

TRADITION OF JUSTICE

Fifteenth annual Law Day Observance recognizes outstanding students.



Twenty-three undergraduate and graduate students are inducted into Alpha Phi Sigma, the national criminal justice honor society, during the 15th annual Law Day Observance May 1. Col. Stephen M. McCartney '01 (M), police chief in Warwick, R.I., presented the keynote address. Andrew Nutt '15 was awarded the Joseph J. McGarry '97 Memorial Scholarship, and Outstanding Intern Awards were presented to Bridget Collins '14, Samantha DeLuca '15 and James Mercurio '15.

DOWN TO A SCIENCE

Senior biology majors receive research awards at undergraduate symposium.



Nineteen undergraduates present their research at the Northeast Undergraduate Research and Development Conference. Two – Dakota Cowell '14 and Kirston Barrett '14 – won awards for best presentations.

For Kirston Barrett '14 and Dakota Cowell '14, attending a research conference was just another perk in their biology curriculum. But when they participated in the Northeast Undergraduate Research and Development (NURDS) Conference at University of New England March 8-9, they were surprised to hear their names announced among the top 10 poster presentations at the symposium. Held annually, the NURDS Conference hosts more than 170 students from 39 American and Canadian universities.

"I was not expecting to win at all," says Cowell, who wowed the judges with his poster presentation, "Evaluating the Effect of a Conservation Easement as a Fall Migratory Bird Stopover Site."

With plans to become a veterinarian, Cowell thought the

topic would be a perfect fit when Dr. Jameson Chace, associate professor of biology and biomedical sciences, told him about the research opportunity last fall.

Twice a week at sunrise, the two visited the Aquidneck Land Trust in Middletown, R.I., where they captured and released visiting birds and measured their various characteristics, including type, mass, fat, wingspan and age.

Cowell plans to take the upcoming year off to volunteer at the Swansea Veterinary Clinic in Massachusetts, and hopes to attend veterinary schools in either Boston, Michigan or St. Kitts.

"I wish I would have started this sooner," Cowell says. "I have loved this research project."

Barrett's winning presentation, "Modeling the Effects of Rising Sea Levels on Marine Invertebrate Communities in Newport, R.I.," allowed her to scout local beaches and bays to measure water levels and sea-life characteristics.

As a summer research assistant to Chace, Barrett inspected seven designated areas from Ocean Drive to Easton's Beach. Combing the shoreline for marine invertebrates such as Asian shore crabs, periwinkles, mussels and barnacles, she measured the abundance and distribution of the organisms along the coast. When she presented her findings at the symposium, Barrett discovered that a similar endeavor is underway along the Maine coast.

"Here in Rhode Island, we have been plagued by Asian shore crabs, which are an invasive species; but in Maine, they are experiencing a very different trend with green crabs," says Barrett, who will attend the College of Dental Medicine at University of New England this fall. "There are a lot of research opportunities at University of New England, so I will definitely pursue my passion for research after graduating."

– Maeve Shaughnessy '15

A TIME OF REFLECTION

The University community celebrates Lenten season.

Ash Wednesday Mass, celebrated in Our Lady of Mercy Chapel March 5, offered one of several opportunities for Salve Regina students, faculty and staff to renew and celebrate their faith.

"Lent begins with Ash Wednesday," says The Rev. Kris von Maluski, University chaplain. "It is the day when we, as individuals and as a community, admit our sinfulness." Made from blessed palm branches from the previous year's Palm Sunday celebration, ashes are distributed to Catholics worldwide as a symbol of contrition and a reminder that God's mercy abounds.

The Mercy Center for Spiritual Life also sponsored a week-long Busy Person's Retreat that invited participants to commit to 30 minutes of reflection for seven days. In addition, members of the University community were invited to read "Mercy in the City," Kerry Weber's account of her mission to practice each of the corporal works of mercy during Lent.

"The church gives us very simple guidelines to help us to fully embrace the season of Lent," von Maluski says. "First, we are called to prayer. Whether it is deeper prayer, longer time spent in prayer or more frequent Mass attendance is completely up to the individual.

"Second, we are called to give alms, to serve others through our time, talent and treasure. Lastly, we are called to fast through signs and actions of self-denial. Again, this is up to the individual and God.

"The Lenten season is not all about abstaining from meat or fish as some would focus on," von Maluski adds. "It is more about our willingness to sacrifice and join the 1.2 billion Catholics around the world in this unifying prayer offering.

"When one has worked hard interiorly during Lent, only then is the joy of the resurrection of Christ at Easter truly appreciated."



Kevin Jago '15 (center) receives ashes from The Rev. Kris von Maluski, University chaplain, as Kyle Kureczka '15 awaits his turn during Ash Wednesday Mass at Our Lady of Mercy Chapel March 5.

AN ATTITUDE OF GRATITUDE

Professor teaches compassion and gratitude as daily goals.

Gratitude has been in the health news recently thanks to scientific research examining ways one might behave in a grateful manner, even if we aren't feeling grateful.

Dr. Paula Martasian, associate professor of psychology, has been teaching a course on gratitude for close to seven years as well as heading a charity for her late father, Nick Vuono, a Jefferson Award winner who helped people with special needs by providing adaptive toys, equipment and computers.

Her guiding principle is loving kindness, wishing blessings to others.

"I start each day with 20 minutes of loving kindness," Martasian says. "One does this by first focusing on yourself, and then those closest to you. Next, onto the world. Then you even send blessings to those who annoy you."

Martasian began teaching the course at the suggestion of her department chair. "I gave students two choices," she explains. "They could write out three things that went well in their day and explain why. Or they could keep an attitude of gratitude journal and write five things each day for which they were grateful.

"Students have told me that by ending their day listing five things for which they are grateful or three things that



Dr. Paula Martasian

went well, even on their worst days, peace and harmony were restored."

Martasian believes the spiritual journey is entwined with daily life and one must continue learning in order to grow. Each night she follows three steps, answering the questions what did I receive today, what did I give today and what trouble did I cause?

"For me, the trouble I cause others is from overbooking," Martasian says. "I'm on a cook team in which one of four churches cooks every Sunday. Sometimes I find myself in conflict because in addition to teaching and volunteering, I am president of my father's charity fund."

Martasian believes her father lived the message of the Dalai Lama, who once said, "The highest good one can do with one's time is to serve others."

"There is a service component to our Salve Regina curriculum," Martasian notes. "Our students and all those who maintain an attitude of gratitude and serve others are answering the Dalai Lama's call: 'Be the peace the world needs.'"

Editor's note: This article was excerpted from a Feb. 24 story that appeared in The Providence Journal's "All About You" section by Rita Watson, MPH.

STORY IN THE PUBLIC SQUARE

Actor and screenwriter Danny Strong receives Pell Center Prize.



President Jane Gerety, RSM, presents Danny Strong with the Pell Center Prize.

Emmy Award-winning screenwriter, actor and producer Danny Strong was honored April 11 with the second annual Pell Center Prize for Story in the Public Square. The award recognizes a contemporary storyteller whose work exploring public policy and social justice issues has had a significant impact on public dialogue.

Strong's screenwriting credits include "Recount," "Game Change," Lee Daniels' "The Butler" and "Mockingjay," the two-part "Hunger Games" finale. Strong served as the keynote speaker during the second Story in the Public Square Moving Images Conference, a partnership program between the Pell Center for International Relations and Public Policy and The Providence Journal.



l-r: (front) Caitlyn Coburn '14, Alexa Cowell '14, Shannon Marro '15 and (back) Danielle Duffy '14, Alicia Colombo '14, Hannah Crowning '14, lecturer Jo-ann Moore, Tess Picanso '15 and instructor Kathryn Rexrode volunteer for a preventive health care fair for the Providence Rescue Mission.

COMMUNITY NURSING

Students and faculty offer free services at health care fair.

Fifteen nursing majors, two faculty members and Class of 2010 nursing graduate Laurie DeRuosi volunteered at a recent health fair for the Providence Rescue Mission, providing everything from medication counseling to healthy recipes, free first-aid supplies and dental hygiene items. The event was sponsored by the Rhode Island chapter of the international nursing honor society, Sigma Theta Tau.

"Many of our students made posters and

hand-outs with important health-and nutrition-related information," Rexrode says. "Participants were treated to a sandwich and drink by the mission; and kids had the chance to win prizes by joining in educational games like jump rope and brushing model teeth. Height, weight and blood pressure screenings were provided, along with the opportunity to register for the national health insurance exchange. The turnout was great."



PROTECTING OUR WILDLIFE

Student club takes the air out of balloons.

A seemingly small tweak to this year's SRYou Day could be the catalyst for big change. When asked by members of the Protect Our Wildlife Club to forego the use of balloons to announce the event, organizers agreed to the request and used sandwich boards and chalk to market the occasion instead.

"The event was a success," says Kimberly Kleszczynski '15. "It goes to show that you can have a successful event without the use of balloons."

The student leaders of Protect Our Wildlife Club believe in the protection of all wildlife on and off campus and hope to change how the student body cares for the Earth by being a voice for nature.

Other club initiatives include beach cleanups with Clean Ocean Access and coordinating with the Office of Community Service and the Environmental Club for Earth Week. Members are also working to get Mystic Aquarium's First Responders Program for animal safety back to campus.

"Although our club is newly active, we are working to create big changes on our campus," Kleszczynski continues. "One of our main focuses is to discontinue the use of balloons at campus events. We hope to reach out to other administrative offices and student groups to raise awareness and support. We've been working on student outreach in past years, and with much student support, we're ready to take our cause to the next level."

Inspired by the ideas of a nonprofit organization called "Balloons Blow ... Don't Let Them Go!" and with support from Clean Ocean Access, the club is working to provide information on some of the dangerous effects balloons can have on wildlife and the environment.

"What goes up must come down, especially with regard to balloons," Kleszczynski says. "This issue hits close to home for the Salve Regina community because our campus is right on the ocean. Any litter from our community winds up in the ocean and can affect vulnerable marine life."

"The mission of the Sisters of Mercy states that we should be stewards of the environment, which is what our club strives to do," Sarah Johnson '17 says.

(l-r): Kimberly Kleszczynski '15, Celina Rodriguez '16, Sarah Johnson '17, Christopher Liggio '17, Tyler Torelli '17, Matthew Mascari '17, Kathryn Malinowski '14 and Sage Staven '14, members of the Protect Our Wildlife Club, are advocates for change on how individuals interact with nature.