

The Pauw Wow

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Storm of Emotions: Saint Peter’s Affected by Haiyan Aftermath

BY FRANCISCO DE JESUS
Staff Writer

When Hurricane Sandy struck the east coast in 2012, the aftermath deeply affected people. From homes lost to raging waters, to several days without electricity, such trauma never healed even after a year into recovery. That is why one can relate to the victims of Haiyan (Yolanda), the category-five super typhoon that hit the Philippines in early November. While the storm has not physically affected Saint Peter’s, it has taken a psychological toll on the students and faculty. This is especially the case for those whose ethnic background derives from the Philippines and other affected areas. Victoria

Sanagustin, a freshman at St. Peter’s, describes how the typhoon’s has affected her family. Specifically, she explains how her mother was born in Leyte’s capital city of Tacloban, one of the worst hit areas affected by Haiyan. “She personally knows family and close friends who have been affected by the tragedy,” said Sanagustin. “Memories from her childhood, she feels, are now all wiped out because the strength of the storm has perished the whole city and everything is gone.” According to the NDRRMC (National Disaster Risk Reduction and Management Council), it is confirmed to have taken over 5,00 lives, displaced almost four million people, and has amassed almost a billion dollars in damages.



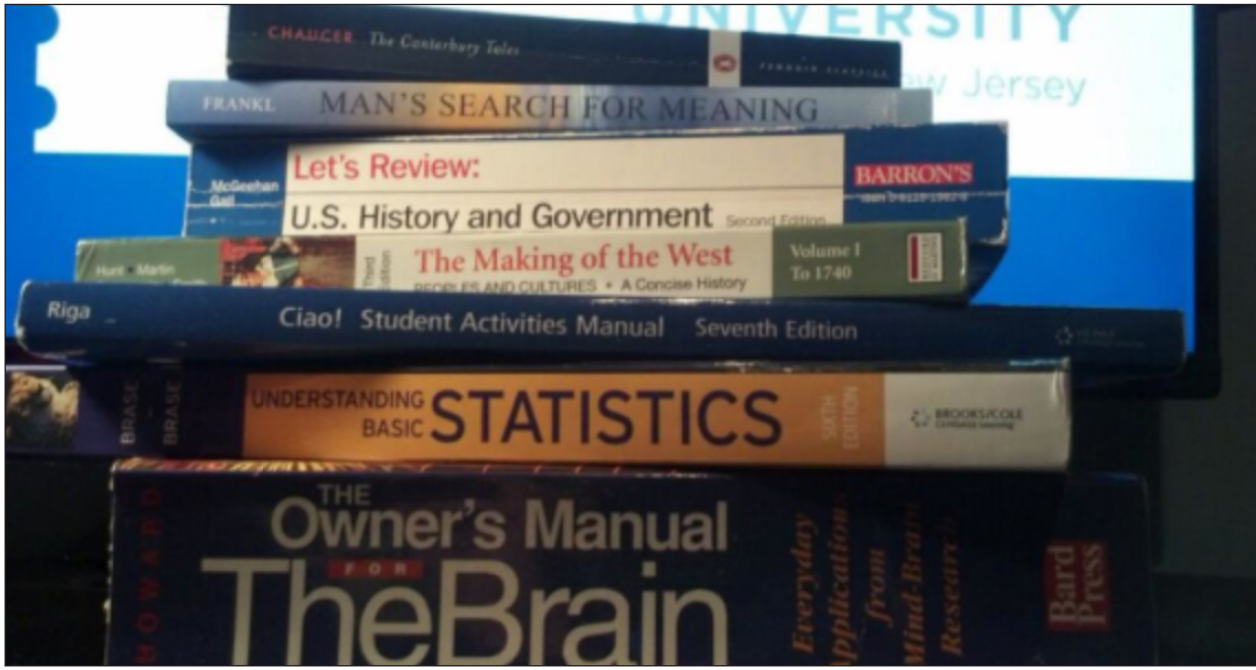
TPW / © FRANCISCO DE JESUS
Students gather at Saint Peter’s Hall, honoring those lost by Typhoon Haiyan.

Despite this, Sanagustin says her mother uses it as a motivator, organizing several signing events to help raise funds for recovery efforts. “Though she is deeply saddened by the event, it has given her the inspiration to rebuild the lives and homes of people so they will be able to stand up and move

forward with their lives.” Father Jose Salazar, a priest at St. Peter’s, also has family in Tacloban City. They consist of his 91-year-old mother, his 87-year-old father, a sister and a nephew. He recalls the day the typhoon hit, speaking to his family before power lines and cell towers went out.

“I had spoken, by phone, to my sister just as the storm hit landfall,” said Salazar. “It was almost 72 hours later that I received confirmation that not only was our house spared of any wind or water surge damage, but more importantly, that my family was

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TPW / © MICHAEL JOLL
For some students, the course load is extremely heavy with maths and sciences, so it's best to start studying early on.

Coffee and All-Nighters: Prepping for Finals Week

BY JESSICA FACCHINI
Staff Writer

Students all around campus are beginning to stack their textbooks on their desks and cracking them open to study a semester’s worth of information—all while keeping stress level to an ideal minimum. With only a week and a half of classes left in fall 2013 semester, Saint Peter’s University students are starting to feel the pressures of finals week that habitually start once Thanksgiving break passes almost as fast as Thanksgiving dinner is eaten. Plug in that Keurig

and crack open those textbooks that have been piling in the corner of your room, students—finals week is almost here. Caffeine-induced all-nighters at the library are not uncommon for the average college student. These stressful last days of the semester are packed with color-coded flash cards, excessively long term papers, endless typing, and note highlighting. While college students are typically stressed throughout the semester, the time of greatest stress seems to come just before our well-deserved winter and summer breaks. According to a 2006 study by The Jed Foundation

and mtvU, 63% of college juniors (predominately female) feel the flourishing pressures of stress, whereas 58% of sophomores and 39% of freshmen do. 52% of junior-year female students agree “they have been stressed to a point that they have shut down and felt they could [not] function.” Stress can be detrimental to a student’s health, as it can lead to sleep problems, anxiety, overeating or undereating, lack of motivation, irritability, headaches, and many other issues. Taking these possible side effects into consideration, it

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Vicious ‘Knockout’ game comes to NJ

BY MICHELLE RAGHUNANDAN
Staff Writer

The dangerous punching game, Knockout, has resurfaced around the New York Metro Area. Knockout, Point `em out knock `em out, Polar Bear Hunting, and Knockout Kin are all names used to describe a game played predominantly by teenagers. The name differs in certain locations, but the concept is still the same. The idea is to choose a target and punch them as hard as you can with the intent of them falling down with one single blow. One must continue to punch the target if he or she can’t knock a person down. The game is not new, but recently got coverage when it resulted in a death of a homeless man. Three teens all from Jersey City struck Ralph Erick Santiago in the back. Santiago then collapsed onto an iron fence, wedging his neck between two iron fence posts, where he died stated on NJ. com. There since have been numerous incidents where innocent people have been hurt due to the game. One SPU student believes that these brutal attacks may be occurring because of culture and location. “I definitely think it’s a cultural thing it happens

predominantly in areas of low socio-economics,” said Matthew Rosado, a psychology major. Rosado also believes social media plays a big part in the attacks. The senior says “it perpetuates that behavior, kids want their five minutes of World Star Hip Hop fame.” (WSHH is a music and entertainment website) More and more videos of knockout attacks have emerged online. Recently, an Instagram video of a young girl punching another female went viral on World Star Hip Hop gaining over 9,563,250 views online. This attack was not related to the knock game trend, but is getting media attention. The attacker named Sharkeisha was trending over the Thanksgiving holiday on Twitter and other social networks. “It’s dangerous and wrong. I think they should be charged they need to learn the consequences of their actions,” said Rosado. The interim Director of campus safety, Joseph Coyle shared his thoughts on the reappearance of the brutal game. “These attacks may be because of peer pressure, usually when this happens they’re all walking in a group and I guess one guy wants to show the others what he can do. The legal

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2NEWS

HAIYAN

FROM FRONT PAGE

safe and secure.”

Despite overcoming Haiyan, Salazar’s family had no electricity, no food or supplies, and little security against marauding gangs that were taking advantage of the people’s suffering. Furthermore, his mother, who is bed-ridden, was not receiving proper medical care.

It was clear that Salazar needed his family evacuated. And so, he called out to several family members across the world, who helped him in his time of need.

“Younger relatives in Manila and Cebu, even Tokyo and Singapore, worked their extensive network of contacts for the week to get all our families out of the devastated areas by air, land and sea. By the tenth day, everyone had found safe haven.”

However, with one family safe, millions continue to suffer. St. Peter’s, in turn, has worked tirelessly to give hope to victims. This has been in the form of vigils, honoring those who have died, to donations for people still suffering.

Father Rocco Danzi, director of Campus Ministry, notes the support the St. Peter’s community has given. Inspired by the togetherness, he collaborates with several relief services to make sure the supplies donated will be

properly given.

“We’re focusing on Catholic relief services because they’re already there,” Danzi said. “They have a good network, so we trust that what we give most, if not all, will go to the people affected.”

With this raising of awareness, and the continued need for donations, students like Victoria Sanagustin feel that support will continue to grow as a result.

“As St. Peters University, the biggest outreach we can do is to continue raising funds for the Philippines so they will be able to build homes, schools, fund money for medical support, and help people to get back on their livelihood.”

Father Rocco feels that the biggest challenge will be that people will attempt to move from Haiyan. As the Philippines is not as developed, the recovery efforts will be much more difficult efforts than it was during Hurricane Sandy. As such, he urges the continued need for support, both now and into the future.

“So often, these terrible things happen, and then people just move on,” he said. “We can’t do that here. We’ve got to stay focused, we got to stay there, we got to be with the people, and we got to find ways to help in the relief aid.”



TPW / © FRANCISCO DE JESUS

TOP - Students and people of the Jersey City community come together at Saint Aiden’s to support and pray for those lost in the devastation of the Typhoon Haiyan. / ABOVE - Supplies gathered for those suffering currently due to the effects of Typhoon Haiyan. Campus Ministries and other departments in the university community have come together to raise relief efforts and funds for those currently without shelter or resources to live.

KNOCKOUT

FROM FRONT PAGE

ramifications are grave, what these kids think is fun can put them in jail” said Coyle.

In light of the recent attacks, Campus Safety is taking steps to ensure the Saint Peter’s University community is kept safe.

Approximately 190 cameras are used by Campus Safety to monitor Saint Peter’s University. Numerous cameras strategically placed throughout the campus record activities on campus property and in selected areas of campus buildings. A campus safety officer assigned to the central station monitors the CCTV system 24 hours a

day stated on Saint Peter’s University website.

“The staff is aware of these attacks. If we see anyone not affiliated with the University we take appropriate action” said Coyle.

Another SPU student shares that she is taking to protect her family members.

“My family doesn’t even allow my grandmother

to walk by herself,” said Ivis Molina, a Business Administration Major.

The junior states she knows someone who was knocked out.

“I’m not sure if it was related to the Knockout game but they just beat him up and left,” said Molina.

The Saint Peter’s University website states to report a crime or

emergency while you are on Main Campus, dial “5” from any University-owned telephone, or use an Emergency Call Box located near the University buildings or in the parking lots. You may also call (201) 761-7400 for a direct line to the Campus Safety Department.

Human Trafficking Rises as Super Bowl XLVIII Approaches

BY HELENE MCGAVIN
Social Media Editor

Imagine you have a daughter and she is 12 years old. She meets a teenage boy online and agrees to meet him at a local mall. When she arrives at the mall, she discovers he is a 24-year-old man. This man kidnaps her, takes her across state lines, and controls her with violence. Over the next year, she is physically and sexually abused and forced to sell her body on the street. When she turns 13, she is arrested for prostitution, put on probation for 18 months, and placed in the custody of the juvenile justice system. This is the true story of Sarah. Sarah’s abductor was never caught.

This was just one of many stories told during the Hudson County Human Trafficking Awareness Seminar held at Saint Peter’s University on November 21, 2013.

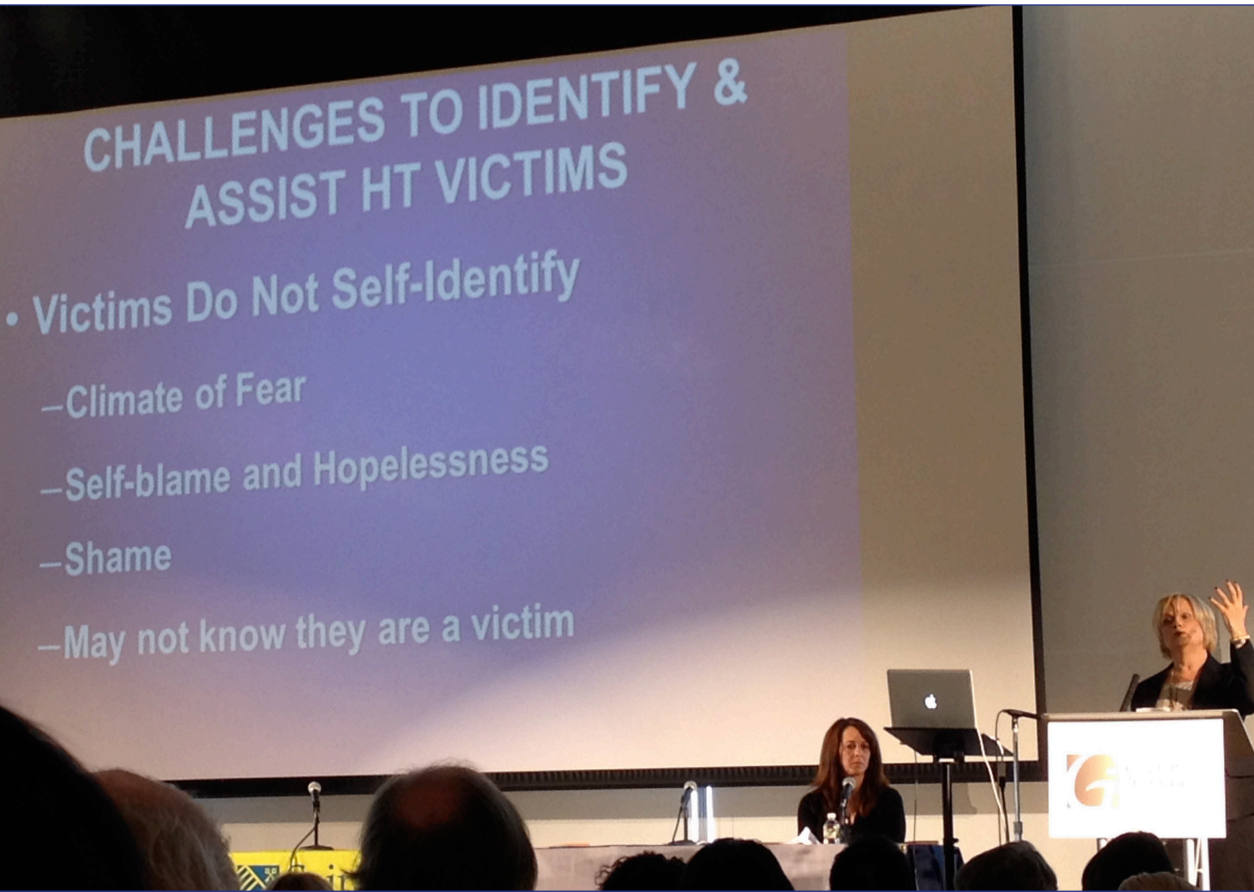
Human trafficking is defined as being a vast and often highly secretive crime. It may be hard to believe but there are more slaves worldwide now than there were during the civil war because

of human trafficking.

Dr. Meika Roberson, Assistant Chief Medical Officer and Chair of the Department of Emergency Medicine at Care Point Health Hoboken University Medical Center spoke about several human trafficking stories to the hundreds of attendees at the awareness seminar.

The United Nations estimates that 1 child every 2 minutes is trafficked for exploitation. Children are beaten, starved, and forced to work as prostitutes.

Now imagine that your daughter, sister, or wife was going on a trip to Miami with her girlfriends. Once she lands in Miami, she hails a cab to take her to the hotel. Instead of driving to the hotel, the cab driver takes her to a remote location where she is raped, beaten, and tortured. The men threaten to kill her and her family if she tries to escape. This is a true story of Chelsea. She was abducted at the age of 19 when she traveled to Miami on Spring Break to meet her girlfriends. She was brought from city to city working as a prostitute at large-scale events. During the Super Bowl in Miami, Chelsea was expected to sleep with 40-50 men a day. If she didn’t meet



TPW / © HELENE MCGAVIN

Kathy Friess, NJ HT Program Coordinator gives presentation of HT in NJ. Sergeant Noelle Holl on right.

her quota, she was beaten.

A large-scale event, like the Super Bowl, results in more human trafficking victimization than any other event in the United States. According to Forbes, 10,000 prostitutes were brought to Miami for the Super Bowl in 2010 and 133 underage arrests for prostitution were

made in Dallas during the 2011 Super Bowl.

Because of centralized location, transportation network, and diverse population, New Jersey is a hub for all kinds of human trafficking. With New Jersey preparing to host Super Bowl XLVIII, one of the largest sporting events in the

country, law enforcement officials have already seen an increase in forced prostitution. Experts say that the sheer number of men looking to pay for sex substantially increases at these types of events. With the massive crowds that follow

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FINALS
FROM FRONT PAGE

is very important for college students to learn how to manage their own stress—something that can be very different for each person.

According to dailymer-ald.com, time management is the key against having stress overwhelm college students. It is something students tend to struggle with, as University of Calgary psychologist Piers Steel discovered that about 80 percent to 95 percent of college students actively procrastinate—even early on in the semester.

“I will be taking 6 finals, unfortunately,” said Sara Marcazzolo, a junior majoring in communication & media culture at Saint Peter’s University. “I prepare by writing all of my notes for each subject and color coordinate them in order to keep track of what is important and what is not, such as vocabulary words and open-ended questions.”

“I study for each one a week in advance and then I study again the night before each exam. I make sure I feel confident before I put my

books down,” Marcazzolo explained. “In order to de-stress, I listen to music loudly with my huge DJ headphones on so it blocks out everything around me. I also read books to escape what I’m feeling. Sometimes you just have to put the study materials down and take a break.”

Some scientifically proven ways to de-stress, according to the Huffington Post, are going for short walks, shutting off all electronics (if your class notes are on Microsoft Word documents, print them out and shut off that computer—Facebook and Twitter are not study-friendly!), putting on your favorite music, chewing some gum, and eating potassium-rich foods such as bananas, which are proven to regulate blood pressure in times of stress. Interestingly enough, those potassium-rich foods also protect your body from severe side effects that can be caused by stress, such as heart attacks or strokes.

While many students believe that all-nighters are the most effective in regards to studying for a final exam, many students try getting some well-needed

sleep during the big week. Huffington Post claims that the average college student needs a total of 9 hours of sleep a night.

“I try to get at least 5-6 hours of sleep during finals week. I can’t function without some sleep,” said Emma Ryan, a junior at Saint Peter’s University double-majoring in elementary education and American studies. “I usually start studying when what will be on the test is announced and I study a little bit every-day up until the exam.”

When asked how she prefers to de-stress during the week of anxiety, Ryan said, “To de-stress, I study for about an hour and a half to 2 hours at a time then take a nap, take a shower, or watch TV for 30 minutes. Then I get back to studying.”

For the class of 2017, this upcoming finals week will be the first one they will experience at Saint Peter’s. It will surely be a new, scary, and stressful time for them, as they likely do not know what to expect. Giving some finals week advice to the freshmen about to experience something foreign and nerve-wracking.

Emma Ryan advised

freshmen to “study, sleep, and eat. Cramming in one night will not cause you to do well on the exam and eating every so often, having a full stomach will help you stay focused. Studying as much as can in increments will add up in time. Start as soon as possible and do it little by little--it will make a difference.”

“The best advice I think I could give would be to not overwork yourself,” added Marcazzolo. “Make sure to study with true focus and confidence, that way nothing can stand in your way except yourself.”

Therefore, do not let that pile of vocabulary terms and possible essay questions deter you from a little relaxation and a nice bubble bath or two during finals week (you can even sneak some flash cards in there, after all). Studying does not necessarily have to mean erratic anxiety and all-nighters. Take a deep breath, crack open those books, and reward yourself with a break every hour or two—after all, winter break will soon be upon us!

Walmart’s Black Friday, and Wages: A Wake-Up for Us All

BY JOSE BUSTILLO
Staff Writer

In the last issue of The Pauw Wow, we ran a story about the state raising the minimum wage by \$1, starting on January 1, 2014. Walmart corporate was contacted for the first article, but they did not get back until after the Pauw Wow’s deadline. On their response, Walmart Corporate Communications not only addressed the controversial issue with the wages of their employees, but also commented on Walmart’s Black Friday events.

On the eve of Thanksgiving, Walmart was ready to open its doors for its busiest shopping season of the year. Beginning with events at 6 p.m. and 8 p.m., more than one million associates were expected to staff Walmart stores during the events, helping customers get their holiday shopping season off to a safe and successful start. Twenty one -- one-hour-- guaranteed items, more inventory on the hottest Black Friday items and most importantly, the hard work and dedication of their associates served customers during Walmart’s Black Friday events.

According to Walmart’s Media Relations, Kory Lundberg, the retailer offers more employment opportunities than other companies in America. He added that more than 160,000 associates across the country will be promoted this year to jobs with more responsibility and higher pay. Just last week, more than 350 associates received on-the-spot promotions at town

halls in Atlanta, Dallas and Phoenix, Lundberg wrote in a news release Walmart Corporate Communications sent by email.

Interestingly, Associates who worked during the events at Walmart will receive holiday pay equal to an additional day’s work, a 25 percent discount off an entire purchase and will be served a Thanksgiving meal throughout Black Friday shifts.

“Every year I celebrate Thanksgiving with my family and then I go to work and have dinner with my Walmart family,” said Adrienne Faucette from the Landover Hills, Md. “I’ve worked Black Friday events for eight years and every year I look forward to it. I love the energy and excitement, and seeing all of our customers who come shop with us.”

However, not everything went smoothly at Walmart stores on Black Friday. Several people protested at some Walmart stores in Chicago, highlighting the low pay of their employees, and asking for labor justice.

According to a report published by the LA Times on Thursday, unions were paying \$50 to anyone who protested at Walmart’s stores. Isn’t it illegal to pay someone to protest? And why are unions involved with this?

It seems that the reason unions are paying people to protest is because of their interest in unionizing Walmart’s workforce. However, those intentions have fallen off since unions haven’t been able to unionize Walmart’s employees.

Peter Schaumber, a former National Labor Relations Board (NLRB) chairman told the

Washington Examiner that people were protesting because they were getting paid, and agreed that the practice would not be illegal.

While David Tovar, Vice President, Corporate Communications and Bill Simon, President and CEO at Walmart visited some stores in Texas, they described the mood in those stores as “crowded but calm.”

“We said Black Friday is the Super Bowl of retail, we ran a play that only Walmart could deliver and our customers loved it,” wrote Bill Simon, president and CEO of Walmart U.S. on a news release. “Our Black Friday events were bigger, better, faster, cheaper and safer than ever. More customers chose us, we had the prices and products they were looking for, and we’re not finished yet. Helping families get ready for a great Christmas – and get a lot of great deals while they’re at it – is exactly what we’re going to continue to do,” he told Walmart’s Media Communications.

However, that did not seem to have happened at Walmart Saddle Brook, in New Jersey.

“It was not calm at all,” said John Roman, Zone Supervisor at Walmart. “The craziness will continue during the day on Friday”.

There are people who love waiting outside stores like Walmart, Sam’s Club, Macy’s, and Best Buy regardless of the weather conditions. It is in fact, sometimes worth it for us to go shopping and save some money, but is it fair for those employees to start working at 6 p.m. when they could be at their homes enjoying their Thanksgiving dinner?

“This has been the most successful Black Friday in Walmart’s history, with customers receiving bigger and better savings and an overall safer shopping experience. We’re proud of the hard work our associates have put into making this a great Black Friday for our customers, and we’re pleased we can provide them with holiday pay equal to an additional day’s work, as well as a 25 percent discount on an entire basket of goods for their extraordinary efforts,” Tovar said in a news release.

“For our part, we want to be absolutely clear about our jobs, the pay and benefits we offer our associates, and the role retail jobs play in the U.S. economy. Walmart provides wages on the higher end of the retail average with full-time and part-time associates making, on average, close to \$12.00 an hour. The majority of our workforce is full-time, and our average full-time hourly pay is \$12.81 an hour. We are also proud of the benefits we offer our associates, including affordable health care, performance-based bonuses, education benefits, and access to a 401K,” said Tovar regarding the question on minimum wages.

For some, Walmart is not only affecting small business, but it is also undermining its employees. For others, it is the best choice on prices, and a place where you can find basically everything essential for your needs.

“It’s businesses like Walmart that can create opportunities for career growth and greater economic security for families,” Tovar added.

AROUND
JERSEY CITY

According to the Jersey Journal, yet another incident of violence near a PATH station occurred on November 19th, resulting in a half dozen teens being taken into custody in Hoboken, officials said.

A group of what were described as high school students outside the Hoboken Terminal/PATH Station at about 1 p.m. were verbally harassing people and throwing bottles, New Jersey Transit spokesman William Smith said.

When Hoboken police responded, the teens fled into the train station, where they were taken into custody by NJ Transit police officers, Smith said. The teens were then turned over to Hoboken police to be processed, said Smith, adding that it did not appear that any commuters were hurt.

Two men shot at each other near Wegman Parkway and Ocean Avenue in Jersey City at around 12:17 a.m. before fleeing the scene, according to a woman whose car was shot in the crossfire, a police report stated.

The woman said she parked her car at the northeast corner of Wegman Parkway and Ocean Avenue when a young man wearing a black jacket with a hood standing near her car was shot at by another man who approached the intersection, the report stated.

The young man then returned fire with his own gun while running away toward Martin Luther King Dr., the woman said in the report.

According to the Jersey Journal, county officials for Hudon County are not disputing claims that the game of “Knockout” is seeing high occurrences in this area of New Jersey.

“Knockout” is a game where young teenagers often end up violently beat up or attack a pedestrian on any street or corner. The attacks are meant as wild, random and unexpected. Many of the targets in games of knockout are often homeless people who are either living or sleeping on a street.

Hudson County Assistant Prosecutor Gene Rubino told the Jersey Journal in September that the type of attack wasn’t a trend in the area.

“It’s not a trend in Jersey City. We’re not seeing it in Jersey City,” he said.

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End of the Semester

a letter from the editor

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BY DYLAN SMITH
Editor-in-Chief

Looking through the past seven issues of the semester - this being our eighth and final for the semester - I'm glad to see the continuing progress occurring in our pages from our writers' ability to the subjects they are brave and courageous enough to cover.

2013 was a great time for The Pauw Wow. Several of our editors went to New Orleans for the Collegiate Media Association conference, with the paper winning into the Top 10 for Non-Daily's at 4-Year Private

Colleges.

As also seen when scrolling through the pages of our past issues is the progress amongst the students and faculty here at Saint Peter's University. Not only are students and faculty doing amazing things, but are also remembering to do for others and put their best foot forward in the name of service.

Our 2012-2013 season of issues saw discussions ranging from the conversation on minimum wage, equality for all, issues of race, and discussions about the future of America, while being

critical of ourselves as a college, but also as a student publication.

With the devastation still heavily present in most of the places affected by Typhoon Haiyan, critical discussion about the best way to help those in need is needed more than ever. Within our pages, you will be able to find ways to help. Our cover story is also about the ways the typhoon is affecting our own community and our students or faculty with relatives still in need of help.

While sitting with your family and remembering all you are thankful for, it seems important to

remember those who do not have many human needs that you may not think as something crucial to life. From pulling together donation funds or making sure the voices of those in need are heard in some kind of publication, all help is important.

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HUMAN

FROM PAGE 2

the Super Bowl, traffickers have a prime opportunity to extort their victims into sex trafficking without getting noticed.

According to the Department of Justice, human trafficking is the second fastest-growing criminal industry behind drug dealing. Human trafficking generates 9 Billion dollars a year, ranking just below drug smuggling and is tied with

arms dealing for the most money made in organized crime.

Although truly accurate statistics are hard to come by, experts in the field estimate that at least 100,000 American juveniles are victimized through prostitution in the United States each year.

Barbara Amaya is a human trafficking survivor. When speaking to the audience during the seminar she said, “When I was being trafficked on the streets of New York, I

probably experienced everything you could imagine and more. I will tell you that I was probably raped more times than I can remember. I didn’t realize at the time that I was a victim of human trafficking.”

Within 48 hours of running away, a young person is likely to be solicited for prostitution or another form of commercial sexual exploitation.

With the rise in human trafficking as Super Bowl XLVIII quickly approaches it

is important for citizens to be aware of what to look out for in possible human trafficking victims.

Some tips for the general public include: when conversing with a potential victim everything they say may seem very scripted, inconsistent, or vague. A potential victim usually has someone with them at all times. This person is usually very controlling and tries to speak for the victim. Lastly, victims may have signs of psychological trauma and/or exhibit

signs of physical abuse.

Roberson says, “Next time you come home late at night, look at the young women and girls who are out in the street. Most of them did not make the choice to be there. It’s easy to ignore the harsh reality of their mental, physical, and sexual abuse. But these children are our daughters, sisters, friends, and neighbors and these children are not for sale.”

ART

WSPR Sees Revitalization with New Station in Student Center

BY ADINA HALAGIAN

Staff Writer

Saint Peter’s University’s student-led radio station, WSPR, celebrated its grand opening November 20 at the Mac Mahon Student Center. The brand new station is estimated to cost nearly \$250,000.

Staying true to the school’s Jesuit beliefs, Father Mark T. DeStephano began with a live streamed blessing followed by the ribbon-cutting carried out by Professor and General Manager Joseph J. Lamachia and others. As soon as the inauguration took place, attendees were welcomed with a mini reception of beef sandwiches, coleslaw and brownies.

As one of many student organizations and clubs at Saint Peter’s University which dedicate their time to develop interaction between students, the WSPR Radio club is a group of individuals looking to create discussion. It is a voice for other clubs and a great way to involve students in campus events and activities by focusing on “producing and promoting radio programming as an alternative to what you hear on FM

and AM radio,” according to radio club president, senior Francisco De Jesus.

“We have a record of 23 or 24 shows now. In past years we’ve only had about 14 shows,” said Professor Lamachia.

“It’s really the only channel for students to get their voice out past just the campus,” said Dr. Barna Donovan. “The rule that we’re playing by is, if you wouldn’t be able to hear something in a professional news station, don’t do it here because ultimately you want this to be helping you into a future career.”

Managed by Saint Peter’s students, WSPR is live streamed over the internet and programming include talk shows, sports news and general news, etc. Students can tune in and listen to the programs, whether it is online or live in the Mac Mahon Student Center.

One of the four hosts of “The Chat”, a talk show streaming live throughout campus every Thursday at 3p.m., speaks of the unity and diversity her group tries to attain through the show everyday.

“We just wanna show girls how to stick together because sometimes girls would be against each other,” said Ty-Kiera Brown, a junior English student with an interest in media.

The hosts are not alone



TPW / © FRANCISCO DE JESUS

Members of WSPR and the “Radio Station” course stand along with faculty and staff to honor the official opening of the station.

in their good feelings about the station.

“So far, the feedback we have been getting is great. People are becoming more interested in the station, and we’re always having people coming in and looking at what we’re doing,” said De Jesus.

However, the station also has its fair share of publicity issues. Some issues club members have struggled with are making students aware of the radio station. This year’s

relaunching of the radio station in the newly built student center is certainly an improvement.

The new and more prominently displayed radio room is no longer behind a black door, like at its former location in Pope Hall, but surrounded by glass windows and members say it plays a big role in establishing the radio’s recognition. Nonetheless, there are still other technical issues staff have encountered.

“We have several instances in which certain items are not functioning properly, and we have not been able to get any help on fixing them,” said De Jesus.

For live stream radio, you can tune in at <http://www.saintpeters.edu/wspr/> for campus news, event updates and interactive discussion, as well as great music.

Students show pride at the Evening of International Song & Dance

BY MARISA CARLUCCI

Staff Writer

Singing, dancing, and food were all a part of the 19th Annual Evening of International Song and Dance, which was held on Thursday, November 21st in the Duncan Family Sky Room. The program, which was sponsored by The Office of Student Activities, featured students from various clubs and organizations performing in some way related to their cultures.

Besides having performances, food from various cultures was served at the event. ShishTawook-grilled chicken skewers, a Middle Eastern dish - was served as an appetizer. The main

course consisted of sliced Polynesian flank steak, Hawaiian mixed vegetables, and mango coconut rice, all Polynesian dishes. For dessert, chocolate banana brigadeiro, a Brazilian dessert, was served.

The program started with the Aiden McMullen Chorale singing “African Noel” and was followed by members of Indo Pak performing a Bollywood Fusion dance.

Next, the African Student Association performed a modern twist on a traditional African dance.

When asked about her favorite performance of the evening, sophomore Aminata Hughes said that the performance by the African Student Association was her favorite, “because I’m African, and all the

songs reminded me of home.”

Soon after, the longest performance of the evening took place. After a few minutes of hula dancing by Hula NYC, a visiting dance crew, audience participation was requested towards the middle of the performance. Audience members who wanted to learn how to hula dance were encouraged to join the dancers onstage where they were taught some steps.

“I had a lot of fun; it was very exciting,” said Luis Blanco, a junior who was involved with the audience participation aspect of the performance.

The end of Hula NYC’s performance featured fire dancing by one of the members of the dance crew. At that point, many students

held up their phones to record the performance.

Another featured performance late in the show was the Saint Peter’s University Dance Team performing a culture mix.

Following that, a presentation by the Asian American Student Union about Typhoon Haiyan aimed to educate students about the national disaster that occurred in the Philippines just a few short weeks ago.

Members of the organization explained, despite the fact that there were more casualties from Typhoon Haiyan than Hurricanes Katrina and Sandy combined, only \$14 billion in aid has been received so far. However, the AASU plans on partnering with Campus Ministry to raise money

through a Benefit Talent Show on December 6th.

Maria Robles, a sophomore who attended the event, said, in regards to the presentation, “I heard [the hurricane] was bad; I didn’t think [the devastation] was that bad.”

To complement the presentation, Victoria Sanagustin sang Lupang Hinirang, the Philippine National Anthem, which solicited a massive round of applause.

The final performance of the evening was the singing of “Every Praise” by the Voices of Praise Gospel Choir.

Overall, the diverse song and dance performances aimed to share aspects of the various cultures that are represented at Saint Peter’s University.

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Lit Picks - Books of the Year

BY EMILY ALEQUIN
Arts Editor

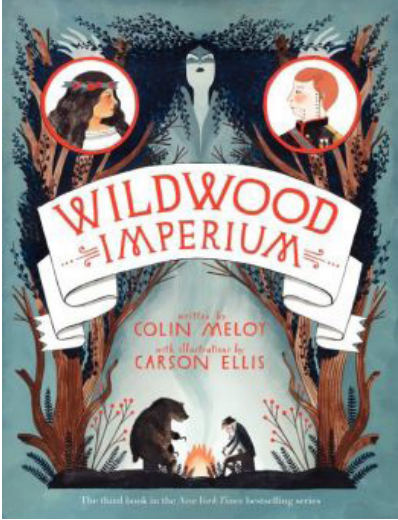
Christmas wish lists and resolutions may be flooding your mind but what do you plan to do once the hectic holidays are done with? There's only 3 weeks to relax with a break from college studies before the spring semester and 2014 start to take their toll. With the new year comes a new pileup of movies, shows, and of course books so here's a few upcoming and recently released titles to give you an idea of how to begin this new year of reading.

Doctor Sleep by Stephen King

It's been 36 years since Stephen King's novel *The Shinning* was released and now its sequel has brought back the original characters now older and very much changed. Dan Torrence, "Danny", now middle-aged is still traumatized by the events that took place at the Overlook Hotel. He uses drinking as a sedative for his thoughts and the vengeful spirits that have taken root within his mind. Through the success of an AA group he is able to give himself a new start and begins working at a nursing home where he cares for the mental patients but this only sends him back into the darkness he tried to escape when he meets a twelve-year old girl named Abra who also possesses the gift of "the shining".

The Wolves of Midwinter by Anne Rice

Anne Rice brings together winter, wolf men, hauntings, and yuletide celebrations. Her 31st novel, *The Wolves of Midwinter* is the 2nd in her series *The Wolf Gift*. Set on the coast of Northern California, Rice continues the story of her protagonist Reuben, a



man still coming to terms with his transformation from simple journalist to man wolf. Living in Nideck house, an old but beautiful mansion, has brought him tragic loss, hidden secrets, and new strengths. In this novel, Rice takes her character and her readers deeper into the supernatural legends of wolves in the same gothic she has come to be known for.

Wildwood Imperium by Colin Meloy and Carson Ellis

The third book in the *Wildwood Chronicles*, this 2014 release scheduled for February is said to be as entertaining and dark as the previous novels in the young adult series. *Wildwood Imperium* continues the story of Prue McKeel, her friends, and their adventures with séances, mechanical princes, mystical creatures and deadly assassins. All of this and countless more await in a forest known as the Wildwood.

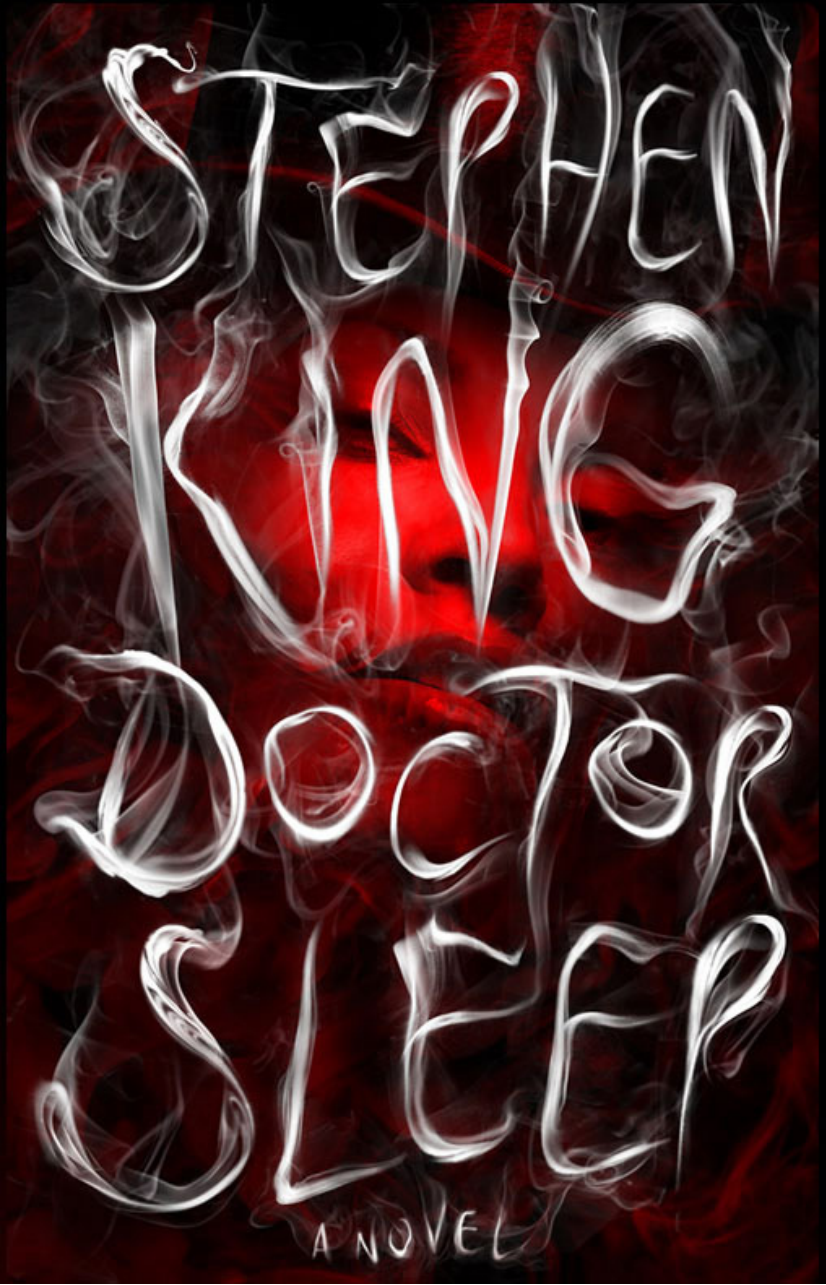
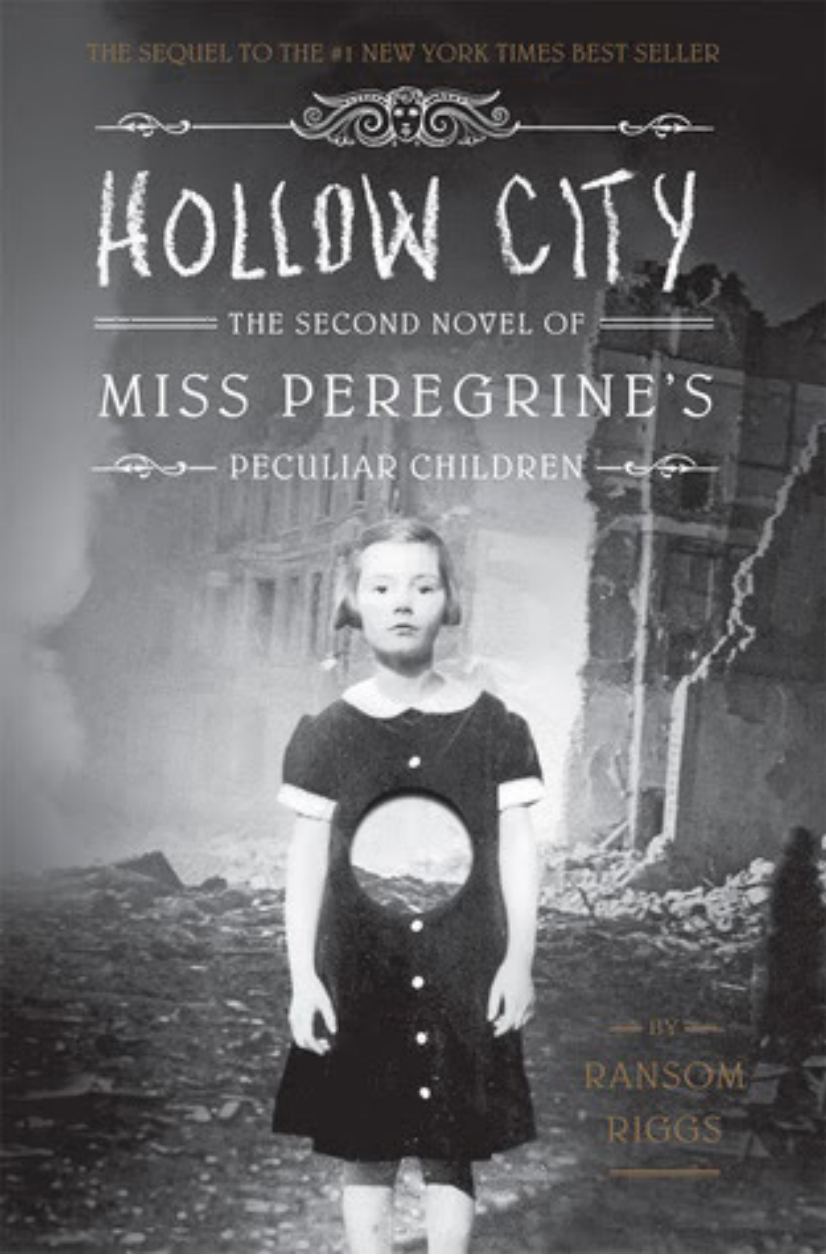
Hollow City (Miss Peregrine's #2) by Ransom Riggs

In 2011, Riggs released a novel titled *Miss Peregrine's Home for Peculiar Children*. The book was a mixture

of fantasy and vintage photography that told an eerie yet interesting story of the children at Miss Peregrine's home. Each child was considered dangerous and kept locked away from society, and for very specific yet unexplainable reasons. The home itself is a huge mystery and so are the children that once lurked through its secret halls and passages. *Hollow City* will be released in January and reveal what happens once these children escaped from the imprisoning walls of Miss Peregrine's home.

Tell the Wolves I'm Home by Carol Rifka Brunt

While it's not exactly a new release, Carol Brunt's novel *Tell the Wolves I'm Home* was named one of the best books of the year which should put it at the top of any reader's list. When a book is graced with the achievement of being "one of the best" it deserves just a little attention to see what all the hype is about, right? The story takes place in 1987 with 14-year old June Elbus who, like many young girls, feels shy and misunderstood at her school and around others. It's only when she is with her uncle Finn Weiss, a widely known painter, that she feels happy in the company of a true friend. But when this friend dies much too soon from an illness June doesn't yet understand, she feels the loneliness in her life becoming almost too overbearing. At Finn's funeral she meets a stranger named Toby who later sends her a beautiful teapot which June recognizes as the one Finn used to own. The two slowly become close friends and share in memories of Finn's life, revealing a story of happiness and loss, making this a fitting read for AIDS Awareness Month.



Avoid the extra pounds this Holiday Season

BY DONALD MAHON
Staff Writer

The holiday season in America is generally considered the day after Thanksgiving – or the holiday itself – until New Year’s Eve. This is the time where people spend the most time together with their friends and family, whether it be going home for a week or two or just spending more time with people they do not see very often. While happiness and family cheer take precedent, what normally accompanies this season is laziness in addition with gluttony.

Every year, thousands of people are guilty of overeating around this time of the year. The American Council on Fitness estimates that the average person consumes around 4,500 calories on Thanksgiving and 229 grams of fat. That’s more than double the amount of calories you’re supposed to take in on a normal day. So while you inevitably will pack on a few extra pounds in the upcoming weeks, don’t freak out, as it is perfectly normal and somewhat expected during “The Holiday Season”.

A large gathering of close relatives, or even just the closest of people, usually

brings a feeling of celebration and that leads to plenty of overeating. Due to the cold weather of these months, the days of feasting, and procrastination leads to an increase in weight around the country. Everyone else is devouring food during this time, so why not you?

Next up comes the diet and exercise. If you’re going to overeat throughout these weeks, you must counter it with hard work and motivation. The hardest part to exercising is the beginning. It’s very difficult to begin dieting and exercising, especially during these cold months. One big mistake people make is starving themselves throughout the day because they will eat during an event in the evening. This sounds like a good idea, but usually turns out to be a bad one as you could binge throughout the party because you’re so hungry.

Another key to stay in shape that gets forgotten during this time period is balancing your beverages. Sodas, juices, and alcohol are all very high in calories, and are often consumed without moderation. One soda or beer has anywhere from 125-200 calories, which is a lot considering how many the average person drinks per day. When you factor in



TPW / © DONALD MAHON
The fitness center located on the fourth floor of the new Mac Mahon Student Center is opened to students and faculty alike.

all the food you’ve eaten as well, it could really add up. Remember to drink plenty of water throughout the day; it will fill you up without any added calories.

This time of year is difficult in trying to stick to an exercise program, so you need a plan to keep you motivated and disciplined. The first step is acknowledging the holidays will probably affect your exercise program to some extent. Plan around it, such as instead of driving to work or school one day, walk instead. You want that extra serving of apple pie? Go right ahead, but make sure you spend an extra hour at the gym. There are many gyms close to Saint Peters, including two on campus, evidenced by the map below.

After all is said and done,

whether or not you give into temptation, there is always a feeling during the holiday season to better oneself. This usually comes after Christmas, when one realizes that the holiday season is almost over, and one’s normal routine must be resurrected. Such as case with most people, their resolution on New Year’s Eve – right at the end of this season – is to lose weight, either in general or the amount they just put on during the two months prior.

Edmundo Alvarado, an employee at Newport Swim & Fitness, said, “I would guess about 200 people is a fair estimate” when asked if the gym gets busier after the holiday season.

This is the most active time of year for local gyms and fitness centers. People

are joining gyms or renewing their memberships for a fresh start in the new year, but making these goals are much easier than keeping them. The motivation of burning off the fat is a great one, but exercising is hard work – especially if you are not used to working out. The closer you get to the warmer months of the year, the easier it will become.

Winter months are easy to slack due to heavy clothing but the ambition to fit into spring or summer clothes should make working out an easier pill to swallow. So remember, don’t freak out the next time you’re feeling the effects of a food coma, or are a little embarrassed at what the scale says, as many people across the country are going through the same thing.

Jersey City Holiday Shopping for Cheap

BY TATIANA FERRARO
Lifestyle Editor

Another Man’s Treasure 353 Grove Street

This little shop in Jersey City was established in 2006. Another Man’s Treasure is a vintage store with many different varieties of vintage fashions, accessories, shoes and jewelry for both men and women.

The vintage clothes range from years 1900-1980’s and it won’t break your wallet to get this fancy attire for yourself a or a friend. Shopping at Another Man’s Treasure is a great way to save money this Christmas and also provide a sharp vintage touch while doing so. Let’s be real, who’s going to expect a 1960’s scarf this Christmas?



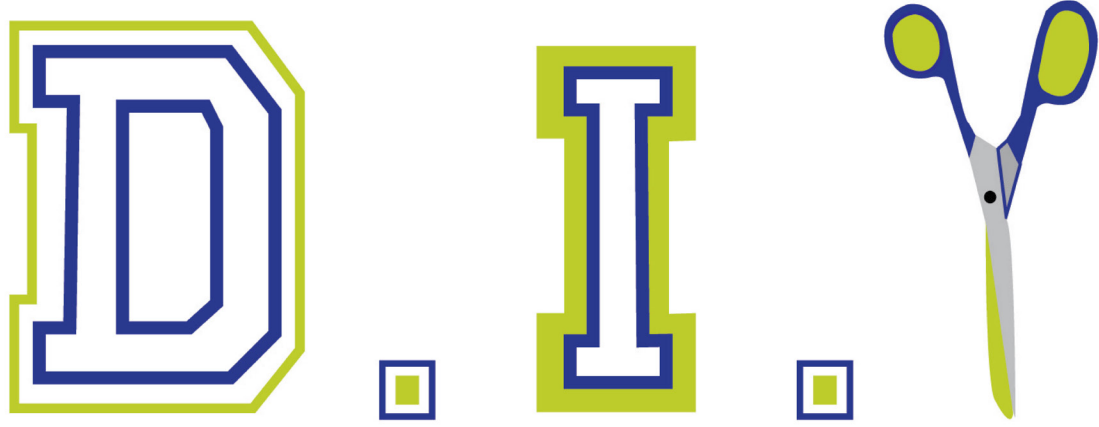
Tachair Book-shoppe 260 Newark Avenue

Book lovers rejoice! This little bookshop is “a diamond in the rough.” If you are shopping for a book lover you may need to dedicate some time in picking out what exactly your loved one will enjoy reading next to the fireplace this holiday season. If you already know what book you need just give this shop a call and they will reserve the book for you. If they have enough time to order in a book for you, they will also do that. Most of the books you find here are used, but in such good condition you would think they are new. This bookshop also holds author lectures and other events each weekend.

Sky Tobacco 344 Grove Street

This smoke friendly shop is sure cheap and sophisticated way to impress your boyfriend, father, or grandfather this Christmas. Don’t worry if you don’t know a thing about cigars because the staff will help you find the perfect cigar for your loved ones taste. The owners know exactly what they’re selling and this little cigar spot invites you to stay and have a smoke with the regulars. Very few cigar shops are as inviting in the JC area than this shop.





The Holiday Edition



BY NATALIE CASTILLO
Online Editor

Here are five sentimental D.I.Y. Christmas gifts that will surely avoid that awkward, “It’s just what I wanted!” ... when in actuality, that’s not what you wanted moment on Christmas morning.

1. Instagram Coasters:

This gift is great for that one friend who is Instagram-obsessed and loves to document moments of their life on social media.

Here’s what you’ll need:

- 4” round, flat cork pieces, 1pk of 50 for \$30
- Mod Podge glue, \$5
- Card stock paper, \$15
- Instagram photo print outs, \$0.15 per page at Staples
- Felt or foam mounting dots, 1pk for \$5

*You can purchase these items at Michaels.

Directions:

1. Trace the round cork on the printed photo and card stock paper to make sure everything is the same size.
2. Put some glue on the cork piece and place the card stock paper on the cork.
3. Now put some glue on the card stock paper and place the Instagram photo

on top.

4. Depending on the size of the felt/foam dots, if it’s 4” you can glue that on the bottom of the cork. If the dots are smaller, you can glue four pieces on the bottom of the cork.

*To secure the photos, you can laminate them or crazy glue glass on the edges of the top of the cork piece.

foammagazine.com

2. Fabric Clock: Tell time in style!

Here’s what you’ll need:

- Decorative fabric, \$10 or gift wrap paper, \$2
- Wooden circle, \$12 (pre-drilled circles are a bit more expensive)
- Paint, \$2 (Martha Stewart Crafts)
- Mod Podge glue, \$5
- Sponge brush, \$0.50
- Clock kit, \$6
- Drill (from your father’s toolbox)

*You can purchase these items at Michaels, Walmart, or JCPenney.

Directions:

1. Paint the edges of your wooden circle in a color that compliments the fabric or paper that you chose.
2. Drill a hole big enough for the clock kit in the center of the circle.
3. Trace the circle on the backside of the fabric or gift wrap paper and cut it out.

4. Using the glue, paste the fabric on the circle. If you are using gift wrap paper, paste the paper on the circle and put paste on the front side of the paper as well. Let the glue dry.

5. Install the clock kit.

fabricpaperglue.com

3. Personalized Mug: Artsy Coffee

Here’s what you’ll need:

- sharpie markers or porcelain painter marker
- light colored ceramic mug

*You can purchase these items at Michaels, Walmart, or a local arts & crafts shop.

Directions:

1. You can create a stencil or sketch out a design prior to drawing it on the mug.
2. Draw the final design on the mug.
3. Place the mug in the oven at 350 degrees for 30 minutes. Now whoever is receiving the gift can place the mug in the dishwasher without the design fading away!

sin-



nenrausch.blogspot.com

4. Sunglasses: Envision Fashion.

Here’s what you’ll need:

- a pair of plain sunglasses, \$15
- variety of ceramics (flowers, roses, etc.), \$2
- toothpicks, \$3
- E6000 glue, \$6
- disposable popsicle stick, \$3

*You can purchase these items at Walmart.

Directions:

1. Squeeze some E6000 glue onto the popsicle stick. (The glue dries quickly, use a little at a time.)
2. Using the toothpick, dip it into the glue and add it to the back of the ceramic item.
3. Press the ceramic item on the outer corner of the sunglasses. Hold it in place for about a minute until the glue sets in.
4. Repeat steps 2 and 3 to add ceramic items to the upper outer parts of the sunglasses and the other side of the glasses.
5. Let everything dry for about an hour before use.

honestlywtf.com

5. Natural Lip Balm:

The average natural lip

balm can cost anywhere near \$8, but you can make a dozen or more with \$75.

Be cautious of allergies when producing the lip balm.

Here’s what you’ll need:

- 8 tablespoons of coconut oil, \$10
- 3 tablespoons of beeswax, \$5
- 1.5 tablespoons of raw honey, \$7
- 30 drops of Sweet Orange essential oil, \$2
- For color, you can add ½ stick of natural lipstick, \$12
- ½ oz tins to store the lip balm in, \$3

This recipe will fill one dozen of ½ oz tins.

*You can purchase these items at Whole Foods, Etsy, or Vitamin Shoppe.

Directions:

1. Place oil, beeswax and honey in a double boiler (or heatproof bowl resting on top of a small saucepan of simmering water)
2. Heat gently until everything has melted.
3. Remove mixture from heat, and add peppermint oil and lipstick. Stir until blended.
4. Place the pan or bowl in a larger bowl full of cold water. Stir quickly until the mixture begins to change in consistency (it will become thicker).
5. Pour mixture into containers, place covers on, and let sit to cool and set up.

Christmas Customs Passed Down

BY JESSE KICKEY
Staff Writer

With Christmas right around the corner, there are many different customs and traditions associated with the holiday and there are also many special events which take place in celebration of the day and time of year. “Some holiday traditions that I participate in are spending Christmas Eve with my extended family and exchanging gifts and also making Christmas desserts and other holiday foods,” said Merrideth Kennedy, a sophomore at a university in New Jersey. When it comes to an event she would like to attend that is filled with the Christmas spirit, Kennedy said she would like to go see the Rockefeller tree.

“I would like to go to Rockefeller Center to see the Christmas tree because I never got the chance to go,” she said. The Rockefeller Tree is one of New York’s most famous holiday traditions and is scheduled to be lit this year on December 4. “A tradition that my family does on Christmas is we all go to Mass then have a huge lunch at one side of my family’s house then go to a different one for dinner,” said Taylor Pepper, a sophomore college student from Syracuse, New York. “We all exchange gifts, listen to Christmas music, and bake together.” In addition to seeing the tree, Pepper said she would also like to partake in another event synonymous with this time of year. “I would like to go ice skating and see the tree in Rockefeller Center,” Pepper said.

Many go ice skating at the Center, although there are numerous other venues to go ice skating at in both New York and New Jersey. “A holiday tradition is getting Christmas pajamas on Christmas Eve and wearing them as a family,” said Jade K., a sophomore from Jersey City, New Jersey. “Also, I go to Church with my family for Midnight Mass.” Midnight Mass is a tradition to many on Christmas and many area churches offer this service. “I would like to go see the Christmas Spectacular Show at Radio City this year,” added Jade K. No matter what your tradition is or where you plan to take in the holiday spirit – have a happy holiday and a happy new year.



S.A.D.: Shedding Light on Seasonal Sadness

BY HELENE MCGAVIN
Social Media Editor

A temporary case of the “winter blues” affects a lot of people when the cold days of winter and shortened hours of sunlight come around this time of year; for others, a serious psychological problem emerges called Seasonal Affective Disorder, also known as S.A.D.

Experts believe seasonal affective disorder could be caused by a lack of sunlight brought on by the shorter days in the fall and winter seasons and a disruption of the biological clock, which tells us when we should be asleep or awake. Other factors could include an imbalance of the hormone melatonin, which regulates sleep patterns and mood.

People with SAD tend to show many normal signs of depression. Although there is not yet a specific diagnostic test for seasonal affective disorder, it is understood that symptoms including but not limited to tiredness, fatigue, depression, crying spells, irritability, body aches, and overeating associated with weight gain are possible indicators of seasonal affective disorder.

Even though it is more prominent during the winter months, SAD does not just present itself when it gets cold out. People also suffer with it in the summer. Symptoms that show when

someone has SAD in the summer are more commonly insomnia, poor appetite, and weight loss in addition to irritability, crying spells, and difficulty concentrating.

Siobhan Gordon, a junior and transfer student, has been suffering from SAD since she was 18 years old. Gordon said, “For me it was an all around lethargy. This is one of the prominent symptoms that affected me before I got treatment.”

SAD is shown to be four times more common in women than in men. Women are affected more commonly than men because it has something to do with the imbalance of serotonin levels in the brain. Although some children and teenagers get SAD, it usually doesn’t start in people younger than age 20. Your chance of getting SAD decreases, as you get older.

Gordon added, “From what I have noticed, SAD is more prevalent in college students. It is probably stressed induced from the pressure of schoolwork plus having a job and trying to be active on campus.”

It has shown that for college students, some common stressors include academic difficulties, financial problems, relationships, and homesickness.

Maintaining healthy lifestyle habits is the best way to prevent SAD. Physical exercise has shown to be an effective form of depression therapy.

Ronald Becker, the

Director of the Center for Personal Development said, “People who exercise and who have good nutritional dietary habits are usually healthier overall and less likely to be symptomatic to SAD.”

Becker added, “ It is best to get rid of junk food from your diets, to exercise at least once a day, have a steady sleep schedule, get some exposure to natural light during the day, and to avoid depressants such as drugs and alcohol will make you less likely to being affected with seasonal affective disorder.”

For those who do become diagnosed with SAD there are very effective treatments.

Gordon said, “A friend of mine asked me to go speak with someone because they had known me for a few years and saw that I was getting more upset as the colder season came around. I saw a psychiatrist and was able to get some treatment.”

Light therapy is considered to be the first form of treatment for SAD, which has had a history of positive feedback from patients. This form of therapy involves exposure to very bright light for 20-30 minutes a day during the winter months. Vitamin D supplements have also been shown to have a positive effect for patients suffering with SAD. Additional treatment includes psychotherapy sessions with a counselor.



TPW / © HELENE MCGAVIN

Siobhan Gordon (above) says she has dealt with Seasonal Affective Disorder since starting college back when she was just eighteen-years-old.

Medication is also an option in some cases.

With the holidays and post-holidays weeks coming up SAD can become exacerbated. It can become more stressful for people who already suffer with SAD to add more pressure of dealing with family over the winter holidays.

So it is really important

as winter is right around the corner to make a conscious effort to try and get sunlight exposure, have a consistent sleep schedule, and get in some exercise everyday so your “winter blues” don’t hinder you from enjoying the season ahead.

OPINION

What I Learned In Four Years...

BY YOMNA ELDEEB
Staff Writer

College is not just for a degree. That is the aim when we all arrive, but as the years go on and the classes we stress over end, we start to change our minds on what we want to gain out of college. After all, there has to be more to four years of hell than just missing deadline papers, midterms and finals week, right?

Before I started college, I was the perfect human being: Goody-two-shoes, smart, perfect and with a stick up my a** about morality and decisions that people make. I always put a line between right and wrong, and I separated people on either side of the line. The people who made the bad decisions were wrong people, people that I needed to avoid and the people who made the right decisions were the ones that I should surround myself with. I came into Saint Peter’s University asking myself, “Why am I here? I have the most amazing grades, I know everything that these professors are teaching me, I should’ve ended up somewhere else, Ivy League, like my old friends from

my high school. A school that’s actually going to be worthwhile.”

You would’ve never wanted to be my friend when I was a freshman in college. I was the most stuck up human being you’d ever meet. I thought I was better, superior, than people who came to this school. I was smarter, I’ve been more privileged and never, ever, in my entire life, had I made a mistake that would cost me anything. I was perfect and flawless as opposed to everyone my age. I made the “right” friends, people like me, flawless and perfect in everything.

Then came the mistakes. I made them in college. I made them, even though the night before my first day of classes of my freshmen year, I prayed to God and I asked Him to help me be an even better person than I was already. I asked Him to continue to make me flawless, but in reality, I was asking Him to make me something that I’m not. I am human, He created me as a human being, and human beings make mistakes. I was asking Him to make me inhuman, invincible, something that I was not. So He didn’t listen to my prayers, He rejected it. At the time, when I

realized that my prayer was not being answered by Him, I was frustrated. I continued to ask myself, “Why? Why is He trying to make me commit sins and make mistakes? Didn’t He want me to be a good and religious person? Isn’t it His aim?”

What I didn’t realize is that I was already making a mistake, it just wasn’t pointed out to me. I was arrogant, even though I didn’t declare it. It was in my actions and behavior towards those who did make mistakes and those who did commit sins. I wanted them to be perfect like me, I was angry at them for not being good people, good Muslims, good Christians, good Jews.

I came across a quote during my college years that states, “Two things define you. Your patience when you have nothing and your behavior when you have everything.” I always thought this quote to mean what material things you have will define you, never in my life had I thought that this quote could possibly mean your situations and your advantages vs. your disadvantages. When I had everything, i.e a good reputation, a clean slate and great knowledge, I held my head up high. I was proud, too proud for my own sake.

Then as the years went by in college, I started to slowly lose that, maybe not to the general public, but to a handful of people who were in my circle. I was not what I wanted to be in their eyes, and it bothered me. It bothered me that in my mind, I wasn’t everyone’s favorite. It bothered me that I made decisions that people could use against me and point to me to state, “Ha! She’s not so great after all.”

It bothered me so much that I was ready to leave at one point. I had paid my nonrefundable deposit to Rutgers University, was filling out my FAFSA application and was getting ready to meet up with an advisor to create my schedule for the spring semester in 2012. One night, I decided to pray to God again, like how I prayed the night before my first days of classes the year before. I prayed to Him, and I asked Him, “God, if you think that I’m making the wrong decision by leaving Saint Peter’s and going to Rutgers, then do anything to stop me. If you think that I’m making the right decision, then let it happen as quickly as possible.” The next morning, I went online to the Rutgers website and canceled my spot in their school.

I didn’t want to go. God had answered this prayer and not the one I had sent to Him the year before. He wanted me there, to show me that I can make mistakes, and still be ok. I would still be a flawed human being and I will still be loved by those who mattered.

Saint Peter’s University wasn’t to my advantage, academically. To my mentality, my morale, my character and my behavior, that is where this school had made all the difference. For everyone who thinks that Saint Peter’s isn’t a great school, I wish to tell you this: Saint Peter’s University is what you make of it. This goes to all schools in this country, in any country. Whether you want an academic enriched environment or just an experience, that it is up to you and up to what you need the most to improve yourself on. I came into this school thinking that I was going to be superior academically. God had a different plan for me. He wanted me in this school because He wanted me to change, simply as a human being.

So four years later, and that is what I learned.

Use of the N-Word In The Locker Room

BY ISAIAH HARRIS
Staff Writer

Since there is a huge controversy right now going on between NFL players Richie Incognito and Jonathan Martin, I find it appropriate to discuss the use of the N-word in locker rooms and in general.

Richie Incognito, former player on the Miami Dolphins, was accused of bullying teammate, Jonathan Martin, through voicemails and text messages. The main thing that caught my attention out of everything Incognito said in his messages was that he called Martin “half-nigger”. Come to find out, Incognito and other players in the locker room freely used the N-word in the locker room. For some reason, this gave Incognito enough comfort to use the word to Martin numerous time. Also, there

has been another allegation involving Incognito and his misuse of the N-word. He used it towards a team staff member while making jokes about his wife. Whether Incognito is racist or not, I believe this would not have gotten this out of control if someone in the locker room put him in his place to begin with.

The Fritz Pollard Alliance, an influential group that promotes diversity and job equality in the NFL, is urging players to stop using the N-word on the field and in locker rooms after the Miami Dolphins incident. Many game-day officials report that they hear the N-word thrown around numerous times on the field during games. Now the Alliance is urging the NFL to fine, eject, or suspend players who are caught using the N-word or any racial slur.

It may be because of the

new generation, but the N-word has been extremely desensitized. I must admit, I use the N-word quite often mainly because that’s how I grew up. Family members use it towards me; all of my friends and everyone in my neighborhood also use it. Because of this, I’m somewhat immune to the word. However, I know the time and place to use it and in a locker room filled with many different types of people is not one of them. I would never use that word around my teammates because I feel it shows how ignorant a person really is. That isn’t a term that should be used in regular conversation or in front of groups of people. Even though I am not offended by the word, I know other people may not feel the same way about the word so I try to refrain from using it. Also, I don’t use the word to people who are not African-American.

There have been multiple times that I’ve had a non African-American person call me a “nigga”. Some people believe that, if you say it with the “a” instead of the “er”, it’s acceptable when it isn’t. One time, a white guy that I was pretty cool with decided it was cool to approach me and say, “What’s up my, nigga?” I wasn’t offended by it, but I didn’t respond to him at all. I just gave him a long blank stare and he got the point; he never said that to me again.

Another thing that seems to go on that I always find unacceptable is the fact that non African-Americans use the N-word when talking to each other. I came across this a few times, but it’s not my place to say anything to them. The fact they think they can use the word so freely is a bit sickening. Most people don’t even know the history behind the word and

how much pain and trouble it has caused.

Deep down, I believe everyone knows that the N-word isn’t something that should be thrown around the way it is today. The N-word is now used like a term of endearment when it shouldn’t. When it comes to using the word, if you’re not an African-American I believe it’s classless for you to use it. However, African-Americans need to stop using it as well because in a way we are making the word more socially acceptable by throwing it around the way we do. As a whole, we should completely get rid of the word especially in locker rooms. It has no place being there and the quicker we make steps to get rid of the word we can avoid situations like the one the Miami Dolphins are involved with now.

SPORTS

Flag Football Team Makes Strides

BY SHANNON NULTY
Contributing Writer

The Saint Peter’s Flag Football team would have loved to capture a title win at a recent tournament in Maryland, however, the Peacocks fell short and will not be heading to the national tournament this year.

The Maryland Student Officials Association hosted the 24th Mid-Atlantic Regional Flag Football Classic, otherwise known as the regional tournament, which is played every year where other collegiate club flag football teams within the region compete against one another.

Unfortunately, the results from the weekend tournament that took place November 16th-17th were not the ones that Saint Peter’s wanted. The squad played Saturday November 16th at 9 a.m. against the co-ed team from the host school, the University of

Maryland, for the first game. The second game was played at 12 noon on the same day, against Towson University. Both games ended in losses for the Peacocks.

Member Tamir Sessoms said, “Despite the crushing defeats, I had an awesome time.”

According to the MSOA, this is the only tournament organized and facilitated by students. Senior captain of the Peacocks Andrew D’Amato worked hard on organizing the program this year and recruiting players.

The rich history of Saint Peter’s Select Flag Football team has affected the mindset of those who wear the jersey today. The club team won the co-recreational division championship at the NIRSA Mid-Atlantic Flag Football Tournament hosted by the University of Maryland in 2005.

However, the ’05 squad missed out on reaching the national Final Four when

they suffered a heartbreaking loss to the University of Texas due to two touchdowns getting called back because of penalties, according to department records.

Back when this institute was a College, Saint Peter’s College Intramural Sports Department co-ed entry for flag football advanced to the Final Four of the 25th annual American Collegiate Intramural Championships (ACIC) National Flag Football Tournament located on site at the University of New Orleans. It was the best finish ever for Saint Peter’s.

Saint Peter’s University knows how to win flag football not only by the students but, also by the staff and alumni. In 2011, The Ghosts, of Saint Peter’s College were made up of the college’s Recreation Department. The team won the co-ed division of the 2011 New York Giants Snow Bowl charity flag football tournament held

in the old Meadowlands Stadium.

“I feel like we have an extremely great chance on winning,” said D’Amato before the recent tournament.

D’Amato has a strong background with the program, making appearances in over 30 games. Despite losing, his most memorable moment is when he scored his first touchdown receiving the throw from a female teammate on the very last play of the game.

Every year new prospects are brought in, old members graduate and new people sign up. Mostly non-student athletes make up the squad; however, some teammates are out of season student athletes, consisting of track and soccer players.

Senior Emily Fenice makes a third year appearance as a member. She also participated on the Women’s Soccer Team for the past four years, and every year she looks

forward to the flag football season.

“It’s an awesome change after soccer season is done,” said Fenice. “I get to travel and experience other things- not just with soccer girls, but with people I may have never thought I’d have things in common with.”

The overall atmosphere for the team is a very relaxed, friendly yet a competitive vibe.

“Overall, I feel this team has an outstanding bunch of individuals, we are like a family and will be friends long after,” said D’Amato.

Hopefully next time around, the team will have practiced on what they need to do to win and sort out their problems. They are unsure if there will be any more tournaments and events for this upcoming year.

Senior Alex Riddick, a first year player said, “It was a good learning experience and really opened up our eyes.”

Saint Peter’s preps to take on Seton Hall

BY MIKE WRIGHT
Staff Writer

Every year since John Dunne took over as the men’s head basketball coach, Saint Peter’s has made the trip to take on the Seton Hall Pirates. Unfortunately for the Peacocks, every year they have come up short.

On December 14 at the Prudential Center, Saint Peter’s will get another crack at a win that has eluded them for much of the past decade, when they tip-off at noon against the Pirates in a game that will be televised on Fox Sports Network.

Last season, Saint Peter’s had one of its greatest chances to put their stamp on what has been a mostly one-sided rivalry game. In what was another late November matchup, the Peacocks were able to take a 30-29 lead into the half.

However, Seton Hall came out flying in the second, outscoring Saint Peter’s 47-31, to hang on for a 76-61 victory.

So far this season, the Peacocks have seen their share of ups and downs. As of November 29, Saint Peter’s is 2-3 and riding an impressive two game winning streak with victories over Farleigh Dickinson and Binghamton. Before they take on the Pirates, they’ll have to play road games at Boston University, at Canisius, and at Niagara. For Dunne, it’s all about getting improving as the season goes along.

“I think we’ve had a lot of good moments and I think we’ve had some poor moments,” said Dunne, who is in his eighth season as the Peacock head coach. “As we go along, we’ve got to increase the good moments and decrease the poor moments; that’s just what coming together

is all about and you only get that through experience.”

Saint Peter’s is a team that boasts eight newcomers, fresh faces that have been making a difference so far this season. After just five games, it is clear that junior forward Marvin Dominique, who transferred from Fordham, is the marquee player on the Peacocks’ roster. Dominique currently leads the team in points per game with 18.0 and rebounding with 8.8.

The biggest challenge so far for the Peacocks has been meshing all the talent they have together. Dominique, along with freshman point guard and Saint Peter’s Prep graduate Trevis Wyche, have both been immediately inserted into the starting lineup and are still building chemistry with veterans such as junior guard Desi Washington.

“They have a great attitude, but sometimes you just have to

play together a lot and you just have to go through some of the wars to really build that chemistry,” said Dunne. “They’re a good group of kids who do a lot together off the court, now it’s just a matter of going through the wars on the court.”

While they may not be the national power that they once were, Seton Hall is by far the most recognizable opponent on Saint Peter’s schedule. Although there is no one currently on the Pirates roster who was alive when the team last appeared in the Final Four in 1989 and despite the university’s seven-year NCAA tournament drought, Seton Hall is a team that can make some noise in the brand new Big East Conference this season.

As of November 29, the Pirates sport a 4-2 record that could just as easily be 6-0, as their only blemishes are a one point

loss to Oklahoma and a double overtime loss to Mercer. Seton Hall won its season opener over Niagara, before dropping Kent State, in-state rival Monmouth, and upsetting Virginia Tech at home in the Prudential Center. Before its December 14 matchup with the Peacocks, Seton Hall will still have to face a slew of local teams, including Farleigh Dickinson, LIU, Rutgers, and NJIT.

While it may be hard to not look ahead at their matchup against Seton Hall, Dunne knows that his team has to teak it game by game and continue to string together victories before they get into MAAC conference play.

“We’re just trying to get better everyday,” said Dunne. “We know that if we continue to do the things to get better everyday, then all the rest of the stuff can fall into place for us.”

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deficit before the final buzzer.

“At first I think we came out strong and we fought back a little bit,” said Smith. “But I think at half time we need to refo-cus and get back in the

game. We get too down on ourselves so as soon as we learn to take it easy on ourselves and take it out on the other time, we’ll be good.”

Although the Peahens are starting this season with a 0-3 record, Coyle is confident about her team and has her eyes on the

prize. “For me, I think once we come to January and we start playing conference we’re going to be a much different team,” said Coyle. “For right now, its a growing process for all of us. The steps are going to be small but as long as we’re playing our best bas-ketball at the end of the

year that’s what matters to me”

The Peahens will play Sacred Heart Saturday, November 23rd at the Yanitelli Recreation Center. Looking forward, Smith believes the adjust-ments they need to make will be on the defensive end. “It’s definitely getting

a hand out on shooters, staying with our defensive principles, trailing the ball when we need to, and getting through screens and stuff,” Smith said. “Basically being more focused on defense.”

Peacocks Lose Close One Versus Greyhounds

BY JESSE KICKEY
Staff Writer

The Saint Peter’s Peacocks women’s bas-ketball team fell to the Loyola Greyhounds 66-65 on Sunday, December 1, at the Yanitelli Center in Jersey City, New Jersey.

With the loss, the Peacocks fall to 0-5. Loyola improves to 2-5 with the victory. The Peacocks are still looking for their first win this season. This was the 58th meet-ing between Saint Peter’s and the Greyhounds. The Greyhounds picked up their 21st win in the series with the victory. The Greyhounds swept the

two-game series against the Peacocks last season.

The Peacocks have lost four straight at the Yanitelli Center. Loyola is 1-1 on their current 4 game road trip.

Guard Antonia Smith had 24 points for the Peacocks. Forward Kaydine Bent added 4 rebounds and 3 assists.

For the Greyhounds, guard Kara Marshall con-tributed 24 points and 2 assists and center Tiffany Padgett added 7 rebounds.

Both teams traded points early with the game tied at 7 with 16:45 remaining in the first. Saint Peter’s would jump out to a 10-9 lead a minute later as they continued to put pressure on Loyola. They would see their lead extend to 18-14

with 11:58 remaining in the first half.

Some good possessions by the Peacocks would help them push their lead to 33-23 halfway through the first. They would go on to score 4 unanswered points to bring their lead to 37-23, their largest of the game, with 3:30 to go in the first half. Saint Peter’s would head into the locker room up 41-34.

The Greyhounds would start the second half hot as they went on a 9-4 run, including 3 of 4 from the free-throw line, to trim the Peacocks’ lead to 2. With 11:46 left in the game, the game remained very tight with Saint Peter’s holding on to a 49-48 lead.

Loyola guard Nicole Krusen, who finished with

6 points, 2 rebounds, and an assist, would hit threes in consecutive possessions to give the Greyhounds a 56-55 lead with 6:45 to go. Leads for both teams would not remain safe as they both exchanged leads late with Loyola taking a 1 point lead late in the game.

The Greyhounds would hold on to this lead with 16.5 seconds to go. The Peacocks, trailing by 1, got possession and scored causing the crowd to cheer loudly as they took a 65-64 lead with just 9 seconds to go.

After that score, the officials went over to take a look at the play and end-ed up adding an extra 1.5 seconds to the game clock.

Loyola now possessed

the ball, down 1, with 10.5 seconds to play. They would get one to fall and take a 66-65 lead leaving Saint Peter’s with one more chance to earn a victory.

The Peacocks would try to get a win, but time would expire without a shot even being put up.

When the final buzz-er sounded, it was the Greyhounds who came away with the 66-65 vic-tory, handing Saint Peter’s a heartbreaking loss.

The Peacocks will return to action on December 4 when they wrap up their 5 game home stand versus Stony Brook.

Looking Back at the Women’s Soccer 2013 Season

BY ALEXANDRA
LIVINGSTON
Staff Writer

The Saint Peter’s wom-en’s soccer team wrapped up their season with a tough loss against Siena. The Peahens finished with an overall record of 2-15 with 11 of those loss-es occurring in confer-ence play. Although they had several bumps in the road, the coach and play-ers alike view this season as a foundation for future seasons.

“I knew this season was going to be tough because our coach that was hired did not have enough time to recruit girls,” said senior Margaret Neiswanger. “We only had 6 returners and recruit-ing at least 10 girls in that small amount of time he had is very difficult. We did struggle this season, but it was a building season. All throughout the season, our coach con-stantly had recruits com-ing to look at the school. This season was a build-ing year for all the years to come. This year we may not have had the best record, but overall it was a much better atmosphere than the previous years and I know that it was a good base for the next years to come.”

Last year, the coach of the women’s soccer team quit and a new one wasn’t hired until 6 months after his departure. This is really unheard of in col-lege athletics especially on the D1 level. The Peahens really suffered because of this in many areas. With only 14 girls on the roster and barely any time to mesh as a team, winning games proved incredibly difficult.

“Not having a coach for



SAINT PETER’S ATHLETICS

Saint Peter’s women’s soccer team huddle up on the field for one of their last matches of the season.

a long period of time real-ly negatively effected our team going into this season because it was a huge disadvantage,” said senior Madison Gregory. “We had no recruits, and only 6 people returning to play. We didn’t have a team at that time. If our athletic department didn’t drag their feet on the hiring process of a coach I think we would have faired a lot better this season because we would have had time to recruit and bring in more players who could have helped our program.”

Head Coach Rob Bielan was very optimistic about the team’s performance this season despite the Peahen’s losing record and late start.

“Our team stepped up and embraced some of the changes I implemented immediately,” said Bielan. “They came out from the first game and played with passion, and optimism. We challenged some of the bigger teams who

thought it was an easy day and we made them earn everything every step of the way. Goals against us went down drastically, and the majority of the games were close. We left it all on the field, and walked off with our heads held high, know we played the game well, and represented the Saint Peter’s community well.”

From a player’s per-spective, Neiswanger had a more critical eye when reviewing the fall season. Even though the Peahens were dealt a not-so-great hand, she believes that a positive attitude could’ve made a difference.

“I think that we all need to work on having more of a positive atti-tude,” Neiswanger said. “We have always been the underdogs, which is actually a good position to be in because people don’t expect much out of us. That just means that we have nothing to lose and we can only go

up from there. But it also seemed that people became comfortable with losing. Having a positive attitude can actually make a difference. We have shocked the conference before when we were the only team to be Marist in our conference last year. Anything is possible and we just need to make sure everyone on our team believes that.”

With more than half of the team graduating in May, 2014, that only leaves 7 returning play-ers. Fortunately, Bielan has had the time to prop-erly and aggressively recruit players. The loss of seniors, especially cap-tains Neiswanger and Gregory, will be felt next season both emotionally and physically.

“It’s unfortunate that I was only able to coach and train some of these players for one season,” said Bielan. “For instance, my captains Maggie and Maddy are two of the best

captains I ever had, and them graduating is a huge loss to this program and University. Of course it’s our job to keep them on schedule for graduating, but they are great losses for us. But with that being said, I am in the process of bringing in a whole new team for FALL 2014. I am hoping to supplement the returning players with a strong new squad of young hungry focused student athletes. I am optimistic and very excited about next season.”

This fall season was real-ly a jumping off point for the women’s soccer team. Many adjustments on the field need to be made in order to improve next season. Gregory believes some of the changes and improvements need to come from off the field.

“My advice would be to step up and start tak-ing leadership roles,” said Gregory. “They’re really going to need people to set the standard of play for next season so every-one should be working really hard now, in the off season, to get better.”

Despite a 2-15 record this season, Bielan is very optimistic about his team and their ability to turn that record around.

“My hopes are for us to begin and end the season healthy, and successful,” said Bielan. “I plan to continue closing the scor-ing gaps in matches and I plan on scoring more goals. This is a work in progress, but if we con-tinue to go forward with high expectations, we may surprise a lot of our oppo-nents. Again this season was a good springboard into the future and if we continue moving for-ward, the sky is the limit! FLOCK UP!”

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Volleyball star heads for bright future

BY MIKE WRIGHT
Staff Writer

Coming off of a 4-28 season that included a 2-17 in-conference record, a lot of people might say that it was another disappointing season for the Saint Peter's University women's volleyball team.

However, the program, which has struggled in recent years, got a nice piece of news earlier in the month when senior Laura Reinhart was awarded for her work off the court and in the classroom.

Reinhart, a three-year team captain, was named to the Capital One Academic All-District II first team. As a result, the Newton, New Jersey native will now move onto the national ballot for the chance to be named to the Capital One Academic All-America team.

For Reinhart, it's a prestigious honor that just a few years ago seemed to be almost unimaginable.

"It's really cool, because there was a time when I didn't necessarily even want to go to college," said Reinhart, who sports an almost perfect 3.98 grade point average. "In high school I never opened a book and I didn't really care, but when I got here, it became a part of my life; I wanted to do well, I wanted to get good grades, and it has been really cool to see my change in maturity."

"I see it, other people see it, and it's been a good change in my life."

This was not the first time Reinhart has been awarded for her academic performance. With a double major in business and history, she was awarded the Metro Atlantic Athletic Conference Academic Honor each of the past two years, while being named to the Dean's List in each of her first three years at Saint Peter's.

Reinhart was also one of 10 seniors named to the Most Noble Order of the Peacock, an honor which recognizes the 10 rising seniors with the highest grade-point average.

Although it is clear that she excels in the classroom, Reinhart is no slouch on the volleyball court either, as she finished her senior season ranked 16th in the entire nation in service aces per set. Reinhart also finished third on the team with 223 kills.

Despite not playing for her high school, Reinhart was recruited to Saint Peter's for her play on the Allegro Volleyball Club Team in Denville, New Jersey. Upon her arrival in Jersey City, she instantly began to make an impact on the program. After seeing a solid amount of playing time during her freshman year, Reinhart became a regular starter as an outside hitter beginning in her sophomore season.

While her successful career may be over, it is clear that Reinhart is proud of how far her team has come and is excited for the future of the Saint Peter's program.

"I wanted this year to be the best it could be and I think a lot of people would look at our record and say that we didn't have the best year, but sincerely, with what we have and how the program is building, we kind of did," said Reinhart. "It was an improvement individually, as a team, and as a program."

A large reason why Reinhart has so much confidence in the future of the program has to do with first year head coach Andrew Brown. After serving as the head coach for both Montclair High School boys' and girls' volleyball teams, Brown came to Saint Peter's in 2013 and made it very clear that he intended to turn the struggling program around.

"With him [Brown] as the head of the program,



SAINT PETER'S ATHLETICS

While helping lead her team to an improvement of a season, Reinhart (above) has not only seen success on the field, but in the classroom too.

I can never see Saint Peter's volleyball being what it was two years ago," said Reinhart, who during just four seasons, played for three different coaches. "He created a culture of not just wanting to win, but expecting to win."

"I have the upmost respect for Andrew and the best part about him is that he's not just a phenomenal head coach, he's also phenomenal person."

While Reinhart's college volleyball career has

officially come to a close, she has no plans on giving up the sport for good, as she currently coaches 15 year-old girls for the same Allegro Volleyball Club Team she played on as a youth.

Aside from her continued involvement in volleyball, Reinhart has some big plans for her future off of the court as well, even though she may not be quite sure what those plans are just yet.

"I've had four internships, but I'm literally

thinking about everything," said Reinhart. "Honestly, the way I'm looking at it is, I'm 21 years old, I'm turning 22 in February, I'm graduating in May, and if I want to do something absolutely crazy like travel Europe, move to California, or pursue an entrepreneurship opportunity, now is the time to do it. There are a lot of opportunities and possibilities out there for me, so I'm very grateful for that."

Women's Basketball Falls to Navy

BY ALEXANDRA
LIVINGSTON
Staff Writer

The Saint Peter's women's basketball team lost their third straight non-conference game to the Navy Goats 70-51 Tuesday, November 19th. This game was 5th time the two teams have met in non-conference play with the Peahens now leading the series 3-2.

The Peahens were coming off of two non-conference losses in their first two games when they met Navy in the Yanitelli Recreation Center on Tuesday. This has been a slow start to the season for the Peahens, but Head Coach Pat Coyle believes they will turn it around.

"I think in spurts we did what we were supposed to do," said Coyle. "But right now because it's all new to them in terms of a new system. We're still making a lot of mistakes that I think once we correct we're going to be a pretty decent team. But we're just making too many mistakes right now."

The Peahens had an aggressive start to the first half trading baskets with Navy. Two quick, back-to-back three-pointers from Navy's Kara Pollinger put the Goats ahead 12-4. On the offensive end, the Peahens struggled and spent most of the time on the defense while the Goats warmed up by scoring in the paint for the start of the half.

With just under 12 minutes to go, Junior guard Antonia Smith downed a

three-pointer to end the Peahen's dry spell. This field goal would close Navy's lead to single digits, the first time since the 16-minute mark. The Peahens would go on a 7-point run with 5 minutes to go in the first half with the help of Senior guard Aziza May. Navy answered right back and ended the Peahen's streak with a three-point field goal from Chloe Stapleton. Saint Peter's continued to battle back and was able to stay within reach going into the half with Navy leading 33-22.

In the second half, the Peahens would score right away with a jump shot from Sophomore forward Bridget Whitfield. The two teams traded baskets and with a jump shot from Smith, the lead was cut



to single digits. With just under 10 minutes to go in the game, Navy went on a 6-0 run with back-to-back three-pointers. Break downs on defense proved to be the achilles heel for the Peahens with Navy's Pollinger leading

the Goats with 21 points and three players scoring 7 points each. In the last minutes of the game, the Peahens seemed to run out of steam and would eventually face a 19 point

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