



DON'T SUFFER IN SILENCE

Mental Health on Campus

by Nicole Lania '15
News Staff

CAMPUS

With the end of the semester full of stressors—high-pressure assignments and an onslaught of family obligations—it is easy to feel overwhelmed. In light of this, it presents a good opportunity to remember the mental health resources available to the PC community.

The chief resource for mental health on campus is the Personal Counseling Center. Director James F. Campbell, Ph.D., oversees the Counseling Center and the professionals who work at and in conjunction with the Counseling Center. Dr. Campbell provided some facts and figures regarding the Counseling Center and the services it provides.

The Counseling Center provides services in both a one-on-one and a group setting. In addition, psychiatric services are available, and the Counseling Center works together with the health center to provide psychiatrists. In cases where the services provided by the College are not enough, a network of outside care providers across the region are available to students. Campbell stated, “[The Personal Counseling Center] outreaches to the whole College providing support for well-being.” All information disclosed by individuals seen at the Counseling Center is confidential, except in rare cases in which the information disclosed poses imminent harm to either the student or another

individual. Due to Rhode Island privacy laws, no information will leave the office without direct written permission of the client. In light of the large number of services provided, an increasing number of students are seeking help at the Counseling Center, with nearly 14 percent of the population attending appointments. Campbell made note of the fact that the stigma of the Counseling Center is fading.

Sometimes the Counseling Center is even seen as a tool for success. The Counseling Center can and does provide services to students who may suffer from mental illness but also offers advice to students about concerns of personal development. Questions that often plague college students, such as: Who am I? What am I going to do? What do I enjoy doing? These topics can all be discussed with a counselor at the Counseling Center; it can be an ongoing discussion or a few sessions in order to find clarity about a certain subject.

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Racial Injustice Inspires Second PC Protest

by Frank Flanagan '15
Asst. A&E Editor

CAMPUS EVENTS

The cold weather did not stop Providence College students from gathering on Monday, December 8, as roughly 40 people assembled on campus to protest racial injustice in America. This most recent protest was held regarding the grand jury's decision not to indict police officers in both the Michael Brown, Jr. death and more recently the Eric Garner death.

For the second time in two weeks, Kadene Pitter '16, who felt a necessary urgency to hold a protest, led the charge. "I felt like we needed to do something as a campus, and as students, and not just wait for administration or professors to start the conversation," said Pitter, who spoke with *The Cowl* after the protest ended.

The protest began at around 4 p.m. on Monday. Students gathered on the sidewalk of Huxley Avenue, right in front of the PC security office, and were dressed commemoratively in all black. A little after 4 p.m., members of the Board of Multicultural Student Affairs (BMSA) led their fellow students down Huxley Avenue toward Eaton Street. The students walked down Huxley Avenue, chatting with classmates, happy to be there.

The students turned up Eaton Street and lined up in one long row, side by side. After a brief speech by Pitter, the students raised their right fists above their heads, and held them there for four minutes and 32 seconds—a second for each minute that Michael Brown, Jr. lay on the ground in Ferguson, MO, after he was shot by Ferguson police officer Darren Wilson. The students' left arms were held across their chests in commemoration of Eric Garner, who died after he was put into a chokehold by NYPD officer Daniel Pantaleo in July.

As the students stood along Eaton Street with steam billowing from their mouths, the jovial atmosphere of the initial walk took a significant turn toward seriousness. Students stood with their arms raised, similar earnest expressions on their faces, looking both unified and dignified. Several cars honked as they drove by in what seemed like support. The drivers of cars parked at the intersection of Huxley Avenue and Eaton Street, looked on in curiosity, and one cry of "hands up, don't shoot" was heard from Cunningham Hall.

Student turnout was diverse, as students of all ethnicities participated. Participants also included Professor Thomas King, who decided to attend when his global studies capstone class expressed their need to be involved. One of PC's newest faculty members,

Thomas Withers, also attended in support of the protest.

Pitter believes that this is not just extracurricular, but integral to our education as students. "We're not in school solely for academics, our education is incorporative of academics as well a social aspect which entails what is going on in our society. I think this is very important to how we see ourselves as individuals, how we contribute and what type of contribution we make to our society. We should be having these conversations in classrooms."

Pitter was happy with the turnout of the protest, though she would like to see more support from the administration, whether it be in the form of an campus-wide email or administrative presence at one of the protests. Pitter said that she informed PC Chief Diversity Officer Rafael Zapata of the protests, and would love his support, though she made it clear that she understands that people are very busy. Going forward, Pitter intends to organize more community-based events to protest racial injustice, and promises it will not end here.



FRANK FLANAGAN '15 / THE COWL

Students and faculty line Huxley Avenue, gathering for the second protest at PC in three weeks.

Remembering Siobhán Ross

by Kathleen McGinty '16
News Editor

COMMUNITY

With a bouquet of flowers displayed outside of Feinstein 305, a motorcycle parked outside of the Center for Catholic and Dominican Studies, and a standing-room-only mass in St. Dominic Chapel, the Providence College community mourned the loss of Siobhán Ross this past Friday, December 5, with a memorial service. Ross, who passed away in an automobile accident on Wednesday, November 26, during inclement weather, served as the coordinator of the Instructional Technology Development Program and oversaw many of the technological innovations that have transformed both the student and faculty experience at the College.

"The audience at that service spoke volumes," said Dr. Lynne Lawson, assistant professor of engineering, physics, and systems. Attendees ranged from faculty to

members of the Office of Safety and Security and even Physical Plant. "I don't think you would ever see that cross section of people, but everybody came together because she was so special."

Charles Haberle, assistant vice president for academic affairs and Ross' supervisor, agreed.

"People just knew Siobhán. You didn't have to say her last name," he said.

Ross came to the College late in the summer of 2007, becoming an integral resource for faculty members and an innovator in implementing new ways for professors to utilize technology in the classroom.

"The biggest impact Siobhán had was in her one-on-one meetings and conversations with faculty," said Haberle. From his observations, Ross was able not only to offer assistance and support but also foster strong relationships with them.

"She was this indispensable person who helped faculty," Lawson said. "She would relate to everyone. She would find something out about someone and

be able to connect with anyone."

According to Haberle, Ross was a major contributor to the decision to move from Angel to Sakai, brought the use of clickers into classrooms, worked to create the iHelp website, and even pushed for the use of Apple TV in classes, making the College a leader in implementing this technology.

"She was always fully committed to make things work. It was never a question of can we get it done but how can it be done," he said. "She loved working with students. I think that was at the heart of what she was trying to do—help faculty to make the student experience the best it could be."

Outside of her work at the College, Ross was an avid motorcyclist. Lawson remembers that Ross began working out to build her strength and better control the bike, and she often saw Ross teaching motorcycle safety courses at the Community College of Rhode Island when she was there for swimming. Haberle also recalls her passion for rugby, and Serpil Tuti-Sari, who

shared an office with Ross and met with her on a daily basis, remembers having discussions about linguistics and in particular the Turkish language.

"She was funny, she was smart," said Lawson. "I would pick up the phone just to call her."

Tuti-Sari also remembers her personable nature, touched by Ross's gesture of visiting her and her 15-day-old daughter, bearing gifts and enjoying Turkish food and tea together.

"She loved PC, the campus, and especially the community," Tuti-Sari said. "When I asked her about her life here in Rhode Island, she said that PC is what she loves the most about Rhode Island."

While Ross loved PC, the attendance at her memorial mass suggests that PC also cherished Ross.

"Her legacy and commitment to service and support of faculty and students will continue and her impact on the PC community and the memory of that will continue forever," said Haberle.



PHOTO COURTESY OF WWW.PROVIDENCE.EDU

Ross poses on her motorcycle, which was displayed outside the Center for Catholic and Dominican Studies during a memorial mass last Friday.

Bursting the PC Bubble

by David Toro '16
News Staff

Increased Security at U.S. Facilities

Amidst a report that is supposed to reveal details of harsh interrogations by the CIA (Central Intelligence Agency), embassies and other US sites around the world are taking precaution. The report is supposed to focus on the interrogations of some al-Qaeda members following 9/11 attacks on the Twin Towers. Former president George W. Bush said that the CIA operation against al-Qaeda created up to 100 "black sites" outside of the US where interrogations were being held. Since President Obama took office, he has made a consistent effort to keep the CIA from harshly interrogating individuals. He has also mentioned that CIA methods of interrogation were in fact torture.

Prince William Visits the United States

Prince William and Catherine Duchess of Cambridge landed in the U.S. last Sunday beginning a three day long visit. Upon touching down, Prince William traveled to Washington, D.C., to meet with President Obama in the Oval Office. As part of the visit, William also gave a speech regarding wildlife and its destruction on a global level at the World Bank. The Duchess of Cambridge traveled to Harlem's Northside Center for Child Development in New York. After a busy day, the couple attended an NBA game. Part of their visit will include visiting the 9/11 Memorial Museum in New York and the University of Saint Andrew 600th anniversary dinner at the Metropolitan Museum of Art.

Uber Taxi Driver Rapes Customer

Uber, the San Francisco-based ridesharing transportation company, has been banned in New Delhi following the rape of a female customer. Last Friday, she used the service to order a taxi home but instead was driven to a secluded area and raped. Uber has been growing steadily in the U.S. and expanded internationally. Following little guidelines and inadequate checks, Uber has been blacklisted for misleading consumers. From now on, any driver using Uber will incur fines in India or have their vehicle impounded. The woman's rape follows a country-wide movement to more forcefully incriminate rape.

Protests Follow Eric Garner Case

After deciding not to press charges over the death of Eric Garner, people have taken to the streets in a new wave of protests following the decision not to indict Darren Wilson for Michael Brown's death. People demanding justice for both cases and others throughout the last few years are uprising everywhere in the U.S. Protesters in Boston gathered and staged a "die-in" where they all collapsed on the floor. Additionally, professional athletes have worn and continue to wear shirts quoting Eric Garner, "I can't breathe."

Health: Counseling Center Offers Resources

Continued from front page

Campbell stated, "Mission and purpose are the best protectors against stress and anxiety." Having a sense of confidence about yourself and your future can bode well for overall health.

Struggling students can also reach out to the Chaplain's office, where a priest or other campus minister can provide counsel. If issues are of a more psychological nature, students may be referred to the Personal Counseling Center. In the cases where a student is not completely comfortable with the Counseling Center, the chaplain can prove to be a helpful and worthy alternative. The Chaplain's office brings across one important message for students who are struggling: they do not stand alone.

Chaplain Fr. James Cuddy, O.P., says, "I think it's really important for people who struggle with mental illness to know that they are not alone. And I don't simply mean that there are others around who want to be supportive. I mean there's a huge number of other people who have gone through or are currently in the midst of the same struggles." He goes on to note that while some students may try to keep their mental illness to themselves and not reach out to a resource for fear of judgment or personal weakness, seeking help can bring clarity and strength to their lives.

Despite the health benefits of personal counseling for overall health, oftentimes mental illness can also be a determining factor in a decision to be seen by a professional. Mental illness can, at times, leave those suffering feeling scared and out of control, and other times it can be quiet and sneaky. Inasmuch as mental illness is a different experience for everyone, it can be hard to tell when it is time to seek help. When asked, Dr. Campbell listed some symptoms that suggest an issue is a little bit more serious than a



Approximately 14 percent of the student body attends appointments at the Counseling Center.

bad day.

First, most people are able to handle a bad day with the help of resources they usually use, such as the social support of friends and family. The second thing to look for is a change in function. A change in function could be a difference in appetite, sleep or communication. Irritability or inability to follow through on responsibilities suggest something more might be at hand. Campbell is quick to add that depression in particular is not something someone can power through; there is no mind over matter. This is a limited list of symptoms that applies mostly to depression. If something doesn't seem right, a student shouldn't hesitate to reach out to the Counseling Center.

On a larger scale, mental illness is a major issue for college students. This is due in part to the fact that the age of onset for many mental illnesses is from late adolescence to the early 20s. The Substance Abuse and Mental Health Services Administration (SAMHSA),

a subsidiary of The Department of Health and Human Resources, reports that one-fifth of all Americans over 18 will be diagnosed with a mental illness. From the ages 18 to 24, it is expected that 27 percent of the population will be diagnosed with a mental illness; amongst college-aged subjects, the most common illness is depression. Suicide is the second highest cause of death for students of college age. In response to this statistic, SAMHSA prescribes awareness, the more aware the students are, the more likely those who are struggling will seek help.

If students call or visit the Personal Counseling Center located in Bedford Hall, an appointment can be made. An effort will be made to make the soonest available appointment. The greatest upswing of student traffic happens in mid-October when students who might have been struggling since the beginning of the semester realize that things are not getting easier and the days start getting shorter. While it may seem counterintuitive, there is not

an upswing during finals. Campbell noted, however, that appointments are still offered.

Mental health has an enormous impact on the person with the illness but it also has an enormous impact on the friends and families of those impacted. A family member with mental illness personally impacts Dr. Dana Dillon, professor of theology. She works with the National Alliance for Mental Illness (NAMI) to provide support to others dealing with a loved one diagnosed with mental illness. She says, "This is the connection that most drives me to be a volunteer and advocate for those to live with mental illness and for the friends and family who struggle to support them." The program she works with is called Family-to-Family. It is a 12-week program taught by volunteers with family members with a mental illness. The program provides information both about what mental illnesses are and on coping mechanisms for families both for them and their affected loved one. This course has been offered several times at the PC/Smith Hill Annex and has even been taught by Dillon. There will be opportunities to attend this course in the local area next semester and the NAMI office can be contacted for more information.

Campbell states the goal of the Personal Counseling Center, "Help students be successful [and] effective and become the best person they can." If mental illness is a concern, there are resources and support available. Reaching out is the first step. Becoming the best person one can may prove difficult at times, but the Providence community is here to help whether there is personal suffering or the suffering of a loved one at hand. This is a community that cares and stands with all members regardless of mental illness.

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Transforming the Image of Disability

by Marla Gagne '18
News Staff

LECTURES

Right after graduating from Providence College, Becky Curran '06 moved out to California to work in the entertainment industry. But before she could even make it to the west coast, her job fell through. Determined to get a job in California, Curran reached out to PC alumni and set up as many meetings as she could. Curran finally found a job, only after sending out hundreds of resumes and going on 100 interviews. Why would it take so many interviews for Curran to get a job? Many employers make judgments about Curran's abilities based off of her appearance.

Becky Curran, who was born with achondroplastic dwarfism, returned home to PC on Thursday, December 4, to present "Becky Motivates." Curran, an alumni of eight years, works in the entertainment industry doing primarily marketing jobs. Curran has also made speaking a second job, as she travels to schools and organizations to tell her story. Curran is determined to convey an accurate image of people with disabilities to the public and motivate everyone to open up to others and share their stories.

Curran originally chose to attend PC after seeing another person with dwarfism here. She knew students and professors would already be exposed to dwarfism, and seeing her around campus would not be such a shock. But Curran's first day at PC did not go



PHOTO COURTESY OF [HTTP://WWW.BECKYMOTIVATES.COM](http://WWW.BECKYMOTIVATES.COM)

Cisco Oller '16 poses with PC alum Becky Curran '06 who visited to speak about disabilities.

as expected. Curran had spoken with her two roommates before coming to college, but waited to tell them about her dwarfism. One of Curran's roommates was not happy about having a roommate with dwarfism, and only tolerated Curran for the first semester.

This situation was both upsetting and frustrating for Curran, who saw her roommate making judgments before getting to know her. Curran believes that many "people act fearful" because they have not been exposed to little people, or only have negative images from the media in mind. As Curran goes around the country to present, she hopes to be a positive image and approachable person for

those who have not been exposed to dwarfism or have their own disabilities. Curran, who comes from average height parents, also wants to connect to families who may not have been exposed to disabilities.

As Curran encourages people to ask questions and share rather than assume, she also wants people with disabilities to be comfortable with themselves and "go after what [they] want." Growing up, Curran challenged herself, participating in soccer, sailing, and many other sports. Despite eight surgeries and absences from school, she strived to keep her grades up and graduate on time.

At PC, Curran participated in Sailing Club, Future Friar Executives,

Toastmasters, and internships. She felt it was "sometimes hard to socially fit in" because people did not want to get to know her and judged her because of her differences. Despite the struggles with fitting into a group, Curran found success at PC and lasting friendships.

Breaking into the entertainment industry is difficult for anyone, but Curran faced a greater disadvantage, as many employers made judgments about her based on her appearance. Questions asking "can you do that?" or "how did you drive here?" were very frustrating for Curran, but she could not be held back or let down by others. Eventually she found jobs working in Spanish television, branding, and with comedians. Curran took special interest in the disability community within the industry. Many movies or shows hire actors to portray disabled characters. But there are many people with disabilities that have great acting skills and can show not everyone "wants to be treated or cured."

Curran gets mistaken for actors on TLC's *Little People Big World*, and *Little Couple* all the time. The mix-up can be annoying, but Curran feels these shows have opened up the conversation about disabilities. But movies such as *The Wolf of Wall Street*, portray degrading images of dwarf tossing that negatively impact the community. Curran continues to share her story, hoping to expose dwarfism and create a society of understanding and openness. She hopes one day people will not have to identify her as a little person, but just "call her by her name."

SHEPARD Honors Victims of Anti-Transgender Hatred

by Elizabeth Nako '15
Asst. News Editor

CLUBS & ORGANIZATIONS

Did you know that the murder of a trans woman is eight times higher than that of a non-transgender individual? Or that the life expectancy of a trans-identified woman is only 32 years of age? These are only a couple of the facts that Harper Rhodes '16, treasurer of SHEPARD, shared during the Transgender Day of Remembrance that took place on Tuesday, December 9, in the Slavin Overlook Lounge.

The annual Trans Day of Remembrance, sponsored by SHEPARD, a support group for the LGBTQQIAA community at PC, memorialized those who were killed due to anti-transgender hatred or prejudice. The event started with attendees taping names to the wall who were victims of anti-transgender hate crimes. Many of the victims' names were unknown, but each tag said the name of the individual, the place where the murder took place, and how the victim was killed.

After all of the names were taped to the wall, there was a moment of silence. Rhodes, who organized the event, then pointed out that these were only the cases reported. Also, he continued saying none of the trans individuals on the wall took their own lives, but rather the trans individuals, mostly trans women, were linked to transphobic hate crimes.

After Rhodes spoke, the event opened up to attendees' reaction (while maintaining respectfulness). The importance of the memorial was to show the victims' correct gender even when they are deceased. Rhodes commented

that he "does not know anything that would do these people justice." He explained how this is an emotional event that is heavy for many people.

Rhodes, who prefers to be referred to as a self-identified trans man, admits that the PC community is very sheltered. Rhodes says when he introduces himself the typical student response is "Oh, I have never met a trans before." The PC community does not realize that there are people on campus who are queer-identified or trans-identified.

An example would be PC housing. Rhodes remarked, "There are not resources, we have to find them and make them." Also, some professors here at PC are not considerate of trans-identified students. Rhodes said that trans-identified students are afraid to "come out" in more than one of their classes because it might negatively affect their grade.

Rhodes said that while trans students and queer students do have "so many allies on campus backing us and trying to get us what we need...others still do not get it." An example is simply using a public restroom. Rhodes said trans-identified students have to plan everyday where they go to the bathroom—since he cannot simply walk into a woman's bathroom or a man's bathroom. There are only a limited number of buildings at PC that offer unisex public restrooms—Harkins, Ruane, and the library. Rhodes explained that if he were in Al Mag and had to use the bathroom that he would not be able to. These are things that transgender individuals have to think about every day.

When asked about being a self-identified trans man at a Catholic institution, Rhodes said that fortunately the current pope has a more lenient

stance to those that are queer-identified. Rhodes says that it is important that "even if someone does not agree with the idea of LGBTQ people, [it] does not give them the right to discriminate." PC says that it will protect its students. Rhodes discussed how respecting someone's pronoun and dignity is a matter of respect. He continued, saying, "Whether you agree with the choice does not mean you have the right to attack."

SHEPARD has been having more and more events, although sometimes they are not easy for the campus to grasp. Rhodes said, "Transphobia and homophobia do not stop on campus." However, Rhodes noted that he has noticed a change since entering PC. "People have been asking questions and demanding answers. [Although] slower and later than other schools, at least we are getting to it. The administration is taking notice and

pushing boundaries."

Rhodes says there are many different options for trans-identified students who are struggling on campus. "The health center is very understanding as well as the counseling center." Also, Youth Pride Rhode Island, only a bus ride and walking distance away, provides support and education youth for LGBTQQ youth and their allies ages 13-23.

Finally, SHEPARD meets on Mondays at 6:30 p.m. in Feinstein 403. Rhodes said, "The meetings are open to everyone and take place in a confidential space [with a] loving and open group of people on campus." Rhodes ended by saying, "At PC, being queer or trans is not easy. For those who are here and stay here takes a lot of courage. [For] those who do not feel comfortable sharing, there are people who support you and would love to hear your story."



ELYSE BUTTERWORTH '15 / THE COWL

Students hang the names of trans-identified individuals who were the victims of hate crimes.

Kevin Hoegler '17 Battles MS

by Meaghan Dodson '17
News Staff

LECTURES

Do you know that “pins and needles” feeling you get when your foot falls asleep? For Kevin Hoegler '17 this is but one of the many side effects of multiple sclerosis, an autoimmune disease with which he was diagnosed.

In McPhail's on Wednesday, December 3, Hoegler spoke to the Providence College community about his experience with MS. He talked about what it was like to be diagnosed with the disease, and how he is learning to come to terms with it. Most importantly, however, was Hoegler's message offered to his fellow Friars: of hope, of positivity, and of making the most out of any difficult situation.

Dr. Pamela Snodgrass-Belt of the biology department took the stage before Hoegler in order to give a brief summary of MS. She explained that MS is a disease affecting a person's brain and spinal cord. It occurs when a person's immune system attacks the myelin that covers the neurons in the body. This results in lesions in the nervous system, and so patients suffering from MS often have tingling sensations or numbness in their bodies, or even may be unable to see or walk. In the earliest stage of the disease, a person has flare ups of these symptoms, but in later stages the symptoms get progressively worse and occur more frequently.

Hoegler was diagnosed with MS last year, when he was a freshman at PC. All throughout high school, he would have flare-ups that he and his parents would dismiss as nothing major. He vividly remembers waking up one morning and not being able to see out of his left eye. He always assumed the periodic pins and needles were a result of his playing sports.

Hoegler came to PC last year filled with excitement. During the third week of school, however, he began to feel stressed due to schoolwork and

his choice of major, and this triggered a more serious flare-up. He was running on the treadmill one day when the familiar tingling sensation spread from his feet up to his knees. By the time he got off the treadmill, he was numb from the waist down. Hoegler knew something was wrong, but did not know what it could be.

He was finally persuaded to go to the ER. When the doctor had him close his eyes, Hoegler could not tell whether the doctor moved his big toe up or down. The neurologist tested him, and when he was told that he would have to spend the night in the ER, he realized it was *not* going to be a “quick fix.” He had to get two MRIs and a spinal tap, and he stated that through it all, the worst part was the fear of the unknown.

When the doctor finally came into the room, he said they found something on his brain, and although it was not a tumor, it might be MS—then the doctor left. Hoegler was very upset; there he was, 18 years old and healthy. How does one handle that news? He tried looking up MS on Google, but—believe it or not—that did not make him feel any better.

Hoegler was instructed to go home to New Jersey, where he could be treated by a nationally-acclaimed MS specialist. Hoegler considers himself fortunate to have such great resources so close to home. The doctors at the CentraState Medical Center in Freehold, New Jersey, confirmed that he had MS. While most patients usually have one or two lesions, Hoegler had 30 on his brain and four on his spine. And yet comparatively, Hoegler's flare ups were not as bad as expected.

Hoegler most distinctly remembers his father's reaction to the prognosis: his father got up, walked out of the room, and began to cry. It was hard for Hoegler to see his dad like this, and it caused him to break down himself. He claimed the emotional battle is just as hard, if not harder, than the physical one.

Hoegler now has to go home every 28 days to get the medication he needs. He gets hooked up to an IV and

undergoes a very expensive, two-hour treatment. The medicine suppresses his immune system, so he cannot risk getting sick; he has to take Vitamin D supplements every day to prevent illness. But the medicine gets rid of his numbness, and he has regained all feeling in his body.

Hoegler feels he is “blessed” to be a part of the PC community. At the event McPhail's was packed with people wanting to support him and hear his story—over 300 people. Hoegler remembers that when was first diagnosed, his friends in Aquinas were incredibly supportive. Some friends decorated his room, while others signed a card for him. Everyone said they would be there if he ever needed anything.

It has been a struggle for Hoegler to remain optimistic. He has left the gym in distress several times, disappointed that he can no longer perform the workouts he used to do. His dreams of joining the military are over. In spite of these setbacks, he keeps himself surrounded by positive things, turning to the Bible and even YouTube for inspirational quotes and videos. Hoegler is very active on campus, and is a member of Simply Healthy, Friars Club, the men's rugby team, and Best Buddies.

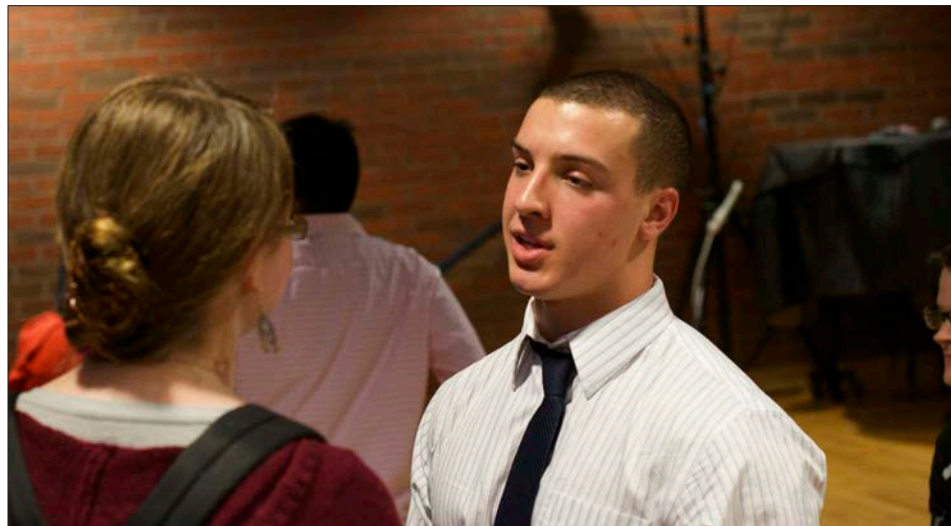
Hoegler described the past year as being the best and worst time of

his life. He now understands what is really important, and has found many true friends. He affirmed, “If it weren't for all of you at PC, I don't know what I would do. Thank you for supporting me.”

“PC is my home,” Hoegler stated. He remarked that just saying hello to someone, and getting a “hi” back, means the world to him. Hoegler concluded the speech by promising his listeners to be there if they ever needed him. He also wished them luck on their finals.

The crowd—or at least the people fortunate enough to find seats—gave Hoegler a standing ovation. The event was co-sponsored by Simply Healthy and the Charities Committee of Friars Club, and it was a fundraiser for MS. As part of the fundraiser, PC phone cases were sold at the Slavin Ticket Desk during previous weeks. Donations were also accepted at the event itself. In all, a total of \$2,000 was donated to the New Jersey chapter of the MS Society.

Hoegler, reflecting on the entire experience, stated, “Having the opportunity to speak to the PC community was both a humbling and rewarding experience. The atmosphere in McPhail's reflected how much PC supports not only me, but everybody facing adversity on campus.”



ANDREW KONNERTH '17 / THE COWL

Hoegler, pictured above, thanks the PC community for supporting him through his MS diagnosis.

Congress Updates

by Kathleen McGinty '16
News Editor

STUDENT CONGRESS

Andrew Schoepfer, assistant ticket manager of the Athletic Ticket Office, visited to speak with Student Congress about how tickets to athletic events are sold, and to seek suggestions for advertising. According to Schoepfer, the office hopes to move away from selling tickets at the door, and is constantly looking into ways to lower student ticket prices.

An old piece of business, introduced by Michael Hagan '15, regarding the installation of 10 more hydration stations in dorms was passed.

No new business was discussed.

Providence College Student Congress meets every Tuesday at 5:30 p.m. in the Slavin Soft Lounge.

Meetings are open to the public!

PC Resumes Classes Sooner

by Sarah Gianni '18
News Staff

ACADEMICS

This year, classes will resume for Providence College students on Tuesday, January 13. This start date is a change to the PC schedule, as in previous years, students have begun their second semester classes after the Martin Luther King holiday.

“I wish we weren't returning before Martin Luther King Day,” said Colleen Shea '18. “Beginning classes on the 21st would have allowed me extra time to be with family and friends,” she said.

Elizabeth Woodall '18 said that she wasn't that upset about the Jan. 13 start date. “I think there are a lot of other schools that begin around that time,

and it still allows for a pretty long vacation,” she said.

With students arriving back to campus earlier than in previous years, the question arises on whether or not students will decide to return home for the three-day weekend.

“I think many students will choose to stay on campus, considering they just arrived back from a long winter break,” said Tunde Johnson '18.

No matter what date classes are set to resume, the fateful day is sure to be full of both excitement in seeing friends and beginning a new semester, and perhaps a bit of sadness wishing break could have lasted a few more days. However, until the day arrives, *The Cowl* wishes students and faculty alike a happy and healthy holiday break.



Safe travels
and
happy holidays
from *The Cowl*!





PHOTOGRAPHY

The Cowl 6

December 11, 2014



KRISTINA HO '18/ THE COWL



MORGAN PEKERA '15/ THE COWL



KRISTINA HO '18/ THE COWL



MARISA DELFARNO '18/ THE COWL

TOP LEFT: PC's own Footprints Gospel Choir hosts an evening of praise and worship at their annual concert.

TOP RIGHT: Women Will holds their annual bead sale to support Bead for Life, a group that helps fight poverty through the sale of beaded jewelry.

MIDDLE LEFT: Students decorate Christmas socks while sipping on hot chocolate at the S.A.I.L. Office's weekly Things For Thursday.

MIDDLE RIGHT: Student Congress's "Take A Paws" lets students break from their studies and pet therapy dogs to reduce stress and anxiety as they prepare for final exams.

BOTTOM RIGHT: The College's PC Liturgical Choir and Schola Cantorum, directed by Sherry Humes Dane, and I Cantori and the Concert Chorale, directed by Dr. Todd J. Harper, pack St. Dominic Chapel at Campus Ministry's Advent celebration Lessons and Carols.



ANDREW KONNERTH '17/ THE COWL

Photos Compiled by Morgan Pekera '15, Photo Editor

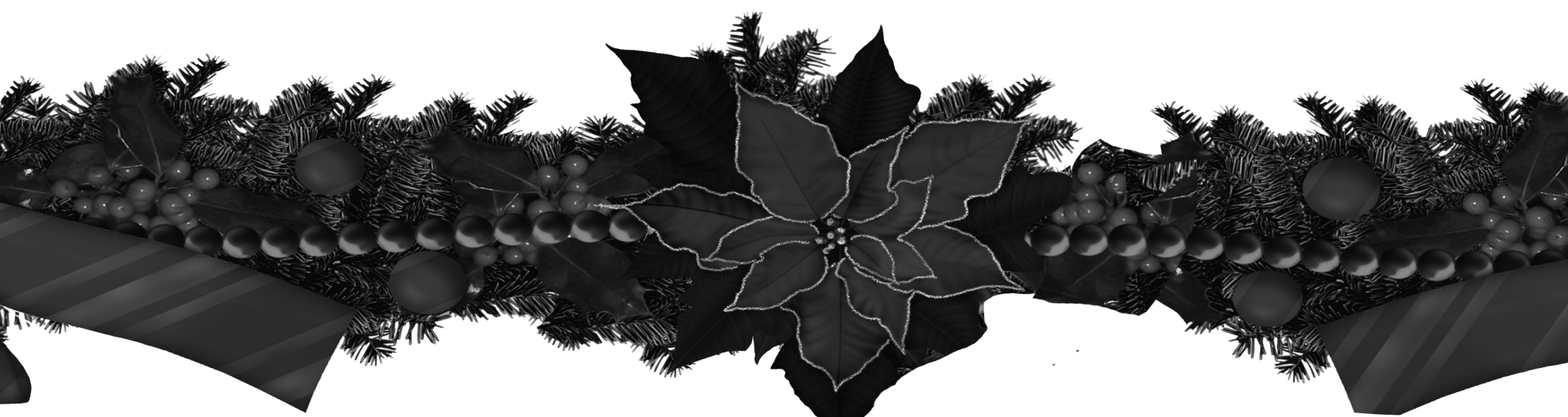


Merry Christmas
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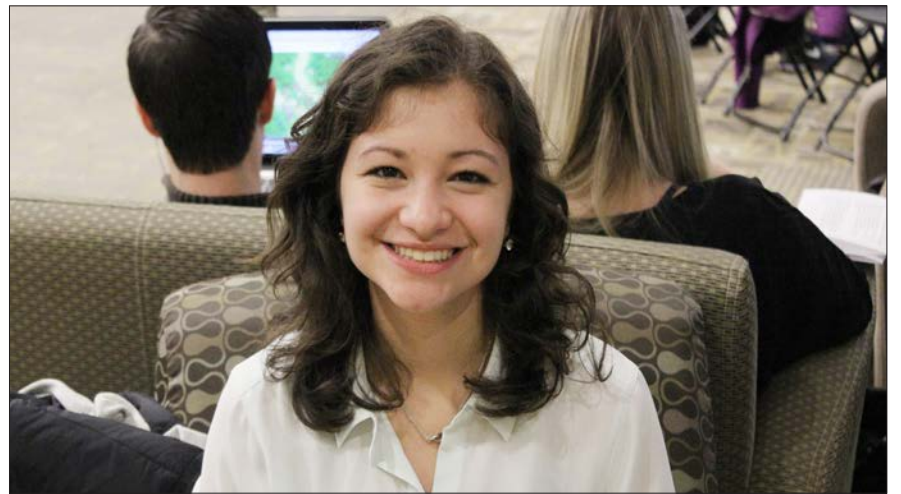


PROVING PHOTOGRAPHY

How do you stay positive during finals?



"Think about what comes after."
Matthew McConnell '18 and Pat Quirke '18



"I listen to Michael Bublé Christmas music."
Danielle Colabatistto '16



"Think about going home!"
Kristen Olander '16



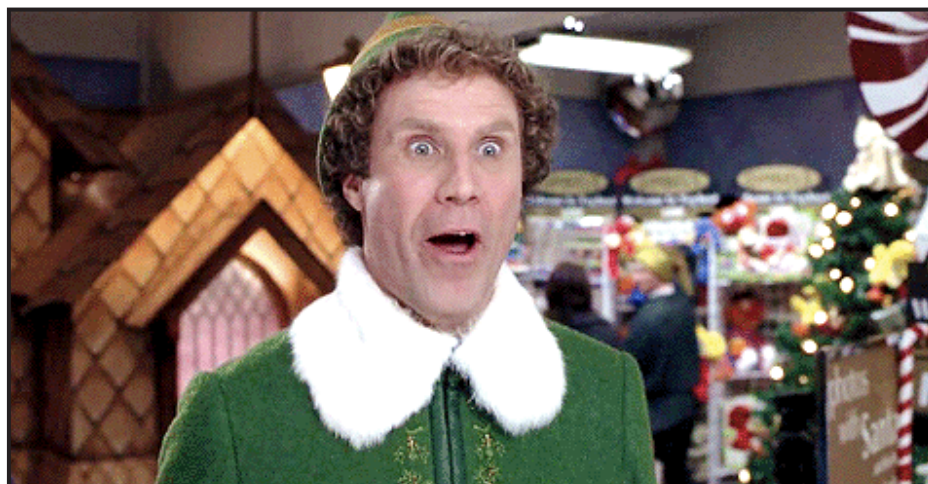
"Rely on the support of friends!"
Kate Corrigan '16 and Ryan Bonomi '16



"Think of Christmas."
Kelly Buckley '18, Meghan O'Connor '18,
and Daniel Ingham '18



"Log onto 8tracks and listen to Baroque soundtracks!"
Aubrey Hulbert '18



"I spread Christmas cheer by singing loud for all to hear!"

-Buddy the Elf

PHOTO COURTESY OF MASHABLE.COM

Photos Taken By Morgan Pekera '15, Photo Editor



The Inspiration of Musicians

by Dan Gagnon '15
A&E Staff

MUSIC

Mental illness can often be invisible, but when a musician or composer suffers from a mental illness, the symptoms are often expressed in the art that he or she creates. Their music can reflect whichever diseases they are suffering from, but artistic expression is also a way for them to cope with their condition and express themselves in ways that they ordinarily could not. Throughout history, many of the most famous and talented musicians have struggled with mental illness. Ludwig van Beethoven and Kurt Cobain are two examples of this phenomenon.

Ludwig van Beethoven (1770-1827)

Beethoven is renowned for his stylistic innovation and his role in the transition between the Classical and Romantic movements in music. Although he lived in an age before mental health conditions were diagnosed, it is clear that he suffered from mental illness and the current consensus among scholars is that his symptoms suggest he had bipolar disorder. Beethoven was known for being emotionally unstable and experiencing emotional highs followed by lengthy periods of deep depression. His behavior was so erratic at times that his local prince exempted him from the formal codes of behavior required at the court where he performed.

The symptoms of his bipolar disorder are obvious in his music and his creative process. During his periods of emotional highs he was very industrious and composed many works of music, but during his emotional lows he composed far fewer works, sometimes stopped composing entirely, and several times contemplated suicide. However, it was during these low periods that he composed some of his most influential and

innovative pieces. His sonata *Quasi una fantasia* ("almost a fantasy"), better known as "*Moonlight Sonata*," demonstrates the depth of emotions he experienced due to his condition. This piece shows his truly innovative style that broke through the traditional mold of classical music and contributed to the advent of the Romantic movement in music.

Kurt Cobain (1967-1994)

Cobain, a pioneer of the grunge genre during the late 1980s and early 1990s suffered from ADHD, bipolar disorder, depression, and addiction to drugs and alcohol. He had chronic bronchitis and stomach problems throughout his life, and he used street drugs such as heroin and marijuana to avoid the pain of his ailments. This led to his addiction to heroin that interfered with his artistic career and may have led to his suicide in 1994.

As the guitarist, vocalist, and songwriter for Nirvana, he was the creative influence on the groundbreaking style of the band's music. Nirvana changed the world of alternative music with their style of strong bass and drums and blaring distorted guitar parts. Possibly the greatest mirror for Cobain's life is through the band's lyrics, which he alone wrote. The lyrics for the album *Nevermind* (1991) came from poetry that he had been writing for several years.

In interviews he readily admitted that overall his lyrics were intentionally "contradictory" and that they fluctuate between being emotionally harsh and sincere. He said, "I'm such a nihilistic jerk half the time and other times I'm so vulnerable and sincere." In this way, his music reflects his mental state in a manner similar to that of Beethoven.

In the end, he attempted to absolve himself from both mental and physical pain by using drugs, which proved to be his undoing. He took his own life in 1994 while under the influence of heroin. In the years since his suicide, Cobain's cousin Bev Cobain, a registered nurse, has worked to raise awareness about how people from a

family with a history of mental health problems, such as the Cobain family, are more susceptible to these conditions. Her book *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* seeks to raise awareness about the importance of mental health and to publicize the resources available to those who are struggling with thoughts of suicide.



PHOTO COURTESY OF nova.ie

Implications for Leaked J. Cole Album

by Periklis Fokaidis '17
A&E Staff

MUSIC

J. Cole is an artist whose music is quite familiar to lovers of rap and hip-hop all over the world. Though his music is geared toward rap fans, his work is often seen on the iTunes top 10 and receives radio play from pop stations nationwide. His previous albums *Cole World: The Sideline Story* and *Born Sinner* were both very popular amongst the younger generation of America, and his latest album was anticipated to be even better.

The album, *2014 Forest Hills Drive*, was originally scheduled for release on Dec. 9; however, it released almost one week early on Dec. 3. There has been much controversy over the early leak of his album. J. Cole is not the first artist to have his work released much earlier than planned; this has happened to numerous artists throughout the years. Nobody really knows who is responsible for sending the album out early, however, this person is responsible for possibly costing Cole and his record label Roc-A-Fella (a subset of Def Jam), thousands of dollars in album revenue. Though the album will most likely still sell, the money that could have been made from its original release date will not reach the record label or Cole himself; in essence, the album was free.

In addition to the controversy over the

early release date, Cole has also caused a lot of conversation due to his remarks pertaining to race in his song "Fire Squad." In this song, Cole does not tiptoe around the topic of race. He brings up the history of white artists taking black musicians, music and relaying it to the public as their own; he specifically alludes to what Elvis did throughout the '50s. Next, he touches upon contemporary artists who have stolen the "sound" of rap, he specifically mentions Justin Timberlake, Eminem, Iggy Azalea, and Macklemore. This has been covered by countless news outlets across the country but there will undoubtedly be more coverage after the official release of the album. Though the album includes many allusions to race and may even seem to be satirical at points, J. Cole ensures that his music is relatable to a greater audience.

The album itself has many songs on it that appeal to the lives of Cole's fans universally. He touches upon things that most people experience throughout their own life. In his song, "Wet Dreamz," he touches on his adolescent relationships and his encounters with the opposite sex in general. He speaks about the anxiety he felt in a relationship with a woman in his past. Throughout the song he repeats to the listener that he had no experience with women, and was nervous when he thought about being with a woman. However, Cole brings forward the point that most people at one point or another

feel nervous or have anxiety about relationships with the opposite sex, and in the end of his song he comes to find that the woman he was nervous about felt the same exact way. Cole's music is multifaceted, ensuring that people can relate to it no matter their race or gender.

Overall, this album has spurred a lot of conversation, and it may or may not

be a good thing for J. Cole. His work was released early, causing him to lose money on sales; however, at the same time, he has been in the headlines, and will remain in the headlines for the weeks following his official release. The more mentions his album receives, the more popular he may become.



PHOTO COURTESY OF galleryhip.com

Nintendo Comes out on Top at 2014 Game Awards

by Ryan Cox '18
A&E Staff

MUSIC

The big winner at Las Vegas's inaugural Game Awards on Dec. 5 was a company who, several months ago, faced criticism over their sales and revenue. Nintendo, who has been criticized for falling sales because of the Wii U's lackluster debut, won four awards out of the nine categories for which it was nominated, including Developer of the Year. Upon accepting the award for Best Sports/Racing Game, won by *Mario Kart 8*, Nintendo of America president Reggie Fils-Aimé remarked, "One of the things we believe in as a company is to make sure we bring something new, something different, something distinctive, and we feel we really did that." Nintendo also won awards for Best Family Game (*Mario Kart 8*) and Best Fighting Game (*Super Smash Bros. for Wii U*).

Four individual games each won two awards. *Dragon Age: Inquisition* was one, winning both Best Role-Playing Game and the night's highest honor, Game of the Year. Praised by IGN for its expansiveness and "gorgeous, massive world with meaningful things to do and see," BioWare's *Dragon Age* trumped Nintendo nominee *Bayonetta 2* and action RPG *Dark Souls II*. "This is really an award that belongs to our fans. This is an award for a team whose hard work has been poured into this game," said Mark Darrah,

executive producer of *Dragon Age*. The other two-time winners were *Mario Kart 8*, *Valiant Hearts: The Great War* (Games for Change, Best Narrative), and *Destiny* (Best Soundtrack, Best Online Experience).

In between awards, several developers took the time to reveal trailers for their upcoming games. Nintendo revealed new footage for an upcoming *Legend of Zelda* game for the Wii U, to be released sometime in 2015. The game boasts an expansive, beautifully designed world for the player to explore, integrating the Wii U's game pad controller as a world map. Nintendo also announced an upcoming *Star Fox* game, which will be released before the *Legend of Zelda* game. Square Enix revealed the multi-platform action game *Lara Croft and the Temple of Osiris*, the latest installment in the *Tomb Raider* series, which released Dec. 9. According to VG247.com, "[*Lara Croft and the Temple of Osiris*] is mainly a co-op experience. This time out, it has four-player co-op and you can play as either Lara, rival archaeologist Carter Bell or Egyptian gods Horus and Isis."

For its first year, The Game Awards did many things right in terms of production. Host and producer Geoff Keighley developed an impressive way to honor the achievements of the video game industry. The categories themselves covered a comprehensive spread of games and gaming culture, and there was little controversy over which games won which categories.

Keighley even allowed the fans to let their voice be heard, allowing five of the 22 categories to be decided by fan vote. However, several major awards, including Developer of the Year and Best Soundtrack, were presented offstage, and the show

itself was extremely long, finishing at almost three and a half hours. After its first year, Keighley leaves himself for room to improve and streamline the awards show, but this is a solid foundation for the gaming industry to be recognized.



PHOTO COURTESY OF talkingwithami.com

New Films from Beloved Franchises

by Ryan Charland '18
A&E Staff

FILM

Film fans have recently been treated to a slew of information on new installments in classic franchises. From trailers for the new *Star Wars* and *Terminator* movies to casting information for the next *James Bond* installment, there is a lot to be excited for in the coming year. While sequels are nothing new, upcoming releases are bringing beloved properties back into the spotlight after years.

On May 15, the post-apocalyptic *Mad Max* series will return from a 30-year hiatus with *Mad Max: Fury Road*. The original series began in 1979 with *Mad Max*, starring a young Mel Gibson as the titular vengeful policeman on the hunt for the biker gang that killed his wife and child in a dystopian version of Australia. *Mad Max 2* and the cult-classic *Mad Max Beyond Thunderdome* eventually followed. Next year's installment will feature Tom Hardy (best known for his role as Bane in *The Dark Knight Rises*) taking over for Gibson. Little is known about the plot so far, but *Fury Road* will also star Charlize Theron as Furiosa, a woman whom Max is escorting across the desert.

One month later, *Jurassic World* will premiere on June 12, starring *Guardians of the Galaxy*'s Chris Pratt in the first *Jurassic Park* movie since 2001's *Jurassic Park III*. Set 22 years after the first film, *Jurassic World* will

see a return to Isla Nublar. This time, however, the park has seen successful operation for a number of years until a hybrid dinosaur is created in an effort to boost ticket sales. This proves to be a fatal mistake for the operators of the park. The first trailer for the film launched on Nov. 25, and contains many callbacks to the original.

In July, Arnold Schwarzenegger will return to his most famous role as

the Terminator in *Terminator: Genisys*. A trailer was just recently unveiled on Dec. 4 to a mostly positive reception from critics. From the footage shown in the trailer, it seems that the new film will involve an attempt by Sarah Connor and the Terminator to stop Judgment Day from occurring. *Terminator: Genisys* will be the first in a new trilogy of *Terminator* movies.

James Bond will also be making a

return on Nov. 6 with *Spectre*. Casting was announced this month, with Daniel Craig reprising his role as 007, with the new "Bond girls" being played by Léa Seydoux and Monica Bellucci. The most exciting news of the announcement is the reveal of Christoph Waltz (*Inglourious Bastards* and *Django Unchained*) as the next Bond villain, Franz Oberhauser.



PHOTO COURTESY OF wesheet.com

What's in Your Travel Bag?

by Christina D'Adamio '16
A&E Staff

FASHION

When it comes to fashion, it is not just about the clothes; sometimes it is about the accessories. Accessories come in all shapes and sizes. From the accessories we wear, to the accessories we carry, there is nothing like that perfect last-minute touch. The backpack has become a visible accessory, keeping us company on our daily adventures. But do I dare ask, what's in your bag? Certainly, our backpacks can get rather messy. While there is nothing wrong with a little clutter, it is time to reorganize. To survive the toughest travels, everything should be a reach away.

Let us start with the backpack itself. The backpack should be practical yet spacious. This bag will be worn from season to season, so opt for weather resistant or waterproof material. From chic to classic, from sporty to edgy, there are plenty of bag options. With backpacks trending, there are styles and colors galore. Now that you have the right backpack, it is time to toss in a small clutch or an oversized wallet. This will be your access to money, IDs, and credit cards. For accessibility, a bright-colored clutch or wallet is easy to see, easy to grab.

Moving on to the tech necessities. First, toss in your cell phone. Second, toss in your computer. Keep your cell phone and computer in a safe spot, such as a side pocket or zipper, or have personal cases for each. No one wants unsolicited scratches. Always remember your headphones and portable chargers. Voilà, your backpack is now tech-friendly.

Never neglect your personal calendar. From homework assignments to social events, always write it down. Keep an additional journal with colorful markers just to make it fun. There is nothing like being prepared.

A backpack emergency kit is recommended. You never know where your day will take you. From paper cuts to headaches, from coffee breath to the common cold, customize your emergency kit to your individual needs. Lightweight sweaters, compact umbrellas, and mini hand sanitizers are just a few examples. The list can be endless, so think ahead to handle the unexpected.

A healthy snack is next in line. Whatever your diet, a healthy snack is always a must. Opt for something prepackaged. Who wants a sticky surprise at the bottom of their bag? When it comes to backpack grub, think quick yet filling. Energy drinks, protein bars, nuts, and fruit snacks are just a few ideas. When there is no time for lunch, your backpack snack will be there to rescue your hunger pains, giving you an instant boost.

Last but not least, think beauty pick-me-up. After a long day of traveling, there is nothing like your most beloved beauty products to lift your spirits. Whether it is your sweetest shade of lip balm, or your eye-catching mascara, a one-minute mirror fix is all it takes to feel refreshed. For those sleep-deprived ladies, do not forget the eye concealer. Your dark circles will be covered in no time.

Since no backpacks are alike, it is important to pack and personalize it with the essentials you need readily available. By being prepared and organized, there is nothing you cannot handle. With your backpack in hand, you are out the door in no time, ready to face your hectic travel day.

Four Films to See This Holiday Season

by Isabella Goldstein '17
A&E Staff

FILM

Thanks to *ABC Family's* 25 Days of Christmas, Friartown is already in the spirit of Christmas. However, if you Friars are looking for some not so traditional holiday movies for the festive season, there are a number of films coming out on Christmas Day that you should certainly see over winter vacation.

In the mood for a good laugh? Directed by Evan Goldberg and Seth Rogen, *The Interview* is an action comedy starring Seth Rogen and James Franco. The two play celebrity journalists who land a career-changing interview with Kim Jong-un, after discovering the dictator is a fan of their tabloid television show. On the journalists' way to North Korea, however, plans change and the two are then ordered by the CIA to assassinate Kim Jong-un. See the movie and find out what happens to the fates of the two journalists and dictator.

Love to sing? Based on the acclaimed musical, *Into the Woods* tells the tale of a baker and his wife, along with characters from the Brothers Grimm fairy tales,

who journey through the woods to reverse a curse put upon their family by an evil witch. A Walt Disney production directed by Rob Marshall, *Into the Woods* has a stacked cast including Meryl Streep, Anna Kendrick, Emily Blunt, Johnny Depp, and Chris Pine, all of whom will surely deliver.

Intrigued by epic war stories? Directed by Academy-Award winner Angelina Jolie, *Unbroken*, a war drama based on the novel *Unbroken: A World War II Story of Survival, Resilience, and Redemption* by Laura Hillenbrand, chronicles the life of Louis Zamperini, an Olympic runner who became a prisoner of war during World War II. Zamperini survived a plane crash in the Pacific, floated in the ocean for 47 days, and was then captured by Japanese forces. Starring Jack O'Connell, Domhnall Gleeson, and Jai Courtney, *Unbroken* is a true story that will inspire all.

Fascinated by the civil rights movement? *Selma*, a historical drama directed by Ava DuVernay, follows Martin Luther King Jr., played by David Oyelowo,

and James Bevel, played by the rapper Common, through the civil rights marches that occurred in 1965 in and around Montgomery, Alabama. Lasting three months, the epic march led to the signing of the Voting Rights Act of 1965, a turning point of the civil rights movement. Other members of the cast also include Tom Wilkinson

as President Johnson and Carmen Ejogo as Coretta Scott King. Watch how our country took shape led by courageous forces!

So, if you Friars have some time over vacation, head out and catch one of these movies, all of which will be released Dec. 25. Have a safe and fun break everyone, and enjoy the show!

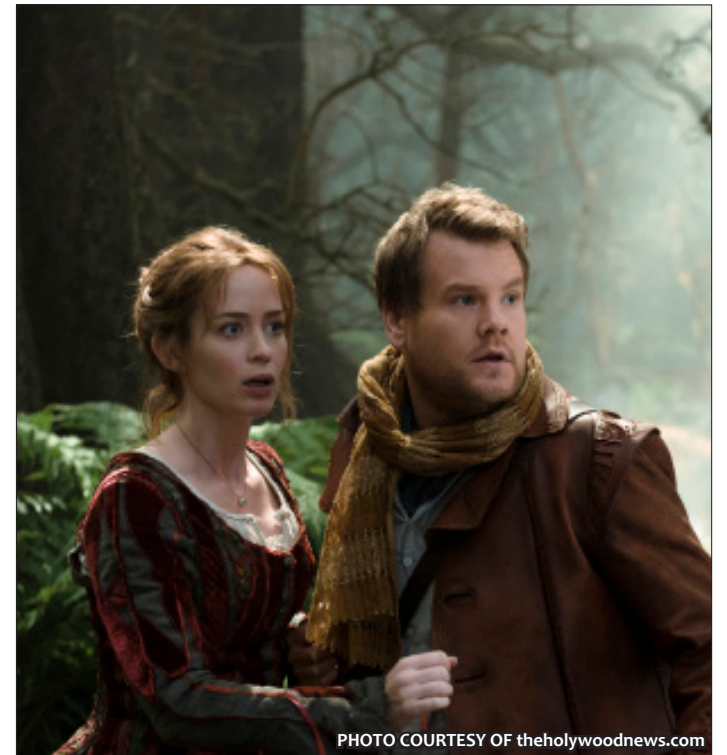


PHOTO COURTESY OF thehollywoodnews.com

Explore Providence: Better Burger Company

by Mary McGreal '15
A&E Staff

LOCAL

Pizza, pasta, and burgers—the holy trinity of the collegiate diet, according to many, and at least partially responsible for the “freshman 15.” While pizza places are aplenty on Federal Hill, finding a good burger joint in Providence is not quite as easy. That is not to say they do not exist—close to home we have The Abbey, and downtown you can find Luxe Burger Bar and Harry's Bar & Burger. If you happen to find yourself on Thayer Street, though, your options of restaurants dedicated solely to the art of the burger are further limited. Sure, you can go to Johnny Rockets, but you could also visit their location in the mall. This is where the Better Burger Company comes in.

Conveniently located next to FroyoWorld (if you haven't yet experienced the wonders of frozen yogurt, you are doing college very, very wrong) on 217 Thayer Street, BBC offers burgers and more at reasonable prices. On a recent visit,

a group of three spent about \$10 each and got a burger, fountain drink, and fries. The restaurant itself is cozy but bright—order, and then grab a seat at the counter facing out to Thayer Street or at one of the tables. Colorful murals of Providence landmarks adorn the walls of the dining area. The restaurant brings a local flavor to more than just the décor—its website says, “The Better Burger Company only uses fresh buns baked at a local bakery made with no preservatives and fresh whole ingredients to get the flavors that only come with freshness. [...] This is why many items on the menu are hand made.” The menu is extensive—BBC offers a range of breakfast, lunch, and dinner options. If there is a picky eater in your party, this is the place to go.

On Yelp, the average rating is three stars out of five. The reviews generally span from neutral to positive, with not too many major complaints. For the discerning college student who wants to watch their waists, be warned—the portion sizes of the burgers can be generous. One of

the main qualms is that BBC offers sizable portions without the taste to back it up. Yelp reviewer Leela S. of Seattle, Washington writes, “Quantity definitely wins over quality here. The falafel burger I ordered was large, but quite dry and not flavorful at all. Fries were solid though, I must hand them that.” That being said, if you have the resources to go out and eat at five star burger joints, you are probably not wandering around Thayer looking for a cheap bite to eat. Yelp user Olivia P. of Providence sums it up nicely when she

writes on the review site, “Tip: Go at night when you are either famished, craving savory and greasy food, drunk, or having the munchies. Everything will taste like magic. Things will taste alright in lunch time. But for late night eating, this place shines.”

All in all, BBC is a solid choice for foodies looking for a bang for their buck. According to its website, the Better Burger Company is open 10:30 a.m. to 12 a.m. More information can be found at <http://www.betterburgercompany.com>.



PHOTO COURTESY OF providencebestrestaurants.com

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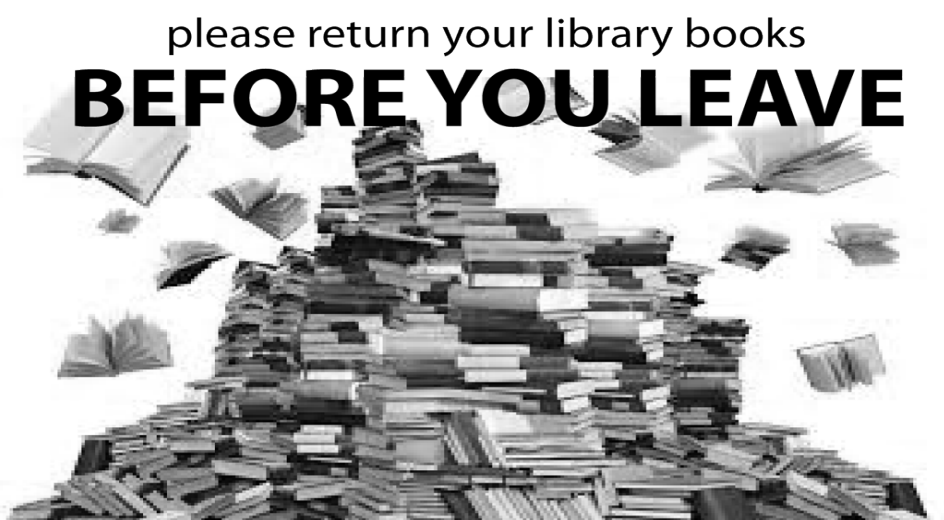
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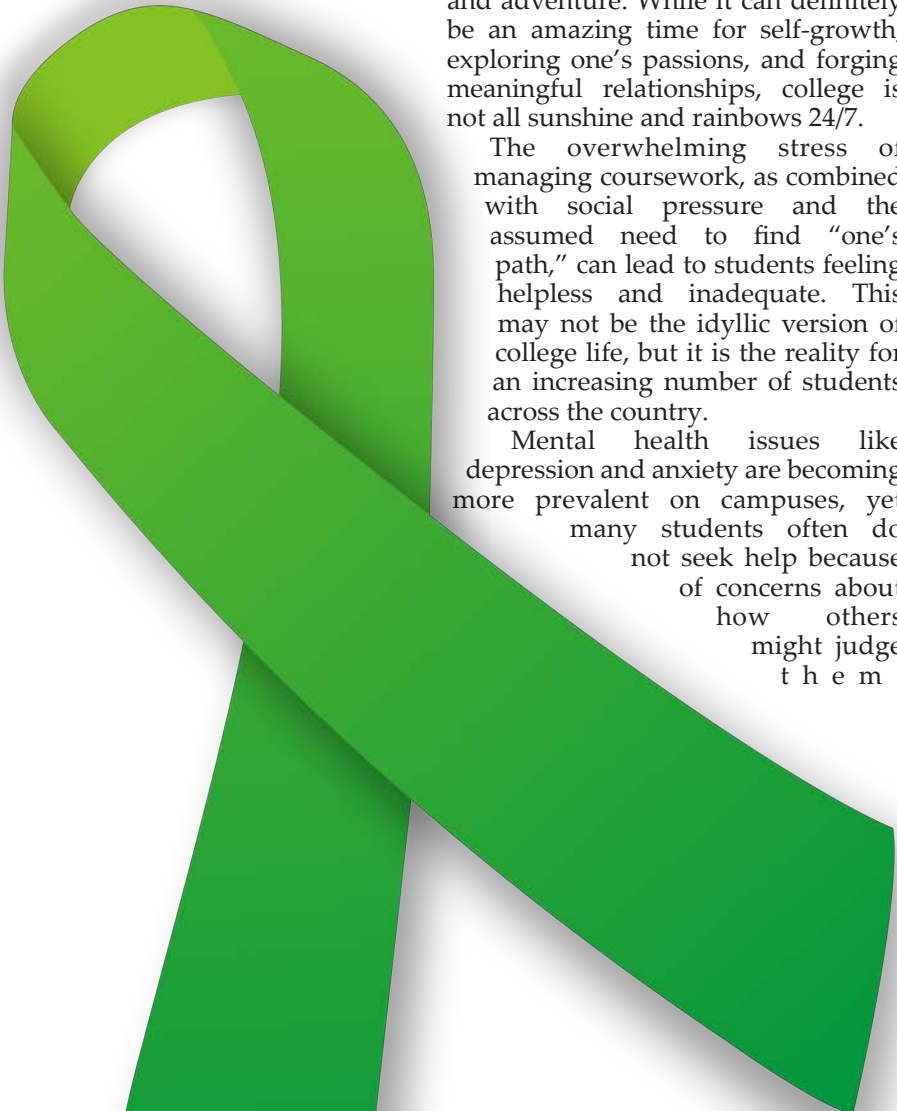


OPINION

Erasing the Stigma Surrounding Mental Health *The Best Years of our Lives Can Also Be the Hardest*

by Carolyn Walsh '17
Senior Staff Writer

SOCIETY



One of the most popular and pervasive cultural myths about the college experience is that it is supposedly the “best four years” of students’ lives. College is often depicted as a time of endless happiness and adventure. While it can definitely be an amazing time for self-growth, exploring one’s passions, and forging meaningful relationships, college is not all sunshine and rainbows 24/7.

The overwhelming stress of managing coursework, as combined with social pressure and the assumed need to find “one’s path,” can lead to students feeling helpless and inadequate. This may not be the idyllic version of college life, but it is the reality for an increasing number of students across the country.

Mental health issues like depression and anxiety are becoming more prevalent on campuses, yet many students often do not seek help because of concerns about how others might judge them.

However, through better education and more student-led initiatives aimed at raising awareness of and erasing stigma surrounding mental health, Providence College can help those who are suffering in our community.

The first step in changing attitudes toward and perceptions of mental health issues is through the education and spread of information about such issues. Mental health is not something that only concerns people in our community who may suffer from certain disorders or the people who are trained to help treat such disorders—it concerns all of us. Everyone has mental health; we all experience strong emotions and throughout our lives we all experience exhilarating highs and dispiriting lows.

In a 2012 report published by the National Alliance on Mental Illness, nearly one in four college students suffers from a diagnosable mental illness and many students have dropped out of schools across the country because of issues with mental health. Yet despite these facts, our society often has a deep reluctance to talk about mental illness, to acknowledge it openly, and to treat it as a form of human suffering like any other illness.

While we may have no problem discussing how we can take better care of our physical bodies, whether through better nutrition or more vigorous exercise routines, the discussion on how we can better take care of ourselves mentally and emotionally is often muted. Many people simply lack the awareness and knowledge of mental health issues and effective ways to take care of themselves emotionally and mentally.

Education is the key to clearing up misconceptions of mental health disorders and to get students thinking seriously about how mental health effects not only them but also their fellow members of the community. If PC were to require students to take courses on mental and behavioral health it could have a significant impact on deepening the discussion of mental health on campus.

The NAMI report also cites that overall 40 percent of students with diagnosable mental health conditions did not seek help and that the concern of stigma is the number one reason students did not seek help. Students struggling with their mental health often do not reach out to others because of the fear that they will be viewed as “weak” and that they somehow have failed to fit themselves into the mold of the normal college experience. It is an extremely important message to spread that whenever a person seeks help it is not a sign of weakness but a sign of strength. More student-led groups and campaigns for mental health awareness and discussion could serve as a way to help erase the stigma surrounding mental health and could help students suffering to take the steps to get help. When we can stand in solidarity with one another we can be each other’s source of strength.

No single student’s college experience is the same, but struggling with mental health disorders can hinder students from making the most of their own personal experience. As members of the PC community we should change the discussion on mental health on campus so that no PC student has to suffer in silence.



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A Selfish Spirit Motivates Gift Giving

by Sarah Kelley '18
Opinion Staff

SOCIETY

In attempts to avoid thinking about the upcoming week of finals, I found myself delaying the pain of studying and instead rewatching an episode of *The Office* on Netflix. In the holiday spirit, I chose the "The Christmas Party," and subsequently experienced uncontrollable laughter watching Michael Scott, the office manager, bring a brand new iPod to the annual Secret Santa (for which the price limit was set at \$20), in the hopes of outdoing all other employees.

Through a not-so-surprising series of events, Scott, despite having spent well above and beyond the price limit, receives only a small oven mitt from his Secret Santa. And after his simultaneous comical and irrational reaction, Scott decides to switch the previously organized Secret Santa to a Yankee Swap, engrossing the whole office in an aggressive and nasty pursuit of the coveted iPod.

While watching the Secret Santa—a commonly cheerful and happy event—transformed into a cynical and selfish Yankee Swap, I began to question the underlying reality of these holiday gift-giving events. Although I do recognize the level of extremity with which *The Office* presents both the Secret Santa and the Yankee Swap, there is definitely something to be said about the selfish and greedy nature that can sometimes

be wrapped up under the glint and glitter of these gift exchanges.

First of all, even outside of *The Office*, the tendency for someone to go well above and beyond in the type or price of the gift he or she gives can be experienced all too frequently through Secret Santa. Really, these events aren't about how much money you're willing to spend or what type of gift you're willing to give.

Of course everyone wants to give a thoughtful and personal gift, but this desire to give the perfect gift can sometimes transform into a selfish pursuit of outdoing everyone else in order to gain the elusive title of "best gift giver." (Has its existence even been proven? Is there really a "best gift giver"? Are these questions even answerable?)

In some extreme instances, the act of gift giving itself becomes a reflection of the selfish desire of others to make themselves appear more generous or more caring through the extravagance and extremity of the gifts they give.

Beyond the Secret Santa, even the Yankee Swap has the potential to emphasize our selfish and material values during a season inherently recognized by the festive generosity and kindness of others.

If the spirit of these gift-giving events is to demonstrate our caring and generosity towards others, then what implications does the Yankee Swap have if people can choose to trade the gift they originally picked for a more appealing one? If all the gifts were thoughtfully chosen by participants,

then swapping gifts essentially reveals a selfish desire by the "swapper" to satisfy his own materialistic wishes.

What I find even more selfish is the fact that participants can forcibly swap their own gifts with others who have already found a gift of their liking. So now these presents, which were originally intended to show how much we care for others are being tainted by our own self-interest.

Now I am in no way trying to say that all Secret Santas and Yankee Swaps are corrupting the spirit of Christmas, or are emphasizing the overly materialistic nature of our society. But I do believe in order to fully appreciate the thoughtful, caring, and generous nature of these events, we must be aware of the potential underlying selfish and materialistic values that can accompany these Christmas festivities.



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Immerse Yourself in Creative Endeavors to Escape Monotony

Engaging in a Passion Leads to a Positive Mindset

by George Copley '16
Opinion Staff

SOCIETY

Hi, I'm George.

If there is one thing that I can pride myself on, it is how well I understand the guitar. When I'm not being a pretentious snob, I'm usually writing music or practicing scales. Truly, it's not the actual guitar playing that I pride myself on. It is the engagement in a creative art. I think it is a shame that age and time dilute our adolescent passions of the arts. Coloring outside the lines, singing in the shower, and dancing in front of the mirror were once after-school escapes, but now work, exhaustion, and laundry not only reduce free time, but also take priority. Retaining creativity and expressing it is one of the most amazing methods of realizing deeper meanings in life; don't lose them.

In seventh grade, my friends and I, like every group of teenage boys, decided we wanted to start a band. One problem: only one of us played music. So, my friend Jack and I begged our parents to invest their cash and sanity and buy us guitars. Almost eight years later, Jack and I have become fluent with the six string puzzle and we created a band called Banana Riot.



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This isn't the important part.

In order to be in a band, you need to write songs. In order to write songs, you need to write lyrics. In order to write lyrics, you need to get over the initial embarrassment that you're actually writing poetry, and you need to access your heart, soul, and noggin. I always say that the first song you write is the worst song you write. During a time when I was obsessed with "Helping Africa," I wrote a song called "Joseph." It was terrible. I probably

thought Africa was a country and I actually had no idea of what the exact problems were in Africa. Regardless, I needed to draft my "Party in the USA" to compose my "Ninth Symphony"—excuse the hubris. Once I ditched the clichés, took some writing courses, and expanded my lexicon, my songs began developing in quality and also honesty. I was engaging with my emotions, my philosophy, and a variety of personal elements that I had never accessed.

Writing music is my most

enlightening hobby. Every time I produce a song, I learn something new about myself. Through my music I have addressed fears and anxieties, acknowledged love, and also expanded how I think about the world and mankind. I have also gained an appreciation for others who pursue the art; I analyze lyrics while I'm driving, and I am essentially getting to know the writer. I realize that I'm not the only one who feels lost sometimes or simply enjoys a beautiful day. Furthermore, there is a mindset that transcends any specific art and is universal to the artist. I have sat down and spoken with painters and directors, and our conversation flows from the shared love we have in harnessing our passions.

I strongly advise my collegiate peers to revisit their childhood avocations and consider taking them to deeper and more personal places. It is a much more fulfilling way of escaping monotony. Too many times have I experienced a blank face when I ask someone what they're into. Art and the undergoing of original creation contributes to a mindset that can make you successful in everything. And if you didn't really have a childhood passion that bloomed from an imagination, start doodling in class. Accounting 101 may end up conceiving the next Mona Lisa.

www.TheCowl.com/Opinion

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The Cowl Sheds Light on Mental Health Awareness

by Kelly Sullivan '15
Associate EIC

EDITOR'S COLUMN



Many people tend to ignore mental health. There is no visible wound, no injury. We can't see it, so many people believe it's not there.

For many other people, mental health is a part of their everyday life. It's hard to deal with and the stigma society places on mental health doesn't make it any easier. We go to the doctor's office for our physical health, but what resources are offered for our mental health? These resources are not common knowledge and they should be.

With the stress of finals in full swing, *The Cowl* has decided to use this week's publication to talk about mental health. Each section of *The Cowl* has written an article each on a different aspect of the issue. We feel in order to deal with this health problem, it needs to be talked about and awareness needs to be spread.

Please take a look at the articles in each section. The article in the news section explains resources available right here at PC. It is imperative that those in need of help—no matter how much or how little—take advantage of these resources and talk to someone. But more importantly, it is imperative that society as a whole makes these resources known and supports those who need them. Just like our physical health, we must take care of our mental health too.

TANGENTS & TIRADES



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Shortened Finals Week Is Unfair to Students

Finals week is now, well, a week. Specifically, a Monday through Friday week. This is a change from years past when it was Monday through the next Monday. This change is just terrible. Finals week, for me, has always been a relaxation period at the end of a long semester: no classes, not much work to speak of, and a two-hour exam here and there. Having all my exams on consecutive days and only one day before them is going to seriously cut into that relaxation. For others, to whom finals week is a stressful period of study, the shortening of the exam week is sure to be even more unwelcome. Not to mention how the poor freshmen and sophomores will feel since they will endure a Civ exam on Monday and likely have another exam the day after instead of having a nice reading day in between. The College is already locked into a shortened finals week this semester and next, but if they care about the sanity and grades of their students, they should not even consider this structure again for finals weeks in the years to come.

- Wesley Trask '16

Christmas Represents a Time for Inner Reflection

Only about one week remains until winter break, and I am really anticipating the holiday season and the reflection that accompanies it. This Christmas, I'm thankful for the traditional tendency to give thanks. Yes, I'm thankful to be thankful. All of a sudden, long hours spent inside over break to think and reflect next to a glowing fire are justified. The transition into the serenity of the indoors, while being surrounded by the glow of the Christmas tree and the comfort of family and friends, will lighten my soul. A holiday dedicated to acknowledging everything we have and giving to others seems to be an underappreciated celebration, and every year that passes, the more thankful I am to look back. Despite the gloom that most feel as they agonize over the fleeting time we have in college, I find it liberating. With every year that unfolds, we are one year wiser. One year older to reflect and learn. One year older to understand all of life's mysteries. So this holiday season, I urge you to be thankful for giving thanks and to embrace your body as it gets older and wiser.

- Christina Moazed '15

Kindness Is Key During Finals Week

It's easy for us to become consumed by our own stress, especially during finals. We imagine that we are under an enormous amount of pressure that nobody else feels and that we are subject to an overwhelming amount of work no one else has. We can forget that we are surrounded by people who are probably just as stressed as we are if not more so. I, at least, am certainly guilty of this selfish tendency, which is why I am so grateful to those in my life who go out of their way to be kind despite dealing with struggles of their own. It is their kind "hellos" and compliments that make my stressful days more bearable. For the rest of the semester, my goal is to be more like these people who brighten my day and I suggest you make it your own goal as well. A simple gesture of kindness like a smile or "how are you?" can make all the difference in someone's day. Put aside, even if just for a moment, the stress you may be feeling to relieve someone of their stress. There's even a pretty good chance it will make you feel better too. So, simply be kind to your fellow Friars. It will make the stress of finals at least a little more bearable for all of us.

- Jacquelyn Kelley '17

Orion Hopes to Bring Humans to Mars

Mission Is an Inspiration to Take Chances Without Worries

by McKenzie Tavella '18
Opinion Staff

SOCIETY

Each and every day, history is made in some way, whether it be major or minor. After Friday, December 5, 2014, another life-changing moment can be printed into the next updated edition of our history books. The Orion EFT-1 carried by Delta IV Heavy rocket officially lifted off the launch pad. This creation will accomplish our nation's goal of deep space exploration. After lift off, Orion's mission is to perform the flight test into space in order to later carry astronauts into deep space. This flight test entails orbiting the Earth twice and reaching about 3,600 miles beyond our planet. In order to realize how much of an advancement this is, it will be traveling 15 times higher than where the International Space Station is located. The ultimate goal of this operation is to bring and put people on the planet Mars. NASA

is now one step closer to reaching this goal thanks to Orion. Charles Bolden, Jr., NASA administrator, called this moment "Day One of the Mars era." This would make us a multi-planetary species.

Can you even imagine learning that other life does in fact exist on Mars? What would this mean for our world? Although this is indeed an extremely fascinating and exciting step, it is also unforeseeable and a little intimidating. But this isn't anything new, right? Before going to sleep, most people create a mental plan for the next day. However, each morning we wake up to an unforeseeable day. As Woody Allen once said, "If you want to make God laugh, tell him about your plans." So for those who have poor and worrisome reactions to this spaceflight and plan, I say to them to loosen up and realize nothing goes to plan. This applies to a person's every day life as well. Here at Providence College, students have finals coming up this and next week. As difficult as it is, we shouldn't worry too much about



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what our end result will be, or final grade, after we have taken our exams. Likewise, we shouldn't worry about what will come of this space shuttle

since it has already taken off! All we can do is try our hardest beforehand and hope that our work pays off in the end.

Sexual Misconduct: The Roles of Policy and Rape Culture

by Patricia Krupinski '16
and Christina Perri '16
Guest Opinion

SOCIETY

We intelligent, satiated, and alert juniors would like to respond to Mr. Walrod's article. It is not Providence College's policy that is vague; it is his unclear interpretation of the policy. We would like to clarify:

The Coordinator assigned to the case will have separate Intake Meetings with the complainant and the respondent (if known)...if a written No Contact Directive is issued to the respondent, the complainant will be notified (Sexual Misconduct or Relationship Violence Policy and Grievance Procedures, p. 12).

During the events preceding a hearing, the complainant (the accuser) and the respondent (the accused) never need to confront one another directly. The only time the complainant and respondent need to be in the same room is during a hearing; this is no different than going to trial, when the plaintiff and defendant are in the same room testifying. Accommodations can also be made to alleviate fears and concerns during the hearing about being in the same space as the accused. This opens up a larger conversation about trial policy at all levels (federal, state, and college), but by no means is this a uniquely "Providence College" policy. The question that should be asked is how hearing and trial proceedings of sexual misconduct can move forward in a way that is sensitive to the emotions and fears of the survivor while protecting the Constitutional rights of the accused.

The most glaring issue in Mr. Walrod's article, however, is the

statement about the "motivations" of the accuser. THIS is the real problem: the assumption that assault/rape accusations are motivated by anything but rape or assault, and that there is a large percent of false accusations. This is a symptom of a larger societal problem. Only 2 percent of sexual misconduct allegations are falsely reported, which is no different than any other crime. If a fear of no action exists, it is because of the cultural assumption that rape allegations are "motivated" by other factors. No one has the right to make these assumptions: how can anyone claim to understand a particular survivor's emotions and actions in reporting?

We need to understand PC's policy as it currently exists before we can jump to conclusions about its "ridiculousness." The Providence College policy does not exist in a vacuum. PC also actively reviews and revises its policies to better protect its students; it was most recently updated September 1, 2014. Once we, the students, faculty, and staff of PC fully understand the College's policy, we then must turn to the larger issue: rape culture. We need to take a long, hard look at ourselves and our behavior to ensure that we not only understand the standards of conduct PC has for us in instances of sexual misconduct, but to eliminate sexual misconduct altogether.

If you wish to read the Sexual Misconduct Policy, go to providence.edu/sexual-harassment/policies

If you have been assaulted, there are resources available at providence.edu/sexual-harassment. You also can call V.A.S.E (401)-865-1177. All cases are kept confidential, and there is no obligation to report.

The
Opinion
Staff
Wishes
You a Safe
and Merry
Christmas

A Cause For Concern

Are We Overburdening Our Student Athletes?

by Gretta Schultz '17
Sports Staff

COLUMN

The recent suicide of Ohio State football player Kosta Karageorge has brought up important questions regarding college athletes. Many people wonder how these athletes find time for their sports and school. There is always the stereotype of the dumb jock, but the reality is that most college athletes are full-time students and full time athletes.

Dr. Brian Hainline is the NCAA's first-ever chief medical officer. Last month he sent hundreds of athletic directors a booklet called "Mind, Body, and Sport: Understanding and Supporting Student Athlete Mental Wellness". This book follows his recent statement where he explained, "You have to look at the whole person and not have one-size-fits-all policies. This is about having an understanding for the human soul."

Hainline was originally hired by the NCAA when the organization was facing a concussion related lawsuit. According to the Wall Street Journal, "the hiring of a neurologist was perceived as a targeted response to brain damage concerns." Concussions have been all over the news lately with current and former athletes coming forward calling for more proactive practices when it comes to head and neck injuries. Even former NFL player Brett Favre has come forward and made statements on the issue. Last October Favre told CNN "that he can't remember his daughter participating in youth soccer one summer, even though she played several games. That, and other memory lapses, have worried him."

As part of the concussions suit the NCAA has agreed to require schools

to follow new protocols for handling head injuries, including conditions under which athletes may return to the field. Some critics have said that the NCAA's response isn't enough. "The National College Players Association, an advocacy group for college athletes, has complained that the NCAA settlement includes a number of unenforceable guidelines for schools that won't go far toward improving safety for players."

Many athletes suffer from concussions and it is a major topic in both collegiate and professional sports, but Hainline wants to pull the attention to a broader idea of mental health. Especially in college athletes having the proper support for their physical and mental needs is essential for athletes to succeed in school, in their sport, and just be generally healthy. "The booklet distributed last month to about 1,100 athletic directors featured distinct chapters on eating disorders, anxiety, substance abuse, depression, sleeping problems and suicide," explains the Wall Street Journal. It also included chapters discussing the implications on athletes mental health if they get injured, concussed, or fail to make it to a professional level.

Hainline would like to see a push to have more college campus trained and equipped to keep athletes mentally healthy. Ohio State has made public statements since Karageorge's death saying that the "school provides extensive mental-health resources to all students, including individual counseling and psychiatric care, and has two sports psychologists available to aid athletes."

"We may put athletes on a pedestal and think they are superhuman, but they have the same issues we

do plus issues that come as a result of their roles as athletes and as public figures," said William Barr, director of neuropsychology at New York University Langone Medical Center. Hainline agreed saying "There is a desire to become good at all costs that can lead students into unhealthy or ethically challenging situations."

Varsity rower at Boston College, Katie O'Connor '17 expressed ideas similar to Hainline's saying, "Sometimes being both a student and an athlete leaves little to no time for me to do things outside of academics or sports. I think it would be nice to talk to someone other than my coach, roommate, or mom." She goes on to say that "I'm sure that BC has counseling resources but I'm not sure I could tell you how to find them." Villanova field hockey player Ann Romanowski '16 stressed

another problem with being a student and an athlete. She explained that, "a lot of your teachers aren't understanding. I don't expect them to change expectations, but flexibility and understanding would be nice." Romanowski continued to explain that a lot of teachers have this stereotypical idea of athletes as lazy, but "our bodies literally cannot take anymore stress physically or mentally."

Providence College Women's Soccer player Lauren Elia '16 spoke on the grind of a student-athlete, "As a student athlete, we must take time away from our school work to make the practice and game times. However, our academic responsibilities do not end there. We have study hall, community service, lift, etc."

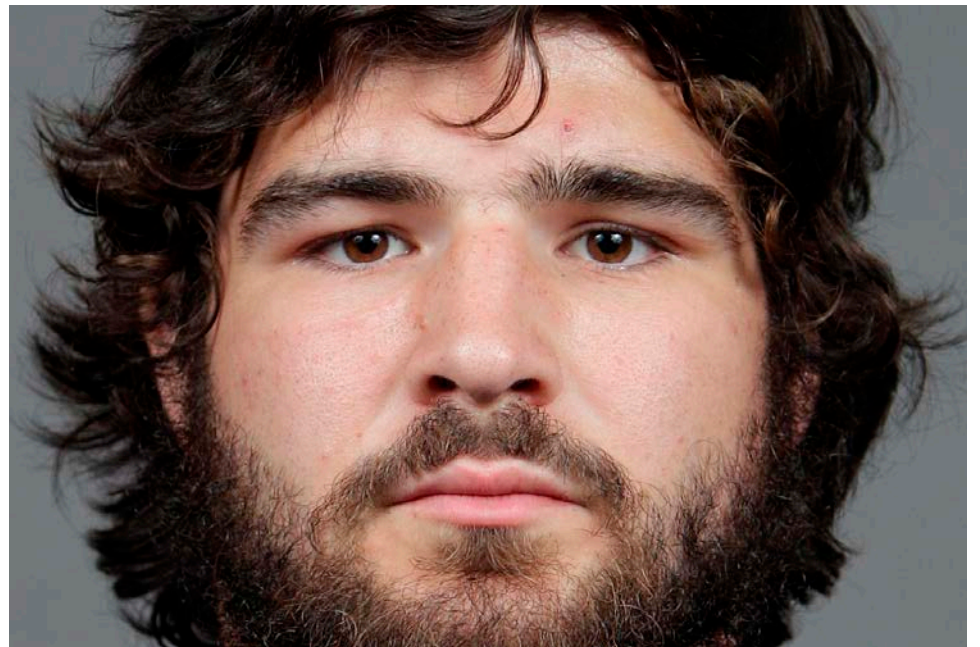


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Former Ohio State football player Kostadin Karageorge, who was found deceased after a self-inflicted gun wound on Nov. 30. He had suffered numerous concussions and suffered from depression as a result.

The New Face of Friar Basketball

by Bryan Blum '17
Senior Sports Writer

MEN'S BASKETBALL

Last season, Bryce Cotton '14 was Friars basketball. The undersized and underrated point guard led Providence in scoring (21.8 ppg), assists (5.9 apg), and averaged a mind-blowing 39.9 minutes per game while being named to the All-Big East first team. He also managed to lead the Friars to their first Big East Championship in 20 years. In Providence's first NCAA Tournament game in 10 years, he scored 36 points and nearly upset the North Carolina Tar Heels, losing 79-77.

However, people seemed to overlook a very talented junior who made his own mark on Friar basketball. Quietly behind the leadership of Cotton, LaDontae Henton '15 put together an impressive season himself, averaging the second most points per game (14.0), and was second in the entire Big East in rebounding with 7.9 rpg. He was also named to the Big East All-Tournament team during the championship run, and had a double-double (16 points, 11 rebounds) in the loss to North Carolina.

Henton had the makings of a potential star, but just needed the opportunity to do so, and this season he has gotten it. So far this season Henton has made a strong case for Big East Player of the Year, something even Bryce Cotton could not accomplish (thanks to

Creighton's Doug McDermott). The 6'6" senior has averaged 19.8 ppg and 5.4 rpg, while leading the Friars to a short-lived top 25 ranking and a 6-3 start. He has scored over 20 points in all but three games this season.

This scoring barrage has been a long time coming ever since he was recruited out of high school. While at Lansing Eastern High School, Henton averaged 22.2 ppg during his career, and was runner up for Mr. Michigan's basketball awards in 2011. He was also a four-time All-State Selection, and scored 2,000 points in his high school career.

"He was our first recruit," said Head Coach Ed Cooley. "I'm really, really proud of him. He's grown up. I've seen him become a man."

Once he came to Providence, he also made an immediate impact as a freshman, starting all 32 games and averaging 14.3 ppg and 8.56 rpg while being named to the Big East All-Rookie team. He followed up his freshman year with another stellar year as a sophomore, averaging 13.0 ppg and 8.29 rpg, leading the team in rebounding.

Those following the Friars all these years saw Henton's potential, but now in his senior year, he has come into his own and is ready to prove his talent on the national level.

The highlight of the season for Henton came against Notre Dame in the Hall of Fame Tip-Off Classic at



Henton during the Notre Dame game this season.

PHOTO COURTESY OF HUFFINGTONPOST.COM

Mohegan Sun, where he scored a career high 38 points in the 75-74 victory. In the last 30 seconds, Henton hit the game-winning free throws and blocked a potential game-winning shot. Overall, Henton was 14 of 19 from the floor and hit four three-pointers.

"LaDontae is the most underrated kid in the country," said Cooley after the game. "He's got the 'it.' He's got the leadership. I hope they still have him under the radar. There's nobody in the country I want next to me more than LaDontae Henton."

Henton followed up his championship performance with a 29 point barrage against Yale on Nov. 28. He also pulled in six rebounds in the 72-66 win over the

competitive Bulldogs.

However, in the games against Kentucky and Boston College, Henton has slowed down his pace, only scoring three and nine points in the Friars' first two losses of the season. He bounced back in the Brown game, scoring 16 points with eight rebounds. However, the Friars still fell to their cross-town rivals. In the games that the Friars have won, Henton has averaged 24.3 points per game as opposed to 9.3 points per game in the losses. The path to victory seems to be through Henton, and a successful season for him seems to indicate a successful season for the Friars.



SPORTS

Friars Crash the Final Four

by Nate Svogun '16
Sports Staff

MEN'S SOCCER

Not many athletes can say that they made Providence College sports history with a single kick. But Fabio Machado '15 did just that for the Men's Soccer Program on Dec. 6 with his game-deciding goal against Michigan State in the Elite Eight, sending the Friars to their first ever Final Four appearance in team history.

Machado's phenomenal goal was the centerpiece of an afternoon filled with momentum shifts, physical play, and many edge-of-your-seat, heart-in-your-throat moments for Friar fans. PC came into Saturday as the underdog, going up against third-seeded national powerhouse Michigan State in their own stadium. A capacity crowd of 1,500 at Michigan State's DeMartin Stadium succeeded in creating a raucous atmosphere that the home team could feed off.

The home crowd was given much to cheer about early on, as Michigan State scored a quick goal at the 7:40 mark. Michigan State forward Adam Montague found the back of the net from 12 yards out, thanks to a Tim Kreutz cross.

Michigan State continued to dominate possession for the first 20 minutes of the game, with a swarming style of midfield play that kept the ball far away from their goal.

But PC's defense held tight after the initial goal, as Head Coach Craig Stewart switched his players to a four defender, four midfielder, two forward formation. Keasel Broome '14RS provided several key saves for the Friars as they survived the second wave of Michigan State's attack.

After the 20 minute mark, the Friars started to find their groove, getting more touches in the attacking third of the field, finding their passing lanes, and winning corner kicks. The Friars began to set the tone with physical, aggressive play, forcing Michigan State goalie Zach Bennett to start making saves.

In the 37th minute, PC finally cracked the Michigan State defense, as Daniel Neustadter '18 booted the ball in from 18 yards out, assisted by Mac Steeves '17.

Less than five minutes later, Dominik Machado '17 found the net again for PC, assisted by Steeves and the unrelated Fabio Machado, giving PC a 2-1 lead heading into halftime.

PC began the second half by proving that the best defense is a good offense. Coach Stewart refused to have his team sit back and "park the bus" in front of the goal, up one against an excellent team on their own turf. Instead, the Friars pushed the ball, and continued to play with urgency in the attacking third.

PC's aggressive strategy paid off, as Fabio Machado blasted in a shot

from 23 yards out with a kick that was reminiscent of international soccer star Zlatan Ibrahimovic in its power and accuracy. Thomas Ballenthin '18 assisted on what was surely the goal of the game.

Machado's goal silenced the Michigan State crowd, but not for long. When Jay Chapman sliced his way through multiple PC defenders to score a crucial goal in the 70th minute, the crowd—and the team—was right back in the game.

The last 20 minutes of play were nothing short of cardiac inducing for the Friar faithful, but Coach Stewart's

team hung on for the 3-2 victory.

Broome proved to be invaluable, making a spectacular leaping save with less than six minutes to go as the home crowd groaned in disappointment. Broome finished the day with six saves, and indeed was a big reason that the Friars came out on top.

Defender Phil Towler '15 also came up big in the closing minutes of play, stopping a 2-on-1 Michigan State fast break single-handedly, sacrificing his body in the process.

PC moves on to the Final Four, where they will play UCLA on Dec. 12 in Cary, North Carolina.



Fabio Machado '15.

PHOTO COURTESY OF [HTTPS://WWW.FACEBOOK.COM/PCMSOC/PHOTOS_STREAM](https://www.facebook.com/PCMSOC/PHOTOS_STREAM)

Friar Athlete in History: Brian Burke

by Brannon Walker-Hodges '16
Sports Staff

COLUMN

Hometown heroes of Providence—who are exemplary products of their environment—are recognized greatly in Friartown and in the Providence community. That is no different for this week's Friar athlete in history, Brian Burke. Born in Providence on June 30, 1955, Burke was raised in the small town of Edina, Minnesota. He graduated from Providence College in 1977 with a Bachelor of Arts degree in History.

Burke played four years as a forward for the Men's Ice Hockey Team, serving as the captain during his senior year. Burke scored nine goals and recorded seven assists during the 1976-1977 campaign. He also was drafted by the Springfield Indians of the American Hockey League, where he played seven games for them during the 1976-1977 season. The following year, he played an entire season for the Maine Mariners of the AHL, when he won the Calder Cup in 1978. After a year in the AHL, Burke decided that furthering his education would be beneficial. Burke proceeded to attend Harvard Law School, where he received his Juris Doctor certificate in 1981. This proved to be a useful experience as Burke transitioned into the realm of hockey business management.

Burke's experience as a hockey manager started in 1987, when he was hired by Pat Quinn to be the director of hockey operations for the Vancouver Canucks. Before the 1992-1993 season, he

left that job to become the general manager of the Hartford Whalers. One year later, he stepped down from the position in order to become the executive vice president and director of hockey operations for the National Hockey League, with Gary Bettman formerly residing as league commissioner.

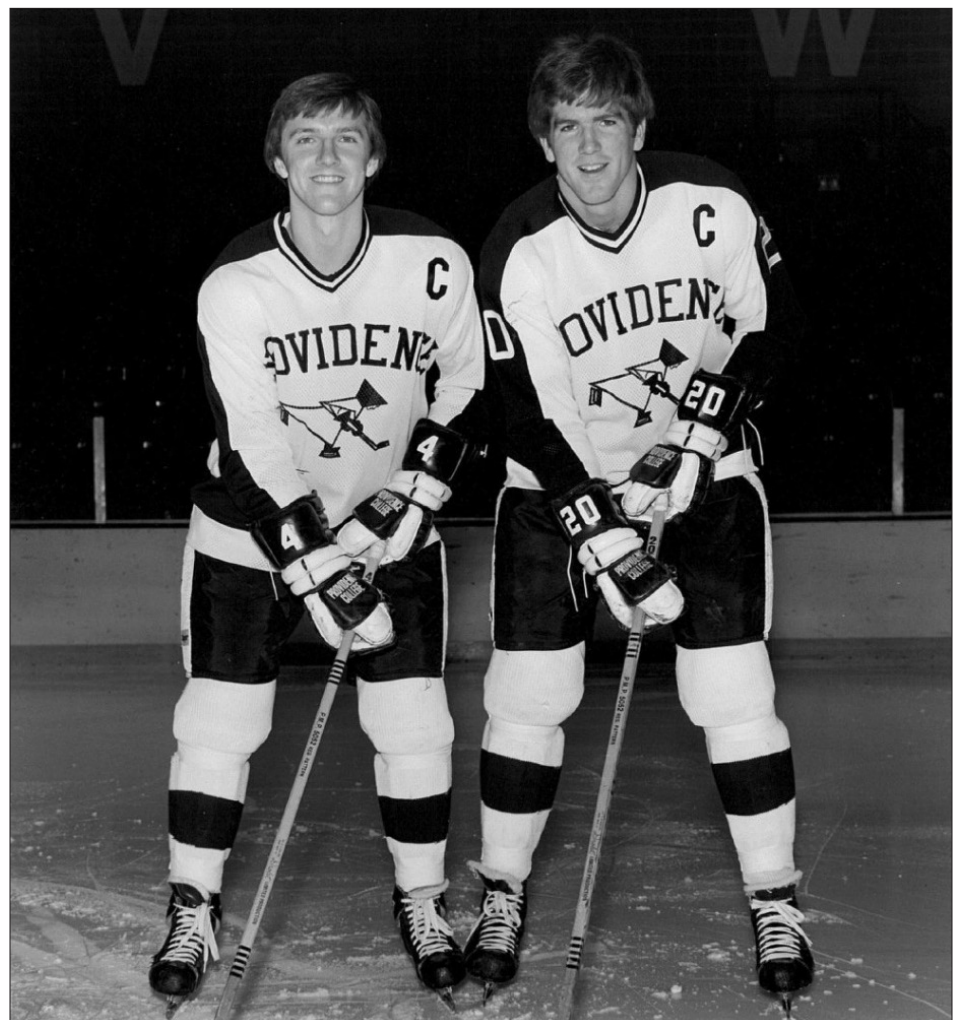
In 1998, Burke returned to the Vancouver Canucks organization as the general manager. He was responsible for turning around that franchise as they were struggling to remain relevant in the NHL. He helped draft key players for the Canucks such as the Sedin twins Daniel and Henrik, as well as Ryan Kesler, all of whom are staples in the Canucks starting lineup. During his tenure as GM, the Canucks won over 200 games while making the playoffs during several seasons. Perhaps, Burke's greatest feat as a general manager came during his two year stint with the Anaheim Ducks.

The Ducks won the 2007 Stanley Cup Championship with Burke at the helm. After his release of the position in 2008, he became the president and general manager of the Toronto Maple Leafs. There was much criticism surrounding his time in Toronto due to questionable trades, favoritism towards certain employees, and abandoning the job to visit U.S. troops overseas. This was amidst the turmoil the Maple Leafs were facing as the team had a sub .500 record while Burke was in charge of the franchise.

Burke is currently the president of hockey operations for the Calgary Flames. His passion for Friartown runs deep, even through his job. In 2012,

Burke drafted Friar goaltender Jon Gillies '16 and forward Mark Jankowski '16. Burke clearly has a belief that Providence College is an ideal location for top hockey prospects to prosper and have the potential to be drafted to the

pro leagues. He is also very active in the gay community by participating in Toronto Gay Pride Parades and starting the You Can Play project whose purpose is to end homophobia in sports.



Burke (right) alongside teammate Ron Wilson (left).

PHOTO COURTESY OF THESTAR.COM

A
Very Portfolio
Christmas





'Twas The Night Before Finals...

by Gabriella Nigro '16
Guest Portfolio

POETRY

'Twas the night before finals, when all through the dorm
Everyone was crying, everyone was torn.
The Lax team was drunk at the bar with no care,
and the nerds were still studying...it just wasn't fair!

The papers were sprawled out all over the place
While students were swearing, all red in the face.
With Christmas approaching, it just couldn't be,
I looked at the clock, was it almost three?

I stood up to stretch, and heard sirens ring,
Looked out from my window, what was that thing?
Strange men with beards were running around.
Yet something came over me, something profound.

I realized, it didn't matter how finals went,
The semester was over and we were all spent.
We were so close to seeing our families for break,
We all went to bed; not much more we could take.

We've studied and crammed for hours on end,
We could all pass tomorrow; let's all just pretend.
So let us relax as finals come near,
It is almost Christmas; there's nothing to fear.

The Cowl's Christmas Wish List

1. A Working Phone
2. Lava Lamps
3. Samurai Sword
4. Hulk Hands
5. Student Congress' Gavel
6. Stolen Friars Club Jackets
7. An Ice Bar
8. A Bartender
9. The Iron Throne
10. Gold Plated *Cowls*
11. Drones
12. Disco Ball
13. Aquarium Pillars
14. A Pet Dragon
15. Super Swipe
16. A Bear
17. A Staff Puppy
18. A Puppy for the Staff Puppy
19. Several Bags of Pizza Rolls
20. One Gluten Free Bag of Pizza Rolls
21. A New Refrigerator
22. Paychecks
23. A Butler
24. A Massage Therapist
25. Ebola Vaccine
25. Plane Tickets to Shelby, Ohio

THE PROVIDENCE COLLEGE NAUGHTY AND NICE LIST



Friars Club Guy:
PC has many Christmas traditions, like the annual Tree Lighting!



Friars Club Guy:
And then there are Lessons and Carols!



Kid: What about that?
Friars Club Guy: Oh. That's our other tradition: finals anxiety.

Letters

Dear Santa,

With so many great evils in the world this year (ISIS, North Korea, Kim Kardashian's ass), my Christmas wishes seem rather trivial. However, in light of all these evils going on in the world there's one thing that's been bothering me this year, one thing I fear the world may be overlooking. So I propose a question to you, my dear Santa Claus:

What gives you the right to hold your workforce of elves in what is essentially indentured servitude?

This Christmas, I will be asking for you to release the vice grip you have over your elves. Has anyone ever wondered why we never see elves? Surely they cannot all be indigenous to the North Pole? And isn't it convenient that no one else happens to live in the North Pole to witness the atrocities taking place there? I know it's been hard lately; Christmas is changing with consumer culture and kids are becoming more demanding, but there's got to be another way.

Sure, you provide the elves with food, clothing, and shelter, but are those not the mere promises of communism? What hopes do the elves have in bettering or changing their lives? In the original *Rudolph The Red Nosed Reindeer* film, the viewer is given a brief glimpse at the tragedy occurring behind the iron curtain of the North Pole. In the film, Hermey the elf expresses his desire to be a dentist; however, he is shunned by his fellow elves and his dreams are ridiculed, because there's no allowance for an elf to aspire for more in the rigid fascist structure you have created.

So this Christmas, I'm asking: how is a man with a working slave force allowed to determine who is naughty and who is nice? Who are you to put coal in Kim Jong-Un's stocking? This Christmas I'm begging because buried somewhere beneath the many layers of fat and facial hair, I know that the old Kris Kringle is still there. And I hope that as global warming melts your frozen kingdom of fascism, the cruel dictator Santa Claus melts away as well.

Sincerely,
Buddy "The Elf" Cianci



Dear Santa,

Have you been receiving my letters? I'm not sure if there's enough postage on this envelope to reach the North Pole. Is there any way that I can be reimbursed for all the money I have spent on stamps just to send you these 256 letters? I have some questions, Santa, and I think it's about damn time you started answering them.

First, what is the cutoff age for receiving presents? Because I was only 9 years old when you stopped delivering them to my house, and I'm pretty sure I was good for at least a few more years. Also, who takes just one bite of a cookie and leaves the rest to go to waste?

I guess those are my only new questions—you know the rest from my other 255 letters. I am still waiting to hear back about my requests for world peace and a VHS copy of *Homeward Bound: The Incredible Journey*. Please don't forget.

Forever disgruntled,
Ariana

To Santa



Dear Santa,

I promise, promise, promise I've been good this year. Well, except for when stupid Nora said you weren't real. I might have kicked her backpack and put gum in her desk. But that was for you, so we're good, right?

Santa, I've got a good wish this year, and I don't think it's too big to ask, really. See, Mommy hates dogs. But please, oh please, I want a puppy more than anything. A little one with big eyes and a waggy tail who I can play with and run with and snuggle with and give ALL THE BONES to. I already got a book from the library about how to care for puppies, so I'm practically a pro already. I would love it and feed it and wash it on Tuesdays and it could sleep on a big fluffy doggie bed at the end of my big kid bed. So Mommy won't even have to see it at night!

Daddy says Mommy might come around, but can you help with that when you bring the puppy? Sister Maria Joy at school says you're St. Nick, so that must mean you're friends with God too, and I bet He can help you out there. I've been asking Him a looooooot already though, so that's why I'm asking you. We're buddies, Santa. I think you're the best. I know you've got this in the bag.

Love,
Puppy Polly

Listen here, Santa: I am sick and tired of your crap. This better not be year 14 without you answering my letters. I have to be one of your more consistent writers. Who still writes letters to you when they are almost 21 years old?

I am still bitter about not getting my Transformer onesie when I was eight years old. I am still bitter about not getting a Power Ranger Morpher so I could become the new red ranger at the age of 10. I am really bitter about not getting a magic pair of shoes so that I could play basketball like Michael Jordan when I was 15. I really needed that, Santa; I could have been the star of the basketball team and dated the head cheerleader. She belonged with me, Santa. Why couldn't you have seen that? The thing that I am so mad about is that fake ID that you never got me when I was 18. It was bad enough that I was still 17 when I went to college, but you couldn't have even given me a fake ID so I could fit in with the other cool guys? C'mon, Santa.

But that is all in the past, Santa. I don't have a super long list of things that I want this year. It is only a list of five compared to the list of 15 things that I used to want.

1. Paul World: A theme park devoted to all things Paul. Basketball, ultimate frisbee, Netflix, snacking, and napping. It will be awesome. Just like me.

2. My Hogwarts acceptance letter: I would go to school for another seven years if it means that I can finally get my magical training. Actually. Yeah, school for seven more years. I definitely want that. Please?

3. A pony: I am still waiting for my pony. This has been a consistent wish all these years. I just want my freaking pony, Santa.

4. My future wife: Santa, you know Cupid, right? Can you tell him to step his game up? I am waiting for my future wife and it is taking a really long time. Is it so hard to find a girl that loves every episode of *How I Met Your Mother* as much as I do, loves *The Great Gatsby* and John Green books, enjoys lying in bed cuddling every night while watching Netflix, and has an appreciation for Chinese food and buffalo wings like I do? I am not asking you to build a girl for me. There are girls like this, right Santa?

5. If you can't give me any of these things at least answer the letters of my friends that still write to you. They are some pretty okay folk. I love them all. Some of the best people I know.

I am waiting for a sign that you are still there. Make things happen, Santa.

Love,
Paul Francisco



by David Martineau '18
Portfolio Staff

FICTION

Everyone likes a good Christmas story...or so they say. As he walked down the street, shoulders squared to ward off the cold, Nicholas Pine could not have cared less what that story was. Snowflakes descended through the crisp, twilight sky, fluttering to land on his heavy winter coat. The sidewalk seemed to glow as the combined strength of streetlamps and carefully arranged holiday lights threw warm light against the cement. A short distance ahead, a Christmas tree loomed over a shopping plaza, its bedazzled branches heavy with snow. Nick walked right by it.

What was Christmas, he wondered whenever it came around, but an excuse to buy and get gifts, to shower people with useless, merry nonsense in hopes that they got you more than you gave? It was a holiday of profits, of business, of greed...and he wanted no part in it.

They said that, at Christmas, one was supposed to give. They told the stories of great people who gave their fortunes away at Christmas, whose hearts were so full of love and charity

that they couldn't help but give the needy all they had. They were fanciful stories—and lies too, if Nick gave them much thought. All he ever saw people do at Christmas was take, take, take. They got gifts from family, vacations from work, and so much food that they could barely digest it when they were finished. And what did they do after they finished? They stuck their hands out for more...

Nick hated Christmas, hated the entire idea of it. He supposed that the story behind it was pure enough—the one about the baby, not the fat guy—but he hardly saw any reference to it anymore. All he saw were lights, presents, and trees, a deafening assault of holiday spirit that sucked the spirit right out of him.

His foot struck a patch of ice, and suddenly Nick was falling. He landed on his back into a snowbank and lay still for a moment, a mix of shock and pain rendering him immobile. After a moment, he let out a groan, trying to rise as cold shot through his veins.

"Oh my goodness! Sir, are you all right?"

The woman that crouched over him was young—barely 25. She wore a fashionable gray jacket, and had dropped her purse to the ground in order to help him.

"Yeah, I'm fine," he grunted as she helped him up. "Just some ice..."

"Well, you're lucky you didn't hurt yourself badly," she replied, brushing snow off of his jacket. "Someone could've walked right by you and not seen you, the way you were laying there."

Nick huffed, his breath steaming. "Not like they'd help anyway."

She gave him a funny look. "I did..."

He straightened out his jacket.

"Yeah, I guess...thanks."

"Hey, it's Christmas," she said humorously. "This is the time for helping people."

"Yeah, well, that's something I wish I could see more of..."

Her face fell momentarily, but then she smiled. "Oh well, what can you do? You sure you're okay?"

"Yeah..."

She nodded. "Well, all right then. Have a good night."

"You too..."

Picking up her bag, she started off. A breeze swept past, and Nick saw something fly from her purse, but she didn't notice. As it fluttered to the ground, he picked it up, eyes wide. It was a \$100 bill.

He didn't think about what he did next—he just did it. Jogging over to her, he called out, "Hey! Wait up!"

She turned to face him. "Yes?"
Breathless, he held out the money. "You dropped this."

She took it from him with a smile that was less surprised and more...relieved. "Thank you," she said, putting the money securely back in her bag. "That's very kind of you..."

They said their goodbyes once again, and Nick went home, watching out for more ice. He wondered why she had not seemed more surprised that he had returned her money. She was one of those Christmas types, he could tell. But still, that was a lot of money, and she never would have known if he had kept it...

Half an hour later, Nick turned the key to his apartment and flicked on the light. Closing the door, he reached into his pocket to put back his keys. When he did, he felt something that hadn't been there before. It felt papery, and was folded up in his pocket. He pulled it out. Somehow, he knew what it was before he unfolded it, though how it had gotten there was beyond him. A \$100 bill.

When he unfolded it, Nick saw a small piece of paper inside the bill, with writing on it. Lifting it to the light, he read the single word that was written:

Believe...

Two writers, one line:

"Everyone likes a good Christmas story..."

by Austin Harney '17
Asst. Portfolio Editor

FICTION

Everyone likes a good Christmas story. The narrator imagines the definition of "good" his readers would enjoy would include presents, mistletoe, and the bellowing laugh of St. Nicholas. Unfortunately, the definition of good within this story deals with the stark melancholy conquered and tethered to the dismal circumstances of a peculiar George Hobart. George was homeless.

Dressed in mixed apparel, George resembled Christmas clothing thrown away following a failed Yankee swap. His beard draped over a wind-breaker covering a Christmas sweater.

We can find George on the corner of Hope and Rock Street downtown. Every day he would maintain a consistent demeanor of pity and suffering. Rock Street was well-known for the designer boutiques that sold every ridiculous seasonal fashion the reader can imagine: scarfs with hipster

patterns, leggings, pocketbooks, boots, chukkas, coats, hats, ties, etc.

George would float around, a flamboyantly colored, pungent ghost, greeting pompous and glossy human beings. Occasionally George would ask for money but would regularly be rejected with a remark of disgust and disdain. His diet consisted of partially-sipped pumpkin spice lattes, garbage from surrounding bistros, and leftover scraps from café tables. During the winter months, the snow that caked the buildings and shops provided adequate hydration. George was spirited and friendly, yet the hole in his mouth jutting with shrapnel teeth tended to scare and intimidate those that bypassed him.

One day, whilst walking off Hope Street onto Rock Street, George hit a hard object; a particularly large Saint Nicholas cut-out advertising a sale at a boutique. Puzzled with an acquired headache, George continued down Rock Street looking for an opportune, charitable shopper.

When George was able to beg

and acquire enough money during a day, he was happy and secure. He would walk down the street with a smile, a shattered affirmation of the very wealth that subdued him. On days when George could not acquire enough money to eat he became sour. His teeth viciously shown, the frown below his eyes would reveal the very wretchedness of his existence.

George dealt with a bipolar condition of security and living. During the month of December, George would experience charity unprecedented compared to the other months. However, for some reason, this Christmas he experienced a scrooge-like persona from the community of shoppers he had grown accustomed to. George was unhappy.

You could find George during these moods of apparent sorrow and sadness huddled on the curb of Hope Street or perhaps on the brick wall on the corner leading to Rock Street.

George's existence was etched in stone; a homeless man dealing with a cosmic misfortune he had no control

of.

George could remember celebrating Christmas with his family when he had one. Particularly, the one he remembered most was the one he celebrated after his 8th birthday. Everyone was there: his mother, father, cat, dog, and fish. He had loved them. His father and mother were laborers at a nearby shoe factory. They had good jobs for immigrants. He could remember opening up a long, narrow present that his father purposefully pulled from under the tree. He remembers the excitement and even the greed of opening the present. It was a Daisy BB gun. He was so excited to go hunting with his father; to go out and take what he wanted.

A fire in the shoe factory killed nearly 325 people, including his parents.

George was surrounded by shoppers. On the corner of Hope and Rock Street, George would snap out of his memories, stand up, and pursue the nearest Louis Vuitton bag he saw.

| Listomania | |
|-------------------------|-------------------------|
| Rejected Reindeer Names | |
| 1. | Buddy Cianci |
| 2. | Megatron |
| 3. | Steven |
| 4. | Dizzy |
| 5. | Grinder |
| 6. | Ultron |
| 7. | St. Nicolas Cage |
| 8. | Adolph |
| 9. | Wolf Blitzer |
| 10. | Crasher |
| 11. | Jacob Daniels New No. 7 |
| 12. | Shelby O. Hi-o |



*Saint Nicholas
Class of 291 A.D.
Global Studies Major, PSP Minor*

Saint Nicholas, otherwise known by his drug dealer name, Kris Krangle, was one of the biggest distributors of "peppermint" in the entire North Pole. Every day he would make his list (of drop offs) and check it twice to find out who was nice...and who needed to pay up. Unfortunately, his ring was infiltrated and broken up by Rudy "Rudolph" McBride, an up and coming reindeer cop who felt slighted by the fame of his older brother...Smokey the Bear.

He was sent to the Elf Reformatory School and Rehabilitation Center for Magical Beings. He was released on good behavior and exceptional toy making skills, and went after his true calling...children. His "peppermint" making facility was transformed into a toy making factory by day and adult toy making factory by night.

'Twas the night before Christmas and all through the factory people were freaking out because there weren't enough toys. Luckily, the North Pole is known for both its "peppermint" industry and its coal mining. That's when Mr. Krangle had the idea to give all the naughty children coal, which cut his inventory by 90 percent.

It was on that evening that Saint Krangle visited Providence College. He never actually attended PC, but partied with the lax bros and stole a diploma.

This biography refuses to comment on the low production quality of North Pole toys.

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

This week...

Dear Tiffany and Earl,

I'm going to cut right to the chase here...is Santa real?

Sincerely,
The Kids of America

Dear Unbelieverble,

OF COURSE SANTA IS REAL! Santa is your father; I sit on his lap, bury my pretty, perfect little face in his fergalicious beard and kiss him under the mistletoe. Freudian much? I think not. If you don't believe that Santa is your daddy, then I have an alternative way to prove that Santa exists...there's this magical winter wonderland comparable to the North Pole where all the elves toil on the toys that are known as The *Cowl*, and that winter wonderland is The *Cowl* Office. Here, you can find Santa in the form of Mason Sciotti. Lookin' for Mama Claus? Her name is Justin.

Merry Christmas, ya filthy animals...and a Happy New Year.

XOXO

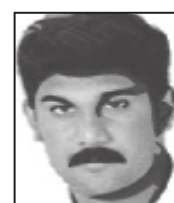
Dear Charlie,

There is no Santa, only Zuul.

Disclaimer
The Tiffany & Earl feature is a satirized account of Providence College. Both the question and answers are purely works of fiction. Tiffany & Earl are anti-heroes whose comments ultimately satirize the stereotypes they each represent.



Tiffany



EARL



PROVIDENCE
F R I A R S

#DEMANDEGGNOG