THE PAUW WOW

VOLUME XV,IV, ISSUE 8

TUESDAY, DECEMBER15, 2015

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The Rise of Alcohol at Saint Peter's

Chris Flores
News Editor

Olivia Monahan Managing Editor/ Lifestyle Editor

The University of Scranton is a private, Jesuit school, with no Greek activities. The campus sits in the middle of Scranton, Pennsylvania, a short distance from the Scranton downtown area. There's only one difference between The University of Scranton and Saint Peter's University. The liquor violations at Scranton have decreased by 39% between 2012 and 2014.

At St. Peter's, however, liquor law violations have nearly doubled during the same two years, according to the Clery Report that was recently published by the Department of Campus Safety. More specifically, in 2012 there were 24 violations and last

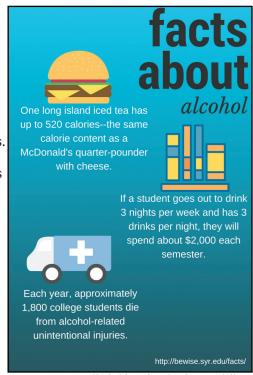
year the number shot up to 49.

"I don't think that's a significant increase," Scott Torre, the Director of Campus Safety said.

The Clery Report is an annual report that all colleges and universities - who receive federal funding - must release and it discloses information on crime on and around their respective campus. This became law following Jeanne Clery, a Lehigh University student, was raped and murdered in her dormitory.

It's unclear as to why St. Peter's numbers increased while Scranton's decreased. What is clear, however, is that college students are still inclined to engage in alcohol consumption. According to a study reported by the National Institute on Alcohol Abuse and Alcoholism, 60% of college students drink alcohol every month.

Coping with stress and depression may be a reason for that high percentage. (Continued on pg.2)



Alcohol facts from bewise.syr.edu/facts

The Hardest Part About Being A Woman Is...

Diamond Reid Editor-in-Chief

Glamour Magazine's Women of the Year Awards took place at Carnegie Hall in November. At the event that celebrates women's achievements, Glamour Editor-in-Chief Cindi Leive honored trailblazers and newsmakers from the worlds of entertainment, fashion, politics, business, and more. This year's honorees included a host of women including Reese Witherspoon, Victoria Beckham, the Women of Charleston, and Caitlyn Jenner.

While Caitlyn Jenner is not the first transgender woman to be named a woman of the year by Glamour, her remarks during her acceptance speech have caused quite a bit of talk between both men and women, causing people to question if she was deserving of the award.

During her acceptance speech, Jenner said that for her, the "hardest part about being a woman is figuring out what to wear."

Jenner's comments brought about celebrities like Rose McGowan to reply to the olympians comments, on her facebook, McGowan said.



Photo made on canva by Diamond Reid (Continued in opinion section on page 5)

The Pressure to be Perfect

Briana Benitez Staff Wríter

Rasheeda Byrd gets home after a long day and walks through every room while strategically avoiding one thing: The mirror. She builds up the courage to face the person staring back at her and she's immediately filled with regret. Her stomach's too round. Her cheeks are too chubby. Her hair is too curly. She does not admire the person staring back at her because this person isn't perfect. This was Byrd when she was 12, and even at such a young age she still felt the pressure to look a certain way.

According to the documentary, "MISSRepresentation", rates of depression are the same among girls and boys until puberty, but twice as many women are diagnosed with depression post-puberty.

Like Byrd, so many young girls today feel the need to look a certain way and strive for perfection at a very young age. But who or what influences these feelings?

"My parents would always be like 'Oh you're fat' and they would poke my belly and I'd think to myself okay let's not do that. Afterwards I would think maybe they're right, maybe I do need to lose weight," said Byrd, current university junior.

Byrd admits that she used to compare herself to public figures. However, she read in Vibe Magazine all the work they do to manipulate the image for example, altering the waist and many other parts of the body to appear thinner. Byrd stated that they nip and tuck so many different aspects of the photo so essentially the final product is not real.

"I think they [the media] shouldn't sexualize just to get a large audience. They should portray women in a more realistic way like using their minds and doing something practical," said Byrd.

According to Lisa Ling, there is a pressure to look a certain way. (Continued in Lifestyle section on page 7)

News

The Rise of Alcohol at Saint Peter's

(Continued from top of Front page)

According to the 2013 National College Health Assessment, about one-third of college students reported having difficulty functioning due to depression. 50% of those surveyed said they have had bouts of anxiety.

"In some cases I think we all result to... alternatives such as alcohol as a way to escape," Robert Mendez, junior, said. "I'm not going to lie, I've done that before."

With finals, projects, and paper deadlines all occurring simultaneously during this time of the year, many students feel stressed and under pressure. According to the National Institute on Alcohol Abuse and Alcoholism, about 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers and receiving lower grades overall.

"Stress is only a minor factor to why I drink," Mohamed Ahmed, junior, explains. "I'm 21 so I can walk into any bar and have a drink if I wanted to. But I honestly don't have the time during finals."

But not all students who drink alcohol are of legal age. Students who live on the East Side of campus are more likely to get written up than those on the West Side, since they are under 21.

If an under-age student is caught with alcohol in their dorm by a RA, they will be written up. The write-up is then sent to the office of Residence Life, located on the 5th floor of the Student Center.

Residence Life then contacts the student who was written up to discuss the incident. The student then must complete an online alcohol awareness course.

"If it's an alcohol case, we will have an alcohol related sanction," Anthony Skevakis, the

Dean of Students at the University said. "We always start with the educational component. Sometimes that component can be...Think About It, an online educational module, it's one that's been endorsed nationally."

"I didn't take the online course seriously." Michael Feeney, sophomore, said. "I did it while I was watching TV and didn't really pay attention to it. It was boring and common sense. It seemed like a lazy way out for the administration."

After the online course has been completed, the student may be referred to the Center for Personal Development.

According to the center's website, their counselors "...are available to support Saint Peter's University students in their personal, professional, and educational growth."

Ron Becker, the director of Center for Personal Development at St. Peter's, listed the top reasons why students voluntarily come in seeking help.

"First was depression, and tied for depression was...conflict in relationships," Becker said. Often times, he suggested, the two issues go hand in hand with one another.

Out of all the students that the Center for Personal Development treats, Becker estimates that anywhere from 35%-50% of students are seeking treatment for alcohol or drugs.

46% of college students who are admitted to substance abuse treatment programs, are there for alcohol-related issues, according to a 2012 report by the Substance Abuse and Mental Health Services Administration.

"It's a high number but it makes sense," sophomore Meilyn Cruz said. "College life is all about alcohol really. We glamorize it, and even when we see the consequences of it we still do it [because] it's just a part of the college experience."

However, Scranton University's liquor law violations are lower than St. Peter's. The reason for that may be the fact that Scranton has an Alcohol Action Advisory Committee which focuses on alcohol prevention and intervention. This is a committee that does not exist at St. Peter's.

The Committee has started numerous programs and initiatives to help bring awareness to the dangers of alcohol use and abuse.

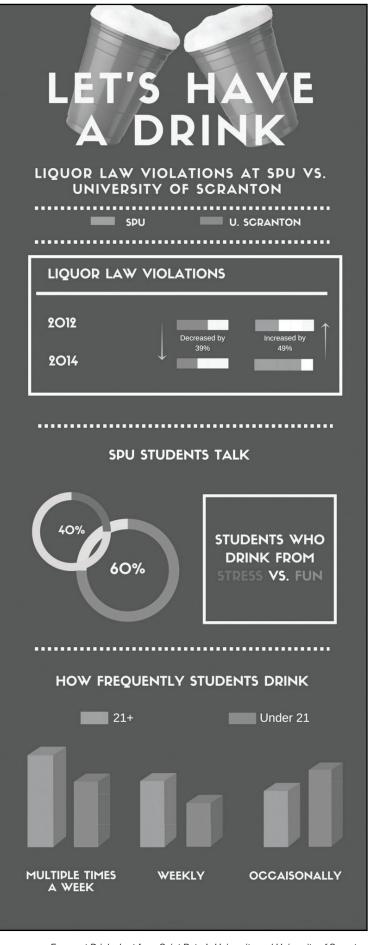
Krysta Horocofsky, a senior at Scranton, says that alcohol consumption at the University is still a big part of college life. The majority of parties, however, occur at off-campus housing, which may also be a reason as to why their liquor law violations have decreased.

"The party scene at Scranton is persistent in that the parties begin every Thursday and last until Sunday night," Horocofsky said. "A majority of the parties occur in off- campus houses not owned by the University. It is in these off-campus houses where students consume the most alcohol," she added.

Becker added that the Center for Personal Development finds that students do not understand what the impact of alcohol consumption can be translated to. According to the American University Wellness Research Center, blood alcohol content level measures the ratio of alcohol in the blood. So, a BAC of .10 means one part alcohol for every 1000 parts of blood.

"I have never sat there and measured how much alcohol I'm about to consume," Ahmed said. "I know my limits. I will stop drinking when I start feeling like I sound stupid."

Drinking until drunk, or binge drinking, is common among college students. The National Institute on Alcohol Abuse and Alcoholism reports that about half of



Frequent Drink chart from Saint Peter's University and University of Scranton

college students that do drink, binge drink.

"Most people I know on campus drink or do drugs, I would say all of my close friends do," Feeny added. "Sometimes it's fun to just let loose a little bit and have fun. I think it gets dangerous when people don't know when to party and when to focus on school."

Students Raise Funds for New Mascot

Callan Sheridan Staff Writer

The Saint Peter's University Office of Advancement is working alongside student leaders in an effort to raise funds to purchase a new peacock mascot costume.

The mascot fundraising project is one that the Office of Advancement has made a part of its new crowd-funding platform. Spearheaded by Dr. Eileen Poiani, a mathematics professor and Special Assistant to the President, students and administrators agreed the suit needed an update.

Poiani previously served 12 years as the Vice President for Student Affairs (now Student Life and Development), with the Division I athletic program reporting to her.

I have a long history of working with our students in and out of the classroom here in 'Peacock Nation," explained Poiani. "The time seemed right for introducing a new Peacock mascot costume. The current mascot costume has served us well but it is getting worn and a bit

Jan Reimer, Director of Student Activities, works with the current peacock suit at various events, including open houses.

"It clearly, clearly needs some help," said Reimer. "It's seen a lot of wear and tear. The mascot costume itself is really hot, and it's used during the summer at orientation. It's taken a beating."

Student Government **Association President** Michelle Perez is one of the student leaders involved with promoting the fundraiser.

The idea is that we renew our mascot, get a brand new looking, fresh clean mascot," said Perez. "It's dirty...we need a new, clean mascot costume, [so] that



whoever is hired to go in it can move feasibly without it being dilapidated or having to trip every now and then?

Nick Brown, Arlene Ganess, and the Class of 2019 are also student leaders who have taken up the initiative of this project. According to the fundraiser's crowdfunding page, as of December 5th the project had raised \$1,925, which is 32 percent of its \$6,000 total goal. Twenty-four donors have contributed to that goal on the crowdfunding website.

According to Ana Cravo, the Director of Annual Giving in the Office of Advancement, if the students raise \$2,000, Dr. Eileen Poiani will match that amount.

"It's awesome," said Perez of Poiani's expected donation.

"I am grateful to all those who have and will contribute to this fundraiser," commented Poiani.

"We're trying to encourage a culture of philanthropy here on campus," said Cravo. "We're hoping this project is something that the students can get behind, and we're excited."

Reimer mentioned how this particular fundraising project goes hand in hand with the University's 'Operation Spirit' initiative.
"I think it will be really

exciting...the idea is to kind of build momentum, and build spirit and pride," said Reimer.

There is a preliminary sketch of the new suit, however it is being kept under wraps for the time being. According to Reimer, the school plans to have a spirited reveal of the new mascot. However, there are expected to be cosmetic changes for the new mascot outfit.

"They want to go with a fiercer costume," said Reimer. "Make him a little bit more muscular, he's got a little bit of a pot belly right now...And incorporate more of the blue. Now, the peacock, a lot of it is green. [So they plan to make] minor design changes like that."

Sophomore Cian Kneeshaw likes the idea of refreshing the mascot.

"I feel like Saint Peter's is trying to reinvent... their look, and part of that is changing the face of Saint Peter's, which is the peacock," he said.

In addition to the mascot fundraising initiative, Saint Peter's crowdfunding web page hosts two

Jan Reimer estimates that the current Peacock mascot suit has been around for eight to ten years other initiatives. One is sponsored by Campus Kitchen, who is looking to create a second kitchen workspace for meal preparation, in order to serve more meals to the community.

Additionally, the third project on the crowdfunding page is looking to raise funds for the Joseph A. Kelly, S.J. Memorial Scholarship.

According to the Saint Peter's Crowdfunding page, ('Impact Saint Peter's'), the platform is open to all faculty, students, staff, and alumni at Saint Peter's University who are raising money for approved projects and initiatives at the University.

Project applications will be accepted in February and August of every year, according to the site. A committee within the Office of Advancement and External Affairs will review applications and make recommendations to and seek approvals from the

To request an application, contact Ana Cravo at (201)-761-6104 or acravo@ saintpeters.edu.

To donate to the peacock mascot initiative, or any other initiative, visit impact. saintpeters.edu.

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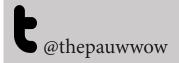
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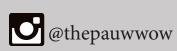
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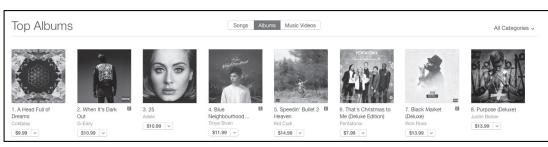
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An Album Review: Purpose by Justin Bieber



Danielle Pimentel Online Editor

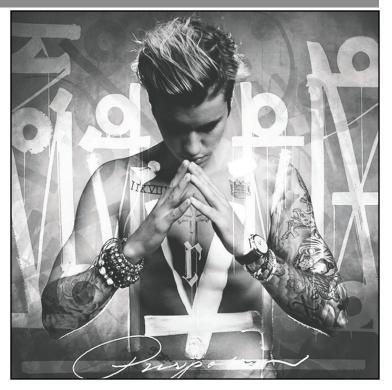
On November 13th, Justin Bieber released his fourth album, Purpose. Incorporating R&B and EDM, this album is completely different from his previous records that were heavily in the pop genre. With this album comes a more mature sound, filled with collaborations from Nas, Big Sean, Halsey, and Travi\$ Scott to name a few.

America has watched as Justin Bieber morphed from a squeaky voiced teen idol to R&B singing sensation. Purpose can be credited as the album that turned Justin

Bieber haters into true Beliebers.

Although originally just a feature spot, "Where Are U Now" began the change. The EDM ballad, once again, sparked interest towards Justin's music. Although the song was not originally a single for the album, it was included. "Where Are U Now" was one of the infectious songs of the beginning of the year. It left everyone waiting to see what was going to be next. "What Do You Mean?", would debut six

months after and officially hook everyone on the Justin Bieber train. "What Do You Mean?" Would also eventually become the most infectious song for the fall of 2015. The subject matter is comparable to Katy



Perry's "Hot 'n' Cold". "What Do You Mean?" is not only fun to sing to, but also quite relatable.

It's no longer embarrassing to like Justin Bieber, if you were over the age of sixteen. Purpose has reached the number one spot on the charts in nine different counties. This album makes you rethink everything you thought about Justin Bieber. Buy now on Itunes or Google Play, stream now on Spotify.

SPU Rings in Christmas Season with **Annual Concert**

Christopher Flores News Editor

It was a cold, rainy night in Jersey City as concert spectators were walking to St. Aedan's Church: St. Peter's University Church. But inside the church, the atmosphere was filled with warmth from the glowing candles and there was a sense of relaxation as the audience listened to the crisp voices of student performers.

It was a night of song, praise, and Christmas festivities at the third annual Lessons and Carols concert held on Wednesday December 2nd.

The concert, which consisted of Saint. Peter's University Schola, Aidan C. McMullen Chorale,

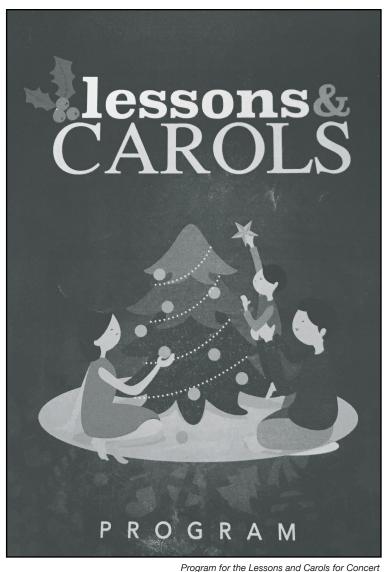
The Primary Prep Glee Club, and The Patriot Brass Ensemble, was based on the format originally created by former Archbishop of Canterbury, Edward White Benson. The various choirs sang carols and Christmas themed liturgical hymns. Between the songs a student or faculty member would recite a Christmas "lesson". The lessons would come from poem or from bible passages.

"We've been doing exclusively bible passages," Joseph Legaspi, director of Schola said, "For this year, we're mixing it up. So we're doing bible passages and poetry readings but it will still all revolve around the nativity."

Jonathan Marrow, the director of Chorale, believed the night went exceptionally well and expressed how proud he was of all the students who participated. Marrow first started working with St. Peter's during last semester's musical, The Wild Party. Since Chorale did not have a director at the time, Marrow was asked if he could fulfill that role for the rest of the spring

This past August, Marrow was hired to be the associate director on Shrek the Musical's international tour which will begin in January and last throughout 2016. Meanwhile, St. Peter's asked Marrow if he could come back as Chorale director for this semester to help with Michaelmas and Lessons and Carols before he leaves for his new job.

(Continued on top of next page)



Art/Opinion

Christmas Season

He said he will miss working with the students and offers advice for his successor.

"There's so much [advice], I don't know where to start," Marrow said, "Most of all, just have fun. And that's going to be easy to do with the great group of students."

Vice President of Chorale, Irene Christodoulakis, is saddened by Jonathan's resignation but is happy for his future endeavor.

"I'm sad to see him go but he's going on to a great opportunity," she said. "He was wonderful as Chorale director - always patient and cheerful."

Jan Reimer, director of Student Activities, had nothing but praise of Jonathan's tenure of Chorale director

"I love Jonathan, he's done some really great things with our students," Reimer said, "What I love most about him, is he was able to recognize the talents of our students and work with it. He arranged music that purposefully fit the strengths of their voices."

Following the concert at St. Aedan's, students

and many of the staff and faculty members moved to the second floor of the Student Center for the annual tree lighting, at which Chorale and Schola continued to share their musical talents as they sang "O Come, O Come, Emmanuel" and "Joy to the World"

"It was a great evening of celebration of the Christmas season," senior Tyler Schell said, "The choirs sang very well and the tree lighting reception helped get me into the Christmas spirit."

The Hardest Part About Being A Woman Is...

(Continued from front page)

Caitlyn Jenner, you do not understand what being a woman is about at all. You want to be a woman and stand with us...well learn us. We are more then deciding what to wear."

Although Jenner was speaking on behalf of herself and not women everywhere, her comments still upset some and got people to questioning her award.

"I feel like if her biggest challenge is getting dressed, she doesn't know the struggles of a woman. She doesn't understand how much women are undermined in society and the beauty standards that come with it," Clarinda Alcarez, freshmen at Saint Peter's said.

Recently after Jenner's comments, one honoree's award was returned. The husband of a 9/11 hero who was awarded "Woman of the Year" in 2001 returned the award to Glamour magazine in protest of their decision to award Caitlyn Jenner the same honor.

James Smith, husband of Moira Smith, returned the award claiming to be upset that Glamour could not find a more deserving woman to give the award to. Smith claimed to be upset over Jenner's comments and not over the fact that she is a transgender woman.

"I believe that this comment and others she has made trivializes the transgender experience" Smith said in an interview with CNN.

Jenner is not the first transgender woman to be named a Woman of the Year, in 2014 Laverne Cox, a transgender actress, was named one of the recipients of the award.

Jenner was also described in the same context, that followed with an acceptance speech that had its highs and lows, leaving people remembering that only that one line.

"I think that transgender women have the right to be women of the year and I have no problem with her being one of the honorees, but I do have a problem with the fact that from the beginning she [Jenner] kind of objectified what a woman is. From her first magazine cover page, she was so sexualized. I wish she would try to express more of what it is like to

be a woman besides just being a sexual object or just having the image of a woman, because it is so much more then that," Jasy Lata, at student at Saint Peter's said.

Caitlyn Jenner is a person who spent most of her life pretending to be someone she wasn't comfortable being, now she has a chance to live life freely. Jenner has not been a woman for a year yet and still has a lot of growing and learning to. In recent months, Jenner has spoken on many occasions about her new life and her quest to help out people who were her situation.

"For so many years, I lost my enthusiasm for life. Literally, sitting in my house for almost six years. Because I never really wanted to come out; just to go to work, that was about it," Jenner said.

"Now, actually, I like going out. And I like being myself. And in doing that, it's been amazing the opportunity we have for change, for people to understand this issue because it's so difficult,"

Tardy Thoughts: Professor's Opinion

Jenna Carbin Editor in Chief

College has been labeled as "the best time of one's life": no issues, no drama, no worries (minus a few late papers). So who cares that late night paper turned into a late morning and now you are running to class already 10 minutes late, right? Wrong.

Professors on Saint Peter's campus have an ongoing battle with tardy students. Many feel it's a hard decision on how to treat it since every student has a different reason for being tardy: their bus was late, their car was in traffic, they missed their alarm. Many professors, such as Associate Professor of Criminal Justice Raymond Rainville, believe students who are at the collegiate level are adults. Therefore, they are responsible for their behavior.

Dr. Rainville said, "I don't believe if somebody gets there late that they are absent, or don't bother coming in because that puts them in a position where they have to catch up." Dr. Rainville also explains that he understands why people run late by saying, "...you want students there when the class starts. The professors have only 50 minutes. That's all we have."

This issue seems to be missed by students, the little time Professors have when it comes to performing their job. Dr. Rachel Wifall, Associate Professor of English and Director of the Honors Program, said in an email interview, "I hope that my students know that they can be late for class once in awhile and not be penalized. It broke my heart one time when a student stood outside the classroom instead of coming in, for fear of chastisement. When the repeat offenders just waltz in without a care in the world!"

Dr. Rainville admitted to a similar situation where a student had responsibilities at home that were unavoidable and made him late to class. Since the student took appropriate measures to inform Dr. Rainville prior, they were able to work the situation out.

Saint Peter's University gives the power to each professor and department allowing them to decide what they want to do about tardy students. Barna Donovan Professor in the Department of Communication and Media Culture and Program Director in the Graduate Program in Strategic Communication said his ideas on tardiness, "I think it's rude. It is disrespectful. That's why I make an issue of it in classes. I believe professors should make an issue of it in classes. That when the class starts and suddenly someone walks in the middle of a discussion it disrupts the Professor.... Suddenly everything comes to a stop."

Dr. Donovan has a set rule in his classes, if someone is late twice it is equivalent to an absence. He too, recognizes there are some situations in which are "acceptable" for tardiness but not many. Professors create these rules because they have been burned before by students taking advantage of their kindness, but there are a lucky few who don't' have to enforce these type of rules.

Dr. Brian L. Royster, Criminal Justice Department, said in an email interview, "I've never really had a problem with students not attending my classes. On occasion, a student may come in a few minutes late but it has never been a problem."

Whether they are lenient or strict, the Professors work hard to keep the education in the classrooms rolling. Understanding can only go so far before students are seen as taking advantage and not handling their responsibilities. All the Professors interviewed agreed there is a way for students to avoid tardiness: wake up earlier to leave earlier.

Lifestyle

Muslim Misinterpretation

Bridget Whitfield Staff Writer

On December 2nd,14 people were shot dead and 17 were wounded in a mass killing at Inland Regional Center in San Bernardino, California, a social service center that serves the mentally disabled. The killers were a young couple and unfortunately for a community that has long suffered from misrepresentations, they were Muslim. The following morning the New York Post plastered 'Muslim Killers' on their front page headline.

Murderers, killers, bombers, and terrorists are the only way Muslims make the front page of the paper. Forty-six percent of Americans believe that Islam is more likely than other religions to encourage violence among its believers. Four out of 10 Americans have an unfavorable view of Islam, according to The Pew Forum on Religion and Public Life Poll. Media has played a large role in people's misconceptions and assumptions about the Muslim culture.

Saqib Muhammad, a member of the Muslim Club at Saint Peter's University expresses his view on media's portrayal of Muslims.

"In the media, any religion and culture can be easily demised for the simple reason of ratings and viewer interest", Muhammad said. "Everyone loves to play the blame game, and unfortunately because of multiple past instances Muslim-Americans have constantly been fighting

for their voice and protection and rights against extremist and 'islamaphobes."

Donald Trump is one of the many Americans that has strong views on the Muslim community and has shown he won't forget about certain moments in history that still give many Muslims nightmares.

"Bill O'Reilly asked me if there is a Muslim problem, and I said absolutely yes. In fact I went a step further. I said I didn't see Swedish people knocking down the Word Trade Center", Donald Trump said in an interview with CBN. "I mean I could have said, 'Oh, absolutely not Bill, there's no Muslim problem, everything is wonderful, just forget about the World Trade Center.' But you have to speak the truth."

Muhammad feels Trump is using citizen's fear in Muslims for his own benefit.

"Mr. Donald Trump has just used and manipulated the culture and current issues with religion as a platform for himself", Muhammad said. "Creating more hatred and causing danger to many Muslim lives because extremist or 'islamaphobes' or anti-Islamic people are targeting Muslims all around America."

Shakait Haque, also a member of the Muslim club, says anyone that follows Islam would never commit murder.

"In the Quran, it is clearly stated that killing one innocent person is equivalent to the sin of killing entire humanity", Haque said. "Saving a human being is equivalent to the reward of saving an entire humanity."

Only 2% of Americans indicated that they are "very knowledgeable" about the Muslim religion, according to the Council on American-Islamic Relations. Many people are correlating beliefs that groups like ISIS hold the same views of the Muslim religion.

"ISIS are group of 'sickos', manipulating ideas of religion in their own views to justify their sickness with Islam", Muhammad said. "Where if they truly understood and knew what Islam encourages, there would be no ISIS. So whoever these people or animals are, they are simply creating hatred in the world against Islam, and politicians are using this."

"The Quran is very interesting. A lot of people say it teaches love. There's something there that teaches a very negative vibe", Trump said. "I mean things that are happening, when you look at people blowing up all over the streets in some of the countries in the Middle East. I mean just blowing up a supermarket with not even soldiers just people. When 250 people die in a supermarket just shopping, where people die in a store or in the street, there's a lot of hatred there."

Since 2006, there have been more than 200 mass killings in the United States and there were 172 cases between 2006



and 2011, according to USA Today. They have not all been committed by Muslims.

"Politicians have to start standing up for Muslims and against the discrimination they face", Haque said. "If the leaders of our nation can understand what is really going on, then so can its people."

David Gergen, a former Presidential advisor, feels similarly on Trump's comments on Muslims according to an interview with Anderson Cooper on CNN.

"It's a responsibility of a leader to push back against prejudice. There are some [Muslims] that are causing terror", Gergen said. "Many of them [Muslims] in this country are great Americans and if there are people out there that want to do us ill, we'll take care of them, and he did not make those distinctions."

It's important that people know that there are differences in those that are Muslim and follow Islam, and those who hold extremist Graphic made on Canva by Bridget Whitfield

views and warp a peaceful religion into something violent.

"It is unfortunate that the people are giving into media spreading hatred and anger against Muslims", Muhammad said. "Women's headscarves are being yanked off, Muslims are being pushed, spat on, and being attacked with verbal abuse, it's is just simply ridiculous and sad."

If Haque were able to speak out to the media tomorrow on these issues, he would say this.

"This is a challenging time for us [Muslims]. The most we can do is show the world how peaceful and nice Muslims are really supposed to be by always being at the best of our behavior", Haque said. "If people spend some time to interact with and learn about the culture, they will know that we are normal human beings. We just want to live a happy life with good jobs and with our families just like everyone else."

The Study Drug: SPU on Adderall

Olivia Monahan Managing Editor Lifestyle Editor

*Some names have been changed

As finals are quickly approaching, the student body of Saint Peter's may start to change. Are people's eyes irregularly dilated? Are they talking a little bit more than usual? Do their hands seem a little shaky? With the end of the semester coming to a fast close, these behavior changes may be the cause of Adderall.

Adderall, also known as dextroamphetamine and amphetamine, is a prescription drug commonly used to treat those with attention deficit disorder and narcolepsy. According to the U.S. National Library of Medicine, Adderall is in a class of medications called central nervous

system stimulants.

The pill works by changing the amounts of certain natural substances in the brain. The excess availability of norepinephrine and dopamine causes a person to feel a boost of alertness, attention, and energy levels.

According to Saint Peter's University sophomore, Darell Pusung, the drug is not that hard to come by.

"A lot of people are prescribed to it and I know that they don't have ADD or ADHD," Pusung said. "I think I know at least 10 people who sell it."

Pusung explained that the pills are typically sold individually, ranging in price based on how many milligrams are in the pill and whether or not it is extended release.

"I will usually pay \$5 for a 10 milligram pill or \$10 for a 20 milligram pill," Pusung said.

Ronald Becker, the director of the Center for Personal

"DEPENDING ON HOW MANY HOURS I STAY UP, THE CRASH CAN BE REALLY BAD," HAHN SAID. "BUT I DON'T THINK I WOULD BE ABLE TO MAKE IT THROUGH THE SEMESTER WITHOUT IT."

CASSANDRA HAHN ON ADDERALL USE

Lifestyle

The Study Drug: SPU on Adderall

Development, says that while some students have expressed using the drug experimentally, it is not a primary or presenting problem at this point.

"The center currently does not have any data on adderall use on campus," Becker said. "But, in cases like this the reality of the drug's effects and consequences are ignored or minimized. Especially if they are promoted as having 'magical qualities or benefits' by their friends or peers."

The 'magical qualities or benefits' that Becker refers to are varied according to the students of SPU. Some students reported feeling anywhere from being energetic to very mellow.

"It makes me feel really focused on whatever I'm doing," Gaurav Rana, junior, said. "If I take it while I'm doing something, I won't stop working on it until it's perfect. The first hour or so I feel happy, close to euphoric. After that I'm just honed into whatever I'm working on."

While many students believe that they are taking Adderall, the chances are they're taking something else. According to a 2010 survey conducted by the U.S. Census, only 9 percent of people are prescribed Adderall. Everyone else is taking something similar.

"I really don't know the difference. If someone tells me it's adderall then I assume that's what it is." Pusung said.

Adderall seems to be a commonplace term for stimulant drugs that have similar effects. Someone is more likely to take ritalin, vyvanse, or focalin under the name of Adderall.

Cassandra Hahn* expressed never actually taking Adderall but frequently taking focalin, a stimulant similar to Adderall, to increase focus and stay awake for multiple hours at a time.

"I have a lot of work to do and never enough time to do it," she said. "I used to buy it off of people on campus but it was cheaper just to get my own prescription."

While all dextroamphetamine and amphetamine drugs are prescribed, Hahn explained that the process of acquiring a prescription was not that difficult. She described the process as making an appointment with a psychiatrist, answering a few questions, and walking out with the prescription.

"He started me off at a fairly low dosage, 15 milligrams I think. But I made routine appointments and he steadily increased my dosage to 30 milligrams, extended release.

I do sell them, usually at \$15 dollars per pill," Hahn said.

While the primary of effects of Adderall may help most stay focused, the side effects can leave a person feeling worse than before they took it. According to the U.S. Food and Drug Administration, some of the side effects include but are not limited to high anxiety, uncontrollable shaking of a part of the body, changes in sex drive and ability, vomiting, etc.

"Depending on how many hours I stay up, the crash can be really bad," Hahn said. "But I don't think I would be able to make it through the semester without it."

According to the U.S National Library of Medicine, The combination of dextroamphetamine and amphetamine can be habit-forming. Adderall is classified as a Schedule II prescription drug under the Controlled Substances Act, according to the FDA.

"The effects of adderall are really similar to the effects of cocaine," Pusung said. "Cocaine is just more expensive and doesn't last nearly as long."



The brain drug- Spu on Adderall

The Pressure to be Perfect

In the documentary she said that today individuals assume that skinny is the definition of beauty because all they see in the media is the same body type over and over.

"I feel bad for Kylie Jenner because she's following in the footsteps of her sisters and changing her appearance simply because she can. They don't appreciate the natural beauty that was given to them," said current senior, Visnjn Rnjkovic.

Rnjkovic stated that she understands a few alterations. There was a time where she was in a relationship and wanted to dye her hair a crazy color and her boyfriend suggested that she refrain from doing so because it would look bad. She let his words control her and thought, "Maybe he likes me for the way I look now so I shouldn't change."

According to "MISSRepsentation", reality television portrays women as

catty, manipulative, vindictive, and on display for male judgment and objectification.

"Years ago you had the show Flavor Flav where a group of girls would compete for the love of the guy. The same guy who is nothing, he was visually unappealing and these girls would physically fight one another and one person went so far as to spit on another girl. I remember seeing that and just thinking c'mon girls, we're better than this," said Rnjkovic.

The more power women gain the stronger the backlash against them; this is most evident in the way the media portrays our female leaders. According to "MISSRepresentation", women make up 51% of the population yet only 17% of Congress. Sixty-seven other countries have had female presidents or prime ministers while the U.S. has had none.

"We have a male dominating country. I think women should

focus more keeping up with school, and being successful and not living up to the expectations of what society thinks they should be or look. We should worry more about helping the world, helping the country. I think women can do it. We [women] can be president," said current junior Monique Williams.

According to "MISSRepresentation", through the media young people are being sold the concept that women and girls' value lies in their youth, beauty, and sexuality and not in their capacity to be leaders.

"I think it's awesome that 67 other countries have had female presidents. It's getting kind of old all these years of having men in charge. As I see it right now nothing is really being done in terms of education, climate change, and wage gaps. It stays the same and it's this cycle of inactivity. Now

PERFECT



DOES NOT EXIST

that we're getting women in leadership positions I'm all for it, women are beautiful creatures," said current junior Bill Foley.

Lifestyle

"Woof, Woof" Said Your New Potential Roommate

Krystal Nurse Contributing Writer

Ever thought about how it would be to raise a young puppy on your own and on campus? A new club in the college plans to do just that with the help of a well-known professor.

Professor Patricia Redden of the chemistry department is known for her black labrador retriever, Ella, who frequently accompanies her. Ella goes where Prof. Redden goes and is highly obedient to her owner. When given permission, Ella receives warm welcomes from students and faculty. Redden, however, wants students to get the chance that she has of raising a dog. The catch? Student covers all expenses and has to give the puppy up after 18 months, but for a good cause.

Redden is a part of Canine Companions for Independence, which has been actively raising and training labrador and golden retrievers to become service dogs to people with disabilities. The only exception is the visually impaired because Seeing Eye in Morristown, N.J. does the training and it's a different type of training. The organization is the oldest at 40 years and has six headquarters across the country. Approximately 4,500 dogs have been distributed to puppy raisers for free.

Service dogs can be for people with physical disabilities, hearing impaired, veterans with Post Traumatic Stress Disorder (PTSD), in a rehab center, or for children with autism.

"So I started to talk to the family [of a young boy with autism] and ask them what his name was and the boy was telling me his dog's name, how old his dog was, how he got the dog, and what the dog is so good with him," said Professor Redden. "The kid and the dog walked away, and the parents looked at me and said, 'Before he got his dog he never talked to anybody but us.' Now he's out communicating with me, talking

to a total stranger. So that's what the dog can do for an autistic

Service dogs have numerous opportunities following their graduation from training, but only 40% of the dogs graduate according to Redden. Her success rate is 25% and she's aiming to get 40% with the puppy she's currently raising.

For students, Redden hopes that their puppies will graduate to help out someone in need. To get to graduation, however, a puppy raiser must commit themselves to the dog for 18 full months.

"You are responsible for the puppy's well-being and learning. You have to start out with training them, housebreaking them so they're not leaving marks all over the dorms, which I'm sure Victoria Farris [Dean of Residence Life] won't be very happy to hear. They have 30 commands that puppy raisers have to teach them. We get training in that, we have a manual, we have classes in New Jersey for puppy raisers. We also have to expose them to as much as we can."

She is in the process of finding veterinarians that can give members a discount to ease the cost of vaccinations needed for the puppies. The club is looking for residents right now, but it could change in the future. Residence Life is working with the club to set aside at least one apartment for the 2016 — 2017 year.

As far as exposing the dogs, some students, like Charlotte Caporrino, expressed concerns about bringing them to classrooms and if permission is needed from faculty.

"You get to bring them in classes as long as you have permission from each professor," replied Professor Redden. "My guess is that most of them will say fine. I would not allow it in a chemistry lab or a biology lab. I think that's a totally unsafe environment for a puppy. Your puppy is supposed to be trained



Dog's Life Timeline

to be invisible. If you're in a classroom, your puppy should be lying next to you, very quietly. Not getting up and interacting with everybody else. If you're in the cafeteria, the puppy should be underneath the table."

Redden also added that the puppy's age will vary on when they should be brought out to classes. Canine Companions recommends six months.

A student, however, will not be raising the dog alone as it is required for someone to have another person raise the dog with them. Both raisers are required to have a cumulative 2.5 GPA or better, and also have completed one full year of college. The club is only looking for sophomores, juniors, and 5-year students. Seniors and freshmen are not allowed to raise a puppy due to requirements and time restrictions.

Raisers can loan the dog over to a puppy sitter for an extended weekend, which is someone who tends for the dog in the same manner as the raiser, but part-time. Sitters can care for the puppy over a vacation if both raisers are absolutely unable to take the it home.

Both raisers must be available to tend the puppy full-time and one will have to take it home over a vacation period. If you have other pets such as another dog or a cat at home, you should be fine.

"You can have other dogs at home, you can even have cats at home," said Redden. "The only restriction is that you cannot have another puppy less than a year old. It can be a positive because cats help expose them. As long as your pets are willing to accept another puppy, you should be fine."

To fly, a student must check to see which airlines allow for dogs on planes. Professor Redden frequents United Airlines or Virgin America. American Airlines do not allow dogs and international flight requires paperwork to supplement each country the dog lands in. Canada's the easiest as it only requires proof of vaccinations. Overall, a dog must be at least seven months old to fly.

If they are well behaved, dogs can go on the buses, cars, or the PATH. Redden recommends to not take it during rush hour. But the dog must be in possession of one of the raisers for no shorter than two hours in order to accommodate its bathroom needs. Students will also need to practice to teach the dog to do certain things on command such as go to the bathroom, eat, or permission to be petted to better serve the person with a disability.

A student will need to guide the puppy into a crate before they sleep or if the co-raiser or a sitter is unavailable to watch them. This is to teach the puppy where its bed is and to make them comfortable. At the same time, students will need to use the command "kennel" as part of training.

Professor Redden will also have the club raise money in order to help financially support the puppies and raise awareness about disability to the campus and the surrounding community.

"Going to speak to groups like the women's club, Girl Scouts, Boy Scouts, and in our school. If you're an education major, it's the perfect opportunity to go and visit classes."

Signed up students can expect to receive the dog over a vacation period to ease in adjustment to a new schedule, but students must attend an orientation at the Canine Companions headquarters beforehand. Students who missed the November 30th meeting and would like to sign up to be a sitter, raiser, or club member should contact Professor Patricia Redden (predden@saintpeters. edu).





Lifestyle/Sports

Feeling Lonely?

Jossie Capon Contributing Writer

You're sitting at the dinner table, dressed in your best cashmere sweater and slim fit pants, and you realize you are bae less once again.

The holiday season is in full effect and it is a time to spend with your significant other. During thanksgiving you usually give thanks for your family, job, education and your babe. With Christmas approaching it is the time of exchanging gifts. The issue here is what do you do when you are alone for another year.

Lets be honest and realize that not only men masturbate but also women participate in the same act. In a Huffington Post article Doctor Lauren Streicher states that women who masturbate benefit in getting more sleep, relieving of stress, and getting to know your body better. Indiana University conducted a survey where the results showed that women between the ages of 25-29 masturbate two-three times a week.

One factor that is similar to

both men and women when it comes to masturbating is getting to know your body better. There is no surprise that being in college you are sexually active. The Huffington Post reported a survey with 5000 college students as participants. Approximately 53% of college women do not reach their orgasm during sex and a third of college women never have an orgasm. 87% of college men always reach an orgasm the majority of the time.

The one benefit is getting to know what you like and ultimately reaching your climax. There is nothing wrong with masturbating as long as you do not start a habit with it. The more you know about your body the better sex you will have.

An advice for men would be to be considerate of your partner's needs first. If you want to reach your climax make sure you are on the same level as your partner. Experiment first with yourself and see what the outcome is. Don't worry about being lonely for the holidays look at it from a positive angle. With the New Year approaching you can finally be a new you.

Making it Pro: Is It a Long Shot?



"Members of the 1969 Saint Peter's men's basketball team now. Webster in the center." Attribute to: Saint Peter's University website

Gabriella Robles
Sports Editor

Eyes glisten in the bright lights and the smell of hotdogs fill the air, as fans wait in suspense for their team to burst out of the tunnel and onto the field or court. For a young athlete, the fantasy of one day being on that field or court overcomes his or her mind.

But when that child grows up and becomes an NCAA college athlete, that dream becomes more realistic.

Expectations are high and hopes are higher—for a player that has put time and effort into a particular sport, one question seems to always come up: Could I go pro?

According to the official NCAA website, out of about eight million students that participate in high school athletics in the United States, only 460,000 of them will compete at a NCAA school.

Of these collegiate players, less than 8% of them play professionally after college.

These statistics have not kept many young athletes from pursuing their dream. For Anthony Assante, a sophomore at Saint Peter's, his dream is baseball.

"I think every baseball player's ideal job would be to make it big and make a name for themselves one day," said Assante.

According to the official NCAA website, collegiate baseball players have the highest likelihood of playing professionally when compared to football, basketball, ice hockey, and soccer players, at 8.6%.

This percentage is comprised of the amount of NCAA athletes eligible for the draft compared to the amount of draft slots available.

With the percentage of NCAA basketball players being at 1.2%, this means baseball athletes are seven times more likely to play professionally than basketball players.

Dr. Elnardo Webster, a member of the 1969 Peacocks basketball team, had the opportunity to play professionally after graduating from Saint Peter's College.

Two months prior to graduation, Webster was drafted by the New York Knicks and later played for New York Nets and Memphis Pros. During his seven years of professional basketball, Webster played for teams in Italy, Spain, and Switzerland, as well as the American Basketball Association.

"Playing professional ball... You're with the best of the best," Webster said. "The competition is ten times more difficult than college."

Twenty-nine percent of draft-eligible Division I players competed professionally in 2013 when including international teams and D-League. So while it may be more difficult to enter the NBA than the MLB, NCAA basketball players are more likely to play in other leagues.

Webster spoke on his experience playing over sees: "There is definitely a big difference playing in another country. I had to learn a different language and adjust to a totally different culture—but it was definitely a fulfilling experience."

Although, Webster did not always dream of being a professional athlete like Assante.

"I hadn't thought about going pro until once I got to college. Our team at Saint Peter's was very successful, which allowed me to become successful," he shared.

"My dream started at Saint Peter's."

The Saint Peter's men's basketball team won the National Invitational Tournament in 1969, where Webster made the gamewinning shot against Marshall in double overtime.

The coaching and exposure a player is given during his or her time in college is also vital to a player's chances of playing after college.

(continued on top of next page)

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Sports

Making it Pro: Is It a Long Shot?

(Continued from page 9)

Webster attributed much of his athletic successful to the Saint Peter's basketball coach at the time, Don Kennedy: "He was a great coach that really helped develop my fundamentals and grow as a player."

Nick Ciocco, a sophomore of the current Saint Peter's baseball team also had much to say about the baseball staff: "Our coaches give us a lot of resources that will help...They've done a good job at getting us into the best summer leagues and giving us the best opportunity to be seen."

Assante agreed, "It's all about exposure and that's what our coaches try to give us."

While talent is the largest factor in making it big in sports, there is another factor to consider: luck.

One bad outing in front of a professional scout could potentially demolish an aspiring professional athlete's future in the sport.

Ciocco shared on the subject: "One good year can keep a player on the path to baseball after college."

"You never know with sports, baseball especially, said Assante, "It's unpredictable." But despite whether or not an NCAA player makes it to the majors, there are other useful qualities that come out of playing a collegiate sport.

Webster received his doctorate degree at Seton Hall and is now a retired superintendent in Roselle, NJ and an elected official and freeholder for New Jersey.

2013 Statistics by NCAA Research							
Sport	Amount of NCAA athletes	Number of Available Draft Slots	Number of NCAA Athletes Drafted	Percentage that Go Pro			
Men's Basketball	18,320	60	47	1.2%			
Women's Basketball	16,319	36	32	0,9%			
Baseball	33,431	1,216	638	8.6%			

"Sports shaped my communication and leadership skills to become what I am today," Webster shared,

"There are other components that come from playing a sport that will further help you in life. Be just as focused on academics as you are on athletics."

Peacocks Fall To Canisius In MAAC Conference Opener Basketball Game Friday Night

Harvey Cruz
Contributing Writer

Before tip-off, the objective was clear for both teams, a victory to start conference play on a positive note. After all the practices and time to get through their non-conference schedule, the time had now come for both teams to make a statement and let everyone in the MAAC know that they are to be taken seriously. And then the game started.

The game started fairly slow as neither team could score a point in the first four minutes, but then the scoring picked up as the Peacocks were on the scoreboard first with points from Hala Mostafa and Marcia Senatus respectively. The Golden Griffs then scored four points to even the score until their opponents scored five unanswered points to regain the lead in the first stanza. Each team would add a point as the first quarter ended in low-scoring fashion.

The action picked up in the second quarter when the Peacocks and Golden Griffs looked to get ahead of one another before halftime. The Golden Griffs started the quarter on a 7-3 run to even the score at 13. They would keep on to score five more unanswered points to lead 18-13 with a few minutes remaining before the break.

The Peacocks would then outscore Canisius 11-10, but found themselves trailing at halftime, 28-24. Jasmine Mungo out of Canisius led all scorers with nine points.

Peacock Head Coach Pat Coyle had a clear message for her team coming out to start the third quarter.

"It was just to execute, and do what we do best," stated Coyle.

They did just that to start out the third quarter as the Peacocks

which was then answered with two free throws from Sajanna Bethea to trim the deficit to 37-36 in favor of the Golden Griffs going into the final quarter.

The fourth quarter started out with Crystal Porter of Canisius going on a hot streak scoring five field goals, with another three-pointer building their lead to 10. The Peacocks would try to rally but could only cut the deficit to 55-51 with less than a minute remaining. The Golden Griffs would then kill the game off outscoring



Janelle Mullen on the line for Saint Peter's Lady Peacocks

Game Box Score							
Final	1st	2nd	3rd	4th	Total		
Canisius	6	22	9	23	60		
SPU	10	14	12	17	53		

started out going on a 10-6 run to even the score at 34-34. Points would be hard to find after that with both teams struggling to put the ball in the net throughout the quarter. However, with under a minute remaining, Tiahana Mills of Canisius scored a three pointer

their opponents 5-2 to secure their first conference win of the campaign, 60-53.

"We made some really good plays, and you know we just got to cut down on the mistakes", said Peacocks Head Coach Coyle on her team's performance. She then noted something that was very telling throughout the contest: "Well I think they're very physical, you know and you got to get used to playing that way".

That physicality from Canisius resulted in 10 Peacock turnovers, scoring 12 points off that.

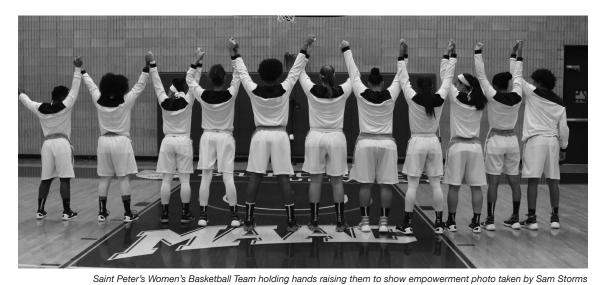
The Golden Griffs led the

Peacocks in turnovers, 10-7, points off turnovers, 12-1, points in the paint, 36-18, fastbreak points, 4-2 and points off the bench, 32-25.

The Peacocks are now 0-1 in the MAAC, and 1-6 overall, losing three straight.

Sports

The Rising Power of the College Athlete



Samantha Storms Contributing Writer

College athletes across the United States want a change in the NCAA system. The power of the college athlete was recently demonstrated in the events that occurred at the University of Missouri.

Sajanna Bethea, a sophomore on the Saint Peter's University women's basketball team commented on the events that occurred.

"I think people will have more respect for athletes. Sometimes people have the idea that athletes can only play sports," said Bethea.

"We have a voice, so I think we should speak up."

At the University of Missouri, racial tensions and the President's absence of acknowledgement caused protests on the campus.

The football team's threat to not play their ESPN game seemed to be a motivating factor in the President stepping down from his role. These events in Missouri demonstrate the football team's voice to help those who don't have as strong of an influence.

"I thought what the football team did was wonderful," said Anna Brown PhD., Chair of the Political Science Department. "What is the problem with being black in this country? To see these football players standing arm-in-arm saying enough was

amazing." Football and basketball

programs are by far the largest moneymakers in many Division 1 colleges.

According to the NCAA, a study done in 2012 shows that in Division 1 men's basketball, minorities make up 70.6 percent and the Division 1 football men's minorities make up 56.6 percent.

The threat of the University of Missouri football players to not play their big SEC game caused the president to step down because of the potential loss of millions of dollars. This situation brings up the question of whether sports dollars are deciding controversial issues.

In the case of O'Bannon v. NCAA (2009), Ed O'Bannon sued on behalf of the NCAA's Division 1 men's football and basketball players, challenging their use of the images of its former student-athletes for commercial reasons.

This case argues that when a student-athlete graduates that they should be compensated financially for NCAA's profitmaking use of the images. This case is currently still in litigation.

"I support the NCAA because I am a representative of the NCAA," said new Saint Peter's Athletic Director Belinda Pearman. "I believe that athletes are getting paid to play and there are scholarships. I came out of college without any bills and I look at scholarships as being paid a lot of money."

Pearman played basketball at the University of Maryland, where she was a four-year starter and earned second team AllACC for the women's basketball

Many argue that Division 1 athletics is a privilege, and nobody is forcing anybody to play. Athletes do receive scholarships to help alleviate financial stress.

"Athletes should be paid to play because it is like having a full-time job," said Alyssa Velles, sophomore on the Saint Peter's women's basketball team. "We should be rewarded for what we do. We don't have time to get an actual job and athletes should be considered employees."

Student-athletes are making a lot of money for these universities and the schedules are unrelenting. They are expected to be scholar-athletes, but their schedules are demandingtraveling, games, practices, and conditioning leave little time for homework.

"This is an indication of how commodified everything has become in this society," said Brown. "It's all about money, profit. What happened to just being students? The commercialization of sports needs to be modified."

Brown also discussed that there is so much money to be made that it puts pressure on people. "Don't ask student-athletes to be professional athletes before they graduate," said Brown.

The University of Missouri football team set a precedent for the rest of the country in terms of the power that college athletes possess. Their actions could prove to be a breaking point for athletes across the nation.

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Pete Becomes a Reindeer

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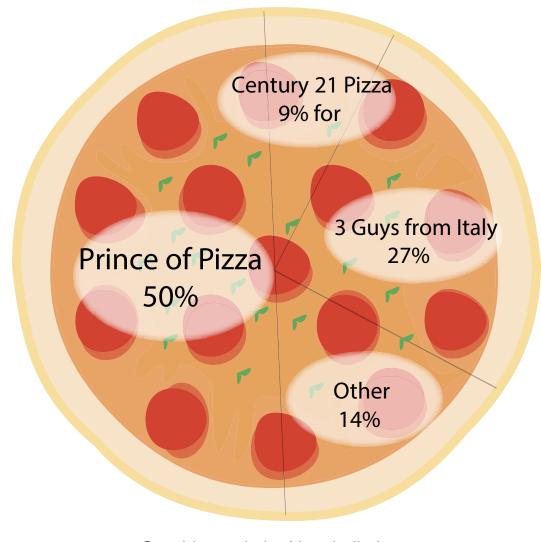
The Peacock Pizza Pie Chart

Gabriella Robles
Sports and Social Media Editor

It's a Sunday night. You're sitting in your dorm room, swimming in a sea of homework, when suddenly you hear a loud rumble....Oh wait, it's just your stomach. While you rummage through your desk drawers, hoping to find a half-eaten granola bar to settle your hunger, you come up with a better solution. As a college student, there's one quick and easy answer to late night cravings: Pizza.

We've surveyed students across Saint Peter's to answer the all important question:

Where can I find the best pizza around campus?



Graphic made by Neechelle Ingram