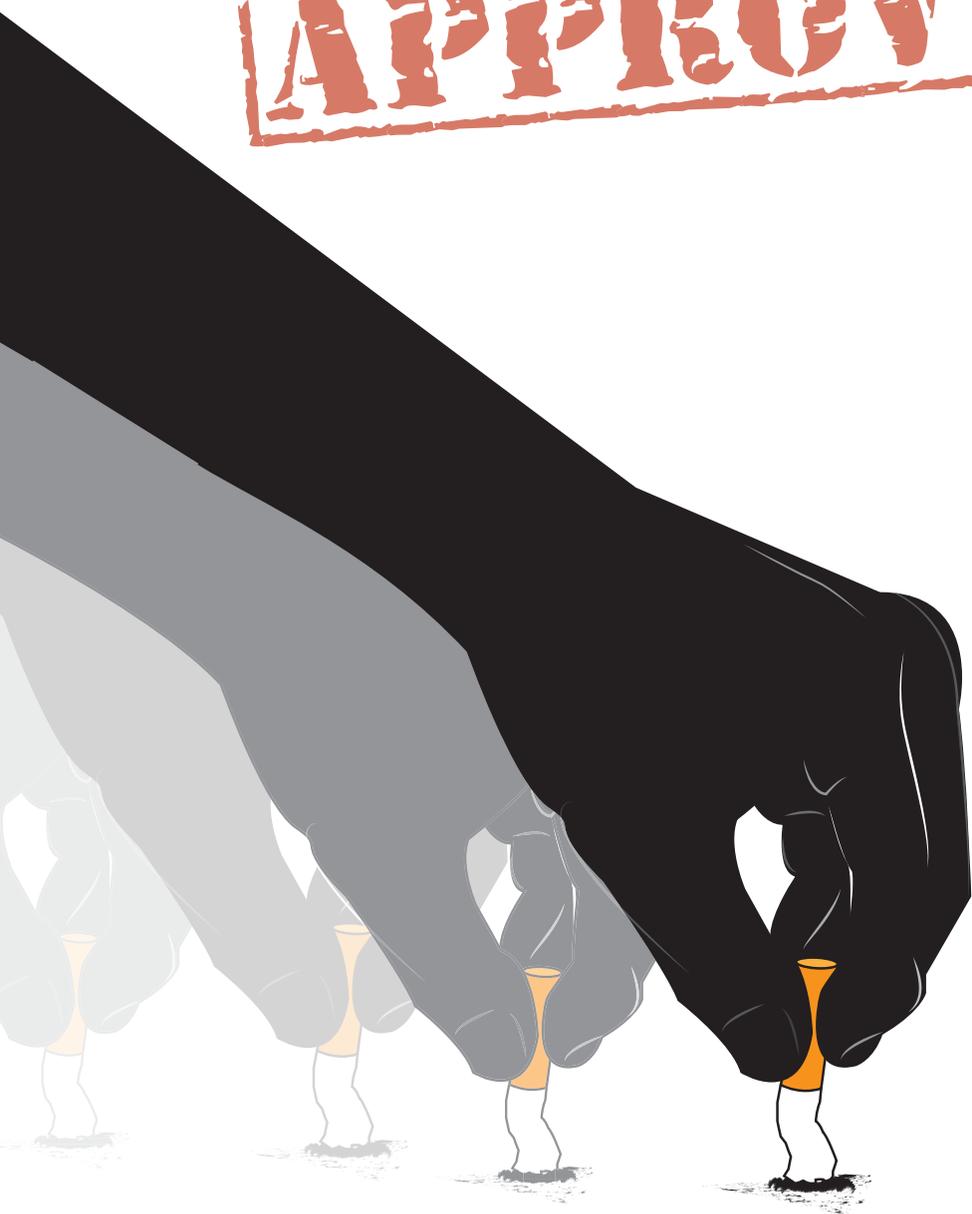




Smoke-Free Campus Policy

APPROVED



FORUM

Post-travel blues lead to study abroad depression.

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NEWS

New smoke-free campus policy brings change to NCC.

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“Merry Wives of Windsor” is a big hit; sells out entire weekend.

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Women’s basketball team creates new strategy for the new year.

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Photo by Megan Clay

Faces of NCC

"One of my favorite parts about North Central and living in Naperville is how close Chicago is to the campus. Chicago has so many opportunities for students, academically and socially. For me, I see it as a popular city for my favorite music artists to go on for tour so I love to attend those events. It is definitely one of my favorite things to do and something I will always take advantage of."

-Tommy Varela. To see more "Faces of NCC" follow @chroniclenc

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The North Central Chronicle is published on weeks three, six, and nine of each term by students of North Central College as a forum for providing news, opinion and information of interest to the campus and the greater community.

The views expressed in advertisements, editorials, cartoons, and letters do not necessarily reflect the opinions of the Chronicle editorial board or of North Central College.

Letters to the editor

Letters must be within one typewritten page and signed to be considered for publication. Letters that address issues or concerns of the campus community are encouraged, but the letters column is not a place to air personal grievances against another individual. The Chronicle reserves the right to edit submissions for space, content or libel. Submit via email to chronicle@noctrl.edu or through campus mail, CM 192.

What's Happening @ NCC

- MLK Event**
Jan. 21
Meiley Swallow Hall
12:15 p.m. - 1:30 p.m.
- A Salute to Frank Sinatra**
Jan. 30
Pfeiffer Hall
8 p.m. - 10 p.m.
- Lecture: Ducking for Cover**
Jan. 26 Old Main
7 p.m. - 10 p.m.
- 20th Annual International Festival**
Feb. 14
Merner Field House
12 p.m. - 4 p.m.
- Documentary: A tale of Three Cities**
Jan. 27
Old Main 7 p.m. - 9 p.m.
- Feed the Need**
Feb. 20
ResRec
8 a.m. - 12 a.m.



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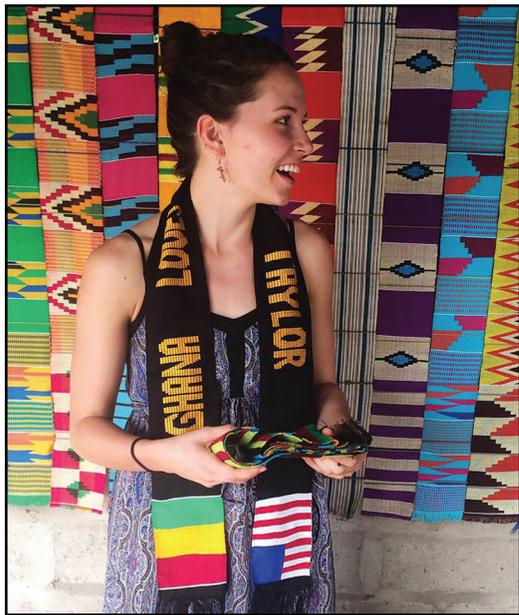
On the Cover

Illustration by Taylor Mithelman



editors

The Chronicle Staff New Year's Resolutions



Taylor Mithelman: Graphics Editor

Taylor started off working for the Chronicle as a staff writer her freshman year and is back on the staff after a two-year hiatus. This time around, she's putting her skills as an IMS Graphic Arts student to use, creating the cover design for each issue of the newspaper. Her senior year here at NCC has been made up of equal parts coffee, art, reading, and track & field.



"New year, same MacKenzie."
-MacKenzie Putnal



"To stop being superstitious"
-Deidre Ewers



"To be able to do the splits by the end of the year. I'm dead serious."
-Hannah Bevis



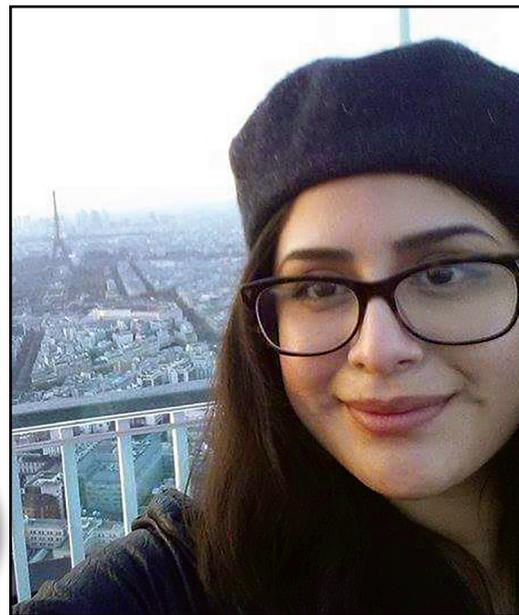
"I hate new year's resolutions. That's right. You don't have to wait till the start of a new year to change your life. Plus, a lot of people don't even go through with them; they just hype themselves up on social media."
-Anthony LaParry



"Stop worrying and be fabulous."
-Stella Fanega

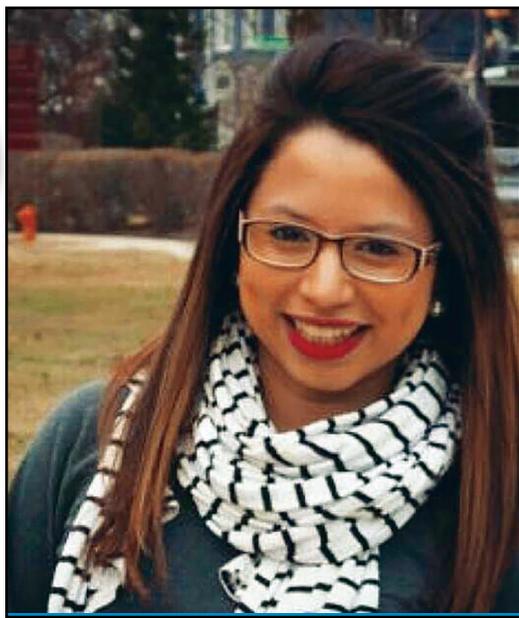


"To binge watch the entirety of Netflix while eating nothing but peanuts and whipped cream."
-Luke Langlois



Xanic Lopez: Photo Editor

Xanic is currently a senior and has been photographing for six years. She started working for The Chronicle during her sophomore year and has photographed different events from sports to NCC concerts and shows. She is currently working on her career as a music journalist.



Crystal Madrigal: Managing Editor

Crystal is from Chicago, Ill., and will be completing her last year here at North Central as Co-Managing Editor of the Chronicle. She is a Journalism major who loves design, photography, and all things news. She is also a Broadcast minor and was a part of WONC FM89 for two years. If she is not in the office editing with a coffee in hand, she is found at the gym lifting, running and training friends and family.



Jordan Bolker: Forum Editor

Jordan Bolker is a senior at North Central College, as well as the forum editor and special projects editor for the Chronicle. She is in charge of opinionated articles and long-term projects surrounding the College area. She is majoring in journalism and aspires to be an investigative reporter at a large newspaper industry.

The Drinking Culture



Coming Soon

Reporting Live with Donald Trump

Troy Kelleher
Contributing Writer

His breath was on the boy's nose. He would've ripped it off without a blink.

It was the Donald Trump rally. Iowa, a couple of weeks before the caucus. Trump didn't need to win the state, but he was going to "win, win, win," because he is Donald Trump.

His son arrived a few days before with a loaded gun. When he isn't handling his net-worth of \$275 million, "Junior" is shooting bullets in leopards and cutting the tails off elephants. So, while his father spoke to a crowd of white Iowans, Donald Trump Jr. stalked the cool backfields, painting the snow red.

The Rolling Stones played over the rally loudspeaker. "Gold Coast slave ship bound for cotton fields, sold in the market down in New Orleans."

I was there in a 1950s diner booth at the back of the rally. Milkshakes. Rock 'n' Roll. Trump was on his way.

Tornado, a police canine, was whining. He was foaming. He wanted to get closer to the face of a skinny black boy who stood about 3-feet-tall (light-up rubber boots included). The guard laughed and so did the boy and his nervous mother while Tornado just panted.

I arrived outside the Surf Ballroom three hours before. I stood in line with a large woman whose head was wrapped in a bandana, covered with a scarf, and topped with a hat that was stuffed in a tight, furry hood.

After several hours of unwrapping her face, she told me that since Obama became president, she's been "afraid to take [her] family to McDonald's." She can't recognize America anymore, and believed now that her children are in danger.

She pulled her son close. His hat read, "Batman for President." I gagged as my recent case of the stomach flu cut my stomach.

Tornado barked. He was patrolling the crowd, which stretched down the block, around the corner and out of sight. A mile of bearded men with NRA hats and John Deer sweatshirts and the small black boy with his mother were all sniffed by a German shepherd, stuffed through metal detectors and fed stacks of campaign propaganda. It was nine degrees Fahrenheit in Clear Lake and you could barely see the pulse of light beneath the boy's feet.

The "Batman for President" kid began stomping and muttering. A reporter stuck her notepad in my face. She asked why I was there, or here, or then or maybe now. The flu was thickening me and my grip was drowning. I told her I was a journalist and then I told her I wasn't sure why I came and then I started making guttural noises.

Bat-Kid started chanting. A man with a pile of "Trump for President" pins wandered by, selling them for \$5 a piece (or 3 for \$10).

The reporter had moved on to a veteran, who stood three bodies ahead. He wore a light jacket. Iowa was cold today, but he'd spent colder nights in Afghanistan, where he'd trained a squad of "pretty f---ing non-receptive" Afghani policemen. He bought one of the pins and stabbed it in the flag bandana wrapped around his skull. He'd also come prepared with a



Photo by Troy Kelleher

Hundreds of rally-goers wait for the Surf Ballroom doors to open as temperatures plummet. A man emerged from the Ballroom to tell the crowd, "This is Iowa. It's going to be cold."

plan to "Make America Great Again," which he relayed to the reporter's microphone.

"Bomb their oil fields. All of them. Their economic security, blow it up," he said.

The reporter took a picture of him. He looked at the sun, proud. His eyes were burning, but proud.

Bat-Kid was stomping and chanting again, so I leaned close. His voice was weak, but it strengthened. With every beat, it grew.

"Trump. Trump. Trump."

Inside, Mick Jagger crooned.

"I'm no school boy, but I know what I like. You should have heard them just around midnight."

In 67 years, the Surf Ballroom never saw a crowd this large. Buddy Holly, ZZ Top, Santana—no one beat Trump. It sagged from the weight.

I sat at the fringe, clutched my stomach in the diner booth. Tropical paintings and signed guitars hung around me. There were newspaper clippings with Buddy Holly, his eyes squinting in black frames. There were washed-out photos of waitresses on roller skates and a couple kissing on the dance floor—taken a few summers after we dropped a five-ton nuke on Hiroshima. It was all milkshakes. Rock 'n' Roll.

A squeal came from behind my booth.

Trump would be onstage in minutes, and Tornado was rolling on his back with his tongue flopping. The boy with the boots was rubbing his belly and both of them were shrieking.

Tornado is a dual-purpose canine, meaning he can smell unpleasant odors and bite the bad guys. His nose, which keeps snorting from all the tickling, has about 45 times the scent-receptors as people. In this case, that means he can smell black powder, C4, detonation cords and anything else a terrorist would bring to the Donald Trump rally. Even marijuana.

He can also kill. And with a word from the guard, he would snap this boy's neck and wag while he did it.

"How come you taste so good?" Mick Jagger sang.

Tornado licked the boy's throat, making him giggle. They hugged. The mom smiled, still nervous.

The crowd pulsed from the dance floor, chanting "Trump, Trump, Trump," rippling my coffee. He was close.

"You know what language he speaks?" asked the guard.

The boy shook his head no.

"Sitz!" the guard yelled. His dog sat and lowered its ears.

Tornado speaks German.

An old woman gave me a smile. It was gummy. I hesitated. She was at the edge of the swaying mass that covered the Surf Ballroom and I was a few yards away. My stomach was yelping and leaping into my throat while the crowd churned, swelled, crested again and crashed against the ballroom shore.

I stepped into the swell and, before I was carried off, she winked at me. It was a brief comfort. An uneasy comfort like a mattress soaked in gasoline.

In the swell, I bounced off a couple holding a "Ukrainians love Trump" sign spun across the floor with palm tree portraits unravelling to a blur of green and sunshine. There were lines of white teeth. A pair of tiny shoes skimmed past my nose that belonged to a little girl clinging desperately to a "VETERANS FOR TRUMP" sign as her grandfather swung her around like a broken windmill.

I stopped myself inches from an XXL t-shirt. It read, "Iowa 80, World's Largest Truck Stop!"

The music stopped. The press adjusted their cameras. A dark, hunched figure watched me from across the dance floor. His eyes sank like a midnight drowning and he clutched his stomach until it nearly disappeared. Mick Jagger started singing again. I looked away from the mirror and a camera flashed in my eyes.

Blinded, I stumbled through the crowd, their faces were silhouettes and lightning bolts. Sparks hit my vision and quickly fuzzed it. It all looked like cheap TV.

A couple wondered by in 1950s attire, slow-dancing. She leaned against his chest, her eyes in his and she kissed his open mouth. A figure limped through the crowd. It was Donald J. Trump Jr., dragging a nine-point buck straight through the rally. I slapped my head and he disappeared.

"He's a shoot-from-the-hip kind of guy. I like that," a voice drifted by. "He's ticking off the right people."

I dropped to my knee, a killer in my stomach. The flu was done toying with me. My hands shook, and my notebook was



Photo by Troy Kelleher

A young Trump supporter waits for the candidate from her grandfather's shoulders.

a mess of crude drawings and letters. Sweat leaked from my fingers and the letters turned to black puddles. I didn't have long. I saw the bat-signal and rose to my feet.

The kid was still wearing his "Batman for President" hat. He watched me, leaned against his mother and sipped his hot chocolate. She had unwrapped her head, exposing it like an open wound. Her fingers ran through a tangle of thin blonde hair as she addressed a reporter.

"You're an American. I'm American. We have values," she said. "If you come to America, don't bring your values over here. You know, go ahead, bring your values. But American values come first. Then your values."

Donald Trump was at the podium. His hair was bible-thick, and it never swayed—just like on TV. Pictures of BB King and Lynyrd Skynyrd threatened to fall as the ballroom shook.

Tornado sat and wagged and licked his chomps. He knew chaos. Officers had shot blanks in his ears while he eviscerated dummies.

Trump shook his fist.

"We're angry at stupid people," he said. "You can't buy elections anymore. People are too smart for that."

The man in the Iowa-80 sweatshirt giggled and bounced on his army boots. His weight shook the ground and I nearly fell into him.

Bat-Kid pulled away from his mother and walked up to me. I hacked into my arm and faced him, notebook in hand.

"ISIS, we're gonna knock 'em out. Boom, boom, boom!" Trump shot his finger gun at the crowd. "We're gonna win. All. The. Time."

A pudgy finger poked the camera that hung around my neck. Bat-Kid studied himself in the lens, his face distorted by the fingerprint swirl. I asked why he was here, and he licked his chocolate-y mustache.

"Swamp People is on tonight," he said. "Do you watch it?"

Two little hands dropped a "VETERANS FOR TRUMP!" poster by my feet.

I gagged and Bat-Kid ran back to his mother, eyeing me suspiciously. He tugged at her coat. No, not now. Mother's busy watching Trump. He tugged again and she gave him an iPhone.

He jogged past me to the edge of the crowd, the 1950s diner section, and sat next to the black boy with light-up boots. The iPhone painted neon blue across their faces and their eyes faded.

They gasped and pointed to the screen, where crocodiles showed their teeth. Where bearded men pointed shotguns at the camera. Where there were heroes, bloody ultra-violence, thrashing beasts in the muck—and all of it in brilliant HD.

A crocodile dove beneath the boat, circled the man onboard, who smiled and winked at the audience. A shotgun blast hit the water, and it went silent. The boys cheered, and so did thousands of others around me, chanting "Trump! Trump! Trump! Trump! Trump! Trump!" Children waved flags with the casino king's face. Men lifted their NRA hats. A pair of young lovers embraced amid the commotion.

This must be real. And if not, why shouldn't we believe it?

Tornado stood by and watched, hair raised on his back.

forum

EDITOR: Jordan Bolker, jebolker@noctrl.edu

Post-travel blues have students down

Jordan Bolker
Forum Editor

At the end of a study abroad, you can't help but wonder if life will be different when you come back. What really happens is that you've changed but your home hasn't. After spending a few weeks catching up with your family and friends, it's no surprise when post-travel depression comes knocking on your door.

According to study abroad advisor, Whitney Ewing, 35 percent of the students that study abroad each semester from North Central College experience some kind of post-travel depression.

"Students come back just wanting to talk and need someone to listen," said Ewing. "They mostly experience homesickness, sadness and identity crisis. Whether it's a change in personality or in your major, they begin to question who they are."

I recently studied abroad this past semester in England, and towards the end of my trip I actually couldn't wait to come home and be with my family for the holidays. After a few weeks back at home, however, I noticed that I was constantly feeling sad every time I talked about all the places I got to see. I realized that I was depressed about not being able to travel to that country again for a long time. Whatever the feeling may be, post-travel depression can

happen to anyone at any time.

"About three days before I left is when it hit me that I was going to be leaving these places," said study abroad student Jordan Redman, who traveled to Greece and Italy on a D-Term trip. "It still follows me, even when I am consumed by school work here."

"I started noticing it right as I got on the airplane to go home," said Katie Dickson, who studied last term in England. "I said to my friend who was traveling with me, 'Why am I going back? This is a mistake!'"

Post-travel depression is not a myth and it's not something to be afraid of. It's described as a mood that one may feel after returning home from a long travel experience. Some feelings or thoughts that occur with this mood include:

1. I'm in love with this place and now I have to leave
2. I have no idea when I can come back
3. There's so much more that I wanted to do.
4. I had so many friends and now I have to say goodbye.
5. It won't be this awesome when I go back home.
6. It will be hard to travel again.
7. I'm going to miss everything that I've gotten used to.
8. I constantly wonder "what if?"
9. I have the travel bug and I want to get back on the plane immediately.

Although students may feel these symptoms before they even come home, others may not experience them until they get back to their normal routine at school.

"I was so excited to be back that I did so many things at home with my family," said Xanic Lopez, who studied in England last term. "But once I was done, that gave me time to miss my life in Sunderland."

If you have any of these feelings, you may have the post-travel blues. It may feel worse when your family or friends want to talk about their lives instead of asking about your adventures or seeing your pictures. You may even feel lonely and disconnected from everyone who hasn't done what you did, and you want to constantly talk with your new friends.

The good news is that these are not permanent symptoms and they will go away eventually. But the memories will stay. Rather than trying to relive the best time of your life, overcome the blues by looking at what you have now:

1. Consider how study abroad has changed you. You may feel like an entirely new person and you may have gained a new perspective about culture and how it's changed your behavior. Share that with others and let them see what you see.
2. Continue to stay connected with your new friends. Eventually, they will return home too and then new topics will come up about what you all do at home on your own time. You will be able to get to know them from a new perspective and learn what their families and lives are like.
3. Keep traveling! Don't stop at one adventure. Study abroad again or save money for more trips to see your new friends or new places you couldn't go to before you left. Once you have the travel bug, it festers until you book another flight.



Photos by Xanic Lopez and Jordan Redman

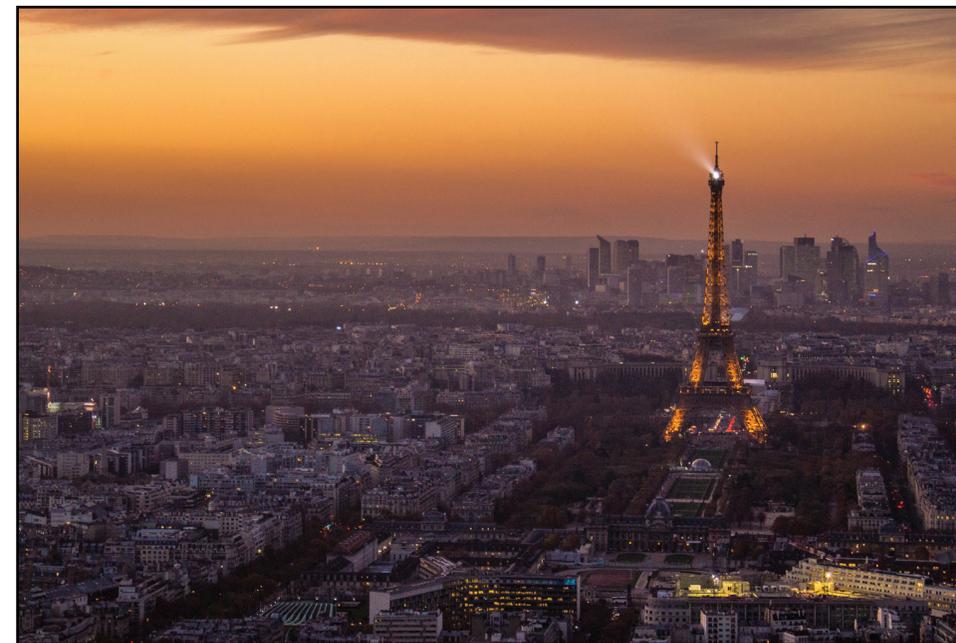


Photo by Xanic Lopez

Students were able to visit other countries and major cities, such as Paris, France, and learn about culture in other parts of the world.

Ways to stay connected with your new friends overseas:

1 Facetime/Skype:

Stay in constant contact with your new friends by video chatting with them while they are back home on a regular basis. This is a great way to catch-up with them.

2 Send a postcard from the U.S.:

It may seem old fashioned, but it is a great way to show that you care and want to stay connected with them. You might receive one back in return for your efforts.

3 Plan a trip to visit them:

This is a great way to travel overseas. Plus, it will keep the price down if you can live with them for a few days instead of paying for a hotel.

The Good

Harry Potter set opens on Feb. 14th

Warner Brothers Studio in London is offering Harry Potter fans a chance to have a Valentine's Day dinner in the Great Hall for the first time.

The Bad

Nick Carter charged with battery

Backstreet Boys' singer Nick Carter was arrested for battery on Jan. 13 after a bar fight broke out during a vacation in Key West, Fla.

The Ugly

David Bowie passes at 69

David Bowie, also known for his musical hits such as "Fame," "Heroes," and "Let's Dance," passed away last Sunday after losing an eighteen-month battle with cancer.

news

EDITOR: Bob Tomaszewski rstomaszewski@noctrl.edu



Photo by Bob Tomaszewski

As of Jan. 1, 2016, North Central College is a smoke- and tobacco-free campus. After a month, students and faculty are still adjusting to this change in campus policy.

Amidst the Smoke, a New Policy Emerges

MacKenzie Putnal
Social Media Editor/Copy Editor

It has been approximately one month since North Central College became a smoke- and tobacco-free campus. In this time, the Student Governing Association and the administration have made efforts to make sure this transition happens as seamlessly as possible.

Phil Norris ('16), student body president, shares, "It's going to take time for people to get used to."

However, it seems that all parties involved have taken steps to assure that our students and staff are informed. Specifically, a portion of North Central College's website has been dedicated to answering frequently asked questions about the policy, explaining it in its full detail and even providing locations near campus in which smoking and tobacco are acceptable. One question that is extremely common among students

and faculty members on campus is: How will this policy be enforced?

For the time being, Norris states that, "We don't ticket for it." The idea behind that is to avoid making the NCC community feel like this decision is being forced upon them, but rather have them come together to make this change.

Another important statement made on this section of the website is that, "All members of the College community are encouraged to share the responsibility for bringing this policy to the attention of students, staff, faculty and visitors." Although this decision might be difficult for smokers, many, including Steve Pulaski ('18), feel like it is a move in the right direction. Pulaski also shares that he saw this decision coming and felt that, "it was bound to happen, even on a private campus."

Even though it seems like this is a change that many students and staff were on board with, there are still difficulties

to be faced.

Due to the fact that the enforcement of this policy is still in its early stages, there may be some confusion and frustration.

"It starts to get kind of jumbled and confused," says Norris, when discussing what is allowed and isn't allowed regarding cigarette smoking and other forms of tobacco use. The NCC community should expect that, "signage will be up when the snow thaws," and "there will be stickers on doors." Norris was eager to mention that there is currently no signage due to the fact that the policy went into effect as soon as the snow began to fall in December.

"North Central College is committed to providing a healthy, sustainable environment in which to learn, work and live," shares the main page of the new section of our website. As the year progresses it is the hope of SGA and the administration that the students and staff will grow accustomed to the policy and see it as a part of the culture.

NCC takes a deeper look at the new animal cruelty law



Photo by Hunter Harper

Illinois' list of new laws for 2016 includes one titled "Cruelty to Animals in Front of a Child," which aims to reduce the abuse of animals in front of children by fining violators \$250 and ordering no less than 100 hours of community service.

Hunter Harper
Contributing Writer

As of Jan. 1, 2016, a new law concerning animals has been added to the list of new Illinois laws, titled "Cruelty to Animals in Front of a Child." This new law can be defined as such: "In addition to any other penalty provided by law, a person convicted of a cruel treatment of animals violation upon a pet in the presence of a child shall be subject to a fine of \$250 and ordered to perform community service for no less than 100 hours" (Joliet Patch, 2016).

For years, the FBI has categorized animal abuse as "other," along with a variety of lesser crimes. By doing this, cruelty is hard to find, hard to count and hard to track. As of this month, the FBI has announced that they will be classifying animal cruelty as a Group A felony with its own category – similar to the way crimes like homicide, arson and assault are listed.

This change to the way animal cruelty will be categorized in the state of Illinois will help law enforcement keep track of crime related to animal abuse. Incidents and arrests will be reported by law enforcement officials in four areas: simple or gross neglect; intentional abuse and torture; organized abuse,

including dogfighting and cockfighting; and animal sexual abuse (Huff Post, 2016).

"I don't believe this law will make a difference," said sophomore Emily Alaimo. "The fine is relatively small and it is not significant enough, overall, to give people second thoughts about abusing animals."

Alaimo is an animal rights activist and the biggest way she advocates for animal rights is by spreading the message of veganism and decreasing the consumption of animal products. Alaimo is also active with Action for Animals, an animal welfare organization, by helping to flier in various communities and donating money. She is also the president of NCC's Green Scene and believes all life on earth has value.

"I feel that people will abuse animals whether there is a \$250 fine or not," said senior Hannah Jurik. "I think the main reason this law was established is because it is really traumatizing for children to see an animal getting abused."

Stemming directly off of that thought, Alaimo believes the law is more about the psychological well-being of children than the ethical treatment of animals.

"While this may deter a person from abusing an animal in front of a child, I don't think it will stop people from abusing

animals in general," Alaimo said. "But, I do think it's important that the issue is being met with further consequences and dealt with on a serious level."

Furthermore, the establishment of this new law has the potential to ease the stress of victims of domestic violence.

"This law is critically important to helping remove barriers that can trap victims of domestic violence," said Dr. Jennifer Keys, professor of sociology.

Keys used to work at a domestic violence shelter and helped women who were living in abusive relationships escape to freedom, but the women were worried for more than just themselves.

"I could see women who were attempting to flee abusive relationships struggle to ensure the safety of their companion animals -- not just cats and dogs, but larger animals like horses," Keys said.

Researchers have documented how the torture of companion animals is a symbolic display of power and control of the abuser. It is also a way to terrorize the entire family.

"Further criminalizing 'cruelty to animals in front of a child' reflects an awareness of the need for the broadest possible definitions of what constitutes abuse," Keys said. "The law will also enable better measurement of the extent of domestic violence and cross-reporting across law enforcement agencies."

The Tennessee Animal Abuse Registry was launched on Jan. 1, 2016, and is similar to a website that lists sexual predators in each community. It will have a list of animal abusers in the state of Tennessee.

"(It) actually scares me that we don't know the actual amount of (animal) abusers," said Jurik. "I'm glad to see that Tennessee has developed an Animal Abuse Registry, though."

Jurik works with Companion Animal Protection Society (CAPS) and has been an animal activist for the past six years. During the summers at CAPS, Jurik protests for the protection of companion animals at least once a week.

"I have also done circus protests and really anything involving animals for entertainment," Jurik said. "I feel a stronger connection with animals than with people and that is why I became an activist for animals rights."

To become a part of an organization that raises awareness for animal rights or Green Scene, Alaimo can be contacted through email at emalaimo@noctrl.edu.

Music students and the concert halls

The push and pull relationship that leaves students out in the cold

Justyn Polk
Contributing Writer

Are Pfeiffer Hall and Wentz Concert Hall a part of North Central College, or are they separate? If they are a part of the college, they should provide for students first, but that doesn't appear to be the case.

If you go to the webpages of these concert halls, you will not see any mention of what they provide for students. If these venues are separate from the school, this needs to be clearly established. These venues seem to be revenue streams for the institution that allows students to occupy the studios at certain times, giving the false impression that they are there mainly for student use. At least North Central classes are conducted in Pfeiffer Hall and a few faculty members have offices located in Pfeiffer.

Music students are often inconvenienced when denied access to the studios or practice rooms when they need them. This is usually to benefit "famous musicians" who are visiting the school for various reasons.

Vanessa Lostumbo, an instrumental and choral music major at North Central College, is very frustrated about being constantly inconvenienced by the institution's concert halls. Lostumbo recounted several times being turned away from Pfeiffer Hall and sent over to Wentz Concert Hall to find

all of the studios and practice rooms occupied with other students or performers.

"Since I have three different lessons to practice for, as well as trying to learn secondary instruments, I'm in the studios as often as possible," Lostumbo said.

According to Tami Kidd-Brown, secretary of fine & performing arts at Wentz Concert Hall, North Central College has played host to several artists in the past year "such as Bela Fleck, Big Bad Voodoo Daddy, Celtic Woman, Huey Lewis, Jars of Clay, Patti Lupone, Rick Springfield, Scotty McCreery, Jonny Lang, Peter Frampton and many more." Hosting so many artists for a private institution as small as North Central is definitely exciting, but who are these musical acts attracting? Students like Lostumbo typically don't know anything about these "famous musicians."

Kidd-Brown also expressed how she tries to eliminate any possible inconvenience by communicating with professors and faculty about when "famous musicians" will need to take over the venues. If a lesson cannot be moved to another time or place, Kidd-Brown says she communicates with security by giving the student and faculty member names and then allowing them to stay on-site until the lesson ends.

It isn't just "famous musicians" causing headaches for music students practicing their crafts in these studios and practice rooms either. The "first come, first served" policy

seems questionable.

Joshua Lahey, a junior majoring in organizational communication and minoring in theater, said his struggle regarding access to these rooms comes from dealing with fellow students. Lahey recounted a time when he was practicing choral music during the 2015 winter term and was asked to leave by three students who needed to work on their midterm assignment; Lahey was the only person occupying a room who was not working on a midterm.

A simple solution would appear to be adding more studio space around campus for student use only. This would put a dent in the institution's pockets, but it would make it easier on students and these venues to work freely without awkward encounters. The frustrations of students like Lostumbo and Lahey should be a concern to North Central College.

Of course, not all students are as frustrated as Lostumbo, but I doubt any music student would be opposed to the school offering more studio space. Even Lahey explained that he has never taken his concerns or issues with the studio spaces to any faculty because, "it isn't their problem, it's (the students)." Lahey also said that he "loves the idea of more studios for working," despite never feeling that these inconveniences have prevented him from completing a project.

career corner

How can I incorporate my time as a student athlete into my resume?

Participating in collegiate athletics is a valuable and challenging commitment; it provides you with skills and networking opportunities that make you a fantastic candidate for many jobs. To make sure that your time as a student-athlete helps, rather than hinders, your job search process, let's look at how you can market that role in a resume.

Ultimately, it all comes down to the skills, which can be broken down into "soft" and "hard" skills. Soft interpersonal skills are vital to career success. When reading the list below, think of an example from your own experience as a student-athlete:

- Makes decisions and perform well under pressure
- Disciplined and focused
- Persistent and self-motivated
- Views criticism as a chance to improve
- Understands the value of teamwork and leadership

A sample resume bullet could be:

- Demonstrated ability to make decisions in a competitive and high-pressure environment as an inter-collegiate athlete
- Dedicated 20+ hours a week, including weight training, practice, film study and meetings, to improve personal and team performance

If you have questions on how to incorporate your own athletic experience into your resume, feel free to stop by the Career Development Office or call 630-637-5141 to set up an appointment.



Sustainability soaks up energy

Solar panels on New Hall estimate big savings

Photo by Bob Tomaszewski

Solar Thermal panels peak out over the top of the New Residence Hall. They were installed this past December to save more energy throughout New Hall.

Bob Tomaszewski
News Editor

Students may have noticed some new features of New Hall. The Office of Sustainability recently installed solar panels, which have been planned for some time.

Solar thermal panels concentrate the sun's energy into thermal storage. The college estimates it will save 3,810 therms of natural gas through the use of these panels. When the new hall was being built, an opportunity finally arose to incorporate solar thermal into a building on campus. Over D-Term the solar panels were installed to the roof of New Hall. With older buildings there may not be room for piping involved. "You need a building that uses a lot of hot water," said Brittany

Graham, the sustainability coordinator at North Central College.

Other projects that the Office of Sustainability is working on with New Hall include the recyclables. According to Graham, putting a recycling can by itself is not good enough. "It will end up becoming a garbage can," she said. Instead, Graham can drill garbage and recyclable cans together so that they become one unit. When they are together, the recycling bin has a greater chance of being used.

Graham is looking to the science center for more sustainable opportunities, such as permeable pavers which allow storm water to flow through them. Additionally there will be a rainwater cistern that captures water for the greenhouse. The windows and HVAC system

will all be energy-efficient. Graham said that science centers in particular tend to be energy hogs although the energy use at North Central's science center will be minimalized. "Fume hoods will be efficient and water fixtures will be low flow," said Graham.

This winter, North Central has also installed L.E.D (light emitting diode) lights in Res/Rec. L.E.D. lights already exist on campus, though primarily in the Merner Field House.

In the future, Graham hopes for the opportunity to add solar panels of the photo voltaic variety to the roofs of buildings. Photo voltaic panels would take the sun's energy and convert it to electricity as opposed to thermal energy.

Director of student involvement says farewell

Bob Tomaszewski
News Editor

Many students who are involved in campus activities will miss Amy Clarke Sievers, the director of student involvement, who is leaving NCC after approximately eight and a half years.

Clarke Sievers is taking her talents to Kellen Company, which is an association management firm. In her new position, Clarke Sievers will be managing other organizations, which gives her a chance to use the skills she built while working at North Central College.

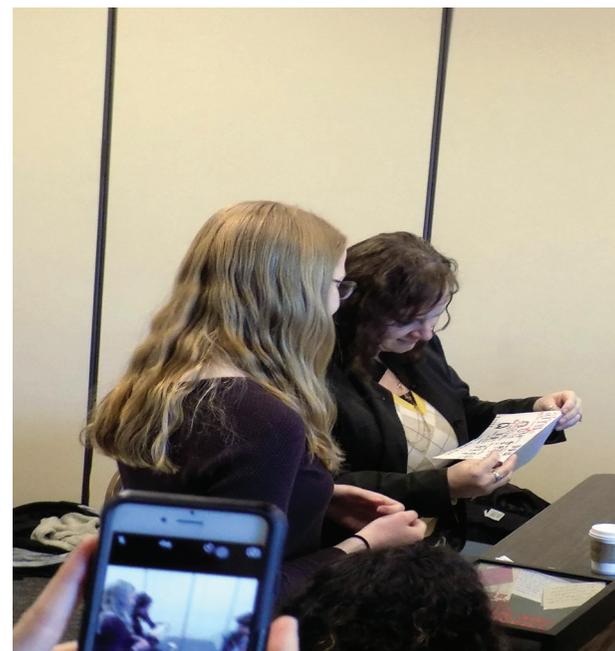
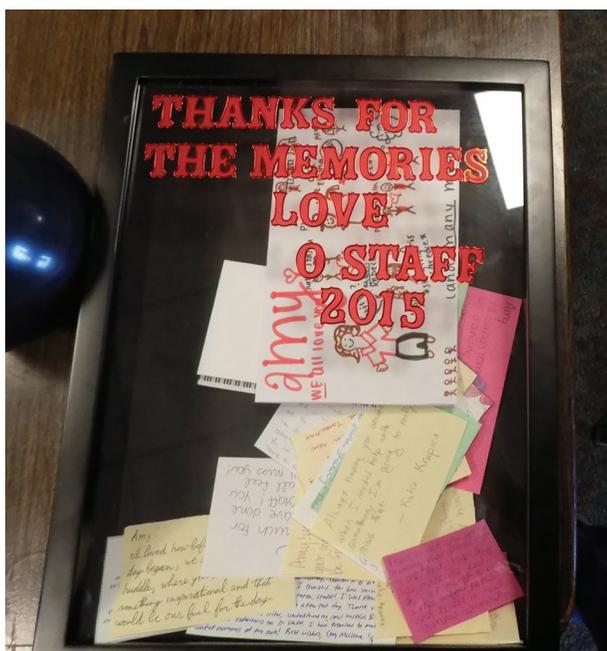
A goodbye celebration was held for Clarke Sievers, as members of the organizations she has been a part of gathered at the White Activities Center. The focus was on Clarke Sievers' farewell messages to the students and staff who have been a part of these various committees.

Throughout her years at North Central, Clarke Sievers directly advised the College Union Activities Board, was involved with First Year Council and even the Finance Committee—an organization that Clarke Sievers says started in the last eight and a half years.

Phil Norris, a senior at North Central College and president of SGA, stood with an emotional send off—a goodbye video of individuals remembering the impact Clarke Sievers had on them in their student organizations.

Clarke Sievers thanked the room and said, amidst tears, that it was "an honor and a privilege" to observe the amazing things that students are doing. One thing she is glad she got to do was help at commencement day.

Orientation Staff was another organization that Clarke Sievers was involved with from the beginning of her time at North Central. Members of the Orientation Staff filled a box with



Photos by Bob Tomaszewski

Director of student involvement, Amy Clarke Sievers, says her goodbyes to students and staff after eight and half years. North Central thanks Sievers for her contribution to the school.

kind words and memories as a farewell gift to Clarke Sievers.

Evan Hansen, a junior who knows Clarke Sievers through CUAB, said, "Any characteristic of a good leader can be seen in her," explaining that she is an understanding person.

Katie Krupica, who knows Clarke Sievers through Orienta-

tion Staff and SGA, remembered a time when Clarke Sievers was teaching about leadership and opportunities for life changing moments. "She introduced us to the lollipop moment," she said. "We realized she was a living lollipop moment."

EDITOR: Allison Hartman amhartman@noctrl.edu



Photos by Karina Davila



Merry Wives of Windsor: Sold out show

A 1590s Shakespeare Play Remade into a 1950s Comedic Version

Karina Davila
Contributing Writer

At 7:30 p.m. on Saturday, Jan. 9, I had planned to attend the “Merry Wives of Windsor,” a play originally written by Shakespeare. To my knowledge, NCC students do not have to pay to attend plays, and being a freshman I assumed I would show up and be seated immediately. Well, I was wrong; the box office told me that the show was sold out. I let the man at the window know I was from The Chronicle and that I was writing an article on the play. He told me to stick around to see if anyone did not show up, and if so I could take that seat. After about 15 minutes of waiting, everyone showed up, but I ended up being given an usher seat, which was actually not too bad.

Kara Barrios, who played the cook, was able to explain how this production came to be. She said that David Petersen, an assisting professor here at NCC, was very involved in the production. “There was a lot of editing that happened throughout rehearsals. Some days he would come in and cut scenes and monologues to fit the flow of the 1950s story line. It is intended to one day be a published script, so it is great to be a part of that creative process and be able to bring his vision of the story to life,” said Barrios.

Shakespearean language in a 1950s restaurant setting was somewhat off, but still the cast was able to effectively deliver

the dialogue in a way that Bridget Adams, who played the strong, confident Margaret Page, believes it to be “almost better” in this time period than in the 1590s.

As the cook, Barrios had a small role; despite this, however, her acting was big. While Margaret Page and Alice Ford were front and center, the cook was in the background, embracing the role of a drunken, hilarious woman.

“Most of the time I found my eyes wandering back to her,” said Lauren Whelan, who was an audience member of the Wednesday performance. “She was one of my favorite characters, along with the doctor.”

When asking other cast members which role they would want to play other than their own, many answered with the role of the cook.

“I think I would be the cook, who is super funny. She is a part of the second plot of the show,” Adams says. “(Barrios) was absolutely hilarious, so I would just want to be as funny as she was.”

Whelan gave the performance a four-star rating, saying, “I would probably give the production a four. The acting was really strong, the set was absolutely beautiful, but there were some characters who did not embrace the role fully. With some minor tweaks the show could have been better.”



Photo by Karina Davila

Kimberly Sluis Dean of Students

*Did You Know?:
A Personality Profile*



Raiha Akram
Contributing Writer

Dean of students, Kimberly Sluis, joined North Central College in 2006. But before that, Sluis was in another part of the world: Ghana, Africa.

Sluis knew she was prepared to dedicate 27 months as a Peace Corps volunteer when she was a graduate student at Indiana University. At the end of her two years in Ghana, she wasn't ready to come back.

"I applied for another position there for my third year," she says.

Sluis faced several incidents in Ghana that shaped her into the person she is now. One day she went looking for a young friend of hers who sold oranges at the local marketplace.

"People told me she's dead. Just like that, no cushioning of the blow." She was stunned. "It was perspective in terms of what a luxury it is to not live in constant fear that people you care about are going to die young." Sluis says that made her realize what a privilege it is to live where medical care is a given.

The Peace Corps and Ghana are still integrated in Sluis's life. She made lasting friends and takes students on study trips to Ghana during D-Term.

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Vinyl sales increase

Kasumi Hirano
Contributing Writer

The sound difference is not the only attraction of vinyl records. Some young people have found that the presence of music as a tangible item is something unique and entrancing.

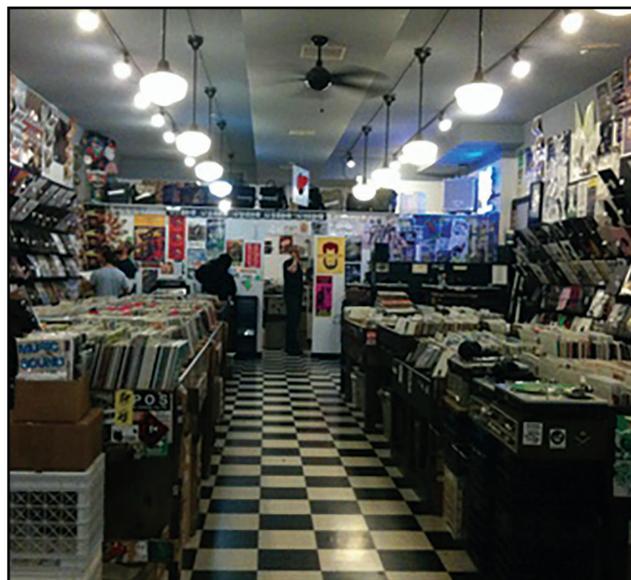
"Vinyl records are physical art forms of music and instruments. Young people were born with digital music that is invisible and cannot be touched. I think that's what they were missing and what they started looking for," says Michael Serafini, a Chicago-based DJ and the owner of Gramophone Records, one of the oldest record shops in Chicago.

In 2015, the sales of vinyl records were \$5.6 million, an increase of 38 percent compared to last year, according to the 2015 Nielsen music U.S. midyear report. This "vinyl revival," a term used by the media and the listeners to describe the increase of the interest and sales of vinyl records among younger generation, is happening at Gramophone, too.

Serafini explains, "It wasn't like the sales increased drastically, but it has been increasing slowly for the last few years." However, those who contributed to those sales were not even born in the disco era. Serafini explains that the age of customers at Gramophone ranges from 16 to 49, and the median age is from 19 to 32. The young people who hadn't seen vinyl records in their childhood are now interested in the big discs.

"For the younger generation, I think the idea of music being attached to a physical form is something new, different and cool. Some of them just put the records on the wall because they think that's cool. That's how they see records, I think that's interesting," said Serafini, with a wry smile on his face. How are vinyl records different from digital music?

First of all, the sound is different, "vinyl records have less frequency spectrum," explains Yuki Tasaka, a sound engineer at TRAX Records in Chicago. "There is less information of sound in vinyl records than in digital music," continued Tasaka. That means, digital music is better than vinyl records quality-wise. "What people like about records is I think they sound warmer than computer sound. Also, the way vinyl records make sound is



similar to an instrument, so they say that records sound more real."

Tasaka started his career as a DJ thanks to the evolution of digital music. "All I had to spend was \$700 for a sound controller to attach to my computer," he recalled. If he'd started as a vinyl DJ, he would've had to buy two turntables, about \$2,400 each, and all the vinyl records to play.

Digital music has made his work easier, too. When he attends events as a DJ, all he needs to bring is a flash drive, whereas he would have to bring hundreds of records if he was a vinyl DJ.

"Also data exchange is possible with digital music," Tasaka said. When he works on music production, he downloads instruments or sound samples online and combines them with his work. Digital music has definitely benefited the fledgling musicians/DJs without equipment.

Tasaka says, "I didn't want money to be the reason to prevent me from becoming a DJ." When talking about convenience, vinyl records appear a little weak. Even though the sales of vinyl records went up by 38%, it only accounts for 2 percent of the whole sales, according to Nielsen report.

"My parents own a record player and vinyl records," says Komori Kotaro, a freshman who participates in a jazz program at North Central College. "When I'm at home, I like to listen to them, but it's too much work for me to prepare and play records by myself."

Kotaro explains that, "I use 'i-music.' It's an app and if I choose a music genre, the computer selects songs for me. I pay annually and I can download all of them for offline use."

Digital music has provided convenience that some people can no longer do without. We will soon discover the role that vinyl records will play in this convenient tech-world will be discovered.

"I don't think it'll ever be how it used to be before," says Serafini when asked what he thinks the sales of vinyl records will be in the future. "(Are they) going to be the main forms of music? No. Will they disappear? No."



TV Show

It's Always Sunny in Philadelphia-Season 10 (2015)

With a Rotten Tomatoes Rating of 96%, nobody can resist this entertaining comedy. Producers recently released 10 episodes of its 10th season on Netflix. The show follows 5 characters who own a bar and the odd journeys they take. You can catch season 11 on FX Wednesdays at 9pm.

Childhood Favorite

Mulan (1998)

This Disney classic challenges stereotypes of women in Chinese culture. This strong female character joins the army to protect her father. By risking her family's honor on this adventure she ends up defeating one of the most feared armies in Chinese history. If you haven't already seen it, this movie is a must watch!

Netflix Original

Making a Murderer (2015)

In this Netflix Original true story, Steven Avery is indecently sent to prison for 18 years for the alleged rape of Penny Beersten. After he is finally released when DNA evidence proves his innocence, he is thrown back into prison for another crime he may not have committed. This true story is binge-worthy.

Classic

How to Marry a Millionaire (1953)

This classic starring notable actress Marilyn Monroe is about three women who set out to marry eligible millionaires. In the process, though, they find true love. It just goes to show that love can be found anywhere.

The Second City tour returns to NCC



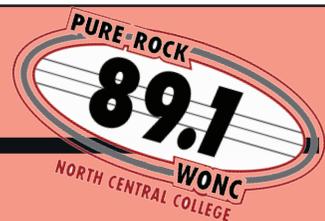
The Best of The Second City features some of the best sketches, songs, and improvisations from their fifty-two year history performed by The Second City Touring Company. From the company that launched the careers of Tina Fey, Stephen Colbert, Steve Carell and more, comes the next generation of the comedy world's best and brightest performing hilarious sketch comedy and The Second City's trademark improvisation. (secondcity.com)



Photos by Deidre Ewers and Jordan Redman

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sports

EDITOR: Hannah Beavis, hmbeavis@noctrl.edu

Woman's basketball team bulids new strategy for new year

pg. 13



Schmitt dives into head coaching position

North Central's swim team shows dedication during '16 season

Hannah Bevis
Sports Editor

When head swim coach Mark Schmitt sat down to talk to the Chronicle for this article, he specifically asked that the article focus not only on himself, but on the team and his assistant coaches as well. He didn't want all the credit for the team's improvements.

That should tell you all you need to know about the newest men's and women's head coach for swimming and diving at North Central.

It's a new year, a new team, and hopefully a new path for the swimming and diving teams. Schmitt, an '06 graduate of NCC and a national champion in the 200-yard backstroke, applied for the job six months after he had moved to Colorado, and once he found out he had the position, moved right back to Illinois.

"It's a dream come true for me," said Schmitt. "This has always been my dream job, so I'm living the dream."

Schmitt started his college career as a walk-on swimmer for the University of Iowa, but didn't feel like the school was the right fit for him. He came back home to Naperville, where he started taking classes at the College of DuPage before a former assistant coach asked him to take a tour of campus. The rest is history- Schmitt won the national championship, was a five-time All-American and excelled in the smaller school setting.

North Central felt like home for him, and now that he's back as a coach, he wants his swimmers to feel the same way.

"I'm trying to make it enjoyable for the current swimmers," said Schmitt. "I'm looking to build a family of dedicated athletes that all have the same things in common and the same goals to support each other, and be there for whenever times get tough."

Times have certainly been tough for the NCC swim team for the last few years. The team has been small, swimming in a pool that was built in 1931, and hasn't been competitive for the last few years. When Schmitt swam for NCC, he says, the team was totally different- more dedicated, more successful and more tight-knit. That's why he came back, he says. He wants to restore the program to where it was before.

"It's very enjoyable to be able to guide the program in a certain direction, the direction that I wanted it to go when I was a swimmer here way back in 2006," said Schmitt.

Schmitt said he came to North Central looking for "redemption" when he was a student. After leaving the University of Iowa, he knew he could do more, and he did. That mindset



Photo by Xanic Lopez

Cutline goes here to fill this space here. Cutline goes here to fill this space here. Cutline goes here to fill this space here.

hasn't changed now that he's the head coach ten years later, and the team has already seen incredible improvements. With the help of his assistant coach Lauren Gorski and graduate assistant Loreli Patschke, each swimmer has gotten the kind of attention other programs can't offer. But the achievement that Schmitt is most proud of is how his group of swimmers have come together and become a true team.

"When we go to meets now, we are the loudest team," said Schmitt, smiling. "Even though we are the smallest, we are the loudest in terms of cheering for each other and supporting each other, which is more important, because that means that people are having fun and they want to be a part of the program."

It's that family culture and atmosphere where swimmers want to go to practice and give their all for themselves and their teammates that Schmitt wants to be his legacy. Even though he's only halfway through his first season as head coach, all signs indicate that his team is already there. His motivation and the team's dedication were a match made in heaven for the NCC swim team.

He knows the team has a long road ahead of it to get back to its former glory, but that's ok-- Schmitt says he plans to be here a long time.



Photo by Xanic Lopez

Head swim coach Mark Schmitt and assistant swim coaches Lauren Gorski and Loreli Patschke hope to succeed in the '16 season.

Men's volleyball team official debut

Anthony LaParry
Staff Writer

The North Central College men's volleyball program is about to start its inaugural season and head coach Kyle Exline and his team is very ambitious and confident about what they want to accomplish.

Collectively, NCC sports teams have brought home 31 NCAA Division III Team National Championships, and Exline hopes to add to that number.

"My goal is to build another championship program in an already established atmosphere," said Exline.

Freshman Andrew Bergstrand noted that his goal for the team this season is to "win a national championship."

The road won't be an easy one for the Cardinals, who will be playing for an at-large bid in the playoffs this season. Exline explained that the team would essentially need to "win every single game" to get the bid.

The team started practicing together on October 12. "We had 15 practices in the non-traditional fall season and started practicing on January 4 for the traditional season," said Exline.

Along with the practices, the team also participated in some scrimmage matches in the fall, which helped to build confidence for the players. "We didn't have our starting line-up, but we were able to compete with other teams (in the scrimmages)," said

freshman Bozhidar Kolev.

The team's confidence is high even though it has not been practicing together very long. However, Exline has seen major improvements between now and when the team first started practicing. He said the team made "a complete 180; a lot of (the players) came in with different mind-sets for different systems. The coolest part was getting them all on the same page for our system."

Looking at the roster, all players, except for sophomore Sean Piet, are freshman. The team is fairly young, but there are pros and cons to this. One advantage Exline lists is that he can "create a culture with all the first year guys." However, he also talked about the "lack of experience at the collegiate level", which is to be expected with a new program.

Since most of the players are the same age, they will likely play together for four years. "We're all the same age, so we stick together more," said Kolev.

With teams that have a lot of upperclassmen, it is common for freshman to expect to be back-ups, but that is not the case for this team. Kolev noted that a pro of being a young team is "everyone is competitive for starting spots."

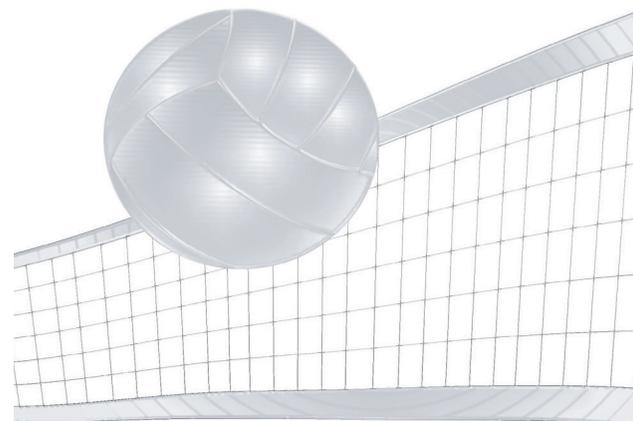
A downfall for all college freshman, is the major difference in both academics and athletics in college and high school. "We don't have much time to adjust to college," said Bergstrand.

This is a very young team, but their chemistry is building

quickly. "A lot of our guys live on the same floor; they're together all the time," said Exline. "Building chemistry off the court translates to chemistry on the court."

Most of all, there is a definite sense of pride among the men's volleyball team as it gears up for its first season. "We get to be the foundation of a new program," said Bergstrand.

The first home game is scheduled against Loras College on Sunday Jan. 24 at 11 a.m. The Cardinals also face Benedictine College at 2 p.m. that same day.



Graphic by Jordan Redman

WHO TO WATCH THIS SEASON

With the 2016 winter sports season under way, there are a few North Central athletes to keep an eye on who could have great seasons.

Mitch Reid
Contributing Writer



Jaymeson Moten: Men's Basketball

With both basketball teams being a good chunk of the way into the season, getting out to a game very soon would be highly recommended. Men's basketball is off to a good start at 10-4 overall, and 3-0 in conference.

Senior point guard Jaymeson Moten, a transfer from D I-program Minnesota State University, is a returner from last year who finished fifth in the CCIW in scoring in the 2014-2015 season. Moten has played a big role in the 2015-2016 Cardinal men's success this year, averaging 10 points and 3.7 rebounds. You can mainly expect to see him outside the arc shooting from long range, as he leads the team with 37 three-pointers in the first 14 games.

At the end of last season, Moten broke his foot in a game against Wheaton College on Feb. 31, but only missed three games before finishing off the season, playing with the foot injury. Despite his resiliency on the court, he ended up breaking his foot in three places. Moten spent most of his off-season making sure he would be healthy enough for this 2015-2016 season.

"The love of the game has always been my biggest motivation," Moten said. Doing all it takes to get back on the court, fans can expect a lot from Moten in his final season.

Moten also has very high hopes for his team this season. "My only expectation is that we will be getting better each day, and will be our strongest as we approach the (CCIW and NCAA) tournaments," Moten said.



Therese Pettersson: Women's Basketball

Sophomore women's basketball player Therese Pettersson has been displaying a strong performance so far in the first 15 games of the season.

Pettersson averages 11.3 points per game, along with 4.5 rebounds. The biggest part of her improvement from last year's 5.3 points per game can be attributed to her off-season work on her shot.

"I worked on my shot a lot because that's what I primarily do on the court and it's something that I can always improve," Pettersson said.

Pettersson's jumper was on full display earlier in the season when she scored a season-high 20 points against Denison University, hitting six out of her eight shots, which included four out of four three-pointers.

Regardless of how many points she scores, Pettersson is determined to help her team come out with a victory.

"My team motivates me. Everyone is working really hard and we count on each other to do the best we can," said Pettersson. "This season didn't start as we hoped to. My expectations are just to practice harder, to get better and to do what I know we can do."



Layten Binion: Wrestling

Layten Binion, a junior wrestler in the 141-lb. weight class, is another Cardinal to keep on your radar for a phenomenal season.

Returning for a shot at his third straight CCIW championship, Binion started the season with an impressive 9-1 in his first 10 matches. After placing third in the D III Midwest Regional Championship last year, Binion has no doubt that he can progress much further this season.

"My expectations are plain and simple: winning a national title," Binion said. "Being on top of that podium is where I want to be at the end of the season and anything less is unacceptable." He continued by saying, "This past off-season I dedicated most of my time working on the mental aspect of my wrestling (and) just realizing that I have what it takes to win a national title."

Binion's confidence and competitiveness does not go without sacrifice, as he puts in a significant amount of effort that people don't see when he is out on the mat.

"There is much more that goes into wrestling than the majority of people know, and the lack of people's knowledge on the sport and what I've personally put into it to be in the position I'm in drive me to be successful," Binion said. "I've just tried to put a bigger emphasis on enjoying the time I have left in my competitive career and it's been very beneficial."

Even with these prestigious goals in sight that require an immense amount of preparation, it wouldn't be possible without his motivation and love of the sport.

Photos by Xanic Lopez

SPORTS CATCH-UP & HEADS-UP

What you missed:

- 1/13/16:** The women's basketball team defeated Augustana College 98-75 at Gregory Arena.
- 1/16/16:** The men's basketball team won 96-89 in overtime against Illinois Wesleyan in Bloomington, IL.
- 1/16/16:** The men's wrestling team beat the University of Dubuque 26-10 and Concordia University 23-21 during the Wheaton College Quad in Wheaton, IL.

What's coming up:

- 1/24/16:** Men's volleyball is hosting their first ever volleyball match in school history against Loras College on Sunday at 11 a.m. They'll also play against Benedictine University at 2 p.m. later that day.
- 1/22/16:** Men and women's track and field will host the Cardinal Opener on Friday starting at 4:30 p.m. at Res/Rec on the Al Carius Track.
- 1/22/16:** Men and women's swimming and diving will participate in the Illinois Wesleyan University Tri-Meet starting at 6 p.m. in Bloomington, IL.



Photo by Xanic Lopez

High-powered Cardinal offense

Women's basketball team plays new offensive formula

Brad Thompson
Contributing Writer

The North Central College women's basketball team began last season with a program record 13-game win streak. This season hasn't started quite the same, but the offense isn't the issue.

Since taking over six years ago, head coach Michelle Roof has put North Central basketball on the national map due in large part to her unique run-and-gun offense. This offense consists of pushing the ball up the court and setting several perimeter screens in order to create more three-point field goals and offensive rebound opportunities.

The other exclusive trait about Coach Roof's system is that she uses every player on the roster. She often subs five players at a time in a "line change," as opposed to the normal one or two players.

Junior forward Jamie Cuny said, "Other teams normally play six to eight players, so it can be really hard for them to play as much as they normally would against us." This gives North Central an advantage the



Photo by Xanic Lopez

The women's basketball bench looks on as their team takes on Augustana. Their next game is tonight at Carthage College in Wisconsin at 7 p.m.

moment they step on the court, putting their opponents in an uncomfortable situation.

The system was running on all cylinders last year as the Cardinals led the nation in scoring, three-point field goals per game and recorded sec-

ond in offensive rebounds per game. Not only did North Central lead the nation in offensive categories, they also set six new NCAA Division III records, and 11 new program records.

This unusual system isn't easy to get used to for some.

"It can be tough, initially, for players to really understand the system and why we do certain things," said Cuny. But with a lot of practice and dedication to the system, the team flourishes with all parts working in unison.

"Playing in this system is very different but it can be very fun and exciting," said Cuny. "It takes every single player on the team to be bought in and working hard in order for the system to be successful."

After a big win against Augustana College on Jan. 13, the Cardinals brought their record back to a winning one at 8-7. The Cardinals shot a season high 80 percent from the line to go along with 16 three-pointers.

This offensive formula seemed to work against Augustana, as the Cardinals scored 98 points. But that is just another day in the office for this team, led by their highly-effective offensive Coach Roof.



Photo by Xanic Lopez

The women's basketball team huddles in preparation before the game against Augustana College on Jan. 13. Bringing the Cardinals to a 98-75 win.

Cross-country bound by secret tradition

Steve Fanega
Contributing Writer

North Central College's cross-country team has been one of the best in Division III for several decades, but what many might not know is a special tradition that cross-country runners have - their necklaces and bracelets.

The tradition of wearing a necklace or bracelet started in the late 90s, when the varsity section of cross-country were allowed to create a necklace that consisted of beads. But, in more recent times, specifically 2009, any member of the team who scored in the conference was given the opportunity to create one. They were limited to a stripe pattern, and colors consisting of only red and white. The beads are made of plastic, and are handed out by a varsity member.

Runners' necklaces and bracelets do not only represent the fact that they were able to score in conference, but they also represent the bond

that the runners have with one another.

"You don't have to wear the necklaces if you scored and you don't want to.... It's more of a bond created between the runners," said Zach Hird, a runner who proudly wears his beads.

Those who create a necklace or bracelet never take them off. They wear them 24/7. "It was weird at first, but as time went on, I barely noticed that I was wearing it," said Hird.

Another interesting fact is that the coaches, even head coach Al Carius, did not know that his runners had started the tradition. The history of how the tradition started may remain a secret, but it doesn't look like the runners will stop wearing their trophies any time soon.

These beads have become a proud tradition that the runners possess. These pieces of jewelry represent how skilled our runners are and are also a strong symbol of their team spirit and North Central pride.



Photo by Xanic Lopez

North Central's cross-country team wears matching red and white beaded necklaces as a symbol of team spirit.

Time Out with the Editor

Hannah Bevis
Sports Editor

Since the last Time Out with the Editor, there's been some roster changes on the Chronicle's staff. Because of that, I'm subbing in for Emily Zadny as the Sports Editor for the rest of the year.

Some of you might know me, some of you might not, but allow me to introduce myself. My name is Hannah Bevis, and I'm a senior at NCC. I ran cross-country and track for two years before stepping away from collegiate sports in the middle of my sophomore year. It wasn't that I still didn't love to run - I did. But I felt myself being pulled in a new direction. Instead of being the one on the track competing, I wanted to be the one up in the press box writing about it.

That started me down a crazy path in sports writing. I currently write and edit for two different sports websites, work for the athletic department here at NCC and recently got a Richter grant that sent me to New York, Boston and Toronto to do research on women's professional hockey and their marketing strategies. It's been a whirlwind, but it all started because I took a chance and made a decision that ended up changing the rest of my college path.

It's officially 2016 and time for the best/worst part of a new year-making resolutions. It's easy to say that THIS will be the year you finally start going to the gym every week, or run a marathon, or start cutting back on the chocolate (never going to happen). I want to challenge you to challenge yourself in 2016 - whether it's getting your GPA up, setting a new PR or chasing down your dreams, no matter how wild they seem.

It won't be easy, but there are ways to hold yourself accountable. Write your goals down, tell a friend, find a buddy to encourage you. It can happen.

You can make it happen.

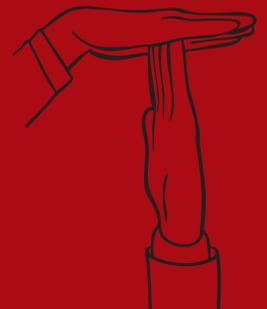




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