

The Tower

Founded in 1922

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CUATOWER.COM

New Details About Murphy's Grill Released

By SARAH DONOFRIO
Tower Staff



Frank the Bartender at the original bar on campus, the Rathskeller. Courtesy of cuatoday.com

For the first time in fourteen years, alcohol will be served by a dining establishment on the campus of the Catholic University of America. Opening fall 2017, Murphy's Grill will offer a full-service bar and restaurant with an American pub ambience. Murphy's Week, which took place from April 24 to 28, showcased various aspects of Murphy's Grill and gave students a glimpse of what to expect in the fall.

Until its closing in 2003, the Rathskeller served as a popular social destination for students on campus. Privately owned pubs frequented by Catholic University students, such as Kitty O'Shea's and Colonel Brooks' Tavern, have also closed in the past two decades. The Rathskeller, located in what is now the Craves Family Alumni Center, was a pub, restaurant, and lounge.

"The Rat was the place to go to see other students," said Catholic University alumna Ann Adkinson, B.S.W. 1991, J.D. 1994. "The best part was that the Rathskeller was conveniently located on campus. I'm hoping that Murphy's will provide today's students with something similar."

Murphy's is named after the late Mike

Murphy, B.A. 1974, M.A. 1975. Murphy frequently visited the Rathskeller, playing pool and socializing in what is now Father O'Connell Hall.

While Murphy's Grill was inspired by the Rathskeller's tradition and developed by classmates of Mike Murphy, the Grill will offer contemporary amenities.

"The plan as of now is to offer everything, but alcohol, for Dining Dollars and have a select amount of items available for block meal swipes, which will be shown on the menu," said Christian Sapienza, Marketing Director of Dining Services.

While the Rathskeller served food on trays and students paid at a register, Murphy's Grill will offer a waitstaff and bartenders. The Grill plans on rotating its menus seasonally, and adapting

its offerings to fit the preferences of the student body. Additionally, the chef at Murphy's Grill will prepare "chef's specials" and cater to special orders.

Located below the existing lounge in the Edward J. Pryzbyla Center, Murphy's Grill will seat about 100 people. The restaurant and bar will be open for both lunch and dinner; the Grill will not be accessible outside the operating hours of the restaurant.

Murphy's Grill will serve alcohol on campus; however, the Grill will make efforts to

See Murphy's, page 3

Senior Art Exhibition

By MAKENZIE WINTER
Tower Staff

Family and friends gathered together for the Catholic University of America Senior Art Exhibit on April 27, 2017. The work of five senior art majors was put on display in Salve Regina Hall. The exhibit included Angeline McCrory's animated short film, Emily Del Valle's paintings and needlework, Selina Mitchell Donaghue's technology and man sculpture, Caileigh Nerney's interactive statement on suicide and gun violence, and Susannah Ward's photography. Each student presented their artwork to students, family, friends, and faculty, sharing the different trials and ideas that went into their creations.

Angeline McCrory's animated short film, "Rookie," was inspired by dystopian fiction, which mirrors ancient mythology's concepts of a 'hero's journey.' The short film involves a hero named Mallory, who is placed into a hostile setting crawling with monsters, such as hellhounds, and she and the other children must face these monsters together. McCrory used Photoshop and After Effects to bring her idea to life. In addition to her animation

skills, McCrory utilized narrative tools to bring together elements, such as plot and characters, into her project. In the future, McCrory would like to see her idea be a part of a larger narrative in a feature-length film. She noted that in the future she would like to study animation, but embrace both 2D and 3D forms of animation.

Emily Del Valle's needlework involved the use of paintings and needlework, which she used to draw parallels between the work of embroidery and tattoo artists. Del Valle's inspiration for her artwork came from her grandmother, who taught her to embroider and hand stitch at a young age.

"For my grandma, embroidering was a feminine nostalgic pastime and a kind of self expression," said De Valle. "If you look at tattoos, you will find the same needle work and a similar form of self expression."

In the future, Del Valle hopes to work to develop techniques between needle work and tattoos, but also to further study the concepts of self expression in society.

See Art Majors, page 4

The Tower Elects 123rd Editor in Chief and Re-elects Managing Editor

By DUANE PAUL MURPHY
Tower Staff

The Tower student newspaper elected a new set of editors last Thursday night to prepare for the end of the current Editor in Chief's term for the 2016-2017 academic school year. The Editor in Chief and Managing Editor for the 2017-2018 school year were elected by a majority of The Tower's editorial board.

Jimmy Cassidy, a junior media & communications studies major and sports management minor, will become The Tower's 123rd Editor in Chief. Alex Huntley, a sophomore studio art major will continue her position as Managing Editor.

"Our design work this past semester focused on making sure the issue looked clean week to week," said Huntley when asked about her first term as Managing Editor. "Next semester I hope to focus more on exploring different themes and aesthetics of the paper."

"Alex did a great job with

the redesign last semester and I'm so excited to see what she'll do with another year," said Angelica Sisson, the current Editor in Chief of The Tower.

"I have the utmost confidence in Jimmy," Sisson elaborated when asked about the new Editor in Chief. "He always has a calm voice and sensible opinions to add to the discussions in the office, he really adds something to the community of The Tower."

"I am excited about the opportunity and new level of responsibility," Cassidy said. "I look forward to becoming closer with each member of the staff and working with the team to put out a product that we can be proud of."

Cassidy started writing for The Tower his freshmen year for the sports section and became sports editor the second semester of his freshmen year. Besides his involvement with The Tower, he works with the university's

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NEWS

HOW THE TOWER STUDIES

BEST PLACE ON CAMPUS TO STUDY
EMPTY CLASSROOM IN MCMAHON,
MCGIVNEY, OR PRYZ

BEST PRYZ HACK

APPLES AND PEANUT BUTTER CUPS FROM
THE SR

BEST STARBUCKS ORDER

DIRTY CHAI, DOUBLE DIRTY CHAI, TRIPLE
DIRTY CHAI, PICK YOUR POISON

BEST LIBRARY SPOT

THE STACKS SECTION ASSOCIATED WITH
THE GENRE YOU'RE WRITING YOUR
PAPER ON SO THAT YOU CAN ABSORB THE
ENERGY THROUGH OSMOSIS

BEST STUDY STRATEGY

REWRITE REWRITE REWRITE!

BEST OFF CAMPUS STUDY SPOT

LIBRARY OF CONGRESS OR A COFFEE
SHOP WHICH WE WON'T NAME BECAUSE
THEY DIDN'T TAKE OUT AN AD WITH US

BEST CAMPUS HACK

THE LIBRARY HAS COFFEE, TEA, AND
SNACKS ALL THROUGHOUT FINALS WEEK

THE POLITICS CORNER

Duane Paul Murphy and Alexander Santana, Tower Staff

Former Vice President Speaks at George Mason University

Former Vice President Joe Biden spoke at George Mason University on Wednesday about sexual assault prevention and awareness on college campuses across the country. The event was organized by the Vice President's sexual assault awareness organization, "It's On US," and featured speakers including faculty, students, and *13 Reasons Why* actress Alisha Boe and producer Joy Gorman. In his address, Biden strongly urged men on college campuses to call out and report sexual violence that is occurring or has occurred. "I say to you guys, please, please act like men," Biden said. "Rape and sexual assault are not about sex, it's about power. If you want to be a man, stand up, man." While out of office, the former Vice President and former Second Lady Jill Biden are developing the Biden Foundation. The Foundation will focus on public policy, fighting cancer, supporting military families, and stopping violence against women.



Courtesy of Joe Biden

Paris Terrorist Attack



Courtesy of Fox News

On Thursday, April 20, 2017 in Paris, France, a terrorist gunman opened fire on the famous Champs-Élysées at 8:50 p.m. A Parisian police officer was killed and two others wounded and the attacker was later shot by French police. No tourists or pedestrians were injured in the attack.

After ISIS claimed responsibility for the attack, French law enforcement began a terrorist investigation. In a statement from its Amaq news agency, ISIS named the attacker Abu Yousef Al-Baljiki. Known as "The Belgian," he was described as "one of the Islamic State fighters." The attacker was identified as a 39-year-old and French Police are looking to see if others assisted in planning the attack. French officials recognized the attacker as an extremist according to government officials.

Parisian law enforcement closed the area surrounding the Champs-Élysées and ordered tourists back into their hotels. They blocked people from approaching the Champs-Élysées and emergency vehicles blocked the popular avenue that cuts across central Paris between the Arc de Triomphe and the Tuileries Gardens. Subway stations in the area were also closed off while Parisian police secured the sight of the attack.

French President Francois Hollande stated in an address to the French people "we need to realize our security, law enforcement forces targeted have the full support of the nation." The French Interior Ministry said the shooting attack "deliberately targeted" police officers guarding the area. Ministry spokesman Pierre-Henry Brandet said the gunman came out of a car and opened fire on the police vehicle with an automatic firearm similar to a "war weapon." "We are faced with a specifically high terrorist threat," he told international and French reporters.



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4/21/17 - 4/25/17

CRIME BLOTTER

When: 4/21/17

Where: Marist Hall

What: On the listed date, time and location, R-1 reported \$210.00 US Currency missing from her desk. The drawer and the room were unsecured. There were no signs of forced entry. MPD was notified and responded to generate a report.

NEWS

Want to be a part of a community that values writing skills and cares about what's happening at CUA?

**Come join The Tower
Thursdays at 8pm in
Pryz 103!**



What's Next for *The Tower*

EDITOR IN CHIEF, from page 1

Habitat for Humanity chapter and has been an orientation advisor for several years. Recently, during the spring semester of the 2017-2018 academic school year, Cassidy studied abroad in Rome, Italy.

"I have always been a fan of journalism, reading, and writing," Cassidy said. "It seemed like a great way to get involved with the school community while doing something I loved at the same time."

Cassidy said that talking to new people at the university is his favorite part about the student newspaper.

"It's always nice to hear the thoughts of people you wouldn't normally come into contact with," Cassidy said. "I also enjoy giving credit where it's due to those doing impressive things for Catholic, whether on the sports field or in the community."

"Comparison is the thief of joy," Cassidy said when he was asked about what will make him different than previous Editors in Chief. "I hope to build a strong team atmosphere in the office, generate some buzz around the school with our writing, and have a blast in the process."

Many staff writers and editors at *The Tower* have expressed support as well as positive sentiments for both the next Editor in Chief and Managing Editor.

"I look forward to seeing how Jimmy and Alex make the newspaper their own," said former Editor in Chief Paige Wearmouth. "They are both really talented and I think they'll make a great team. The best advice I can give them is to be overly organized, drink a lot of coffee, and remember that being a *Tower* editor is a huge commitment, but totally awesome and rewarding at the same time."

"I have known Jimmy for a while now and I am confident in his

abilities completely," said former Editor in Chief Antoinette Cea. "He's an important member of the *Tower*, and works harder than most



Jimmy Cassidy, the 123rd Editor in Chief of *The Tower*.

Courtesy of Jimmy Cassidy, Tower Staff.

people I know. I am proud to see him becoming Editor in Chief. I am so happy I am still here at CUA to see it happen. I'm looking forward to all his great work."

Murphy's to Serve Alcohol and Pub Food

MURPHY'S, from page 1

adhere to the University's policies on alcohol.

"Like any restaurant, the bartenders, waiters and waitresses, and any management have the right to cut any person off," said Sapienza. "We want to create an atmosphere where students, faculty, staff, alumni, or anyone can come and hang out and enjoy the food, the atmosphere, and [be] right on campus."

Murphy's Week was intended to both inform and excite students about the opening of the Grill. Developers of Murphy's Grill hope to continue the tradition of the Rathskeller by offering students a place to congregate. Events during Murphy's week offered information on the menus and offerings of the Grill.

"Each event is designed to highlight a little part of Murphy's Grill, whether it be the salads, appetizers, burgers, or just the overall feel of the restaurant," said Sapienza.

Students are hoping that the addition of Murphy's Grill will improve their dining experience at Catholic University.

"This week is making me excited for what Murphy's will offer next year," said freshman biology major Meredith Jones. "I have a feeling that Murphy's will improve the dining offerings here at CUA."

Other students have utilized Murphy's lounge and look forward to visiting Murphy's Grill in the fall.

"I'm excited for there to actually be food served in Murphy's," said freshman social work student Rosy Del Valle.

After years of development and the initial proposal of Murphy's Grill in 2008, the restaurant and pub will open to students in fall 2017.



Students at the Rathskeller opening.

Courtesy of cuatoday.com

Goodbye to our Tower seniors!

Antoinette Cea

Piero Filpi

Angelica Sisson

Paige Wearmouth

NEWS



Courtesy of: Angelica Sisson, Tower Staff

2nd Annual Student Organization Awards Hosted by Office of Campus Activities

By ANGELICA SISSON
Tower Staff

Office of Campus Activities hosted the second annual Student Organization Excellence Awards in the Great Rooms of the Edward J. Pryzbyla Center on Thursday, April 27.

A myriad of organizations were nominated ranging from academic to cultural to service-based groups. The awards recognized academic pride, leadership growth, marketing, and creativity in both programming and general club activities.

"The whole event was quite thoughtful," said Flannery Jamison, a member of Classics Club, which won Best Academic and Professional Organization. "Everyone seemed quite pleased to cheer on the other organizations."

Students were able to nominate clubs using a form on the Nest. The awards were then voted on by the review committee selected by the Office of Campus Activities.

Emily Scanlon, Director of the Office of Campus Activities, was the host of the event and various student leaders presented the awards. The event was catered and a decorative cookie commemorating the event was given to each guest.

"I think it went really well, we got a good turnout," said Anna Borges, a senior psychology major and Student Organization Management Coordinator in the Office of Campus Activities. "I think having all the organizations there in support of each other was a really great thing to see."

Kathryn Jennings, Dean of Students, began the night asking the room to lift their glasses of non-alcoholic cider to toast the student organizations for all of the work they have done to bring events and camaraderie to the Catholic University community.

The most decorated organizations by the end of the night were the Student Government Association and Habitat for Humanity. Student Government

Association won the Marketing Campaign of the Year, the Leadership Growth and Development Award, and their advisor, Greg Weaver, won for best advisor.

A new tradition was begun for the Organization of the Year Award, which was granted to Habitat for Humanity this year. All subsequent winners of the award will be named on a plaque that will hang in the Office of Campus Activities and each year a new placard will be created for the organization that wins.

The ceremony ended with a raffle for five hundred dollars to be put directly in the account of the winning organization. Organizations received one entry into the raffle for every twenty-five hours of service they completed. This raffle is derived from the former service requirements, which used to require every student organization to complete fifty hours of service a year.

"I'm really proud that we won," said Borges, who is on the CUA Dance Team which won Club Sport of the Year. "We've faced a lot of adversity with girls quitting and coaches switching so it makes all of our work worth it."

For the service raffle, American Society of Civil Engineers had one entry, the Filipino Organization of Catholic University Students had three entries as did the Knights of Columbus. The Filipino Organization of Catholic University Students won the raffle.

At the conclusion of the event, Scanlon thanked the student community and lauded them for their many efforts to better the community at the Catholic University of America.

Art Majors Share Work

SENIOR ART EXHIBITION,
from page 1

Selina Mitchell Donaghue's sculpture, "Through a Mirror, Darkly," was inspired by her reflections on the ongoing relationship between humanity and technology. She created her sculpture out of pieces of technology from her childhood, such as VHS tapes, to show how technology has developed as she has aged. Donaghue repurposed the old technology, allowing the objects to have a basis within human society once more. In the future, she hopes to investigate more deeply into outdated and current technology.

Caliegh Nerney's interactive statement on suicide and gun violence, "91 of US," included posters about gun violence and suicide in the United States, t-shirt designs, and an art installment on the national mall. Nerney's project sought to inspire conversation on gun violence based on facts, such as ninety-one Americans die from gun violence everyday. From her art and her research, Nerney's argues that in the United States there needs to be greater gun control laws in addition to better mental healthcare.

"Even if you are against gun control, you can still help mental healthcare

institutions," said Nerney. "But even with greater gun control laws, that won't stop somebody from dying by suicide. That's why it's important to support mental healthcare centers."

Nerney believes that she could see a possible future career path within the field of mental health or legislation policies on gun control.

Susannah Ward's photography depicted a woman's struggle with mental health. The viewer follows the woman's story until they reach a physical mirror. Ward notes that the mirror represents a reflection of the individual person's struggles with mental health, other disorders, or sufferings.

"As an art major at Catholic, I came into the art department knowing that it was really, really small, but all of us [fellow art majors] have grown really close," said Ward. "I think we are very lucky to have a department that supports us so much and encourages us to grow as artists. We are all really proud of what we accomplished this year."

The Tower wants to thank the entire CUA community for such a memorable year.

Special thanks go out to Emily Scanlon,

Megan Reilly, and Dean Jennings.

A most emphatic thanks and goodbye to Professor Wheatley who will be retiring at the end of the year.

A very, very, emphatic thanks to Bill McQuillen, a great advisor and mentor.

CU next year, CU!

ALCOHOLICS ANONYMOUS

AA MEETS ON THURSDAY AT 7:30 P.M.

CALDWELL HALL 325

QUILL

TOWER EDITORIAL

In 2013 a few hundred students, mainly from “right outside Philly” and a couple other towns, showed up on the CUA campus for orientation knowing nothing and nobody. They went to a few classes, complained about the food in the Pryz, changed their major two or four times, made, lost, and made some more friends, learned French, developed a taste for gin and tonics, wrote bucket lists and crossed things off, and they remembered most of it. Those same students, give and take some members, are together in the feat they have accomplished even if they don’t realize the connection.

In two weeks, the Class of 2017 will be gone from this campus. Some with plans, but many still avoiding answering the eminent “what are you doing after graduation” from nosy aunts and friends who already got hired. No longer the awkward, naive, over-confident freshmen who took part in Playfair orientation weekend, jobs are sure to come along.

CUA hasn’t always been the best to us or for us. The days of #NAKASNATION and Curley Court are over and all that remains is one snow day a semester and mice in the mills. And us.

It’s easy to lose yourself in college. Pick up a minor in something totally unrelated to your major, decide

you like coffee because you need to pull two all-nighters in Mullen in the same week, and actually learn to think independently outside of the opinions of your parents.

Plans or no plans, jobs or no jobs, the entire graduating class is together in the experiences had as a generation in Catholic U’s history. As students at Catholic we have ideas, we have opinions, and we have memories no matter if we are a freshman finishing our first year or a senior crying into their black polyester gown.

In two weeks, the graduating class will no longer have a quick answer of major and hometown when introducing themselves, it’s time to start thinking outside of CUA to form our identities. But it will always be a part of us.

So maybe you never skinny-dipped in the Law School Fountain. Maybe you never shotgunned a beer, maybe you had the same friends since orientation, maybe you never talked to the person you see in Starbucks every day and you’re pretty sure is your soulmate, but you made friends here, you made memories here, and you undoubtedly learned here.

Congratulations to the Class of 2017 for your favorite moments, worst memories, bad habits, and genuine accomplishments.

An Open Letter to CUA by a member of the Class of 2017

When I was young, I collected snowglobes. My father used to call them “miniature worlds in glass.” I thought this was fascinating. What is even more astounding is how you, CUA, are a perfect little snowglobe; I could not have asked or prayed for anything more. Through good times and bad, through laughter and tears, and through times when there were tears from the laughter, you have seen it all. These years have been the best- and quickest- years yet; I’m not quite sure if anxiety is the best word to put my thoughts about impending graduation; it is more like devastation mixed with unending appreciation.

I could say that I am looking forward to no more studying carboxylic acids and their accompanying functional groups; I could say that I am so very done with throwing my laundry in broken washers and dryers which are hard to acquire even in the earliest hours of the morning; I could say that I am ecstatic to never eat another Pryz mystery meat again, or walk begrudgingly up the hill to O’Boyle for those late night, three hour classes. I could say all of these things, think about all of all the negatives; but the positives are just too hard to miss.

The truth is that O’Boyle became a second home over these years- shout out to those Education and Psychology majors! The truth is that the Pryz and Starbucks staff became a part of my life, making me tea when I lost my voice from the flu and cooking me bearable food on the grill, almost as if there was a secret menu. The truth is that the days when doing laundry was easy were the best days of the week, as I thought that Jesus was on my side at that very moment, not just hanging on the wall of every room on this campus.

The truth is that at times I feel as though CUA is truly like a snow globe: we have this perfect world all around us, with trees that blossom with the season and scenery that is to die for. The truth is that living in the dynamic city of Washington, D.C. with its many restaurants and free entertainment at our fingertips, has been a dream, but coming back home to this snow globe has made it even more worthwhile. The truth is that when CUA begins to feel so small, and the entire world feels as if it can come crashing down, there are those people, that beautiful community that we always heard about during Orientation, that finds their way into our hearts and lifts us back on our feet.

Any university is made up of a group of buildings, all with an intentional purpose of establishing some kind of order. At CUA, some of these buildings are filled with sleep deprived architecture students completing an assignment for review; others are filled with athletes, practicing for their next championship or conference; others are filled with professional staff, pastoral staff, and professors working on assignments or lectures which will mold the way we think; and even others are filled with joyful friends drinking coffee after a long day of being molded. All of these buildings have one idea in common: they are filled with people. Those people make up the community who can either make or break a college experience. This community is that special facet of CUA; this is what I will miss the most about our perfect little snow globe. Thank you CUA; you are the best kept secret, the most perfect snow globe, and my greatest gift from God.

A Free and Open Society for All

GUEST COMMENTARY

Duane Paul Murphy
Class of 2019

As a self-describe leftist, individual freedoms and liberties as well as social equality, representation, and justice are the primary principles and goals in order to have a nation with liberty and justice for all of the citizenry. These values and objectives include the freedom to believe and worship any religion, freedom of the press, freedom of peaceful, civil disobedient assembly or to organize, right to a court trial with a jury of your peers, a right to privacy, a right to a lawyer, free public education from preschool to university, universal healthcare coverage, and, most of all, freedom of speech. Non-violent freedom of speech is meant share or expose ideas of both the past, present, and future of any civil society or culture in the modern world as well as vocalize criticisms of government or other institutions of higher authority.

However, our institutions of higher education are gradually becoming locations of incoming free speech suppression or marginalization. From University of California Berkley’s schism with conservative commentator Ann Coulter to public shouting match at Yale over offensive Halloween costuming, some students have started to shut down alternative or differentiated thoughts by others inside or outside their own respective student or university communities. While a few of these students have legitimate concerns about systems and ideas of structural or cultural oppression, the suppression of controversial speech by interruptions or disinviting someone is not the way to get your message across.

In agreement with the liberal likes of Elizabeth Warren, Bernie Sanders, Joy Behar, and Bill Maher, we must allow controversial speakers on campus to challenge our beliefs, show them no interests by not giving them a strong audience, or challenge their beliefs during the question and answer ses-

sion. And this trend is not just occurring only on liberal leaning universities such as University of California Berkley, Yale, Brown, Harvard, Princeton, Columbia or Dartmouth.

Conservatives or right-leaning groups on college campuses in certain parts of the have been trying to demonize and suppress the Boycott, Divestment, and Sanctions movement against the illegal Israeli occupation of the Palestinian territories, the West Bank and the Gaza Strip. Also, institutions of higher education such as the Catholic University of America have been not allowing speakers to discuss the real issues or topics regarding women’s reproductive health, LGBTQ rights, euthanasia, and drug policy due to their strict moral codes as well as values of heteronormative cisgender theocratic supremacy. Overall, all universities and colleges, religious or non-religious, must allow all perspectives and views to be expressed and properly debate within higher academia.

As President Truman once said, “Once a government is committed to the principle of silencing the voice of opposition, it has only one way to go, and that is down the path of increasingly repressive measures, until it becomes a source of terror to all its citizens and creates a country where everyone lives in fear.” Our cultural and institutional structures of free speech and free assembly are vital to our democracy. Free speech is free speech. Despite our country’s flaws within society or economy, we are still powerful when it comes to our basic human rights and privleges of free speech, free press, free assembly, and overall free express. If our globalized world can become open to one another either politically, religiously, economically, or socially, why not our great institutions of higher education across this country of ours?

An Irish Lake



Photography
By Duane Paul Murphy

**Want to submit opinion pieces, poetry, or photography?
Email us at cuatower.quill@gmail.com**

A & E

Interviewing a Foodie in D.C.

By: Daniela Sol
Tower Staff

WASHINGTON, D.C.- On a Wednesday afternoon, Roxanna Nowrouzi, the founder of Skinny Betch Bowl, a healthy eating guide for college students, welcomed guests with an array of good food and style. As clicking steps approached the door, a big smile accompanied a cheery yet warm: "Hello my love!" A kitchen full of cooking utensils and gadgets captivated attention; a display of date truffles, green juices, and gluten free vegan cookies were arranged on a table.

Roxy, 21, a student at American University, manages to balance a healthy lifestyle and her blog with the responsibilities of a full-time student. Her blog, Skinny Betch Bowl, has grown from an Instagram page to a complete website where she posts regularly healthy recipes. She has also developed an app through which she further relays Skinny Betch Bowl's message. With over 3,000 followers, she has had her recipes published in media outlets like Elite Daily and has collaborated with companies such as Soul Cycle.

"I was always the health guru amongst my friends as my mother is a nutritionist and fostered me with a healthy lifestyle. It has



COURTESY OF HERCAMPUS.COM

always been a passion of mine to help others, so when I created Skinny Betch Bowl my passion of design, food, nutrition, and helping others were able to have a synergy with one another." Nowrouzi said.

While she maintains a balanced diet, she also pays great attention to detail when it comes to every picture, post, and ingredient. Her personality and perseverance inevitably charm any-

one in her presence. In the hectic adventure that it is to be a college student, Roxy, despite all of the limiting meal plans and workload, manages to keep up with her blog. Before she attended AU she was a student at Catholic University, which she mentions was a challenging environment to support her healthy lifestyle and diet.

"By adding health foods into the cafeteria, students will be more enticed to try

different foods and expand their lifestyle from pizza and grilled cheeses. The Pryz can create a more elaborate salad bar and healthier prepared food options such as quinoa and rice pastas," Nowrouzi said.

Despite the adversities, she has maintained her faithful audience and has launched various glamorous yoga brunches and many events to keep her image alive and going. She claims her suc-

cess and journey has been possible because of the help of her best friends and her parents, who have always been there to support her in her events helping her maintain her attention to detail.

You can find Skinny Betch Bowl online on Instagram, Facebook, or on her webpage skinnybetchbowl.com as well as other social media platforms. You can download her app in the App Store for free.

Macbeth Creeps into Hartke Theatre

By: Rachel Gallagher
Tower Staff

The Catholic University of America's Department of Drama concluded their 2016-2017 season this past weekend with a quintessential rendition of Shakespeare's iconic tragedy *Macbeth*.

Despite *Macbeth's* adherence to the classic (and at times difficult to decipher) Shakespearean dialect, the passion brought forth by the performers and thoughtful utilization of lighting and scenery made the plot of *Macbeth* coherent and comprehensible for all members of the audience—even for audience members of Generation Z whose only knowledge of *Macbeth* comes from references to Macbeth's ambitious folly found in *Hamilton*.

For those of you unfamiliar with *Macbeth*, the play tells the tale of Scottish war hero Macbeth and his treacherous rise to power and subsequent spiral to insanity as his fateful ambition leads to murder—rather murders, plural—and his eventual demise.

It is difficult to bring a new interpretation to iconic roles which have been performed over and over again for the better part of four centuries. However, the cast of *Macbeth* chose to instead portray the complex characters with an emotional refinement that more often than not is lost in the quest for a "fresh take." Most notably, the passionate performances of MFA candidates Danny Beason and Danielle Scott in the roles of Macbeth and Lady Macbeth.

Beason and Scott's portrayals of the Macbeths relayed their lustful mania for

power and their autonomous yet simultaneous downfall into insanity as their ruthless climb to power catches up with their psyches. Also memorable were the portrayals of Macduff by Dylan Fleming and the iconic Witches by Meredith Johnson, Rachel Foley, and Morgan Wilder.

This production's employment of minimalistic scenery, lighting, and modern costumery gave the play coherence; the dark play was complemented with a single spiral staircase as the stage's centerpiece, generally dim lighting which waxed and waned with the plot, and modern costume choices such as the edgy leather jacket-wearing Macbeth and Banquo.

Also noteworthy is the gender-bent casting of the characters of Banquo, Lennox, Ross, and Caithness—all male roles in the original play—portrayed by women. While this circumvention of a male dominated cast is not a novel concept, particularly with Shakespeare, the effect was a well balanced cast and a convincing modern interpretation of *Macbeth* without straying too far from its Shakespearean roots.

Never underestimate the creative potential of preexistent classics; as demonstrated by CUA's Department of Drama, even Shakespeare can be revamped in an interesting and effective manner while still staying true to the work's original form which warranted the "classic" epithet in the first place.



COURTESY OF CUA DRAMA

Interested in Writing?

Email Piero Filpi at

cuatower.arts@gmail.com

SPORTS

Softball Secures Playoff Spot in Sweep of Juniata

By Jared Prenda
Tower Staff

The Lady Birds Softball team secured a place in the Landmark Conference Playoffs for the seventh straight year following a series sweep over the Juniata College Eagles. The Cardinals secured the third overall seed with their 2-0 and 4-2 wins in a home doubleheader on Thursday, April 27. CUA currently sits at 22-12 overall record, and a 7-5 final record in conference play.

The opening match-up between the two sides ended almost as quickly as it began with Catholic taking control early against the Eagles. Following a three up, three down opening at bat from Juniata, CUA struck early.

The Cardinals looked to sophomore Rebecca Marks in the lead-off spot. Marks leads the team with a .412 OBS, and drew an opening

walk for the team. Marks proceeded to steal second, and advanced to third on a sacrifice bunt down the third base line from second baseman Julie Keleti, and was driven in by junior Megan Colline on a ground out to short for the game winning run.

Keleti contributed to the winning effort later in the bottom of the third, where her single up the middle drove in freshman Marissa Deblasie for the final score of 2-0.

Catholic was carried all day by solid performances from their pitching staff. In the opener, sophomore starter Kelly Lynch gave the team a stellar performance, going wire-to-wire and recording 4 K's and only surrendering 2 hits on the day. In the second match up, the work load was divided between two of the Cards pitchers. Freshman Ace Sabrina Scott got the start for the team, and earned the

win on 6.1 innings of work, advancing her record to 7-2 on the year. Fellow freshman Claire Sturek relieved Scott for the final two outs of the game, earning her first career save.

The second part of the two-game series began soon after the end of the first, and the Cardinals found an equal amount of success. The Catholic team opened the bottom of the first by loading the bases on a Marks walk, Keleti bunt, and a single from senior Erin Adams. Unfortunately, the home team only managed to score one run, when Keleti was driven in on a single up the middle from catcher Alyssa Keane.

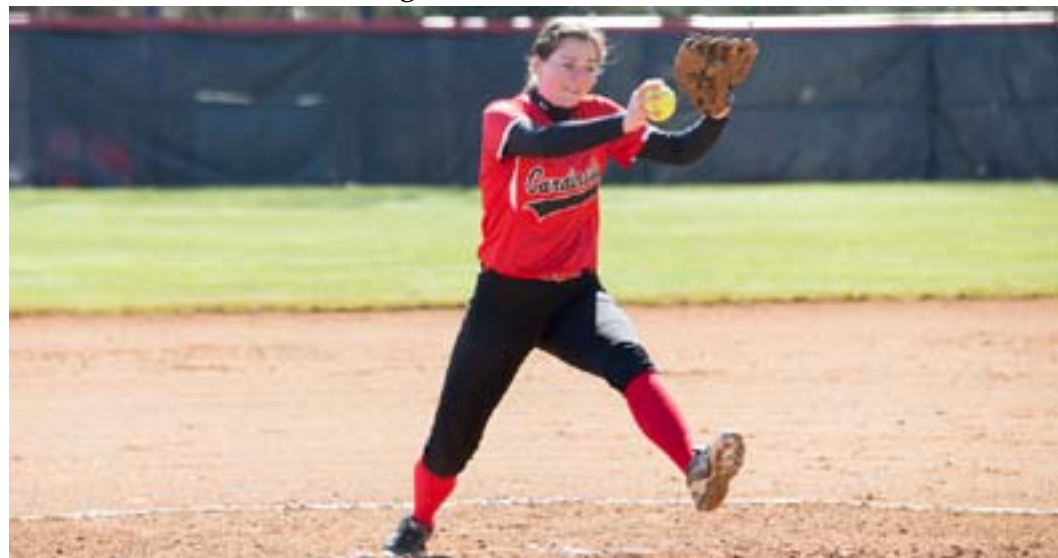
This opening inning inspired a series of runs throughout the

game for the home side. In the third, junior centerfielder Rachel Valdes notched an RBI double, and was followed by a single from Keleti which would drive in the game winning run. The final run for CUA came on a sacrifice fly from Adams in the sixth, giving them a 4-2 win.

The Cardinals were primarily lead by their upper classmen, with Keleti tallying three total hits and an RBI in each game. Adams

and Keane also recorded two hit games in the second game.

The CUA team looks to finish their season on a high note before post season play, with the four final regular season coming this weekend. The team will go on the road to Salisbury for a Saturday, April 29th doubleheader, and close out the season at home on a Sunday, April 30th doubleheader against Stevenson.



Sophomore Kelly Lynch pitched a shutout for the Cards Thursday

Cardinal Highlights



Junior Brian Seward sprints his leg of a relay.

The CUA Track and Field team wrapped up their regular season with the Saturday, April 22nd Gallaudet Invitational. The team returns to action May 5th and 6th at the Landmark Conference Championships in Bethlehem, Pa.



Junior Brennan Cotter crushing a 3-run homer

The CUA Baseball team continues their dominant run this season, earning 2 wins over Juniata, including a 25-5 thrashing on Saturday, April 22nd. The team now sits at a 24-11 overall record, and 12-5 in conference to earn the 2 seed in the playoffs, only one game back of first place Susquehanna.



All-American Tim Keith cradles the ball in the Senior Day win.

The Men's Lacrosse team only took to the field once this week on Saturday, April 22nd for their Senior Night against Moravian. The team won easily, at a final score of 13-7. The Cards finished with an outstanding 13-1 overall record, and a flawless 5-0 in Landmark play. The team will hold homefield advantage throughout the post season, and are ranked 14 in the Southern Division for Division III lacrosse.

CUA

Upcoming Events



Tennis

at Moravian Sat., Apr. 29 1:00 PM

Men's Lacrosse

at Elizabethtown Sat., Apr. 29 2:00 PM

TBA Wed., May 3 2:00 PM

Women's Lacrosse

Elizabethtown Sat., Apr. 29 1:00 PM

TBA Wed., May 3 1:00 PM

Baseball

St. Mary's (Doubleheader) Sat., Apr. 29

at York (PA.) Sun., Apr. 30

Softball

at Salisbury (Doubleheader) Sat., Apr. 29

Stevenson (Doubleheader) Sun., Apr. 30

Interested in Writing for Sports?

**email:
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THE REAR END

Globe Trotters

My name is Alissa Gutierrez, and I am studying abroad in Cape Town, South Africa. When I think of my life over the past two months the word that keeps coming to mind is overwhelmed. I am completely overwhelmed by the beauty of this country. Beauty that I am stunned can even exist in this world. Beauty so striking, it demands your attention. I wake up to the view of Table Mountain everyday, and I can't help but feel my worries are lighter and less significant in comparison to the greatness of what is around me. In three weeks I have hiked one of the seven natural wonders of the world, travelled to the Southernmost tip of Africa, swam in the Indian Ocean, all the while visiting elephants, penguins and baboons. I've watched as South Africans switch from among eleven different languages ranging from Africans to Xosa, with such ease and fluency, I'm convinced this should constitute as a talent. I've tasted foods and spices so good, I've questioned how it has taken me twenty years on this earth to try them; and I've stared in awe as I walk past the overlook of the city of Cape Town as I walk to class.

While this has truly been as incredible as it sounds, I have also been exposed to parts of South Africa that are interwoven with poverty and vast underdevelopment. I have visited the Langa township, one of the many areas created during apartheid to keep black and colored communities separated from white communities; I have met people living in poverty in walking distance from my home, and have met people who have told me what they would sacrifice to be in my shoes as an American citizen. I am struggling to balance this wide disparity between racial classes. I am struggling to simultaneously appreciate the life I have been blessed with and understand the advantages I have simply because of where I was born, while also living in a city interwoven with complex disparities in socioeconomic class and opportunity.

I have never seen a place have so much beauty but yet so much struggle. The complexities of South Africa are beginning to unfold in front of me, and it is opening my world. I am awestruck at the beauty of this country, but even more so the complexity of South Africa. I am beginning to see the extent to which apartheid continues to shape the culture and attitudes of South Africans, and I feel pushed to further understand the complexities of race and the effects it has on the world. In the best of ways, South Africa is challenging me, and making me more aware of my identity and the parts of myself that I want to see growth and development.

As the culture shock subsides and my reality of this life sets in, I feel myself being pulled toward understanding the progress and development of South Africa. I feel myself questioning if I can ever fully understand the complex relations of race and identity here, but I am being changed and molded by pieces of people and places I meet; and although it may not be much, it is humbling to be shaped by this.



HOW SHOULD YOU DE-STRESS DURING FINALS?

1. What does your finals week look like?
 - a. Just exams
 - b. Just papers
 - c. Exams **and** papers :-)
2. Where on campus do you live?
 - a. Opus
 - b. CV or Caldwell/Gibbons/Seton
 - c. North Neighborhood 1 or 2
3. What is your finals week Starbucks order?
 - a. Refresher (™)
 - b. Espresso drink
 - c. Sweetened iced coffee
4. What is your favorite punctuation mark?
 - a. Do people actually have a favorite punctuation mark... ?
 - b. Semicolons (used *correctly*)
 - c. Exclamation points!!!!!!!!!!!!!!
5. What is your preferred social media platform to complain about how stressed you are for finals?
 - a. Instagram
 - b. Twitter
 - c. Snapchat

Mostly A's — Pryz fries

Treat yo' self. After all, you'll need sustenance to get you through all of those exams you have lined up. Take a study break once in awhile and grab a nice hot plate of Pryz fries complete with your favorite condiment (Barbeque sauce and fries. Name a more iconic duo.). If you're really feeling the pressure maybe even pair your fries with a bowl of fro-yo. #pryzhack?

Mostly B's — Netflix

Take a (metaphorical) chill pill and pop on your Netflix go-to. The binge-worthy possibilities are endless, whether you're looking for some inspo (*The West Wing*. Duh.), comical relief (Tina Fey's witty writing and the eccentric cast of *The Unbreakable Kimmy Schmidt* should do the trick), or a healthy dose of escapism (Netflix's scifi-horror series *Stranger Things* ... even though you've probably already watched it twice.)

Mostly C's — Mary's Garden

Oh man, with exams and papers out the wazoo you've set up camp in the library and are hesitant to leave. But take some advice from Lin-Manuel Miranda and "Take A Break" (Disc two, track three. Check it.). Head over to the Basilica and enjoy the hidden oasis of Mary's Garden. The perfect place to pray, meditate, or daydream; your nerves will be calmed undoubtedly ... even if just for a few minutes.

WANT ANOTHER LINE ON YOUR RESUME?

EMAIL ANGELICA, 04SISSON@CUA.EDU TO JOIN THE TOWER

MEETINGS ARE THURSDAYS AT 8 PM IN PRYZ 103