

The PauwWow

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Saint Peter's Students Become Front-Line Employees During Pandemic

By Lauren Lapitan,
Contributing Writer

On March 21, New Jersey Governor Phil Murphy mandated a statewide stay-at-home order to limit exposure of COVID-19, which mandated that all residents stay home unless they are reporting to work, seeking medical attention or obtaining essential goods or services.

The order also mandates that all non-essential businesses close with the exception of

healthcare facilities, financial institutions and stores that provide medical supplies, groceries, home maintenance supplies and convenience stores during certain hours.

Several Saint Peter's University students work at these essential businesses, where they are now on the frontlines to help the public.

Justin Mamaclay, a junior, works at John F. Kennedy Medical Center as a patient care technician. Mamaclay must follow strict rules for transporting patients who are positive for COVID-19 such as wearing gloves, N95 respirators and surgical masks which are quickly depleting.

"It's kind of surreal," said Mamaclay. "I have to be ten times more careful than I originally was before with everything I do at work."

Darius Booth, a senior, has been working 24 to 30 hours a week at Home Depot as a paint associate. His department has become more hectic than usual because his department is the primary source for latex gloves and N-95 masks.

"As soon as we put a box of either of those items out, customers run to grab some," said Booth. "We had to place limits on how many people can buy at a time."

Graymi Angeles Marte, a sophomore, became one of the frontline employees at Capital One Bank as her coworkers called out to take care of their children due to school closures.

Workers from other branches without the protective glass at the bank teller booths have been merged to her location to help with the shortage of workers.

"Customers haven't stopped coming in," said Marte. "Since the bank decided to close a few

branches for prevention we have been getting a lot of customers."

As employers have started to cut hours and lay off employees, students have stepped up to help support the income of their family.

However, they must take extra precautions at home and at work to ensure the safety of their own and their families.

Mamaclay's father is a realtor and is unable to showcase homes and meet clients. Mamaclay's mother works as a nurse at Neuro Intensive Care at the John F. Kennedy Medical Center and has been helping out financially with upcoming bills.

Both of them must take extra precautions at home to ensure the safety of their families health due to their exposure with COVID-19 patients by practicing social distancing at home.

"I will admit it's saddening that I can't hug my own mom," said Mamaclay. "We can't risk exposing each other to the virus if it's on us."

Martes' mother was recently laid off, but it has not impacted the finances of their family as her brother, sister and herself are still working to support each other.

As Marte takes public transportation to work, she wears gloves to protect herself from contracting the virus. When she arrives home she disinfects frequently touched items such as her phone and counterparts and immediately takes a shower.

Fortunately, Booth's family are all considered "essential workers" and are currently still working despite the epidemic.

Booth does not fear the virus as much, but is aware of its severity and practices self-isolation when off-duty as well as constant hand washing.

"I know the virus is serious, but people just need to stay clean," said Booth. "I believe my immune system is up to the test."

It is unsure when the stay-at-home order will be lifted. •

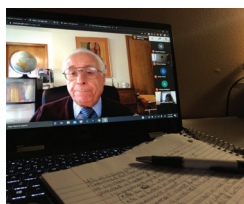


Workers at Journal Square Bus Station During Rush Hour; photo by Lauren Lapitan



"Man waiting for the bus at Journal Square Transportation Center"; photo by Lauren Lapitan

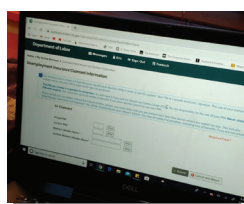
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News

How Online Classes Are Affecting Students at SPU

By Valeria Calle, Kattie Corte, Lamuel Pierre-Charles
Contributing Editors

Due to COVID-19, Saint Peter's University was forced to close its doors for the rest of the spring semester in order to keep the entire community safe. As a result, classes began to take place remotely, but many students have had a difficult time getting used to online classes and are not comfortable with the way they are being taught.

Professors and students are currently communicating via different virtual platforms including Blackboard, Google Meet, Zoom or email. However, students feel that the learning experience is not the same, and some are worried their grades will be affected since they are not meeting regularly with their professors. "It's definitely been challenging to adjust to online classes, but the professors try their best to make it work," said Kaitlyn Loyota, a junior and nursing student. "I don't think anything else could've been done. Having class online is the only practical and safe method of continuing our education."

Many students feel that they should have more online interaction with their professors because many professors aren't communicating as frequently as they should with their students. "Some professors have been extremely helpful during the transition to online and others not so much. For one of my classes I'm basically teaching myself. My professor is simply giving us assignments without much direction," said business student Rachel Malowski.

Some courses have a higher level of difficulty which requires more participation from the professors. Students majoring in science fields that require labs

and those taking many classes feel more affected because there is a lot of material that needs to be covered by

professors. "There are students who may not have access to a computer or wifi, making it difficult to do the work immediately. Some students have many classes and are receiving a lot of work without much face-to-face interaction. It's a difficult circumstance for everyone but there has to be some more understanding from professors," said Malkowski.

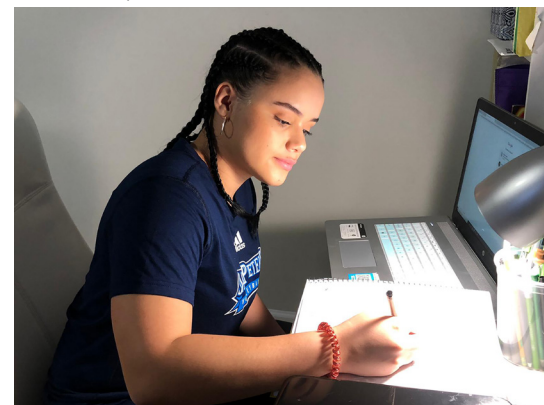
Students are aware the current virtual state of the university was unexpected, but some believe the transition wasn't done properly, especially since the university was preparing for the possibility of online instruction. "I feel that SPU should've required all professors to train thoroughly on Blackboard before teaching in the semester. Granted this is a unique situation, I feel that it is still necessary," said Mattheew Goodman, a sophomore math major. "Blackboard and its functions should be used by more professors. Overall, I think that the university is trying its best, but a lot more can be done to improve classes."

The transition was also a very hasty one because of the time crunch that the school put upon the trainers, who are professors, and the professors themselves who needed to learn how to use this new platform. Both the trainers and the professors only had five days until they had to utilize the new format. However, because of the small amount of time they had, the faculty are still being trained to this day. "The faculty have worked very hard to make the transition to online meaningful and pedagogically sound," said Joseph McLaughlin, Head of the Sociology and Urban Studies Departments and Chair of the Faculty Senate. "Seminars are being offered to faculty who have never experienced online learning. David Surrey, Nicole Luongo and Rob Adelson have been

very helpful in sharing their knowledge of designing and implementing online courses."

McLaughlin said that the transition has changed the way professors have to give out material and teach their students. He's been thinking about the situations that his students, and other students as well, have to deal with in the wake of the outbreak. Because of this, he is trying to make the class more fluid and work more for the students. "I've never taught online, but most of the course material was already on Blackboard," he said. "I modified the syllabus and sent a new schedule to the students for the rest of the semester. The transition hasn't been completely smooth, but it is better than I anticipated."

On March 25th, the Office of the Provost informed students about the new policies for the spring term, the extension of Withdrawal periods and the Pass/Fail policy, which many find beneficial because their GPAs won't be as affected. "Everyone's situation is different right now. The Pass/Fail option may drastically help many students. Others might find this option even a little helpful because we don't know what every student is going through," said senior Ruby Hernandez. •



Students are aware the current virtual state of the university was unexpected, but some believe the transition wasn't done properly; photo by Valeria Calle

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News

SPU Teachers Have Bumpy Transition To Online Learning

By Mark Rotundo,
Chief Copy Editor

On March 16, Saint Peter's University President Eugene Cornaccia announced that all classes will transition to online learning for the remaining spring semester.

The announcement came in response to the COVID-19 pandemic, and the wave of universities across the country closing their doors as a result.

Students were jarred by the sudden transition and were shocked to find that all of a sudden, they will not be able to interact with their friends or professors for a very long time.

This shock was most especially felt by SPU's professors, as they now had to quickly realign themselves and acclimate to the world of online learning, a task that some professors at the university found to be particularly troublesome and daunting.

The transition wasn't especially easy for professors like Alain Sanders, who has been a long-time critic of online learning, as many of his students are probably already well aware.

"I am not a proponent of online education, virtual classes or any internet-conducted classes," Sanders said. "I believe that education is a personal experience that requires the physical presence in a real classroom of both students and professors."

Sanders at first encountered some technical issues pertaining to his online courses, some of which had his students completely muted. Since then he has adjusted to the change, but still firmly believes in the importance of in-person classes.

"Having said all of this, we need to realize that an emergency is an emergency requiring emergency solutions. So I am glad that we are able to use high tech as an emergency backstop to continue our work, just as I am glad that we have flashlights to continue living when the electricity goes out. But I would never want to live regularly by the dim glow of a flashlight-or regularly educate students through the 'socially distant' glow of the Internet."

Ernabel Demillo, the Chair of the Communications Department at SPU, had much of the same critiques of online learning. Although she had on the surface transitioned to online learning smoothly, she nevertheless stressed the extraordinary difficulty of the transition.

"So my first question to my students in class was, do you have the technology at home? ... And I soon learned that not all our students had all those technologies available to them. So I just had to make sure that however I chose to repurpose my syllabus could also help those students too," said Demillo.

She described the difficulty of having to convert a class to online, a task that SPU gave faculty a week to do, in which she said usually takes a semester to a year to accomplish.

Demillo described herself as a professor that incorporates a lot of technology in her class, which didn't make her transition to online that difficult. But she still recognized that many professors at the university do not have such experience which makes it much harder for them.

What Demillo did find difficult, however, was having to get used to the lack of real in-person interaction.

"What was difficult for me was that I had a lot of in-class interaction and in-class lectures that I had prepared. And that was difficult to have to move all of that online and trying to figure out like best practices... I'm still trying to figure out how best to have class discussions. Because those are still very awkward."

Although Demillo said she does enjoy still being

able to see her students through the Internet, she feels that it is "still not the same."

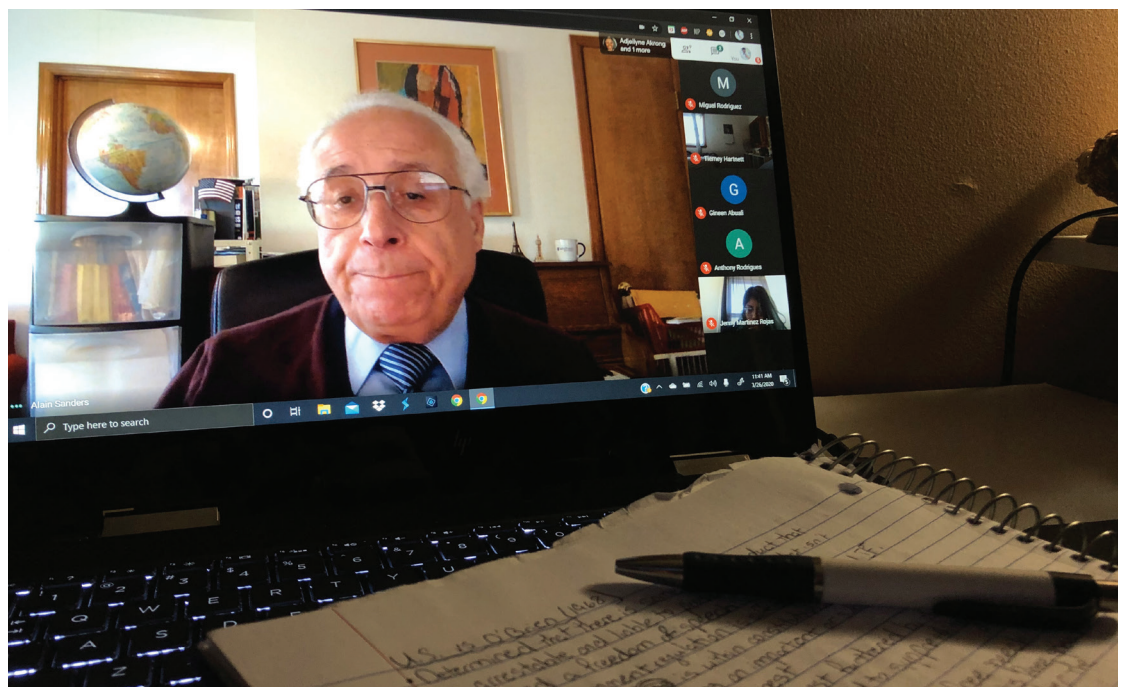
Demillo could only note one benefit of online learning, saying, "I think the only thing that's easy about this is that I don't have to commute."

Sanders and Demillo have used Google Meet and Zoom for their classes, due to their feature of being able to broadcast a live feed of both audio and visuals of students and professors, even possessing the ability to screen share so as to present powerpoints or other prepared material.

Both professors also expressed support for the university's decision to give students an extended period for the pass/fail option for their courses, saying that it is good that in this emergency that the university is willing to be lenient on students in consideration of their anxiety surrounding this crisis. •



SPU students now need to adjust to their new reality this spring; photo by Mark Rotundo.



"I am not a proponent of online education, virtual classes, or any internet-conducted classes," Sanders said; photo by Mark Rotundo.

News

Studying Abroad During COVID-19

By Victoria Bishop-Smith,
Arts and Entertainment Editor

When COVID-19 was first spotted in China at the end of 2019, not many people thought it would spread as quickly or as far as it did. For many of the students planning to study abroad during spring 2020, the effect the outbreak had on their trips did not cross their minds until months later when their trips came to an early end.

Jeniffer Guilherme, a junior studying international business and graphic design, knew of the virus prior to leaving for her trip to Spain, but never thought it would reach there.

"Seeing how the virus affected China was devastating, but I never imagined it would get to Europe or around the world. I thought it was going to be like the Ebola breakout," said Guilherme.

Guilherme said she began to realize the virus was getting serious once it hit Italy because of how close it is to Spain.

Brandon Franco, a junior studying marketing, was also studying abroad at the time. His program had him traveling in Brazil, Italy and Spain. He too did not learn about the severity of the virus until weeks into his program, but once the virus posed a threat, everything changed.

"Suddenly, we were told to continue our classes online from our dorms and apartments. In a matter of days, we were given the option to either relocate to our next block or to go back home," said Franco. "That's when I realized that this was serious."

Although it was not mandatory for students studying abroad to come home, Franco said it was strongly recommended by Scott Keller, director of the Center for Global Learning. According to Franco, Keller reached out to him throughout the process

and was very helpful and supportive.

For Franco, the end of his trip was certainly not ideal, but he understood the reasoning behind it.

"It was bittersweet and it was disappointing at first, but I got over it pretty quickly because I rationalized the situation and saw that it was much bigger than me and it was more important for me to be back home [with] my family," said Franco.

Guilherme, however, was quite upset.

"The virus literally ruined my experience. It took away many memories that I would've made if it didn't hit Europe and the rest of the world," said Guilherme. "There were many regions in Spain I was saving to see once the weather got really warm, but I didn't get to go because of the virus."

Guilherme said she was not able to say goodbye to many of the friends she had made because everyone was in a rush to get home before the situation worsened. She said even now, she is distraught over the entire experience.

But Jacob Adelhoch, a junior studying history and education, who was studying abroad in Twickenham, England at the time, said if anything, the virus made him appreciate his trip more.

Adelhoch, who first learned of the virus at the beginning of the year understood the severity prior to its spread to Europe, but still did not anticipate its spread. He said he began to worry in late February.

Although he was initially upset because of the many friends and future travel plans he had to leave behind, Adelhoch was still grateful for the experiences he did have.

"I still had the time of my life while I could, became more independent and adventurous, met some amazing friends and travelled a lot in the short time I had there," said Adelhoch. "I never let the virus ruin my experience, and I certainly won't let it ruin my memory of it."



"I never let the virus ruin my experience, and I certainly won't let it ruin my memory of it."; photo by Jacob Adelhoch



Although he was initially upset because of the many friends and future travel plans he had to leave behind, Adelhoch was still grateful for the experiences he did have; photo by Jacob Adelhoch



Brandon Franco, a junior studying marketing, was also studying abroad at the time. His program had him traveling in Brazil, Italy and Spain; photo by Brandon Franco



"There were many regions in Spain I was saving to see once the weather got really warm, but I didn't get to go because of the virus"; photo by Jeniffer Guilherme.



"It was bittersweet and it was disappointing at first, but I got over it pretty quickly because I rationalized the situation..."; photo by Brandon Franco.



For many of the students planning to study abroad during Spring 2020, the effect the outbreak had on their trips did not cross their minds until months later when their trips came to an early end; photo by Jeniffer Guilherme.

News

Students Lose Jobs, Internships Due To Pandemic

By Loretta Graceffo,
News Editor

On March 23, Governor Murphy issued an executive ordering that all non-essential businesses in New Jersey shut down in order to stop the spread of COVID-19.

While many businesses continue remotely, others have laid people off or are not paying employees who are being ordered to stay home. According to the New York Times, since the nation has gone on lockdown, over three million Americans have lost their jobs, including 155,454 New Jerseyans who have filed for unemployment last week.

This has also had an effect on Saint Peter's students, many of whom pay for their education or other necessities by working, sometimes balancing more than one job at a time.

While work study students are still being paid by the university, many students who work outside of school are not so lucky.

One such student is Hursith Adimulam, a junior studying political science. His job at Hollister temporarily let him go in order to promote social distancing. His second job, at a textbook company called Packback, has placed him on temporary leave.

The money he made from his two jobs would usually go towards textbooks, tuition and saving for things like an apartment and a car. Since the quarantine began, Adimulam has not been paid.

"It's probably going to set me back a month or two," he said. "But however long it takes, people do need to realize that there are quarantine orders put into place...right now, that is the safest way to keep the virus from spreading more. If you're going to ignore the orders from the state of New Jersey, you're not really helping the situation become better."

Facing similar struggles is Jayson Ildefonso, a senior who is majoring in marketing. Since the statewide lockdown implemented by Murphy, he has lost a paid internship at a New York high school and is not currently getting paid by his job, which runs children's birthday parties in Hoboken.

"I lost the opportunity for income, but I also lost the opportunity for experience," Ildefonso said. "For my internship, we had events lined up that I helped plan. That was a little upsetting, because we were towards the finish line for many of those events."

Because he never could have predicted that nonessential businesses would be shutting down, much of his savings went towards a recent trip to Amsterdam. Now he won't be able to make the money back as quickly as he was counting on.

Currently, Ildefonso has a paid internship at Forbes lined up for the summer. Though they haven't yet cancelled, he worries that is on the horizon, and feels that working remotely may be difficult or impossible.

Because so many people have lost their jobs and sources of income, Ildefonso believes that the government has a critical responsibility to implement relief measures.

"I'm lucky enough to be in a place where I don't

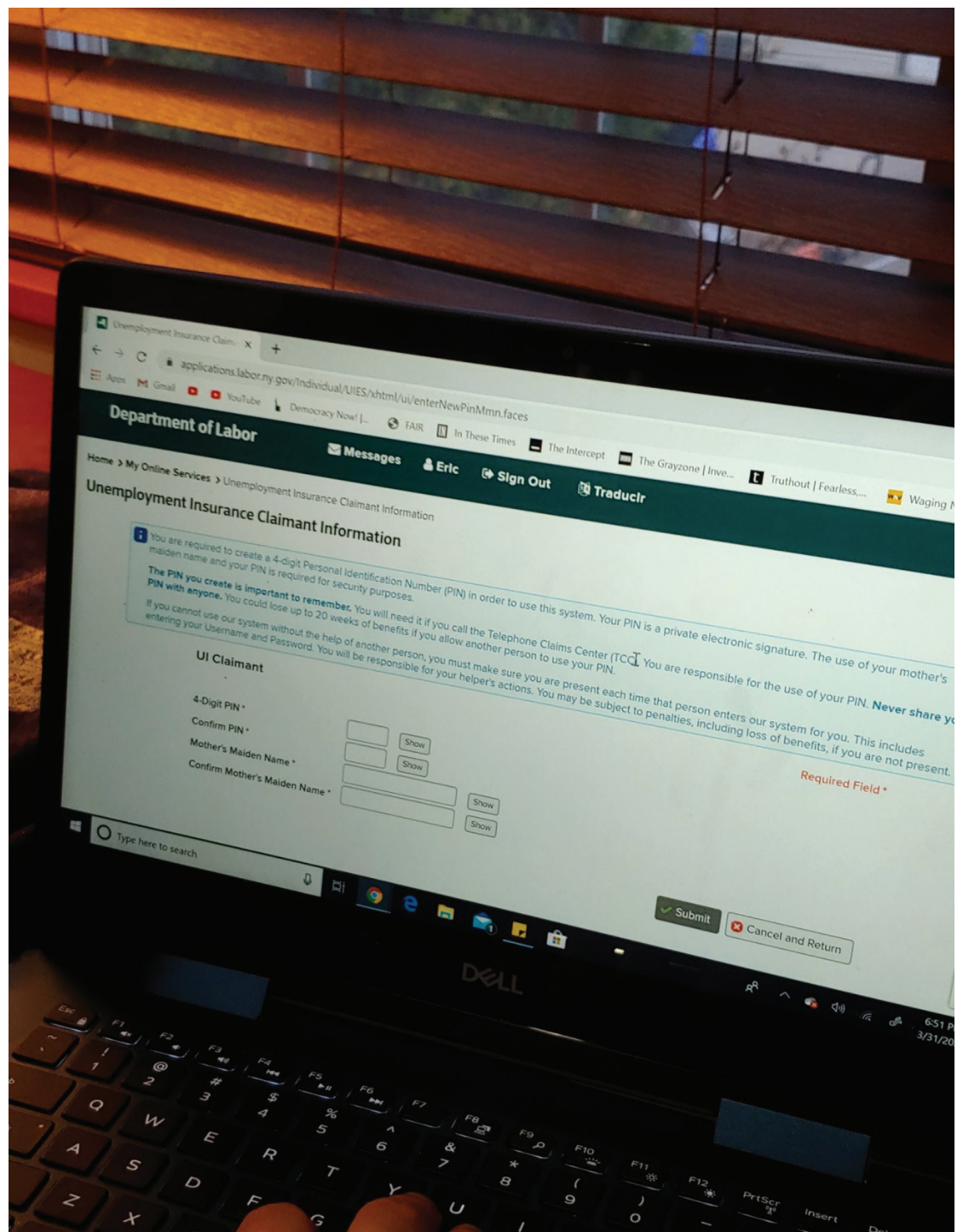
have to pay rent, or all these bills to pay each month," Alfonso said. "In this situation, I'm okay— but there's certainly people out there who live paycheck to paycheck, with rent, families and kids."

On Friday, March 27, President Trump signed the CARES Act after it was passed by the Senate. The act, which is the biggest relief package in American history, is aimed at providing aid to families, workers and businesses.

The bill contains measures for housing assistance, eviction relief, unexpanded unemployment relief and one-time cash payments. However, many advocates and politicians are saying the bill does not go far enough in the wake of the economic devastation Americans are facing, and that it needs to be the first in the series of many.

Notably, the 11 million undocumented immigrants living in the US will not benefit from the bill, though most of them pay taxes and many are currently providing much of the labor deemed essential during the crisis.

"There's a lot of uncertainty and a lot of people out there who are really suffering and need something put in place," Ildefonso said. •



As the pandemic worsens, more and more people are losing their jobs and being forced to file for unemployment; photo by Loretta Graceffo.

Arts & Entertainment

Some Tunes If You're Feeling Blue

By Diana Paredes,
Design Editor

For a month that's felt eternal, artists like J Balvin, The Weeknd, 5 Seconds of Summer and Dua Lipa along with many more have released albums that are putting a pause on the momentary sadness or anxiety some may be feeling. The message is "turn up the music and enjoy."

Usually album releases for artists means promo all the time for weeks on end. This includes listening parties, radio interviews, guest starring on shows like "Saturday Night Live" and "Jimmy Fallon," but with this new concept of social distancing none of that is possible, so what now?

Instagram live mini concerts, album listening, getting to sit with your favorite artist in their living room and your bedroom has become an entirely different experience like nothing before.

Via his live for the release of his album titled

"Colores", J Balvin shared his thoughts about wanting to push back the release of his album to a later date, because of the COVID-19 concern "no one would listen with everything going on"

The thing is, everyone is listening.

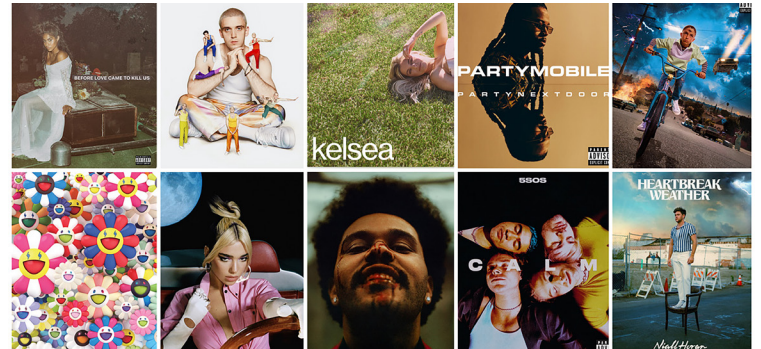
Music has always been the one outlet everyone has in common, with the release of these albums, listeners and even the non-listeners have been able to connect via the songs and or messages that artists have been putting out.

You can hold onto the lyrics, the beats and the emotions. Whether the song makes you want to dance, yell, run, sing, jump or cry, and think about life, it's ok! You're not the only one feeling that way.

In this new era, (which hopefully doesn't last long)

we have seen a new concept of culturally connecting with some of the songs and artists we love, thus helping us get through this rough patch.

Well let's not waste anymore time, check out these 10 albums that'll get you through the quarantine. •



Graphic by Diana Paredes

In Need of A Show to Binge? We Got You!

By Neidy Gutierrez,
Social Media Manager

There's a lot happening in the world right now with the COVID-19 outbreak creating a pandemic, spring semester classes going online and an unexpected change in our daily routines. Luckily while we socially distance ourselves at home, most of us have our good pals Netflix and Hulu to keep us company.

With so many movies and TV shows, the streaming services have something for everyone. Our staff has selected a couple of their favorite TV shows to help you create a "quarantine and chill" list so you don't go bored. Here are their selections:

Currently our Editor-in-Chief, Alex is binge-watching "The Crown" on Netflix and "Jersey Shore" on Hulu. Both shows are polar opposite from each other, but according to her, they're a must-watch. As a New Jerseyan, Alex is feeding into the culture as she catches up on the "Jersey Shore" but she's happy to inform you that as she does this, she regrets nothing.



The Crown; courtesy of Netflix.

Our Managing & Digital Editor, Adrienne has been obsessed with "Supernatural" since she first started the series in high school. The show contains many plot twists, folklore tales and two hot brothers named Sam and Dean. But one of the main reasons why she's been so hooked is because of the "amazing script writing and character developments" the show has.

The series has 15 seasons, which should keep you

busy for a while. Unless you're like Adrienne who binged season eight during her spring break.



Supernatural; courtesy of The CW.

"Pathetic? Yes. Do I regret it? No," she says.

Another of her all-time favorites is "Prison Break" on Hulu. What intrigued her were the characters, the scary reality of prison and crimes as well as the forbidden romance that made her want to break her laptop.

"This is one of the craziest shows I've ever watched," she says. "And I've watched a lot."

Staff Writer Amanda just finished season three of "Elite," a Spanish drama on Netflix. It had her mind blown. She loves how the plot keeps you hooked by having the murderer roam among his friends as they



Elite; courtesy of Netflix.

don't have a clue of what he's done.

As an anime fan, she recommends "One Punch Man" which is available on Netflix and Hulu. What she loves about it, is that Saitama is such an "awesome" superhero and the villains can't fathom the strength that comes from just one punch.

The shows I'm currently watching are shows I'm watching for a second time. Am I obsessed? Possibly.

Currently, I'm rewatching "The Vampire Diaries" on Netflix because I just couldn't get enough of the Salvatore brothers the first time. A show with vampires, doppelgängers, witches, werewolves and hybrids -- count me in. But the best part about being hooked on the series is that they have two spin-off shows, "The Originals" and "Legacies". So if you finish one, you got two more to go.



The Vampire Diaries; courtesy of Netflix.

Another show I'm rewatching is "Baby Daddy" on Hulu. I watched this show when it first aired on TV, but recently I went back to it and I've been laughing nonstop. Just imagine it -- three bachelor guys in their 20s living it up in New York City and out of the blue they get stuck raising a baby. Horror story or comedy series? I'll let you decide. •

Arts & Entertainment

How Are People Staying Entertained During The COVID-19 Outbreak?

By Darryl Dunnell and Azlie Lavandier
Contributing Editors

As the coronavirus continues to spread, boredom increases and people are constantly imagining what it's like to actually be outside. Social distancing is becoming an introvert's dream and an extrovert's nightmare.

For many people, staying indoors was never a problem, but having nowhere to go (literally) has made people creative.

Staying entertained can be a struggle when human interaction is restricted outside of the people in your household. Many people are hosting live parties online and adding their friends for entertainment. Their lives consist of challenges, talent shows or simply listening to music.

"I wanted to find a way to contribute during this time because we are all suffering and struggling in our own ways. I use Instagram as a platform where we can take a break from reality, have fun, perform, learn, laugh, and meet creative minds," said Niasia James, a junior.

The live parties started after people complained about being bored in the house. People began using their creativity to deal with the reality of being quarantined. The idea became trendy as more people across the country participated in what is known as "club quarantine".

Club quarantine is an Instagram Live video filled with contests that can potentially get you money for competing.

"The Instagram parties are about sharing and supporting one another through art. We need it now more than ever," said Tinaja Boykin, a sophomore.

With everyone showing off their creativity, students are able to bond with one another.

"The Instagram parties are a way for people to feel connected even though we are distancing ourselves. This is something that is new but it's now something I look forward to" said James.

Athletes and fitness junkies have also joined in on the fun, bringing many innovative challenges to the trend. Angeleyshka Curbelo, a sophomore volleyball player has taken her talents to Instagram and participated in a challenge started by Saint Peter's Health and Performance titled "100 Reps".

"I was happy that SPU health nominated me because it is good to keep our athletes in a fun and active environment. Also, it helps everyone get through this situation safe," said Curbelo, who also added that she has been trying to stay safe at home in Puerto Rico.

Another way students have continued to stay connected is through Zoom, a video conference application.

"I found out about the app after I was told by my professor to download it. After I found out how to use it, I started communicating with all my loved ones," said Boykin.

What makes Zoom interesting is that you join the chat from your browser or by downloading the app. The app also adds some laughter by allowing users to make their saved photos their background

appearance.

"This is a way for people to stay connected and send positive energy during this tough time. Keeping our minds occupied during this time is important," said Shernia Roberts. put her class year ex: Shernia Roberts, a junior.

Even though everyone has stuck to the basics of Instagram and video chatting, TikTok, which was already popular before, is even more popular now since people have so much spare time on their hands. Tiktok is a social media platform that consists of dancing, lip-syncing, memes and just about everything you can imagine in a video format.

"...Now people of all ages use it which is really cool!

Especially since we're all in a time of tragic moments happening. I'm glad there's an app like TikTok to keep us all entertained and distracted from this pandemic," said Natalia Cestti who is a freshman majoring in Education.

Cestti has over 120,000 followers on TikTok and has found so many ways to encourage her followers to take social distancing seriously.

Regardless if a person is in club quarantine, doing a challenge on Instagram or even dancing on TikTok, there are so many ways to stay productive and entertained. Social distancing is the new normal anyway. •



1,693 views

angeleyshkamary #100RepChallenge ✓ · Heyy! @wj14_ and @spuhealthandperformance challenged me to do the #100repchallenge Challenge Accepted! 🍷 I nominate

Club quarantine is an Instagram Live video filled with contests that can potentially get you money for competing; photo courtesy of Angeleyshka Curbelo

Lifestyle

Keeping Busy While Social Distancing

By Eva Reid,
Contributing Writer

In a time of uncertainty and anxiety due to the coronavirus, it is important to keep busy while social distancing.

Many students at SPU have found different ways to stay busy while continuing to social distance themselves and some students have taken the time to hone their skills.

"I have been working on my art business and in terms of hobbies I have been getting better at my old hobbies such as using my punching bag, cooking and artwork," sophomore Gabrielle Semeniak shared.

Maxwell Tomcho, sophomore, has also been using his time productively.

"I have been spending time with my family and working on home improvement projects," said Tomcho.

While some students choose to use their time bettering their skills, Joey Caruso, sophomore, found hobbies that have helped him feel better throughout his time at home.

"I've mostly been playing video games, but I've

started reading books and comics again," said Caruso. "While social distancing has kind of sucked, it has given me some more time to hang out with friends online and to read, which was something I did not really have time to do."

The quarantine has also given students the time to catch up on their class work and relax more.

"Throughout social distancing, I have been getting my course loads done and finally been able to watch Netflix this semester!" said sophomore Patrick Thomas-Bauer.

Sophomore Alexandria Hall is not in the states but on the island of Turks and Caicos on lockdown with her family.

"I've been doing assignments, watching movies, and hanging out with my family. We are on lockdown in Turks and Caicos so we cannot leave the house," Hall shared.

Although the coronavirus has caused anxiety for some, looking at this time with a positive light and working to improve hobbies, start new hobbies and focusing on academics will get people through this stressful time. •



Gabrielle Semeniak's artwork that has helped keep her busy while social distancing; photo by Gabrielle Semeniak

Keeping Active During Quarantine

By Amanda Sanchez,
Staff Writer

As New Jersey residents remain stuck in quarantine, people all over social media freaked out about gyms closing and how they are going to keep their gains while having to stay home. There was the push up challenge, where you did ten push ups and tagged friends to do it too, but how else can gym rats keep up with their daily routines?

The answer: take to social media.

Herbert Sotamba (@pleukamanx3) is a Zumba instructor at Retro Fitness in West New York (@retowny) and at Crunch Fitness in North Bergen. Since both locations are closed until further notice, he has since been leading his Zumba classes via Instagram live on Wednesdays at 5.

Another gym, Strength Center (strengthcenternj) in Guttenberg, also took their fitness classes online when they had to close due to the virus.

Katuska de Leon, the Assistant Director of the gym, shared how the facility felt about closing, and what they did in light of the situation.

"Our people were definitely disappointed and upset because they couldn't go to the gym and for many, it's a huge part of their lives. In the end, we all had to do what was best not just for us but for everyone around."

"In these tough times, it's super important for us all to get support, accountability and not get lost in the fear and negativity. So we moved our community online, started running live online workouts, gave tips on stress reduction and simple and easy tools people can implement with what we got."

Leon spoke on how with closing of the gym, it has brought different opportunities with online classes.

"It definitely has taken a toll on us and business but looking at the upside of it all, it has also expanded our reach, opened the possibility for virtual training and other opportunities and allowed us to prove we can stay strong during tough times."

You can find the StrengthCenter Familia on Instagram where they have different instructors giving online classes in the mornings either on their Instagram live or on Zoom. •



"Let's Put in Work;" photo by Cris Calle



"Hype Your Team Up;" photo courtesy of @lindapedrosophotography



"StrengthCenter Members;"
photo courtesy of @lindapedrosophotography



"So Strong;" photo courtesy of @lindapedrosophotography



"Early Morning Workouts;"
photos courtesy of @lindapedrosophotography

Lifestyle

Good Eats: Supporting Your Favorite Restaurants When It Counts

By Alexandra Antonucci,
Editor-in-Chief

As COVID-19 spread throughout the United States and businesses began to take extra precautions to protect their customers, one industry has been taking relentless hits since this all began -- the restaurant business.

Sure, large corporations such as your neighborhood Olive Garden or Wendy's are losing money, but small, mom and pop businesses are the most at risk. As the days of social distancing seem to melt into each other, here are ways you can support your favorite local restaurants. Because after all, we're all in this together!

Order In

Because who has time to cook every single day? According to Governor Phil Murphy's "Stay at Home" Order, restaurants are allowed to serve food,

as long as they operate by delivery and takeout only. Jersey City restaurants such as Broa, a Portuguese eatery on Grove Street, is doing just that. Treehouse, a coffee shop on West Side, is also offering contactless pickup of coffee beans or mason jars of cold brew, so you can still get your caffeine fix. Many restaurants are also partners with different delivery services such as GrubHub, DoorDash and UberEats!

Contribute to Virtual Tip Jars

Given the fact that many of these restaurants are now only offering delivery or takeout, some eateries are struggling to support their waitstaff. To offer some financial support, some restaurants are making GoFundMe's in which the proceeds will be split amongst the waitstaff. Margherita's, an Italian restaurant in Hoboken, currently has a GoFundMe set up for all of their tipped employees. The restaurant is also donating 50 percent of all gift card sales to their service staff!

Buy Gift Cards

If you're tired of takeout, or if some restaurants aren't offering food service at this time, one way to help them in the long run is by purchasing a gift card. The money will go directly to the restaurant, and it means you'll have a tasty meal once this is all over! Roman Nose, an Italian restaurant on Newark Avenue, is currently closed to the public, but gift cards are still available for purchase on their website.

Write Positive Reviews

Money is tight -- for everyone. But thankfully, this is an option that doesn't require any payment, just maybe some social media and word of mouth. The best way to get your favorite restaurant's name out there is to post about them. By encouraging your friends to order from there and writing positive Yelp reviews, local restaurants will have a better chance of getting out of this stronger than ever. •



Clams Bulhão Pato, or Manila clams in green wine sauce, from Broa in Jersey City.
Photo by Broa Staff



Although Margherita's in Hoboken has been offering takeout and delivery, they also have set up a GoFundMe to support their tipped staff.
Photo by @hobokenhungry

Editorial

Keeping The Faith In Darker Times

By Patrick Cucurullo
Opinions Editor

People of all faiths often turn to God in times of hardship, but when that same hardship forces houses of worship everywhere to lock their doors -- for how long, no one knows -- to where do those people turn?

Religious communities from across the United States and beyond have had to find ways to adapt to the new normal, mostly relying on telecommunication to substitute normal gatherings. For example, the United Synagogue of Hoboken is hosting online events and speakers to substitute for their usual community events, and the local Jesuit community is hosting online mass services which will be streamed over Facebook.

By transitioning to an online model, these congregations have allowed their members to continue to feel connected to their neighbors during a situation which has made personal isolation a significant burden on many. Perhaps when the imminent threat of COVID-19 passes, churches everywhere will see a benefit to keeping these services going for the sake of those who are sick or cannot attend a service for other reasons. If anything, this crisis has proved to be a harsh learning experience.

But Rocco Danzi, S.J., who serves as the spiritual leader for the Saint Peter's University community, sees this as both a challenge and an opportunity.

"This is a time of solitary confinement," he said. "We're feeling isolated and, at times, alone,

confused and unsure. And yet, the invitation here, I think, from this wonderful, mysterious God of love, is finding God in these difficult times."

He told the story of Father Walter Ciszek, S.J., a 20th century Jesuit priest from New York who was the example of keeping the faith in difficult times, which is applicable to more than just Catholics. While doing missionary work in the Soviet Union before World War II, Ciszek was arrested as a suspected spy and sent to a gulag to serve hard labor.

While in the labor camp, Ciszek continued to say the liturgy and hear confession from fellow inmates, all the meanwhile having been presumed dead in the United States. Moreover, he found ways to commune with God in a more private way, and when he was released in 1963, he told the story of seizing an opportunity to be closer with God in his book, "He Leadeth Me."

"Where there's no pain, even in the spiritual life, there's no gain," said Danzi. "And in Walter Ciszek's story, God reminds us that there's something more that gets us through."

And getting through, for many, has been the proverbial light at the end of the tunnel. The prospect of one day emerging out on the other end of this crisis has provided the comfort that so many millions desperately need. When we do, Rocco assures students, especially the class of 2020 who has been particularly impacted by the response to the pandemic, that we will be better for it.

"Show the world that this class of 2020 is amazing, inspiring and the best we have to

offer to the world," he said. "Your class will be the symbol of how you get through this and how you find hope." •



Churches everywhere are empty, but their communities are finding ways to communicate in different ways; photo by Patrick Cucurullo.



"Where there is no pain, even in spiritual life, there is no gain," said Fr. Danzi; photo by Patrick Cucurullo.

"We go along, taking for granted that tomorrow will be very much like today, comfortable in the world we have created for ourselves, secure in the established order we have learned to live with, however imperfect it may be, and give little thought to God at all... Then it is, perhaps, that He must allow our whole world to be turned upside down in order to remind us it is not our permanent abode or final destiny, to bring us to our senses and restore our sense of values, to turn our thoughts once more to Him." --
Walter Ciszek, S.J.

Sports

Senior Athletes Are 'Devastated' By Cancellation Of Spring Sports

By Neidy Gutierrez and Adrienne J. Romero
Social Media Manager & Managing/Digital Editor

One last run on the track. One last walk on the field. One last strut on the course.

All they wanted was one last moment.

On March 12, the National Collegiate Athletic Association announced the cancellation of all 2020 men's and women's basketball tournaments and spring sports in efforts to combat the COVID-19 coronavirus outbreak. This decision left many senior student-athletes in shock and unsure of what to do next.

Brandon Campbell, a senior sprinter, is part of one of Saint Peter's University's four Division I spring sports -- track & field, golf, baseball and softball -- that were cancelled. Campbell, who was returning from a hamstring injury, said he never expected his four-year run to end like this.

"I was devastated... It still doesn't feel real that it's all over just like that," he said. "Senior year meant a lot to me since it felt like it was my farewell year."

During Campbell's sophomore year, he led the men's team with a 6.9 time in the 60-meter dash. His freshman year, he recorded a team best of 7.29 in the 60-meter dash and a best 5.94 meter jump in the long jump at the METS.

In December, Campbell finished top-five in the 55-

meter dash at the Fairleigh Dickinson Knights Classic, his last season opener.

Like the senior sprinter, it was months of training thrown away in seconds that has affected the spirits and minds of SPU's student-athletes.

"I didn't know what to feel anymore," said Avosuahi Albert, a senior sprinter. "To cry, to be angry or to fall into depression."

Albert, who shares the team with her twin sister Ohunene, hoped senior year would be the year she broke outdoor records bringing her closer to the Nigerian Olympic team tryouts. But to her, that dream has been tarnished by the virus.

The senior sprinter had one of the top times at 26.50 seconds at the Metro Atlantic Athletic Conference Indoor Championships in February. Albert and her sister finished with third- and fourth-fastest times in the event.

Albert was making her last year count by being as productive as she could be -- a full-time student-athlete, host of her own radio talk show and screenwriter in the making. Now with the semester online and in self-quarantine, she's unsure of her next step.

"I feel so useless and not able to do anything," said Albert. "My mindset before was to work so I can accomplish my projects in communication with video producing and tv hosting. But now my mindset is to finish every anime and "On my Block" episode on

Netflix."

And for one senior, he said he's not taking the extra year.

David Powers, senior captain of the golf team, has been trying to stay active by running, hiking and hitting golf balls in his backyard, trying to cope with the "unfortunate" situation.

But nothing will bring back his last tour with his teammates.

"I thought I had one more chance to go through everything with my team," Powers said. "Trips to tournaments, the MAAC Championship, workouts and other things we do. I thought I had more time with all of that."

Since the cancellation, Powers said he and his team have been in a few group calls to talk and support one another.

Powers has had a decorated collegiate career with his team since freshman year.

The New York native has earned an individual title at the Wildcat Invitational, MAAC Golfer of the Month and runner-up at the Metropolitan Intercollegiate. He was also part of the 2016-17 MAAC Championship team.

But unlike Campbell and Albert -- who are both considering using the eligibility relief -- Powers said he won't be taking the extra year. The senior golfer said it's a tough situation, but he had plans after graduation and thinks returning wouldn't be worth it.

Yet Powers added that it's that time of year where everyone has the "itch" to get back out and play or compete -- a feeling he can't shake off just yet.

"I miss being out there with my friends, my team and just playing the game," he said. •

SENIOR ATHLETES



Graphic by Neidy Gutierrez

Opinion

Lessons From COVID-19 And The New Normal?

By Gineen Abuali
Staff Writer

Within the past few weeks, people all over the world have experienced the devastating effects of COVID-19. Here in Jersey City, streets that were once bustling with activity now lay empty and deserted, and at Saint Peter's University, all classes have now moved to online instruction for the rest of the semester.

But the question we all have is this: when will everything go back to normal?

What is this normal, and is it insensitive of us to even ask this question? After all, for many people all over the world, including here in the United States, this is their normal.

We have been under a lockdown for a few weeks now. Governor Philip Murphy declared a New Jersey state-wide curfew, and our travel has been restricted. Meanwhile, thousands of immigrants have been imprisoned in detention centers all over the United States for months



"Most businesses no longer allow customers to dine-in as a result of the COVID-19 pandemic;"
photo by Gineen Abuali



Many Americans are wondering: is this our new normal?;
photo by Gineen Abuali

now.

Gaza has been on lockdown for more than a decade. Can we even imagine our "lockdown" going on for more than three weeks, let alone a month or two?

We have also noticed a severe lack of supplies on our shelves to which we desperately need access. In countries like Uganda and Cambodia, communities cannot even access clean drinking water. That is their normal.

In Iran, the virus cannot be contained because of sanctions imposed by our government. Here in the United States, many communities and low-income families cannot even afford supplies and food when the shelves are full.

So why are we still fighting over toilet paper?

If this pandemic is to teach us anything it is this: pay attention and empathize. We need to pay attention to what is going on here, but also to what is going on all over the world so that we can work together to find a solution.

As we rush to every Walmart in the tri-state area, can we understand why refugees from places like Syria and Honduras would try everything in their power to find some type of safety, even if that means risking their lives in the process? Can we understand why immigrants from all over the world would try to reach the land of the free?

Maybe we do not agree with them, but now we feel a semblance of what they feel. We feel the panic, desperation and fear. In times

of panic and fear we, especially here in the United States, tend to rally behind and look to our political leaders for guidance.

We have to pay attention and be aware of this too.

Because in times of emergency, political leaders tend to get away with a lot. Government abuses can be committed, and this is not exclusive to one administration or political party. History teaches us that abuses have been committed by all types of governments.

We cannot allow these abuses to happen; our lives are already at risk.

We must instead demand that our governments do more to respond to these pandemics and emergencies. Our doctors and nurses take oaths to save lives. We must give them the support they need to do so by calling out our representatives when they are not doing enough.

We have already begun to see our communities react to this emergency and do so much good in such a short amount of time, all while taking precautions to keep everyone safe.

So let us ask ourselves this again: what is our new normal? Is it people fighting over toilet paper, stores scurrying to restock their shelves or is it humanity coming together to solve international crises?

Our healthcare professionals rise to the challenge. Will we? •

Opinion

Reflecting On My First Year As A College Student

By Jamie Suarez
Contributing Writer

I've realized how the sense of time can be neutral or act as a polar opposite in one's life. As kids, we would have plenty of time on our hands due to life being so simple. As time progresses, however, each stage of life starts to get more complicated. We get to know ourselves more by the things we like and at the end of the day, it comes down to a choice. Whether we choose to use our time productively in the moment, we are left with trying to balance our time or not left with any time at all.

We take control of our daily lives by accomplishing the things we're supposed to do and taking control of the things we're able to. But what happens when things are out of our own reach? When things are not in our control? That's when it gets frustrating. We become uncertain by the unexpected because we are so used to taking matters into our own hands, expecting things to go our way. That sudden halt to your future plans is not only irritating, but the adjustment to it can be difficult.

I had a very precise routine for my first semester

of college. I had my three classes on Mondays, Wednesdays and Thursdays as well as my other two on Tuesdays and Fridays. Once I was finished with classes, I would leave campus to make it to my job on time, which was an hour away. And for the days in the week where I didn't have to work, I was making friends, doing extracurricular activities and joining organizations so that I could still have that college experience, despite of my new responsibilities.

So there I was, trying to balance everything in my schedule, using my time as productive as can be. Most freshmen would either focus on school and work alone, because the workload is already challenging. Others, like myself, feel that they're able to manage multiple tasks so they manage their time to do those things. This was exactly my plan for the spring semester, as I continued with the classes intended for my major, continued being a part of school activities while still being able to work part-time -- not to mention planning for possible opportunities like internships and community service for the summer. This was how it was supposed to go and everything that was planned was meant to fall accordingly. And that is the key word:

was.

As the COVID-19 crisis started to hit home, Saint Peter's University was among the many schools that shifted to online classes until the end of the semester as a way to prevent the spread of the virus. Governors in many states have also mandated for all non-essential businesses to shut down, along with placing curfew hours as a means for social distancing.

Having the semester cut short for the Saint Peter's community has taken a major toll on us all; for the seniors who are graduating, students and professors adjusting to online courses, school events and work studies suspending until further notice. I, among many, have seen how the coronavirus has impacted our lives not just physically, but financially and emotionally.

During this time in quarantine, I have had the chance to look back on how much time I spent in all the things according to my plans. But I've also gotten to realize the many things I've neglected and had little time for because of material conditions like school and work. With these moments of self-isolation, this pandemic has given me a sufficient amount of time to focus on those things I've neglected and cherish the time I have with it.

As this school year was cut short, it shifted a lot of people's intentions, but they can be adjusted. And because time is all that we have right now in the midst of this crisis, whether it'd be too little of it or plenty of it, let's use what we have of it and hope for the better. •

Reflecting On My First Year As a College Student

ARTICLE BY JAMIE SUAREZ

GRAPHIC BY JAMIE SUAREZ

Opinion

Saint Peter's Provides Relief Through Refunds

By Evangelia Vasilakis,
Contributing Writer

Amongst the insane disruption that COVID-19 has caused communities across the nation, it has also disrupted a huge population of college students living on campus. Student residents at Saint Peter's had to be moved completely off campus on or by Tuesday, March 24. The school is offering accommodations to students who cannot go home due to extreme circumstances.

I feel that it is a great thing that Saint Peter's is refunding students for the room and board for the time that students are not using it. According to the email that was sent by campus news on Tuesday, March 31 the school is working on distributing refunds or credit to students. The email states "Saint Peter's University is committed to providing prorated refunds or credits for housing, meal plans and parking due to the government mandate to move our operations online; we will be communicating details as soon as possible." I plan on using this money to pay for next semester's housing.

It would not have been fair if the school kept charging for housing while we are not using it, because many families are financially struggling during this time. Since the start of the pandemic, 3.3 million people have filed for unemployment. It would make the financial struggle worse if they still have to pay for housing even though their kid is not at school.

Hundreds of students have been sent home and many are receiving refunds for housing. Amherst College and Montclair University are amongst those giving refunds. Amherst College is refunding their students by giving the student a credit for half the semester's room and board fees, depending on how much the student contributed to the comprehensive fee. Montclair is electing to refund the unused portions of the housing, dining plans and parking permits. Students have a choice of a credit for next semester or a direct deposit.

Resident students pay up to \$5,240 per semester to just live on campus, not including meal plans, which can run up to \$3,025. Students will be relieved to receive that money back for the part of the year that the dorms and meal plans are not being used.

As of right now the school has not shared the exact plan of action on giving the refunds, but we as students can now breathe a sigh of relief knowing that we will not have to pay for something we are not currently using.

Students will be either refunded or they will receive a credit for next year. This is because it is not fair for students and their families to continue to pay for a service that is not being provided during this time of crisis. Many families are struggling due to the newly arisen financial problems that the COVID-19 has brought upon us, and it would worsen families debt if they have to keep paying for an unused service. Having these refunds will help those families who need it, and will help pay for many students housing next year. •



I feel that it is a great thing that Saint Peter's is refunding students for the room and board for the time that students are not using it; photo by Patrick Cucurullo.



Hundreds of students have been sent home and many are receiving refunds for housing. Amherst College and Montclair University are amongst those giving refunds; photo by Patrick Cucurullo.

Opinion

Essential Workers: Why You Should Be Mindful

By Amanda Sanchez,
Staff Writer

There are Americans and people all over the world who have lost their jobs due to the COVID-19 pandemic. I am very fortunate to be considered an essential worker during these crazy, hectic times and still have a job.

With that being said, people who still go outside need to be mindful of when they go outside and interact with others and to practice appropriate safety measures.

When I am at my place of work, a Dunkin' Donuts

in downtown Jersey City, I am aware of the risk and therefore take precautionary measures, like washing my hands every 20 minutes, constantly changing my gloves when doing different tasks and cleaning my work stations as much as I can. But as I am serving customers, it is also their responsibility to be safe when coming into establishments and to be mindful that we are all at risk, because we have jobs that require us to interact with customers face-to-face.

The next time you come to a fast food restaurant, a grocery store or any business that serves food and you do not happen to see gloves on their hands, do not assume they are not safe. Do not give them a

dirty look, do not talk down to them and make them feel small.

Workers are told constantly to keep cleaning and washing their hands. It's the workers who are at risk because we still have to work, while people still go outside and come to our establishments. We do not know where you have been and if you were taking precautionary steps before being in front of us.

Please be aware we are all doing our part. Regardless if we are not health care workers who are tirelessly keeping those who are sick alive, still treat us with respect. We are outside while you are home. We are at risk while doing our job to serve you. •



In the photo, left, Amanda Sanchez, Staff Writer, Right, Shela Picon, employee of Dunkin' Donuts; photo by Michael Dempsey

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