

# STUDENT LIFE @ Roger Williams University

A NEWSLETTER FOR PARENTS AND STUDENTS

WINTER 2013



## A MESSAGE FROM THE DEAN OF STUDENTS

Greetings Parents and Students,

Fall 2012 was, in many ways, a very challenging but important and memorable semester for everyone. With so many families from NY, NJ and CT, where the effects of Super Storm Sandy were felt the most, the campus mobilized to create outreach efforts to help those most greatly impacted (see related article on RWU Cares efforts). Thankfully, the RWU campus was not greatly affected, with mostly rain and high winds cancelling classes for a couple of days. In addition to the challenges from Sandy, we all were heart-stricken about the shootings in Newtown, CT. On campus we held a service of remembrance as a way to come together to offer those affected by the tragic events our prayers and concern. The fall was also marked by many important successes. We hope you enjoy reading about all the happenings on campus and know we can only offer a sampling of all those great activities your students are involved in.

This year's Homecoming and Family Weekend brought record numbers of families, students, alumni, faculty and staff to campus. The weekend traditions, that were formerly mainly for first year students and their parents, have become an annual tradition for many families of sophomores, juniors and seniors. In speaking to many parents, it is clear that families are finding Homecoming and Family Weekend a wonderful time to visit campus, spend time with each other and enjoy RI in the fall. So much so, that many have turned it into their own October family tradition. Our Homecoming committee makes sure that there is something for everyone to enjoy and we hope that you will all continue to join us as this weekend continues to grow each year.

We had many successes in the Athletics area this fall. We celebrated our first inaugural class of the RWU Athletics Hall of Fame. The induction ceremony took place on Saturday, October 20 during Homecoming Weekend. This first class affair brought alumni athletes from all over the globe to celebrate their exceptional performance over a wonderful meal catered by Bon Appetit. Another first went to Hannah Zydanowicz, who as a freshman, trail blazed her way through the Women's Cross Country meets. Women's Rugby won the Northeast Region title and moved on to Nationals, along with Women's Volleyball and Women's Soccer. In addition, the Equestrian team had the most successful fall in recent history!

I would be remiss if I didn't mention how impressed I am by the level of student engagement at RWU. The first annual Anchor Leadership Conference in November engaged over 140 students, helping them gear up for either future leadership roles or to learn more skills to incorporate into current roles on campus. We just welcomed back ten students who spent part of their winter break building a house with Habitat for Humanity in Mississippi. Be sure to read about the plethora of opportunities for students with both majors and non-majors in the arts.

Finally, our Alcohol and Other Drug Task Force met during the fall semester in anticipation of the Rhode Island legislation to decriminalize marijuana. Be sure to read related articles on how our campus is responding and how we hope you all will join us in our prevention efforts to keep RWU a safe, stimulating and healthy campus.

Best regards,

Kathleen N. McMahon, Ed.D.

*Assistant Vice President of Student Affairs & Dean of Students*

# HOMECOMING AND FAMILY WEEKEND 2013 UPDATE

By Carol Sacchetti, Director of Student Programs & Leadership



The 2012 Homecoming and Family Weekend brought a record number of families and students to participate in this annual fall event. This weekend featured many favorite

traditions and showcased our beautiful campus on a perfect October weekend.

Friday night featured our RWU's Casino Night where many family members and students tried their hand at blackjack, roulette and Texas Hold'Em poker. For those who were not interested in sitting at the tables, our annual Wii Just Dance tournament showcased spectacular dance moves of students and family members who were competing for a gaming system to continue dancing at home. The evening continued with our Campus Entertainment Network's Midnight Madness Pep Rally that showcased our winter sports team. The event hosted by our Homecoming Court featured key performances from Sky Squad, a performing stunt team, that dazzled the gym with its high flying trampoline act.

A new Homecoming tradition, our 5K Road race through campus, continued to draw a large crowd to not only compete but cheer on a number of participants including Cross Country alumni, younger siblings and our RWU Wrestling Team. This run through campus kicked off a morning of various alumni athletic events, family workshops and our Parents Association meeting. The student body was excited to witness the crowning of the 2012 Homecoming King and Queen. The 2012 Homecoming Court was made up of Lauren Riccardi, Amanda Newman, Alyssa Nee, Courtney Little, Gina Marie Murphy, Christina Fontana, Kaitlyn Lauer, Lauren Jost, Annie Dewitt, Blair Carroll, Casey Sefton, Christopher O'Keefe, Mike Decoulos and Nathan Blinn. Congratulations to our Homecoming King and Queen Christopher O'Keefe and Annie Dewitt who were crowned by President Farish.

Despite the mud from the previous night's rain storm, Saturday afternoon's Autumn Festival drew a record crowd. Students and family members were able to

sample fresh pressed apple cider, kettle corn and other fall foods from local vendors. Children of all ages enjoyed carnival games and prizes, pumpkin painting, face painting and arts and craft projects. Family members were able to watch our Dance Club, Dance Team and various a cappella groups perform throughout the afternoon. The afternoon highlighted athletic contests included watching both Men's and Women's Soccer compete on the turf field and student teams compete in our Fall Classic Flag Football Tournament. Our biggest crowd was reserved for St. Balderick's Day which is sponsored by the Inter Class Council (ICC). The St. Balderick's foundation uses donations to fund more in childhood cancer research grants than any organization except the United States Government. Students and family members were lining up with donations to have their heads shaved to support this worthwhile cause and ICC was extremely excited to have Hair Heart and Soul volunteer their services for the afternoon. The RWU community continues to support this unbelievable charity by almost \$10,000 to the cause.

A full house for a night of comedy was featured Saturday evening. Hal Sparks brought his amazing comedic skills to campus and even hosted his national radio show from our radio station. Hal's comedy had many family members laughing as they ended their evening with their student. Homecoming Weekend ended with the President's Jazz Brunch on Sunday morning. Families were able to enjoy a wonderful jazz performance as they enjoyed Bon Appetite's award winning food. The Homecoming and Family Weekend Planning Committee hopes that all enjoyed a wonderful weekend and look forward to seeing you for Homecoming and Family Weekend 2013.



**Families  
enjoying  
themselves  
is always a big  
part of Autumnfest.**

# HOMEcoming AND FAMILY WEEKEND 2012 HIGHLIGHTS



Families and Students enjoying our Annual Autumn Luncheon



Homecoming Court 2012



Dr. Farrish with our Homecoming King and Queen



St. Balderick's Day event in action



Live music is always a family favorite at Autumnfest



Dance Club Seniors performing for our Autumnfest crowd.

**RWU**  
**HOME**  
**COMING**  
& **FAMILY** **WEEK!** **END!**



# The Center for Counseling and Student Development Winter 2013

By Dr. Jim Azar, Director of the Center for Counseling & Student Development



The latter part of the fall semester was a difficult period for many of us. The Northeast was hit by “Sandy.” Many of the students were affected either directly or indirectly by the storm. Typical of the human spirit present in our community, there were many efforts to reach out to those affected (please see the related article in this newsletter). Soon after, the tragedy at Newton, CT took place. The horror and pain of that event stirred memories of similar tragedies that the nation has endured. In fact, the semester started soon after the shooting that took place in the Colorado movie theater.

These events resonated with students and staff in different ways. Some immediately felt the impact while others began to feel a general unease or anxiety, while still others found themselves focused on previous losses or traumas. As always, the Center for Counseling and Student Development mobilized to try and meet the various reactions and needs of our students. We offered group and individual counseling as well as contributed and participated in the community and spiritual responses orchestrated by other offices in the Student Affairs Division.

Going into the spring semester, we realized that the events of the fall would continue to vibrate in various forms. In anticipation of that we established a series of group sessions on “Dealing with Anxiety and Distress.” Its focus was on teaching students skills that could help them manage emotions, reduce their stress and hopefully build better connections with their peers. The workshop series will be repeated after Spring Break. In addition, we offered a “Grief and Loss” group

since we have been aware of how many students have experienced the death of a close family member in their lives. These programs are in addition to the Women’s Group and the support groups for the LGBTQ&Q and the international student communities.

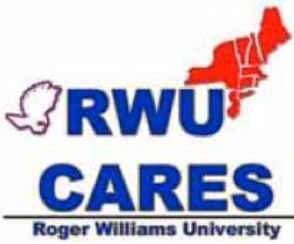
We encourage students and parents to check out our web page. You will find mental health tips that address many of the issues that face everyday college students. There is also an opportunity to take an anonymous, free screening on a variety of mental health issues such as depression, anxiety, alcohol abuse and eating disorders.

The Counseling Center was developed from the recognition by faculty, staff and administrators that student learning and success are intricately related to healthy psychological functioning. The Center provides short term solution-focused counseling to help students deal with various personal and interpersonal problems. Our services are confidential which mean that we cannot share information about the fact or nature of a student’s visit to the Center without their permission. However, as a parent you are welcome to call us to share your concerns or to consult with one of our counselors. All full-time and residential undergraduate students are eligible for all of our services, free of charge. CCSD is located on the 2nd floor of the Center for Student Development building, and we may be reached at (401) 254-3124.



# RWU CARES: Team effort to assist those affected by hurricane sandy

By Scott Yonan, Assistant to the Vice President of Student Affairs & Director of Special Projects



Hurricane Sandy slammed into the East Coast on Thursday, October 29, 2012. Especially hard hit were the New Jersey Shore, the Rockaways and Staten Island, New York.

The very next day, Vice President of Student Affairs, John King, and Dean of Students, Kathleen McMahon, called a meeting of concerned students and staff to determine what efforts we as a community could make to help those affected by Sandy. The fact that many of our students and staff have roots in the devastated areas made us even more determined to make a difference and help those in need.

Co-chaired by KC Ferrara and myself, the group became known as *RWU Cares* and is comprised of students Theresa Polly, Kimberly Sanders, Mary Rooney and Ryan Freed and staff members John King, Kathleen McMahon, Adam Nichols, Kerry Hausdorf, Nancy Hamlin Soukup, John Zajicek and Ande Diaz.

That first meeting of *RWU Cares* took place on Monday, November 5 and during the four days that followed the group organized a food and clothing drive (in conjunction with Cardi's Furniture and Arpin Van Lines), sales of Rice Krispies treats by the students (with all proceeds going to Sandy Relief), campus-wide collection jars, and an all-university survey was sent to find out what RWU community members were in need of help and matched them with RWU community members who were offering assistance.

On Friday, November 9, all of the clothing, food, blankets, toiletries, diapers, and bottled water that had been generously donated by RWU community members throughout the day, was picked up by a

Cardi's delivery truck at 3 pm and by 8 pm that very same day, it was in the hands of New York and New Jersey residents whose homes had been destroyed by Sandy.

On Monday, November 12, President Farish announced that he and his cabinet would match donations made by students, faculty and staff by February 15, 2013, up to \$5,000. We are getting close to that \$5,000 figure, but we're not there yet. You still have time to give a donation to KC Ferrara and it will be matched! Proceeds are going to the American Red Cross... specifically to help victims of Sandy.

A week and a half after Sandy hit the coast, RWU student Christopher Hofmann contacted *RWU Cares* with a brilliant idea..."DRESS SANDY." He proposed a clothing drive to benefit victims of Sandy who had lost their clothing in the hurricane. He wanted to get the word out to RWU faculty, staff and especially students, to go home and go through all of their clothing and grab what they could....from winter coats, sweaters, and hoodies, to jeans, sweats, blankets and socks. We collected a mountain of clothing, much of it brand new. Kerry Hausdorf, Women's Lacrosse Head Coach, very generously offered to drive the Athletics van that was filled with donations, to New York to ensure that all donated items got into the hands of folks who needed it.

*RWU Cares* will continue to do what it can to support victims of Hurricane Sandy and any future catastrophes. We want to thank the entire Roger Williams University family for really coming forward with donations of food, money, clothing, blankets, diapers and toiletries for those so greatly affected by Hurricane Sandy. Your help has been greatly appreciated!

Please read the two articles below as they appeared in RWU PDQ Pulse.

# RWU Cares Sends Clothes, Food to Hurricane Sandy Victims

Campus community joins Cardi's Furniture, Arpin Van Lines to provide relief to hurricane victims in New York and New Jersey



November 11, 2012

BRISTOL, R.I. – As residents of New York and New Jersey continue to dig out from the devastating aftermath of Hurricane Sandy on Oct. 29, members of the Roger Williams University are coming together to show their support and assist in hurricane relief efforts.

On Friday, Nov. 9, a university service group – RWU Cares – partnered with Cardi's Furniture and Arpin Van Lines to sponsor a food and clothing drive for victims of the hardest-hit areas of New York and New Jersey.

“We have a lot of students, faculty and staff who were affected by Hurricane Sandy – their families were affected and there’s still a lot of people in really rough shape. It’s like a war zone. But even if we had no one affected by the hurricane we would be doing this just because RWU really does care. This is one of our core values, to do this sort of thing.”

From blankets, coats and underwear to peanut butter, crackers and toilet paper, every donation mattered, says event coordinator Scott Yonan.

“We’ve got freezing temperatures down there and people have little or no shelter and they need to stay warm,” Yonan said. “There’s no donation that’s too small. I had one student who just showed up with two cans of Progresso soup and she said, ‘well I wish I could do more.’ Well you know what? She just fed a couple of people tonight. She doesn’t need to do more, that’s awesome that she did that.”

Yonan and his team collected donations from 9 a.m. to 1 p.m. Within ten minutes of opening the collection area, Yonan’s SUV was already filled capacity. The RWU donations were delivered to Cardi's Furniture in Swansea, Mass., by 2 p.m.

“The devastated neighborhoods have been earmarked by Cardi’s people and they will have this stuff we donated tonight,” he said. “That’s the coolest thing – there’s no overhead involved. One hundred percent of what’s being given today will end up in the hands of people who needed it today.”



## ***DRESS SANDY* -Special Delivery for Sandy Victims**

**RWU Cares sends van filled with coats, blankets and clothes to Brooklyn and Elmont, N.Y.**



Diti Sarafoglou (left) and Shavon Ennis show a few of the brand-new winter coats donated to *RWU Cares' Dress Sandy* clothing drive just before the warm coats, clothes and blankets were delivered to Hurricane Sandy victims on Dec. 19.

**December 28, 2012**

Driving past scorched cars, a hot tub marooned in a parking lot, and whole city blocks of flood-devastated buildings in Brooklyn on December 19, Kerry Hausdorf brought a van filled with warm winter coats, clothes and blankets to residents still reeling from the devastating aftermath of Hurricane Sandy.

Hausdorf, Roger Williams University's women's lacrosse head coach, had volunteered to drive down the donations from *RWU Cares' Dress Sandy* clothing drive, a month-long collection of winter clothes and supplies for New Yorkers hit hardest by Hurricane Sandy on Oct. 29. She had already visited the area shortly after the hurricane ravaged the New Jersey and New York coasts to check on her parents who live in Queens; thankfully, her parents' residence on the second floor was not destroyed, but their first-floor neighbors lost everything.

This time, when Hausdorf returned to the area, she noted that although there were still damaged parts of New York City, there were also signs of a comeback – the streets were cleaner, she says, and many people were rebuilding. She was honored to be bringing supplies from RWU to help New Yorkers start over.

*Dress Sandy* was led by the *RWU Cares* team – Ande Diaz, K.C. Ferrara, Ryan Freed, John King, Kathleen McMahon, Adam Nichols, Theresa Polly, Kimberly Sanders, Nancy Hamlin Soukup and Scott Yonan – with help from Hausdorf, and Dave Kemmy and Mike Gallagher who provided the Athletics Department van.

The idea for *Dress Sandy* came from student Christopher Hofmann. As the devastating effects of Hurricane Sandy was making national news, Hofmann and some friends came up with the idea of asking students to bring clothes as donations when they returned from Thanksgiving break and passed it along to *RWU Cares*.

*RWU Cares* put out the call for *Dress Sandy* before Thanksgiving break, and then it took only one month for the donations to create mountainous piles of warm winter coats, clothes and blankets inside the University's Center for Student Development. In addition to gently used clothes, donations included new winter coats from North Face, L.L. Bean, Talbot's and the RWU bookstore.

***RWU Cares* also held a food and clothing drive for Hurricane Sandy victims one morning in November.**



*RWU Cares* also held a food and clothing drive for Hurricane Sandy victims one morning in November.

"There are still people (in New York and New Jersey) who had everything wiped out. It's going to mean a lot to them to get some nice warm clothing," said *Dress Sandy* coordinator Scott Yonan.

Hausdorf transported the donations on Dec. 19 to Brooklyn's Prospect Park residents and a Salvation Army in Elmont, N.Y. She was the lone occupant of an oversized van crammed with the good will of RWU community members.

"For me, it's really nice to see that the student body at Roger Williams has social awareness and feels that it's important to give back to the community, to any community who needs help," Hausdorf said. "I was very proud of the student body, and it felt good to be the liaison."



# Sing, Play, Act, Perform!

By Roberta Adams, Associate Dean of Feinstein College of Arts & Sciences



Students at RWU, whatever their majors, have ample opportunity to satisfy their creative sides, especially when it comes to performance. While choral groups have a long tradition on campus, our neophyte Instrumental Ensemble has been growing every year since its inception in spring 2008. Essentially a concert band that includes strings, the ensemble is composed of students from all across campus, as well as a couple of local alumni, faculty and community members. Students who have studied any instrument, at whatever level, can join the group and receive one RWU credit for their participation, thus combining fun with musical and academic achievement (so pull out that flute or violin that has been gathering dust in the closet). The group of around twenty rehearses on Monday nights, and members help select the music chosen for performances given at the end of each semester. Programs have included tunes from Broadway musicals; traditional Jewish, Celtic and other folk tunes; and, of course, works from the classical repertoire, from Johann Sebastian Bach through Leonard Bernstein. As our musicians become more proficient, our instrumental director, Professor Catherine Hawkes, has begun to feature soloists in various pieces. Two break-out groups have emerged from the ensemble and get together for additional rehearsals; they are highlighted with their own pieces at the concerts. The Treble Makers Jazz Combo is a small group whose members play saxophone, French horn, clarinet, electric bass, electric guitar, trumpet, trombone and percussion. A small String Ensemble presents chamber music. Vocalists from our choral groups have also been invited to perform with the Instrumental Ensemble.

For students who are musical but who have not studied an instrument, the RWU Chorus offers another opportunity. Originally formed almost forty years ago, today's chorus of over thirty students continues a tradition of performing choral masterworks, rehearsing on Tuesday nights under the direction of Jonathan Richter. Like the instrumental ensemble, the group performs works from a variety of traditions and periods. This past fall, they had the opportunity to join the Prism of Praise Community Gospel Choir in a program called "GospelFest2012," which we hope will become an annual event. RWU chorus members participated in a half-day workshop with Prism of Praise, then opened for them and joined in at the end of their evening concert. While most of our performances take place in our Performing Arts Center (the "Barn"), this performance was in the Atrium of our Global Heritage Hall and the place rocked! In addition to their end of semester concerts, the chorus performs at other events on campus as well.

Many students assume that you must be a theatre major to take part in our campus plays, but that is not the case; anyone can audition. And for those who don't want to face an audience or memorize a line, there are opportunities to work on sets, help with costumes or props, or work as stagehands, and still enjoy "the smell of the greasepaint, the roar of the crowd," and become a part of the theatre family. In addition to the annual spring musical, other plays may also require some musical accompaniment, providing another opportunity for our campus musicians. Over the course of the academic year, there is usually at least





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By Roberta Adams, Associate Dean of Feinstein College of Arts & Sciences



one play from the traditional or classical repertoire, as well as something modern or contemporary. This past fall saw a production of “Broken Glass,” by Arthur Miller, and Bertolt Brecht’s adaptation of “Antigone,” by Sophocles (see photo). During the Spring semester, students will perform “The Laramie Project: Ten Years Later,” by Moisés Kaufman, as well as the musical “Avenue Q,” by Robert Lopez and Jeff Marx, one of the longest-running musicals on Broadway (2003-2009), which incorporates puppets in a mature coming-of-age story.

RWU also boasts a rigorous and energetic dance program which allows majors to take master classes with visiting guest artists and choreographers, performing many new works in concert. Guest artists Helen Simoneau and Angela Contie worked with

students this past fall; in the spring, Brazilian-born choreographer Jean Abreu, whose company is based in the UK, will be on campus. And while students are admitted to the major by audition only, any student can sign up for a dance class, elect the minor in dance, or join the popular campus dance club, which presents a sold-out performance every year as well.

Performing opportunities at Roger Williams allow our music, dance and theatre majors to shine, but allow any student on campus to pursue a love of the performing arts.

During the spring semester, our Performing Arts Department will present or host fourteen different music, theatre and dance performances, most of which will involve our students. And, of course, if you don’t want to join in, you can still get one of the best seats in the Barn to experience these wonderful performances!



# Spring at the Intercultural Center (IC) is an exciting time!

By Ande Diaz, Associate Dean & Director of the Intercultural Center

International students experienced many highlights during the fall semester. The students enjoyed a trip to the Newport Mansions, a white-water rafting trip in Massachusetts and an exciting trip to see the “Blue Man Group” in Boston. Students are looking forward to more outings this spring semester, some of which include: a Celtics game, a snow-tubing trip and a trip to New York City. The “Hour With” series, which gives international students an opportunity to share their culture and geography with the campus community, had over 100 students attend presentations of Ukraine, Bolivia and Greece. The Muslim students had a big “Eid al-Adha” party in the dining hall where Dining Services provided a special Middle Eastern dinner for all students, which they enjoyed while listening to traditional music. Many of the Muslim students erupted into dancing and cheering and invited other students to come join in the festivities.

The fall was also full of activity for students who wish to engage in intercultural learning. Close to 200 students attended a poetry performance and workshop focused on social justice, world-wide oppression and creative activism, in our fall World Theater event through the group Climbing Poetree. Also this fall, students participated in our Campus Conversations on Race programs – a five session, student-led dialogue that seeks to address race and race prejudice and how it affects them as students. Our multicultural student union (MSU) has been busy as well. MSU co-sponsored a discourse with Sexuality Advocacy for Everyone (SAFE) where, to a full room of students, they discussed

the intersections of race, gender and sexuality. MSU also celebrated Hispanic Heritage Month, which featured African drumming performances, cultural film showings and discussions, their annual talent show, a discourse about local Native History, and their famous Chrismahanakwanzaeid, which is a group celebration of many winter faith traditions.

SAFE has been working hard all semester on increasing their membership, holding events for National Coming Out Day and Transgender Remembrance Day and will be holding more events and discussions that deal with gender identity and expression - an aspect of the LGBTQ community that is rarely addressed.

Hope Not Hate! That was the slogan at a student-led rally against bias on our campus. Several students took the lead to plan the rally in response to an incident involving homophobia. The community response was tremendous and over 100 students, faculty and staff stood in solidarity against bias and hate. This rally was a great example of student-initiated social activism on campus!

This spring, we have even more opportunities for intercultural learning. In February, there will be an opportunity for young women, who are looking for a support network on campus, to join our Sisterhood and Spa Night where we'll partner with the Women's Center to have thoughtful discussion about women's issues – all over facials and pedicures! In March, together with MSU, we are featuring a special performance of



## Intercultural Center cont.

By Ande Diaz, Associate Dean & Director of the Intercultural Center

Talkin' Bout' My Generation, a thought-provoking play that presents diverse characters requested by the next generation of college audiences. In addition, the newly established RWU Hawk Allies program will offer training on LGBTQ identities in March and ally development training in April.

In February and March, MSU will host a series of events to celebrate Black History. Tell your students to be on the lookout for films, thoughtful dialogues, a step competition, a storyteller, and their annual soul food dinner!

The Spiritual Life Office offered regular services and special events that highlighted the varied aspects of RWU's faith traditions. During the sacred holidays of Judaism and Islam, Hillel and MSA students shared their faiths' traditions with the RWU community. Hillel members broke the fast of Yom Kippur with a bagel party at the Intercultural Center (IC). The MSA held a First Eid celebration, and for Second Eid, Bon Appétit hosted a dinner of Middle Eastern and South Asian cuisine for the entire Upper Commons. More than fifty Muslim students attended, many wearing their home countries' dress, and then they danced to traditional music during the meal.

GOSPELFEST 2012 brought together the Prism of Praise Community Gospel Choir of Providence and RWU's Chorus for a workshop on Gospel singing and a performance in the GHH Atrium. When more than 60 choral voices were added with 90 to 100 audience members, the Atrium was filled with the sound of traditional and contemporary Gospel singing not to be forgotten. The InterVarsity Christian Fellowship

offered another powerful expression of spirituality with their 24-hour Prayer Vigil at the IC, during which IVCF students took time in the middle of the semester for reflection and prayer.

Other programs this fall included former U.S. Army (ret.) Captain Paul Chappell's talk on "Why World Peace Is Possible and How We Can Achieve It," which drew approximately 80 RWU community members.

The three-part Film/Speaker Series on the Jewish Experience presented short- and feature-length films on the Jewish experience of Israel and on the Holocaust. Professor Jeffrey Shandler, of Rutgers University, concluded the series with his multimedia presentation on "Perceptions of the Holocaust Experience in American Media." More than 200 people attended the

three events, including those from RWU and throughout Rhode Island. The series was a partnership between the Spiritual Life Office and FLICKERS: Rhode Island International Film Festival. The series was generously funded by the Helene and Bertram Bernhardt Foundation and the Edwin S. Soforenko Foundation.

This spring, the Office welcomes Mufti Ikram ul-Haq as our new Affiliated Chaplain for the Muslim Community. Currently, Mufti Ikram is the Imam and Lecturer at Masjid Al-Islam in North Smithfield, RI. He holds a Doctorate of Islamic Jurisprudence from the University of Karachi. Additionally, the Office has received an Inclusive Excellence Mini-Grant to create an Alternative Break Trip Program to Haiti, which is currently scheduled for January 2014.





# MARIJUANA: MYTH, FACT AND MISPERCEPTION

By Donna Lynn Darmody, MS, Director of Health Education & Alcohol/Drug Prevention Coordinator

Marijuana has been in the news a lot more this year as voters in Washington and Colorado approved a new bill legalizing marijuana to people 18 and older. Rhode Island legalized medical marijuana on January 3, 2006 and in 2013 it will decriminalize possession, just as Massachusetts did in 2009. These movements can send mixed messages to our students making it appear that marijuana use is safe and mostly legal; which plays down the dangers of habitual use. RWU does not see any major change to its policies on marijuana because marijuana is still illegal under federal law. We must comply with federal laws to be eligible for federally funded student financial aid. In addition, Under the Drug-Free Schools and Communities Act universities will be at risk of losing federal funds if they knowingly and willingly allow illegal substances on their campus. As such, students with medical marijuana cards will not be able to smoke on campus.

Interestingly, student perceptions regarding the extent of marijuana use among their peers has been found to be consistently incorrect. When asked in the National College Health Assessment in the spring of 2012 to estimate how many RWU students would report any use of marijuana in the past 30 days our students answered 91%. They also estimated that 3.6% of RWU students would report never having used marijuana. Actual use on this survey reflects that only 30% of RWU students reported using marijuana in the last month and 50% reported never using.

The combination of marijuana publicly appearing to be less harmful because of states legalizing it or decriminalizing it, and allowing the use of medical marijuana along with the misperception that “everybody smokes” can lead to a “Pandora’s box” effect for our students. In this article I highlight the four most critical aspects of this issue that we all need to be more aware of.

## #1 Increased Marijuana Users Seeking Treatment

Although most experts agree that marijuana is not as harmful as other illicit drugs, the drug now is made differently than it was in the 1970’s. According to the National Institute on Drug Abuse (NIDA), cannabis today is up to five times stronger, making it potentially more addicting and dangerous to the developing brain. More adults are being admitted to treatment centers for primary marijuana and hashish addictions than in the past. According to government data in the 2007 SAMHSA report there was a significant increase from 12% in 1997 to 16% in 2007 in the amount of those seeking marijuana treatments. While marijuana doesn’t fit the clinical definition for addiction, many of the regular marijuana users that I see have a hard time quitting and also report significant withdrawal symptoms of feeling anxious or edgy, experiencing mood swings, and the inability to fall asleep. While the physical dependency of marijuana is still unclear, some research has found the existence of a dependency syndrome in 15% of moderate to heavy users.(Wiesbeck et al. 1996).

## #2 Marijuana Too Harmful To Be Legalized According to the Federal Government

The National Institute of Drug Addiction has a marijuana fact sheet and the following information was taken directly from the website: <http://www.drugabuse.gov/infacts/marijuana.html>.

- Many students do not believe that smoking marijuana is harmful to the body and look at it as a more natural substance than tobacco in cigarettes. Like tobacco, marijuana increases the heart rate shortly after smoking and this effect can last up to 3 hours. Someone who smokes marijuana regularly may have many of the same respiratory problems that tobacco smokers do, such as

# MARIJUANA: MYTH, FACT AND MISPERCEPTION cont.

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daily cough and phlegm production, more frequent acute chest illnesses, a heightened risk of lung infections, and a greater tendency toward having obstructed airways. Marijuana has the potential to promote cancer of the lungs and other parts of the respiratory tract because marijuana smoke contains 50 to 70 percent more carcinogenic hydrocarbons than tobacco smoke.

- Marijuana has similar physiological effects on the brain as other drugs but has its' most profound effect on short term memory. Marijuana's damage to short-term memory seems to occur because THC alters the way in which information is processed by the hippocampus, a brain area responsible for memory formation. In one study, researchers compared marijuana smoking and nonsmoking 12th-graders' scores on standardized tests of verbal and mathematical skills. Although all of the students had scored equally well in 4th grade, those who were heavy marijuana smokers (7 plus x/wk) scored significantly lower in 12th grade than nonsmokers. Another study of 129 college students found that among heavy users of marijuana critical skills related to attention, memory, and learning were significantly impaired, even after they had not used the drug for at least 24 hours. In Australia a study found that regular marijuana use can lead to up to an 8 point reduction in IQ score. These are the very skills students and parents are paying college tuition of approximately \$45,000.00 a year to develop.

- Research clearly demonstrates that marijuana has the potential to cause problems in daily life or make a person's existing problems worse. In one study, heavy marijuana abusers reported that the drug had impaired several important measures of life achievement including physical and mental health, cognitive abilities, social life, and career status. Several studies associate workers' marijuana smoking with increased absences, tardiness, accidents, workers' compensation claims, and job

turnover. A number of studies have shown an association between chronic marijuana use and increased rates of anxiety, depression, suicidal ideation, and schizophrenia. However, at this time, it is not clear whether marijuana use causes mental problems, exacerbates them, or is used in an attempt to self-medicate symptoms already in existence. Chronic marijuana use, especially in a very young person, may also be a marker of risk for mental illnesses, including addiction, stemming from genetic or environmental vulnerabilities. High doses of marijuana can produce an acute psychotic reaction; in addition, use of the drug may trigger the onset or relapse of schizophrenia in vulnerable individuals.

## #3 The Majority of College Students Do Not Use Marijuana

Marijuana is the most widely used illicit drug among college students according to the American College Health Association's (ACHA) National College Health Assessment (NCHA). However, based on 34,208 college students, 2009 data revealed that 69% reported never using marijuana with 13% admitting use in the last month. Daily use was reported at only 3% at RWU (NCHA:2012) which translates to under 100 students.

So, "everybody" is not actually smoking pot and those that do it regularly are different from the students that don't. My observation is that those who are smoking marijuana are more likely to forget their appointment with me, miss class, not be involved in leadership opportunities, change majors in order to get the one with the least amount of work, go un-noticed unless they get in trouble with school authorities or the law, suffer from low self-esteem, lose interest in their passions, and become depressed. In summary, the tragedy can be summed up in this last headline.

## Marijuana: Jeopardizing the Potential of Our Best and Brightest- our College Students!

Sources:

<http://www.drugabuse.gov/infacts/marijuana.html>.

[www.samhsa.gov](http://www.samhsa.gov)



## A message from the Director of Public Safety on the changing Marijuana Law in Rhode Island:

*PROVIDENCE, R.I. -- Rhode Island is joining the list of states that are decriminalizing the possession of small amounts of marijuana, after Governor Chafee signed the measure into law Wednesday.*

*The law, which takes effect April 1, 2013, says possessing an ounce or less will become a civil violation with a \$150 fine, akin to a ticket. It also states that three such violations within 18 months would be a misdemeanor with larger fines and/or prison.*

As you can see from this June 13 Providence Journal Headline, the law regulating marijuana in Rhode Island is changing. The RWU Student Conduct Policy here at Roger Williams University however is not changing, and will be enforced. **Marijuana is prohibited on campus and our enforcement practices and conduct sanctions will remain in effect.**

As is stated in the Student Handbook, Alcohol and other Drug use, P.55, The Roger Williams University mission encompasses a set of core values which are intended to create a respectful, diverse, and intellectually vibrant community. As parents, we want to make sure you are fully informed about policies on campus. Your son/daughter's choices impact their life as well as the lives of others. As RWU students we expect them to act in a manner that reflects an intrinsic desire to reach their full potential and that they strive to be a productive citizen within and beyond the campus community.

Although Rhode Island is in the process of decriminalizing small amounts of Marijuana, the fact remains that Marijuana possession violates Federal Law and since we receive federal funding, marijuana use will not be tolerated here at the University. Our mission is to provide a quality, well-rounded education to our students, and to prepare them for a rewarding career and future.

Sincerely,

Steven M. Melaragno

*Director of Public Safety*



# Ever wonder what goes on on Friday nights at RWU?

By Chris Bastarache, RWU junior RAD committee member



Roger After Dark (RAD) is a new proactive, programmatic effort for students who are looking for a social space in a substance or alcohol free environment on the weekends. It is run by a student committee that is committed to offering these types of events for RWU students.

Fall 2012 proved to be successful with eight strong programs co-sponsored by eight student groups: Student Advocates, Add Nothing, the Eco-Reps, Hillel, the Health and Wellness Educators, Up til Dawn, Student Athletics Advisory Committee and Hawkward. The result of these partnerships with student run clubs and organizations was a series of events where attendees were able to have new experiences such as learning about Jewish culture, playing mini-golf, and re-living their childhood memories while tracing back to the 90's.

This initiative started in the spring of 2012, sponsored and supported by Office of the Dean of Students, Division of

Student Affairs, and the Office of the President. Roger After Dark is guided by a two student lead coordinators, a committee of ten student leaders and a professional staff advisor.

Believe it or not, Roger After Dark was established a year ago and has become a household name on campus with rapid increases in attendance at every event. At each event we transform the Global Heritage Hall (GHH) atrium to create a space for fun and engaging socials, with creative themes through showing movies, having live entertainment, hosting coffee houses, giveaways, raffles and free food. Best of all, the Starbucks in GHH is open for the duration of our events, from 10pm until midnight almost every Friday night of the semester. We are super excited about the spring line up of RAD events coming up! Be sure to tell your son/daughter about RAD – a place for all students to hang out in a substance free environment on Friday nights!



# REFLECTIONS FROM THE STUDENT AFFAIRS LEADERS OF TOMORROW (SALT) CONFERENCE

By Jeronima Panjoj-Nix



# S.A.L.T.

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Student Affairs Leaders of Tomorrow

The Student Affairs Leaders of Tomorrow (SALT) conference is designed to introduce undergraduate students to the field of student affairs. Participants will have the opportunity to meet other student leaders who share their same interests, discover the career path that is right for them, meet professionals in the field who will provide guidance, mentorship and direction, and have a chance to learn about and meet representatives from the various graduate programs in student affairs in our region.

Going to the NASPA SALT conference was such an amazing and life changing experience. Having no knowledge at all about the conference, I was recommended to attend by two staff members that I have strong daily interactions with. Many of the conversations that I have had with them have focused on what I want to do after college and what I am doing now to get there. The NASPA SALT conference opened up a whole new area of my life that I wanted to pursue.

Student Affairs is a “hidden gem”, that one phrase is what I continually heard throughout the conference by other students, staff members, faculty members and speakers. All the information I received at the conference has not only helped me academically but also personally. One thing that gave me an advantage in terms of receiving all the information was that I was the youngest person attending. I was the only sophomore out of countless juniors and seniors. Many people agreed and reiterated that I was very fortunate to be in attendance at my age because a career in Student Affairs isn’t something you necessarily hear about before applying to college.

The one moment I will not forget is the grad school panel and fair because I never knew there were so many programs that had similar purposes. I assumed applying for grad school would be like applying for undergrad. However, I heard many people say that “applying might as well be an actual job.” This led me to really think about time. Although, I have the advantage of being a sophomore and not having to immediately apply to grad school, I know it is never too early to start thinking about it. I also want to keep the advantage in my favor because there are so many programs with similar and different goals that do and do not fit my overall interests.

At the conference, I met so many different people all over New England from countless schools. I was able to share my struggles and successes, both personally and academically, with others. I made so many new friends who I wish for the very best in anything and everything that they do. Networking has never been so fun than at the NASPA SALT conference. I hope to have and cannot wait for another NASPA experience. I look forward to seeing the professionals I met at our social once again when I am fully ready for this new chapter in my life.

# STUDENT AFFAIRS ANCHOR LEADERSHIP CONFERENCE SUMMARY

By John Zajicek, Assistant Director of Student Programs & Leadership



Student Programs and Leadership held its first annual ANCHOR leadership conference, bringing student leaders, staff and faculty members together in late October. The conference opened with remarks from President Donald J. Farish, who spoke about the importance of student leadership on the Roger Williams University campus. The day then continued by holding various educational sessions. Organized in such a way, this conference allowed for students of various leadership experiences to learn from one another. Participants choose one of three tracks: potential, new or veteran student leader. A “potential” student leader was defined as someone interested in getting involved. A “new” student leader was defined as someone who is newly involved in a club or organization and a “veteran” student leader was defined as an upperclassmen who has a few years of involvement under his/her belt. In these tracks, the students enjoyed the flexibility to choose from two different sessions to help them advance their current skills, prepare them for common obstacles and encourage them for future leadership endeavors.

Popular sessions available to students participating in the conference included *Beginning with the End in Mind*, which discussed understanding the value of legacy on a college campus; *Oh, the Places You Will Go!*, which focused one global awareness and understanding different

cultures; and *The Balancing Act*, which helped students understand the importance finding balance between involvement and academics. Held by inspirational faculty members, these sessions encompassed the responsibilities, communication skills and motivational routines associated with being a leader.

The sessions clearly had an impact, as one student took to social media and tweeted: “The minute you realize it’s not about you, your world will be a better place” #itsnotaboutme #nsl #Anchorslc @SPnL\_RWU”

Motivational guest speaker, Michael Miller, closed the conference with rousing words of encouragement, speaking about the importance of taking advantage of everyday opportunities, pushing oneself to accept more challenges and to embrace the talents that lie within us. Students continue to give positive feedback about the experience and Student Programs and Leadership plans to continue this conference next year; networking, teaching, and inspiring students to improve their leadership skills and get involved on campus. For more information about Leadership Programs provided by Roger Williams University please feel free to visit Student Programs & Leadership at <http://rwu.edu/campus-life/get-involved/student-programs-leadership>



# STUDENT PROGRAMS AND LEADERSHIP UPDATE

By Carol Sacchetti, Director of Student Programs & Leadership



RWU Campus Community enjoying the Annual Winter Illuminations Celebration



Dance Club Annual Fall Show



CEN's Build a Bear Program



Dance Club Annual Fall Show



Students learning to Salsa during the Multi Cultural Student Union Latino Night.



WQRI Outdoor Concert

Student Leaders involved in many aspects of extra-curricular activities finished the Fall 2012 semester on a high note. Student Programs and Leadership was excited to assist these students in coordinating 113 major events, creating student leader training and assisting students attend regional and national conferences. Some of these major highlights include

- Wicked Weekend (sponsored by the Campus Entertainment Network) which hosted a week long theme weekend that featured our Zombie Prom
- College Republicans and College Democrats co-hosted one of the Presidential debates that featured their club responses to the debate
- Class of 2016 Trip to Boston that saw 150 first year students enjoy a day at Faneuil Hall
- Dance Club hosted their annual Fall Dance Club Show with 22 different dance numbers
- AIAS (American Institute of Architecture Students) had students attend AIAS Forum in Savannah, Georgia
- IVCF (Inter Varsity Christian Fellowship) had students attend Urbana 2012 in St. Louis, Missouri
- Hollerin Hawks supported our Student Athletes by attending over 30 different games during the Fall Semester
- Peer Pals hosted various on-campus and off-campus outings for mentally challenged adults

The Department was also excited to work with 75 students in various levels of the SOAR Program. The SOAR program is a three-tiered leadership series emphasizing the importance of the Social Change Model while involving the three components of leadership: the individual, the group and the community. The program emphasizes the significance of understanding the self and others in an effort to create positive community change. During the seven week program, students are able to gain valuable leadership skills that can be utilized both inside and outside the classroom while discussing various topics that pertain to leadership. Student Programs and Leadership would like to thank our student co-facilitators Blair Carroll '13, Celine Rivera '13, and Hagai Brandon '13 who facilitated one of our entry level SOAR classes during the Fall 2012 Semester. The hard work and dedication of these 3 students allowed class participants to flourish and added a different perspective to the Professional staff co-facilitators.

Students interested in getting involved or wanting more information on a club or organization can stop by Student Programs and Leadership in the Campus Recreation Center or email [studentprograms@rwu.edu](mailto:studentprograms@rwu.edu).

A full listing of the Spring Semester events can be found at  
<http://www.rwu.edu/campus-life/get-involved/student-programs-leadership/events>.

# Bon Appétit Management Company Announces Groundbreaking Animal Welfare Policy

By Stephanie Keith, Bon Appétit Controller & Marketing Manager



## *Food service provider says no more gestation crates and battery cages, period*

Bon Appétit Management Company, which operates more than 400 cafés for corporations, universities, museums and specialty venues in 31 states, announced the rollout of the food service industry’s most comprehensive farm animal welfare policy to date, to applause from The Humane Society of the United States.

“Bon Appétit has turned ‘very good’ into ‘great,’ setting a new high-water mark in the food-service sector,” said Wayne Pacelle, president and CEO of The Humane Society of the United States. “Consumers are deeply concerned about animal welfare, and Bon Appétit is responding.”

As part of the new policy, Bon Appétit is:

- Requiring that all pork it serves — currently 3 million pounds annually — be produced without gestation crate confinement systems, using higher-welfare group housing systems instead.
- Switching all of its pre-cracked (liquid) eggs — currently 11 million eggs annually — from hens confined in barren battery cages to hens living in cage-free farms, as it already does for shell eggs.
- Entirely eliminating foie gras (livers of force-fed ducks) and veal from calves confined in crates from its menus.
- Ramping up efforts to seek out the most responsible meat, poultry and egg producers — those who have received at least one of the four highest animal-welfare certifications.

All of these important reforms will be phased in by 2015. The company will also continue to offer and promote vegetarian options daily as part of its Low Carbon Diet initiative, which was introduced in 2007.

In addition to other socially responsible practices, the company has used exclusively cage-free whole eggs since 2005 and endorsed legislation to outlaw gestation crates. Eight states have now passed such laws. It has also fought against the routine use of antibiotics in farm animals, both to safeguard their efficacy in humans and to end the factory-farm conditions they enable.

“I have never forgotten the terrible things I saw when touring factory farms,” said Fedele Bauccio, cofounder and CEO of Bon Appétit Management Company. From 2006 to 2008 Bauccio served on the prestigious Pew Commission on Industrial Farm Animal Production, which issued a landmark report calling for an end to gestation crate, battery cage, and veal crate confinement of farm animals. “We’ve been asking the industry to do the right thing, but we can’t wait anymore,” Bauccio said. “We have to send the message that these practices are unacceptable. If the supply doesn’t catch up by our deadline, we’ll do what we have to — even if that means cutting back on bacon.”

Bon Appétit will continue to work with the most responsible meat and poultry producers to pursue Animal Welfare Approved, Food Alliance, Humane Farm Animal Care or Global Animal Partnership certification of their animal welfare practices. These four programs have standards that not only prohibit such cruel practices as gestation crates and battery cages, but also require animals to be allowed to engage in their natural behaviors.

Bon Appétit vows that by 2015, 25 percent or more of its meat, poultry and egg purchases companywide will be sourced from producers that meet at least one of these four certifications. The company has always encouraged the best farms amongst its suppliers to get the recognition they deserve. This announcement sets an important new baseline for the minimum standards it will accept.

### **About The Humane Society of the United States:**

The Humane Society of the United States is the nation’s largest animal protection organization—backed by 11 million Americans, or one of every 28. For more than a half-century, The HSUS has been fighting for the protection of all animals through advocacy, education, and hands-on programs. Celebrating animals and confronting cruelty—on the web at [humanesociety.org](http://humanesociety.org).

# HOW TO BE LUCKY

By Robbin Beauchamp, Director of the Career Center



I was recently asked by a national speaker: *If you had just one piece of advice for a student that would help them to connect their education to life after college, what would it be?* I want to share with you my response:

“Use your Career Center! Engage and be pro-active. Don’t let the news about a poor job market unnerve you and demotivate you. There is one truism: if you do nothing to get a job, you won’t get a job. If you work hard to find one and use all of the resources at your disposal, you significantly increase your odds of landing a job.”

I believe this with my whole heart. I have been in career education since 1999 and have seen this play out countless times. The students who get to know their career centers and the staff, who use the services such as networking events, workshops, career counseling, resume and cover letter development, interviewing skills development and more, have a much higher percentage of landing a job by or immediately after graduation. And, the flip side of the story is even more true. Those students who do nothing about their future, who languish in their rooms, spend all of their free time hanging out with friends, who don’t hold relevant part time jobs, summer jobs or have poor student teaching experiences have a much harder time getting a job that is relevant to their major or that meets their career goals.

I was a recruiter for 10 years prior to getting into career services. I would not be able offer jobs, or sometimes even interview, for students who had no related experience. I would never call someone who had a poorly written resume and/or cover letter. If someone made it into the office, they were immediately disqualified if they had a poor interview. What does a poor interview look like? Body language that says you don’t want to be there; the inability to answer questions about your experiences and education; being unable to tell me why I should hire you and how your skills, experience and education meets the needs of the employer or the job.

So, parents, what would your students need to do to be one of the “lucky” ones that gets offered a job before graduation or immediately after? Well, first of all, luck has nothing to do with it. You make your own “luck” by planning and executing that plan.

Here are some helpful suggestions and items to discuss with your student regarding their plans for their future careers and successful transitions into life after RWU:

1. Make an appointment today with the Career Center by calling 401-254-3224. Ask to meet with the first available Career Advisor to begin to develop a plan.
2. Log onto HAWKS HUNT and review your profile. Did you know you have one? All students do. You can find it at [careercenter.rwu.edu](http://careercenter.rwu.edu). Update your profile so you can get messages about jobs in locations you want.
3. Review HAWKS HUNT to see what career events and workshops are available and register for the ones you want.
4. Do MULTIPLE internships OR significant service that is related to your future career OR team-based projects.
5. To be able to have that job offer, you will need relevant experience. Be sure to have summer jobs and part time jobs that meet your skill set. Start working on your resume. If you think you’re a few years away from needing one, you’re wrong.

Keep in mind that finding a full time job can be time consuming. But, if your student wants to have the kind of options they’ve always dreamed of, then this will be time well spent. Once your student makes an appointment with the Career Center, the rest of the planning will be revealed to them. But, they have to take that the first step. Once they find their way in, they will be welcomed with open arms and a warm smile from people who are experts in the field of career development. And it is through these passionate and talented career advisors that they will learn how to find employment!

We look forward to meeting your student and helping them with these exciting next steps!



## Athletics Update

By Nick Williams, Athletics Communication Director



Athletics Hall of Fame Inductees 2012

Roger Williams University celebrated its inaugural class of the RWU Athletics Hall of Fame. The induction ceremony took place on Saturday, October 20 during Homecoming Weekend. The first class of inductees included Ed Randolph '82 (Men's Basketball), Sharon Castelli '86 (Women's Volleyball, Basketball, Softball), Matt Walby '94 (Equestrian), Stuart Hulke '00 (Men's Soccer), the 1999 Men's Soccer team, Ray Cordeiro (Baseball), and Dave Kemmy (Wrestling). Randolph holds the Men's Basketball school record for points scored, while Castelli was the first RWU athlete to earn 12 varsity letters. Walby claimed the first national championship in school history, while Hulke was a two-time Men's Soccer All-American and the all-time goal scorer in program history, and was a member on the 1999 squad that earned the school's first berth to the NCAA Tournament. Cordeiro and Kemmy were each recognized for their longtime commitment and dedication to Roger Williams University, with more than 50 years of service to the University between the two.

Women's Cross Country sophomore runner, Hannah Zydanowicz, accomplished arguably the greatest individual performance in program history, breaking records and becoming the first cross country runner in school history to qualify for the NCAA Championships, all in her first season of cross country. She won the Commonwealth Coast Conference Championships, being named CCC Runner and CCC Rookie of the Year before competing at the NCAA Division III New England Regional Championships. Zydanowicz placed 15 overall which earned her All- New England Honors and shattered her school record by 28 seconds with a time of 22:08.23. At the NCAA Championships, Zydanowicz ran her second-best time ever in 22:30.60 placing 65 out of 288 runners. She finished tenth among the New England competitors from Regionals and second out of the seven who qualified in her region. Zydanowicz raced against the top 32 teams in the country and top 56 individual runners not on a qualifying team.



NCAA Championship – Hannah Zydanowicz and Sean Livingston

## Athletics Update cont.

By Nick Williams, Athletics Communication Director

Women's Rugby defeated Castleton State 48-0 at Mt. Holyoke to win the Northeast Region title and move on to Nationals. Prior to this win, the Hawks won the Colonial Coast Rugby Conference title against Wentworth. The team would go on to Cherry Hill, N.J. for the National Small College Rugby Championship where they lost 32-0 to Wayne State College. The loss to Wayne State ended their perfect record, but earned the distinction of the #2 team in the nation for small college rugby. On the men's side, the Men's Rugby team advanced to the CCRC Championship game, falling to Salve Regina. The Hawks finished the season ranked ninth in the nation for Division III Rugby.



Volleyball Team Celebrates CCC Championship

In other fall sports, Volleyball notched its fourth consecutive Commonwealth Coast Conference Championship and fourth straight NCAA Championship berth. Although the Hawks fell 3-0 to Springfield College, the Hawks still wrapped up another successful season, finishing with a record of 21-11. Men's Soccer finished the year with its best record since 2005, completing the season with a 17-5-1 record. The Hawks ended as CCC regular season champions, but was upset

in the semifinal round of the conference tournament to Nichols. RWU would then go on to finish as runners-up in the ECAC New England Tournament and finish as the runner-up to Coast Guard Academy. The Hawks swept most of the top conference honors with Trevor Hoxsie named CCC Offensive Player of the Year, Kamali Webson as CCC Defensive Player of the Year, and Jim Cook as CCC Coach of the Year. Webson was also named as an NSCAA All-American, the program's first All-American since 2007.

Women's Soccer wrapped up the year with its third straight CCC Championship and third straight NCAA Tournament berth. In the NCAA Tournament, RWU nearly pulled off one of the biggest upsets in tournament history, facing off against the #1 team in the nation, Messiah College. However, in the end, RWU lost a hard-fought 2-1 battle to Messiah. Men's Cross Country claimed its 12th straight CCC Championship, with senior John Ferguson leading the way with a win and earning CCC Runner of the Year honors. Freshman Doug Sasso placed third and was named CCC Rookie of the Year. Women's Tennis wrapped up the fall with a 9-4 record, falling in the semifinals to Endicott College. In the semifinal match, RWU held a 4-1 lead before falling 5-4 to Endicott. RWU finished with an undefeated record at home, going a perfect 6-0.

Equestrian finished with one of its most successful fall seasons in recent memory. The Hawks won two shows along with three runner-up finishes. The Hawks are second place in the region. Sailing enjoyed a good start to the year, with five regatta wins in the fall. The women's team received its highest national ranking in the history of the program, moving up as high as #13. Alec Anderson and Alyssa Seifert were recognized as NEISA Coed Sailors of the Week on September 19.



# Health Services Reminders

**Just a couple health reminders to parents and students as the spring 2013 semester begins.**

By Anne Andrade, Director of Health Services

## Have a new Health Insurance Card?

If your private health insurance or prescription plan has changed, please fax a copy (front and back) to Health Services so we can put it in the student's health record. Fax to 401-254-3305, or have your student bring a copy of the card to Health Services on their next visit.

## Cold and Flu season

As we all know with winter comes cold and flu season. Living in close proximity to one another, as college students do, lends itself to spreading germs and illness. Protect yourself:

1. We encourage everyone to get an influenza vaccine. This can be done at Health Services while supplies last. Please call 254-3156 for an appointment. The cost is \$20.
2. Healthy lifestyle with proper sleep, diet and exercise is the best defense. In addition, the importance of good hand washing and general hygiene should not be underestimated.
3. If our students develop symptoms of upper respiratory infection or influenza they can be seen at Health Services for assessment and care. The following website provides important information about Flu prevention, assessment, and treatment. <http://www.health.ri.gov/flu/>

## Spring Break is right around the corner!

In a blink of an eye the days of spring will be upon us. Many students are already planning for spring break. This can be a much needed opportunity for rest and relaxation. Whether a student stays local or takes advantage of the time to travel, a little planning can go a long way for a fun, safe spring break. The following link may provide helpful information specific to college spring break and general traveling consideration.

<http://www.cdc.gov/>

[www.vanderbilt.edu/alcohol/springbreak.html](http://www.vanderbilt.edu/alcohol/springbreak.html)

[www.travel.state.gov](http://www.travel.state.gov)





# STUDENT AFFAIRS SPRING 2013 CALENDAR OF EVENTS

## February

- 9 Orientation Advisor Selection Process, 12:30 a.m. – 3:30 p.m.
- 9 Snow Tubing Trip with the Intercultural Center
- 11 Sisterhood and Spa Night
- 13 Ash Wednesday Services
- CAS Career Networking Reception GHH 5 p.m.
- An Hour with Colombia, SE 124, 3–4pm
- 18 University Closed for President's Day
- 20 Life After RWU "Cyber Safe and Savvy" GHH 4:30 p.m.

## March

- TBD Spirit Acting on environmentalism
- TBD Fish Out of Water Film Discussion Intersections of LGBTQ Identity and Religion
- TBD 24–Hour Prayer Vigil, Intercultural Center
- 1 World Day of Prayer Ecumenical Celebration
- 2 Women's Center Presents: V–Day, Campus Rec. Center
- 5 Gabelli School of Business Networking Reception MNS Lobby 5 p.m.
- 6 Science and Math Career Panel and Reception MNS Lobby 5 p.m.
- Life After RWU "It's Your Money" Alumni Building 4:30 p.m.
- 8 Residence Halls close at 7 p.m. for Spring Break
- 9–17 Spring Break
- Habitat For Humanity to Upper Michigan
- Inter Varsity for Christian Fellowship Spring Break Trip to New Orleans, LA
- Foundation of International Medical Relief for Children Spring Break Trip to El Salvador
- 17 Residence Halls Open at 12 p.m.
- 20 Spring World Theater: Talkin' Bout' My Generation
- Life After RWU "Getting Your First Real Job and Keeping It" Alumni Building 4:30 p.m.
- An Hour With Uganda, CAS 157, 3–4pm
- 26 Passover/Pesach Begins
- 27 Career Center 16th Annual Career Fair 1 p.m. Campus Recreation Center
- 29 Good Friday No Classes a d
- Boston Celtics Game with Intercultural Center
- 31 Easter Sunday

# Student Affairs Spring 2013 Calendar cont.

## April

- 2-4 Senior Commencement Ball Tickets on Sale, Campus Recreation Center
- 3 Global Fest 12 p.m. – 3 p.m. Campus Recreation Center  
Life After RWU: Career Conversation GHH 4 p.m.  
Up Till Dawn Fundraising Event for St. Jude Hospital
- 4 & 5 Student Senate and Class Officer Elections
- 6 Inter Class Council Cake-Off Fundraiser for Dana Farber, 1 p.m. Campus Rec. Center  
Public Relations Student Society of America (PRSSA) Gala, Details TBA
- 9 Yom HaShoah Service on campus
- 10 Dance Club Show, 8p.m. Campus Rec. Center
- 17 An Hour with United Kingdom
- 20 Birthplace of Hip Hop Tour in Harlem and Bronx; trip to NYC with Intercultural Center  
Week of 21st Campus Entertainment Network Spring Weekend
- 28 Edwin S. Soforenko Foundation Lecture on Jewish Life

## May

- 4-5 Colleges against Cancer Relay for Life, Campus Recreation Center
- 6 Athletic Banquet, 6 p.m. Campus Rec. Center
- 7 Student Involvement Recognition Reception, 6 p.m. Campus Rec. Center
- 8 Last Day of Classes/Inter Residence Hall Association Late Night Breakfast, 9 p.m. Dining Commons
- 9 Reading Day/ Intercultural BBQ
- 10-15 Exams
- 11 Senior Class Commencement Ball at the RI Convention Center
- 14 Graduate Hooding Ceremony (graduate students only), 6 p.m. Campus Rec. Center
- 16 Residence Halls Close (except graduating Seniors) 12 p.m.  
Intercultural Center Senior Brunch  
Commencement Rehearsal/BBQ, 12 noon, D'Angelo Common & Campus Rec. Center
- 18 Commencement, 9:30 Processional. 10 a.m. Ceremony  
Residence Halls Close for graduating Seniors 7 p.m.

**If you know others who would be interested in receiving this newsletter, or care to change your e-mail address, please send current email addresses to [advancement@rwu.edu](mailto:advancement@rwu.edu).**

While every effort has been made to ensure that information is accurate and up to date, we're writing about a dynamic educational environment, and it is not possible to guarantee that all items will be accurate at all times.

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