seems like a small amount compared to the 4,000-5,000 undergraduates that attend RWU, it is almost double the average number of 250 replies for similar campus surveys. The majority of the surveys stated that they would watch four to five hours of HBO a week, and that the average number of shows watched were between one and three. According to the survey, the presence of HBO is very important to students, but 33.4% of survey takers wouldn’t put it in their top three most-watched channels.

Tsimortos met with John King, Vice President of Student Affairs, to discuss the results. King felt there was not a strong enough response to warrant the return of HBO on campus.

“I think if we had about 10% more of the campus respond to the survey, we would have had a stronger case. People were surprised we fought so hard for it, but we wanted to get it back for the students,” Tsimortos said.

The issue arose in the fall, when students returned to campus to find HBO eliminated from their channel choices. Following discussions between the Housing Department, the Department of Student Affairs, and the Senior Vice President of Finance and Administration, Jerome Williams, it was determined that HBO was removed in order to keep down the cost of tuition and room and board. This allowed for improvements to the bandwidth of the campus’ Internet without raising the students’ costs. HBO was costing the university $72,000 a year.

Once again, students will have to live without HBO in their channel selection. In an effort to provide more entertainment on campus, Tsimortos said there was a possibility that there could be an addition of a Redbox or a similar service on campus, both of which would be open to all students and would allow the option of renting movies without having to leave the campus.
New RWU website to be unveiled

CLAIRA MOSES / Herald Reporter

Roger Williams University's website, www.rwu.edu, is currently being redesigned and is set to be ready for launch sometime this April.

One of the major reasons the site is being redesign is because it's not interactive and is set to be ready for launch sometime this April.

The current site's focus is on the university, according to Johnson. The new site will be more interactive and user-friendly.

The only resemblance the updated website will bear to its predecessor is color - blue and gold, of course.

"We're still going the Roger Williams route," Pereira said.

The premiering of the website will be a "phase launch," according to Johnson.

"Phase A is going to be to completely redesign and launch the site, concentrating on the expected audience," Pereira said.

The next and final phase will be more focused on advancing how the university's administration and academic departments are represented on the website.

"We're making due in the interim," Pereira said.

Despite the fact that change can't be made to the current template, the current rwu.edu home page is updated as much as possible in an attempt to keep those currently associated with the university happy and up-to-date while also attracting new students.

March makes RWU hungry to help

NICOLLE BUCKLEY / Herald Reporter

The month of March may be coming to a close, but students can still fight for hunger.

The Feinstein Center is hosting the 2011 March For Hunger, which began on March 21 and runs until April 15.

The program, whose goal is to spread hunger awareness, started with a can-collecting competition and will conclude with the third annual Oxfam Hunger Banquet.

Natalie Brough, a freshman who works in the Feinstein Center, is very excited to be a part of this event. "The whole theme is to learn about different societies and how they eat differently," Brough said.

"A meal here would be way different than a dinner in Africa.

The second week of the march kicks off with the second Annual Food Stamp Challenge. Also running throughout this whole week is a plate-scrapping test and waste outweighing initiative in the Upper Commons. Additionally, the Feinstein Center will be screening "The Hunger Season," which is a documentary about food production.

Students are strongly encouraged to take part in this event.

Brough said her work with the Feinstein Center has helped her make her more aware and passionate about the issue.

"I'm really excited about this event. I've learned a lot and I think every student needs to be more informed and aware about hunger issues around the world," Brough said.

The facilities department installed 20 new bike racks throughout campus last week, replacing many of the old racks placed with temporary ones.

Roger Williams University received the new racks as a donation on behalf of The Providence Foundation, an urban development organization, of which RWU is a member.

Recently, RWU was notified of the opportunity to receive a number of racks on behalf of The Providence Foundation, according to Peter Wilbur, Director of Planning and Project Management for RWU.

Through RWU received the racks at no cost, the university was responsible for financing their installation, Wilbur said.

The new racks replaced only the oldest and most rusted spiral-style racks, according to Scott Yonan, Assistant to Vice President of Student Affairs and the Director of Special Projects.

The removed blue and gold racks have been donated to the town of Bristol, Yonan said.

Unlike their predecessors, which held up to five bicycles, the new, smaller black racks hold only two bikes.

"Counter-intuitively, however, installing new bike racks on campus will not lead to great reductions in RWU's carbon footprint," Yonan said.

"Riding bikes replaces walking. Most people riding bikes, from what I've seen, aren't riding into Bristol, so it's not like riding a bicycle is replacing a car," Yonan said.

"I mean, some do, but Ed say the majority of the bikes I see on campus tend to be people riding from the south end of campus to the north end of campus.

"Of course we want to encourage people to ride bikes, it's healthy, it's not bad for the environment, it's wonderful. But as far as its effect on our carbon footprint goes, it's negligible."
Nacho Mamma's owner turns in $40,000 bounty left in restaurant

Mike Siino, owner of Mexican restaurant Nacho Mamma's, found $40,000 of money and jewelry left at one of his tables. Rather than pocketing the loot, Siino reported the find to Bristol police.

While the Bristol Police were looking for the person who left the bag behind, Nacho Mamma's received a phone call right before they were about to close for the night. "He said, is there any chance that I left something at your restaurant? And I said well yeah, you left twenty grand. I was really astonished," Siino said.

The bag owner's profession explains why he was carrying around so much cash. He had just gotten back from a tournament. The money was wrapped in Mohican Sun straps, but Siino still could not be sure that the money was legal. "I didn't know if was drug money. I could have gotten shot rolling a burrito for a Roger Williams student, you know," Siino said.

However, since the money was legal, and it was returned to its rightful owner, Siino does not have to worry about being involved with drug money. Instead, he was given a reward for making the right choice. The man who lost the money gave Siino $1,000 in cash.

"He handed me the envelope with the cash, and said that he was very embarrassed about it, and the other thing was that, for his safety, he didn't want to give up his name," Siino said.

The professional gambler chose to keep his privacy and remain anonymous. Considering the amount of time the bag was left unattended, he was very lucky to have his belongings returned to him.

"Anybody could have come in here, eaten, looked at it, and said see you later! But it just sat here for hours," Siino said.

This is a very unusual event to take place in here in Bristol and a very unlikely event for Nacho Mamma's owner.

"You would be surprised how many people have come up to me and said, man you're a dumbass, you should have kept that money," Siino said. "It's a crazy story and it's just brought a lot of positive things to the restaurant, and there are a lot of other positive things to come."

Bristol recently made headlines following a surprising event that took place in local Mexican restaurant Nacho Mamma’s. Mike Siino, the owner of Nacho Mamma’s, found a bag containing over $20,000 and an engagement ring valued at another $20,000.

Siino said he never even considered keeping the bag for himself. "I knew that it was someone’s money, it was $20,000, it wasn’t a little amount of money by any chance," Siino said.

The bag was left in Nacho Mamma’s around 1 p.m. in the afternoon. Around 4 p.m., a young girl informed Siino that she had found a white Mohegan Sun bag in one of the booths. She had no idea what was inside of the bag.

"I went and put it behind the register, where we put lost and found items, and around 7:30-8 p.m. that Friday night, I looked in it, and there was a box with an engagement ring and a receipt for $20,000, and there was $20,000 cash in the bottom of the bag," Siino said.

Nacho Mamma’s lost and found has never had something so valuable in it. The bag sat in the restaurant for hours before anyone even knew it was there. Siino immediately called the police to report the bag upon discovery.

"It was pretty crazy, so we called the cops, and the cops didn’t know what to do. They were looking for the guy, trying to get him on the receipt," Siino said.

While the Bristol Police were looking for the person who left the bag behind, Nacho Mamma’s received a phone call right before they were about to close for the night. "He said, is there any chance that I left something at your restaurant? And I said well yeah, you left twenty grand. I was really astonished," Siino said.

The man who lost the bag did not get his money back that night. His bag was being held by the Bristol Police, who needed to conduct an investigation first. Bristol PD had to determine if the money was legal before they could return the lost items.

"They did their background checks everything was legal. I could have gotten shot rolling a burrito for a Roger Williams student, you know," Siino said.

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Hooked on hookah

Soft red lights and the faint smell of burning coals give the cafe an air of haziness, despite the absence of any actual smoke. Bowls of sugar line the bar, Arabic music whistles through the speakers and Roger Williams University senior, Rami Jenblat, packs a hookah with double apple-flavored tobacco. His business partner, Andy Jagne, stands beside him, slicing bananas and strawberries for tomorrow’s smoothies. As they remark on the quality of the ingredients, hint at their secret recipes, and tease each other about their bright blue aprons, their excitement is palpable.

And their excitement is warranted. Jagne, an RWU alum, and Jenblat opened My ShiSha Cafe on March 13. Though the grand opening is scheduled for April 1, the initial business plan began a couple of years ago on a trip Jagne made to his home country of Gambia.

"I went home for the first time in 10 years — everything had changed so much. I go there, and everybody in my age group and a little bit older were just, you know, smoking hookahs," Jagne said. "They were huffing out on the beach with their hookahs at their sides."

A year later, when Jagne went on vacation to Egypt, he once again took notice of, and relished, hookah smoking’s popularity.

"I knew there were a couple hookah bars in Rhode Island, but it wasn’t in the same scene as they had back home or in Egypt," Jagne said. "These hookahs are a social networking thing... I was like, I need to open a hookah bar."

Jenblat, whose grown up around hookahs in Syria, agreed with his friend. So, with money from their own pockets, and a little help from family and friends (at least in the financial sense), the two went into business.

The first step — finding a location — was simple. After scouting a modest building next to Bristol Mart on Wood Street, they signed a five-year lease and moved in. The subsequent stages — from acquiring a permit from the town to constructing the restaurant’s interior — were significantly more difficult.

Knowing the town had prohibited a few other businesses from operating hookah bars in Bristol, Jagne and Jenblat prepared themselves for fights; they researched. They attended nearly every town council meeting for seven months. They tapped their RWU connections to the town. Although each of these efforts certainly contributed, Jagne and Jenblat said they still don’t quite understand why the town finally approved their plans.

"They were, like, happy or something that day," Jenblat said.

"Yeah, they are their breakfast that morning. They had for seven months, but they are their breakfast that morning," Jagne added.

In reality, however, Jagne attributes their success to perseverance.

"I think it was the willingness to go that extra mile... They looked at us, and they saw two young men trying to do something different, trying to make a difference," Jagne said.

After securing their permit, the pair not only began designing, but also constructing, the restaurant. From the golden tassels on the bar to the black upholstery on the chairs, Jagne and Jenblat did it all themselves.

Five months, innumerable trips to Lowe’s, hammered thumbs, and a couple of all-nighters later, My ShiSha Cafe was complete. Its interior features a large seating area, a bar, a glasses section, three flat screen TVs and an air ventilator (hence the lack of stagnant smoke). Its decor — camellia paintings, elaborate ornaments, rich earth tones, and the resulting Middle Eastern atmosphere — perfectly complements the restaurant’s menu.

The food menu, which Jagne and Jenblat continually add to, currently consists of hummus, grape leaves, and desserts. Dishes range from fruit smoothies to tea to soda. Though the primary feature of the menu, of course, is hookah flavors.

Hookah flavors include strawberry, vanilla, mint, and grape, among others. In an effort to offer the best quality to their customers, Jagne and Jenblat import most of the flavors from countries such as Saudi Arabia, Syria, and Dubai. Similarly, the hookahs themselves were made in Egypt.

"We don’t care about the cost, we just care about the customers," Jenblat said. And their customers seem to be taking note.

"I have people telling me it’s the best hookah they’ve ever smoked," Jenblat said.

Ashley Thompson, an RWU sophomore, said she appreciates more than just the hookahs.

"It has such a nice atmosphere! The owners took the time to sit down and talk with us. I definitely recommend it."

In spite of their high-quality product, Jagne and Jenblat are confident My ShiSha Cafe will break even more quickly than other new businesses. Though weekends are occasionally slow, they’ve been busy on weekends, and have attracted both RWU students and Bristol locals.

Currently, Jagne and Jenblat handle most of the bar’s operations themselves, but they expect to hire a small staff in the near future.
For some, romance is a click away

MICHELLE LEE | Herald Reporter

For many, finding that special someone can be easily accomplished with a few clicks of one’s mouse.

There are many negative stereotypes that go along with online dating, but for one Roger Williams University sophomore, who wishes to remain anonymous, her online dating experience has been positive, so far.

“I decided to use an online dating website half as a joke and half seriously,” she said, “I had been single for about five months and wanted a serious relationship. I feel like I know a large number of guys at RWU and a lot are either in relationships or looking for drunken hookups, which can be fun, but in the end is so crap.”

With many online dating sites to choose from, there is seemingly one for everyone, with sites that appeal to nearly anyone’s race, sexual orientation, or religion.

So how do you know which is the right for you?

The RWU student, who uses the dating site Plentyoffish.com, chose that site over the others because of the publicity it had in Lady Gaga’s music video “Telephone” and also in Britney Spears’ “Hold it Against Me” video.

“I felt like this gave it a positive reputation and seemed reliable,” she said.

According to Computer World, the United States generated $957 million in revenue in 2008 from online dating services and projects that the online dating market will increase to $932 million by this year.

“Plentyoffish” is one of the few dating websites that is free because I didn’t feel like paying $30 a month on eHarmony or Match.com.”

In an article titled “Shocking Online Dating Statistics” on the website Zemtv.com, one out of 10 sex offenders use online dating to meet people.

“People assume that everyone is one of the above,” she said. “I have a don’t ask, don’t tell policy with my parents and use my friend’s account to log on.”

Flying with Crows

Student gives back over spring break

KATLYN PROCTOR | Features Editor

An oasis of temptation with its constantly sunny weather and mid-70 degree temperatures, vacationing in California for spring break would be a dream for many. And it was, for one lucky Roger Williams University student; but instead of lounging on the beach and driving by the Hollywood mansions of the rich and famous, senior Brian Costa was in an office, rearranging furniture and sorting through piles and piles of women’s clothing.

Donating, Not Spending

Instead of spending money, Costa was donating it. A long-time volunteer for the non-profit organization, Calling All Crows, Costa enjoys spending his time helping to fight for women’s rights.

“It started two years ago. Chad [Urmston, front man for the alternative rock band] State Radio came up with the idea of a movement to empower women,” Costa said.

This past Spring Break, Costa was among the 10 people selected to participate in service projects in California with the State Radio. It was here, in Hollywood, Calif., where Costa helped organize a non-profit office space.

“The service project we did was for Dress for Success, which is a non-profit for women who can’t afford business attire so they can go there and get something to wear for their interviews,” Costa said.

In addition, Calling All Crows works with many other non-profit organizations around the world, but mainly those that fight for human rights. At a meeting for Amnesty Interna-

EAST COAST PROJECTS

Here on the East Coast, Costa has participated in other service projects, including a donation drive that went toward women in Sudan. Currently, Costa’s latest service project with Calling All Crows is known as “Bring Change to Women.”

“Instead of buying sunscreen for yourself, you can bring some to a halfway house for young girls,” Costa said. “It’s funny, but sad.”

When State Radio is back in New England, Costa helps when he can, even when it’s just a simple monetary donation.

“Instead of buying sunscreen for the beach, he’s giving pocket change, for change. He urges others to do the same.”

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Smoking culture at Roger Williams University

GRiffin Labbance | Herald Reporter

With the warmer weather approaching, most cigarette smokers are rejoicing. Ever since a university policy instituted three years ago relegated smokers to several outdoor gazebos, these members of the campus community have had to brave the elements when they wanted to light up.

Roger Williams University promotes itself to prospective students and families as having a smoke-free campus, where the only smoking permitted is within the confines of designated smoking gazebos placed around campus.

"The overall feedback from both prospective students and their families has been very positive regarding smoking on campus," said Jessica Winthrop-Oney, Assistant Director of Undergraduate Admissions. "Students are cold through adversities both non-smokers and smokers. This positive regard for smoking policies has continued to grow since the implementation of designated areas.

"I really appreciate the smoking policies. I enjoy walking around and feeling like the campus is smoke-free while at the same time, smokers have a place to go if they choose," Mauro said.

"For me, not having to see or smell anyone smoking on campus means the most," Scott Yonan, Assistant Director to Vice President of Student Affairs and the Director of Special Projects, said he sees the smoking policies as an improvement to the University.

"Before we instituted the gazebo on campus, smokers had no place to go that was protected if they wanted to smoke, but with the gazebos on campus, students and faculty have a protected place to go," Yonan said. Currently, there is no word on when or whether or not the ban of menthol cigarettes will be approved.

In 2007, former President Roy J. Nirschel headed a team with John King, Vice President of Student Affairs, to improve student life on campus and the installation of smoking gazebos was the focus. Almost four years later, the "smoking culture" on campus, as Yonan described it, has a positive one.

"I like how the gazebos give smokers a community to hang out in and also keep cigarettes off the ground around campus," Gibson described the smoking gazebos as a place that any student can hang out in and talk with friends. "I see the students and smokers. This positive regard for smoking policies has continued to grow since the implementation of designated areas.

Who smokes?

According to www.cancer.org, over 46 million adults in the United States smoke cigarettes, which means 1 out of every 5 adults smoke cigarettes on a regular basis.

In a 2009 survey conducted by the American Cancer Society, 20% of American high school students admitted to smoking cigarettes regularly. In the same survey, it was determined that 24% of Americans, ages 25-44 years old, smoke cigarettes.

In the United States, 23.1 percent of men smoke cigarettes and 18.3 percent of women smoke cigarettes.

Smoking cigarettes is an addiction. 70% of smokers confess that they wish to quit smoking, but only 40% of smokers actually try to quit smoking cigarettes. And 4-7% of smokers successfully quit smoking without any help.

Cigarette smokers in America by race or ethnicity

- White 22.1%
- Hispanic 14.5%
- African American 21.3%
- Asian American 12%
- American Indian 23.2%
- Multiple Races 29.5%
**Anatomy of a cigarette**

*There are more than 4,000 chemicals in tobacco products. 60 of these chemicals have been proven to cause cancer.*

- **Methanol** also found in rocket fuel
- **Stearic Acid** also found in candle wax
- **Nicotine** also found in pesticide
- **Carbon Monoxide** also found in car exhaust
- **Cadmium** also found in batteries
- **Methane** also found in sewer gas
- **Stearic Acid** also found in candle wax
- **Tar** also found in road surfaces
- **Ammonia** a chemical often used to clean toilets
- **Hydrogen Cyanide** which is the type of poison used at death row
- **Radon** also known as radioactive gas
- **Ammonia** a chemical often used to clean toilets
- **Hydrogen Cyanide** which is the type of poison used at death row
- **Radon** also known as radioactive gas

**Facts you should know about tobacco use**

In 1982...
The United States Surgeon General's report stated that "Cigarette smoking is the major single cause of cancer mortality in the United States."

In the United States...
Tobacco use causes 1 out of every 5 deaths. In fact, each year 443,000 Americans die from illnesses related to smoking cigarettes. With that said, smoking cigarettes is the most preventable cause of death in our world today.

- **Tobacco causes cancer**
  30% of all cancer related deaths are caused by smoking cigarettes. Smoking cigarettes is responsible for 9 out of 10 lung cancer related deaths.

- **Smoking cigarettes shortens your lifespan**
  Male smokers lose an average of 13.2 years off of their lives due to smoking. Female smokers lose an average of 14.5 years off of their lives due to smoking.

- **Tobacco use increases your risk to suffer from**
  lung cancer, larynx cancer, oral cancer, pharynx cancer, esophagus cancer, cervix cancer, kidney cancer, bladder cancer, acute myeloid leukemia, cardiovascular disease, COPD (Chronic Obstructive Pulmonary Disease), high blood pressure, fertility problems, worsening asthma, gradual loss of eye sight, erectile dysfunction, increased risk of car accidents, stained teeth and gums, bad breath and more.

- **Sick days**
  The average smokers uses 25% more sick days a year than the average non smoker.

**The rising cost of the deadly addiction**

During the summer of 2010, in New York City, a pack of cigarettes cost $11. The average smoker in the United States smokes, on average, a pack a day, which is equivalent to 20 cigarettes a day. So we did the math:

1 day = 1 pack
1 pack = $11 per day
$11 per day x 7 days per week = $77 per week
$77 per week x 4 weeks per month = $308 per month
$308 per month x 12 month per year = $3,696 per year
$3,696 per year x 4 years spent at RWU = $14,784 spent on cigarettes during your college years

For $15,000 you can buy a 2011 Ford Fiesta, you can go to an all inclusive resort in Montego Bay three times, you can buy five MacBook Pros, you can pay most of a year's worth of RWU on-campus housing, or you can purchase 75 iPhone 4's.

Facebook can be liability for post-college job seekers

KELSEY MAHAN | Staff Reporter

While Facebook has connected millions all over the world and created social opportunities for many, in the professional world, it can be a very dangerous thing.

"I don't know if students would be told that directly from an employer, but I have heard mixed messages from employers who speak about not hiring someone or not inviting them in for an interview because of their Facebook content," said Robbyn Beauchamp, the Director of Roger Williams University's Career Center.

"But they won't give that kind of feedback, so they just move on to the next candidate," Beauchamp said.

The social networking site may be a great tool to connect you to your best friend studying abroad in Australia, but for those going up for job interviews and graduate school applications, Facebook can deeply hinder one's progress as a professional.

"Ticks that many use to avoid this problem include changing your name so that employers can't find you or making your profile extremely private so that only your friends are allowed to see the content. Sometimes people don't have to remove anything, Beauchamp said. "But you really do have to look at it that way of what are people going to think of me? Not everything up there is bad, because there can be some really good things up there."

Many students will even create two Facebook accounts: one for their friends and another for work. "You never know, maybe your true love is only a click away."
EDITORIAL: Liberalization of dictionaries is nothing to LOL at

AMANDA NEWMAN Managing Editor

Recently, the AP Stylebook, that archenemy of journalists everywhere produced by the Associated Press, announced that it was dropping the longstanding “e-mail” to “email.”

Now, for those of you who are keeping score with the AP Stylebook, or those of you who just don’t care, this might not seem like a big deal. But the fact of the matter is that this is a prime example of ignorance being accepted by society. So many people thought that “email” was the correct AP Style that the folks over at the AP Stylebook actually said, “screw it, you win,” and changed the style.

I personally find this arrogance Why is laziness a viable excuse? Are we at a society so slowly with our words that we need to accept mediocrity in our writing? I don’t think so, but apparently I was wrong. The change of “email” to “email” is clearly proof of this.

More recently, the Oxford English Dictionary also caused a small uproar, announcing that it was going to put things like “LOL” and “BRB” in and out of the dictionary.

I recall reading that the common “LOL’ was apparently what things did, but it wasn’t much, it’s defining them. Meaning like “LOL” and “BRB” is not a word, it’s essentially slang into its dictionary. The dictionary is the end-all, be all words. As a society, we have a responsibility to care for words. As a society, we have a responsibility to care for words.

NASA is over-funded; U.S. has bigger terrestrial issues to deal with

KAYLEEN ROESE [Radio Reporter]

Recently, award-winning astrophysicist Richard Hoever, from The National Aeronautics and Space Administration, announced that the Marshall Space Flight Center, concluded that filmic depictions of the Earth being found in the interior of three specimens of a rare class of meteorites, which described the grisly death of a life form in a form of Earthly bacteria.

Cannibalism, also known as blue-green algae, which oolates their energy through photosynthesis because they have to be able to perform photosynthesis, is believed to have changed the Earth’s reducing atmosphere into an oxidizing one. In short, this drastically changed the composition of our atmosphere. Earth by stimulating biodiversity and causing the Earth to become a map of oxygen tolerant organisms. But what does this all mean? And why should you care? In 2010, NASA received an outstanding $19 billion to fund its projects. Furthermore, on Sept. 29, 2010, a bill was passed that would increase this amount to $20 billion for NASA’s programs for the years 2011-2013. In comparison, the government only spent $13.3 billion on the U.S. Department of Labor, which is responsible for things such as occupational safety, wage and hour standards, unemployment insurance benefits, and re-employment assistance. The government also only handed $13.8 billion for the Department of Commerce, which essentially equal to the amount spent on the Department of Labor. In reality, the government is not prioritizing and considering the most important issues at home. The United States is so concerned with making democracy free for individuals abroad, and to find life forms in space that it doesn’t even know exist, while the people that actually live in the country have very little say.

As of January 2011, the national unemployment rate was 9.8 percent as compared to 10.6 percent in January 2010. Though this is quite a decrease in the period of one year, every day across America, people continue to lose their jobs and end up in foreclosure. I believe that the United States government needs to realize that we need to focus on other internal problems to be concerned about, and that these issues need to be resolved before we can even think about things such as space exploration and being good neighbors to the rest of the world. Right now our responsibility is to take care of the problems here and until then, we do not have more pressing things (or any other) matters to attend to. After all, is that the only one who is horrified that putting acronyms into a dictionary is what our world is about? A dictionary is the only thing that determines what words are actually words; it literally defines them: it gives them meaning. So what does a “LOL” have on its own in a dictionary; much less when it’s been combined with a “BRB”? Answer: it should have no value, because it’s not a word.

I think it is a surprise sign of changing times when the Oxford English Dictionary, one of the oldest and most prestigious dictionaries, chose to let loose and try to get down with the kids by incorporating what is essentially slang into its dictionary. Perhaps the Oxford English Dictionary felt it was setting a trend that this was necessary, for it is always been my standpoint on things. So do you when the iron hammer properly pounded down, but has a change of heart (<3) at the last second and instead decides to give the iron hammer and allow acronyms posing as words – ninja acronyms – to gain a place of centuries worth of location?

That’s pretty much a guarantee sign of the apocalypse, my friends.

Plus, who even decided to okay this? I certainly was not consulted, nor were any of my respectful, needy, word-loving friends – all two of them. Who sat in a boardroom somewhere and thought, “I feel like screwing with the English language today, let’s add symbols!” Masters as big as this one should be handled delicately, in a more traditional way. I don’t care if I’m in the minority, I feel like I should be standing on a soapbox somewhere yelling, “I object!”

Not that it would matter, because no one would hear me; they’d all be too busy texting to notice.

As it acronyms and symbols weren’t bad enough, the dictionary also announced it would be adopting more modern phrases into its pages. Last time I checked, if I were to look up “muffin” in the dictionary, I would find “muffin”, noun, origin A. Amer. A small, usually sweet sponge cake, baked in a cup-shaped container. Very, with modifying word indicating the flavour or additional ingredients, “chocolate muffin” which is exactly what I would expect to find. I would not expect to find “muffin-top” directly below it, much less a description of someone’s protruding flap of stomach fat. However, that is apparently what things are coming to.

It’s no surprise that in our digital media-dependent, crazy-busy lives, people are falling further away from the act of simple conversation. Instead of conversations, we are using faster than pretexts send text messages. And I’ll admit – I’m definitely a part of that problem. My Droid Incredible is very rarely more than five feet from me. I’m sorry to say, I am a slave to e-mail (see what I did there?)

But no matter how much time I spend looking at my little 3-inch by four-inch screen, I will remember to talk. No matter how lax I am with my phrases in my text messages, I am aware that “g8 ability 2 txt” is not going to lend me a job, and so I try to refrain from using those taboo phrases in daily conversation. Putting them in the dictionary is just a good idea. In my opinion, that justifies the brain-melting lack of prosaic that is constantly taking place. It is worth it, just to save yourself a few thumbs. Don’t even think about it. I certainly don’t think so.

But it’s okay chis? After all, how could you resist English Dictionary. Be that way. But for the record, both Merriam and Webster combined are still cooler than you, sans acronyms and all.

Cannibal should not be pleased, for our sake and his

JARED WOLF [Radio Reporter]

I don’t know about you, but if I heard that a cannibal was being released from prison in my area, I’d be a little concerned. Well, that’s exactly what’s happening in Cranston, R.I., where Michael Woodmansee was sentenced to life in prison for the death of his son’s murderer. The boy, who was 16 at the time of the crime, was kidnapped, murdered, and are the flesh of five-year-old Jason Foreman in 1975.

“Honestly, I can’t blame Foreman for one second for wanting to kill his own murderer.”

Woodmansee was discovered after trying to kidnap another child in 1982. Police found Foreman’s bones, as well as Woodmansee’s journal which described the grisly details of the murder. In 1983, Woodmansee was sentenced to a 40-year sentence in prison; however, he is being released a full 12 years early because of good behavior.

Woodmansee admitted that “it would be easy [for kids to commit], easy to get away with it, and some form of him.” Given this perverse sense of fun, I think that it is dangerous to let him free. Losing 28 years of life in prison would certainly deter any sane person from committing such an atrocity again, but then again, that’s going under the assumption that Woodmansee is the only person who is able to commit such an atrocity. For the record, both Merriam and Webster combined are still cooler than you, sans acronyms and all.
Unlikely hero emerges for Japan

KAITLYN MAISEY | Herald Correspondent

On March 11, 2011, Japan was struck by a devastating 9.0 magnitude earthquake—one of the largest earthquakes on record. Following the earthquake, a deadly tsunami slammed into the small island nation, leaving an overwhelming amount of destruction in its wake. Currently, thousands of people are dead, and many more still missing or injured. Almost half-a-million people are homeless.

This disaster prompted many agencies to respond, such as the American Red Cross and the Salvation Army. But who would have expected a single man and a retired search and rescue dog to respond?

This man is Charlie Annenberg, Vice President of the Annenberg Foundation, which provides funding and support to nonprofit organizations in the United States and globally. Annenberg happened to be attending the SXSW Interactive Festival with his dog Lucky when the disaster hit Japan.

Lucky and Lucky were able to use their keen sense of smell and hearing to quickly zero in on their target, but they could provide love and comfort to those who have lost family members or are currently without a home. Although they may not be animals, these dogs are true heroes.

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Hearing sex shouldn’t get BYU player benched

CHRISTINA BERLINGER | Herald Reporter

Brandon Davies, a 6-foot 9-inch forward for Brigham and Young University, was suspended from his Division I basketball team right before selection Sunday. He was not suspended for steroids, or any thing illegal, for that matter. Years of hard work and dedic ation to basketball was erased because—brace yourselves—he had sex with his girlfriend.

For those of you who are unaware, BYU is a Mormon school with strict honor codes. One of which states that students must live a chaste and virtuous life. Having premarital sex breaks this honor code.

This whole situation is just ridiculous. If every player in the March Madness tournament who has had premarital sex were to be suspended from their teams, there would not be enough players on a team to even have a game. Not even like Davies had a one-night stand, he had intercourse with the girl that he is in a serious relationship with.

There is a difference between a university making a rule to protect a student’s safety, and a university making a rule because they believe that everyone should follow their personal values. Some may fight that BYU was just respecting its Mormon beliefs, but many other college have religious rules and are still able to suspend its students because of premarital sex.

Boston College is a Jesuit school and Providence College is a Dominican college; both express their religious views, but allows affairs upon their students that regard religious opinions about what is right and wrong in their students’ personal lives.

Before being suspended, Davies was averaging 11.1 points a game and 6.2 rebounds per game. He was playing for the number-three ranked team in the country; a dream for many basketball players in America. You do not become that good of a player by just having sex once in a while. Davies has put endless hours and hard work into basketball, and it is a shame that he had to go through this.

Why was he reported right before selection Sunday? Clearly something is after this kid. Either that or someone is threatened by BYU’s number-three rank.

Most people would be embarrassed or angry at the situation, and would no longer support their school, but Davies traveled with his teammates to the Mountain West Conference tournament and chucked his teammates on from the bench.

Clearly this kid is a good kid, but despite his great sportsmanship, he will sit on the bench—all because he had sex.

Would you go on tours, I would always be waiting for something to catch my eye and peak my interest, whether it be a program, a building, the campus itself, or the students. Remembering how much attention I paid to students hanging out or walking around campus when I toured, and to the decor in their bedrooms when I strolled through, makes me really anxious when I notice tours going on now. I’m always clued about what I should do.

Sure, the simple answer is ignore them and move on, but somehow I always get the urge to try some way to make our school stick out among all the mess of other schools that these visitors are undoubtedly considered. However, my desire to somehow get people thinking, “Wow look how amazing BYU is!” has been ignored. Yes, admittedly, I have never actually been courageous enough to follow through and actually do something interesting, such as go the excess of a tour, but I still hold that it would, in theory, be a great thing to do.
ROANE: Libya is not our war

Natalie Roan | Herald Contributor

Libya, an oil-rich country in the western region of North Africa, has been under the leadership of Colonel Muammar el-Qaddafi since he came to power in 1969. In February 2011, a rebel army that resembled a transitional government began presenting itself throughout much of the Arab world, portraying itself to the West and Libyans as an alternative to Colonel Qaddafi’s erratic rule. As Colonel Qaddafi’s troops advanced to within 100 miles of Benghazi, the rebel stronghold in the west, the United Nations Security Council called for military action, aimed at preventing a civil war and a defeat of the rebels by loyalist forces.

On March 19, a military campaign against Qaddafi was launched by British and French leaders as President Nicolas Sarkozy of France arranged a meeting of European, African, and Arab leaders in Paris. Further, American forces began their operation to knock out Libya’s air defense systems by firing Tomahawk missiles on Qaddafi’s targets around Tripoli, and the western cities of Misurata and Surt.

However, this was not a battle that America could win. As Tomahawk missiles devastated Tripoli and the other two applicants could who I was...
Libya, like Egypt, is a point in its history that will not only change the government within its borders, but the face of Islamic nations. I personally feel that this is needed. Leaders should not stay in power forever; it is not good for a country. Gaddafi is a perfect example of this. He’s been in power for 42 years and has always been the head of it. This is because of the reality that the United States is a more powerful nation than others. There are other countries that can compete strongly with us, but when it comes down to it, we are the clear front-runners. For this reason we have always been the head of the coalition, in part because we clearly stand out from the rest of the pack, this isn’t the case though with most European nations. For example, if you were to compare the United Kingdom, and France, they are on pretty equal footing, so why should one lead, and the other sit back and watch. This is the major issue when it comes to having a coalition that is makes up almost entirely of European countries. There are of course those that would be more able to lead than others, but not by much.

The United States should stay out of the situation in Libya at the moment, and allow Europe to try and do the best they can, because at some point, the U.S. needs to allow some other nations to try and solve some of the world’s problems.

Christopher Munsey
Herald Contributor

To an extent, I think they will be able to, but there will be problems. France, for instance, acted alone last week when bringing Libyan tanks. They did this without the permission of NATO, which was convening on how to handle Libya.

Hearing one nation truly in control of a team of nations is how this conflict can be resolved, but throughout history when there has been some sort of coalition, the U.S. has always kept the head of it. This is because of the reality that the United States is a more powerful nation. There are other countries that can compete strongly with us, but when it comes down to it, we are the clear front-runners. For this reason we have always been the head of the coalition, in part because we clearly stand out from the rest of the pack, this isn’t the case though with most European nations. For example, if you were to compare the United Kingdom, and France, they are on pretty equal footing, so why should one lead, and the other sit back and watch. This is the major issue when it comes to having a coalition that is made up almost entirely of European countries. There are of course those that would be more able to lead than others, but not by much.

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"...the U.S. needs to allow some other nations to try and solve some of the world's problems."

How can you spend $6 million in six days? Invading a worthless nation might just do the job. So let me summarize this for you in a few meaningless words: Libya is a bad place to live. Libyans tried to make the place better by taking out their leader and they almost succeeded. We stepped in right before the Gaddafis troops are about to wipe the revolutionary out of the face of the earth. So why is it that the United States must play world police? Why are we the only nation to turn when injustice rears its ugly head? Last night, in what was a terrible waste of time if anyone watched, President Obama pointed out that "America has played a unique role as an anchor of global security" and echoes the same idea that Winston Churchill once stated while he toured U.S. universities following World War II.

Remember the British, they were jerks right? They colonized half the world and were a military force that stood unmatched for years, and then after World War II, they gave us the Beatles and then Princess Diana.

The British, as Winston Churchill knew, were the stabilizing force in the world, and by the time World War II ended, they were incapable of continuing such a role. So now we inherited the role as defenders of the globe; it’s a thankless job that sucks and we want someone else to take the job. Unfortunately, the United Nations is just as unwilling to actually play the lead role in world affairs as we are.

So here we are, defending people who have lost everything in a battle for a better tomorrow for their children but who serve no purpose to our future.

Don’t be fooled folks, this isn’t a short little interlude into Libya but rather a new adventure with no exit strategy. Sure, on the surface, helping out the oppressed people of Libya looks simple, but what do we do once they reach Tripoli and the gates of Gaddafi’s palace? Furthermore, who are these people that we are aiding and what makes us so certain they will be an improvement over Gaddafi? The al-Qaeda call in Libya, which is against Gaddafi, is sure to appreciate our aid as well. I’m glad to see we can help where we can.

The point of my cynicism is that we have a lot of unanswered questions on our hands. We are entering a situation that we know very little about, and if we do have a game plan, then the Obama administration has a gold plated face. So who knows how long this will last or what sort of Libya we will leave.

Christopher Munsey
Herald Contributor

"...why are we the ones that people turn to when injustice rears its ugly head."

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OPINIONS
BIRTH CONTROL FACTS: Mixing medications can result in pregnancy

Herald Reporter

You were supposed to get your period seven days ago. You and your best friend drive down Metacom Avenue and walk into CVS. With a knot in your stomach, you head towards the family planning aisle and stand at the pregnancy tests. There are so many options that you are hesitant as to which one will be the most accurate. You finally make your selection and head up to the register hoping that you do not run into anyone you know. Back in your dorm you enter the bathroom and take the test. After waiting for the longest two minutes of your life you look down and see a "+". Your heart stops. The room starts spinning. All you can think is, "But I'm not on the pill." According to Women's Health.com, fifty-three percent of unplanned pregnancies occur with women who are on the pill. Many young women are not taking their birth control correctly and are unaware that they could become pregnant.

With everything going on in life it is hard to remember to take a pill everyday at the same time, but if you forget to take it for even one day you must use back up protection. Not taking your pill on time for even one day can cause your pill to be less effective. If you forget to take your pill twice, then you need to use back up protection in addition to your pill. If you have trouble remembering, try setting an alarm on your phone to ensure that you take your pill at the same time everyday. If you struggle what many women are not aware of is that mixing certain medications with birth control can reduce the birth control's effectiveness regarding pregnancy.

What many women are not aware of is that mixing certain medications with birth control can reduce the birth control's effectiveness regarding pregnancy. Since it is winter in New England, it is hard not to get sick, and antibiotics are prevalent when fighting a number of these sicknesses. What many women are not aware of is that mixing certain medications with birth control can reduce the birth control's effectiveness at preventing pregnancy. Common antibiotics such as azithromycin, penicillin, and amoxicillin can cause birth control to stop preventing against pregnancy. Some antibiotics, like those previously stated, break down hormones in the body, which can reduce the effectiveness of birth control.

If you are just starting to take contraceptives talk to your doctor about how to correctly take your pill, and if you are already on the pill make sure that you are taking it at the same time everyday so that it will work effectively. Follow the advice in this article and be thankful when you do not have to rush the family planning aisle at the end of the month.

With this, go onto beddoes.com. This is a website that will send you a fun fact in text form, usually about sexual things, every day at the same time. All you have to do is give the site your phone number and the time of day that you would like to receive your text, and you are signed up. This is a free and fun way to keep on top of taking your pill effectively.

WTF of the Week

MARK FUSSO Photo Editor

It has been an off week in the world of Mark Fusco. There are few things I enjoy more than a sunny day of skiing, and last weekend my wish was granted. After enourng roommate Jeremy King, and my friend Chris Kelsau, into braving a 6 a.m. road trip, we hopped loaded Jeremy's Hyundai Elantra and headed for Wachusett Mountain in Princeton, Mass., early Saturday morning.

The conditions were ideal for a day of spring skiing, and the crowds were nowhere to be seen; simply perfect. Then, at about midday, my grace got the better of me. Although I am not much of a park skier, being on the east coast, I have taught myself a few tricks to help quench my general mountain boredom between powder trips out west. This is normally the cool part of the year where I try to blow your mind, but honestly I don't remember much. One moment there was a tail grab, and the next my two buddies were standing over me as I lay flat in the snow. Concussion achieved.

As a result of my Saturday morning fun, I have spent all of this week existing in a world of befuddlement, thinking to myself, "WTF is going on." Despite my week's WTF moments, there is a silver lining. While sitting in the Hawk's Nest in a daze, trying desperately to remember what I was supposed to be doing with myself, one of the ladies that staffs the smoothie station came over. "We made an extra smoothie by accident," she said. "I was wondering if you would like it." I, of course, took the breakfast power I had and thanked her. I spent to rest of the day shuffling happily.

Although all of the WTF moments I have come across this week have been entirely due to my infinite elegance skiing last Saturday, I am still roaming this campus thinking to myself, "WTF was I doing." Yet, I can find solace in the fact that the ladies staffing the Hawk's Nest to these benevolent shake makers: thank you.

My skiing: WTF.

Fitness tip

Kickboxing is a great way to shape up, build confidence

JEFF YEHENDY Herald Contributor

On this campus, you can take a variety of fitness classes, from Zumba to spin. A couple of weeks ago, my roommate and I found ourselves at a kickboxing class for the first time. Right away, we knew that it was something we would continue to do throughout the year, since it was a great workout, and was not nearly as boring as conventional means of exercise, like running on a treadmill.

One major thing taking the kickboxing class accomplished for me was relieving stress. As college students, we all know that this is an activity usually at the top of our to-do lists. School often gets very stressful, whether you are having trouble understanding things in class, or are buried in a mountain of homework.

College can also be stressful non-academically if you are not getting enough sleep, or dealing with social dramas. Living away at school can especially be hard when feeling homesick.

While in this class, you get to feel yourself getting lost in the loud music and fast pace of the exercise. This class could especially be helpful if you had pent-up anger you needed to get out, because you can blow off the steam while you're kicking and punching.

Unlike other exercising times, you can apply some of the exercise movements to real life self-defense scenarios. Students can be sometimes confronted by strangers, and at parties, situations sometimes become unsafe. Roger Williams University does have a safe campus and safe surroundings, but it is always good to know self-defense.

Though you do not learn explicitly about how to defend yourself in this class, you do work on different kicks and punches over and over again, building strength and muscle memory. Learning self-defense can help people, especially some women, feel safer and more confident.

Getting a good workout can also boost your self-esteem. It has been said that if you feel good about yourself, you will feel better about yourself and appear more confident and approachable. Kickboxing is a great exercise that works a series of muscles and really gets your heart rate up. Getting a kickboxing class could definitely help you get in shape, because you are exercising multiple parts of your body.
### SUNDAY PUZZLER

#### ACROSS

1. Support
2. Decrease
3. Course file
4. Jack in a nursery
5. Sandwich fish
6. Emajoned (with "on")
7. Permit
8. In the company of
9. Work or Campbell
10. Act badly
11. Anne
12. Human
13. Incarnation
14. Valley
15. The parade
16. Engage in a debate
17. Stained
18. Part of RDF
19. Patriotic
20. Conan
21. Tiny
22. First (first)
23. Tiny
24. Traveling salesman, for short
25. Hovering creature
26. Punch or place
27. Terrible
28. Gumbo ingredient
29. Movie dog
30. Concerning
31. Penny
32. Word to a request
33. South American plain
34. Wasteland
35. Mosalah
36. Sugar and...
37. Gets older
38. Hit the hay
39. Pass along
40. Sacred
41. Ready money
42. Anthony
43. Series
44. Worries constantly
45. Earn
46. Sway before falling
47. Ice man at sea
48. Fieldhouse
49. Eat bone
50. Maker of cloth
51. Can a spider...
52. Country
53. Fryer's pen name
54. Think
55. Supporting beam
56. Approach
57. Vehicle on runners
58. Descriptive
59. Number
60. Still
61. Dime
62. Gumbo ingredient
63. Kind of candle
64. Concerning
65. Burner for incense
66. Older
67. Er"-.
68. Pass along
69. In-dine
70. Boxed

#### DOWN

1. "Swan"
2. Kind of candle
3. Battery terminal
4. Burner for incense
5. Work unit
6. Chicken
7. Mild rush
8. Where Greeks assem bled
9. Contribution
10. "Nora's"... 
11. Gifts for the poor
12. Incline
13. Powerful
14. Soda
15. Promise solemnly
16. Competitor
17. White poplar
18. Like some books
19. Wild dog of Australia
20. Confused junior
21. Fracture replacement
22. Gorilla part
23. Summa - loose
24. Dry
25. Fear
26. Flynns of old movies
27. Place near India
28. Enticed
29. Cry of surprise
30. School (abbr.)

### SUDOKU High Fives

<table>
<thead>
<tr>
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#### HOW TO PLAY: SUDOKU High Fives consists of five regular Sudoku grids, sharing one set of 3-by-3 boxes. Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudoku grids.

### WORD WAR

#### ASTRO-GRAF

- **Gemini** (May 21-June 20): Will reach objectives that were impossible, or meet a positive person. Your judgment is likely to be quick and easy, even if you have to make a heavy decision under pressure.
- **Cancer** (June 21-July 22): There is no need to be indecisive about anything important. Your judgment is likely to be quick and easy, even if you have to make a heavy decision under pressure.
- **Leo** (July 23-Aug. 22): You may be too quick to accept what others think impossible, if you are not strongly motivated. Work on something that stimulates your juices.
- **Virgo** (Aug. 23-Sept. 22): To keep a flexible schedule that permits you to do something different if you choose. Spirit of the individual 14-25 boxes.
- **Libra** (Sept. 23-Oct. 22): An opportunity to do something exciting might move clear through, or all your into how a solution. It could turn out to be far more significant than only indicates suggest.
- **Scorpio** (Oct. 23-Nov. 21): The possibility of advancing one of your special interests could be reinforced with the addition of strong ally coming on board. Don't hesitate to accept, because there is strength in action.
- **Sagittarius** (Nov. 22-Dec. 21): A thoughtful financial involvement that you're now in at last leads to a positive move. Thanks to your being picked up, you will meet with yield profits.
- **Capricorn** (Dec. 22-Jan. 19): Your propensity for doing things with style and flourish will be extremely appealing to friends and family. When you do a share will be remembered and imitated by others.
- **Aquarius** (Jan. 20-Feb. 18): Your strong virtues and talents perceptions should not be ignored, especially if they are of positive beer. Act on them at once, if you can.
- **Pisces** (Feb. 19-March 20): Sensitivity you must keep the first time will be further improved and made a little to you. Do everything you can to take advantage of this and cultivate the relationship.

#### PUZZLES

- **MONDAY PUZZLER**
  - The puzzle is a Sudoku grid with numbers 1 through 9, arranged in a 9x9 grid. Each row, column, and 3x3 box must contain all the numbers from 1 to 9 without repetition. The solution is a single number.

- **TUESDAY PUZZLER**
  - The puzzle is a crossword grid. Each row and column must contain a specific word or phrase, indicated by the down and across clues. The solution is a set of words or phrases, arranged horizontally and vertically.

- **WEDNESDAY PUZZLER**
  - The puzzle is a word search. The goal is to find a hidden word in a grid, moving horizontally, vertically, or diagonally in any direction. The solution is a set of words, arranged in a specific pattern.

- **THURSDAY PUZZLER**
  - The puzzle is a mystery picture. The goal is to connect the dots to reveal a hidden image. The solution is a set of dots, arranged in a specific pattern.

- **FRIDAY PUZZLER**
  - The puzzle is a jigsaw puzzle. The goal is to arrange the pieces to form a complete image. The solution is a set of pieces, arranged in a specific pattern.

- **SATURDAY PUZZLER**
  - The puzzle is a brain teaser or logic problem. The goal is to solve a challenge or find a solution. The solution is a set of steps or answers, arranged in a specific pattern.

#### FINAL ANSWER

- The final answer is a single number or word, indicating the correct solution to the puzzle.

#### PUZZLE 9

- The puzzle is a Sudoku High Fives grid. The goal is to fill in the missing numbers in each grid, ensuring that each row, column, and 3x3 box contains all the numbers from 1 to 9 without repetition. The solution is a set of numbers, arranged in a specific pattern.
Men's Track and Field

Coach Sean Livingston: "We lost one of our assistant coaches right before the season started, so a big group had to kind of find their way through their early season workouts. Jamie Goodrick, a multi-event athlete who won the TCCC title in the decathlon, is also abroad right before the season started, we were able to keep everyone and everything together as best we could. A new coach, Tamera Thomas, was hired. She was a Division I scholarship athlete who earned All-American Honors in Track. She really helped the group she is coaching get better, so I'm excited about that. Aside from trying to keep everyone healthy, we are really ready to get this season going!"

Newcomers: "Javelin thrower Jon Porcello has a ton of potential and could really impress this season. Multi-event athlete Luis Garcia, who is known for his versatility, could have a strong season as well in the decathlon.

Athlete to watch: Evan Jones The junior All-New England selection in the triple jump, will look to improve on his school record last season. Jones also won the conference crown in the long jump with a leap of 20-feet, 3-inches.

Women's Track and Field

Coach Sean Livingston: "We have had about five weeks of training now and everyone is getting anxious for our first meet, which is up at Northeastern. They have bantled through some tough weather, but the core group has hung in there and I'm hoping with some warmer weather that all their hard work starts paying off.

Newcomers: "Handler Megan Bournel had a lot of success in high school and I think she'll have a great shot at qualify­ ing for both the NE & ECAC Championships. Sprinter Hannah Noel, who also plays soccer at RWU, looks to be some­ one that can run the 200, 400, 4x100 relay, and 4x400 relay this season. She's quick and will be an important asset for those relays."

Mid-distance runner and RWU Cross Country athlete Annie Cassidy could break the school record in the 400 meters. She will also be a part of a potential fast 4x800 relay Kristen St. Pierre, also a member of the Cross Country team, could run a really good 5k on the track.

Athlete to watch: Liliana Rutler The reigning TCCC champion in cross-country, will look to recapitulate her successes from last fall on the quarter-mile oval. Rutler qualified for both the New England and ECAC Championships in the 10k last year, setting a school record in the process. Livingston said he sees her threatening to break the school record in the 5k this year.

Men's Tennis

Coach Neil Caniga: "This sea­ son, our number-one goal is to win the conference. We went undefeated in the regular sea­ son in 2010, but lost a close 5-4 match in the conference cham­ pionship. I am excited to see how our team responds towards that loss and how we prepare ourselves to get ready to make a run at the 2011 conference title."

Newcomers: "We have added to new players to our roster, including freshman Taylor Webster and sophomore John Chandler. Both have already made big contributions to our team both in the fall and during our [spring break] trip to Arizona."

Athlete to watch: Dan Kleit A senior, Kleit is part of the first doubles tandem with Kevin Erikson. Last year, in addition to compiling a 2-1 record at doubles with his partner, Kleit played at third singles. He's also a two-time TCCC, Honorable Mention selection, proving his dedication to the game. Coach Caniga says that he has put in a lot of extra conditioning on court in practice, and is curious to see whether his extra work will have a positive impact on his play. If Kleit's past is any indi­ cation, those extra efforts just might be the impetus the team needs to get over the hump and win the TCCC title.

SPROS EDITORIAL

Soccer Rivalries: What's boring about America is dramatic to the world

HENRY LOUGHLIN / Sport Editor

Being a soccer fan in New England, I have been fortunate to witness many grudge match­ es. In basketball, it's the Celtics versus the Lakers. In football, the Patriots and the Jets. And who could forget Red Sox vs. Yankees? Indeed, as someone who enjoys sports, I find the Northeast to be a great place to live. However, there is one type of sporting rivalry that most Amer­ icans underestimate: soccer rival­ lies. These games are subject to levels of pride, intensity, and animosity unseen in our country. They are only played twice per season, as each of the two teams hosts one game. They are in a class of their own. Today, I'm going to examine two no­ table rivalries: Barcelona against Real Madrid and Liverpool versus Manchester United.

First, look at the Spanish matchup. The two most suc­ cessful clubs in Spain in terms of trophies won, Barcelona and "Real" (pronounced Ray-ay) have won 139 trophies between them, Real Madrid with 72, five more than "Barca." Many notable players have appeared for these sides: Barcelona has featured Johan Cruyff, Diego Maradona, Gary Lineker, and more recently, Lionel Messi, while the men from Spain's capital have showcased Raul, Zinedine Zidane, David Beck­ ham, and Cristiano Ronaldo. Their stadiums, Real's dubbed the Bernabeu and Barcelona's known as Camp Nou, are two of the largest sporting venues in the world. Even neutrals can't like both Barca and Real the same amount: it's either one or the other (I personally ignore, Barcelona). This season, Barca extended their winning streak over their Madrid rivals to five, with a 4-1 home shellacking of Real. Madrid will be seeking revenge, as they host their great­ est rivals on April 17. Regardless of the outcome, one can be assured that it will be a cracking contest.

Eight hundred miles north of the Spanish border, we find Old Trafford and Anfield. Home of United and Liverpool, re­ spectively, these stadiums lie just 35 miles apart. They, like the aforementioned Spanish sides, are the two most success­ ful teams in their country, each having won 58 trophies. Both sets of fans hate each other to the point that Old Trafford is usually played midday to lessen drinking and fighting problems. You think "Yankees suck" is a vile thing to say! Please! These supporters have no issues about virtually every opposition player, many of which contain expletives. The passion isn't just limited to the sidelines; both sides feature a number of "home-grown" players who realize the significance of this match-up, like Liverpool's Steven Gerrard and United's Paul Scholes. In addition, this fixture produces more disciplinary is­ sues than any other in England. And though the men from Old Trafford beat their Anfield rivals at home 3-2 earlier this season, thanks to Dimitar Berbatov's three goals, Liverpool defeated United on March 6th by a score of 3-1, as striker Dirk Kuyt emulated Berbatov in scoring a "hat-trick." Indeed, spices fly when these two teams meet.

I'm not saying that we as Americans have had sporting rivalities. I watch Sox-Yankees games like many others. Taking pride when my beloved Sox put one over the Bronx Bombers.

However, the next time some­ one tells you that American ath­ letic rivalries are the pinnacle of animosity, I urge you to watch a match for yourself. Your per­ spective will change.
**Spring sports preview**

Who to watch as teams gear up for new season

**Baseball**

Coach Derek Carlson:

"I think we have the talent to compete every day. Every game will be treated the same way; we will look to our next game the same way as every other. The biggest game is the one we play that day. I am excited about our senior leadership and depth. I think we have multiple guys at each position that will compete for time."

**Newcomers:** "We have 14 freshmen. They all have ability and many of them will play key roles as the season unfolds. I expect that they will make great contributions to our team."

Athlete to watch: Sam Podbeliski. Serving as a team captain with Zach Porter and Mark Malcom, this junior right-handed pitcher will look to keep the good times rolling on the mound. As a freshman, he had an ERA of 4.46 in eight games; as a sophomore, his ERA improved to 3.60 in the same number of starts. To start this season, he played six innings in a 5-4 win over Babson, allowing just two runs while striking out four batters. He will be called upon to lead the Hawks, who were ranked seventh in the TCCC preseason poll.

**Softball**

Sarah Grill is known as a leader by teammates and opponents alike.

Coach Joyce Maudite:

"We have a very tough preconference schedule that we played in Kissimmee, FL vs. opponents who are ranked in the top 50 such as Farmingdale State, Catholic University and Montclair. A couple nonconference opponents include, 12th ranked Kansas University Academy and Rhode Island College. I expect the tough preconference schedule to help us gain valuable playing experience and prepare us for TCCC play. My biggest concern is our depth, with only 13 people on the roster, we have to overcome a thin roster and get the most we can out of every member of our team."

**Newcomers:** "We only have two freshmen - Rachel Ehrlich and Katie Costa. However, both will see playing time and will have opportunities to contribute."

**Athlete to watch:** Sarah Grill

The lone senior on the squad, Grill, an outfielder, had the third-highest batting average in the TCCC last year, will be looked upon to lead the Hawks to great heights this season. If her past is any indication, Grill will certainly produce some memorable performances this season.

"We will be led by a leader by teammates and opponents alike, Sarah Grill, an outfielder, had the third-highest batting average in the TCCC last year, will be looked upon to lead the Hawks to great heights this season. If her past is any indication, Grill will certainly produce some memorable performances this season."

**Men's Lacrosse**

Coach Marty Kelly:

"I am excited about our overall team dynamic and we have exceptional seniors and leadership, some terrific depth and youth. Of course, there are always injuries to worry about; but, knock on wood, we have been mostly healthy. I feel with our talent and depth, a lot of games will be dictated by how we play rather, than the strength of our opponents."

**Newcomers:** "We have some strong new freshman that are making some contributions already. With the number of seniors we have, some will not be getting as much opportunity as they had hoped for, but their time will come and I feel they will do well. A few transfers have certainly provided some more depth and will be big contributors as well this year and in the future."

**Player to watch:** Drew Smith

The linchpin of the Hawks' attack, Smith, an All-TCCC selection last year, will be looked to replicate his scoring form that saw him notch a team-high 43 goals. In addition to his scoring exploits, Smith set up a further 11 goals and gathered 35 ground balls. This year, Smith already has a team-high 20 goals. With the kind of form currently displayed by the RWU senior, no opponent will be looking forward to facing him or his teammates.

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**Women's Lacrosse**

Coach Mary Jane Milner:

"I have high expectations for my team this year. For the past three seasons, the Lady Hawks have made it to the Conference Championship game, but have just come up short each time. I feel that with the right amount of hard work and determination this might be the year for us to break that glass ceiling. I can only ask that my team works hard, plays hard, and leaves everything they have out on that field."

**Newcomers:** "We have an extremely young but very athletically gifted team. Our roster this year includes nine freshmen. We are definitely looking forward to getting outside and playing and can't wait to get our games underway."

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