



Captain Phillips Shares How to Navigate When the Tide Gets Tough

by David Toro '16
News Staff

LECTURES

Captain Richard Phillips, most notably known for being the captain of the *Maersk Alabama* during a pirate hijacking, came to Providence College last week to talk about his experiences and how determination and proper judgment can keep anyone in control of any situation, no matter how stressful.

During a routine freight transport, the *Maersk Alabama* was taken hostage by Somali pirates on April 8, 2009 off the coast of Somalia in the northwest of the Indian Ocean. During the next five days, the Somali pirates took Captain Phillips hostage in a lifeboat and engaged in tense negotiations with the American Navy. In the end, three of the four pirates were killed while one was taken to trial in the United States and is currently serving a sentence of 33 years for hijacking, kidnapping, and hostage-taking.

Throughout the talk, Captain Phillips remained lighthearted and charismatic while telling an enormous

group of attendees about his life-changing story. Captain Phillips remained humble as he returned to themes relating to teamwork and perseverance.

Escaping was not up to him and he continuously attributed his survival to everyone else but himself.

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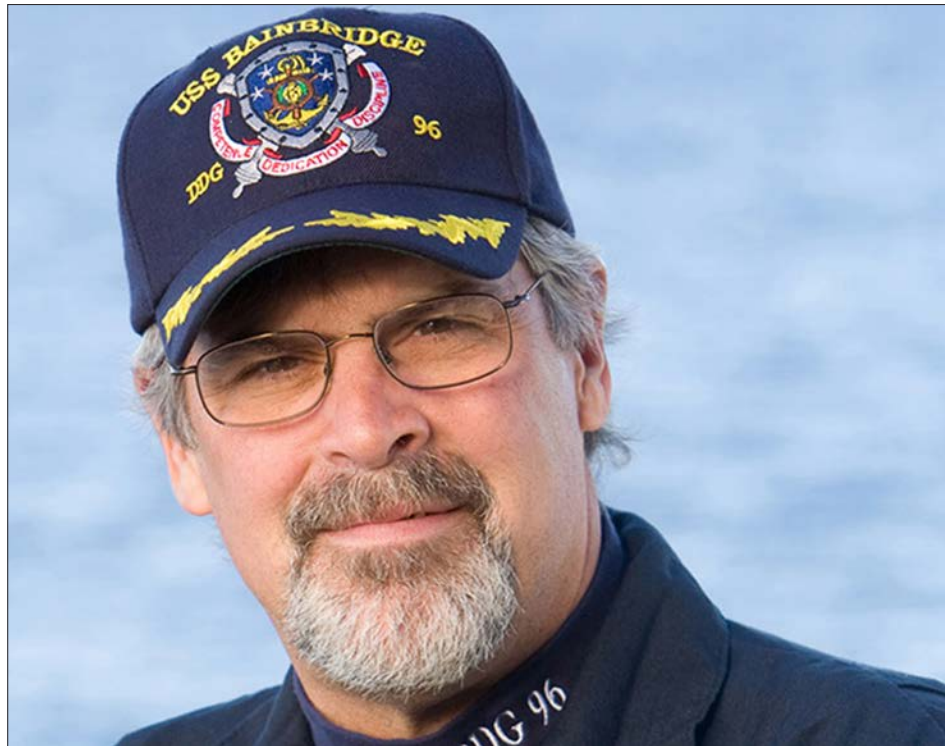


PHOTO COURTESY OF SUNCOMMUNITYNEWS.COM

Opening of *The Addams Family* is "Spooktacular"

by Ryan Charland '18
A&E Staff

CAMPUS PRODUCTIONS

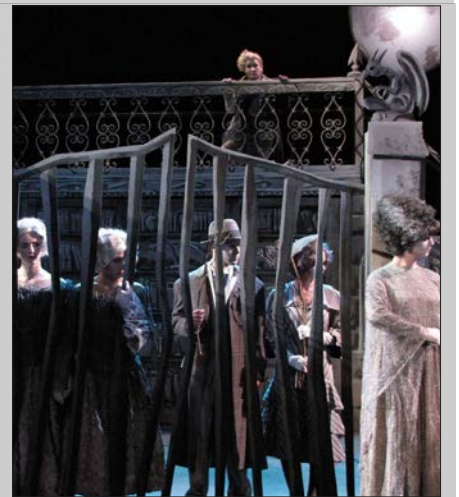


PHOTO COURTESY OF FACEBOOK.COM/PCTDF

Angell Blackfriars Theatre opened its production of *The Addams Family* last weekend. Directed by Jimmy Calitri with musical direction by Lila Kane and choreography by Chelsea Cook, *The Addams Family* is a musical comedy written by Andrew Lippa, Marshall Brickman, and Rick Elice. It is based on Charles Addams' cartoons that also influenced the 1960s TV show of the same name. The musical is set in this midst of some family drama, as the "dark and macabre" Addams Family learn that daughter Wednesday has fallen in love with Lucas Beineke, a normal boy who grew up in a normal family. Hilarity ensues when the families plan to meet for dinner while father Gomez tries to keep Wednesday's engagement a secret from his wife, Morticia.

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PHOTO COURTESY OF MASON SCIOTTI '15

College Newspapers Sit Above the Industry Fray

by Carolyn Walsh '17
Asst. Opinion Editor

MEDIA

November is a special month, not only because it means the semester is nearly over or that Thanksgiving is just around the corner, but because it marks the anniversary of *The Cowl*. Providence College's student newspaper will turn 80 this month, giving current *Cowl* staffers and the rest of the College community a chance to reflect on its importance. Although *The Cowl's* importance

may seem obvious to some, the same cannot be so easily said for a growing number of college newspapers across the country, as things like budget cuts are putting student publications in danger.

Even in the face of financial concerns, the value of college newspapers should not be sacrificed. In many respects, college newspapers are vital to campus life. As vehicles for student expression, college newspapers help foster intellectual diversity and teach students important life and work skills.

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UNDER THE HOOD

Providence College's Student-Run Newspaper Since 1935

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News

PC honors Breast Cancer Awareness month by welcoming a speaker, a two-time breast cancer survivor, to campus.

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Sports

The Men's and Women's Cross Country Teams head into the postseason with national rankings.

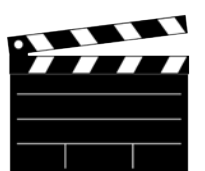
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A&E

Read previews about four movies coming to the big screen in 2016.

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NEWS

Think Pink: A Story of Hope and Courage Two-Time Breast Cancer Survivor Shares Her Story with the PC Community

by Marla Gagne '18
News Co-Editor

EVENTS

As Susan Adler stepped onto stage and told her story, she mentioned her theme song: "Eye of the Tiger." And while Adler might be a Rocky fan or simply like the song's beat, it recently became her source of motivation as she battled breast cancer.

On Thursday, October 29, Adler, a two-time breast cancer survivor, spoke to Providence College students and the community at the Breast Cancer Buffet. Adler was invited to share her survival story and help educate others about the experience of cancer at the event sponsored by PC's Colleges Against Cancer.

Colleges Against Cancer decorated '64 Hall in everything pink, the color for breast cancer. The night kicked off with free sandwiches and then featured a short trivia game, testing attendees on their breast cancer knowledge. Facts included that breast cancer is the second leading cause of death among women, that men can have breast cancer too, and that it can occur in men and women who do not have a family history of the disease.

Adler, a returning speaker for the event, then took the stage to recount her diagnosis and her most recent cancer experience. She was originally diagnosed with breast cancer in 2006 and had a lumpectomy, which removed the cancer from her left breast. Her first



PC students join members of Colleges Against Cancer to hear Susan Adler's inspiring story.

concern in the moment was for her then young children. Adler said, "My first thought was to always be a mom first." She tried to make her chemo and surgery fun and was eventually cleared of cancer.

Adler always knew there was a possibility the cancer could return and, in February of this year, she was diagnosed with cancer in her right breast. She jokingly said her breasts are "equal opportunity" and share the cancer on both sides. Despite a hard diagnosis, Adler was insistent that everything happens for a reason. She was not happy to be diagnosed for a second time, but knew she was also going to fight.

Adler was soon back in the same spot as 2006, struggling to tell her family and friends of her diagnosis. She said that telling her children, husband, mother,

and best friends was the hardest part. But, she continually praised the support she has received from her family and friends, especially that of her circle of best friends and husband.

In the spring, Adler went into surgery for a double mastectomy. She was confident in her decision and had great support from her husband. Adler's surgery involved removing muscle from her back and placing it on the breast. "I love my scar," she said, and was glad her body could do this for itself. Some people, including Adler's doctor, questioned her decision to get a double mastectomy, but Adler emphasized that she was confident in her decision and that she never lost sight of the fact that it was her personal choice.

Now in November, Adler is

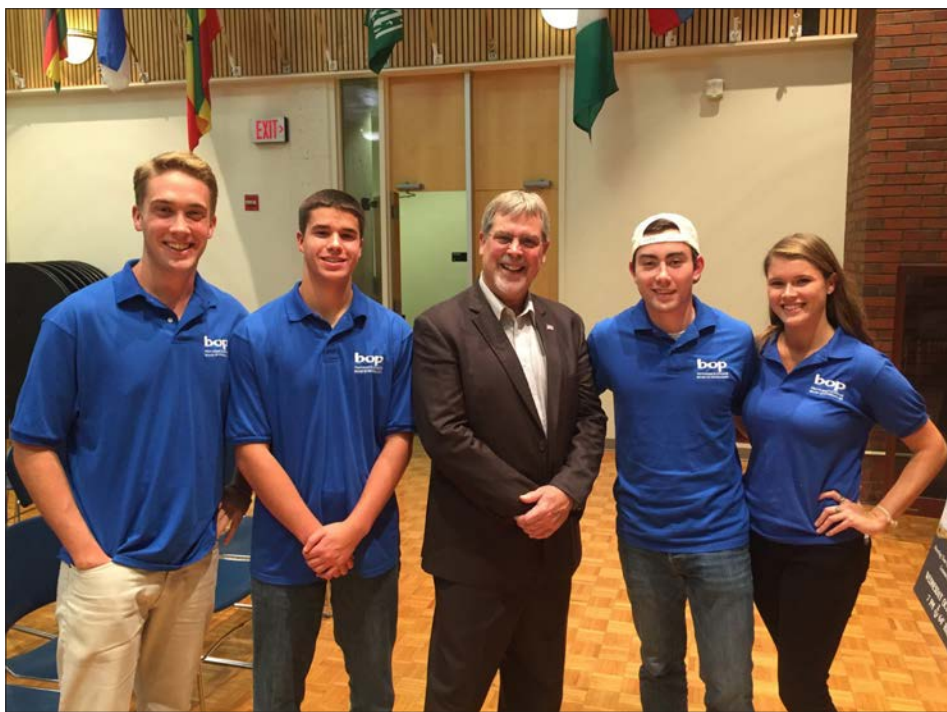
back to work and still undergoing reconstructive surgeries. She is happy to share her survival and victories with the PC community, celebrating her life. One of the biggest takeaways from her second cancer diagnosis was that she proved to herself she could survive. Throughout her treatment, Adler continually acted independently and pushed herself to keep moving forward. In the months of her diagnosis, she chose to live. "I want my family to realize it sucks to have cancer, but I'm living," said Adler.

Adler also emphasized the point of being a survivor and still being a woman. She often received stares and questions about her mastectomy; she was even asked by a co-worker what her husband thought about her having her breasts removed. "I am not less of a woman," said Adler, "but a warrior."

Moving forward, Adler says she is thankful for what she has survived and for what is still to come. Events, such as the buffet and lecture, allow each person to honor and celebrate those who have passed away from cancer. Adler encouraged everyone to not be afraid to have a good laugh and offer support to one another. She also encouraged everyone to "know your bodies" since early intervention is key for survival, emphasizing that you should always listen to your body if something does not seem right. But, above all, Adler wanted to thank her family and friends for giving her support, being her caretakers, and going through a journey that was not always easy.

Phillips: Steering Your Ship Through Rough Waters

Continued from front page



BOP Lecture Committee members Joe Dinan '17, Tim Bosse '17, Kenji Fujita '18, and Sophia Johnston '16 were grateful for the chance to meet and talk with Captain Phillips.

Phillips told the audience his story from the moment he left his wife at the airport to the moment he was back on American soil with his family in excruciating detail.

Captain Phillips had to take five different flights and connect in five other cities to reach his destination in Salalah, Oman where he boarded the *Maersk Alabama*. The trip was freight and was

supposed to end in Mombasa, Kenya.

Right after leaving Oman, Captain Phillips conducted an unexpected emergency drill to determine if all of the crew members knew what to do in a situation of distress. Despite previous training, very few of the crew actually knew the appropriate procedures to avoid such an attack. Thanks to the unexpected drill, the crew were prepared

for the pirate attack of the coming days.

On April 8, one day after leaving Oman, a mysterious blip appeared on the radar and kept moving toward the ship. The crew attempted to shake the blip from the ship's tail but evasive maneuvers were not enough.

When the pirates came closer to the ship, the crew tried to slam the enormous cargo ship against the tiny pirate speedboat. The speedboat sank but the pirates hoisted a makeshift ladder and boarded the *Maersk Alabama*.

As the pirates started to board the ship, Captain Phillips urged the crew to follow the directions that had been established during the past day's drill. Conveniently, they designated the engine room as the place where they would group together in the case of an emergency. As the pirates climbed their ladder, the crew hid.

The pirates met Captain Phillips and exchanged some intense dialogue. As soon as the pirates were on board, they started to ask for the crew; Captain Phillips kept insisting that he did not know where they were. The pirates then proceeded to search the whole ship several times. Luckily, they never found the crew in the engine room.

Soon after, the crew seized one of the pirates as hostage while the rest of the pirates scanned the *Maersk Alabama* with Captain Phillips. The crew wanted to exchange the captured pirate for Captain Phillips and negotiate a way for

the pirates to abandon ship.

Plans did not follow through and the pirates took Captain Phillips aboard a lifeboat where they stayed for five days.

During the next five days, Captain Phillips had to endure extreme temperatures on the lifeboat and violent taunts from the pirates.

Eventually, the U.S. Navy came to the boat and in an attempt to negotiate with the pirates, three were shot dead and one was captured.

His story was then made into the 2013 movie *Captain Phillips* that starred Tom Hanks and received critical acclaim. The movie was nominated for six Oscars including Best Motion Picture, Best Writing, and Best Performance by an Actor in a Supporting Role.

At the end of his compelling story, Captain Phillips welcomed a Q&A session with members of the audience before being lauded with an overwhelming standing ovation.

With courage, commitment, and the sheer will to live, Captain Phillips and his crew survived a pirate hijacking off the coast of Somalia.

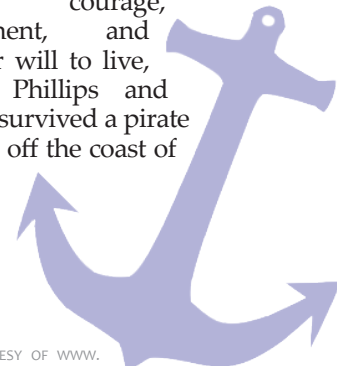


PHOTO COURTESY OF WWW.CLIPARTHUT.COM

Treats, Not Tricks at 2015 Halloween Festivities

McPhail's, BMSA, Residence Life, and More Sponsor On-Campus Events

by Sarah Gianni '18
News Staff

EVENTS

This year, Providence College clubs and organizations transformed Halloween into Halloweek, hosting various events and activities that got everyone involved in the festivities.

Of the numerous events taking place on campus, one of the most notable was "Halloween in McPhail's," which took place on Saturday, October 31.

"In keeping with the Halloween theme, we served spooky alcoholic drinks at the bar, including the purple people eater, a candy corn cocktail, and the incredible hulk," said Kary Gutierrez '18, a student employee in McPhail's.

In addition to festive food and drink, McPhail's also provided Halloween themed activities for kids.

"Kids could participate in creating their own haunted houses out of graham crackers and orange and green frosting," said Gutierrez.

Novelty McPhail's cups were given to those who dressed in costume, with staff donning costumes such as a mad scientist or Father James Cuddy, O.P.

Prior to the Halloween festivities on Oct. 31, an additional event that took place in McPhail's was the Board of Multi-cultural Student Affairs (BMSA) Costume Party. The party took place on Friday, October 30, from 10 p.m. to 1 a.m.

"There were many students who attended the event and danced to music



Students strike a pose with their pumpkins (above) and enjoy the fall weather (below) at Pumpkinfest.



provided by DJ FB in their Halloween costumes," said BMSA Secretary Brannon Walker-Hodges '16. "Minggui Yactayo '18 came in first place for the costume contest, winning the grand prize of a Beats Pill."

Second place was awarded to Kadene Pitter '16 who won an Apple TV, and third place was awarded to Jazmin Ramirez '16, who won a \$25 iTunes gift card.

Another Halloween event that took place on campus was the ROTC Halloween run. The run took place on Saturday, October 31, with participants running in the morning from about 7:15 a.m. to 7:30 a.m. Members of ROTC were clad in their Halloween costumes as they ran their way through campus.

The run started outside of the Slavin Center and included running down to the Smith Quad on Lower Campus, as well as running around various dorm buildings.

"I really enjoyed participating in the run and dressed up as Maverick from *Top Gun*," said Kyle Kilner '18.

Costumes were also a hit during the Halloween on the Quad Event, which was sponsored by Residence Life. The event was composed of several different facets, from tasting various Halloween treats to learning Michael Jackson's *Thriller* dance. Students had the chance to learn the legendary routine from Zumba instructors JT and Maria, with prizes and free food galore.

The Halloween events this year were full of fun and festivity, as students had a vast variety of options to get into the Halloween spirit.

A Wish Come True

Strikes and Spares for a Special Cause

by Gabriella Pisano '18
News Staff

ON CAMPUS

On Sunday, November 1, 2015, from 1-4 p.m., five Providence College students organized the event "Bowling for Wishes." The event took place at Lang's Bowlarama in Cranston, Rhode Island.

As part of their sports marketing class, students Emily DiRenzo '16, Jack Pacor '16, Kathryn Thifault '16, Phillip Calvanico '16, and Matthew Centore '16 organized the event to donate to a local Rhode Island charity, "A Wish Come True Foundation." The group chose to donate to this foundation because group member Centore was a "Wish Kid" when he was younger.

The PC students were working toward the wish of 10-year-old Noah, who wants to go to Disney World with his family.

Bowling was picked as the activity because it is good for every age. There was a \$15 entrance fee and unlimited bowling throughout the entire event. The head corporate sponsor the PC students worked with was "August Merchandise." There was a raffle that consisted of PC

gear, Boston Bruins jerseys, and more. There was a silent auction in which money that exceeded the cost of the item being auctioned was donated.

All together, \$4,725 was raised for Noah's trip. Left over money will go to another "Wish Come True Kid." These five PC students have been working on this event since the beginning of September. DiRenzo spoke of how the project paid off. "Seeing our hard work come to life through Noah's excitement and watching everyone around us having a good time was a highlight."

"It was such an amazing day," said Centore. "My teammates and I had invested so much time and effort in putting this event together. When we saw the joy on Noah's face, it was all so worth it. The event was a huge success. Everyone had fun, and we raised close to \$5,000 for a 'Wish Come True' and Noah's Special Wish."

DiRenzo also spoke of the family aura that filled the event. Noah and his family were in attendance as well as the family of Centore and members of the Friar Family. "The fun-loving energy of those in attendance gave the event such a family centered feel," said DiRenzo.



Members of the sports marketing class at PC organized "Bowling for Wishes" to sponsor a ten-year-old's wish to go to Disney World with his family.

Dining for a Cause

NOLA Meal Auction Raises \$2,900

by Zak Harvey '16
News Staff

EVENTS

Though the fall semester seems to be getting shorter and shorter, there are always events students look forward to every year. One such event gives students the chance to dine with the celebrities on campus.

The NOLA (New Orleans, Louisiana) Meal Auction is hosted every year in McPhail's, attracting crowds from all across the campus and giving students the chance to bid on dinners with some of their favorite faculty, administration, and staff. From a dinner at St. Dominic House with Father Brian Shanley, O.P. to a burger at The Abbey with Coach Cooley, the event is sure to have something everyone likes.

Although the Fr. Shanley dinner fetched less than in the past at approximately \$33 a seat, overall this year was no exception! With free food from Chipotle for the auction goers, the event attracted dozens of students. One aspect of the auction that certainly makes the evening interesting is when bidding wars break out.

Though no bidding wars were to be found, there was some confusion on the part of the event staff and the auctioneer. Because of technical difficulties, some teams thought they had won dinners and in fact had lost them. Despite bidding disruptions, the amount raised for the evening was not hampered.

According to Bob Pfunder, campus minister and program coordinator, the group raised \$2,900 for the trip. These

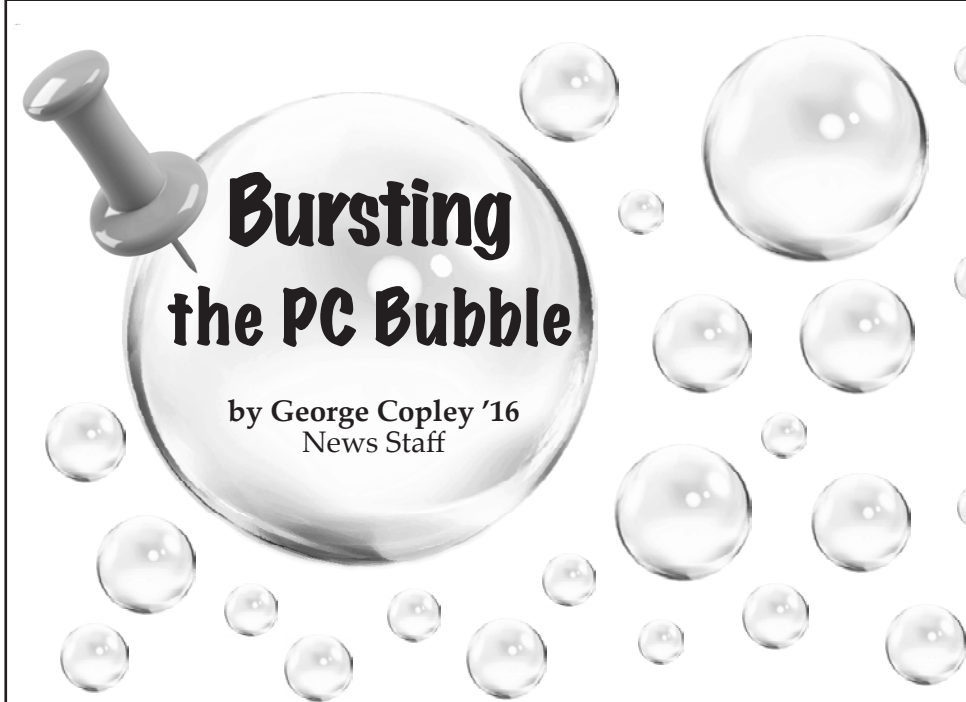
funds will be used for travel and room/board expenses. Fourteen of the College's students will be making the adventure down to New Orleans in January.

Pfunder went on to say that the group of students will work with three different organizations in New Orleans: Lowernine, The Harry Tompson Center, and the St. Bernard Project. In addition to serving the community students will also be able to "[immerse] into the culture and life of the city through attending a jazz show, meeting with community members, and even meeting with the PC alumni in the city."

With the money raised at this event, PC students aspire to have a rewarding, challenging, and transforming NOLA experience.



The auctioneer at the NOLA Meal Auction helped raise \$2,900.



Bursting the PC Bubble

by George Copley '16
News Staff

224 Killed in Plane Crash over Egypt

Two hundred and twenty-four people were killed in a mysterious plane crash on Saturday, October 31. The Russian airliner was making its way over Egypt's Sinai Peninsula when it crashed, killing everyone on board. Little is confirmed aside from the following: the plane disappeared from radar 23 minutes after departure, broke up in mid-air, and jihadis allied to Islamic State released a statement claiming that they brought down the flight, although there is no evidence supporting this claim. Both of the plane's black boxes, electronic recording devices present in aircrafts for the purpose of aiding in the investigation of aviation incidents, have been retrieved and may provide some insight on the cause of the crash.

October Breaks Refugee Record in Europe

In October, approximately 218,394 migrants and refugees reached the mainland of Europe, which is near to the total number of migrants that arrived in 2014. A majority of the refugees are from Syria, and approximately 70 migrants drowned during the voyage. Furthermore, 3,440 migrants have either drowned or have been reported missing on the passage across the Mediterranean Sea to Europe so far this year. So far, a total of almost 750,000 refugees have arrived in Europe in the pursuit of work and shelter.

Google Drone Deliveries Coming in 2017

Google plans to deliver goods to doors of consumers in 2017 by utilizing drones. The strategy is called Project Wing and was announced by Google cofounder project leader, David Vos. Details of the project are still vague and information regarding what types of drones will be used and types of products to be distributed is still up in the air, but it is confirmed that Google's drones can hover and lower packages to the ground for delivery. A number of Google's competitors, including Amazon and the eastern company Alibaba, have claimed that they will also be utilizing drones for delivering their products.

United States Returns to South China Sea

For the past few years, the South China Sea has been highly contested territory among a number of different countries. China has claims to the territory that stretches hundreds of miles south of the Chinese coast. Neighboring countries have allegedly claimed that China is claiming territory that they do not have sovereignty over. The U.S. claims that the Chinese are allegedly violating a number of different international laws under the assumption that they are using the land for militarization. The area apparently has abundant resources, hence the variety of special interest parties. The U.S. plans to return to the South China Sea to monitor the actions, justifying the decision based on international policy.

False CO2 Levels in up to 800,000 VW Cars

Volkswagen's cars are under serious scrutiny at the moment. On top of other recent scandals, Volkswagen has admitted that close to 800,000 vehicles currently have "irregularities" in their carbon dioxide omission levels. According to the firm, the problem could cost almost 2 billion euros to remedy. Whether this issue was a deliberate action taken by Volkswagen is unknown, but earlier this year U.S. regulators discovered that some diesel vehicles were fitted with a software that changed the way the car functioned during omissions testing.

Congress Updates

by George Copley '16
News Staff

CONGRESS UPDATES

The 66th Student Congress held a meeting on Nov. 3.

It was confirmed that the seniors' Class of 2016 Night will be held on Nov. 20 and that there will be a live band and food. BMSA announced that Cheesefest will be held on Thursday, November 5. BOP announced that there will be a Country Fest this Saturday, November 7, and there will be barbeque food and music. Campus Ministry announced that this Friday is Dinner with the Dominicans, and Saturday there will be a Mass to honor the 800 year anniversary of the Dominican Order.

General announcements consisted of: Sunday is the Alzheimer's walk and tickets are on sale for PC's *Addams Family*.

The Centennial Event coming up next year was discussed; Congress circulated a number of different ideas for the event, consisting of but not limited to: tours of the tunnels under campus, selling old sweaters, and including the presence of a dalmation.

Congress passed SCB 66-06, which was to include The National Association of the Advancement of Colored People (NAACP) as a club on campus.

An amendment to the Student Congress Constitution was brought up as new business. This piece of legislation discusses revising executive nominations for congress and requiring those running for an executive position to get "approval" from at least 40 percent of the Student Congress.

Congress discussed a second piece of new business which was with regards to the purchase of handicap vans on campus. Congress is attempting to find a solution to the lack of transportation provided for the handicapped by PC's Safety and Security.



Club Spotlight: SOMOS

by Meaghan Dodson '17
News Co-Editor

CLUB SPOTLIGHT

¿Te gusta España? Do you love Spain? If so, then consider joining Providence College's newest club, SOMOS. SOMOS stands for "Students Obtaining the Meaning of Spain," and the club was created to celebrate the country's culture and heritage. "Somos" also means "we" in Spanish, reinforcing the club's commitment to inclusivity within the PC community.

The club's mission statement is to "celebrate the culture of Spain," as well as be a resource for students who want to study abroad there. It also seeks to differentiate between Spain and other Spanish-speaking countries, showing the PC community that it is separate from the College's Organization of Latin-American Students (OLAS).

Club meetings will center around the discussion of social, cultural, and regional issues, as well as give members the opportunity to participate in cooking

classes and to watch Spanish movies.

Another goal of the club is to help students practice their Spanish through conversation, icebreakers, games, and story-readings; students, however, do not need to know Spanish to join.

SOMOS is a proposed club, which means that it has to be on campus for two semesters in order to receive official funding from Congress. The club will fall under the BMSA umbrella after its trial period, and although it cannot receive funding yet, Julia Busto '16 has plans to try writing to the Spanish embassy to request its support.

Busto, the club's president, was inspired to start SOMOS after returning from her study abroad semester in Seville.

"I've been thinking about starting this club since freshman year," Busto stated, "I'm so happy it's been passed by Congress and that it's having such positive feedback. We at SOMOS would be more than happy to have anyone who is interested in Spain, curious about it, has Spanish ties, or just really likes churros."



PHOTO COURTESY OF JULIA BUSTO '16

Busto and friends show their love for Spanish culture at the Universidad Pablo Olavide in Seville.

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Addams: PC Students Bring Addams Family to Life

Continued from front page

Gomez and Morticia Addams are played, respectively, by Brian Kozak '17 and Courteney Olenzak '17. Kozak's acting is spectacular, and he captures Gomez's character almost perfectly. His facial expressions and reactions are well-timed and he commands the stage. Both Kozak's singing and acting convey Gomez's Latin-influenced character well; like many of the lead cast members, Kozak is a vocal powerhouse who displays an impressive range throughout all of Gomez's songs. Olenzak, too, captures the mannerisms of her character in a very polished way. She keeps the stone-faced composure that is required of her character while displaying strong vocals and clear delivery. Olenzak is also a strong dancer, and she demonstrates her skill in a handful of dance numbers.

Katrina Pavao '16 outshines her fellow cast members as a triple-threat dancer, singer, and actress. From the first dance number, Pavao's dancing ability is obvious, as she hits every beat and motion with precision. Her acting is fantastic; she realistically plays her part as a lovestruck teenager, embarrassed by her parents. Her vocals are perhaps where she shines the most. Pavao has to maneuver through several different genres and a demanding range, and she does so



PHOTO COURTESY OF PROVIDENCE COLLEGE DEPARTMENT OF THEATRE, DANCE AND FILM

From left to right: Courteney Olenzak '17 as Morticia Addams and Brian Kozak '17 as Gomez Addams.

with a strong, polished voice. She is complemented by Billy O'Brien '17 as Lucas. The two work great together as a pair, and their singing voices mesh equally as well. O'Brien has a great voice, of which he

shows two sides. He has a sweet, clean sound in his slower duet with Pavao, but excels in the more contemporary "Crazier Than You"

of the second act.

Josh Hanby, who plays Pugsley Addams, is not a student here. He is not even old enough to attend college yet; according to a review by Tony Annicone, Hanby is a local eighth grader and a stellar actor. His youth is evident in his pretty but undeveloped singing, but he shows a lot of potential as both an actor and a singer. It was impressive to see a talented young actor working with college students.

The acting of Logan Serabian '16 seemed mechanical in some places as he played Lucas' father Mal, especially in scenes with Kozak. Serabian seemed to hold back and could have done more with his character. By contrast, Patrick Rogers '17, who played Fester, could have pulled back on his acting. While it is clear that Fester is meant to be goofy, Rogers' acting was over-the-top, and his portrayal of the character seemed odd in some scenes. The pit orchestra was small but effective. However, it would have been nice to see students playing.

Tickets are still available for this weekend's shows at the Smith Center Box Office. Shows will run Friday and Saturday at 8 p.m. and Sunday at 2 p.m. This Sunday's performance is sold out, but tickets are still available for the Friday and Saturday shows at \$5 for students and \$15 for adults.



Top Four Movies to Catch in 2016

by Kelly Laske '16
A&E Staff

FILM

Lights, camera, action! As we begin to close a great year of movies and entertainment, it is time to start thinking about what is coming to the big screen in 2016. From action to animation to romantic comedies, next year is already looking like it is going to be a legendary year for the film industry.

Back in 2003, *Finding Nemo* touched the hearts of moviegoers of all ages while completely blowing box office predictions out of the water. The movie brought in \$936 million—and that was just at the box office. The movie became the second highest grossing film that year behind *The Lord of the Rings: The Return of the King*. For those who have not seen it, *Finding Nemo* is about the journey of a clown fish and his quirky but forgetful acquaintance, Dory, as they try to find his missing son Nemo. Although it has been over 12 years since the first movie, *Finding Dory* takes place six months after the first film and is centered around Dory's life. Dory suddenly recalls a childhood memory about the "Jewel of Monterey, California" and, accompanied by Nemo and Marlin, goes on a quest to find her family. With the addition of new characters and the high anticipation of a sequel, *Finding Dory*, which will be released on June 17, 2016, has the potential to break box office records.

Coming out on May 27, 2016, *Alice Through The Looking Glass* is a sequel to *Alice in Wonderland* (2010), which starred Johnny Depp, Anne Hathaway, Mia Wasikowska, and Helena Bonham

Carter. With an all-star cast, *Alice in Wonderland* was able to make over \$300 million. The interesting thing about the sequel is that there is little to no information on the movie. The only thing producers are revealing is that the movie revolves around Alice as she goes back in time and visits different parts of the characters' lives. Although the movies have a much different tone and feel than the original classic, the mix of animation and real life acting makes them stand out.

Although many did not see this as something that could ever happen, Batman and Superman are finally going to be sharing the screen at the same time. Hitting theaters on March 25, 2016, Batman and Superman will go head to head in a Warner Brothers' *Batman v. Superman: Dawn of Justice*. Starring Ben Affleck as Batman and Henry Cavill as Superman, the film focuses on the two characters who are at war with one another until a threat puts them and the rest of mankind in danger. With an all-star cast and a dedicated following of both superheroes, this film has potential to be a box office's dream.

If the new *The Jungle Book* film is not considered star-studded then I do not know what is. With the voices of Bill Murray, Scarlett Johansson, Christopher Walken, and Lupita Nyong'o, the film is going to be released in Disney Digital 3D and can be seen at an IMAX theater. When it hits theaters on April 15, 2016, parents will have the opportunity to feel like a kid again while introducing their children to the classic Disney animated film. Head to the movies next year and get ready to be completely blown away!



Alice Through The Looking Glass, to be released in 2016. PHOTO COURTESY OF ABOOKONONEPAGE.COM

Let's

Rave



This Week: Social Media Guru Gigi Hadid

Gigi Hadid poses for a photo at the CFDA Awards.

PHOTO COURTESY OF RACKED.COM

by Kealy Robertson '16
A&E Staff

CELEBRITY

The average 20-year-old has about 400 to 500 followers on Instagram. Gigi Hadid is not the average 20-year-old. With 7.7 million Instagram followers, she reaches out to her fans daily, giving them a little taste of her life. The international model is known across the world for her beauty and her motivational posts. As the daughter of the *Real Housewives of Beverly Hills* star Yolanda Foster, Gigi has grown up under the spotlight. She entered the modeling business at a young age, working until her mother decided to pull her away from the industry so that she could finish high school—a task she accomplished in 2013. In just two years, Hadid has become more famous than celebrities that have been working for decades, and this success largely a result of her active use of social media.

Gigi has modeled for *Sports Illustrated*, Versace, Tom Ford, Balmain, Diane von Furstenberg, Tommy Hilfiger, Emilio Pucci and Dolce & Gabbana, and that is just naming a few. Her work has become her entire life. Her career is not a nine-to-five job; she spends her days modeling and then has to keep up with her postings on social media in order to strengthen her fan base. In the past, supermodels rose to fame through runway and editorial shoots for magazines. Now, models and those in the limelight gain even more popularity through social media.

Not only is Gigi famous for her

flawless pictures, but she has used social media as an outlet for her voice. Many of her Instagrams promote the power of female friendships. Gigi and her friends, including Karlie Kloss, Kendall Jenner, Cara Delevingne and Taylor Swift, share their friendships with their fans through social media. Their #girlsquad is used to help promote and support each other. It is a beautiful thing to see some of the biggest stars standing behind each other and teaching other girls the importance of friendship.

As a social media "it girl," Gigi also influences her fans in a lasting way. She is a role model for girls and women throughout the world. She advocates for healthy body image, teaching girls that they should accept and love who they are no matter what their body type is. She wants people to realize that you cannot change the way you look. Everyone is beautiful in his or her own way. Gigi talks a lot about how not every model is stick thin—people have curves and those curves should not be shamed.

Gigi Hadid has used social media as an outlet for both her career and her personal life. She shares tiny moments with her fans; these pictures and posts have become a way in which every fan can connect with her. Gigi is exquisite both inside and out and her posts leave her followers with uplifting thoughts as she says, "Be the one who matures and builds. Be the one who has an understanding and a forgiving heart; one who looks for the best in people. Leave people better than you found them."

Explore Providence: The Best of Italy at Siena

by Isabella Goldstein '17
A&E Staff

LOCAL

Feeling deprived of your mother's home-cooked Sunday dinners? Head on over to the heart of Federal Hill, where you will find Siena, a restaurant that specializes in Northern Italian cuisine and is appropriately named after Siena, Italy.

Due to the nature of Federal Hill, it is best to make reservations beforehand, especially for the weekend. Despite having a reservation on a Thursday evening, the atmosphere was warm and lively. The staff was friendly and inviting, but a bit on the slower side. Consequently, be prepared for a much longer dining experience than you are most likely accustomed to, as I believe this elongated dinner length was designed to imitate a typical Italian meal.

The menu included a wide range of appetizers,

pizzas, pastas, salads, chicken, meat, fish, and dessert specialties. Some notable mentions include an extra large meatball appetizer topped with a scoop of ricotta cheese, a pizza with pink vodka sauce, chicken, fresh mozzarella, gorgonzola, and fried eggplant, butternut squash ravioli, boneless beef short ribs with wine, vegetables, tomato, garlic, and stock, and tiramasu. Prices are on the expensive side, with appetizers and pizza costing between seven dollars and \$14, meals ranging from \$15 to \$29, and desserts around eight dollars. For college students on a budget, it is probably best to save Siena for a special occasion.

Despite the expense, the food was incredible. We began the meal with a delicious appetizer special: a grilled pizza with bolognese, a meat-



Siena, located at 238 Atwells Ave. in Providence.

PHOTO COURTESY OF FEDERALHILLPROV.COM

based red sauce. After much contemplation I decided on the Pollo Con Risotto Zucca, which consisted of two semi-boneless chicken breasts marinated with honey, lemon, wine, and garlic. The chicken was grilled and finished with a

honey and lemon glaze, served over risotto; it was delicious. We then ended with an order of Scripelle con Gelato, miniature fried doughboys sprinkled with cinnamon sugar and served with vanilla bean gelato and a side

of Nutella spread—a perfect finish to a perfect meal.

Siena is easily accessible by means of the Providence College shuttle; not to mention, there is complimentary valet parking. In addition,

there are locations in East Greenwich and Smithfield, Rhode Island as well. How could you possibly say no to such delicious food? Head on over to Siena to partake in an incredible dining experience today!

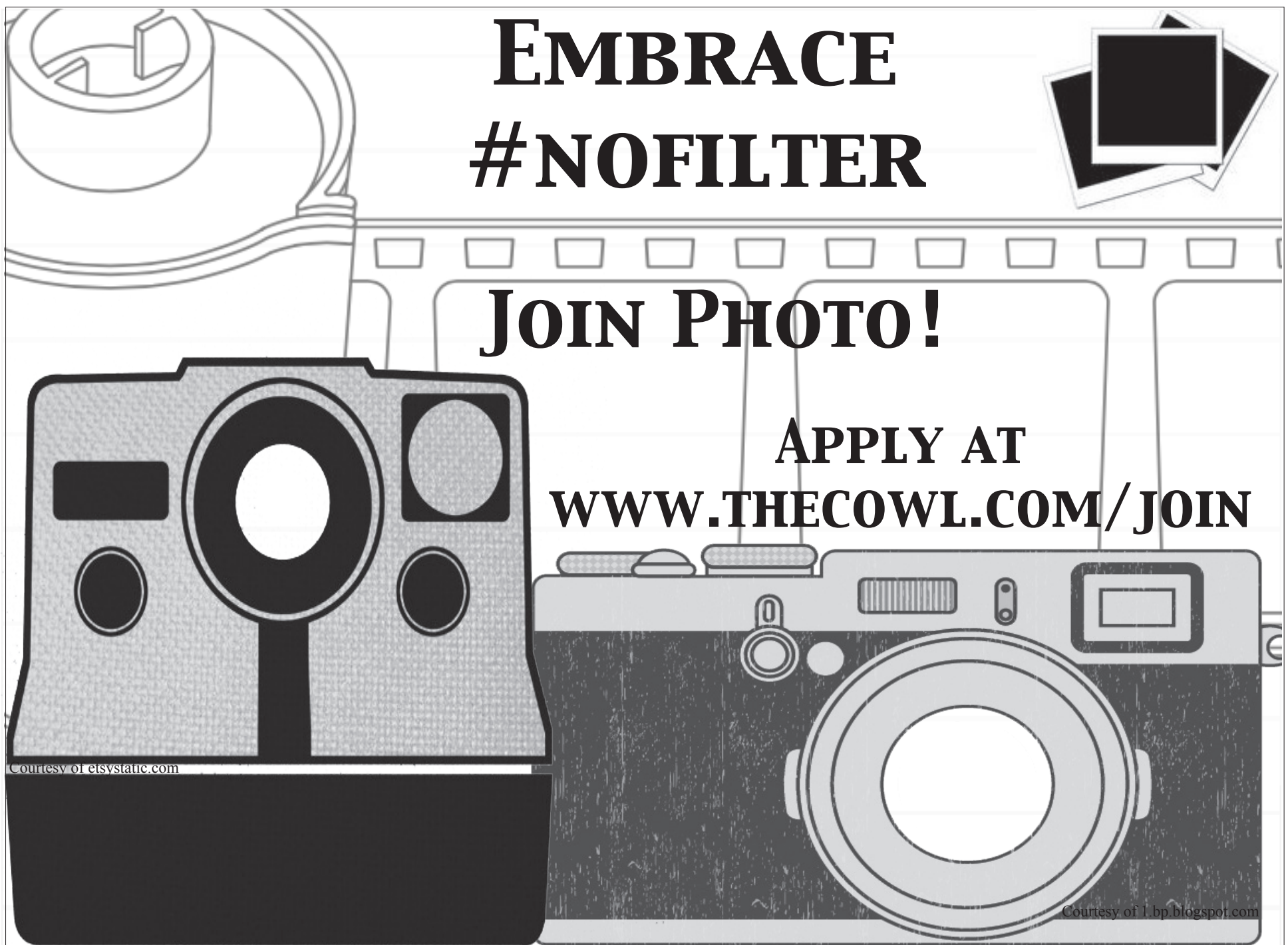
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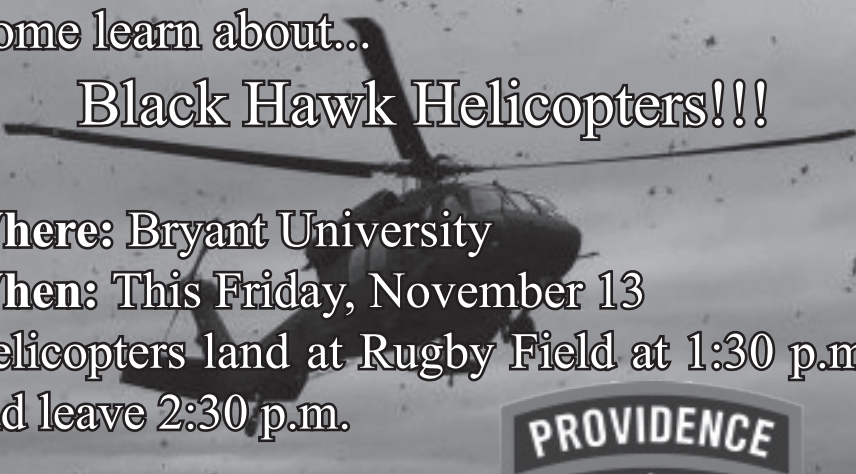





Photo courtesy of Anna Hayes '16

Open Auditions for PC
 Tues. Nov 10, 7pm
 Angell Blackfriars Theatre

Playhouse Creatures
 By: April De Angelis
 Production dates: Jan 22- 24 and Jan 29-31
 Callbacks: Wed. Nov 11, 7 pm

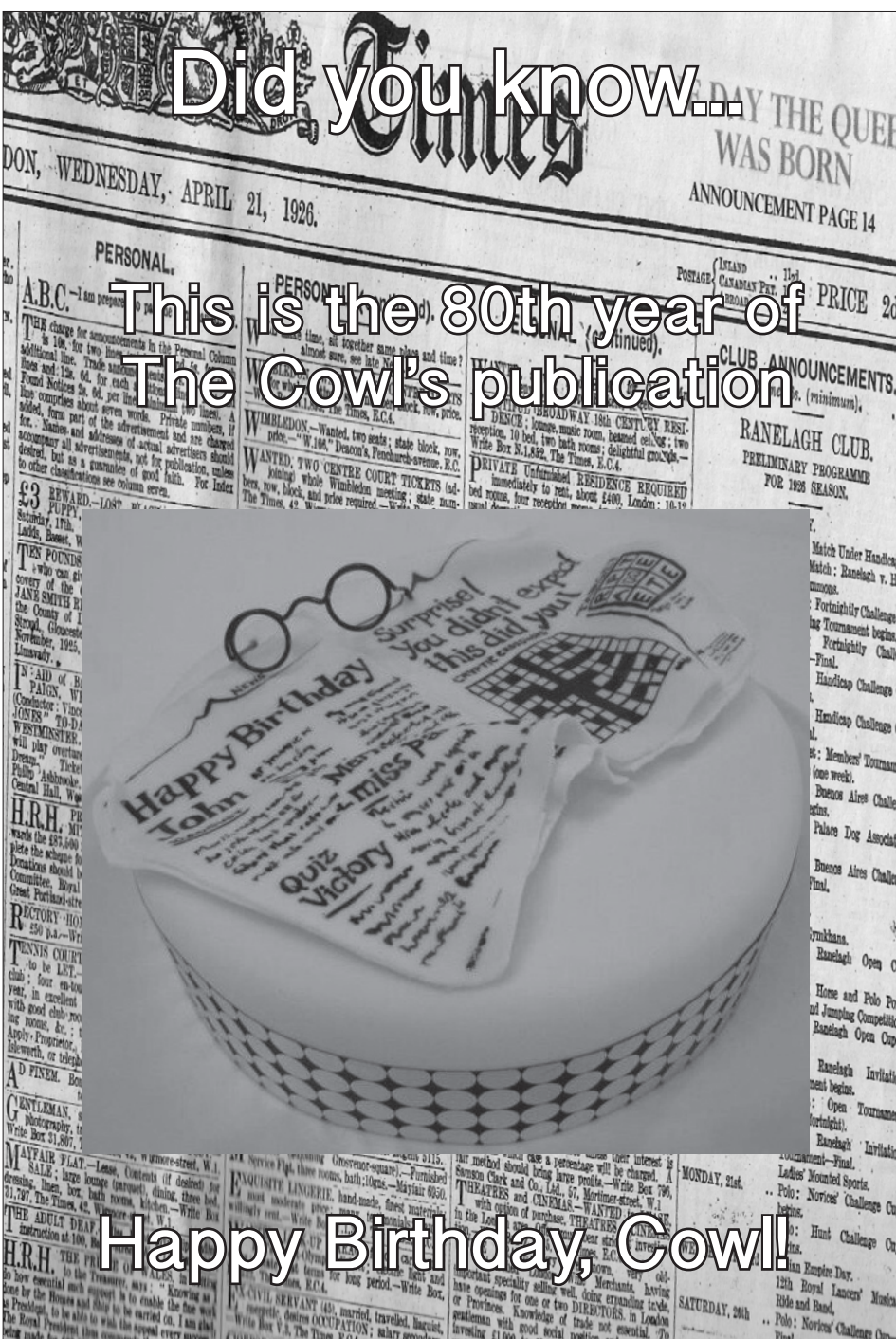
Pillowman
 By Martin McDonagh
 Directed by Logan Serbian '16
 Production dates: Feb 5-7
 Callbacks: Thurs. Nov 12, 7pm



PCTDF supports diverse, non-traditional casting as a regular part of all its productions;
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Please prepare a 2 minute monologue from a play of your choice.
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Did you know...
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 The Cowl's publication



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 TO SAY?**

**SEND LETTERS TO THE
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COMMENTARY@THECOWL.COM



PHOTOGRAPHY

The Cowl 11

November 5, 2015



JESSICA ARTIGLIERE '17/ THE COWL



DARNY MAO '18/ THE COWL



KRISTINA HO '18/ THE COWL

TOP LEFT: Students celebrated Dia de los Muertos by decorating their own sugar skulls while enjoying traditional Mexican food and a live Mariachi band.

TOP RIGHT: PC students and the Smith Hill Community came together to enjoy the fall season with pumpkin painting at Pumpkinfest.

BELOW: A Sign Only Has to Serve as a Sign, a group exhibition, is now on view in Hunt-Cavanagh and Reilly Galleries.



JESSICA ARTIGLIERE '17/ THE COWL

ABOVE: Students started Halloween early by lining up in the Slavin Atrium to enjoy Things for Thursday's candy bar.

BELOW: Students enjoyed dinner while listening to inspiring and courageous Susan Adler as she shared her experiences battling breast cancer.

BOTTOM RIGHT: The campus community gathered for SOAR's annual Rhythm N' Roots celebration, a night of jazz, dance, food, and an all-around good time.



KRISTINA HO '18/ THE COWL



KRISTINA HO '18/ THE COWL



PROVING PHOTOGRAPHY

If you became a famous singer, what would your debut album be called?



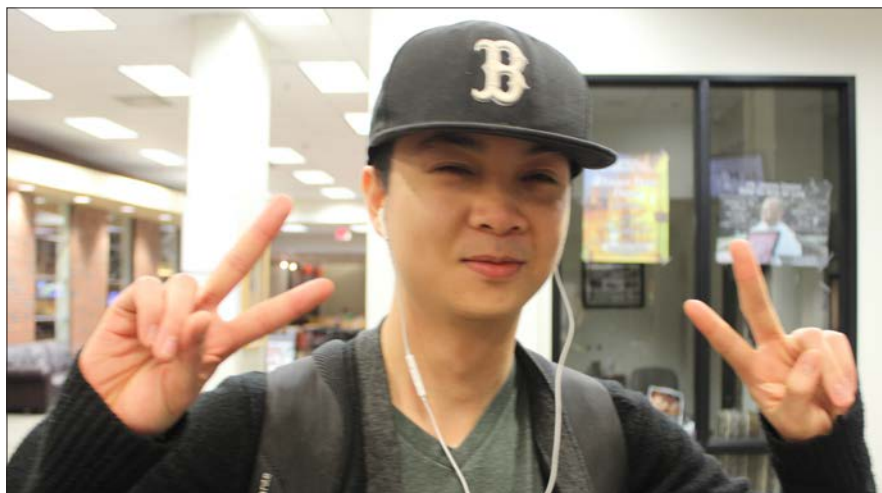
"Good Gone Hood 2."

Zack Begnaud '17 and Brynne Murphy '16



"Tales from the First Floor by the McDermott Brothers."

Ryan O'Neil '19 and RJ Berardi '19



"The Rise of Viet-King."

Thanh Tung Bui '17



"Let's Have a Good Time."

Logan Serabian '16



"Diva."

Katrina Pavao '16, Christine Drogan '16, and Caitlin Conlon '17



"Take 3."

Toks Ademola '18 and Aynslie D'Avanzo '18



"Up All Night."

- One Direction

PHOTO COURTESY OF SMALLSTEPSPROJECT.ORG



Let's Hear It For The Girls *PC's Female Athletes Need Your Support Too*

by Taylor Godfrey '19
Opinion Staff

PC SPORTS

"Hey, are you going to the hockey game?" is a question heard many times on campus. Hockey games, and other sports games and events, are fun activities that let students show school spirit and spend time with their friends and classmates. It makes sense that students would want to go. What the question leaves out, however, is which team everyone is going to see, because it is usually assumed that they mean the men's team.

The disparity between men's and women's sports teams is obvious. Men's games, for any sport, are usually more well attended and students are more likely to know the names of

the male players. The school does a good job of advertising games of both men's and women's teams, but we as a student body need to do more to ensure that the women's games are just as well attended and have just as much school spirit as the men's games.

It is simple to see where this inequality originated in the context of society, but that does not mean that it still needs to be prevalent on our campus. Professional men's sports teams have more recognition, fans, and higher salaries. Until the 1970s and the passing of Title IX, many schools did not even have women's teams for their students. Providence College itself did not even have women enroll until 1971. There is a precedent set that means men's sports teams are more popular, but that can and should change.

The games themselves are essentially

the same. Fans of soccer or hockey or basketball can enjoy watching both men's and women's games. Though the games' rules may be slightly different, it is still the same sport and the gender of the players should not matter. Both teams can and do play good games.

Our Women's Cross Country Team just won the Big East Championship. The Women's Soccer Team is preparing to play in the Big East tournament. Two of the women's hockey players, Kate Friesen '19 and Alanna Serviss '17, were just named Hockey East Top Performers. The women's teams have proved that they can play well and have proved that they deserve recognition.

While they are on the field, court, or ice, all of our players are representing our school. They are doing their best

to win and they deserve our support while they do so. A team's gender should not mean that they are less popular or have less fans. Every athlete in the Friar community deserves the support of everyone else.

As we go into the winter season and the basketball and hockey teams begin to play, next time someone asks if we are going to the hockey game, we should remember that there is not just one team. Remember that the athletes in our classes, our dorms, and on our campus are not just men. Remember that the reasons people attend men's sports games more often is not because they are better games but because of traditions that are just not applicable anymore. Remember that the women deserve our support just as much as the men.

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A Godless Education Leaves Students Cold *PC Allows Us to Consider the Beauty of the Human Person*

by Matthew Tinsley '16
Opinion Staff

COLLEGE CURRICULUMS

In a recent video posted on his "Word On Fire" website, Bishop Robert Barron draws a connection between two current topics: atheism in Harvard University's freshman class and the Right-To-Die law passed last month in California. As I reflect on Bishop Barron's remarks, I wish to argue that the Catholic, interdisciplinary education offered at Providence College equips students with a rich and complete understanding of the human person. An education that brackets out God's existence can easily leave us cold and indifferent to those whom we ought to love.

In recent weeks California Governor Jerry Brown signed a law that allows for physician-assisted suicide for terminally ill patients. The fact that the people of California voted in favor of euthanasia is evidence of a society that has lost its sense of the value and dignity of the human person. Bishop Barron points out that those who do not believe in God necessarily view life through a different lens—

life is not a gift from God, but rather, it belongs to the individual. And when we cease to see life as an unmerited blessing, it seems perfectly acceptable to end the lives of the sick, burdensome, and unborn whenever we wish.

The view of the atheist, the naturalist, and the materialist is that life has no intrinsic meaning, certainly no teleological ordering, apart from how we alone perceive it. Regrettably, Bishop Barron mentions that over half of the incoming freshman class at Harvard University is either atheist or agnostic, which is a first in the school's history. Indeed, I share Barron's concern about our nation's future aristocracy, few of whom live their lives informed by faith.

Consider how the education at Providence College provides a rich and complete understanding of the human person. From the school's website, we learn that Providence "aims at something ambitious and critically important. It attempts to provide an education for the whole person—body, mind and soul—that bridges the common divides between matter and spirit, God and creation, faith and reason." Alongside our majors, we all explore the Development of Western Civilization, we all take

ethics, philosophy, natural science, and theology. In short, PC challenges us to draw connections between different fields, to see how one discipline can inform another. As "matter and spirit," human beings are not simply utility for a corporation, or a faceless composite of cells and particles. It is critical, therefore, to pursue our studies with the understanding that we are made in God's image and likeness, endowed with an invaluable dignity.

Barron is not surprised, however, by the majority of atheists and agnostics in Harvard's class. After all, the youth of today have "bathed their whole lives in the corrosive acids of relativism, materialism, and scientism." All that is true or "real" for the materialist is that which is tangible, visible, or able to be tested and verified empirically. We have no souls, according to the empiricist, just a series of electrochemical synapses in our brains. There is no "natural law," so they say, only positive law as we legislate it. Likewise, the prevailing attitude is that we, as human beings, decide what is right and wrong without any need for a God to tell us. Harvard may very well be the most elite school in our nation, but the best and brightest do not always consider what is beautiful and true about the human person.



Encourage Others to Speak Up

by Jacquelyn Kelley '17
Opinion Editor

CAMPUS DIALOGUES

My fellow Opinion writers and I are always reaching out to other students on campus in an attempt to include their voices in our own articles. Recently, however, it has become difficult to incorporate student feedback in our work. Some students fear backlash from the Providence College community and are therefore unwilling to be quoted in *The Cowl*. Their trepidation proves that the College must work harder to make all students feel as though they can speak freely on our campus.

When we ask our peers questions in relation to our articles, they are usually more than willing to share their thoughts with us. When we ask them if we can quote their answers, however, they often only give us permission to do so if we publish their words anonymously. Since it is against *The Cowl's* policies to publish anonymous quotes, many student voices go unheard.

Why do students wish to remain anonymous though? We have asked them this same question before walking away disappointed that we cannot include their thoughts in our work. Many have answered with worry that they will face consequences from the College's community.

Some students fear the administration and do not want to be on their bad side, especially if they are forced to work closely with the administration due to their active involvement in clubs and organizations on campus.

Other students fear the clubs and organizations themselves. Some students have explained to us that they refrain from being quoted in *The Cowl* because they fear that if they are too outspoken about certain issues, the clubs that they represent will lose support. Some students even fear that their clubs will lose allocations from Student Congress if they speak up about controversies on campus.

Finally, some students are afraid of backlash from their peers. They do not speak their mind because they worry that if they do, they may lose acknowledgement and respect from their friends and

classmates.

Whether students avoid being quoted because they fear the administration, clubs and organizations, or the PC community in general, the discomfort they feel in sharing their thoughts is disheartening.

After all, we like to preach here about this concept called the "Friar Family." The alliterative phrase refers to the support system that is supposed to exist on this campus, but can we really claim to be a family when we are afraid to share our opinions with one another?

If we want to form a true Friar Family, we must encourage each other to share our honest opinions. We must let others know that we will continue to respect them as members of our family no matter how different their views may be from our own. Ultimately, we should promote free speech on this campus.

If students feel as if they cannot speak up about campus issues, how can we ever expect the College to evolve and grow?

PHOTO COURTESY OF FOCUSFORHEALTH.ORG

Papers: There Is Value in These Pages

Continued from front page

The prevailing narrative surrounding newspapers today is that the industry is a dying one. This is only partly correct. It is true that in the face of accelerating growth in digital news, publications including major ones like *The New York Times* have been forced to cut down on print circulation. However, it seems that all this doom and gloom has not sent college newsrooms into an excessive panic. In fact, studies conducted by organizations such as College Media Review and IHeartNewspapers have found that in recent years college newspaper readership has remained steady and considerably high. Furthermore, a majority of students prefer to read the classic print version of their school's paper rather than its online version, and one single print copy is often shared among multiple students.

It is clear then that newspapers still have a place on the college campus and that students are eager to engage with such a medium. This eagerness stems from the simple reality that the college newspaper is a unique entity. A university publication, like any other newspaper, informs readers about breaking news, but its news and content are stylized to the specific environment and interests of a college community. In this respect, college papers help students to be more aware of issues and events that meaningfully impact their lives and experience at their school.

College newspapers not only report on issues specific to a school's community; they also provide students



PHOTO COURTESY OF GABRIELLA NIGRO '16/ THE COWL

with the platform to express their opinions on such issues. Beyond the classroom or their groups of friends, students often do not have ample amounts of opportunity to engage in discourse on topics that matter to them

as individuals and as part of their school's student body. Writing for the school newspaper is a way for students to have their voice heard among their peers as well as the administration.

This makes the college environment

an even more intellectually rich and diverse place. There is no better way to expand one's own outlook on an issue than to learn about someone else's take on it. College newspapers, therefore, are an important promoter of one of the main goals of higher education, which is for students to be able to engage with challenging topics in a constructive and open manner.

There is no doubt that a lot of sweat and hard work goes into producing a single issue of a newspaper. Writing, editing, and layout all take up a lot of time. Even if it might be a time consuming activity, being a part of a college newspaper has the important benefit of learning crucial life and work skills. Being required to work towards multiple deadlines for different kinds of content teaches students time management skills that they can apply to their academic and professional lives.

A college newsroom is also a team environment, with everyone pulling together to put out the best product possible. Students, therefore, gain the experience of working together with others in a professional environment, something not offered in many other college clubs or activities.

College newspapers are more than just a collection of words and photos. They are reflections of unique communities and venues for students' intellectual and personal growth. As we approach the 80th anniversary of *The Cowl*, let us take the time to acknowledge the value of the college newspaper.

Explore PC's Past

Learn About Your Club's Legacy to Build Its Future

by McKenzie Tavella '18
Opinion Staff

CAMPUS HISTORY



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Sometimes it is hard to think about the past when college students are so consumed with thinking about their future. However, it is important to be in touch with the past. This month marks the 80th anniversary of *The Cowl*, and in honor of this, the staff has decided to get in touch with Providence College alumni who have been closely associated with our newspaper. It is really important to be knowledgeable of PC's legacies, not just for *The Cowl*, but for all clubs and organizations on campus. I know it is difficult to be immersed in current events or what is presently trending. However, if members were to research the history of their club, their organization could grow even more.

When *The Cowl* began 80 years ago, members did not have the technological advancements that we do today. When thinking about it this way, this may reveal just how different things used to be on PC's campus. Were the photographs black and white? Did newspapers even have pictures in them? I personally wondered what members of the Opinion column would write about. Looking back on what I've written, I write about concerts, movies, dances, and current events, like the season of fall. If a *Cowl* member were to write about these topics 80 years ago, just think about how different his or her article would be. Rather than Rap music being played at Madness, Rock and Roll would be performed. Starbucks didn't exist, which means no one could write about pumpkin spiced lattes as a fall tradition.

However, maybe there was a section that was really popular back then that is non-existent now. Since we now have a section dedicated solely to

Photography due to technology's prominence, this makes me question if there used to be a comics section. When I was young, my dad used to read the Comic section of the newspaper every morning with his cup of coffee. Now, he doesn't read the newspaper but turns on *Fox News* or *The Today Show*. However, this does not necessarily mean that *The Cowl's* audience would not be interested in reading a Comic section. Vintage often equals popular. Take leg warmers for example, or scrunchies. For men, muscle cars would be a good example of this.

If other clubs were to do this, like the Friars Club for example, maybe they would learn about a way that members used to give tours differently. Currently, I cannot imagine a different way of giving a tour, but that is the point. Researching a club's past can help members learn something they would have never thought of before coming across it. Maybe PC Radio used to play real records, rather than recordings. Did they sound better? Vinyl is actually another past trend that is making a comeback. Maybe this club could use records to give its audience a different sound.

Even if a club or organization has not been around for 80 years like *The Cowl* has, this does not mean that they should not look into their past, reach out to alumni, and have an interest in how things used to be on PC's campus. A person can learn from anything, but can especially learn from past mistakes or past trends. What's the harm in doing some digging?

PHOTOS COURTESY OF PROVIDENCE.EDU

An Apology to the Core Leaders of Campus Ministry

A Response to "Liberalism Is Not the Antithesis of Faith"

by Patricia Krupinski '16
Guest Opinion

FAITH ON CAMPUS

Mr. Edward Walrod's article slanders the student leaders of Campus Ministry, and for this I apologize. As a student who spends most of her time in Campus Ministry with the very "elitist clique" Mr. Walrod attacks, I feel it is necessary to write a response. I cannot speak for the feelings of other Christian denominations, as I am a Catholic, and thus cannot address their feelings of isolation. But as a Catholic I have specifically struggled with the sacrament of Confession and have spent many hours speaking with priests, lay ministers, and various

students within Campus Ministry. No one has questioned my faith. No one has called me "Catholic by name only." In fact, I have never heard those words uttered in the Campus Ministry center and I spend much of my time doing work down there.

I am curious if Mr. Walrod interviewed any non-Catholic Christians, or if he talked to any of the members of Campus Ministry before making such bold claims; many students do know that the people who are pro-choice and pro-gay marriage have come to these decisions thoughtfully and do not use these as reasons to call someone not a "real Christian." Campus Ministry is a Catholic organization, and as such it will stand behind the teachings and

doctrines of the Catholic Church. All denominations have specific tenets and doctrines which they hold as necessary for believers to follow. For that matter, there are dominations that support gay-marriage. The Catholic Church is not one of them and has come to this decision theologically, just as Mr. Walrod has come to his decisions theologically. I am sorry he feels isolated from the Catholic Church and from Campus Ministry (as it appears this is the case), but I fail to see how a group of students on this campus who help run the organizations within Campus Ministry have driven him or others from the faith because they hold to the specific doctrines of Catholicism.

This is a Catholic campus and thus decisions will be made through

that lens, but the school is not "commandeering the faith." The school does not command students convert to Catholicism, but ask that they respect the teachings of the Church, even if they disagree with them. I do not find the members of Campus Ministry—students and adults—to be anything like the Westboro Baptist Church, and I am personally offended by Mr. Walrod's closing paragraph which was yet another unfounded and unnecessary attack.

To those student leaders of Campus Ministry, some of the nicest and most open students on campus, I apologize for Mr. Walrod's words.

Send Letters to the
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Opinions to
commentary@
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The Cowl is committed to accuracy and carefully checks every article that goes into print to ensure that the facts are presented clearly and truthfully. If you find an error in any article, please email the Editor-in-Chief at editor@thecowl.com. Corrections will be printed as necessary.

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You Are Always Enough

by Gabriella Nigro '16
Associate EIC

EDITOR'S COLUMN

Like clockwork, the leaves fall and the air starts to chill again. In the blink of an eye, school starts up, and the lightweight tees turn into thick-knit



sweaters. The summer-faded flip-flops get boxed away, and shearling-lined moccasins replace them.

The Fourth of July, Labor Day, Columbus Day, Senior Ring Weekend, and Halloween. Like pages of a children's bedtime story, they pass so effortlessly. Speckled with late nights out and friendly birthday celebrations, the days all roll into one. They tumble like eager children down a lightly snow-powdered hill minutes after the first faint dusting of winter.

As soon as the frost begins to bite and we taste those Christmas treats (hopefully, gluten-free), we're already planning our vacations for the upcoming months. Before we can rest, those same fingertips that enthusiastically unwrap our holiday goodies are using recycled giftwrap to delicately repackage the ornaments on the wilting spruce tree.

Astoundingly so, Jan. 1 comes, and we relive the same habits over again. Yet repetition may not be so terrible. Like the saying goes, if it's not broke, don't fix it.

But maybe sometimes we could

use a change. We can afford something different, even if it's a mere gesture. Even if it's just glancing up from your phone on the walk to class and noticing the different colors of rich orange foliage that blanket your path—live dangerously and try it.

Even if you're up late, viciously hacking at your keyboard while you try to produce some sad version of an essay that's due in three hours, stop. Stop for two minutes to close your eyes and hum some off-tune verse your mom would sing when you couldn't sleep that made you feel so small.

Sometimes we think we know so much...Yet how much is really forgotten? In a world and life that fixates on, "What's next?" and "Where do I go from here?" no amount of work is ever sufficient. And in that flaw, we so easily forget the memories that could make us smile more.

In a life filled with static anxieties, disorders, inadequacies, and hate, we forget what good is. We have no concept of "good enough." But maybe it only takes one person to believe in the face of all that seems so uncertain, you are good. You are always enough.

TANGENTS & TIRADES

Avoid Friday Afternoon Seminars

A 2:30 p.m. DWC seminar is probably the worst thing that could ever possibly happen to a student at Providence College. Two-thirty is when my last class should be ending, not when it should be beginning. And I certainly should not be sitting in a classroom at 4 p.m. when I could be doing something else productive, like taking a nap. It is especially terrible when this 2:30 p.m. seminar is on a Friday. Most people are done with classes by lunchtime, but for the lucky few who have to discuss the meaning of justice, we are forced to make the trek to Ruane while everyone else is free for the weekend. One hour and fifty minutes is long enough to sit at a circular table and try to wrap my head around Plato's *Republic*. It feels like an eternity. Do not bother asking the professor to let the class out early because either way the line for Madness tickets will be halfway to the library by the time it is over. On vacation weekends, the campus will be deserted at 4:20 p.m. because everyone will have already gone home. Bottom line, seminars that are late on a Friday afternoon should be avoided at all costs.

-Hannah Paxton '19



May the Force be With You on Dec. 17

I sat in a dark room on the sixth floor of the apartment. I had forsaken the outside world and given in to my darkest desires. While my paper for a political science class was put on indefinite hold a thought crossed my ever darkening mind, "What if I don't get a *Star Wars: The Force Awakens* preshow ticket for Dec. 17? What if I had to wait in agony for the crowds to die down?" The force was not with Fandango and Movietickets.com as they had both crashed due to demand. I sat refreshing for four hours until by some force given miracle the site logged me in and I had received my coveted ticket. This week though, I came to the realization that despite it being over two weeks since the tickets went on sale THERE WERE STILL TICKETS AVAILABLE FOR THE DEC. 17 PRESCREENING. WHAT IS THE MATTER WITH YOU FRIARTOWN?! I mean how could you miss the single greatest and most defining moment of the 21st century?! I HAVE A FINAL THE NEXT MORNING AND I AM GOING. Get off your butts and go buy the tickets! How can I be the only one of us attending such an important event? This is forcing me to invite Sith Lords from Brown to attend this spectacular event. GO OUT AND BUY YOUR TICKETS TO THIS NOW. MAY THE FORCE BE WITH YOU...and with your spirit.

-Edward Walrod '16

STAR
WARS

Steer Clear of Styrofoam Cups

If you're like most college students who drink Dunkin' Donuts iced coffees, then you probably know the struggle of how suddenly condensation seems to collect on your cup, quickly dripping down the sides as the ice starts to melt, ruining your perfect iced caramel swirl, and with it, the start of your day. And while many people will reach for the handy Styrofoam cups Dunkin' Donuts offers their customers to insulate their delicious beverages, what they don't know is the severe environmental impact these little cups have. While Styrofoam cups may be convenient, PC administration needs to take more serious action in promoting the banning of Styrofoam cup distribution from our Dunks on campus. And if you're wondering about the environmental impact of Styrofoam, you'll be interested to know that it is not biodegradable and is a primary component of urban litter, as well as marine debris. Made from Polystyrene, Styrofoam contains Styrene and Benzene, toxic substances suspected of being carcinogens as well as neurotoxins. Styrofoam occupies more space in landfills than paper does, and it is manufactured using HCFs (hydrofluorocarbons) which directly affect the ozone layer. And these are just a few of the negative impacts these little white cups have! While there have been great student efforts to get rid of these cups on campus—especially by members of SEAC (Student Environmental Action Coalition) as they promote sustainability, hand out koozies in front of Dunks, increase awareness of the dangers of Styrofoam, and more—we need greater support from PC administration if we want to make real progress toward the elimination of Styrofoam cup distribution from our Dunks on campus.

-Sarah Kelley '18



PORTFOLIO

The Cowl 17
November 5, 2015

TRICK OR TREAT

by David Martineau '18
Portfolio Staff

FICTION

Halloween was over, but Liam Johnson's excitement had only just begun. Sitting on the rug in his living room, still wearing his Darth Vader costume, seven-year-old Liam was rifling through his massive bag of Halloween candy, painstakingly gathered over the course of two dozen houses. There were chocolate bars, gummy bears, licorice, and even candy canes (from those who liked to start Christmas early). Liam had poured out the entire bag on the rug, making a pile that stood chest high when he sat next to it. It was like a mountain torn right out of Candyland, a brightly colored smorgasbord of sugary sweetness just waiting to be devoured.

Liam examined the pile closely, carefully choosing which piece of candy he was going to consume first. There were so many choices—sweet and sour, crunchy and chewy, coconut and caramel and lollipops and bubble gum. It was almost too much...almost.

Reaching deep into the pile like a pirate in search of treasure, Liam grabbed the first piece of candy he laid his fingers on, which turned out

to be a miniature chocolate bar filled with caramel and nougat. Ripping off the wrapping paper, he stuffed the chocolate into his mouth and chewed greedily, sighing happily as the taste of sugar filled his mouth.

Nearby, his mother was watching with a smile. "Only a few, Liam," she said, "You don't want to run out on the first night."

Liam nodded, though he wasn't listening, and soon after he had wolfed down four more pieces of candy. His mother walked over and began putting away the rest, grabbing handfuls and putting them back in his Halloween bag. "That's enough for tonight," she said, "You can have a few more tomorrow."

"Aw, c'mon mom, just one more," Liam pleaded, "It's still Halloween."

She smiled briefly, letting him have one more piece. "But that's it for tonight," she warned.

Grumbling unhappily, Liam quickly removed his costume. After watching a little TV, he brushed his teeth, jogged up the stairs, and went to bed. That night, all he dreamt about was candy. Chocolate and caramel danced through his head like sugar plums at Christmas. When he woke up the next morning he could almost feel his mouth watering.

He was playing his video games

when his mother stuck her head into his room. "Liam, honey," she said, "I have to go run some errands. I'll be back soon."

"Okay," he said, not taking his eyes off the screen.

"Don't eat too much candy while I'm gone," she said, nodding towards the bag beside Liam's bed before she left. Liam waited until he heard the door close behind her. Then his eyes drifted over to the bag of candy. *Well*, he thought, *One isn't that many*.

The first piece he ate was a snack-sized Butterfinger. It tasted so delicious as it went down that he quickly grabbed another. After that one, he reached for a third, and then a fourth. Numbers five and six followed. Soon he had reached 10, and then 20. He felt a pleasant buzzing in the back of his head as he tossed piece after piece of candy into his mouth. His lips became smeared with sugar and chocolate as he consumed more and more candy. He was in heaven. Why on Earth did his mother think eating candy was such a bad idea? If he could, Liam would eat three meals a day of candy for the rest of his life.

When he reached 50 pieces of candy, Liam began to feel...odd. He ignored it at first, thinking that he might be eating slightly

too fast. Slowing down, he turned back to his video games, but kept sticking his hand into the bag and popping candy into his mouth. A pile of open wrappers accumulated on the floor beside him, growing and growing as he ate more and more. Now his stomach was starting to feel a little queasy. He didn't know why. He had slowed down his eating enough, hadn't he? Maybe he should stop. But the candy was just too good, so he didn't.

When his mother came back from her errands, she walked into Liam's room to check on him. She found him lying on his bed, chocolate smeared all over his cheeks, wrappers strewn on the blankets all around him. Shaking her head, she said, "Now what do we have here?"

A groan escaped Liam's lips and he turned his head to look at her. "Oh, mom," he said softly, "I feel terrible. I should have listened to you."

Chuckling, his mother began to pick up the wrappers lying around her son. "I guess now you know what 'trick or treat' really means," she said.

Liam nodded. "I'm never gonna eat another piece of candy again," he said.

His mother shook her head. "Somehow," she said, "I highly doubt that..."



Illustration by Abigail S. Henry '16

Two Writers Walk into a... Celtic Sacrifice

by Joey Aiello '17
Portfolio Staff

KANYE WEST

by Abby Johnston '17
Portfolio Staff

JULIUS CAESAR

Setting: Kanye West bumps into Julius Caesar at a Celtic Sacrifice.

Kanye West: What's up fam?
Julius Caesar: Family? Young pleb, we do not even share the same patria.
Kanye: Pleb? What does that mean, is it an insult man?
Julius: A pleb is what you are and you must bow before I, the emperor god.
Kanye: Yo, I am a god, didn't you hear that track off *Yeezus*?
Julius: You are no god. Gods manifest on Earth in form of powerful leaders that win great battles and show bloody prowess on the battlefield.
Kanye: I've won plenty of battles, I got 21 Grammys and I won them over my lesser competitors.
Julius: Emperor gods are not only marked by victories, but also the multitudes of devout followers who bow down in their honor.
Kanye: Have you ever been to a Kanye West concert man? Literally hundreds of thousands of people scream my name and lose their minds.
Julius: Your followers are but fools.
Kanye: They go wild for me because I am a god.
Julius: Gods require human sacrifice, look for example to the plebs being sacrificed to your right in the name of

a god. However, a Roman would never stoop so low as to commit human sacrifice.
Kanye: I once met a fan who named their firstborn child after me. If that's not godly devotion, IDK what is, bro.
Julius: I say, you are no god! Gods must be of a high born family.
Kanye: I'm from the royal family son, the holy trinity of Jay, Ye, and Bey... and there's also Kim.
Julius: Is this Kim your queen?
Kanye: Damn straight Kim's a queen son, didn't you see her break the internet last year?
Julius: Internet? I know not this gibberish you speak.
Kanye: It doesn't matter. I am a god.
Julius: Fool! Godly kings influence the lives of thousands of fearful subjects with the inspired societal commands they create. Look at these Celtic fools here, who follow the mere imagined command of their gods to bind and burn in the wicker man, their very own innocent tribesman.
Kanye: Ain't you heard of the Red Octobers? My shoe line? People literally wait in line for hours just to get a pair and the people who don't get 'em fight other people for 'em. Shoe stores hold events in my honor, just like these cray Boston Celtics fans over

here.
Julius: **Turns to observe the sacrifice** Look on as the heathens fashion a rope tangled with mistletoe and hang it around the wicker man's neck, a pulley to raise the next woeful victim into his maw.
Kanye: So these people sacrifice other people in the name of their god huh?
Julius: Precisely.
Kanye: Say they were to screw up and accidentally sacrifice a god, he would live because he is a god!
Julius: **raises eyebrows and lips twitch** I suppose...look, the Boston Celtics have arrived to crown you with mistletoe ropes and send you to your fellow gods, but I warn you, you are no god.
Kanye: I am a god! I'll prove it when I hop in burning man over there and live and then all these Celtics will be Kanye fans too.

Kanye motions to volunteer himself for the sacrifice

Kanye: I've died once before for the artists to have an opinion, I'll die again in the name of this religion and be born again a god.

Kanye jumps in the sacrificial wicker man before all his adoring fans

PHOTO COURTESY OF MARK CARTER

Black-Out in the Corner

by Ariana Pasquantonio '16
Portfolio Staff

POETRY

IN DEFENSE OF SCEPTICISM

[The text of the poem is almost entirely obscured by thick black horizontal bars.]

The Painter

by Marisa Gonzalez '18
Portfolio Staff

FICTION

Walls surround him, white walls, walls that never moved and stayed the same. These walls are his home, his canvas, his portal. I. M. Emerson sits with eyes stern and concentrated. He has been visited today by one of his regulars: a little girl who wished for a pink pony. Margaret Loman was her name and she always had a vibrant smile and glowed a shiny gold. Her halo, he called it. This exuberant glow and vibrant vibe is what motivated Emerson to make this painting his absolute best. He smiles, a crooked but content smile. With a frail, shaky but careful hand, Emerson picks up a paint brush with worn bristles. Like his paintings, these bristles held stories, pasts, and magic within them. A steady stroke of pink paint moves across the canvas.

I.M. Emerson was born Ian Michael Emerson. His mother was a housewife and his father was a cook. He was not very sociable or wealthy, but he had talent. This talent is what defined him, made him worthy. He painted, painted dreams. Dreams that were so crazy and seemingly impossible but he made them real, real enough to touch. He was visited by millions, some who were poor and desperate; some who had it all but wanted more; and some who had wild imaginations like Margaret. However, Emerson had a secret, one that only he knew and others soon found out. These dreams could not be maintained. They were, of course, just dreams, though many failed to comprehend this. When some tried to obtain the dream, the picture would become a collage of colors. "Trickery!" some would shout, but Emerson would just shake his head and simply say, "Life."

PHOTO COURTESY OF KRISTEN FALLS

Listomania

Holidays That Should be Celebrated Between Halloween and Christmas

Leif Erickson Day (Hinga Dinga Durgen)

Halloween...Part Deux

Dad's Birthday

Saturnalia

The End of Finals Day

Guy Fawkes Day

Guy Fieri Day

Festivus

Have a Party with your Bear Day

Hug an Old Lady Day

Thanksgiving

Stay Home Because You Are Well Day

Portfoliolivus

**Some are real, some are not. Have fun celebrating!*

Smoke

by Branan Durbin '16
Portfolio Editor

POETRY

Laying on our backs in the grass,
I can see the sunlight streaming through the trees
(which you noticed)
and smoke from a flaming firepit
passes through it, making the rays
more visible.

You tell me you wish
you could be in a better mood,
and I focus on the smoke,
trying to think of an answer.

You seem thoughtful, to the point where
your eyes don't focus
on anything past themselves,
staring straight out of this yard, town, state,
through the cloudless sky.
I want to take the smoke present in your mind
and throw it back to the fire,
where it belongs. Instead,
I just snuggle a little closer
closing my eyes with my warmed face
and tell you it'll be alright,
today's a fine day to be thoughtful;
bits of burnt paper flying through the air
aren't allowed to be alone.

PHOTO COURTESY OF CHRISTIAN REF

Tiffany & Earl

*Making PC an emotionally stable
place one letter at a time*

Dear Tiff and Earl,

It is my first year and I chose my roommate by lottery. We started getting along well; we got involved with BMSA, have two classes together, and we go to the gym together. But several weeks ago I realized one of my pairs of jeans was missing. They are a really nice pair and I saw them in her laundry basket two weeks ago. I asked her if she borrowed them but she denied it. When I asked again she got defensive and now I have no idea where my jeans are?! I don't want to accuse her of stealing but she needs to return my designer jeans! Please help!

Sincerely,
Feelin'-Taken-Advantage-Of-Friend

Dear Soon To Commit Jean Related Homicide,

Your choice is clear. You can be a pushover and let this thief get away with a crime most heinous: the theft of the sacred jeans of sisterhood. Or, and stay with me, you can take all her jeans and donate them, slash them, bleach them, and/or burn them. This way she never messes with you again and you can potentially clothe very many jeanless people. When she asks you, "Where are my jeans?" you can simply respond with, "I don't know where they are." I mean if you choose to donate them, this technically isn't a lie as there is a very good possibility they are half way across the world and you very well don't know where they are.

Freshmen year roommates rarely work out and if they do it is because too many of us look the other way when they steal our jeans...money...wallet...food...friends...family. Should you want to confront this roommate again I suggest you bring in bear mace. Don't actually spray her with it. Just wave it around and if she continues to deny it, spray all her food with it, and if she continues to inflict herself with such pain again then spray her in the eyes. She can't steal jeans if she can't see.

In a court of law you may be charged with aggravated assault. Clearly you were acting out of self-defense. Clearly she was the one who threatened you first. I mean her credit card shows charges for bear mace, correct? Maybe she buys you new jeans and a matching top in addition to returning your designer jeans and we forget this whole thing ever happened? (Not legal advice.)

Stand your ground,



Tiffany

Dear Pushover Friend,

Hold on, I'm trying to get a grip on this one. There's this pair of jeans you like. You don't currently own said pair of jeans. You know where said pair of jeans are. Why has it never crossed your mind to steal them back?? You're getting off easy for now if you ask me. If these jeans are as good as you say, in another two weeks those jeans are going to be snatched out of the laundry by some random girl who also just has to have them and then you'll have no idea where they are. The first rule of stealing (or was it the seventh?) is to always steal at the first opportunity because you may never get that opportunity again. To use a baseball term, never get caught flat-footed. (Or leave your starting pitcher in too long against the Royals. Suck it, Mets.)

Earl Sticky-Hands



EARL

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.

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100 EATON (EDENDERRY)



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NEW kitchen



141-143 PEMBROKE (TIPPERARY)



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SPORTS

Cross Country Shines at Big East Championships

Women Victorious, Men Finish Third

by Jeff Williams '17
Sports Staff

CROSS COUNTRY

In what has become by far the least surprising story for anyone who follows Providence College Athletics, the Friar Men's and Women's Cross Country Teams have again sprinted to the postseason in great form. With legendary coach Ray Treacy '82 again leading the way, both the men and the women dominated the UNH Dual Meet on Sept. 5 and the Nassaney Invitational on Sept. 12 with easy victories, sending the women to No. 8 in the national polls, with the men at No. 24.

The Friar women faced their first stiff test of the season at the Coast-to-Coast Battle in Beantown versus No. 4 Georgetown, No. 19 Syracuse, and No. 25 Dartmouth. With 42 points, it was not even close—Syracuse was second with 126. All-Americans Catarina Rocha '17 and Sarah Collins '16 took third and fourth, and Lauren Mullins '16, Brianna Ilarda '18 and Katie Lembo '18 finished inside the top twenty. Emily Bushey '17 (21st) and Molly Keating '16 (51st) rounded out the lineup. The Friar women jumped five spots up to No. 3 in national polls after dominating their first big race, and Rocha earned her second Big East Athlete of the Week honor.

At the Princeton Invitational on Oct. 3, the Friar men faced a large field, with two other ranked teams—No. 19 Indiana and No. 29 North Carolina. They wound up fifth overall with 11 points, but Tom O'Neill '18

shined, leading for much of the race before coming in fifth at 24:12. Hugh Armstrong '17 (22nd), Julian Oakley '16 (23rd), Trevor Crawley '17 (26th), and Aaron Hanlon '18 (35th) completed the Friar top five. Christian Costello '16 and Stephen Robertson '16 were not far behind in 42nd and 48th respectively.

At the New England Championships at Franklin Park in Boston on Oct. 10, both teams ran their "B" squads in order to decide the final three spots of their 10-strong roster for the Big East Championships that took place on Halloween. For the women, Mackenzie Barry '18 came first in 20th place overall. She went into the Big East squad, alongside Keelin Hollowood '17 and Kaitlyn LiPuma '18. The men's race saw Austin Scola '19 come in first at 28th place, to be joined in Ohio by Michael O'Leary '19 and Joseph Vercollone '16.

Eighteen of the Top 25 women's cross country teams in the nation were scheduled to participate in the Adidas Wisconsin Invitational, including #1 New Mexico. Additionally, the men's side had 10 of the Top 20 teams in the country. With Rocha, their number one runner, on the sidelines due to a sprained ankle, the Friar women took fifth as the top ranked Lobos cruised. Collins led the way for her team, finishing eighth with a time of 19:50.8 after being in front of the whole pack until the last mile, a performance that earned her the Big East Athlete of the Week.

Mullins performed well in the second position, finishing 31st. Lembo (42nd), and Ilarda (58th) also ran well in a huge field of 246, while Keating snatched the

fifth spot, and was followed later by Barry and Bushey. The men finished 15th overall, beating #11 Wisconsin and #16 Indiana. Oakley led the way, taking 45th place in 24:08.5, and O'Neill just seven seconds behind in 64th. Armstrong (97th), Hanlon, Crawley, Robertson, and Costello rounded out the Friar lineup in that order.

As Halloween approached, both Friar teams geared up for the Big East Championships in Mason, Ohio at the Golf Center at King's Island, that were hosted by the Xavier Musketeers. Lining up for the No. 24 men would be Oakley, O'Neill, Armstrong, Crawley, Hanlon, Robertson, Costello, Scola, O'Leary, and Vercollone. The Friar men would finish third overall with 68 points, behind the champion No. 15 Georgetown Hoyas and the runner-up No. 25 Villanova Wildcats; both dominated the top ten, but Providence filled out much of the top 20.

Oakley came in 9th at 23:24.4, and Armstrong was four seconds behind in 12th. Hanlon and O'Neill took 15th and 16th, while Crawley clinched third place, finishing 18th in 24:04.9. The 40 second difference is excellent in cross country, showing just how well the men have worked as a team all year long.

Finishing next was Robertson (21st), Scola (25th—best true freshman), Costello (27th), O'Leary (38th), and Vercollone (46th). As the Top 20 received All-Big East honors after the race, Julian Oakley was named to the All-Big East First Team, and Armstrong, Hanlon, O'Neill, and Crawley made the Second Team.

For the No. 6 women, Collins, Rocha,

Mullins, Lembo, Ilarda, Keating, Barry, Bushey, Hollowood, and LiPuma went off at the gun. The women dominated on their way to Treacy's 17th career cross country title (seven titles for the women, 10 titles for the men). With 26 points, the Friars held the top three spots, as well as four of the top six. Collins sprinted out to an early lead and never looked back, winning with a sizzling time of 19:32.1. Mullins was runner-up at 19:47.4, Lembo finished third three seconds later, and Rocha came in 6th in 20:00.3.

Sixteen seconds later, Ilarda came home in 14th to clinch a Big East title. Keating and Bushey took 19th and 20th, while Barry (26th), Hollowood (57th), and LiPuma (68th) rounded out the Friar lineup. The entire Top seven received All-Big East honors. Collins, Mullins, Lembo, and Rocha made the First Team, and Ilarda, Keating, and Bushey were named to the Second Team. For their excellent coaching job this season, Coach Treacy and Assistant Coaches Stephanie Reilly '01 and Tim Brock were awarded with the Big East Coaching Staff of the Year Award.

The Friars will return to action at the NCAA Northeast Regional Championships at Franklin Park in Boston on Nov. 13. There they will compete for two automatic bids for the NCAA Championships, which takes place on Nov. 21, and could be the culmination of an incredible season.



The women's team celebrating their Big East Championship title.

PHOTOS COURTESY OF FACEBOOK.COM

Editor's Corner: The First College Football Playoff Rankings

by Joey Ciccarello '16
Sports Editor

COLUMN

The release of the 2015 season's first College Football Playoff rankings this past Tuesday brought about the expected reaction from fans, pundits, and athletes alike: mass hysteria. Teams such as TCU and Baylor felt snubbed, while teams such as Clemson and LSU felt validated for their success through the first two-thirds of the season. This is, of course, a natural reaction; the first rankings for any sport provide a flurry of excitement and disappointment that get people talking. However, these rankings should simply serve as a reminder that it is only the final rankings that truly matter.

Consider last year's initial College Football Playoff rankings. Mississippi State topped those rankings, followed by Florida State, Ole Miss, and Auburn. However, it was only Florida State who survived the whole season in College Football's Top Four, with the other three stumbling to multiple-loss seasons. Eventual College Football Playoff representatives Oregon, Alabama, and Ohio State sat at fifth, sixth, and 16th respectively. The Playoff selection committee changed their mind on a seemingly weekly basis, even dropping TCU from third to sixth just

before the final rankings were released.

In addition to this, one look at this season's preseason polls shows just how quickly things can change. Iowa, currently undefeated and ranked ninth in the selection committee's eyes, was merely an afterthought during the preseason. The same goes for tenth ranked Florida, 13th ranked Memphis, and 14th ranked Oklahoma State. Auburn and USC began the season ranked sixth and eighth in the national polls; now, both are unranked and stand no chance of a playoff berth this year. TCU and Baylor opened as the second and fourth ranked teams; however, their lack of schedule strength has diminished their success in the committee's eyes.

Another important thing to remember is that the committee likely has a ceiling for each and every team. Even if Iowa, for example, finishes the season undefeated, their lack of quality wins may not allow them to ascend any higher than fourth or fifth in the final playoff rankings. Fifth ranked Notre Dame, however, could shoot up to a top two spot if they defeat Stanford, a Pac-12 favorite currently ranked 11th in the initial rankings. Memphis, a team outside of the

traditional power-five conferences, has a victory over 18th ranked Ole Miss, but it remains to be seen if that, coupled with an undefeated record, would be enough to shoot the Tigers into the top four. Teams like TCU, Baylor, Oklahoma State and Michigan State have higher ceilings, especially with key top-25 matchups on the horizon for each.

The point being is this; a team's destiny changes each week. Even if a team like fourth ranked Alabama keeps winning, their loss to Ole Miss currently prevents them from controlling their own destiny. Should Ole Miss lose once more, Alabama would be in good shape; however, if Ole Miss loses two or three more games, then the Crimson Tide's loss looks worse. It is not only about if you keep winning; in fact, a huge chunk of what the selection committee takes into consideration is whether or not you beat enough quality teams to merit a spot on college football's biggest stage. So, debate all you want about whether Clemson is a deserving number one, or if TCU, Iowa, and Baylor are too low. Just keep in mind that in the long run, these rankings mean very little.

GOLDEN STATE WARRIORS

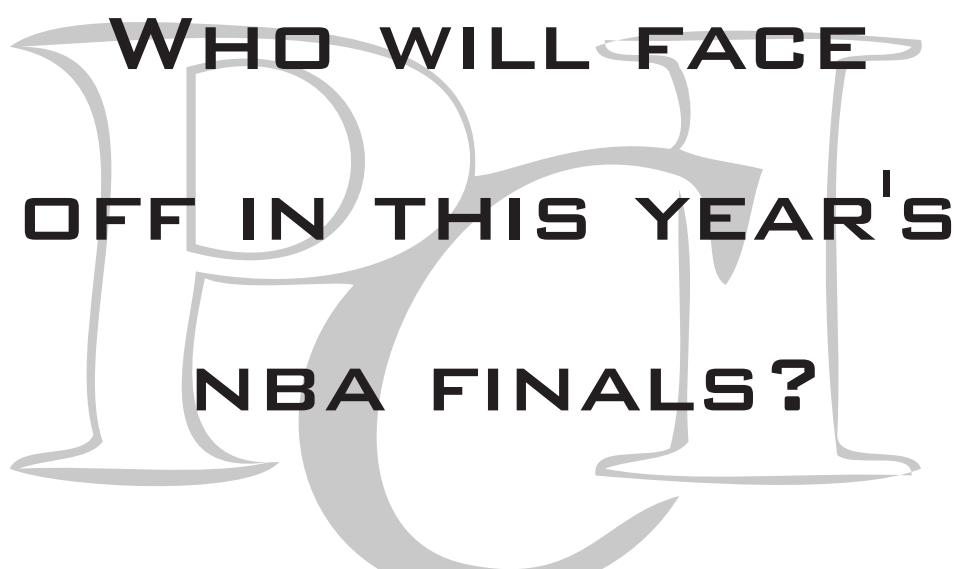
Last season, the Golden State Warriors had one of the best overall seasons in recent memory. In Head Coach Steve Kerr's first season with the team, they went 67-15, thoroughly dominating Western Conference opponents in the regular season. After their incredible regular season, they capped off the NBA playoffs with a World championship, defeating the depleted Cleveland Cavaliers in six games.

Normally, after capturing an NBA championship, a team will suffer certain losses to their roster, either due to cap space or disagreements about player's roles. This was not the case with Golden State, as they were able to hold on to a few of their major pieces, including Klay Thompson, Draymond Green, Marreese Speights, and Leandra Barbosa, all of whom were signed during last year's regular season or over the off-season.

Through the first few games of the 2015-2016 NBA regular season, the Warriors appear to have lost none of the chemistry that drove them to last year's championship. Most recently, they dismantled a serious Western Conference contender, the Memphis Grizzlies, to a tune of 119-69. This type of blowout between Western Conference contenders is unheard of, and is a testament to the type of talent that Kerr has in his arsenal.

With reigning Most Valuable Player Stephen Curry at the helm, the Warriors look to be unstoppable once again. Through four games this season, Curry is averaging 37 points, 6.3 assists, and 5.0 rebounds per game. Obviously, these types of numbers are unrealistic over the course of an 82 game season, especially when considering the amount of offensive threats that exist in the Golden State offense. However, if Curry is able to play at a level that even resembles his early season play, then the Warriors will be representing the Western Conference in the NBA championship.

-DJ Anderson '16



CLEVELAND CAVALIERS

For the last five seasons, the NBA's Eastern Conference has followed a similar narrative. While teams such as the Atlanta Hawks, Brooklyn Nets, Chicago Bulls, and Indiana Pacers threaten to bring down the mighty LeBron James, James and either the Miami Heat or Cleveland Cavaliers have represented the Eastern Conference in the NBA finals. This season, it looks to be more of the same; while the Bulls, Heat, and upstart Washington Wizards pose a threat to Cleveland, it is impossible to imagine James not heading back to his sixth straight NBA Finals next June.

While James is the engine that makes the Cavs go, no other Eastern Conference team owns the supporting cast that he does either. Flanked by point guard Kyrie Irving and power forward Kevin Love, James has once again created a big three that, if healthy, will help him be successful in the same way that Dwyane Wade and Chris Bosh were in Miami. Beyond Love and Irving, defensive stoppers like Timofey Mozgov and Iman Shumpert provide help both inside and outside of the paint. For all his flaws, J.R. Smith can change the complexion of any game with his natural ability to score. On top of Smith, Mo Williams provides depth needed for point guard, especially with Irving out for the foreseeable future with a knee injury. Tristan Thompson returns as power forward after concerns about his contract, and his rebounding ability is nearly unmatched throughout the league.

The Cavs are not only better than everyone in the East; they are better than they were last season, a season in which they lost only two times in the playoffs prior to the NBA Finals. Barring catastrophic injuries, LeBron James and the Cavaliers will once again appear in this season's NBA Final.

-Joey Ciccarello '16



PHOTO COURTESY OF TIGERNET.COM

Killer Hiller Slays The Demons

Gives the Friars an 80th minute go ahead goal in Big East Tournament

by Lauren Altmeyer '17
Sports Staff

WOMEN'S SOCCER

This season has been a historic one for the Providence College Women's Soccer Team. The Friars set the program record for most wins in a single season with 12 victories, finishing off the regular season with a 12-7 record. This achievement beats out the previous record of 11 wins and an 11-5 record set in 1991. With their best season to date, this team is looking to win it all.

On Friday, Oct. 30, the team played their last game of the regular season. This game was special, not only because it was the Pink-Out game for breast cancer awareness, but also because it was senior night. In a ceremony before the game, the Friars honored goaltenders Katherine Creamer '16 and Megan Sweeney '16, defensemen Jenna Donahue '16, Allison Mills '16, Morgan Thomasian '16, Abby O'Brien '16, and Morgan Testa '16, and forwards Lauren Elia '16, Kathryn

Hiller '16, Darci Vierra '16, Catherine Zimmerman '16, and Courtney Maguire '16. Head Coach Sam Lopes told *Friars.com*, "I would like to thank our seniors for their commitment to each other, the team, and our program on an incredible season to date."

Although the Friars lost to St. John's University in a 1-0 decision, Coach Lopes was very happy with the way the women played. After congratulating the Red Storm for winning the regular season title, Coach Lopes said, "we played so well but came up one play short." The first half of the game went scoreless with Providence leading in both shots (9-5) and corners (5-1).

The Friars' best chance at a goal came with just under 10 minutes remaining, when leading scorer Zimmerman (16 points) took a corner kick that was redirected by Madison Doherty '18. The ball was on target for the net but was deflected by St. John's defense. In the final minute of the game, the Red Storm's Rachel Daly, who ranks third in the nation in scoring, recorded her 19th goal of the season from 15

yards out. The loss put the Friars at the number six seed headed into the playoffs.

Big East postseason play began on Tuesday, when the Friars traveled to Chicago, Illinois to play the number three seed, DePaul University. The first half of the game was evenly matched as both teams had five shots each, but neither was able to find the back of the net. One of DePaul's best chances came when Taylor Schissler kicked a 30-foot shot to the top right of the goal.

It looked like it was going to go in when keeper Kristyn Shea '17 extended herself and was able to deflect it at the last second. The tie was broken in the 80th minute of play, when Hiller shot the ball over the goalkeeper's reach for her second goal of the season, securing the Friars 1-0 win. This game marked Shea's eighth shutout of the season, leaving her with a total of 15 career shutouts so far.

After the game, Coach Lopes spoke to *Friars.com* saying, "We knew the game was going to be very difficult against a dynamic attacking team that

scores a lot of goals, and playing here makes it even harder, so to win and earn a shutout speaks volumes. The team did a great job executing a game plan we felt would give us a chance to get to Omaha. Now, we have to focus on recovery because we have a very tough game against Georgetown. This team has the 'it' factor, so I'm very excited to have another opportunity later this week." The team's slogan throughout the year has been "we not me." This mentality has given the team the strength to set records, make history, and possess that "it" factor that will hopefully take them all the way.

The Friars will move on to the Big East Semifinals, something they have not done since 1994. They will face the number two seed Georgetown University on Friday, November 6 in Omaha, Nebraska. The Hoyas hold an 11-5-2 record and are coming off of a 3-1 win against Creighton University. With the 12 seniors guiding the team, the Friars are only two wins away from becoming Big East Champions for the first time since 1993.



Jill Clapp '17 celebrating with teammates earlier this season.

PHOTO COURTESY OF FACEBOOK.COM

Men's Soccer Making a Late Season Push

by Bryan Blum '17
Senior Sports Writer

MEN'S SOCCER

In just two weeks, the Providence College Men's Soccer Team will begin to defend the Big East Title, and although the season did not go as well as hoped, they have ended the season on a good run. Currently the Friars sit at fifth place in the conference with a 3-3-1 conference record and a 7-5-2 record overall.

Despite the near .500 record, the Friars have played well as of late; since Oct. 14 when they dropped a 2-1 decision to Villanova, they have gone 2-1-1 against their Big East opponents.

Against Seton Hall, Mac Steeves '17 led the offense with two goals in the 4-0 shutout. After going up 1-0 in the first half on the first goal, Steeves scored his second off a free kick in the 60th minute. Dominik Machado '17 and Brendan Constantine '19 also

added goals in the blowout.

The Friars followed up the victory with a scoreless tie against DePaul at Ray Treacy Field. In the double overtime game, the Friars registered 24 shots, half of which came off the foot of Steeves. Ben Seguljic '18RS made three saves in the fifth shutout of the season for the Friars.

In their next game against Marquette, the Friars' offense rejuvenated itself with a four goal game. Julian Gressel '17 provided most of the offense with four points. He assisted a goal for Klisman Sousa '19RS and scored the third goal of the game for the Friars to put them up 3-2. After the Golden Eagles tied the game 3-3, Gressel had his second assist on the game winner goal, which was scored by Machado just 16 seconds after the Marquette equalizer.

In their second to last game of the season, the Friars lost to the No. 1 team in the country, Creighton. Gressel scored the only goal for the Friars in

the 58th minute to cut Creighton lead to 2-1, but the Blue Jays added another goal to take the 3-1 victory.

The Friars have one game left in the season against St. John's, whose Big East conference record is 2-4-4. A win against the Red Storm would guarantee at least fifth in the conference, while a loss would mostly likely drop them down to sixth. If Providence wins and Butler loses, the Friars will move up to fourth in the conference.

To repeat their Big East Championship, the Friars will have to defeat many tough opponents. Although Creighton is currently the number one team in the country (which should change after being upset by Xavier), Georgetown is first in the Big East at 8-0 in conference play and 12-2-2 overall. They are also ranked seventh in the country. Xavier, who has already clinched third place, has also had a very successful season, as they have gone 5-2-1 in conference play and 11-4-1 overall.

The Big East Championship will likely be between the two Top 10 teams, as they have dominated all year but have not faced each other yet this season. Although this may be the matchup that many soccer fans want, the Friars still have the talent to play spoiler this postseason.

If they do make a playoff run, it will most likely be on the foot of Steeves. Steeves has been the offensive force for the Friars; he has scored 11 of their 23 goals this season, four of which have been game winners. Steeves cannot win the game by himself, and would need help from the two next best offensive players, Gressel and Machado. Gressel leads the team in assists with seven, while Machado is a great late game player—two of his three goals this season have been game winners.

Although they are not one of the top teams currently, the Friars have the talent to make a Big East Championship run once again.

Men's Hockey Rises to No. 2 Nationally



Josh Monk '17 with a slapshot during the Ohio State series.

PHOTO COURTESY OF WWW.FACEBOOK.COM/PROVIDENCE.HOCKEY/PHOTOS

by **Brannon Walker-Hodges '16**
Sports Staff

MEN'S HOCKEY

While most Friar fans on campus were dressing up in costumes and pretending to be an array of characters on Halloween weekend, the Friars' Head Coach Nate Leaman and the No. 3 Providence College Men's Ice Hockey Team were all business as they travelled to Colgate University to take on the Raiders in a two game weekend set. The undefeated Friars, who entered the series at 4-0-1, left Starr Rink with a weekend sweep against the Raiders after Friday and Saturday night. On Friday, October 30, the Friars convincingly defeated the Raiders 7-2.

The Friars were led by forward Brian Pinho '18 and defenseman Jake Walman '18. Pinho got the scoring started for the Friars early with a goal at the 1:20 mark of the first period from a shot by Nick Saracino '16 that ricocheted off of Colgate goalie Charlie Finn. The puck then bounced off the skate of Pinho

into the back of the net. The goal was reviewed by referees and was upheld. Following the goal, the Friars held the line on defense during two scoreless penalty kills. Pinho then scored another point by giving an assist to forward Ryan Tait '19, who scored his second goal of the season. Walman followed up by slapping a wrist shot past the Colgate goalie at the 14:07 mark in the first period, giving the Friars a 3-0 lead.

After Colgate scored just 54 seconds into the second period, Walman gave the Friars a 4-1 lead on a power play at the 6:54 mark with a one-time goal that was assisted by Calgary Flames draft pick and Friars centerman Mark Jankowski '16. The Friars' defense tightened up in the second period, allowing the Raiders to get off only four shots on goal, while the Friars got 13 shots of their own. The game broke open for the Friars as two more goals were scored in the period: Tait's second goal of the night, and forward Erik Foley '19, who followed Tait with his first goal of the season. The Friars were up comfortably 6-1 heading into the final period.

Defense held up once again in the third period as only one goal was scored by the Raiders at the 13:22 mark. Walman put the finishing touches on a great offensive night with an empty net goal at the 1:29 mark to earn the hat trick and the game win.

The matchup on Halloween night proved to be more frantic for the Friars, as the game with the Raiders was tight throughout. Goalie Hayden Hawkey '19 was called on by Coach Leaman to get his first career start. Hawkey held his own throughout the match as he recorded 24 saves. Saracino followed his three point game on Friday with a goal of his own off of a deflected shot on goal by Walman at the 11:03 mark to put the Friars up 1-0. Soon after, Colgate tied the game 1-1 as Hawkey let the puck zip past his shoulder.

As the second period got started, the Friars were ready to show the Raiders why they were the No. 3 ranked team in the nation. The next 10 shots on goal were taken by the Friars, who capitalized on the chances with forward Garrett Gamez '19 scoring his first goal

of the season at the 5:13 mark. Walman scored his fourth goal of the series to give the Friars a 3-1 lead. However the Raiders continued to battle, scoring a goal to cut the deficit to 3-2, heading into the final period.

Hawkey continued to defend the net well for the Friars in the final period. Saracino made the game-clinching goal at the 3:55 mark to give the Friars a commanding 4-2 lead. While Colgate was quick to respond with a goal less than a minute later, the Friars' defense stalled the Raiders to earn the 4-3 victory.

The Friars remain undefeated and ranked No. 2 in the country heading into their bye weekend. This gives the team time to recover as they prepare to face off against Hockey East competition. Friars will be back in action Nov. 13-14 at Schneider Arena to play the Boston University Terriers, who are looking for revenge after losing the NCAA National Championship Game to the Friars last season.

PC Knockerball Tournament

College Kids Fly in Life Size Bubbles

by **Ryan Wall '16**
Guest Writer

COLUMN

On Sunday, November 15, a Knockerball tournament will be hosted, where college students get the opportunity to play in a one-of-a-kind soccer game. Wearing life-size bubble suits, students have the chance to fly and bounce off their fellow classmates in the hopes of showing off their best soccer skills. This competitive atmosphere is the perfect place to release any frustrations that may have built up over the school year.

This event will raise funds for the Autism Project, a local Rhode Island charity that supports children who live with autism and their families. One hundred percent of the funds raised by



PHOTO COURTESY OF RYAN WALL '16

this event will be donated to the charity.

"It's heartwarming to see college students come together to help support and raise awareness for these kids and their families," said Joanne Quinn, executive director of the charity.

There has been an extremely high interest in participation since students on campus are excited to try something new. The tournament will be round robin play with food and drink included—a competitive and fun-filled day is to be expected.