

The Cowl

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How Much Food Goes to Waste in Ray? "Clean Plate Challenge" Hosted by ECOPC

by Sarah McLaughlin '23
Editor-in-Chief

CAMPUS

Last Monday, you may have noticed something different at the Ray dish return. On Nov. 21, ECOPC hosted their annual Clean Plate Challenge. For two hours during lunchtime, volunteers from the club set up a table at the dish return area in Raymond Dining Hall and asked students to discard the leftover food from their plates into a tray which sat on a scale. The food waste was weighed and then collected in a bin for composting. The volunteers measured a total of 67.18 pounds of food waste during the two hours.

"Because people were already home for Thanksgiving, this number doesn't even account for them," said Sam Dietel '23, an ECOPC executive board member. "There is likely a greater amount of food waste taking place in the dining hall than was calculated."

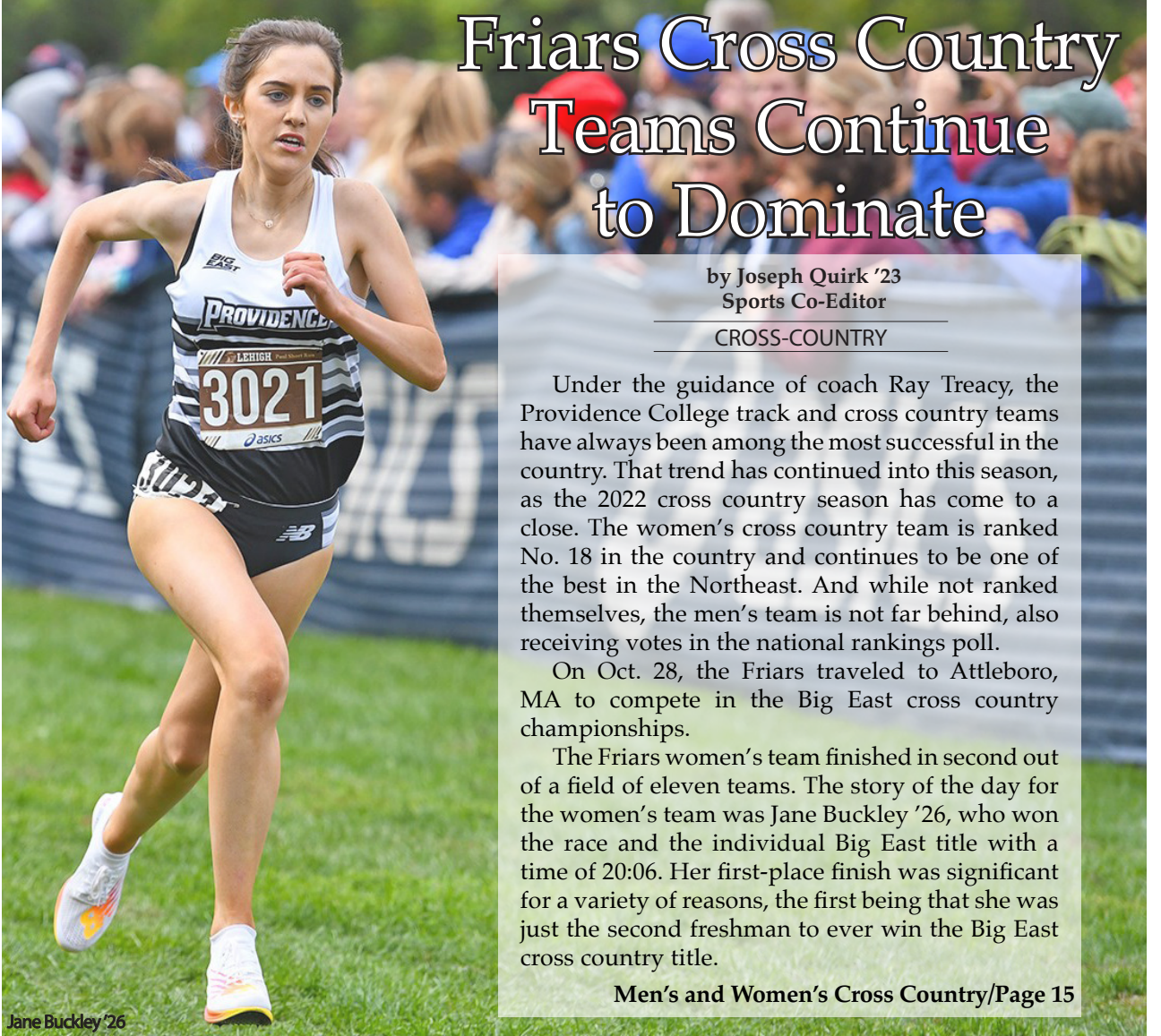
The project was intended to communicate to Sodexo how much food is wasted in Ray and to raise awareness about the problem of food waste. The club displayed a poster with facts about food waste, including that 10 percent of greenhouse gas emissions are from food waste alone, 1/3 of produced food is wasted, 870 million people could be fed with just 1/4 of our wasted food, the U.S. alone wastes over 100 billion tons of food every year, and \$1 trillion is lost globally each year from food waste.

Clean Plate Challenge/Page 3



PHOTO COURTESY OF MAGGIE RITCHIE '25

Students were asked to clean their plates into this dish, which was weighed each time it was filled and then emptied into the composting bin.



Jane Buckley '26

Friars Cross Country Teams Continue to Dominate

by Joseph Quirk '23
Sports Co-Editor

CROSS-COUNTRY

Under the guidance of coach Ray Treacy, the Providence College track and cross country teams have always been among the most successful in the country. That trend has continued into this season, as the 2022 cross country season has come to a close. The women's cross country team is ranked No. 18 in the country and continues to be one of the best in the Northeast. And while not ranked themselves, the men's team is not far behind, also receiving votes in the national rankings poll.

On Oct. 28, the Friars traveled to Attleboro, MA to compete in the Big East cross country championships.

The Friars women's team finished in second out of a field of eleven teams. The story of the day for the women's team was Jane Buckley '26, who won the race and the individual Big East title with a time of 20:06. Her first-place finish was significant for a variety of reasons, the first being that she was just the second freshman to ever win the Big East cross country title.

Men's and Women's Cross Country/Page 15



The Providence College Men's Cross Country team

PHOTOS COURTESY OF FRIARS.COM

UNDER THE HOOD

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Featured Friar: Brigid McEvoy

Doing Exeptional Research in Her Fields

Brigid McEvoy, a senior from Brooklyn, New York, has been an outstanding member of the Providence College community over her last three years, as seen by her commitment to academics as well as her impressive involvement in clubs and research on campus.

McEvoy is a double major studying history and Spanish, and a double minor in business and innovation and Latin American Studies. She has worked with Dr. Edgar Mejia from PC's Department of Foreign Language Studies and researched contemporary Latin American female authors. She has also performed primary and secondary source research on friendship in Medieval and Renaissance literature with Dr. Robert Stretter from PC's Department of English. McEvoy worked with Dr. Steven Smith from PC's Department of History and Classics to do research for a forthcoming book project on Peter Force, a 19th-century newspaper editor.

McEvoy has been part of many research studies on campus, one of which she conducted after receiving the Veritas Research Grant. This grant gave her the opportunity to work with Dr. Adrian Weimer from PC's Department of History and Classics, and decipher a shorthand writing from Michael Wigglesworth's diary. Wigglesworth was a famous poet and preacher in early New England, which made this a huge challenge, but also a great accomplishment.

McEvoy was inducted into the Phi Alpha Theta History Honor Society which is yet another one of her academic accomplishments. She is currently working on her thesis which is concerned with the Argentinian military dictatorship. She is particularly focused on the relationship between the culture of silence under a totalitarian dictatorship and how this influences survivor memory.

Outside of academics, McEvoy is actively involved in many clubs on campus. She is currently on the executive board for Admission Ambassadors and has been a member of the club since freshman year. She is also a senior

by Syd Olinger '23
News Co-Editor

CAMPUS

Admission Fellow, which involves interviewing prospective students.

Gaelic Society and PC Irish Dance Club are two more clubs McEvoy is a part of. She was the Vice President of Gaelic Society her sophomore to junior year and is now the President of the club. In Irish Dance Club, she is on the executive board and serves as the club's secretary.

As a student in Honors DWC, after completing her 5 semesters of Civ, McEvoy has served as a peer mentor to other Honors DWC students. Within Campus Ministry, she is a lector at Sunday masses in St. Dominic Chapel. She is also on the Board of Multicultural Student Affairs.

Another large organization on campus she is involved in is the Orientation Staff. McEvoy has been a member of Orientation Staff since sophomore year, when she was an Operations Team member. Junior year, she took on a huge leadership role as an Orientation Coordinator and

excelled in this position. However, her senior year she wanted to have her own group of freshmen to form close bonds with, so she stepped into the role of Orientation Leader.

Last, but certainly not least, McEvoy has been one of many of PC's most avid intramural participants. She has been on 27 intramural teams getting very close to a win each and every time. It was not until her most recent win in Handball that she won her very first Intramural t-shirt.

"18-year-old me didn't know that choosing Providence College would be one of the best decisions of my life. Almost four years later, I couldn't be more grateful for all of the opportunities that PC has given me and for all of the friendships and memories that I have made," said McEvoy. "Although I'm sad that this is my last year here, I look forward to what the future has in store and to carrying the Friar Family with me always."

McEvoy has truly made the most of both her academic and social experience here at PC and her contributions to this school will be memorable for years to come.



Outside of academics, McEvoy is actively involved in many clubs on campus.

Germany Introduces New Immigration Policy

German Government to Reform Citizenship Law under Chancellor Scholz

by Emma Strempler '24
News Co-Editor

INTERNATIONAL

This week, the German government announced its intentions to ease its standards for obtaining citizenship. The change in rules is part of a broader series of reforms spearheaded by Chancellor Olaf Scholz and his party, the center-left Social Democrats in tandem with the environmentalist Greens and the pro-business Free Democrats.

In a quote obtained by ABC, Scholz said that Germany has become "the country of hope for many, and it's a good thing when people who have put down roots in the country decide to take citizenship." He continued, "Germany needs better rules for the naturalization of all these great women and men."

Legislation on this issue has been in the works for almost a year and changes the required period of waiting from 6 to 8 years to 3 to 5. Children born in Germany will

automatically be given citizenship if one parent has been a legal resident for 5 years or more.

At present, Germany has restrictions on people holding dual citizenship. This legislation seeks to ease that.

Interior Minister Nancy Faeser claims that making citizenship easier to obtain is "an incentive for integration."

Germany has a population of 84 million people. Last year, roughly 131,600 people were granted German citizenship, 25 percent of whom immigrated from outside the European Union. This number is 20 percent greater than the previous year, due in part to an increasing number of migrants from Syria becoming naturalized.

Those who oppose the legislation are part of the center-right bloc and take issue with the liberalization of naturalization laws. Conservatives believe that 5 years is too short a time for a person to be eligible for citizenship.

The conservative lawmaker Alexander Dobrindt stated, "Selling off German citizenship cheap doesn't encourage integra-

tion—it aims for exactly the opposite and will trigger additional 'pull effects' for illegal migration," according to Bild, a daily German tabloid.

Other German politicians emphasize the important role immigration plays in the economy. Minister Hubertus Heil from the Social Democratic party of Germany pointed out that for many companies in Germany, the search for skilled workers is already an existential question saying, "We need more immigration." A study published by the Cologne Institute for Economic Research shows that from July 2021 to July 2022, the German workforce was experiencing a shortage of more than half a million skilled workers. Economists also predict a future labor shortage when 12.9 million people in the baby boomer generation retire in the next 15 years.

As a major player in the European Union, Germany's immigration policy is of great interest in Europe and around the globe.

Updates from Alpha Epsilon Delta

Pfizer's Potential Vaccine Breakthrough Against Another Respiratory Virus

by Kayleigh Goebelbecker '24
Guest News Writer

CAMPUS

In a post-COVID-19 world, a hypervigilance in monitoring sickness has emerged. With that being said, the results of pandemic procedures (e.g., hand washing, masking, and social distancing) have taken a toll on the immune system of the average person. This means that viruses which typically experience stable levels of infection rates from season to season may quickly spiral into emergent concerns. RSV, a respiratory infection caused by the respiratory syncytial virus, presents similarly to COVID-19 in terms of a runny nose, sore throat, fever, and chills. This virus is highly contagious among children and adults and has relatively high rates of hospitalization in children. According to the Centers for Disease Control and Prevention (CDC), within the United States, between 58,000-80,000 children under the age of 5 who have been infected by RSV become hospitalized. Infected individuals may be contagious for 3 to 8 days.

Currently no preventive or curative treatments exist, but Pfizer has begun reporting positive news on the creation of a possible vaccine. Pfizer has named this vaccine project RSVpreF. Although still in the trial stages, RSVpreF has had approximately 86% success in preventing severe illness in adults. The development of this vaccine has also proven to have 81.8% efficacy in preventing severe RSV-caused lower respiratory tract illness in newborns (within 90 days of birth) through maternal immunization. This virus treatment was awarded the Breakthrough Therapy Designation by the FDA in March of 2022. Annaliesa Anderson, Ph.D., Senior Vice President and Chief Scientific Officer Vaccine Research and Development at Pfizer has gone on record stating that RSVpreF is the first vaccine being prepared which may immunize both older adults as well as infants through maternal immunization. Pfizer announced plans to apply for a Biologics License Application to the U.S. FDA by the end of 2022. In the future, the RSV vaccine may become the new flu shot with yearly iterations to boost immunity and protect those at greater risk for serious RSV complications, such as infants and older adults.

Clean Plate Challenge Continued from front page

However, the event was not intended to shame students for the amount of food left on their plates.

"I just thought it was crazy how I saw multiple people with full slices of pizza and entire plates of food that they did not eat," said Maggie Ritchie '25, an ECOPC member who volunteered at the event. "I initially thought the food waste was going to come from large portion sizes given out by the workers, but a lot of the food waste was from the stations where people can pick how much they want, so I think students need to be more aware of the [amount of] food they are taking."

"A lot of people don't think about how food waste is a problem beyond just wasted food," said Kaelin Ferland '23, co-president of ECOPC. "It's also an issue in terms of greenhouse gas emissions because food decomposition releases methane, which is four times stronger than carbon dioxide. Many people also don't consider how the resources like water that went into producing the food are also wasted."

A week prior, on Nov. 14, ECOPC hosted speaker Rose Forrest, Sustainability Coordinator at Sodexo (and chef). Students at the event expressed concerns about Sodexo's portion sizes. Many worry they are wasting food and wasting their Friar Bucks. Forrest expressed commitment to creating a more sustainable dining program at PC.

As the event is repeated annually, ECOPC hopes to initiate such change, as they continue to collaborate with Sodexo to come up with sustainable solutions in our dining halls.

Student Congress Updates

by Kaitlyn Hladik '25 and Tess Carty '25
News Staff

CAMPUS

On Tuesday, Nov. 29, Student Congress was pleased to welcome Father Sicard to our general assembly meeting. The President provided a brief update about the College and was open to questions from the members of the Student Congress. He started by proudly describing the advanced track the school is on with the largest freshman class in PC history, a new nursing school, and ranked academic and athletic programs. There are three things we are focusing on as a college: obtaining greater national recognition, displaying our Catholic and Dominican identity, and making our institution more accessible to all applicants. He made us aware of the statistics regarding the applicant pool for the upcoming class years. There is a broad range of students, including applicants from 51 different countries.

He then gave announcements introducing the new chair of the Honors Program and the process in which they are building existing and new programs at the school, such as Catholic studies, business and innovation, and a neuroscience major. They are also searching for around 38 new faculty members. Shanley Hall will be completed by the fall of 2023, the science complex renovations will be completed Jan. 1, and Feinstein will be ready for incoming nursing students in fall 2023. Residence halls Sullivan and Koffler will be updated to replace the housing lost with the destruction of Fennell Hall.

Before questions, Fr. Sicard asked for members to share specific topics that students feel the administration should be aware of. Students' concerns included the expansion of the math and computer science department to relieve staff members. Also discussed was the future of the biology department, including the possibility of current biology students transferring to the nursing school and the staffing of the department. More questions regarded the lighting and safety on campus, parking issues, concerns about the growth of the school, and mutual respect discussions. Fr. Sicard answered that there has been a plan created to have monthly open conversations between faculty members about pressing issues and concerns brought forth by the student body. He is being cautious about the chosen topics in order to maintain the safe environment that the College is committed to maintaining.

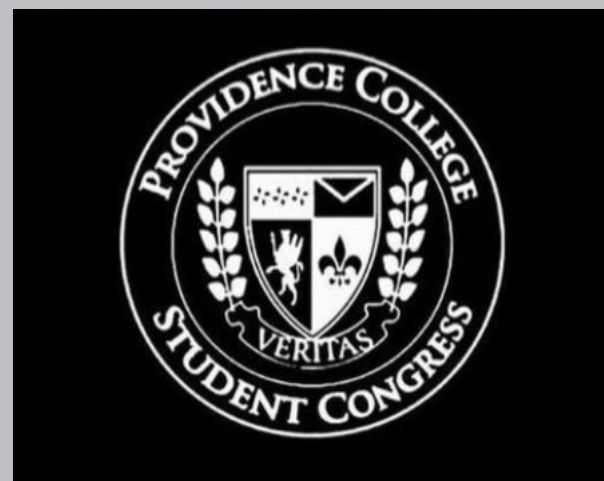
Fr. Sicard reported the retention rates for PC faculty members of color to be 86 percent. He assured us that he aims to support faculty from an institutional perspective. The associate provost for DEI is doing important work on the retention of faculty of color and more positions are being looked into to share this focus.

One member asked about the sustainability of the school in regard to the growing population as well as the many construction programs that the school is partaking in. Fr. Sicard applauded the work of John Sweeney, who heads sustainability projects within the school.

Another member asked about the issues with housing surrounding students who choose to study abroad for a semester and how to prevent so much movement among student dorms throughout the year. Fr. Sicard replied that they have imposed limits on the number of people who can study abroad in the fall and spring and have reached out to juniors, providing them with the option to live off campus.

A member asked about the continuation of the Friarside chats explaining the value this member got from the face-to-face interaction in an intimate setting as the President of the College. Fr. Sicard expressed his desire to restart the chats now that COVID-19 restrictions would not force them to limit numbers.

Student Congress was thankful that Fr. Sicard could come and speak with us and we are appreciative that he was extremely receptive to our comments. As for the rest of the meeting, the updated election schedule has been passed and the ethics review occurred Tuesday night, following the meeting. Another piece of legislation was passed regarding the improvement of the constitution by editing the pronouns used on the document in order to promote inclusivity of all members.



OPINION

The Elephant in the Room *Americans Have Spoken*

by Christina Charie '25
Opinion Editor

POLITICS

The 2022 Midterm Election “Red Wave” is now a symbol of false hope for the Republican Party and former president Trump. Politicians on the right confidently proclaimed that November 8, 2022 would prove that Americans are frustrated with Democratic leadership. Inflationary pressures and attacks on gun rights could not save them from doom. Even though Republicans claimed some victories, given recent historical trends for midterms elections, the 2022 elections are largely a failure for the party.

Despite competitive races in Pennsylvania, Georgia, Nevada, and Arizona, Democrats have retained control of the Senate with the Warnock-Walker race still undecided. Republicans did gain control of the House, but only by a two-seat margin, with two races still uncalled. Even if Republicans win both races, a four-seat majority is nothing to celebrate.

Historical data from Franklin Roosevelt to Donald Trump demonstrates that lower presidential approval ratings mean that his (or

her) party will lose more House seats during the midterms. During President Obama’s administration, Democrats lost sixty-three House seats in 2010, for instance, even though the president’s approval rating was polled at 45 percent. The Democrats also lost Senate seats during both Obama-era midterm elections. Retaining control of the Senate is a major victory for Democrats. Even though President Biden’s approval rating was 41.4 percent on Election Day, Democrats only lost nine House seats during this election cycle, creating an unprecedented situation.

Reflecting on the 2018 midterm election results also demonstrates that the Democrats can consider the 2022 election cycle a success. Trump’s 2018 approval rating was polled around 44 percent, which predicted that Republicans would lose 33 seats in 2018. The Republicans lost forty House seats during the 2018 cycle. The Democrats should have lost control of the House by a significant margin, which demonstrates that the Republicans have no one to blame but themselves.

Whether Democrat or Republican, one must acknowledge that extreme right-wing decisions from the

Supreme Court paired with the rise of Trumpism are not necessarily popular among the American public. President Biden is not the most popular president. Democrats are not necessarily saints. For many, they might be the lesser of two evils.

If Republicans want to retain their influence, policy initiatives must reflect the will of the people. With yet another recent mass shooting in Colorado, the NRA is becoming a liability for the party. Republicans should not suggest a potential nationwide abortion ban given that it is highly unpopular. Ultimately, actions that ignore public sentiment could signal the Republicans’ demise.

However, the former president presents perhaps the largest challenge for Republicans to overcome. Even though some Americans continue to support former President Trump, there are many Republican voters who are quite frustrated with his actions pertaining to January 6, 2021. Without a meaningful bipartisan commitment to a full investigation of the President’s response to the Capitol riot, the Republican Party will continue to lose influence in American politics.



PHOTO COURTESY OF AP NEWS

Incessant Cycle *Mass Shootings Continue in America*

by Sam Dietel '23
Opinion Staff

POLITICS

It’s happening again and no one should be surprised. Mass shootings are nothing new, and the more we hear about them, the more desensitized we become. Late at night on Saturday, Nov. 19, another deadly shooting took place at an LGBTQ+ bar called Club Q in Colorado Springs, CO. The shooter murdered five people and injured at least nineteen others during this bias-motivated crime. Before Americans had time to process this tragedy, the next major shooting occurred. Three days later on Tuesday, Nov. 22, a Walmart manager killed six employees and injured six others in the Walmart break room in Chesapeake, VA. Despite all the shootings highlighted in the media, there are still countless mass shootings that aren’t publicized. This is truly an American problem. A recent study showed that the United States was responsible for 73 percent of the 139 mass shootings that occurred globally in developed countries between 1998 and 2019. The study described how the United States was also responsible for 62 percent of all 1,318 mass shooting

fatalities from the same time period. How is this still a problem in America? Americans have learned that nowhere is safe—not the grocery store, not your favorite entertainment venue, not your place of worship, not your school.

Mass shootings cause fear for most people in the United States. Despite this, nothing is being done to stop this never-ending cycle of violence. Politicians flock to Twitter to offer their “thoughts and prayers,” which do nothing to aid in ending the tragedies Americans face far too often. Citizens do not want your thoughts. Citizens do not want your prayers. What citizens need is action. Politicians tell Americans to avoid politicizing such tragedies, but how can they not? Gun violence in our country is a political issue and one that needs serious attention. How can nothing continue to change when employees are being murdered in their break rooms? When people are murdered at a club because of their sexual orientation? When children are murdered at school?

The younger generation might remember sitting in the corner during lockdown drills at school and how exciting it was when it cut into class time. From the teacher’s

perspective, the drill is terrifying. As an elementary school student teacher, I participated in ALICE training, which teaches active shooting preparedness. The police come to a school to tell staff about the statistics of school shootings and how faculty members can keep their students alive. During this training, teachers learned how to barricade entryways as the police tried breaking down doors. The main focus of the presentation is how to keep most students alive. The police officers went on to tell the teachers that if one student is not in the classroom when the lockdown sounds, they need to lock that student out to protect the other children. Furthermore, if someone can make it out of the building, they should leave as quickly as possible. If someone sees injured people on the way out, they are supposed to leave them to avoid slowing anyone else down. Teachers—including myself—were in tears, thinking about the kids we love and see every day, left for dead because protocol states staff should not help them. Why is this something Americans need to think about? Why is this a real experience teachers and students have faced and lost their lives over?

The number of mass killings in 2022 remains about average compared to previous years. However, there has been a relatively higher number of victims. When looking at all mass killings in the U.S. between 2006 and now, this year is currently the third highest for its victim count. Of the 202 killed this year, 58 were killed in a public fatal shooting, 128 were killed in non-public fatal shootings, and 16 were killed by other means. Gun violence is a major problem in this country and not much is being done to fix it. Thoughts and prayers don’t save lives—action and policy change do. Where are the stricter gun laws and better mental health screenings to prevent the tragedies we have seen time and time again? Without change, the list of the dead, already too long, will only continue to grow. In the period from 1966 to now, Rhode Island has never had a mass killing event. If nothing changes, how long do we have until this streak is broken? No one will feel safe until the people in charge start making decisions that enact real change and fix the laws that are killing their citizens.

Global Femicide

Inhumane Actions Against Women & Children

Content Warning: This article discusses sexual assault and violence.

by Callie Raacke '25
Opinion Writer

POLITICS

Global politics has always incorporated global femicide into its range of weaponry and military tactics; however, with modern panels, legislation, and the committee on human rights, global femicide should not be an option. Femicide, along with gender-based violence, is an atrocity that should not be employed as a military tactic. In international politics, this form of gender-based violence is used by governments to suppress certain groups or enemies into submission. A modern-day example of this atrocity is the Ethiopia-Tigray War, in which the Ethiopian military regime raped and abducted girls from Tigray, a region in Ethiopia. This tragedy exemplifies the popular social construct of commodifying women's and children's bodies for military control. All countries that commit these atrocities should be charged with War Crimes and Crimes Against Humanity.

A femicide is a form of genocide that is enacted upon only women and girls. Femicide is defined as "the processes by which violence against women becomes socially acceptable and quotidian." While it is true that femicide has become a socially acceptable means of wielding power in international relations, that does not mean that femicide is not genocide. For example, in regions like Tigray, women are brutally raped, murdered, and sold into sex slavery. Since our world has normalized this genocide of women, we must look to established laws and precedents to argue to the patriarchal society that these acts are inhuman and unjustifiable. In a world where male leaders instigate these

egregious acts, we must play by their rules and rhetoric to make them understand that women deserve human dignity too.

Ethiopia's militia must be stopped, charged, and punished for their crimes. Amnesty International's Secretary General states, "it's clear that rape and sexual violence have been used as a weapon of war to inflict lasting physical and psychological damage on women and girls in Tigray. In addition, hundreds have been subjected to brutal treatment aimed at degrading and dehumanizing them." This dehumanization should not go unchecked in any circumstance. When it comes to women and girls, it often goes unnoticed and unpunished. We all need to be made aware of the tragedies happening daily to fellow human beings and become un-desensitized to femicide. Women and girls deserve human dignity and should have never been used as a military tactic through dehumanization, psychological abuse, and removal of physical agency to win a war.

BBC did an interview with survivors of the femicide happening in Tigray. Their accounts are horrendous to recall, but they chose to share their stories and relive their trauma. For example, "a 39-year-old woman reported being seized by Eritrean soldiers while traveling with her two children. "Five of them raped me in front of my children," she told Amnesty. "They used an iron rod, which is used to clean the gun, to burn me. They inserted pieces of metal into my womb... Then they left me on the street." Her story and her children's stories matter. The Eritrean soldiers psychologically tortured children by degrading and violating their mothers. First, they physically burned her to show dominance and to scare her and her children into submission. Then, they inflicted

brutal pain and dehumanization in an intimate area of her body. Finally, they left her and her children to die in the street. They wanted to psychologically and physically torture, and leave them for dead to send a message to Tigray's people. This woman's story is one out of thousands that are told, but there are thousands we will never hear because the victims are dead or missing. This example begs the question of how gender-based violence against women and children became a "justifiable" option in war.

Gender-based violence that dehumanizes the victims should have never been considered by the Ethiopian military regime because all humans deserve dignity. Unfortunately, the military has made it apparent that they believe women's and girls' bodies are commodifiable and destructible. Our global society does not value women's lives enough to outright say that this is a form of injustice that must be stopped, so we must cite the U.N.'s definition of war crimes and crimes against humanity to argue that the Ethiopian military should be punished. Article 8 of the Rome Statute, concerning war crimes, states that "Willful killing, torture or inhuman treatment, including biological experiments; Committing outrages upon personal dignity, in particular, humiliating and degrading treatment; rape, sexual slavery, enforced prostitution, forced pregnancy, as defined in Article 7, Paragraph 2 (f), enforced sterilization or any other form of sexual violence also constituting a grave breach of the Geneva Conventions." More legal and moral reasons also constitute that Ethiopia should be punished for inhumane war crimes against women and children of Tigray, but action must be taken to prevent such horrors from occurring.

COP27: Success or Flop? *When Will Nations Act?*

by Kaelin Ferland '23
Opinion Writer

POLITICS

From Nov. 6 to Nov. 18 world leaders met in Sharm el-Sheikh, Egypt at the 27th annual United Nations Climate Change Conference of the Parties, otherwise known as COP27. The two-week-long summit focuses exclusively on climate change, as well as the steps countries should take to achieve the goals outlined in the Paris Climate Agreement. The treaty reaffirms the commitment of almost all of the countries in the world to combating climate change, with countries agreeing to take the necessary actions to prevent the planet from warming an additional 1.5 degrees celsius. By avoiding this number, we can avert some of the most severe effects of climate change. However, we are far from reaching this goal, as the United Nations recently announced that the planet will warm an additional 2.1 to 2.9 degrees celsius by 2030. We're also not close to reaching the deforestation goals established at COP26 last year.

This means that this year's COP27 summit was more important than ever. Unfortunately, it seems like every year, people are left underwhelmed and disappointed by the lack of political progress made during the conference, accusing it of being performative rather than productive. The conference has been harshly criticized by many, including 19-year-old environmental activist Greta Thunberg, who claimed that it's "mainly used as an opportunity for leaders and people in power to get attention," and people need to "realize what a scam this is and realize that these systems are failing us." When speaking at COP26

in 2021, she publicly denounced the summit as "a failure," saying that it will just "maintain business as usual," allowing those in power to benefit at the expense of the planet. It wasn't surprising that Thunberg did not attend this year's conference as she has in the past.

When investigating the companies that sponsored COP27, it does seem as though Thunberg is correct in her description of the summit as "a scam." Understandably, the conference received a lot of criticism for being sponsored by Coca-Cola, a company that profits from plastic water bottles made of petroleum and oil. According to a report by Corporate Accountability and the Corporate European Observatory, 95 percent of COP27 sponsors had connections to the fossil fuel industry, as stated in another report from Global Witness, somehow 636 lobbyists for the fossil fuel industry were at the conference. There's no reason this many individuals profiting from the very thing that is driving climate change should be allowed to attend a conference trying to phase out fossil fuels.

At this year's conference, around 80 countries, including the United States, were in favor of the elimination of fossil fuels by 2025. However, many countries that rely on oil exports economically did not support this proposal. This was a huge missed opportunity to drastically decrease our global emissions.

There were some positive agreements reached at the conference. As expected, climate justice was at the forefront of the summit. This is important because the conference was held in Egypt, and Africa is the continent most affected by climate change, despite contributing to it significantly

less than developed countries. After days of negotiations, leaders of developed countries finally agreed to establish a fund to provide financial support for developing countries that are most impacted by the climate crisis.

Developed countries have already made such a promise in 2009, agreeing to give \$100 billion to countries threatened by climate change every year. While this number would be nowhere near the amount of money required to help developing countries adapt to this threat, it shows how developed countries are starting to acknowledge their greater role in causing environmental problems. However, this agreement was supposed to happen by 2020, but it still has yet to take effect. With the failure of the last pledge and climate change worsening, this new fund will be imperative to help developing countries.



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Is Student Journalism in Peril in the Digital Age? *University of Arizona Student Faces Doxxing and Harassment*



by **Sarah McLaughlin '23**
Editor-In-Chief

In the age of social media, it is not uncommon for young people to experience harassment from peers online. This can take the form of hurtful comments, threatening direct messages, or mass reporting of one's account in order to get it banned from a platform. Those in the public eye—influencers, content creators, and others who have amassed large followings—tend to be the most likely victims, but it turns out that student journalists can also become targets.

On Sept. 20, Olivia Krupp, a sophomore at the University of Arizona, wrote an opinion article for her school's newspaper, *The Daily Wildcat*, in which she interviewed TikTok star Lukas Pakter, a U of A senior. In the article, she is critical of how Pakter's fanbase views him as a "role model" of masculinity and compares him to the controversial podcaster Andrew Tate. Despite her relatively tame critique, Pakter's fans—and a large population of U of A students—interpreted it as an attack piece and launched an attack of their own. Krupp's phone was overwhelmed with calls, texts, comments, and direct messages for days. The messages were extremely rude, threatened violence, and could easily be harmful to any student's mental health.

As a student journalist and aspiring professional, after reading Krupp's article and her interview with *The Washington Post*, I felt a need to reach out, offer my support, and ask her about her experience.

"Being a student journalist in 2022 means you probably also have an active Instagram account, TikTok, et cetera," Krupp said in our interview. "We know so much more and are exposed to so much news, but with that comes the price of people knowing so much more about us. I certainly had to figure that out the hard way."

Providence College is a much smaller school than U of A, which brings a much smaller readership of our student newspaper. Still, I and other *Cowl* writers understand how scary it can be to voice your opinions on a public platform with your name attached. Some student journalists fear their friends, classmates, professors, or even family members reading their articles.

"Even though it was quite difficult at first, I've been doing a lot better recently," Krupp said in regard to her mental well-being. "It's hard as a young woman to have such vulgar and

obscene threats hurled at you from people you don't even know. It's even harder to tell your university about what is happening to you and for them to basically look at you and say, 'What do you want us to do?'"

The University of Arizona did not get involved or even comment on the situation until Nov. 8, after the *Post* sought comment. Krupp stated that she believes colleges have "an irrefutable duty and responsibility to protect students who are involved in their programs," including student newspapers. "I think a lot of universities are unprepared for problems that journalists face nowadays," she said, citing doxxing and cyberbullying as examples. "The solution is complicated, but I think safety precautions are the first step—only contacting interview subjects through email, student cell phone numbers taken out of [the] university phone book."

Krupp went on to say that she doesn't think this experience has changed the way she'll write stories, but it has affected the way she thinks about her work: "At this point, my top priority is my safety and privacy—two thoughts that never crossed my mind before."

One of my biggest concerns when speaking with Krupp was how her story might affect the mindset of other student journalists. It's sad to think that other young people might read about what happened to Krupp and approach their own stories with a fear of harassment at the forefront of their minds. But Krupp stated that her experience has actually made her confident that professional journalism is in her future.

"I can confidently say I have never been so sure and passionate [about] something in my life," she said. "Even though it was negative, it grew this intense drive within me to keep going, to keep writing. When people tell me to not do something or that I can't

do something or that I shouldn't do something—I only want to do it more. That is the kind of person I am and I think that will only further my career in journalism."

I think more important than being a good writer is being a good advocate for yourself. This is what I've learned the most from my brief journalistic experience, and it seems that Krupp has learned this as well. I can only hope to pass this message onto the current and future *Cowl* staff.

Despite the backlash she received, Krupp said she is "super proud" of the Pakter article and is excited for her future work. "My biggest piece of advice would be to stand proudly and shamelessly by the words you put to paper—no matter how many people want to make you feel small for it," she said. "Most things that are truthful and worth writing about will stir up controversy—this is a good thing. As long as your safety is not being threatened, backlash and criticism is something you should welcome, not fear."

As a newspaper at a private, Catholic institution, I think student journalists—and students in the classroom—are even more wary of expressing their opinions or investigating controversial topics than they might be at a large state school like the University of Arizona. I encourage all students to follow in Krupp's footsteps of standing behind the ideas they believe are right, while remaining aware that controversy can and will occur, and criticism should be welcomed with an open mind. Along the same lines, I hope that colleges are able to enact safety measures protecting student journalists from the undue harassment Krupp received or, at the very least, immediately condemn it.



Olivia Krupp of the University of Arizona

PHOTO COURTESY OF THE WASHINGTON POST



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SOC 301 - SOCIOLOGY OF THE FAMILY

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 - Proceeds will go directly to the foundation to purchase books off their Amazon wish list

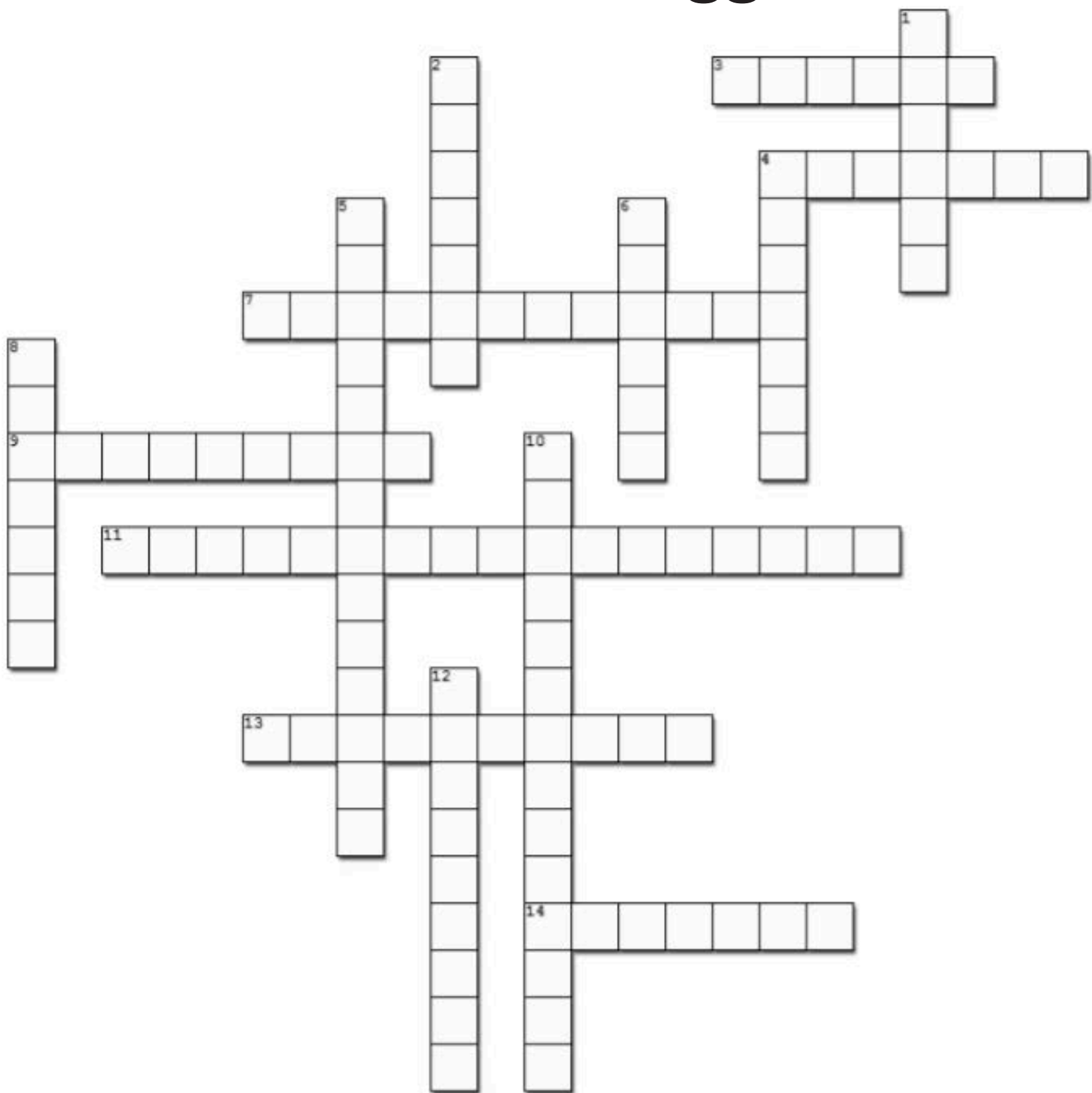
Drive ends 12/13!!



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Pawsword Puggzle



Across

3. The Taco Bell Chihuahua
4. Dachshunds were bred to fight this wild animal
7. The smartest dog breed
9. The state dog of Pennsylvania
11. The breed often used in clothing mills to catch rats
13. Three dogs survived the sinking of this famous ship
14. A group of pugs

Down

1. Snoopy's breed
2. A person who hunts with a Beagle
4. The only barkless dog in the world
5. The most common breed of police dog
6. All dogs are a direct descendent of this animal
8. French Bulldogs originated in this country
10. The holiday celebrated on August 26th
12. Famous German Shepherd nominated for an academy award

The Riddler's Rotunda

1. What wears a coat in all seasons?
2. How can you tell the difference between a dog and a tree?
3. What happens after it rains cats and dogs?
4. What's a scientist's best friend?
5. Why does Snoop Dog need an umbrella?

Last Week's Answers

1. What has a neck but no head? (A bottle)
2. If $2+2=4$, what does $13 \times 4 = ?$ (52)
3. What is more useful when it is broken? (An egg)
4. Who has married many women, but never gotten married? (A friar)
5. What is yellow and looks like an apple? (A yellow apple)

PHOTOGRAPHY



SAMMI BUTTITTA '23/ THE COWL



SAMMI BUTTITTA '23/ THE COWL

ABOVE: On Saturday, Nov. 19, Motherland Dance Group hosted their annual event, the Muses of Motherland Fashion Show. Students showcased fashion, music, and dance performances of African and Caribbean culture in Peterson Center.

RIGHT: The Providence College Dance Club hosted their fall semester show on Saturday, Nov. 19 and Sunday, Nov. 20. Family and friends gathered to watch the dance performance held in Angell Blackfriars Theatre.

BOTTOM LEFT: The Providence College men's basketball team hosted Columbia University on Saturday, Nov. 26. The Friars defeated the Lions 78-64 at the Amica Mutual Pavilion.

BOTTOM RIGHT: The Class of 2023 hosted Friendsgiving at McPhail's Night on Friday, Nov. 18. The Class of 2023 gathered for the event with friends, karaoke, and drinks.



SAMMI BUTTITTA '23/ THE COWL



RYAN TWOMEY '23/ THE COWL



SAMMI BUTTITTA '23/ THE COWL

Not the Oscars, but Close

The Five Movies From 2022 You Have to See Before 2023

by Claudia Fennell '24
A&E Co-Editor

FILM

Throughout this year, hundreds of new movies crossed our screens. Two years after the start of the pandemic, audiences were ready for new films to occupy their minds. These five movies were released in 2022 and were standouts in their genres and in the film world. If you have not had a chance to see them yet, make sure they are on your must-watch list before the new year comes.

Don't Worry Darling, Thriller/Mystery, Directed by Olivia Wilde

Starting us off, this movie features a star-studded cast including Harry Styles, Florence Pugh, Olivia Wilde, Chris Pine, and Nick Kroll. The movie is centered around a married couple, Alice (Florence Pugh) and Jack (Harry Styles), who live on an idealistic cul-de-sac with Jack's coworkers and the couples' friends. Each day, the husbands go to work while their wives stay at home. However, Alice begins to notice odd things happening in her community, and when she starts asking questions, she faces backlash from the community leader guru, Frank (Chris Pine). This fast-paced and beautifully shot movie features twists and turns that will keep you on the edge of your seat.

Nope, Horror/Sci-Fi, Directed by Jordan Peele

This popular horror movie features Keke Palmer, Daniel Kaluuya, Barbie Ferreira, Michael Wincott, and

Brandon Perea. *Nope* makes itself unique from other horror movies in that it incorporates both comedy and science fiction. It follows two siblings that live on a ranch in California and notice a UFO in the sky, which turns their world upside down. This foreign object causes turmoil in their lives, creating a unique and fascinating storyline for all viewers to enjoy.

Where the Crawdads Sing, Mystery/Drama, Directed by Olivia Newman

This highly anticipated movie is based on the best-selling beloved novel by Delia Owens. The movie focuses on the main character, Kya Clark, played by Daisy Edgar-Jones. Kya was abandoned as a young girl and raised herself in the marshlands of North Carolina. Surviving alone, Kya grew up into a strong young woman. After a man in town is discovered dead, Kya immediately becomes one of the main suspects. This drama is fast-paced and keeps the viewer on the edge of their seat. Additionally, this movie appeals to many Taylor Swift lovers as it features some of her music.

The Batman, Action/Adventure, Directed by Matt Reeves

With another incredibly star-studded cast, *The Batman* features celebrities such as Robert Pattinson, Zoë Kravitz, Colin Farrell, Jeffrey Wright, and Andy Serkis. Following the basic plotline of most Batman movies, Batman (Robert Pattinson) attempts to save Gotham City from the villains of the world. Batman works hard throughout the course of the movie to bring justice back to the city of Gotham and protect its citizens.

The Woman King, Action/Drama, Directed by

Gina Prince-Bythewood

In this movie showcasing Viola Davis, a group of all-female warriors protect their kingdom. This powerful group of women has their own unique set of skills that allows them to ferociously protect the African kingdom of Dahomey. The general warrior amongst all the women is General Nanisca, who trains a new group of recruits to fight against the latest threat posed to their kingdom. This movie is action-packed and guaranteed to keep the viewer's attention the whole time.



Music in Full Swing at PC

An Overview of Two Recent Concerts on Campus

by Jack Downey '23
A&E Co-Editor

MUSIC

With the semester hurtling towards its conclusion, many groups on campus are hosting their final big events. Two such groups fall into the musical category: the PC Jazz Band and the PC Symphonic Winds.

PC Jazz Band's Fall Concert took place on Nov. 18 under the vast ceiling of '64 Hall, which was certainly a change in atmosphere following the band's performance at McPhail's a month prior. Leading the jazz band was Dr. Eric Melley, whose enthusiasm for the genre was apparent in every word he spoke. While the band was smaller than previous years, consisting of five horn players, a drummer, a bassist, and a keyboardist, they were incredibly tight and tore through an exciting list of songs. This list was composed of jazz standards such as Duke Ellington's "Cottontail," Charlie Parker's "My Little Suede Shoes," and Miles Davis' and Victor Feldman's "Seven Steps to Heaven." However, the most exciting

moment of the concert was the final song, which was a take on Snarky Puppy's intimidating "Lingus." The song began in 5/4 time, but the band was undeterred, recreating the epic grandiosity of the original. While the first half of the song captivated the audience, they were truly hypnotized by the second half. At this point, the time signature switched to a more accessible 4/4. With only a bassline and minimal drumming, the keyboardist, Jordan McBride '23, created a psychedelic soundscape, playing an improvisation that was large yet versatile. After a brief drum call, the rest of the band came in and began to groove. Members of the audience were seen nodding their heads in time with the music, their eyes fixated on the stage. When the concert ended, the praise was unanimous.

The next day brought the Symphonic Winds concert, which was also led by Dr. Melley. This time, the show was held in the Ryan Concert Hall, located in the Smith Center for the Arts. Featuring a much larger band than the jazz concert, the music was also vastly different. The theme for

the night was "Moving Pictures." Unfortunately, this was in no way connected with the band Rush. However, what was on display was quite impressive: most of the pieces performed were accompanied by images projected onto a screen above the performers. For "Urban Scenes" by Andrew Boysen, pictures of various cities melded with the music played to create a very captivating experience. "Prelude, Siciliano and Rondo" by Malcolm Arnold featured a more stream of consciousness approach, with each of the images on the screen selected by the band members. The presentations weren't just still images, however: the piece "Sheltering Sky" by John Mackey was accompanied by an animated video, further enhancing the overall experience.

One of the most heartwarming aspects of both these concerts was the size of the crowd in attendance. Both events drew a lot of spectators and audiophiles, which was great to see. There are still a number of performances left to go this semester, including some by the three a cappella groups on campus, so hopefully,

people continue to take time to see and hear the great musical performances that PC has to offer.



Death-Cast is Calling

How Two Novels Have Taken Over the YA Charts

by Madelyn Young '25
A&E Staff

FILM

If you could find out the day that you are destined to die, would you? The fictional novel *They Both Die at the End* by YA author Adam Silvera explores this question.

The 2017 book introduces Death-Cast, a government-sponsored company that is able to predict people's death. The catch? They can not predict the exact time or reason for their subscribers' deaths. The company hires callers to notify people (called "Deckers") between the hours of midnight and two in the morning. The Deckers are told that they will die at some point during that day.

They Both Die at the End follows Mateo Torrez and Rufus Emeterio, two young boys who receive Death-Cast calls and, through an app, meet up to spend their last day together. Throughout their adventure, they fall in love and make the most of their final escapade around New York City.

The First to Die at the End, which came out in October of this year, serves as a prequel to the original story. It takes place in 2010 and begins with the first day of Death-Cast's existence. Orion, a young writer, has been waiting for a heart donor for years. In Times Square, he meets Valentino, an aspiring model who just moved to the city. The pair experience life and love during Death-Cast's tragic first day.

Following in the footsteps of the original book, *The First to Die at the End* has become a New York Times bestseller, climbing the Young Adult Hardcover chart. This past week, it took over the first place spot. *They Both Die at the End* spent over two years on the bestseller list, winning numerous awards during this time. Despite being released five years ago, the series has been steadily growing in popularity thanks to social media platforms like TikTok.

Silvera has a talent for taking his readers through many twists and turns throughout his stories, a skill prevalent in both of the novels. Whether he uses a sentence or a word, the delivery of his lines can be heart-wrenching or hilarious. His two books are easy to read yet complex; all the characters' stories are carefully interwoven with one another. In fact, at the end of the first novel there is a character map connecting each side character to one another and to Mateo and Rufus.

These two also make appearances in the prequel, even interacting with Valentino and Orion. The stories prove that even the smallest interaction can have an important impact. Silvera's ability to create emotional storylines following the course of only one day (even down to the minute at times) is remarkable, and really immerses the reader in the events taking place.

For readers who want a funny, suspenseful, and devastating story, *They Both Die at the End* and *The First to Die at the End* will serve them well. Silvera has even hinted at another addition to the series in the next few years,

which has been highly anticipated after the ending of his most recent installment.

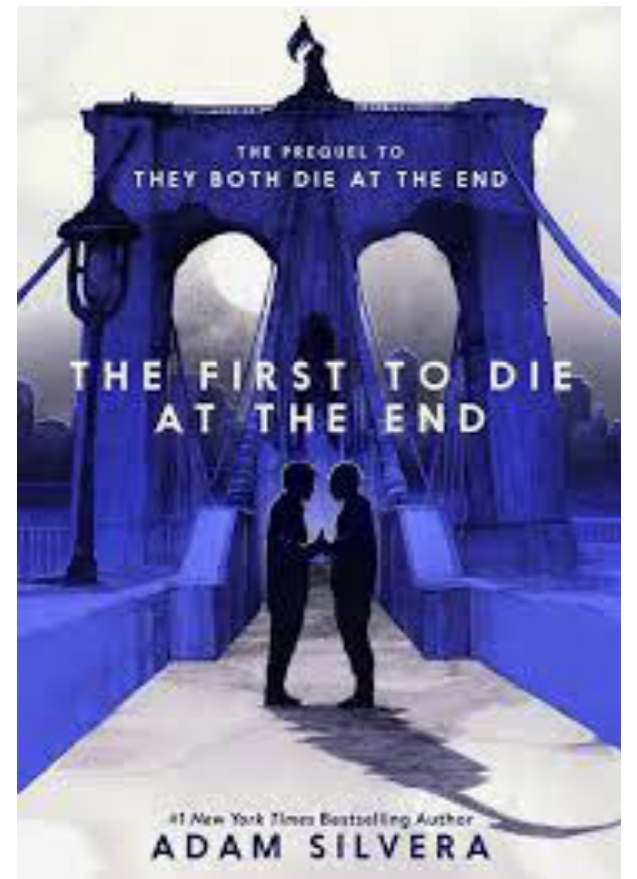


PHOTO COURTESY OF GOODREADS

The Cultural Obsession Continues

A Review of Pokémon Scarlet and Violet

by Patrick Smith '26
A&E Staff

VIDEO GAMES

Pokémon is probably one of those few universal phenomena to be deeply ingrained in the gestalt consciousness of everyone born between 1990 and 2005. There's something inherently appealing in collecting and battling weird little monsters. If you're a Zoomer, you likely have some kind of buried nostalgia for Bulbasaur (Bulbasaur is the best of the classic trio and you're lying to yourself if you think otherwise). Thus, it pleases me to announce that *Pokémon: Scarlet and Violet* is a fine addition to the rich tapestry of the pocket monster dynasty. I realize *Scarlet and Violet* are legally two separate games, but as the sole meaningful variation between them is the color of the reptilian creature on the box, I will refer to them as a singular entity.

The most immediately striking feature of *Scarlet and Violet* is the new format and transition to a full-open world. Past series entries have dabbled with this idea, but it comes into force in *Scarlet and Violet*. The entire game map is now sprawling and seamless, allowing players to traverse the most fully realized depiction of a Pokémon flavored environment to date. The gameplay itself is no longer the linear trail of battles that the series has long been plagued by, but is now instead a

set of distinct objectives players can complete at their own personal leisure. It's a fantastic change in form, reminiscent of what *Elden Ring* did for the *Dark Souls* format. It's incredibly charming to see Pokémon roaming around little virtual ecosystems and the seamless nature of the world and gameplay's relationship adds an extra level of immersion.

Despite whatever new features the game brings, there is only one thing people truly care about when one of these new drops happens, and that is the design quality of the monsters. *Scarlet and Violet's* critters are excellent and a breath of fresh air after a couple years of mediocrity. The three starter Pokémon, Sprigatito, Quaxly, and Fuecoco, are adorable and manage to feel distinct yet cohesive. The rest of the Pokémon feel a little all over the place, but in a good way. I get the vibe of "here are a bunch of good ideas we had that we had never tried before," rather than trying to theme them around the region. The best example of this is Finizen, an adorable little dolphin monster that fulfills the somehow unfulfilled niche throughout the eight previous Pokémon iterations of a dolphin themed creature. A key difference between every set of twin Pokémon games is its legendary poster-boys, but *Scarlet and Violet* makes these twins a key gameplay component in addition to just a fun layer of theatrics. Miraidon and Koraidon are two odd but interesting looking reptiles with vague elements

of a motorcycle jammed into their biology. They're both obtained early on in a non-combat form and act as an impromptu vehicle. This works nicely with the new open world, and the bizarre lizard Harley Davidson will develop new abilities as players progress like gliding and climbing sheer cliff faces because of course they can.

With everything excellent on display here, there is still sadly an elephant in the room, and that is the game's performance. The Switch is by no means a powerful piece of hardware. It's around six years old and was underpowered when it first came out in comparison to its competition. Nintendo and its partners have smartly worked around this by largely producing stylized games or incredibly polished and optimized products that are generally unaffected by this limitation. *Scarlet and Violet* ignore this methodology and are a little janky and rough around the edges. Low frame rates, pop-in, and generalized bugginess are consistent issues without a real solution. I'd expect some of this to be fixed over time, but this will likely remain an unpolished game. I have seen people throw this game completely under the bus for these kinds of issues, but I don't share that sentiment. Its flaws are persistent and a little annoying, but *Scarlet and Violet* ultimately remain a fun game despite them. The framework is solid and the game is filled to the brim with good ideas; the

execution was just a little rushed.

In conclusion, *Pokémon: Scarlet and Violet* is an excellent addition to the classic franchise that provides a much-needed retranslation of the classic format while maintaining its signature style. Its additions to the ongoing catalog of pocket monsters are worthwhile and charming in every way. It had technical issues as a result of the Switch's aging hardware and its own poor optimization but shines through these faults to remain a fun experience. I really enjoyed *Scarlet and Violet*, and I'm extremely excited to see where the series goes from here.



PHOTO COURTESY OF POKEMON

5 Microaggressions (My Last Poem for You)

by Mariela Flores '23
Portfolio Staff

POETRY

ONE

"Maria"

You are so lazy.

My name is one more syllable at the end
a sound I know you know well—"uh" Use
your tongue, don't you dare cheat.

TWO

"Where are you really from?"

Where do you think?

I want you to say it loud, tell me who you
think I am

tell me why. Do not veil your ignorance with
curiosity.

You have not earned the right to innocence.

THREE

"We wanted to make sure the grammar was
right."

Of my Spanish. A language you do not know. A
language I know intimately.

My Spanish loves me more than your English.

What a thing you did— colonizing a language
that has already colonized

thousands. You hold a boldness in your hands, it
is heavy, and it bleeds—

you are hungry for power. Stop hurting what is
not yours.

FOUR

"Why are you so loud?"

You hate that someone like me could take up
space from someone like you. Do you hate it when
my words touch you?

All I have are words. I will use them, plunge them
deep

Into

Your

Skin

into the marrow of your bones
until you hear me.

FIVE

"You people"

We are people. Yes, we are people.

You wish we were nothing
but dust and memories. Do we scare
you? We people are going to "steal"
your jobs.

No. We are going to earn everything
you think you were born deserving.

We take it back for ourselves, lather
in the goodness of our time, you
will get nothing.

That is the least we could do.
We take back what you stole.



Autumn Gold

by Sarah Klema '23
Portfolio Staff

POETRY

The sun in the noon-day sky is a giant beaming dandelion
severed from its stem,
Freely floating over the earth.
A disembodied puff of flower head
Liberated from earthly laws,
Immortalized above the clouds despite the passing
of its sister buds in the onslaught of November frost.
Upon a barren hill,
My fingers reach as headless stems
In vain to trace
Each honeyed, golden petal.
So fragrant and sweet they seem to me
As they cast their warmth unto the world below,
They greet my frosted cheeks
With floral kisses.
Days of plenty have laid themselves to rest in fallen leaves,
Now I, a beggar on a corpse of earth, reach out
To grasp its proffered petals in my palms,
Pocket as many as will fit within the confines of my coat.
Smuggled warmth stowed away
For colder days to come.

PHOTO COURTESY OF PEXELS.COM

For Growing Up In Rain

by Max Gilman '25
Portfolio Staff

POETRY

For grinded-teeth car rides; For growing up.
For being beaten into pavement; To prove a point.
For oily cat piss stains beneath the bed; For abandonment.
For coins and green paper; To live in a shadow
For low-tide seas; For a shiny shell that breaks in a

Litter lent my nose the scent of nostalgia
The other day and I refuse to see it pass,
But cometh the wind—
Cometh change,
Immortal is the fleeting day.

For weathered forehead scars; For fathers.
For ibuprofen bottles; To kill an ache.
For peeled orange slices; For open
skies.
For confined education; To warp a
nation.



For teaching gender; For control.
For suns that set orange, on shady beach
sides
For love beneath umbrellas, that fades,
but never dies.

PHOTO COURTESY OF PEXELS.COM



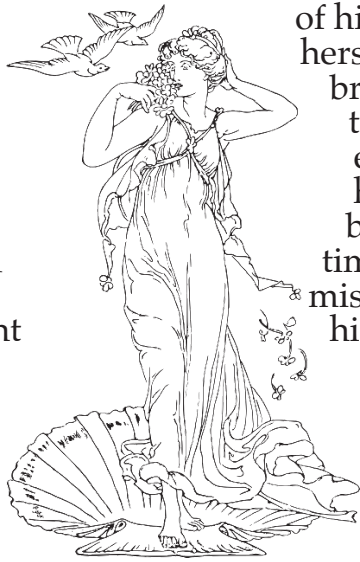
Aphrodite

by Megan Brodeur '24
Portfolio Staff

PROSE POETRY



The Goddess of Love donned a velvet crimson dress softer than rose petals. She strolled along the city's cobblestone walkway as the water sent an autumn chill to brush against her skin. Lifting her gaze to the sky, the moon looked back at her, revealing only a sliver of its full plump figure. She rolled her eyes at its secrecy and relished in the few stars dwelling in between the clouds. The streetlamps highlighted her ethereal glow and drew the attention of the strangers who passed by her. Aphrodite rid herself of gawking men with the simple snap of her slender fingertips. She perched herself on the park bench closest to the silky midnight tides. From across the bay, she felt a thread forming between two lovers lounging together in a state of mellow bliss. Thinking of their home,



her mood softened. They lived in a cozy cottage, tucked away from the obnoxious city lights. Inside, the two paramours reclined together on a well-loved emerald green sofa with threadbare upholstery. Neither seemed to mind the condition of their furniture, or the paint that had smudged from her hands onto his cheek. Next to them was a half-finished portrait of him. She'd promised herself only a short break before returning to her work. But every time she got up, he urged her to come back. And every time she got up; she missed the feeling of his arms around her. So, she gave in and with their limbs intertwined they fell asleep by the crackling hearth.

PHOTO COURTESY OF FREESVG.ORG

Listomania*

Best Study Tips For Finals

- Go to your professors' office hours
- Don't procrastinate
- Drink water
- Meet up with friends from your class
- Leave your phone off while studying
- Get lots of sleep!
- EAT (Nutrition is key!)
- Go to the library and steal someone's area in the quiet corner
- Don't put too much pressure on yourself
- Use the Pomodoro Method
- Exercise (do yoga/meditate)

*Listomania and Tiffany & Earl are both satirical pieces that do not reflect the views of Providence College or The Cowl.

Tiffany & Earl

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

Yo Tiff and Earl,

I forgot to shop for Black Friday and Cyber Monday for my family and friends. What do I do?

Sincerely,

Last-Minute Shopper

Hey Last Minute Shopper,

If you walk down the street to the Dollar Tree, you can find some great last-minute gifts at a reasonable price! You can get as many gifts as possible without breaking your bank account in half, and make sure you also buy some cute wrapping paper to wrap your gifts in!

Best,

Tiff

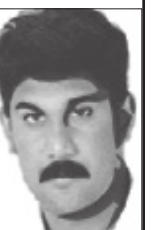


Hey Last-Minute Shopper,

Just write some apology letters and take the L.

Sincerely,

Earl



Sports Shorts

by Will Murphy '23
Sports Co-Editor

Men's Basketball

The Providence College men's basketball team bounced back nicely from a poor showing in the Hall of Fame Tip-Off that saw consecutive losses against the University of Miami and Saint Louis University. They matched up against Merrimack College Wednesday, Nov. 23 at home, and emerged with a 14-point victory, 71-57. The Friars were led by Ed Crosswell '23, who finished with 17 points and seven rebounds in the contest. Providence followed that up with another victory at home on Saturday, Nov. 26 against Columbia University, 78-64. Crosswell and Jayden Pierre '26 each finished with 13 points to lead the Friars.

Women's Basketball

The Providence College women's basketball team had a successful Thanksgiving break as they notched a sweep in the Friar Thanksgiving Classic. They opened the event with a 60-30 blowout victory against the University of Hartford on Friday, Nov. 25. Olivia Olsen '25 was impressive in the game, finishing with 17 points. The Friars kept their momentum rolling the following day with a 62-55 win over Weber State University. Kylee Sheppard '25 led the Friars in scoring with 15 points. The squad capped off a successful weekend with their third win in as many days against Bryant University, 85-60.

Women's Ice Hockey

The Providence College women's hockey team has recently been riding a nice hot streak, as they have won their last four games. They only played one game this past week, at home against Brown University on Saturday, Nov. 26. The Friars emerged victorious against their cross-town rival with a final score of 4-3. Sara Hjalmarsson '22GS notched two points in the game with a goal and an assist. Looking forward, the Friars have a pair of home games against Merrimack College on Dec. 2-3.

Men's Ice Hockey

The Providence College men's hockey team returned to action Friday, Nov. 25 at home against St. Lawrence University after almost a week off. The Friars were able to notch a 4-3 victory in a highly competitive game following two goals from Austen May '26. They followed up the victory with a tough 3-2 loss at Schneider Arena against Brown University the following day. The loss moved the Friars' record on the year to 9-3-3, with a key home and home against Boston College looming this weekend.

Men's and Women's Cross Country Continued from front page

The Cork, Ireland native, was also the first freshman in the College's history to win the title, as well as the first Friar runner to win since 2017, and the 13th female Friar to ever win the title. Even more impressive? This was Buckley's first ever Big East competition. Post-race, she said, "It was amazing. I wasn't expecting that to be honest because this was my first Big East competition [and] I've only ran three races here so far. This one was definitely different because in the last two races there were 400 people, so it was nice." Shannon Flockhart '24 and Lily Tuck '23 rounded out the Friars' top-three finishers, finishing in fourth-place and sixth-place respectively.

The men's team also came in second place, out of a field of nine teams. The top finisher for them was Marcelo Rocha '23GS, who finished in sixth with a time of 23:35. The following top two finishers for the Friars were David Principe Jr. '23GS, who finished in eighth, and Patrick Thygesen '24 who finished 12th.

Following the Big East championships, the Friars embarked to Van Cortlandt Park in New York, NY, to the Northeast Regionals. There they attempted to qualify for the NCAA championships, facing off against nationally and regionally ranked teams. During the race on Nov. 11, the Friars men finished in fourth and the women finished first, earning them an automatic bid to the NCAA championships.

For the men's team, it was once again Rocha who crossed the finish line first, finishing in fifth place overall and qualifying as an individual runner at the NCAA championships. The next two Friars to finish were Shane Coffey '24 and Principe Jr. They finished in 24th and 34th respectively.

For the women's team, it was the freshmen who really shined for the Friars. It was once again Buckley who led the way, as she finished third overall in the race with a time of 20:27.4. The following top-two finishers for the Friars were Flockhart, who finished twelfth,

and freshman Niamh O'Mahony '26, who finished fourteenth.

Finally, on Saturday, Nov. 19, the Friars traveled to Stillwater, OK to compete in the NCAA championship. Rocha was the lone runner representing the Friars men, and, running as an individual, finished 73rd out of a field of 252. The women's team finished 16th overall to the delight of coach Treacy, who remarked, "I thought the best they could do coming in was 15th and we were one point off that, so it was a fantastic run for them. They all ran really well. It was probably the best race of the season. All top five are coming back next year, so I'm looking forward to next year already."

The athlete who must have really impressed coach Treacy was Buckley, who made history yet again with a time of 20:16.2 and placed 49th overall. This was the first time since 2015 that a Friar had finished top-50 at the championship. The next two finishers for the Friars were Flockhart, who was 57th, and Kimberley May '25, who finished 112th. This was the women's second consecutive trip to the NCAA championship, and their 30th trip all-time. Considering, that all three top-three finishers were underclassmen, the team looks to have continued promise heading forward into future seasons. In fact, half of the women's team are sophomores or younger, and their senior runners could be eligible for graduate years as well. It is possible this women's team will exceed how well they did this year in the seasons to come.

The men's team, on the other hand, is a bit older. With their experience and development heading into the primes of their careers, the men's team also looks incredibly promising moving forward. Treacy will now move forward and prepare for the spring track and field season, starting next semester.



PHOTO COURTESY OF PC ATHLETICS

Jane Buckley had a historic post-season for the Friars. She finished in first at the Big East championships, becoming the 13th female Friar and the first Friar freshman to ever win the title.

A Look Around Friartown

Men's Ice Hockey:

11/25 vs. St. Lawrence University,
win 4-3

11/26 vs. Brown University,
loss 2-3

Upcoming:

12/02 at Boston College

12/03 vs. Boston College

Men's Basketball:

11/26 vs. Columbia University,
win 78-64

11/30 at Texas Christian
University, Result TBD

Upcoming:

12/03 at University of Rhode
Island

12/07 vs. Manhattan College

Women's Ice Hockey:

11/19 vs. University of Maine,
win 5-1

11/26 at Brown University,
win 4-3

Upcoming:

12/02 vs. Merrimack College

11/03 vs. Merrimack College

Women's Basketball:

11/26 vs. Weber State University,
win 62-55

11/27 vs. Bryant University,
win 85-60

Upcoming:

12/02 at #3 University of
Connecticut

12/04 vs. #25 Villanova University



Providence College Investigates: CFB

Who Will Win the College Football Championship?

University of Michigan

As the college football season comes to a close and conferences hold their championships, many fans turn their attention to the looming College Football Playoff. All the nation's best teams hope to be selected, but ultimately only four will be chosen to participate in the event.

One of those teams will almost certainly be the University of Michigan, which will likely be one of the favorites to take home the championship trophy. The Wolverines have been dominant all year, and have just one final test remaining: the Big Ten Championship. Michigan will face an 8-4 Purdue University on Saturday, Dec. 3. The Wolverines are coming off perhaps their best win of the season against their bitter rival, Ohio State University, who was ranked in the top four in the country before the contest. Michigan rolled to a 45-23 victory behind a dominant second half that saw the Wolverines outscore the Buckeyes 28-3. Michigan's defense held strong against Ohio State, despite the prowess of Ohio State's offense led by playmakers C.J. Stroud and Marvin Harrison Jr. This victory solidified Michigan's case for the College Football Playoff, and barring any unforeseen circumstances the Wolverines will likely remain in the top four, win or lose against Purdue in the Big Ten Championship this weekend.

One of Michigan's biggest advantages is that they have an

experienced coach who has been to the Championship before. Head coach Jim Harbaugh has a championship pedigree and should lead his team into the playoffs with a very solid game plan regardless of who they will be matched up with. Along with coaching, Michigan's defense is another notable strength that will likely have an impact on the team's success in the playoff. Defensive lineman Mike Morris, who was named the Smith-Brown Defensive Lineman of the Year, terrorizes opposing offenses and can minimize the opposing teams' running games. Mazi Smith is another difference-maker on the defensive line, who was a first-team All-Big Ten selection. These two, along with many others, have helped guide Michigan to a top-five scoring defense in the country, one that could match up with even the most formidable offensive attacks.

In addition, Michigan has an elite offensive line that bolsters a strong run game and a steady passing attack. Running back Blake Corum has already racked up over 1,400 rushing yards to go along with an impressive 18 touchdowns. Look for Corum and Michigan to run their way through the College Football Playoff and become the 2022-23 National Champions.

- Will Murphy '23
Sports Co-Editor

University of Georgia

The University of Georgia is one of the most iconic and historic names in college football. Yet, it was only last year that the SEC darling captured its first national championship since 1980, their first in the modern college football playoff era, and their first under brilliant head coach Kirby Smart. It wasn't UGA's first appearance in the title game under Smart; they had appeared four years prior in 2017, where they lost to Smart's mentor Nick Saban and the University of Alabama. But last year Smart got his revenge and finally took down the Tide in an exciting back-and-forth matchup. With an experienced returning quarterback, a promising young tight-end, and many other returning pieces, there was certainly reason for optimism that Georgia could be back. However, there was also reason for doubt. Georgia lost some big offensive pieces such as running-back James Cook and wide-receiver George Pickens. Georgia also has a historically good defense, most of their key pieces heading to the NFL. Returning quarterback Stetson Bennett was a walk-on at UGA and was never supposed to start, but an injury gave him the opportunity. Could he really replicate his success for an entire season? While they were ranked to begin the season, there was valid reason to question if Georgia could return to the college football playoffs, let alone the title game. That was all answered in week one, when Georgia absolutely demolished the University of Oregon 49-3. Oregon was a top-25 team entering

the season as well and has remained in the top 25 now into the end of the season. They are a good football team, but Georgia buried them. Georgia would go on to stay undefeated throughout both its season and SEC play, not allowing more than 22 points in any game. The defense that people were worried would take a step back is almost as good as last season, with another multiple projected first round picks this year. Georgia, currently No. 1 in the country, faces Louisiana State University on Saturday, Dec. 3 for the SEC championship. LSU is currently a top-15 team themselves, so even a loss to them should not knock Georgia out of the playoffs. Georgia would have one loss, that being to a top-15 team, and a better resume than most of the other one-loss teams just outside the playoffs. Letting Georgia in means unleashing the dogs. The No. 2 team in the country right now is the University of Michigan. Michigan, while arguably much improved from last year, faced UGA in last season's playoff semi-final game, in which UGA won with ease. The other likely playoff contenders are Texas Christian University and the University of Southern California, who will be having not only their first taste of the playoffs but also have first year head coaches and less experienced and talented rosters. It is clear: the University of Georgia will win this season's national title.

- Joseph Quirk '23
Sports Co-Editor

Athlete of the Week: Janai Crooms

by Joseph Quirk '23
Sports Co-Editor

WOMEN'S BASKETBALL

After a disappointing 2021-2022 season that ended with a 11-19 record, the pressure was on for the Providence College women's basketball team to return to being a competitive basketball team, one looking to make a run in the Big East and maybe even the women's NCAA tournament.

Well, just a season later, the Friars sit at a phenomenal 6-2 after a three-game win streak this past weekend. From Friday, Nov. 25-27, the Friars hosted the "Friar Thanksgiving Classic" in Alumni Hall and won all three of their matchups. This week's "Athlete of the Week" had a significant impact in all three victories.

Guard Janai Crooms '23 transferred to Providence last year from Michigan State University. Prior to Michigan State, she began her career at the Ohio State University after being recruited as a four-star recruit and the No. 36 player in the Class of 2018 according to Prospect Nation. After a strong first season at PC, she was poised to become a veteran leader with a relatively young team this season. In the Friars' first game of the season, against Dayton University, Crooms scored her 1,000th career collegiate points, making her the 37th player in program history to do so. The first game of the Thanksgiving tournament was played on Friday, Nov. 25 against Hartford University. The Friars won that game with ease, by a score of 60-30, and Crooms played a big role in it. While her scoring numbers don't jump off the page, with just six points in the contest, she shot very efficiently and selectively, going two-for-three from the field. But a majority of her impact was done everywhere else on the court. With guard Kylee Sheppard '25 still limited from an ankle injury, Crooms took on a load of the playmaking, tossing six assists to her teammates. She also added in an absurd nine rebounds, two blocks, and a steal, numbers that one



Janai Crooms had a fantastic weekend at the Friar Thanksgiving Classic. The Friars themselves went 3-0 on the weekend.

PHOTO COURTESY OF PC ATHLETICS

would expect more from a forward or center, not a guard. The next day, the Friars faced Weber State University and once again won by a decent margin and a score of 62-55. Once again, Crooms went crazy on the glass, bringing in an incredible 17 rebounds, four of which were offensive. She also added another block, two steals, five assists, and eight points. In their final game, the Friars faced crosstown neighbor Bryant University. Once again, the Friars won comfortably by a score of 85-60, by far the highest scoring game of the three. And that was reflected in Crooms' play as well, as she led the team in scoring this round with 19 points. She once again had an amazing 13 rebounds and her seven assists put her on triple-double watch.

Her impact in these three victories cannot be understated. These three games comfortably put

the Friars above .500 and set their season off well, Crooms making a significant impact in each. She picked up the playmaking responsibilities of an injured teammate, prioritizing scoring less and setting up her team's offense more. As the Friars get deeper into the season, that connectivity will matter significantly. She was also a defensive monster, playing a large part in holding both of the Friars' first two opponents under 60 points. She had immaculate rebounding efforts in all three games, something that is massively important in limiting opponents and creating scoring chances and second-chance plays. Yet, when the Friars needed her to step up offensively, she would answer the call with ease and efficiency. That is why she is this week's "Athlete of the Week."