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What's News At Rhode Island College

Rhode Island College

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RIC student researchers say ‘Buckle Up’ and be safe

by Cynthia L. Sousa

If a plane crashed on Monday, killing 125 passengers, Americans would be alarmed and a little apprehensive about flying.

If a second plane crashed on Tuesday, killing another 125 passengers, the public would begin to worry.

If a third plane crashed on Wednesday, killing yet another 125 people, the public would begin to panic.

If a fourth plane crashed on Thursday, an outcry for a review of air safety practices would be heard in Washington.

According to a safety belt update in a publication of the National Traffic Safety Highway Administration (NTSHA), Americans suffer the equivalent of a major plane crash every day of the year. It takes place on the highways, where motor vehicle accidents claim about 125 lives every 24 hours and injure even more.

Statistics prove that about 17,000 lives would be saved every year and four million personal injuries would be reduced if everyone buckled up.

“According to Schiapo, about 10 groups in Rhode Island have received plaques, including the Rhode Island State Police, the National Guard, the Department of Employment Training, and Quonset Point.

Forty-one states, the District of Columbia and Puerto Rico currently have safety belt laws."

Call for action for African-American History Celebration

by Clare Eckert

“The Family: A Black and White Issue?” is the theme for the month-long celebration of African-American history at Rhode Island College in February. The title was chosen for two important reasons, says chair of the celebration and Assistant Director of Minority Affairs Jay Latimer. “First, because we are all connected to our immediate family by our ancestry and because of the value we place on the concept of one’s family as being near and dear to us. And secondly, through RIC we are all connected by our sense of community to one another and for our collective passion for learning, teaching, helping and sharing.”

As a family, they’ve seen Rhode Island College evolve from its days as the Rhode Island Normal School in the shadows of the State House to the Rhode Island College of Education and finally to the full-fledged center of learning it is today. For three generations, they have watched RIC mature, and they remain ever grateful for having had the chance to take part in its growth.

They are Virginia (Losea) Handy, 90, her daughter Miriam Molloy, 66, and her children Scott, 46, and Jacqueline Hastings, 40. Graduating in 1922, Virginia witnessed the transition from RICE to RIC in 1960. Scott and Jacqueline completed their RIC studies in the 1970s.

They also share the strong belief that the time they spent here gaining their education was among the most interesting and exciting years of their lives.

“Three generations of RIC alumni speak out ‘The Real Molloys’”

by Randy Hausmann

“Was the Normal School when I entered it, but right away they changed it to RICE to offer a four-year degree,” the six-looking 90-year-old said. “I didn’t stay the full four years though, because in those days you could teach after two years, and I wanted to make some money. Of course there was a terrible depression then.” By taking summer courses for several years thereafter, Virginia completed her bachelor’s degree.

She began teaching at the Sackett Street School in Providence until she married in 1924. “You couldn’t teach if you were married in those days.” Teaching in the elementary school, Virginia taught all topics - mostly reading - to children in the fourth and fifth grades. Later, after her husband died and Miriam turned eight, Virginia returned to teaching at the Sackett Street School. “I gave her a door key tied around a ribbon which she wore around her neck.” Virginia remembered
Congratulations are in order for the following alumni recently elected to the Rhode Island Senate and House of Representatives. Elected to the House: Sandra Barone ’69, Maria Lopes ’87, James Marziale, James O’Shea and Josephine Garvey. Elected to the Senate: Anne Garcia ’63 and Paul Sherlock ’87. If we have missed anyone, please let us know. In another column we will highlight the names of alumni who won local races in Rhode Island such as town council, school committee, etc. How about outside Rhode Island? Any alumni elected to state government? Please write or call the alumni office at 456-8086.

Two honored by RIAHPERD

Nelson "Tim" F. Wood of Sharon, Mass., a retired professor of health education, received the highest award available from the Rhode Island Association of Health, Physical Education, Recreation and Dance (RIAHPERD) for his professional service.

Wood received the award at a RIAHPERD banquet held recently at the Holiday Inn at the Crossings. Wood was honored for his long-term, high-quality service to RIAHPERD. He has held many positions in the organization, including president (two years), vice president/health and he served as chairman of other key committees.

Christine Conway, a senior physical education/psychology major at RIC, also received a $500 scholarship from RIAHPERD at the same banquet. The scholarship is awarded each year to an outstanding student in the field of physical education, health or a related field of study.

Conway’s high grade point average, her involvement with athletics, her professional involvement in RIAHPERD and her service as president of the RIC Physical Education Majors Club enabled her to win the scholarship.

Conway is from Cumberland.

Next issue of What’s News is Monday, Dec. 14, DEADLINE for copy, photos, etc. is noon, Friday, Dec. 4.

Focus on the Faculty and Staff

Professor of technology education, Edward Bzowski, attended the National Association of Industrial Technology conference, celebrating its 25th year, at Fort Worth, Tex., Oct. 28-31. The conference theme was “World Market Competition.” Bzowski delivered a presentation on the topic, “Classroom Use of TV Programs on Appropriate Technology Topics,” to identify and sensitize educators to the source of up-to-date technology reports on all aspects of global competition.

Carol A. Hrycin-Wing, associate professor and head of technical services at the James P. Adams Library, has published an article entitled “Choosing an Online Integrated Library System: A Consortium Approach,” in Library Software Review. The article describes the process that was followed when the Higher Education Library Information Network (HELIN), which consists of Rhode Island College, the Community College of Rhode Island, Roger Williams University and Providence College, selected the computer-based system which is shared by all of the respective libraries. The system which was chosen includes a combined, online catalog of library holdings, as well as such functions as circulation control and the management of acquisitions and serial records.
HBS kicks off Geography Awareness Week with ‘parade of waves’

by Clare Eckert

There’s nothing like a parade! Especially when it’s in your own school with all your friends and teachers.

That was the consensus of opinion in Joan C. Bloom’s first-grade classroom at the Henry Barnard School on Nov. 13 when the elementary school kicked off the 1992 Sixth Annual National Geography Awareness Week, entitled “Geography: Reflections on Water.”

The day began promptly at 8:30 a.m. when classroom after classroom of students cascaded through the hallways of Henry Barnard carrying blue and white crepe-paper streamers representing waves of water. Many of the marchers dressed in costumes that would become significant once they were inside the school’s gymnasium where skits were performed, music was sung and much laughter could be heard.

Students were encouraged to dress in blue for the day to highlight the color of water and to draw awareness to the more serious nature of the events planned during the day and throughout the official week, Nov. 15 through 21.

And as much fun as everyone had, including the teachers who donned umbrellas designed as maps, “raincoats of the world,” by the group in songs and readings, the children agreed they’d learned “a lot about water” over the past few weeks.

Fourth grader Patricia Winters said she now knows “that we’re wasting a lot of water!” And John Manni, a sixth grader said, “There’s water, water everywhere!”

For first graders, like Chelsea McCullough and Alyssa Jackson, they learned how water travels through pipes to get to kitchens, and how important it is to “turn off the faucets.”

According to Bloom, who organized the event and is a teacher consultant with the two-year-old Rhode Island Geography Education Alliance under the direction of Chester E. Smolski, Rhode Island College professor of geography and director of urban studies; and Anne K. Petry, professor of elementary education, the week has two main purposes: to encourage teachers to incorporate geography into the curriculum, and to increase public awareness of the importance of geography literacy.

The theme, Bloom said, was selected by the national organization because of the growing concern about the health of our planet and its ability to support a quality life.

The first grade teacher, along with 29 other teacher consultants in the state, launched a statewide effort to engage parents and children in outdoor water-related activities this past month.

LET IT RAIN: Henry Barnard teachers Joan Bloom (left) and Jane Malone are appropriately attired in raincoats and umbrellas with geography motif.

“The idea was for parents and children together to visit a local freshwater body the weekend of Nov. 14 and 15,” explained Bloom, who is co-chair of the statewide effort along with Gertrude Tooher, also a teacher consultant with the Rhode Island Alliance and a professor of elementary education at RIC.

As part of Bloom’s and Tooher’s duties resulting from a 9-day “workshop on water” held on the west coast last summer and paid for and arranged by the National Geographic Society, the two were assigned to organize the statewide effort.

If Henry Barnard School families are an example of the positive impact the effort has had on other families, then the project was successful. They reported through notes sent home to parents and responses brought back to the school by the children — that visits to over 10 freshwater sites were on their “list of things to do over the weekend.”

OH, LET THE SUNSHINE IN: Henry Barnard students celebrate National Geography Awareness Week. (Left to right) Brandon Gaillard, Isha Phynton, Leah Abbe and Sarah Leung.
"No routine days" for financial whiz at RIC

by Clare Eckert

Rhode Island also has a safety belt law that requires every motorist to wear a safety belt. Many motorists however, are unaware of this law.

It became law in 1991, but those over the age of 12 who violate the law are not fined, and the law is seldom enforced.

The Governors Office on Highway Safety feels that the law needs to be made heavier and is working on establishing stricter fines.

According to Schipio, Rhode Island has the lowest safety belt usage (32 percent) and is the state that is keeping the national safety belt usage down to 49 percent.

Schipio said that studies have demonstrated that safety belt usage ranges of 10 to 30 percentage points can be achieved through intensive enforcement efforts, coupled with public information and education programs.

RIC seniors John Dempsey, Kaza Carrillo, Jennifer Petrella, Bob Desrosiers and Karen Renaud, students who are taking the Practicum in Community Health course with assistant professor John Nutter, have been working with Mary Olen from the Office of Health Promotion on a semester-long project to increase awareness of safety belt usage on campus.

Olen is a self-proclaimed "firm seat belt believer." She said it was obvious to her that most people driving into campus are not wearing seat belts and she wanted to try to do something about it.

Her observation was a perfect project for Nutter's practicum course. The students could apply what they had learned in their other courses by developing a hands-on project

With the help of Schipio, the students obtained brochures and other information and made the contacts necessary to help them distribute information and plan activities.

During October Nutter's students conducted an observational survey of 1,200 drivers entering the campus at Mt. Pleasant and Fruit Hill Avenue to determine if the drivers were wearing a safety belt.

They concluded that 32 percent of the drivers were wearing safety belts — a far cry from the percentage, exactly the percentage of Rhode Islanders who use belts repaid by the Governor's Office on Highway Safety.

Dempsey, one of the students of Nov. 9 Nutter's students sated the campus with safety belt information in the form of brochures, posters, video and tent cards.

The students dramatized their cause by costuming themselves as crash dummies "Vince" and "Larry" and safety belt ornaments were rented from the Rhode Island Head Injury Foundation.

One of the students in the class, Renaud, who had been in a car accident prior to taking this course, said the accident taught her to wear her seat belt all the time.

She said, "The dummies are the best advertisement. Everyone notices them and hopefully will read the material."

Sharon Brinkworth, executive director of the Rhode Island Head Injury Foundation, said the agency carries out head injury prevention programs with various groups including police departments, schools and senior centers and often gets requests for the dummy costumes.

In fact, she said, Providence College is also doing a safety-belt project and has also requested the costumes.

Nutter's students will conduct another observational survey at the campus entrances and they hope to see an increase in the percentage of safety belt users.

"Fifty percent would be a great accomplishment," said Carrillo. "Right now there are more than two deaths a week of unbelted motorists in Rhode Island alone."

Safety belts continued from page 1

Dempsey and Petrella agreed that awareness needs to be raised in Rhode Island.

Brinkworth said that it is great that RIC students got involved in this project because so often college-age students have a sense of immortality and feel that "it's not going to happen to me."

In fact, she said, young people aged 18 to 24 are the group that suffers the most head injuries. "They're an important group to include."

Schipio agrees. "We need to target the young and the elderly, the two groups that have the lowest safety belt usage and a very high fatality rate."

This important safety issue has provided an excellent opportunity for students to practice health promotion theory, to gain experience conducting a large community survey, to identify and utilize community resources and to plan education intervention activities," said Olen.

"Hopefully their learning experience and efforts will help save lives."


DEADLINE

for copy, photos, etc. is noon, Friday, Dec. 4.
more eligible.

Applications from high school students in selected cities and towns are now being accepted for the 1992 Upward Bound Program at Rhode Island College.

Eligible students in grades nine, ten, and 11 are invited to apply: Central Falls High School, Shea High School in Pawtucket, Central, Hope and Mount Pleasant high schools in Providence, students in grades 10 and 11 in East Providence High School who are eligible.

Now, in its 26th year, the Upward Bound Program has given assistance to more than 2,000 students from low income, first generation college-bound families. Interested students must either be U.S. citizens or have permanent residence and not be over 19 years old.

The Upward Bound Program helps students improve their academic skills to successfully complete high school, and go on to enroll in colleges or universities. According to Mariam Z. Boyajian, program director, "This is an excellent opportunity for high school students. Since 1962, 98 percent of every Upward Bound graduating class has entered college and 78 percent received degrees.

For further information, students should see their school guidance counselors for applications or should call the Upward Bound office at 456-5038.

General information sessions for interested students will be held beginning in December.

Application deadline is Jan. 6, 1993. The schools, locations, and dates are:

Central Falls: Central Falls High School, Wednesday, Dec. 2, 8:15 a.m., Auditorium; Thursday, Dec. 3, 9 a.m., Auditorium.

In Providence: East Providence High School, Thursday, Dec. 3, 11 a.m., Auditorium.

In Pawtucket: Shea High School, Tuesday, Dec. 1, 1:15 p.m., Auditorium; Monday, Dec. 7, 9:15 a.m., Auditorium; Thursday, Dec. 10, 12:30 p.m., Auditorium.

In East Providence: East Providence High School, Thursday, Dec. 3, 11 a.m., Auditorium.

Applications from high school students visit RIC as part of teacher academy activities

The partnership sets up and promotes multi-cultural teacher recruitment and support at the high school and college levels. It's evolution over the years will set a tone for the future for ethnically diverse teacher recruitment, appropriate role models for a growing population of racially diverse students and assist in developing curriculums appropriate for a new world order.

Mt. Pleasant High School students visit RIC as part of teacher academy activities

Students from Mt. Pleasant High School in Providence are participating in the Rhode Island College program with their high school to develop a teacher and professional development site. Recently they visited the College's Way to the Campus and talk to College officials.

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Marilyn G. Eoent, professor of elementary education and RIC program coordinator, and Michael Tisdulo, Mt. Pleasant High School teacher and coordinator for his school, were on hand during the morning visit.

Mt. Pleasant students visit RIC as part of teacher academy activities

As the life of Patrick J. O'Regan, a math and secondary education professor at Rhode Island College, so clearly demonstrates, "professor emeritus" is not a title, it's a state of being. O'Regan received professor emeritus status last Saturday at a retirement party in his honor.

"Emeritus status is not automatic, it goes to persons who have significantly contributed to their department and discipline," said John J. Salesse, RIC's vice president for academic affairs.

A person's colleagues vote to recommend emeritus status, Salesse said. O'Regan received this backing "because he is a great teacher who is admired for his logical presentation of mathematics."

When it comes to mathematics, O'Regan says very philosophical. "Teachers should take advantage of their students' existing knowledge. Kids come to the classroom with a knowledge of language. The fact that students have trouble speaking 'algebra' is ridiculous."

O'Regan illustrates what he means with the simple equation 3x=45. "This is a sentence. The operations (addition, subtraction, multiplication and division) are the verbs. The variable, "x" is a pronoun. When you solve the equation, you are finding the antecedent. It's the number 15.

"Math is a primitive (simple) language. Math teachers should be able to develop connections between knowledge students have in other areas (language) with math," O'Regan said. He added that this won't be done unless there are major changes in the way teachers are trained at the college level.

O'Regan has been and continues to be actively involved in curriculum development and general education. In the 1970s he was director of RIC's general studies program. He has also served on the college-level curriculum committee and has been a member of the Providence School Commission.

He is currently working with other members of RIC's mathematics department on a grant proposal to the National Science Foundation. If received, grant money will be used to modify the existing course entitled "mathematical problem analysis." O'Regan notes that on a national level, the mathematical community is making a big push to revise math curriculum in elementary, secondary, and college-level courses.

In addition to O'Regan's teaching and curriculum development activities, the professor has also been included in faculty governance during his thirty plus years at RIC, Salesse said.

O'Regan served on The Council of Rhode Island College, the faculty governing body. O'Regan initiated the school's labor studies program, and is now on the Labor Studies Advisory Committee.

One of the biggest changes in the student population that O'Regan has seen since 1961 is the number of older students on campus.

"It used to be if you walked into Donovan Dining Hall and saw someone in their 40s or 50s, you could assume they were on the faculty. That is not a safe assumption now."

O'Regan says that older students change the character of the classroom by bringing in experiences that are not introduced by the instructor.

"Younger students only know what the instructor has said about a particular subject. In cases where real life examples to illustrate a point, older students often know more about it than the professor. This leads to questions and sometimes arguments."

O'Regan notes that older students live their lives in these problem situations and want to talk about them. "They want to dig into the topic," he said.

A person returning to school after being in the work force for several years relates to the classroom material much in the same way that young school children do, O'Regan says. They adopt it, they pull it into their life experience.

"A boy in the class replied 'two hours.' The teacher asked him if he had ignored the lunch break. It turned out that the boy had an uncle George, and when Uncle George went fishing, the hooks hit the water as soon as the boat did. What about stopping fishing for lunch? the teacher asked. 'Not with my Uncle George,' the boy said.

O'Regan's philosophical nature, his concern for the subject matter and the students, and his drive to improve the educational system all show that he's a natural for the distinction of "professor emeritus.""
What's News: What exactly is biofeedback, Dr. Lavin?

Dr. Lavin: Contrary to popular belief, it's not a real complicated thing. Biofeedback has been used to enable people to control their heart rate, skin temperature, brain waves, blood pressure, also physiological processes in muscles, galvanic skin response, or any other measurable physiological phenomenon. These are all those psychological processes that are controlled by the autonomic branch of our central nervous system. Until 20 or 30 years ago, people were considered as beyond conscious control. What we have discovered since then is that if you add some information about what is happening inside their body, they can find ways to control it, to increase or decrease their heart rate, to raise or lower skin temperature, to increase or decrease muscle, tension etc. and controlling these bodily processes is not just some parlor trick, something you can do at parties to amaze your friends and terrify your enemies; it's really something that can make your life better.

What's News: What seem to imply that many people think biofeedback is more complex or esoteric.

Dr. Lavin: I do think many people regard it as almost an almost magical phenomenon. That's because they really don't understand biofeedback. Biofeedback is simply a tool, a mirror that tells a person how he is doing in his efforts to control the biological processes.

One of the most common misunderstandings about biofeedback is that you just hook a person up to a biofeedback machine and they somehow mysteriously start to raise their skin temperature or decrease their blood pressure just by being told to do it. Even some researchers have made the same conceptual error of evaluating biofeedback alone and then finding no significant advantages over comparison treatments. In fact, biofeedback has never been used alone.

In addition to giving the person information about what's happening inside their body, you also teach them to control their own output, to invent their own machine and they somehow mysteriously start to raise their skin temperature or decrease their blood pressure just by being told to do it. Even some researchers have made the same conceptual error of evaluating biofeedback alone and then finding no significant advantages over comparison treatments. In fact, biofeedback has never been used alone.

In an interesting extension of this research to human beings Shapiro and Schwartz trained 20 healthy male college students to either increase or decrease their blood pressure. They were provided with biofeedback about the direction that their blood pressure was changing (although they didn't know what physiological variables was being monitored), and if they moved it in the desired direction they would be rewarded by being shown a slide of a Playboy centerfold for 30 seconds.

Needless to say we have come a long way from that experiment in our cultural evolution since that time. But this is the kind of paradigm that we would correctly object to the use of pictures of nude women as a reward not because they are low, but because they are lowly and devaluing of women, but also because it4 makes an entire paradigm in which a human person is being controlled. One of the controversies that has still to be fully resolved in biofeedback is whether it is best conceptualized within this conditioning paradigm or in terms of...
a more existential, "voluntary control" point of view. From the voluntary control perspective the whole goal of biofeedback is to free people so that they are not so vulnerable to feeling controlled by external stimuli and reinforcers, to give people more of a sense of freedom and choice in their life. The people from whom I received my biofeedback training at the Menninger Foundation in Topeka, Kansas, really fall within the latter point of view.

What's News: What is biofeedback used for — what are its applications?

Dr. Lavin: I heard on the radio last week that biofeedback was being used on a new launch of the space shuttle to help the astronauts combat the nausea and "vomiting sickness" that they experience during their first few days in a weightless environment. In that particular case it was used with a very specific feedback to the position and movements of her head. But let me give you a more general answer by again putting things into a historical perspective. Like almost every new method or technique that has been developed in psychiatry or psychology, biofeedback, as it emerged during the late 60's and 70's, came to be regarded as a panacea and was applied to any and everything. It almost became a kind of fad that was associated with the whole counter-culture and drug cultures of the 60's and 70's, a way to explore one's consciousness.

But let me give you a more general answer by again putting things into a historical perspective. Like almost every new method or technique that has been developed in psychiatry or psychology, biofeedback, as it emerged during the late 60's and 70's, came to be regarded as a panacea and was applied to any and everything. It almost became a kind of fad that was associated with the whole counter-culture and drug cultures of the 60's and 70's, a way to explore one's consciousness. Much of that proved to be an overreaction and people were disillusioned with biofeedback. It was not the miracle cure that they had hoped it would be. As a result I think biofeedback became less popular and in a certain sense narrowed in its applications of temperature training.

Temperature training is also used to help people with essential hypertension, as well as those with Raynaud's disease or Burger's disease, which are circulatory problems where the individuals affected suffer from cold hands or feet. EMG which stands or electromyography feedback is used to help people with muscle tension headaches. As you relax the frontalis muscle in your forehead.

Interestingly, EMG feedback is also being used in various medical conditions like analysis of strokes or spinal cord injuries or cerebral palsy to try to increase muscle tension and thereby to rehabilitate and regain some use of their muscles. In psychiatry and psychology biofeedback has been used successfully with many people who suffer from anxiety disorders. This has led to its use with alcohol and drug abuse because we know that many of these individuals get involved with those substances because of underlying anxiety and that the effect they are using the alcohol or other drugs to medicate themselves.

Here at the College we employ it primarily for people who are having trouble with stress or anxiety in their lives. The feedback modality that we most frequently employ is temperature training, teaching people to warm their hands. Although confidentiality means that to be accurate I can't tell you some of the kinds of problems with which we've worked it includes people with Raynaud's, excessively sweating; we've also used it with students with agoraphobia and panic attacks because as you try to relax muscles in one's extremities by decreasing the arousal of the sympathetic nervous system. That is the branch that gets turned on when you are anxious or stressed.

What's News: What is really the purpose of having people warm their hands, what good does that really do?

Dr. Lavin: Well we know that when people get anxious they often get cold hands. People who have migraine headaches get cold hands when they are having an attack. That's because when you are anxious or stressed the muscles around the small blood vessels and capillaries in your extremities tend to contract, forcing the blood out of the center of your body to your heart, lungs, and large muscles. It is really part of the preparation for the fight or flight response. Now, those muscles in your extremities are innervated by the sympathetic branch of the autonomic nervous system. So, when you teach people to warm their hands you're really teaching them to relax those muscles in their extremities by decreasing the arousal of the sympathetic nervous system. That is the branch that gets turned on when you are anxious or stressed.

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In a transitional state of their lives, whether they are the traditional aged 18 to 23-year-old or a "slightly older student," the pressures may be even greater in this population. Epidemiological studies estimate that between 15 and 25 percent of the population suffer from migraines. We know it's pretty hard to study for a history or biology exam if you've got a migraine. Even if they don't suffer from headaches God knows that many of our students have multiple stressors in their lives, whether it is balancing the demands of school with work, being a single parent, coping with relationship problems, and all the other things that make it difficult to be a successful student. That is really our goal here and why we have biofeedback in the Counseling Center — it gives us one more tool to help students.

We see our mission as doing whatever it takes to help our students become effective and successful learners. Although we don't offer brain wave feedback, there is, for instance, some evidence that students who are able to put themselves in that state of consciousness where they have a higher percentage of alpha waves present are going to learn more of the information they are studying and be able to recall it more effectively. There is also evidence that certain states of consciousness promote creativity and problem solving.

What's News: Are there any risks or negative side-effects from biofeedback training?

Dr. Lavin: None that I'm aware of, with the possible exception of disappointment. In fact, most of the time it has positive side effects, like increased self-esteem and a feeling of greater control that generalizes from the ability to control the biological response. But it doesn't work for everyone, although in the research that the Menninger people have done it generally seems to have some positive effects for 70 to 80 percent of the people they've treated for the problems they've investigated, i.e., migraines, hypertension etc. We're beginning to understand too that its effectiveness depends in part on the biofeedback trainer and the relationship he or she creates with the patient. Patients who are warm in their interpersonal style do better at training people to warm their hands.

The lack of negative side effects is one of the things that distinguishes biofeedback from conventional medical treatment. We know that with many medications there can be undesirable side effects, that people can develop a tolerance to the drug so that it takes larger and larger doses to produce the same effect, and that people sometimes get addicted. Biofeedback instruments, on the other hand, usually become dispensable because the process works by increasing a person's sensitivity to what's going on inside her or his body.

What's News: How can students access the biofeedback services you offer?

Dr. Lavin: The best way is to come to one of group sessions if they're available on Tuesday at 11 a.m. We'll give them an explanation of what we do and how they sign up to one of our machines for a trial run. If they're not available to attend the 11 a.m. session, they can call the Counseling Center at 456-8049 and we'll try to accommodate them on an individual basis.

Thomas J. Lavin earned his M.Ed. and Ph.D. in counseling psychology from the University of Missouri-Columbia in 1974 and 1978 respectively. He received his B.A. in psychology from St. Louis University. He has been a licensed psychologist in Rhode Island since 1983 and a staff psychologist at RIC since 1982.
fondly of her daughter's time as an early childhood child. "In those days you didn't worry about your children, you didn't have to worry about how you do it today." All told, Virginia taught in the Providence School system for 34 years.

Miriam had attended Brown University for a semester as well as Johns Hopkins University, but did not complete her studies, choosing instead to marry and have children. While her mother takes no credit in influencing her to follow in her footsteps, Miriam believes it was the right thing to do.

"I went to RIC after my children were born," she said. "They started to grow up, and I had gotten to the point where I was mentally starved after about 10 years of cleaning house and changing diapers. I'd get to talk to the milk man and the laundry man, but I really wanted something more, so I went to RIC.

"Besides, I really didn't have a lot of money, and tuition at the time was only $75 per semester. For me, having two children meant teaching was a matter of practicality. They would get home when I did, and we had the same time off. Generally though, I was not overly thrilled with teaching, because I liked to learn more than I liked to teach. But when you get kids who like to learn, it becomes enjoyable.

"I always thought I'd be a teacher," her mother interjected, "because in my line of work, something goes wrong, you were either a teacher or a nurse." Virginia even recalled that her grandmother was a teacher, and her mother took no credit in influencing her to follow her footsteps. Miriam believes it was the right thing to do.

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"I was a radical, but it was more the sense of comradery among a lot of people. And I would have to say that those were the most exciting years of my life. And there's no doubt in my mind that the history I spent for my education at RIC, it was the best education in America.

"He also said he benefited from having attended two other colleges. "In some ways I think I'd have been moreSpecialized, but with the same wonderful quality of people. It was the best kind of learning for me," Scott continued. "Sometimes you can have everything, but because you have nothing to compare it with. You have it all, and I think RIC can be like that.

"I think another thing special about RIC was that it really was a working class college. For most of the kids there, they were the first member of their family to go to college. I was unusual to be the third generation in my family. Trails to become the group's president was a business agent from 1993 to 1994, Scott took the initiative to write a detailed history of the Amalgamated Transit Union, which was the bus drivers' labor union.

"I made a conscious effort to write the history of a union, not a history of people," he remembered fondly. "I saw this as an opportunity to write something of interest to me and for people to read.

"Scott used the history as the basis for his Doctoral thesis. "That part was that I actually got to interview many of the old-timers who started the union in 193. They were some of the nicest, nicest people I've ever met in my life. They were warm and truly caring, and they helped to affirm my interest in writing more non-fiction.

"Besides getting to know first-hand what had transpired in another world, Scott realized another advantage from interviewing older union members. They had taught him the importance of the union, and gave him many pieces of advice. The article also inspired him to seek the position of union president.

"I was a young, enthusiastic, energetic type, but I wasn't overly interested in the union. I didn't want to put myself in a position where I would do it.

"Instead, Scott took a job as a bus driver for the Rhode Island Public Transit Authority, where he worked with former Congresswoman Claudine Schneider's chief of staff. "I was away from a union job because I had gotten very politically active while with the union," he said.

"But it's not a whole story. After 11 years as a RIPTA driver, Scott realized he was too thin-skinned to handle the day-to-day operations of the union, so he left the job to serve for two years as former Congresswoman Claudine Schneider's chief of staff. "I was away from a union job because I had gotten very politically active while with the union," he said.

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Dreams do come true for RIC alum

by Clare Eckert

There aren’t too many 25-year-old Rhode Islanders who have first-hand knowledge of the inner workings of the political scene on Capitol Hill, right? I mean, yet, you’d probably agree that few among us - at any age or from any state for that matter - has had an opportunity to get close to the second most powerful political office-holder in the country.

Well, read on and meet Constance “Connie” E. Kavanaugh, 25, of Cranston, a Rhode Island College alum, Class of 1989, who has been working “on the Hill” for Vice President Dan Quayle since January, 1991.

“I never dreamed someone could just come and work for the Vice President of the United States!” the political science major said recently during an early morning interview from her “Hill” office in Washington, D.C.

Kavanaugh didn’t literally just walk into the Old Executive Building where Vice-President Quayle headquarters his staff and ask if there were any job openings - but pretty close to it!

In 1989 after Kavanaugh graduated from RIC, she kept her assistant manager’s position at Major Video in Cranston, unsure of what the future held.

But in December of 1990, Kavanaugh discovered through a former high school official that Washington, D.C. was in need of bright, enthusiastic interns to work in the vice president’s offices.

“It was a standard job application form,” she said, “I was really surprised (she was selected) because I had only done a little bit of work with the (former Governor Edward) DiPrete campaign. I had done an internship at the Governor’s (DiPrete)’ Office through RIC, and got involved in the campaign after that.”

Kavanaugh is still bemused by her selection for the unpaid internship that allowed her to become so close and so fast to the pulse of America. But thanks to her brother Andrew, who is in the U.S. Air Force stationed in Maryland with whom she lived for a short period of time, and to her parents for their financial help, the young woman found out what thousands and thousands of people find out who smell the aroma of political and patriotism in D.C. - she got hooked!

★ AFRO-AMERICAN

continued from page 1

College community can contribute to the success of the 1993 scheduled activities.

“We need to make a commitment to our quality of life,” says Latimer. “We should all feel connected to the College and feel comfortable in our surroundings.”

She added, “The involvement by the entire community in planning February’s events and the ultimate support each activity receives is up to us. The celebration is an opportunity to bring all of us closer together so reflect on our individual attitudes and our behavior as a whole.”

Latimer encourages and invites members of the community to participate in planning the month-long list of activities. Meetings are held weekly on Tuesdays in Gaige Hall, room 109 at 11 a.m.

Scheduled thus far is a revisit to the RIC campus by the Pin Pointe Theatre Group out of Washington, D.C. with its “intriguing drama about the lives, philosophies and times of Malcolm X and Dr. Martin Luther King Jr.,” in the play, “The Meeting.”

The performance will be held in Gaige Hall auditorium at 7 p.m. on Feb. 1. Ticket prices will be announced. The event is being co-sponsored by members of RIC’s multicultural group, Haranbee.

On Feb. 3, the video-conference, “Beyond the Dream: A Celebration of Black History” is scheduled. In cooperation with “Black Issues in Higher Education,” the interactive satellite broadcast will introduce black authors to the audience in a live discussion of the role literature plays in understanding African American culture and life experiences. Black writers who will lead the presentation include Terri McMillan, Charles Johnson, Nikki Giovanni, Houston A. Baker Jr. and Marius Golden. The time will be announced.

Sponsored for Feb. 10 and 11 at 9:45 a.m. in the Student Union Ballroom will be a performance by the students of Henry Barnard School teacher and playwright, Sharon Fenessey. Featured will be the life story of Langston Hughes depicted through dramatic scenes, poetry and music.

The history department is in the planning stages of organizing its First Annual George A. Wiley Lecture Series for sometime in February. The series will feature a prominent scholar who will address the topic of black families and related issues.

George A. Wiley was a well-known Rhode Island civil rights activist and founder of the National Welfare Rights Organization.

In addition, the RIC Praise Ensemble will perform with guest singers on the evening of Feb. 15. Also, a series of films will be also be presented, including, The Color Purple, Mississippi Burning, Long Walk Home, Roots and Harlem Nights will be shown. The Chaplains’ Office will also participate in the celebration with a variety of discussion forums on family life, family spirituality and other topics.

Those who have ideas or suggestions for other events relative to the month’s theme, are encouraged to call Latimer at 456-5062.

Affro-American

Congratulations goes to Christine E. Tahor of Pawtucket for receiving a $500 scholarship award from the Society of Public Accountants. Her ‘combination of academic excellence, community activities and work experience' enabled her to win this grant, stated Marilyn Weston, associate professor of accounting.
Performing Arts Series —

A holiday musical celebration with the Empire Brass

by Cynthia L. Sousa

It's joy to the world and joy to all who attend the Empire Brass' cornucopia of holiday favorites Tuesday, Dec. 1 at 8 p.m. in Roberts Auditorium! The Empire Brass enjoys an international reputation as North America's finest brass quintet, renowned for its virtuosity, charm and the unparalleled quality and diversity of its repertoire.

The quintet's members are Rolf Snedvig and Jeffrey Curnow on trumpet; Eric Ruske on French horn; Scott A. Hartman on trombone and J. Samuel Pilafian on tuba.

The quintet performs over 100 concerts a year in the states and in their annual tour of Europe and the Far East. They have performed to sold-out crowds in the former Soviet Union where its concert was broadcast on Soviet television.

The Empire Brass has performed include the Chicago Symphony, the Boston Symphony, the Cincinnati Symphony and others.

The quintet's members are Rolf Snedvig and Jeffrey Curnow on trumpet; Eric Ruske on French horn; Scott A. Hartman on trombone and J. Samuel Pilafian on tuba.

In addition to commissioning new music, the Empire Brass also researches and performs rare musical manuscripts, such as its recording of unpublished works of Gabrieli.

The quintet also leads an annual series of college clinics sponsored by the Selmer Company, maker of the Empire Brass' instruments.

This year marks the 16th consecutive year that the Empire Brass has been faculty-in-residence at Boston University. In 1991 the group began a new appointment as visiting consultants in brass at the Royal Academy of Music in London.

The quintet leads the Empire Brass in residence at Boston University and performs at the Naumberg Chamber Music Award. The quintet subsequently went on to become the first brass ensemble to win the Naumburg Chamber Music Award.

In addition, the group has given a command performance for Queen Elizabeth II, appeared at the opening concerts of the renovated Carnegie Hall and performed at a Presidential Inaugural Concert.

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Chamber Music Series rounds out semester with two performances

The Chamber Music Series continues on Wednesday, Nov. 25 with a performance by the Ariel Quinet.

The quintet was established in 1994 by five New England Conservatory graduates. Since that time the quintet was awarded an Artist’s Diploma from the Longy School of Music, where they were coached by Christopher Krueger and Victor Rosenbaum.

The group has competed as finalists in competitions sponsored by the Shoreline Alliance for the Arts and East-West Artists Management.

Members of the quintet are Clare Nielsen on flute, Emily Gaborman on oboe, Rebecca Leonard on clarinet, Ellen Donohue-saltman on horn and Jonathan MacGowan on bassoon.

They are active as freelance performers and teachers in the Boston area.

The Chamber Music Series will conclude the semester with a performance by Mychal Gendron and Susan Thomas on Wednesday, Dec. 9.

Mychal, on guitar, and his wife Susan on flute, will perform a program that will carry listeners into the holiday season.

They are both adjunct faculty in the Rhode Island College Department of Music and have been playing together for 10 years, performing at music festivals throughout the Northeastern United States and at the prestigious Roundtop Festival in Texas. Both have appeared as featured soloists with orchestras in the New England area, as well as with the Rhode Island College Orchestra.

In addition to the duo, Thomas performs with the Block Ensemble, an award-winning woodwind quintet, and as principal flute with both the Portland and Vermont Symphonies.

Gendron performs as a soloist and chamber musician throughout the New England area and has been active commissioning and presenting new music for guitar by local composers and has arrangements published by Mel Bay.

During the 1992-93 concert season, the Thomas-Gendron duo will be artists-in-residence for the Vermont Symphony Orchestra, presenting 20 concerts in a three-week period in Vermont.

Works by Piazzolla, Albéniz and Beaster will be included in their RIC performance.

Both concert performances will take place in Roberts Recital Hall 138 at 1 p.m. and are free and open to the public.

The concerts are presented by the Rhode Island College Performing and Fine Arts Commission and the Department of Music.

MYCHAL GENDRON AND SUSAN THOMAS

The Ariel Quintet has been featured in a wide range of activities throughout New England, including formal recitals, educational programs, concert series and radio broadcasts.

They recently recorded Peter Child’s Woodwind Quintet for the CRI Label and they will be recording Daniel Pinkham’s Advent Cantata for the Koch International label this winter.

The Ariel Quintet performs as a soloist and chamber musician throughout the New England area and has been active commissioning and presenting new music for guitar by local composers and has arrangements published by Mel Bay.

The Ariel Quintet will feature works by Piazzolla, Albéniz and Beaster will be included in their RIC performance.

Both concert performances will take place in Roberts Recital Hall 138 at 1 p.m. and are free and open to the public.

Included will be the premiere of Descending Angels, created this fall for the Rhode Island College Dance Company during two extended residency periods.

The work was constructed for a large ensemble of 12 dancers and investigates the use and misuse of power. According to Dante DeGudicke, RIC Dance Company director, the work is set to a rousing rock score by American composer Fred Firth.

Descending Angels to premiere at RIC —

Dance Co. Winter Concert with the Freedman/Coleman Dance Co.

The Massachusetts-based Freedman/Coleman Dance Company will join the Rhode Island College Dance Company in a shared performance Friday, Dec. 4 at 8 p.m. in Roberts Auditorium.

As the culminating event in a residency/performance project that has spanned a five-month period, the Winter Concert will feature works by the wife and husband choreographic team of Terese Freedman and Jim Coleman.

Recognized nationally for their emotionally charged dramatic works, Freedman/Coleman have been compared to the noted Japanese duet company Eiko and Koma. The landscape of human relationships is their primary focus and it is aggressively explored with compelling physicality.

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Zhang to exhibit his work

Christopher Z. Y. Zhang, a Rhode Island College master’s candidate in painting, will exhibit his most recent works Jan. 5 through 30 at Bannister Gallery as part of his degree program. Opening night will be held from 7 to 10 p.m.

Zhang was born in Shanghai, a city whose mix of Chinese and Western culture has greatly influenced his art. By 14 years old, he began his career with a commission by the Chinese government to paint enormous portraits of Chairman Mao in the Russian realistic style for display on factory facades.

He was a member of Shanghai’s vibrant underground art scene for almost 20 years before coming to the U.S. to continue his artistic studies. Zhang’s works represent a marriage of Western realistic techniques and Chinese romantic subjects. His most recent work also includes a series of figure studies.

10th annual tree lighting Dec. 7

The holiday season will begin at Rhode Island College on Monday, Dec. 7 with the tenth annual tree lighting at 6:30 p.m. in Roberts Hall lobby. RIC President John Nazarian will do the honors. All members of the College community (students, faculty and staff) their families and friends, and especially their children are cordially invited to join in the festivities, which will include a lighting of the tale “Twas the Night Before Christmas” by HBS’s Jane Malone. A brass ensemble, under the direction of John Pellegrino, will kick things off with some traditional carols. An impromptu singing of the Hallelujah Chorus will be conducted by Edward Markward with the piano accompaniment of Richard Currenning. Bring music if you have it! Light refreshments will be offered, including eggnog, holiday cookies and candy canes for the kids. Kathy Sasso advises that all this frivolity will probably end by 7:15, which, she points out, should give parents with children enough time to take them home for bedtime and return for the College’s holiday season at 8:15 in Roberts Hall auditorium. The RIC Chorus and Orchestra, under the direction of Markward, will perform Finzi’s In Terra Pax and Dies Natalis and C.P. E. Bach’s Magnificat. All in all, it promises to be a fitting start for the holidays. Please join us!

The Winter Concert will also feature a new solo by Terese Freedman entitled O Baby and selected duets by Freedman/Coleman. These highly acclaimed performers share their personal background and connections with vivid portrayals of partners in conflict and communion. Their work bears witness to our universal attempt for unity and identity in human relationships.

The Winter Concert will be designed by Michael Giannitti.

The Freedman/Coleman project is funded in part by the New England Foundation for the Arts, with additional support from New England Electric, the Rhode Island State Council on the Arts and the National Endowment for the Arts.

Tickets are available at the Roberts Auditorium box office the week prior to the performance. General admission is $7.00; $5.00 for senior citizens, groups, non-RIC students and RIC faculty/staff; and $3 for RIC students with I.D.

For more information, please call 456-8144.
Monday, Nov. 23
Noon to 1 p.m. — Adults of Alcoholics Anonymous to meet in SU 305.
1 p.m. —Grief Group to meet in the Chaplains’ Office, SU 300.

Tuesday, Nov. 24
7 p.m. —Fabric Photo Album Making in SU 211. Get materials list and sign up at the SU Info. Desk. Sponsored by the Campus Center.

Wednesday, Nov. 25
1 p.m. — Chamber Music Series. The Ariel Quartet to perform in Roberts Recital Hall, room 138. Free and open to the public.

Thursday, Nov. 26
1 to 2 p.m. — Adult Children of Alcoholics to meet in Craig-Lee 130.

Friday, Dec. 4
8 p.m. — Dance Event. RIC Dance Company Winter Concert with the Freedman-Coleman Dance Company to be held in Roberts Auditorium. General admission $7; senior citizens, non-RIC students and RIC faculty/staff, $5; RIC students, $4.

Saturday, Dec. 5
7 a.m. — Bus Trip to New York City sponsored by the Campus Center. Tickets are $27 at the SU Info. Desk. Bus leaves NYC at 8 a.m. For further information, contact the Campus Center, Ext. 8034.

Monday, Dec. 7
Noon to 1 p.m. — Alcoholics Anonymous to meet in SU 305.
1 p.m. — Grief Group to meet in the Chaplains’ Office, SU 300.

Tuesday, Dec. 8
12:30 p.m. — Lecture. As part of the Quincennial Celebration Columbus Lecture Series, there will be a lecture entitled “The New World and the Diaspora” in Roberts Alumni Lounge. Lecturer is Professor Robert Weisbord of the University of Rhode Island. Free and open to the public.

Tuesday, Dec. 9
12:30 p.m. — Artist’s Lecture. In conjunction with the Roger Tibilitz recent works exhibit, there will be an artist’s lecture in Bannister Gallery. Free and open to the public.

Thursday, Dec. 10
6 p.m. — Meeting. RIC Theatre Organization to meet in Roberts Little Theatre.

Friday, Dec. 11

Monday, Dec. 14
Noon to 1 p.m. — Alcoholics Anonymous to meet in SU 305.
1 p.m. — Grief Group to meet in the Chaplains’ Office, SU 300.

Wednesday, Dec. 16
1 p.m. — Meeting. RIC Theatre Organization to meet in Henry Barnard School 215.

Thursday, Dec. 17
8 p.m. — Film. The Student Film Society to present the film “Dead Again” in the SU Ballroom. A story-within-a-story about murder, love, passion and reincarnation starring Kenneth Branagh, Emma Thompson and Andy Garcia. If you have a good mystery, this is a must-see. Admission is $5 with RIC ID or $2 without ID.


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Sports Events

Tuesday, Nov. 24
7 p.m. — Women’s Basketball. RIC vs. Pine Manor College. Away.
7:30 p.m. — Men’s Basketball. RIC vs. Colby Sawyer College. Home.

Sunday, Nov. 29
2 p.m. — Wrestling. RIC vs. Plymouth State College.

Tuesday, Dec. 1
5:30 p.m. — Women’s Basketball. RIC vs. Roger Williams College. Away.
7:30 p.m. — Men’s Basketball. RIC vs. Framingham State College. Away.

Thursday, Dec. 3
6 p.m. — Women’s Basketball. RIC vs. Fitchburg State College.
8 p.m. — Men’s Basketball. RIC vs. Fitchburg State College.

Saturday, Dec. 5

Tuesday, Dec. 8
7:30 p.m. — Men’s Basketball. RIC vs. Roger Williams College. Home.

Thursday, Dec. 10
TBA — Women’s Basketball. RIC vs. Salve Regina University.
TBA — Men’s Basketball. RIC vs. Salve Regina University.

Saturday, Dec. 12
2 p.m. — Wrestling. RIC vs. University of Southern Maine.
4 p.m. — Men’s Basketball. RIC vs. University of Southern Maine. Little East Conference Game. Away.

Monday, Nov. 23 and Tuesday, Nov. 24
8 p.m. — Growing Stage Production to present “Enigma,” a play written and directed by RIC students. The characters are all parts of a person’s mind. Event to be held in Roberts Little Theatre. Free and open to the public.

Wednesday, Dec. 2
1 p.m. — Meeting. RIC Theatre Organization to meet in Henry Barnard School 215.

Thursday, Dec. 3
1 to 2 p.m. — Adult Children of Alcoholics to meet in Craig-Lee 130.
5 p.m. — Boston Bruins Game Trip sponsored by RIC Programming. Tickets are $31 at the SU Info. Desk. Bus leaves from NYC at 8 p.m. For further information, contact the Campus Center Ext. 8034.

Friday, Dec. 4
8 p.m. — Film. The Student Film Society to present the film “Dead Again” in the SU Ballroom. A story-within-a-story about murder, love, passion and reincarnation starring Kenneth Branagh, Emma Thompson and Andy Garcia. If you have a good mystery, this is a must-see. Admission is $5 with RIC ID or $2 without ID.

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Tuesday, Dec. 10
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Wednesday, Dec. 23
Noon to 1
Noon to 1