

STUDENT LIFE @

**Roger Williams
University**
Learning to Bridge the World

A NEWSLETTER FOR PARENTS AND STUDENTS

VOLUME 7 | FALL 2009



Dear Parents and Students,

Hard to believe we have reached the mid-point of the fall semester on campus. Each week, our student organizations, clubs and Student Senate reach new levels of participation and contributions to student life. All of our fall athletic teams are enjoying successful seasons and our sailing team has again achieved a top ten national ranking. Students involved in theater, dance and music are busily preparing for fall productions.

Students have expressed great pride and excitement over our two most prominent new campus facilities. Global Heritage Hall – our new academic building – is a 52,000 square foot, technology-rich learning facility that is home to the humanities, communications and foreign language programs. Classes are held in our seven Heritage Classrooms that serve as a gateway to the world for the RWU community, and the Spiegel Center for Global and International Programs helps our students reach out to the world beyond Bristol's borders. A newsroom and multimedia communications studio, along with graphic design labs featuring the latest Mac programs, are supporting our growing communications program that now includes a global communications major. The new North Campus Living Learning Complex is home to 350 students living in suite – or apartment – style housing. Two seminar rooms inside the building are used by day for classes and in the evening for group study and meetings. Two large lounges, a convenience store, lighted sand volleyball, basketball and tennis courts complete the complex that is open to all students on campus.

On September 28 our students and dining staff participated in the *Eat Local Challenge* by preparing and enjoying meal choices during lunch made with 100 percent locally sourced ingredients. Our dining program, managed by Bon Appétit, continued the popular outdoor farmer's market this fall and recently achieved a 99 percentile ranking amongst 270 colleges and universities participating in a student satisfaction national benchmark survey.

In October, sustainability issues were highlighted in speaking events by Lisa Ling, a special correspondent for the National Geographic Channel and "Oprah Winfrey Show," who lectured on how journalism can effect social change; Dr. Ken Yeang, a Malaysian architect and ecologist whose planning and designs have had the constancy of the theoretical framework of ecological, bioclimatic and energy efficiency; and Celine Cousteau, daughter of ocean explorer and filmmaker Jean-Michel Cousteau and granddaughter of the legendary Jacques Cousteau, who is featured in PBS's most successful new television series, "Jean-Michel Cousteau: Ocean Adventures" and has collaborated with her father's Ocean Futures Society promoting the educational program, "Ambassadors of the Environment," throughout her travels. Furthermore, our fifth annual Common Reading event featured a campus visit by Alan Weisman, author of "The World Without Us."

We are very excited for the upcoming Homecoming and Family Weekend taking place October 23-25. Late and on-site registrations are welcome and you can check out the full schedule of activities at <http://www.rwu.edu/studentlife/homecoming/>.

We hope to see you on campus soon!

Sincerely,

Vice President, Student Affairs

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THE CONTINUED GREENING OF RWU

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

Virtually every area on campus is embracing the idea of Sustainability as a means of reducing the University's carbon footprint and, in most cases, lowering costs. In this edition of the Student Affairs Newsletter, we feature our new student group known as Eco-Reps.

As a result of President Nirschel signing us on to the Clinton Global Initiative last spring, Roger Williams University has formed a new group of Peer Leaders known as Eco-Reps. Beginning in August, this green team of 12 residential students involved themselves with sustainability initiatives throughout the University and are charged with promoting and educating their peers in the residence halls, throughout the University and in the local public school systems about Sustainability (Reducing, Reusing & Recycling). These are paid positions of up to 10 hours per week.

Our top priority for the 2009-10 academic year is to increase recycling in the residence halls by 20%, as well as increasing water and power conservation in the residence halls.

When asked what the Eco-Reps have been up to so far and what they've got planned for the year, Eco-Reps Coordinator and RWU sophomore Monique Ditullio said, "We had a free reusable bag making event in front of the Commons (wherein we decorated 100 bags!). Tonight (Sept. 21) is the first of our 'Green Screens,' environmental movies that provide an interesting way to learn about issues that affect our planet and an opportunity to earn merit points. We'll be doing about two Green Screens a month. We recycled cardboard during move-in in August. We have been picking up co-mingled recyclables every two weeks to get students in the habit, but not rely on us. We're planning recycling games at the WQRI Foliage Fest and an inter-residence hall recycling competition for Spirit Week. We are also assisting Dining Services with the weekly Farmers' Markets. In October we'll be establishing 'Green Teams,' which are like environmental hall councils that will be increasing sustainability in residence halls and engaging in community service projects. We're also appearing at about 12 events a week to promote recycling."

Other Recent Green Efforts

Bon Appétit and Dining Services continue to promote waste reduction in the Upper Commons, the Low Carbon Diet and buying locally. Their campus Farmers' Markets provides local farmers with another venue for selling their goods and gives the University community easy access to locally grown, fresh produce. Catering is eliminating bottled water at all catered events.

XLERATOR hand dryers are being installed in restrooms campus-wide, eliminating \$30 – 60 dollars' worth of paper towels per restroom per **week**, not to mention all of those paper towels that now are NOT going into landfills!

Other "greening" initiatives on campus include:

- Collaborations with Mount Hope Farm, James Gubata, Matt Clement, Professor Loren Byrne, Scott Yonan and the Eco-Reps for the possible creation of student-run gardens.
- A Library sustainability site created by Tim Spindler in Library Services <http://rwu.libguides.com/environment>.
- Project 20/20 collaboration with Brown University students, Scott Yonan, East Bay Community Action and Feinstein Center for Service Learning and Community Engagement to replace incandescent bulbs with CFLs in lower income homes all over R.I.
- Presidents Climate Commitment - Carbon Footprint Calculation completed by Professors Loren Byrne and Charles Thomas and a group of their students http://faculty.rwu.edu/lbyrne/RWU_GHG_inventory.htm.
- Author Alan Weisman "The World Without Us" visited campus on October 7 as our fifth annual Common Reading speaker.
- The addition of two courses in sustainability studies and the potential creation of a minor in Sustainability Studies.
- FYSOP, our freshman living learning community, now has a sustainability section where students live together, learn together and work on sustainability efforts.
- Housing and Facilities now has a student worker who is recycling all cardboard on campus.
- The University Recycling & Sustainability Committee created a new online Campus Recycling Guide this summer. <http://www.rwu.edu/sites/recyclingandsustainability/rwurecycle.htm>
- Free RIPTA passes are available for all students and are available at reduced cost for faculty/staff.
- The University's Fall 2009 Civil Discourse Speaker Series is themed around sustainability. <http://www.rwu.edu/newsandevents/news/lisalingo92109.htm>
- New bike racks will appear on campus any day now, encouraging students to ride their bicycles. We're looking into putting a bike rack on the shuttles so that commuters have another option besides riding their bikes between Bristol and campus.
- Duplex printing (double-sided) is now standard in all computer labs, cutting paper usage in half in those areas.
- The North Residence Hall, Global Heritage Hall, the Marine and Natural Science addition and the Alumni & Admission Center all were built to LEED Silver standards.
- Electronic billing from the Bursar's Office has eliminated paper bills.
- The Payroll Office has gone green with the elimination of paper pay stubs for those with direct deposit.

For more information on RWU's green efforts, visit <http://www.rwu.edu/sites/sustainability/gallery/index.htm>

Do you have any green ideas? Contact Scott Yonan at syonan@rwu.edu or at extension 3389.

CULTURAL DIVERSITY AT RWU



Intercultural Center

The Intercultural Center is an exciting place to be this fall! Our mission never waivers – supporting and challenging world citizens and welcoming people of all faiths, nationalities and personal identities to our campus.

We are delighted to announce that Reuben Tillman III has joined the team as Assistant Director. He received his B.A. in Human Development and Family Studies with a concentration in Early Childhood and Adolescent Development and African-American Studies. As Assistant Director, Reuben works in multicultural affairs and directs the Bridge to Success program, which provides tutoring and mentoring for local high school youths and helps prepare them for college.

International Affairs

We are pleased to welcome a record 44 new international students this fall semester. Currently we have 134 international students from 46 countries across the globe. This year students kicked off the semester with a fun day in Boston that included the famous Boston Duck Boat tour. Students also enjoyed a sailing cruise of Newport and later a friendly game of laser tag. The “Hour With” series that gives international students a chance to share their culture and geography with the campus community spotlighted Venezuela, followed by China.

Students are excited to plan an event-filled semester including sharing their recipes and cooking lessons from around the world during International Education Week in November.

Multicultural Affairs

The Bridge to Success Program brings Roger Williams’ undergraduates into Providence and Newport high schools to mentor students. Upcoming events include mentor training, student recruitment and a visit to our lovely campus in order to make the notion of post-secondary institutions more tangible. The Multicultural Student Union has a full calendar of events planned

for the fall semester. Programs and events include: Hispanic Heritage Dinner, Discourse on Diversity, Moon Cake Festival, Día de Los Muertos and a Native American Heritage Dinner. As part of the World Theatre series, the Intercultural Center presented a Capoeira performance by Contramestre Tigri and Grupo Ondas of Rhode Island. Capoeira is an Afro-Brazilian art form that is a fusion of martial arts, acrobatics, dancing, music and elements of practical philosophy. Capoeira has roots in Africa, but the art was born in Brazil. A workshop followed the performance.

Spiritual Life Program

The Spiritual Life Program is off to an active start this semester. Our awareness campaign of religious holidays, started with the creation of a series of table tents for the dining commons, help for a student-generated “awareness” display in the Recreation Center, and a program on celebrating “Religious Holidays in a Secular Context.” Upcoming programs include “The God Squad,” where chaplains and students address questions about religion and spirituality, and the annual Interfaith Thanksgiving Service on November 19.

Our students groups are in full swing: the Muslim Students Association has sponsored several Iftars, where the Ramadan daily fast is broken, along with a celebration of Eid al-Fitr at the end of Ramadan; Hillel has hosted several Shabbat dinners, made plans with local synagogues for Rosh Hashanah and Yom Kippur services, and fit in a Laser Tag trip as well!; The Newman Club has been meeting weekly – a result of growing attendance at weekly Mass – to plan a day of Recollection, several service opportunities and a retreat later in the fall; The Intervarsity Christian Fellowship is actively seeking to rejuvenate its membership, which was hard hit when students graduated and went abroad, but Patrick Tanner, assistant director of residential life, has stepped up to help our students develop plans for an active fall and spring. Special thanks also goes to advisors Maria Adkins and Professors Madge Thombs and Josh Stein for their volunteer service to student-led faith groups.

NOW, MORE THAN EVER: DO AN INTERNSHIP!



Historically, employers and institutions of higher education have long valued the experience a student gains while participating in experiential education. And graduates with these experiences are well aware of the advantages of having that “competitive edge” as they pursue employment. However, in a challenging economy, having one or more internship experiences within their field of study on one’s résumé is becoming compulsory. Many employers now exclusively hire

recent graduates from their internship pools.

And although some employers have had to decrease their paid internships due to concerns about the economy, unpaid internship opportunities are increasing.

Also, unlike before, when students were encouraged to wait until their senior year to apply for an internship, employers are seeking interns who are in their sophomore and junior years.

RWU has several majors that require students to obtain a co-op/internship for credit and the Career Center urges all students, no matter their major, to obtain a minimum of one internship during their academic studies.

In order to receive credit, RWU students are required to attend preparatory workshops BEFORE they plan to seek and obtain an internship and students should register for these workshops during the fall or spring semester of their sophomore year.

Again, many employers are looking for graduates with at least one, if not two or more internship experiences for their entry-level experiences. To compete with graduates from other universities, students are encouraged to conduct several internships as part of their curriculum. Now, more than ever, RWU urges students to obtain a co-op/internship as part of their academic study program.

CAREER EXPLORATION AND CIVIC ENGAGEMENT – (CE)²

This past summer, the Career Center and the Feinstein Center for Service Learning and Community Engagement moved into the former Admissions house, across from the Lower Commons and the Field House. Now known officially as “Career Exploration and Civic Engagement,” the two departments still operate as separate units organizationally but will have more opportunities to collaborate on programs, services and engage with employers.

The Career Center educates students about career paths, help them identify their personal values, interests, personality attributes and skills as well as their relationships to careers. The Center manages the Cooperative Education/Internship Program and advises students about graduate studies.

The Career Center invites employers to campus to network with students and alumni, runs events to educate students about career and graduate school opportunities and builds and maintains relationships with employers for co-op/internships and careers.

The Feinstein Center is the University’s entry point for the non-profit community and is the Community Service Clearinghouse. The Center runs the Bristol Reads program and Community Connections and facilitates the AmeriCorps programs and the Federal Community Service Work Study program, which allows students to earn their work-study stipend while working for non-profit organizations in our community. The Feinstein Center supports and develops service for faculty as well as student-initiated projects. Together, the Career Center and the Feinstein Center work with common employers for service and internships and co-sponsor programs related to service-related career paths. The Center encourages students to work in teams where appropriate, such as attending employer site visits together.

This year, we are scheduling a Halloween Haunted House and Homecoming Weekend events. The Feinstein Center will sponsor non-profits to participate in the annual Career Fair. Expect to see faculty discuss their majors along with the Career Center and the Feinstein Center to explore career and service paths based upon major in Fireside Chats. The Creative Capitalism program will bring businesses to campus who have dedicated part of their profits to benefit society.

Our combined goal is to be the epicenter for experiential education on campus, and each area will be cross-trained to coach students effectively.

Through the efforts of many on campus, we are now referred to as a Call to Serve School. RWU has a commitment to educating students for public service demonstrated both through our core values of service and lifelong learning, preparation for careers and future study and through our curriculum with its emphasis on law, criminal justice, public administration and public policy, and international relations. The University chose to become part of the Call to Serve network to strengthen our ties to agencies and people who can help advance our graduates in their commitment to public service. The Call to Serve network will prove to be a vital link to educate, motivate and facilitate our graduates’ public service careers.

<http://careercenter.rwu.edu/enews>

CAMPUS FLU UPDATE

There is a great deal of concern on college campuses about influenza, and Roger Williams is prepared in the event that it does reach our campus.

On October 8th the Rhode Island Department of Public Health informed higher education institutions in the state that H1N1 vaccine distribution for college aged students under 24 will likely occur in December. Once we receive our allotment we will make every effort to offer the vaccine to as many students as possible before the end of the semester.

As expected, we are beginning to see a few students reporting influenza like illness (ILI) at University Health Services. The good news is that the cases to date that continue to be similar to seasonal influenza are relatively mild, and, when it is necessary to provide treatment, people have been responsive. As part of the Rhode Island Department of Health (RIDOH) H1N1 surveillance network, we are asked to laboratory test one case of reported ILI each day. Thus far, none of the individuals tested have tested positive for H1N1. We do the sampling for epidemiologic survey purposes only, to assess the presence of H1N1 in the community, and do not utilize this test to diagnose or manage the patient's care.

All students with ILI will be treated in the same manner regardless of whether an H1N1 test is conducted. We do expect to see more influenza-like illness, including H1N1, over the course of the semester; this is the nature of the virus and no cause for alarm. We will continue to focus our efforts primarily on limiting the spread of H1N1 flu, seasonal flu and other respiratory illnesses during the course of the fall and winter.

Prevention is Key!

Our first seasonal flu vaccination clinic occurred on September 17. If your student could not attend and would like a seasonal flu vaccine, they are available at Health Services. Students can make an appointment by calling (401) 254-3156. The H1N1 vaccine has been approved by the FDA and is expected to be available for college-age individuals by mid- to late October. We will make vaccination information available through the usual communication tools including the website, e-mails and Facebook.

For further information, see the FDA press release regarding H1N1 vaccination approval:

www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm182399.htm

Proper Hygiene Etiquette

- Cough into your elbow
- Wash your hands or use hand sanitizer often
- Keep your living space clean with disinfectant wipes



Proper Care and Self Isolation When Ill

If a student is sick with the flu, we are asking them to isolate themselves at home or in their room for at least 24 hours after they no longer have a fever (without the use of fever-reducing medications).

Please take the following precautions if you must visit a healthcare provider:

- Call your health provider ahead of time to determine what the best course of action may be. If a student has mild cold or flu symptoms they may not need to be seen at Health Services and may be able to care for themselves at home with rest and over-the-counter medicines. Not all influenza requires a prescription for Tamiflu. To prevent development of resistance to this medicine the CDC recommends it be reserved for those with severe illness and for those at high risk due to an underlying medical condition. A nurse will help the student assess their symptoms and either recommend an appointment or coach them on appropriate self care. See websites listed below for evaluation information.
- If a student has severe symptoms such as increased fever, shortness of breath, chest pain, pressure, rapid breathing or are at risk of severe illness from flu due to a medical condition, or if your symptoms are lasting longer than a week and just feels uncertain, students should call Health Services and make an appointment to be seen by a nurse.
- Please make sure you wear a mask if you will need to come into contact with others.
- Call Health Services at (401) 254-3156 (Monday through Friday, 8:30 a.m. to 5 p.m.).
- If students need assistance after-hours and on weekends, on-campus students should contact Public Safety at (401) 254-3611.
- After-hours and weekends, off-campus students should call Bristol County Medical Center at (401) 253-8900 (Saturday, 8 a.m. to 3 p.m.) or a local walk-in clinic. For emergencies while off campus, dial 911.
- If a student is experiencing any of the following symptoms they should call EMS (Emergency Medical Services):
On-campus Public Safety at (401) 254-3611 or off-campus 911

- Chest pain
- Difficulty breathing
- Confusion or decreased awareness
- Severe headache
- Rash
- Stiff neck

For general information on H1N1, please visit the following web sites so that the Health Services phone lines can remain open to address specific patient concerns:

- www.health.ri.gov/pandemicflu/swineflu/swineflu.php
- www.cdc.gov/h1n1flu/
- www.cdc.gov/h1n1flu/guidance_homecare.htm
- www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm182399.htm

WELCOME TO THE PARENTS ASSOCIATION!

My name is Amanda Marsili and I have the pleasure and honor to be working with the Roger Williams University Parents Association. This is a very exciting time to join the Parents Association as it is just beginning and the opportunity to build and grow it from the ground up is now! Every parent of a current Roger Williams University student is invited to participate.

The goal of the Parents Association is to offer parents an opportunity to be involved with their child during his or her time as a student at Roger Williams University. At new student Orientation you may have heard of “Helicopter Parents” and that may make you a bit leery of getting involved. But we are not promoting the “Helicopter Parent” idea; rather we are offering fun and interactive ways for parents to stay connected to their children by becoming a part of this community. There are many opportunities to participate and you may choose your level of involvement.

The Parents Association will meet annually during Homecoming and Family Weekend. This year’s meeting is scheduled for Saturday, October 24 at 11:30 a.m. in the Marine and Natural Sciences Building. All parents are encouraged to attend. The agenda will feature Sr. Vice President of Enrollment and Advancement Lynn Fawthrop, a discussion of the role of the Parents Association on campus, and an explanation of all the opportunities available for involvement. We ask that you RSVP by contacting me at amarsili@rwu.edu or 401-254-3774. If you find yourself on campus and have forgotten to RSVP, please feel free to visit in person and we’ll get you where you need to be.

Our freshman parents had the opportunity to fill out a Parents Association Involvement Form during Move-In Weekend and parents of upperclassmen should have received the form in the mail in late September. If you haven’t had the opportunity to complete an Involvement Form you can do so by either filling one out at our meeting on October 24, or you can email me at amarsili@rwu.edu.

I am very excited about the Parents Association and have enjoyed meeting and speaking to many of you. I look forward to meeting many more parents on October 24 and in the future.

Thank you for giving me the opportunity to work with all of you.



Amanda Marsili

Associate Director of Parent Relations and Outreach

WALK FOR AUTISM RAISES MONEY, ENHANCES COMMUNITY

Jen Linehan, resident assistant in the Bayside Courts apartment complex, spearheaded an incredible charity event that culminated in a Walk for Autism in Colt State Park in Bristol, R.I., on September 13, 2009. Jen diligently worked on organizing this event weeks before her early arrival in mid-August for RA training, before the fall 2009 semester began. The Walk brought together Bayside residents, Bayside Board (hall council) members and Bayside Team CARE members.

Three events led up to the Walk for Autism, which included a bake sale on September 4 at the top of the Seabreeze “U” in Bayside, which helped raise \$114 for the cause; a shirt tie dye session on Wednesday, September 9, in which participants created team shirts for the September 13 walk in Colt State; and a ‘Grill for Autism’ event taking place on both Thursday, September 10 and Saturday, September 12, in which a delivery service team stationed in the Bayside office received calls for grilled cheese deliveries from the entire living area (\$1 per sandwich.) The two Grill for Autism events helped to raise an additional \$100 (approximate profit total event gross was in the order of \$170). Leading up to the Walk and the other fundraising events was a bulletin board housing advertisements as well as facts about Autism posted on colorful hands made out of construction paper, in addition to the event publication of events in the Bayside monthly newsletter, “The Bayside Buzz.”

Through the tireless efforts of volunteers who collected money during lunchtime in the Commons, the placement of collection boxes within our campus community, and personal connections with the dedicated population of faculty and staff on campus, Jen and her team effectively and gleefully raised a total of \$1,000, by far surpassing the team’s original fundraising goal of \$250.

In addition, Jen received an overwhelming response from the community outside of the Bayside living area, whose members were looking to participate in the Walk for Autism event. Those interested were connected with KC Ferrara, director of the Feinstein Center for Service Learning and Community Engagement, and were able to join the team that Jen had organized through the University’s Office of Career Exploration and Civic Engagement. All in all, the team of dedicated RWU community members, whose tireless behind-the-scenes efforts remain unparalleled, were not only able to raise awareness and funds within the entire campus community, but also to connect the RWU community members through their steadfast promotion and modeling of civic engagement and social responsibility, to this institution’s core values. The culmination of these events is testament to the astonishing students that are associated with this great University.

CENTER FOR COUNSELING AND STUDENT DEVELOPMENT

The fall semester can be a challenging time for incoming freshmen to adjust to campus life and for returning students to face new challenges. The Counseling Center offers individual counseling and support for students seeking guidance during these times. In addition, the Counseling Center continues to expand its efforts to reach students within the campus community to increase awareness about wellness. We recently added to our webpage informational brochures about the Counseling Center and the PEERs (student mental health educators), which can be found at <http://www.rwu.edu/studentlife/studentservices/counselingcenter/resources/>. The Counseling Center continues to offer weekly mental health tips on the Daily Dose that can be accessed anytime throughout the academic year at <http://www.rwu.edu/studentlife/studentservices/counselingcenter/resources/mhtips.htm>. Information is available on many topics including, but not limited to, adjusting to RWU college life, depression, anxiety and overcoming procrastination.

During the fall semester, the PEERs will be working with the Counseling Center Staff to provide screening programs on topics such as alcohol, depression and anxiety. The screenings allow students an opportunity to complete a brief survey

and receive immediate feedback from a counselor on these topic areas. The PEERs will run an activity that provides students a chance to win a de-stress toy when they answer factual questions about these topics. These programs are intended to create an environment for students to learn more about their own mental health and how their behaviors and emotions impact their lives. The screenings also provide an opportunity to receive suggestions on how to improve one's own wellness by finding better ways to manage stress. The screenings are offered once a year in the campus community, though a student can complete any of the screenings at any point throughout the year at <http://www.rwu.edu/studentlife/studentservices/counselingcenter/>.

Our services are confidential, which means we cannot share information about the fact or nature of students' visits 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. The Center for Counseling and Student Development is located on the second floor of the Center for Student Development, and we may be reached at (401) 254-3124.



WEEKS OF WELCOME (WOW) GO HAWAIIAN

Weeks of Welcome (WOW) is sponsored by Student Programs & Leadership in conjunction with various campus departments and student organizations that provide activities for new students during the first three weeks of the fall semester.

WOW is designed to showcase some of the spectacular educational programs and entertainment that Roger Williams has to offer and to welcome students back to campus. Two students, Ashley Brinkmann and Katie Peters, coordinated 2009 WOW, which featured multiple events and worked with many clubs and organizations to plan others.

Events during WOW included a pizza party co-sponsored by CEN and WQRI, a game night co-sponsored by MSU and ICC, a milkshake mixer sponsored by IRHA, CEN's 1, 2, 3 weekend featuring the movie "Up," the fall outdoor concert and BBQ featuring Say Anything and DNA, the 80's Dance co-sponsored by IRHA and WQRI, as well as a bonfire.

The theme of WOW 2009 was Hawaii with the catchy slogan, "Welcome to the Island!" Katie and Ashley planned events centered around a Hawaiian theme, such as massages by the beach and a traditional Hawaiian luau. The luau included a mixture of traditional Hawaiian and American dishes; there was even an authentic pig roast! Dinner was followed by a performance by the Hawaiian group Kahana Hula. The students enjoyed themselves and were excited to be back on campus!



SWEET DEAL FOR LIVING LEARNING COMMUNITY RESIDENTS

Students who participate in a Living Learning Community (LLC) get a sweet deal. On Friday, September 18, that deal got even sweeter when an Ice Cream Social was held in the courtyard of the new North Campus Residence Hall to honor all of the work that each member of the more than 20 such communities on campus participated in.

More than 60 students, faculty and staff members attended the reception to mix, mingle and make meaning of their shared experiences. Living in one of these communities is a very unique arrangement. Some of our students are grouped based on their course of study, others gather around common goals and interests, and still others reside in the same area because they are taking a number of courses together. Each environment is novel in its own way.

In addition to being able to create their own ice cream sundaes, each person who attended got to learn more about the other communities as they browsed display boards that were arranged by individuals from those communities. They were also able to continue their connection to the AmeriCorps staff members on campus who will assist them in their pursuits to serve their community.

Those in traditional LLCs as well as those in the newly formed Self Proposed Living Learning Communities were afforded the opportunity to be educated about the progress that other LLCs were making in their service projects and in the development of their communities as a whole. The North Campus Residence Hall was the perfect site to host this event, as it houses the majority of the Self Proposed Living Learning Communities.

Every attendee truly enjoyed the chance to see the new residence hall that was opened just a few weeks before, the chance to learn more about other successful LLCs, and the opportunity to make new connections and meet new people. It was exhilarating to see these individuals expressing their excitement about the positive impact that they are having on their residence halls and, through their service projects, the greater community.

What an exciting time to be at Roger Williams University!



WOMEN'S CENTER UPDATE

Danielle Jordan, President of the RWU Women's Center

The Women's Center is dedicated to raising awareness of women's issues as well as celebrating women. Dealing mainly with traumatic issues such as sexual assault and domestic violence, the Women's Center devotes a great deal of time to additional topics such as breast cancer, Women's History Month, and a campus-wide campaign to celebrate the outstanding achievements of women here on campus.

Our upcoming events include PlayRights, an interactive theater group on October 8; Remember My Name, a Silent Witness awareness day on October 16; and Making Strides Against Breast Cancer, a walk on October 25.

The Women's Center holds meetings every Wednesday.



THE HAWES: NOT YOUR ORDINARY PEER EDUCATORS

The Office of Health Education believes in the Peer Education Model for delivering its many prevention messages. This semester, the 11 students who call themselves the HAWEs (Health and Wellness Educators) are conducting campaigns and workshops and using bulletin boards to raise awareness of important health issues.

During their training, before any students even arrived to campus, the HAWEs revised their mission statement to more closely reflect their beliefs and updated their vision of health education at RWU and what it means to be a peer educator:

“We as Health and Wellness Educators are students interested in promoting healthy lifestyles. We work together to educate the RWU community on topics including alcohol and other drugs, safe sex, nutrition and general wellness.

We believe...

- *that good health is an individual choice;*
- *that people can choose to make lifestyle changes that promote good health;*
- *that motivation to change comes from within the individual.”*

“Helping Others Help Themselves” is now the slogan.

The next part of their training included a review of the Healthy Campus 2010 document prepared by the American College Health Association, which covers the comprehensive sets of national health objectives for the decade. Each HAWE then had to create a strategic plan for the activities they wanted to complete this semester and how it relates to national objectives.

Newly defined with specific goals and objectives, the HAWEs seriously considered Facebook as a way to reach students. A Facebook HAWE page specific to each of the residence halls was created. This allows them to communicate and relate to current students living in a predominately Web-based world.

The HAWE program here at RWU is also one of the only programs in the country where peers are trained to deliver brief alcohol screening interventions (BASICS) to other college students who violate university alcohol policies. This program is coordinated with Brown University’s School of Addiction Studies and serves as a research site.

For the first time we have a HAWE who is shared with the department of athletics and is trained to provide nutrition and fitness counseling and create programs like 5K runs, fitness fairs and a competitive obstacle course named “How Hawk Fit are You?”

In addition to our prevention approach the HAWE’s continue universal prevention in their various campaigns throughout the year such as: Happy 21st Birthday, Safe Holiday and Spring Breaks, Breast/Testicular Cancer Awareness Month, Safe Sex Week, National Nutrition Month, the Great American Smokeout, the Gordie Campaign against alcohol poisoning and this year will be providing education on the H1N1 virus.

The HAWEs are affiliated with the Bacchus Peer Education Network, attend and present at national and regional conferences and one of our HAWEs holds a position on the student advisory committee at the national level. In the past they have won several national and regional awards including Outstanding Program, Outstanding Affiliate, Outstanding Peer Educator, Outstanding Advisor and Outstanding Creativity.

The HAWEs are here to help RWU students create the safest and healthiest campus possible. They are dedicated, compassionate, professional and action-orientated and without a doubt they are not your ordinary peer education group.

For more information on the HAWE program contact Donna Lynn Darmody, director of health education/alcohol and drug abuse prevention coordinator at (401) 254-3413.

The 2009-10 HAWEs

Matt Feighery – Facebook Page: North Campus HAWE

Rich Goldsmith – Facebook Group: Cedar Health & Wellness

Jackie Spencer – Facebook Group: Cedar Health & Wellness

Kirstie Goodwin – Facebook Group: Maple Hall - Health and Wellness 2009-2010

Hannah Reynolds – Facebook Group: Stonewall HAWE

Erica Seymour – Facebook Page: Bayside HAWE

Jessica Sanborn – Facebook Page: Almeida HAWE

Nicole Duperre – Facebook Page: Baypoint HAWE

Jenecke Casolino – Facebook Page: Willow HAWE

Marion (Hadley) Avery – Fitness/Nutrition

Hannah Freedman – Communications

BON APPÉTIT: EAT LOCALLY



Now in our fourth year as RWU's dining management company, Bon Appétit is proud to be moving forward with our on-campus sustainability and health initiatives. Each semester Dining Services hosts an annual sustainable celebration with the Eat Local Challenge. The Eat Local Challenge is a nationwide event recognized in all Bon Appétit cafés, where an entire lunch is made solely of ingredients obtained within a 150-mile radius of the café. This act, while seemingly simple, has implications that are far reaching.

support sustainable farming practices that nourish and replenish the land instead of stripping it. As consumers, we all have the power to ensure that the food we buy is produced without reliance on pesticides, hormones and antibiotics.

According to the Worldwatch Institute, in the United States food travels between 1,500 and 2,500 miles from farm to table – as much as 25 percent farther than two decades ago. Food is being grown or processed overseas more than it ever was. The required transport, especially air-freighting, does incredible damage to the environment via global warming and air pollution. Eating regionally is a good bet when it comes to reducing the immense amount of non-renewable resources wasted in transporting food. Fuel conservation isn't only about driving less; it's also about buying things that don't need to travel halfway across the globe before they get to the consumer.

Flavor



At Bon Appétit, everything starts with flavor. We are committed, simply, to creating food that tastes good. Food that is grown locally is fresher and dramatically more flavorful than food that is harvested early so it can

be transported across great distances. Locally produced food is picked at the height of freshness, often making it to market within 24 hours of picking, while food from non-local sources may have been in transit for more than seven days and warehoused for many months.

Environment

Local farmers, who use sustainable growing practices, act as stewards of the land. By buying from local growers, consumers

Community

The consumer choices we make can have a profound impact on our communities. The family farm is dying and when this happens we lose pieces of our agricultural heritage. However, when

we commit to eating locally we are simultaneously investing in our own community and helping to preserve local farms and support local artisans to ensure that their traditions and livelihood continue. When a consumer buys local, they are creating opportunities to savor authentic flavors in the future.



The Eat Local Challenge enlightens students about the importance of choosing food that is prepared with local ingredients by an on-campus food service that strives for high standards each and every day.



HOMECOMING & FAMILY WEEKEND FRIDAY, OCTOBER 23 – SUNDAY, OCTOBER 25, 2009

Weekend highlights include:

CASINO NIGHT

MIDNIGHT MADNESS

FAMILY INFORMATION SESSIONS

AUTUMN LUNCHEON

AUTUMN FESTIVAL

THE CAPITOL STEPS, A POLITICAL SATIRE COMEDY SHOW

PRESIDENT'S BRUNCH

For a complete list of activities and to register, please visit www.rwu.edu/homecoming.

LEADERSHIP IS LIFE AND LIFE IS LEADERSHIP!

SOAR 2009 – 2010 promises huge success

The Department of Student Programs and Leadership is proud to announce that SOAR, our leadership program, began its fourth consecutive year this fall. The department believes in student learning through social, intellectual, spiritual, cultural and interpersonal development and as such the SOAR program, based on the Social Change Model of Leadership Development, embodies these beliefs.

Team Building Activity

The LEAD students (Caitie Abrahamson, Rebecca Cleary, Christine Nelson, Michelle Santos, Brian Costa, Dana DiSanto, Allison Livezey, Alison Murphy and Amanda Haskins) started the new SOAR year with a successful and fun training day with the Mount Hope High School Freshman Mentoring Program on September 4, 2009. Throughout the year, LEAD will work closely with these high school students in order to give them the opportunity to learn how to:

- ENGAGE** in the creation of social change within their school community by actively mentoring first-year students.
- LEAD** peers in meaningful, purposeful experiential learning activities.
- DEVELOP** essential skill sets that improve one's ability to work collaboratively in groups and teams.
- GAIN** confidence in preparation for future plans such as college or a career.

To learn more about SOAR, please contact Petra Van Meter at pvanmeter@rwu.edu or (401) 254-5367.



Presentation in the dining hall



Team building activity



Team building activity



SOAR retreat September 19th – 20th, 2009!



Final reflection circle

AT RWU, ATHLETICS AND SERVICE GO HAND-IN-HAND



The 2008-09 academic year saw Roger Williams University student-athletes give back to the local community and participate in a multitude of service projects that benefited the local area, with all 20 varsity teams logging more than 1,000 hours of community service.

"The 2008-09 school year was another successful year of community service events for the athletics department and the student-athletes," said Steve Pappas, Community Relations Coordinator. "The majority of athletes understand the need for involvement and their motivation kept them interested throughout the year."

The year of service began at the John Boyd Center in Fall River, Mass. Coordinated with the Feinstein Center for Service Learning and Community Engagement, the event involved members from every varsity team at RWU, helping clean up the center, painting and providing general maintenance.

The volleyball team volunteered at two sites throughout the year – a local soup kitchen in Bristol and at the Dr. Martin Luther King, Jr. Center in Newport. The team helped prepare food, serve and clean up for hours each week at the Bristol Good Neighbors Soup Kitchen. At the MLK Center, the team worked with children from grades 3-6, reading to them, helping them with homework, arts and crafts and playing board games.

"It was a great experience for our volleyball team to participate in these efforts," said volleyball Coach Bret Stothart. "It was an eye-opening experience in some cases for the players while everyone felt a sense of pride in what they were doing. I think some were even surprised that it was actually fun and they have some great stories they took away from the experience."

Another team that helped out the community was the softball team, whose efforts included participating in the Breast Cancer Walk in Providence, coordinating Think Pink Day for breast cancer awareness and sending three team members each day to help monitor morning recess at Bristol schools.

Some of the other events that teams got involved in included the following:

- Special Olympics – Soccer
- Special Olympics – Swimming
- Thanksgiving Baskets
- Date Auction Charity Event
- Charity Tennis Tournament
- Local Religious Organizations/Churches support

In many instances, the student-athletes took the lead in organizing and coordinating these events, with the Student-Athlete Advisory Committee (SAAC) and Captain's Council assuming leadership in coordinating many of the events. In addition, Kim Teves, Simply Wellness Coordinator, helped sponsor some of our events with health awareness items and staffed tables for us with her students.

"This past year, even more teams and more student athletes were involved in a variety of activities," said Pappas. "The student athletes participated in not only department-sponsored events, but they have also designed and planned their own team community events."

For the 2009-10 academic year, the athletics website will introduce a Community Relations page where the department will highlight events that the student-athletes have participated in, along with stories and photos. In addition, the page will have a request form where organizations can contact the department for help and support in an event they plan to run. Also, it will list upcoming events that teams will be volunteering and organizing.

"We hope to expand upon our past successes and look forward to working with the student-athletes. We hope that the community service events we have introduced them to will become a life-long commitment for them after they graduate from RWU," Pappas said.

CANIGA JOINS RWU AS TENNIS HEAD COACH

Joining the RWU Athletics staff for his first season is Neil Caniga, who was hired in August to become head coach of the men's and women's tennis teams. Caniga takes over for Chris O'Brien, who helmed both programs from 2003-2009, compiling 142 wins between the two teams.

Caniga comes to RWU after spending the past three seasons coaching at Moravian College, where he earned 2009 Landmark Conference Coach of the Year. Upon taking over as head coach, Caniga improved a 6-8-1 team to a 13-6 team – setting the school record for most wins in a season – en route to a Landmark Conference Finals appearance. Caniga also assisted with the recruiting for the Moravian women's program, which went on to win back-to-back conference titles in the 2007-08 and 2008-09 seasons.

A 2006 graduate of Moravian College, Caniga enjoyed an outstanding career, earning four First-Team All-MAC honors. Playing as the first singles player and first doubles player, he finished his four years ranked third all-time in most single wins and second in most doubles wins in school history. He continues to compete and remains a top ranked player in the USTA Middle States Men's Open Division.

Caniga earned his first win with the Hawks on September 8 with a 9-0 victory over Anna Maria College. That win sparked a four-match winning streak for RWU, all victories in The Commonwealth Coast Conference. As of September 22, the Hawks hold a 4-2 overall record with a mark of 4-1 in the TCCC, tied for third place in the conference.

If you know others who would be interested in receiving this newsletter, or care to change your email address, please send current email addresses to advancement@rwu.edu



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