



the

Chronicle

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New Start to the Science Center
New Faculty Hires

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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.



Photo by Stella Fanega

Faces of NCC: "New" Edition

"Comparing North Central College to the first school we attended, NCC is more diverse. I love meeting new people from different countries. We believe that our year here at NCC will only help us become better students. Students here are very friendly and it makes us feel like we can be who we want to be."

-Mariko Saito and Tomomi Osada from Japan. To see more 'Faces of NCC'

follow @chroniclenc

What's Happening @ NCC

Late Night Improve
 Oct. 1st and Oct. 10th
 WAC
 10PM-12AM

Author Talk: Sara Barelles
 Oct. 9th
 Anderson Bookshop
 7PM-9PM

Erasing the Distance
 Oct. 5th
 Miely-Swallow
 7PM-9PM

Mission IMPROVable
 Oct. 16th
 Wentz
 9:30PM-11PM

Jenny & Tyler w/ Jillian Edwards
 Oct. 2nd
 The Union
 7PM-9PM

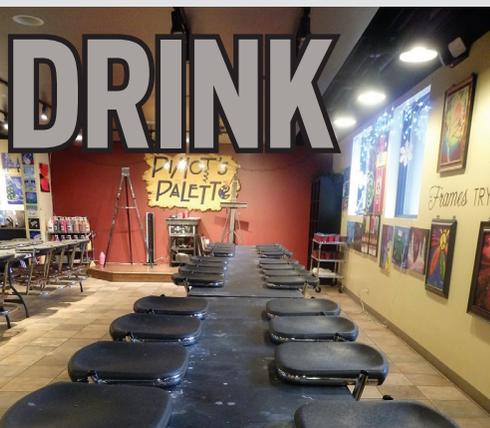
Harry Potter Taco Night
 Oct. 7th
 WAC
 6PM-8PM

EAT

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On the Cover

Illustration by Taylor Mithelman

New! Luxury Style Living
 New! Star 1 To The Science Center
 New! Faculty Hires

editors



Photo by D.J. Wohead

The Chronicle/NCCLinked.com staff may devote much of their time to the newsroom, but they also do many other things around campus, including sports and other clubs.

Kay O'Donnell: Advisor

Kay O'Donnell is a fourth-generation New Orleanian who takes pride in her gumbo skills, knowledge of Algiers Point, and dedication to the often soul-crushing New Orleans Saints. She married her husband, Dustin, when they were both journalists in San Antonio, Texas, and, incidentally, a journalist officiated over the ceremony. Their son Max is named after two of their favorite artists, jazz drummer Max Roach and German painter Max Beckmann. The family also has two cats, Chloe and Milo.

Haylie Berkland: Editor-in-Chief

With only two terms left at North Central, I am a fifth-year-senior just trying to enjoy my remaining time here, working with this staff of lovely people. As a journalism major, I love writing and editing, and when I am not busy doing Chronicle work, I can be found watching cat videos, listening to music and pondering the existence of Hogwarts.

Jarred DeHerrera: Managing Editor

I am a junior and the Managing Editor. I am from Westminster, Colo., and I am double-majoring with Business Managements and Spanish. As a sophomore, I was the Sports Editor, and I also worked with our newspaper in high school. I am an avid skier, hiker and triathlete back home, and appreciate relaxing while enjoying the outdoors.

Hannah Bevis: News Editor

Hannah Bevis is a senior at NCC majoring in English and minoring in marketing and GWS. She has written for the Chronicle for two years and is currently the News Editor. Her hobbies include drinking too much tea, running, and watching and writing about hockey when she has the time.

Bob Tomaszewski: Forum Editor

I am a Commuter. Secondly, I am Journalism major and MENA minor. I hope to work abroad and I am Forum Editor for the Chronicle. I tutor at the writing center and I am an avid concert-goer who enjoys investigative reporting. I enjoy logistical hardship and I also dabble in radio and listen to anything good between jazz, rock and EDM.

Melanie Wolf: Arts Editor

Hello there! I am a junior here at NCC double majoring in Journalism and Interactive Media Studies and minoring in Political Science. As you may know, I'm the Arts Editor for The Chronicle, but I occasionally volunteer for Cardinals in Action. I absolutely adore my overweight calico cat, green tea and a good mystery novel. I'm a huge animal lover and I enjoy being outdoors.

Emily Zadny: Sports Editor

Hi, everyone! I am a junior, sport management major and journalism minor and my love of sports, impact players, hot topics, and everything in between led me to get more involved in sports writing! If you can't find me in the newsroom, check the Sports Information Office where I'm a student assistant or the lacrosse field with my teammates!

Stella Fanega: Social-Media Editor

I grew up in Bangkok, Thailand but I was originally born in the Philippines. My hobbies involve photography, fashion blogging, and networking. I love attending fashion runway shows as well as networking events downtown Chicago. I also work as a Barista at our very own, Boilerhouse Cafe. Fun Fact: I speak four languages and Spanish is going to be my fifth one.

Kara Kots: Social-Media Editor

Sophomore at North Central who loves all things business and arts related. Lifestyle blogger, Marketing and Spanish Double major and Orientation staff member. I also spend my time being an active member in Student Government Association (SGA), the Business and Entrepreneurship club along with working with the amazing Chronicle team!

Shane Hoffman: Web Editor

When I'm not busy posting articles online, I'm either in class, at work or at home relaxing. Video games, Anime and movies help pass the time and keep me sane. They also are what inspired me to pursue an Interactive Media Studies Degree. #Creativity4Life

Deidre Ewers: Photo Editor

My job is to create images that appeal to our readers as well as mentor new photographers who are interested in being a part of our team. Besides The Chronicle, I am also involved in Circle K International, College Union Activities Board, Digital Media Club, Orientation Staff and Cardinal Choir. I also spend my free-time enjoying intramural sports, swing dancing and taking pictures for fun.

Luke Langlois: Design Editor

I am a senior here at NCC and I am super excited about what this year will bring. I am involved in the radio station as the Underwriting Director and the Chronicle as the Design Editor. I hope to be a liaison between the two forms of media to better unify the two and make both the best they can be. I competed in Newspaper Page Design in high school and placed 1st at sectionals both my junior and senior years and competed at State. I can't wait to see what I can incorporate here.

MacKenzie Putnal: Copy Editor

I am a senior marketing major and my attention to detail, or Type A personality as some may call it, has led me to my position at the paper. When I'm not hidden in the basement of Schneller editing articles, you can find me eating deep-dish pizza at Lou Malnati's. I can't wait to help produce some of the best content North Central has ever seen!

Jordan Redman: Marketing Manager

I am a Graphic Design and Convergent Media double major who is always active around campus. In my free time, I enjoy taking long naps on couches and relaxing from my busy life. If I am not doing that, I am usually doing something artsy outside or eating at Chipotle.

Jake Runnion: Design Editor

Jake Runnion is a Design Editor for the Chronicle. He is a graphic designer, runner, and Residence Assitant at North Central.

Eduardo Sanchez: Content Producer

I am a senior at NCC majoring in Broadcast Communication. I have had the privilege to work for the Chronicle my four years here, and this is my second year as the content producer for NCCLinked.com and being able to tell the stories of people at North Central through video and multimedia.

forum

EDITOR: Bob Tomaszewski, rstomazewski@noctrl.edu

A lesson in American Football

Raiha Akram
Contributing Writer

Football is a game in which players use their feet to try kicking a ball into goals for points. That's what I had grown up believing and seeing around my home country, Pakistan. The only football known back home is called soccer in the United States. Of course, I had heard about another game with the same name which was played in the far away land of America, but I never believed I would get to see it.

You can imagine my surprise when, for the first time in my life, I saw real, live American football. My first question was where is the "foot" in football? A number of people tried to explain something about passes, touchdowns and yards. I just sat there clueless and cheered for the Cardinals when everybody else did.

Overall, it was a fun experience. According to the instructions of my roommate, a sophomore at North Central, we went to the Fan Fest very early to get the free t-shirts. It was a good move, because not only was I able to get a t-shirt in my size before they ran out, but I was also able to mingle and enjoy some great food. There's sarcasm somewhere at the end there – trust me.

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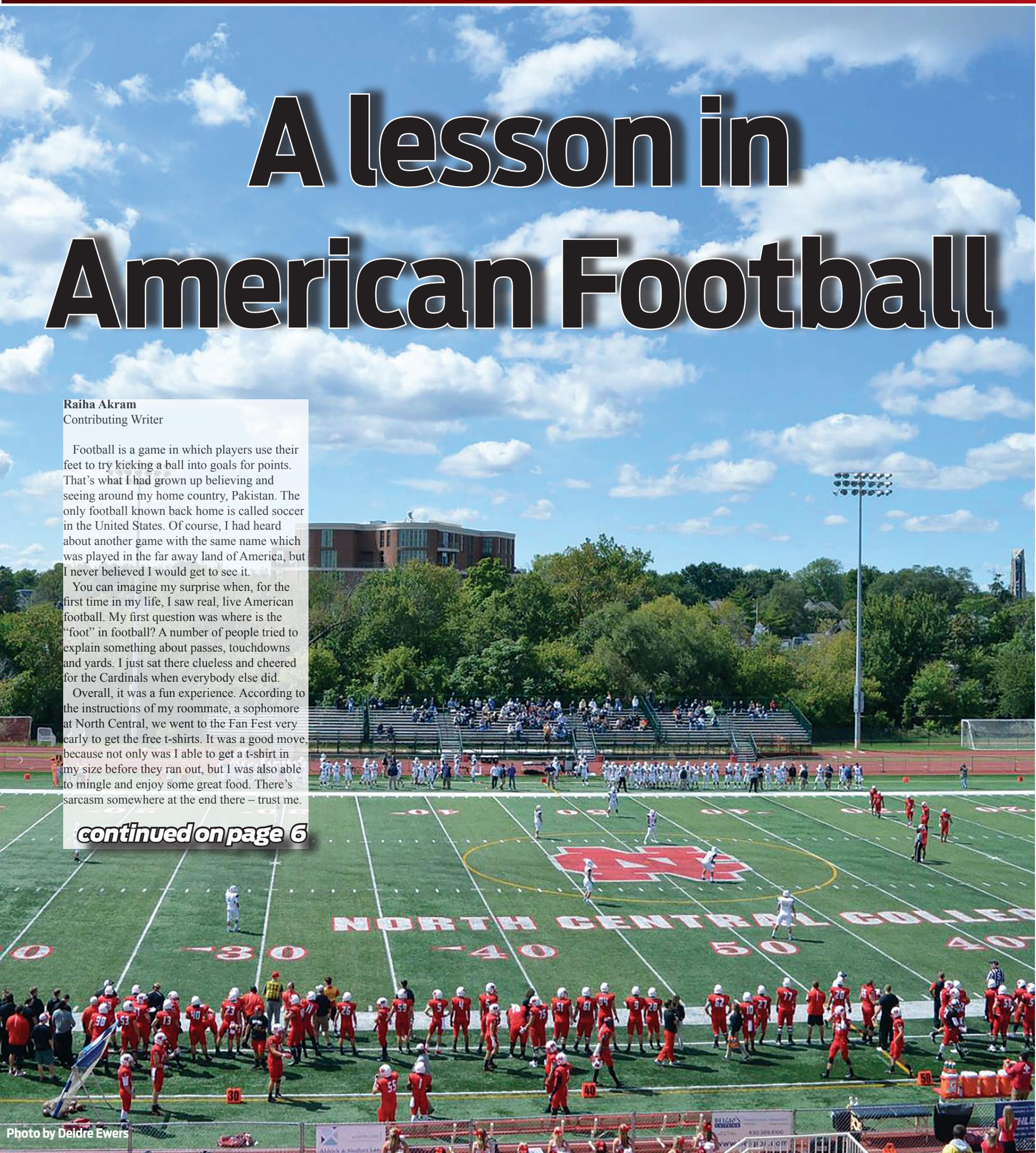


Photo by Deidre Ewers

Other commitments get in the way of watching Emmy's

Bob Tomaszewski
Forum Editor

It seems that NCC students don't care about the Emmys, or that their other college-related commitments take priority. On the positive side, how can there be an upset at this event if nobody, including myself, watches the Emmys.

Four North Central Students share why they chose to skip out on this television event.

“Homework, not that much interest in the Emmys.”
--Katie Krupica
Junior Psychology major

“I worked out at the gym, and I can look up the results online.”
-- Thomas Walsh
Sophomore Interactive Media major

“I had basketball practice.”
--Paula Zerante
Junior Accounting major

“I just don't have time to watch TV”
--Emma Spoo
Senior Psychology major

The Good

Pope Francis visits the United States

The Pope strengthend international relations specifically between the U.S. and Cuba as well as pushed for environmentally friendly policies.

The Bad

Speaker of the House John Boehner resigns

With John Boehner resigning will throw The House into a bit of turmoil while a new speaker is found and adjusts.

The Ugly

Volkswagen CEO resigns amid an emissions scandal

Many at the company will lose their jobs. The CEO already resigned which indicates involvement. Additionally, the emissions recall will cost Volkswagen over \$7 billion and affect 11 milion cars.

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We gave the stink eye to some people wearing the opposing team's jerseys and all was good. I was really getting into the spirit and I could almost understand why Americans are crazy about football.

That was until the actual game started. I sat there snapping away photos and asked my friends when the game would start. They informed me it had already started. Confused, I lowered my camera and actually looked at the field, but nobody seemed to be doing anything. They were just standing there looking really cool in their gear. I looked at the timer and that was paused as well.

I think my companions noticed the look on my face, because they explained that every time someone kicks the ball a distance and gets tackled, they stop and move that orange thing to the new position. I really didn't get all that the first time, but my friends were really patient with me. It was well into the second quarter when I first understood what they were doing and saw the marker on the sidelines.

The ball, usually defined as a "solid or hollow sphere," also seemed to be missing in American football. A football is a soccer ball, which is truly shaped like a sphere. Americans play with an oddly shaped spheroid and are still adamant that the sport they're playing is indeed football.

Summarizing football from my inexperienced perspective, here is what the game is; pass the so-called ball, not using feet, teammate to teammate. One takes it farther,



Photos by Deidre Ewers
North Central international student, Raiha Akram, discusses her first experience with American football.



the bad guys jump on him and then it stops. This keeps happening over and over again until someone reaches the end and people cheer, the band plays and the cheerleaders do their thing.

Even if I didn't really understand the game, I could somewhat understand the charm behind it. The first likeable aspect that comes to mind is community; it's a place to gather, cheer and eat. Parents come to support their children and friends come to just hang out or show their support as well. Another thing I like about American football is that it's a legitimate reason to be aggressive. I mean, I would love to do a sport where I can hit people and tackle them without repercussions. But, in all seriousness, some children are naturally energetic to the point of aggression and I believe that channeling that energy into a sport like football may be beneficial for them and their future.

One cannot forget the entertainment. The band, the cheerleaders and the dance team were tireless in raising school spirit. The color guard especially fascinated me. I would never be coordinated enough to hold a flag straight, let alone twirl it over my head.

At the end of the day, what matters to me is not the game or the reasons why Americans love it. What matters is pride. The Cardinals are playing and for the next couple of months, I am a student at this amazing institution. So, I will be there at football games, wearing red, not only trying to understand what the game actually is, but to yell, "go Cardinals!"

Students chime in on Pope's first visit to U.S.

Bob Tomaszewski
Forum Editor

Pope Francis has come to the United States with an agenda. With his visit, his priorities include U.S. relations with Cuba and climate change, among other issues. The Pope's progressive ideologies extend to his political beliefs. He even addressed congress.

Is a religious leader like Pope Francis overstepping his political bounds in directly confronting these issues?

"Regardless of the pope being a religious figure, he is still a political figure. We can't ignore that."
-Lauren Baltras '16, English major

"(It's) not just a religious perspective but his own personal perspective," and "not overstepping his boundaries."
Joshua Rhodes '17, Global Studies and International Business major

"Usually it's, 'oh, stick to religion, separation of church and state' and what not. I think that with him being in the position of power that he is in and being a role model, it's kind of a good thing that he's into politics, kind of to spread awareness about the different sides of things. It's a positive thing."
-Erin Bellie '17, Elementary Education major



"(There's) more of a chance in equality in religion. If he wants to be more accepting and whatnot and do the politics and give everyone an equal chance, then I see no problem with it."
Tanda Clark '18, Journalism and Philosophy major

"I think its kind of interesting because he is a more progressive pope. He's very into helping the poor and involved with the church. A lot of people have left the church, and I think it's maybe a good step in bringing people back."
-Grace Goodwyn '17, Studio Arts and IMS major



Meet the 2015-2016 Study Abroad Ambassadors!



Samantha Bazarek
Major: Organizational Communication
Minors: LEV: Public Advocacy and Social Change
Program: University of Dundee, Scotland



Taylor Mithelman
Major: Interactive Media Studies
Minor: LEV: Social Change
Program: University of Ghana, Ghana



Kamila Grzeskowiak
Majors: Japanese & East Asian Studies
Minor: English Language Learner
Program: Kyoto Gakuen University, Japan



Jack Ryan
Majors: Mathematics & Theatre
Minor: Computer Science
Program: University of Glasgow, Scotland



Darby Halloran
Majors: International Business & Economics
Minors: Finance & Anthropology
Program: NCC-in-England (Canterbury)



Madeleine Snyder
Majors: Art and Small Business & Entrepreneurship
Program: University of Limerick, Ireland



Kristen Harpster
Majors: Global Studies & French
Program: University of Limerick, Ireland



Briana Tobin
Major: Theatrical Design & Technology and Religious Studies
Program: LASALLE College of the Arts, Singapore



Amanda Heidorn
Major: German
Program: Universität Heidelberg, Germany



Alexis Marsh
Major: Psychology
Minors: English & Sociology
Program: University of Birmingham, England

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Students, need study abroad advice? Feel free to contact the Study Abroad Ambassadors and ask about their experiences abroad!

Study Abroad Fair *Save the Date!*
Oct. 27th, 11am-2pm, WAC

Boheme makes impact on community

Bob Tomaszewski
Forum Editor

North Central lost a student. Bass Pro Shops in Bolingbrook lost an employee. Little Friends Life Skills Training Center lost an impactful former staff member. Max Boheme was a student who mattered to his community.

At only 24 years old, Boheme lost his life on Saturday, Sept. 12, 2015, in Manitowoc, Wis., during a kayak fishing tournament.

His mother, Patricia Boheme, explained what happened: "He was at a salmon fishing tournament, and all we really know is that he fell out of the kayak and got hypothermia very quickly," she explained. "He had a coast guard button on his vest he could have pushed," she said, shaking her head. "He had a radio and was wearing a life vest, so it's very sad, of course, for us."

"Probably the most devastating thing is to lose your child," Boheme added. The Bohemes had adopted Max from the Philippines very early in his life.

Max Boheme attended Lisle High School, and went to College of DuPage for two years before coming to North Central College. When he was at North Central, Boheme declared a psychology major before switching to a marketing major. He also had an art minor.

One of Boheme's more recent passions was archery. He was an outdoorsman and has fished since he was six, when the whole Boheme family would often fish together. He wanted to pursue marketing so that he could do marketing-related work in the outdoors.

Boheme's passion for the outdoors and fishing led him to Bass Pro Shops. His fellow coworker, Michael Kopija, said Boheme was a frequent customer for a long time, who eventually became an employee about six months ago. The two had also gone fishing together at Heidecke Lake.

"I never saw him in a bad mood," Kopija said.

Boheme was a fast learner everywhere he went, and he went everywhere.

"Max had many faces," said Patricia Boheme.

Boheme was a musician, and his mother said that, "Guitar was the main thing that he did," as he played in a few bands in high school and also took piano and drum lessons.

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Getting to know 'GP'

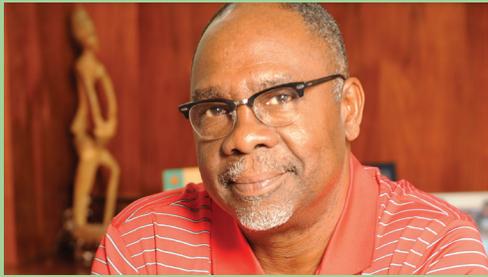


Photo provided by northcentralcollege.edu

Hannah Bevis News Editor

We got a chance to sit down with Dr. Abiodun "GP" Goke-Pariola, North Central's new vice president of academic affairs and dean of faculty. We wanted to learn more about who he was, where he was before he was at North Central, and, perhaps most importantly, what his favorite app is.

Q: Can you give a brief summary of what your job and your role is on campus? You're Dean of Faculty...

"Yes, I'm the chief academic officer. I oversee all the academic programs, from the library to the registrar, and provide support to all the faculty." So you work with the faculty?

"Yes, sometimes directly but other times through the department chairs and the division chairs."

And what's your job with the faculty?

"My job with the faculty has to do with alternating oversight of how we hire people, how we promote them, how we support them, and that's kind of how I work with the faculty. And also with the curriculum, to make sure we have the right curriculum for the students and the classes are well-taught and that we are employing the latest ideas in learning to make sure our students are successful."

Q: You're from Nigeria originally. When did you first come to the United States?

"I think that was 1980 when I went for my doctorate. I did my doctoral program at University of Michigan."

What made you decide to come to the United States?

"I was a professor at the University of Ife and had a colleague who was American and who graduated from Michigan and who recommended Michigan, so I came for two years and finished my doctorate, and then went back to Nigeria."

And how long did you stay there?

"I stayed for six years and then I came back. And I've been here ever since- that was 1988."

Q: Favorite NCC or Naperville hangout spot (besides your office?)

(laughing) "Oh, I'm very boring. Let me think...I love downtown, I love to walk around the Riverwalk."

Q: If you could give one piece of advice to students on the North Central campus, what would you say?

"That's a tough one- I would say for them to keep their minds and hearts open, and heads up, not worrying about knowing everything, where they're going to live, what they're going to be, what they're going to do...to listen. To keep their minds and hearts open."

See more about 'GP' at NCClinked.com

New professors take NCC by storm

Hannah Bevis News Editor

Walking around North Central's campus, it is easy to see some of the new additions the school has made, like the New Hall and the new construction for the science center. But you might also see new faces walking around the campus: not just the freshman from the record-setting class of 2019, but new professors who now call NCC their home. Their knowledge covers a wide range of disciplines, from art history, to politics, to marketing and management. But all are excited to become a part of the North Central College family.

Here's what some of the new faculty had to say about coming to NCC:

Name: Jason Rice

Title: Assistant professor of sports management

Department: Health and physical education

(On what brought him to NCC)

"Praise from North Central alumni friends, North Central's reputation, similarities to my undergraduate experience, and the location. I feel the characteristics of North Central provide a unique blend of opportunities for our students. Also, there is real a sense of progress and energy on campus, which encourages us to explore our own possibilities."

(How NCC differs from previous institution)

"It is not in the school mascot, both honoring their respective state birds, the cardinal. Enrollment size is the most notable difference."

(What he's most excited about this year)

"Learning more about North Central, getting to know the students, and creating unique experiences for our campus. I am also excited about taking the train into Chicago on snowy weekends."

Name: Alyxx Mark

Title: Assistant professor of political science

Department: Political science

(On what brought him to NCC)

"NCC appealed to me because I value small class sizes and the types of interactions small classes allow between students and professors. At a larger institution, it is more difficult to build these relationships, and I'm thankful to be at an institution that encourages them."

(How NCC differs from previous institution)

"I finished my Ph.D. at George Wash-

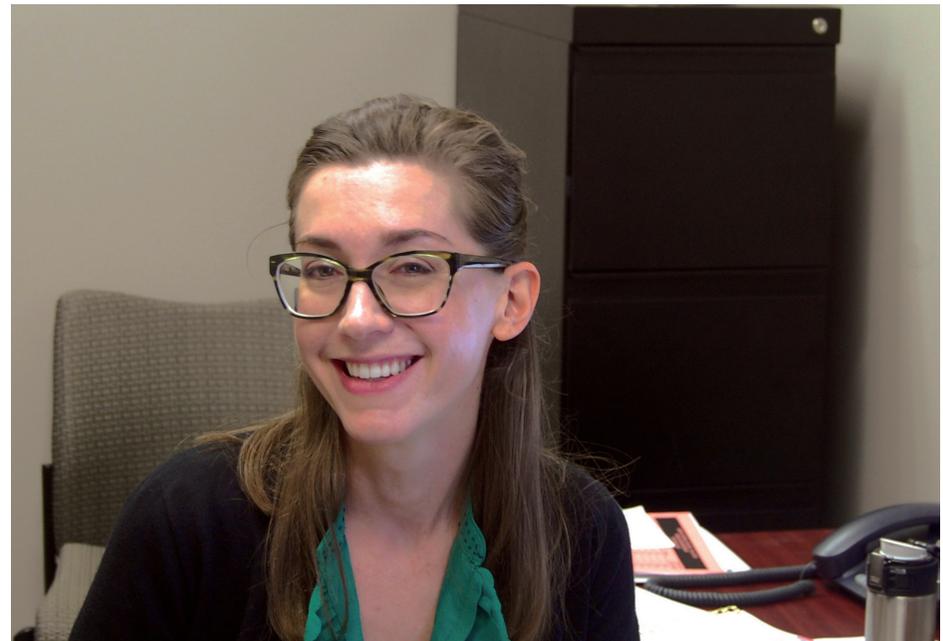


Photo by Jordan Redman

New faculty member and English professor, Rebecca Swafford, makes the transition into the North Central environment.

ington University in D.C. this summer. GW is a much larger school, and is an urban campus. I like the suburban feel of Naperville and NCC, but I live in Chicago so I can enjoy urban life too!"

(What he's most excited about this year)

"I am excited to get to know the students at NCC and learn about their interests in both political science and the law. I am teaching an IDS (interdisciplinary seminar) in the winter term about politics and disasters, which should be very interesting!"

Name: Jermaine Hill

Title: Assistant professor of theatre

Department: Art and theatre

(On what brought him to NCC)

"I was an adjunct musical theatre voice teacher here during the 2012-2013 academic year. I was immediately impressed by the passion and commitment from everyone in the theatre department to provide the highest-quality education possible. They use all of their resources to bring 10 productions to light - a feat not achieved by programs twice our size. The department is always looking for ways to improve and expand on our course offerings to provide a more thorough education in theatre and musical theatre. I really love my colleagues and I am excited to continue to work with them to improve and expand our department."

(How NCC differs from previous institution)

"What is immediately clear is how connected the faculty and staff are to one another. Everyone was incredibly welcoming during our faculty orientations, and our first-year 'class' got to know each other very well. Having a faculty that work together, respect each other and get along is hugely important. Those qualities are oftentimes

missing at large universities."

(What he's most excited about for this year)

"I'm looking forward to working with and mentoring the students in the musical theatre major. They have all been very welcoming and are excited to have me and this position to steer the musical theatre major. I'm sure that when the curtain goes up on the first show of the year, we will all be terribly excited!"

Name: Chetan Chawla

Title: Assistant professor of management

Department: Management and marketing

(On what brought him to NCC)

"This is my first faculty position. I recently completed my Ph.D. in Strategic Management from the University of Massachusetts Amherst."

(How NCC differs from previous institution)

"Unlike UMASS Amherst, the flagship state university of Massachusetts, North Central is a smaller liberal arts college. The collegiality and welcome I have received here in the last few weeks has been fantastic."

(On what he's most excited about for this year)

"This is an exciting time to be at North Central. The new leadership under Dean of Faculty Dr. Goke-Pariola and President Dr. Hammond are catalyzing changes in the structure of our college, which are going to position us better for 21st century higher education. Especially relevant to my field (strategic management and entrepreneurship) is the new emphasis on entrepreneurship that is going to help us better prepare our students for careers post-graduation. I'm looking forward to the changes that North Central is going to see in 2015-16 and beyond."



Photo by Deidre Ewers

Home to approximately 230 students, North Central's most recent residence hall gives students a chance to live in a new-age facility, which includes a common room with all new furniture and flat-screen TVs, as well as a kitchen with a refrigerator and electric cooktop. There is also a laundry room on each floor.

New Hall provides students with new amenities



Photo by Deidre Ewers

All the rooms in "New Hall" came fully furnished with chairs, lamps, tables and even a Smart TV

Andrea Burkart
Contributing Writer

Even though New Hall doesn't have a name as exciting or historic as Seybert or Rall, there is nothing boring about the building.

With plenty of room for activities, New Hall caters to all students, whether they want a single room or want to have three other roommates.

So far, there have been mostly positive reviews about all aspects of the new residence hall.

"I love it. I am so lucky to be in New Hall, especially as a transfer," said Teal Russeau, a junior transfer student from the College of DuPage who is staying in New Hall. "It's crazy that I have my own bathroom and I got to skip the community bathroom ordeal."

One positive aspect about staying in New Hall this year is that everything is brand new, as its name would suggest. Even when we enter the next school year, a new batch of students can look forward to the possibility of staying in

newest residence hall at NCC.

When comparing New Hall to the rest of the residence halls, it is evident that it has a different aesthetic. When first entering the building, students are immediately welcomed by the smell of newly painted walls and freshly installed carpeting.

New Hall has an extremely modern look and feel to it. All of the walls are painted gray and the couches and chairs in the rooms have a very sleek look to them. Instead of the tile floors, like in the rest of the dorm rooms on campus, New Hall has heated dark hardwood floors throughout the entire room as well.

Russeau says, "The floors give the room a homier feel. My roommates and I just have to decorate the walls because they are a cold gray color."

Another positive aspect of staying in New Hall is that it's a suite-style hall. It is home to roughly 230 students staying on campus. Each room has a common area, complete with a kitchen

area and a private bathroom - no more walking down a hallway to have to go to the bathroom in the middle of the night.

Students still receive the basic furniture that comes with every dorm, including a desk, chair, bed, and dresser, but New Hall offers more. The common area has a couch and two chairs, along with a flat screen TV on the wall, which has the options of Netflix, Hulu, Amazon Video or even cable. The bedroom itself provides ample closet space plus a digital thermostat. The kitchen has a refrigerator, an electric cooktop, a range hood and a sink. There is a laundry room on every floor as well.

As with anything new, this new residence hall is not perfect. There have been some issues that surfaced when the residents first started living there.

"We didn't have hot water for a week, but they just fixed it, which is amazing," said Russeau. "Also, our air conditioning sounded like there was a family of bears living in it for about a week too. That got fixed for a couple days but started up again."

The air conditioner was also not cooling the rooms as well as it should have, but the maintenance staff has been helping to take care of all of the issues as they arise.

Another issue in this hall is that the printers have not been working with the computers. There have also been some complaints about the televisions having a spotty connection to the wireless internet and having a fuzzy screen while trying to watch cable.

Along with the residents of Residence Hall/ Recreation Center, the students staying in New Hall have a little bit of a walk to get to Kaufman, the Cage or the Boilerhouse. On the other hand, New Hall is very close to Five Guys and Chipotle in case students are in the mood for something off campus.

New Hall comes equipped with everything a student needs to get through the school year and then some. If students are looking to get out of the dorm and community bathroom life, then they should definitely consider New Hall as a housing option for the next school year.



Photo by Deidre Ewers

The kitchens prove to be a nice change to halls such as Schneller and Kimmel, with a larger kitchen set that included cabinets, a full-size refrigerator and updated electric stove-top.

JOIN US FOR THE
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AND
REUNION CELEBRATION

*Celebrate Homecoming with the
North Central College family,
complete with dinner and dancing!*

Saturday, October 24, 6 - 11 p.m.

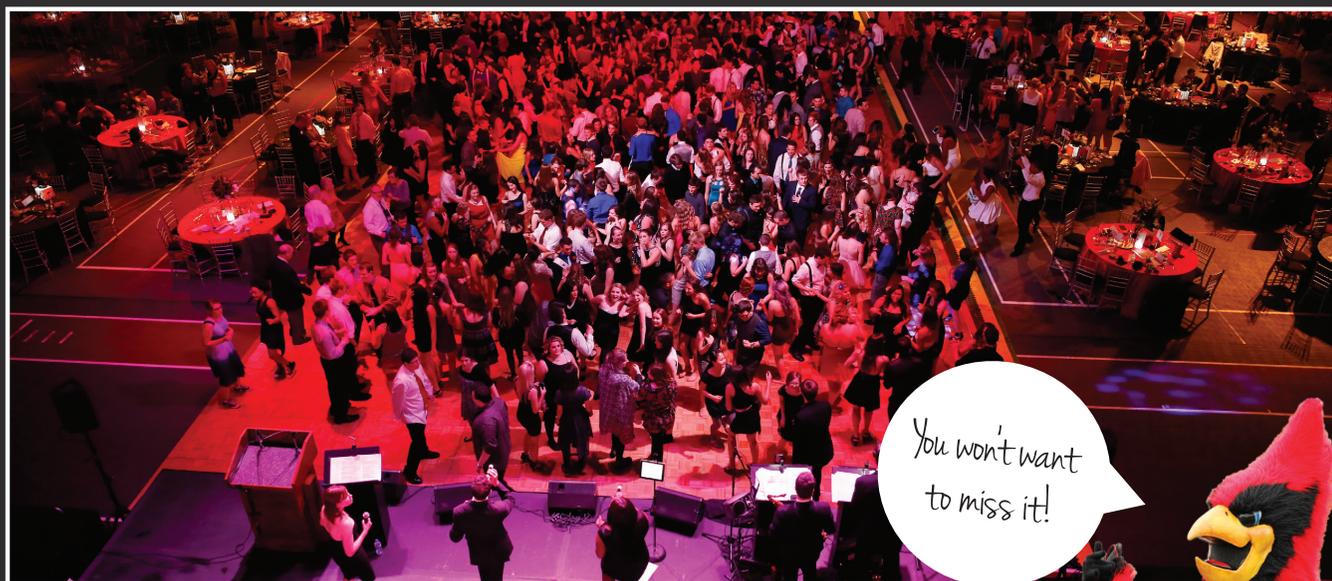
Residence Hall/Recreation Center
\$20/student, \$40/faculty and staff

Become a table host!

Invite nine friends to sit with you. Tables hosted by student organizations will receive a discount.

Tickets on sale October 5!

Purchase student tickets at the Harold and Eva White Activities Center front desk and let your table host know you have made a reservation.





Photos by Deidre Ewers

Freshman gather at the third annual North Central College Cardinal Camps while they enjoy a getaway as a chance to bond and create lasting relationships with future classmates.



Andrianna Martinez
Contributing Writer

For the third year in a row, North Central College offered nine different Cardinal Camps for students to join their classmates early and participate in activities that get them used to the college experience.

Six of the nine Cardinal Camps were held in downtown Chicago, IL, two were held in Honey Rock, WI, and one was held right on the campus of North Central.

The two camps held in Wisconsin were the Hiking Expedition and the Leadership Challenge. The Chicago camps were for Sports in the City, Faith and Action, Health and Wellness, Media and Communications, Social Innovation and Theatre. The ninth Cardinal Camp, which took place on campus, was the Premier Scholars summer camp. All camps took place from Sept. 3 to Sept. 7, except the Premier Scholar camp, which took place from Aug. 26 to Sept. 7.

Kyle Lo Vecchio, who participated in the Premier Scholars' camp, said that Cardinal Camps are the "best experience you'll ever have; everybody should try it."

As expected, it is normal for incoming freshman to be nervous about meeting new people and leaving home. However, Cardinal Camps are a way to ease into the college setting and let loose some of

the anxieties most freshman are feeling.

Alexander Duggan, who took part in the Leadership Challenge, expressed that Cardinal Camps are a "Great tool to get integrated into the Cardinal community and gain more knowledge of North Central and your newfound friends."

Students in each Cardinal Camp participated in activities that correlated to their name. Some of the activities included hiking, kayaking, rock climbing, visiting local establishments, such as churches, restaurants, museums, stadiums, theaters and schools, as well as participating as volunteers in a women's marathon.

"Cardinal Camps made being involved super fun and easy," said Sam Cravatta, who participated in the Faith and Action camp.

Students chose these Cardinal Camps based on their interests, and anyone who has ever participated can tell you of their unique experiences.

Alan Schick, who also participated in the Leadership Challenge assured us it was "a great way to make friends—also making good connections with faculty and staff."

At the cost of \$175 per camp, the freshman who participated in Cardinal Camps seem to enjoy their experiences, felt more comfortable starting their freshman year and getting a head start on making new friends.



CONTINUED FROM PAGE 8



Photos courtesy of Little Friends Life Skills Training Center/Max-Boheme/ As a musician Boheme played the guitar, piano and drums.

Boheme strived for a high level of performance at whatever he did. At Little Friends Life Skills Training Center, a school for children with autism, he would quiz the staff on safety booklets. At Bass Pro Shops in the fly department, he was always up-to-date on all the gear.

"He was one of those people who betters his surroundings," Kopija said.

What isn't lost is the impact Max had on other people. "He was 19 years old and decided to take a part-time job at Little Friends," said Kristi Langford, the president and CEO of the organization. His mother Patricia is executive vice-president at the organization. He started in Glen Ellyn at the Life Skills Training Center and helped kids get out in the community.

"Nothing sadder has happened at Little Friends," Langford said. "He connected to our children." She added that, "It was his first job, and he really took on the responsibility."

Langford said that, "It helped him see that he could really make a difference," and that he had an ability to connect to the children that was very natural. For example, one student at Little Friends enjoyed dancing, so he and Max would often dance together, explained Patricia Boheme.

"He saw who they were as people and didn't focus on their disabilities," Langford recalls. He focused on having fun with them and teaching them to be more independent. "I was really proud of him, because that's my field," said Langford, adding that, "It helped him grow up."

Boheme worked full time over the summers and breaks, and really had a passion for working with the children at Little Friends. He was able to find creative ways for them to interact and communicate. Langford calls him "empathetic and supportive," and appreciates how he communicated well with parents.

Among those who ran into Boheme was Phil Norris, a senior international business and marketing major.

"I met Max in speech class," Norris said. "He had to tell me about himself, I had to tell him about myself, and then we introduce each other to the class." Norris continued by saying, "He was definitely one of those people who makes an impression on you," and added that, "he's got tons of tattoos, and I've got tattoos, so we talked about that."

The two also both enjoyed fishing. "I don't think he owned one thing that wasn't fishing gear," Norris said. At Bass Pro Shops he was "like a kid in a candy store." He loved fishing; he didn't hide it and he embraced who he was, Norris said.

EDITOR: Melanie Wolf mnwolf@noctrl.edu

Apps to help students endure college

Kaitlyn Paschke
Contributing Writer

Most college students today bring their phones just about everywhere.

Often, we use smartphones for social media such as Facebook, Instagram and Snapchat more than anything else. If students download the right apps, they can make their smartphones useful for more than just socializing.

Health

7 Minute Workout Challenge:
For \$2.99, this app provides high-intensity training that can be done in a little over seven minutes. It takes out the possible excuses because there is no equipment needed, so it can be done anytime, anywhere – even in your dorm room. It includes video, audio and text instructions to help with your workout. The app will also track your results and has you unlock rewards as you continue to work out.

Calorie Counter & Diet Tracker by MyFitnessPal:

This free app helps to make sure you are eating healthy. MyFitnessPal can track how many calories you should have based on your age, height and weight.

continued on page 14

CONTINUED FROM PAGE 13

The app can also be used to tailor your calorie intake to meet certain weight loss goals. It even takes all the difficult guesswork out of counting calories through its use of a barcode scanner that has the ability to recognize over five million different foods. If you are struggling with motivation, this app allows you to share your progress with friends, who also have accounts, potentially creating some healthy competition when it comes to meeting weight loss goals.

Educational
Blackboard Mobile™:

Almost every professor on campus posts homework and extra information on Blackboard. What you may not know is that Blackboard has a free app where you are able to access your school account on the go. It is easier than logging in on a computer when you need to check what homework you have for a certain class.

Office Lens:
By this time in your educational career, you have probably encountered a time where you have taken a picture of a document or whiteboard, only to be unable to read it when you look at it later. Office Lens, a free app, lets you take a picture of the document or whiteboard from any angle and it will straighten the document and make it more legible when you read it later.

News
Info Junkie:
Info Junkie is a 99 cent app that brings 75 news outlets in one app. These outlets, organized by category, include world news sites such as ABC, BBC and CNBC; pop culture news sites such as People, Star and TMZ; and sport news from Sports Illustrated and ESPN. Get any kind of news in one place with this app.

Professional
LinkedIn Job Search:
Most people are aware of the app LinkedIn, which is a social media platform used for networking and finding jobs. However, what you may not know is that they have a free app to help in the job search process. No matter what kind of job you are looking for, LinkedIn Job Search has potential job opportunities for you.

Dropbox:
This free app helps you to upload and store photos, videos and documents, as well as send them to team members directly from the cloud. It has 2 GB of storage right when you sign up, but you can also pay for more storage when you need it. No matter if it is for your job or a group project, this app helps to ensure everyone gets the information necessary for a productive meeting.

Artist Talk: “For Only” Exhibit

Melanie Wolf
Arts Editor

North Central College is showcasing a collection of artwork by sculptor Marina Kuchinski in her exhibit titled “For Only” now through Sunday, Oct. 11, 2015. This exhibit is free and open to the public in Schoenherr Gallery at the Fine Arts Center, located at 71 E. Chicago Ave., Naperville, Ill.

Featuring sculpture and video work, “For Only” explores the animality of human beings through our relationship with animals and our relationship with the “Constitutive Other.” In attempting to discover what is animalistic, we consequently uncover what it actually means to be human.

Kuchinski says, “the exhibit is about animal-human relationships. Animal experiences are just as equal to human experiences. And while on the one hand the relationship is about affection, on the other it is about exploitation. I wanted [the exhibit] to be about both.”

Kuchinski, who is highly familiar with the medium of sculpture, used low fire clay without glaze to form her figures. Video, however, is a medium the artist has had less experience working with.

She shares that, “video is new to me. It was exciting and also a good learning experience.”

Speaking of video, if she had to choose, her favorite piece out the entire exhibit is the video of a plastic bag moving in the wind.

Kuchinski states, “I thought that it was funny. To me, the mov-

ing bag looks like an animal by itself.”

Most of the videos seen throughout the exhibit were not planned and were taken over time. Kuchinski describes the videos as “discoveries” that were taken in the most causal and everyday settings.

Since the exhibit revolves around this idea of visual movement, Kuchinski wanted the exhibit to include other types of movement as well. By using video, Kuchinski was able to enhance “For Only” through the repetition of looping images. While Kuchinski’s work generally deals with human and animal relationships, the inspiration for this specific exhibit came from the ordinary act of a man walking his dog.

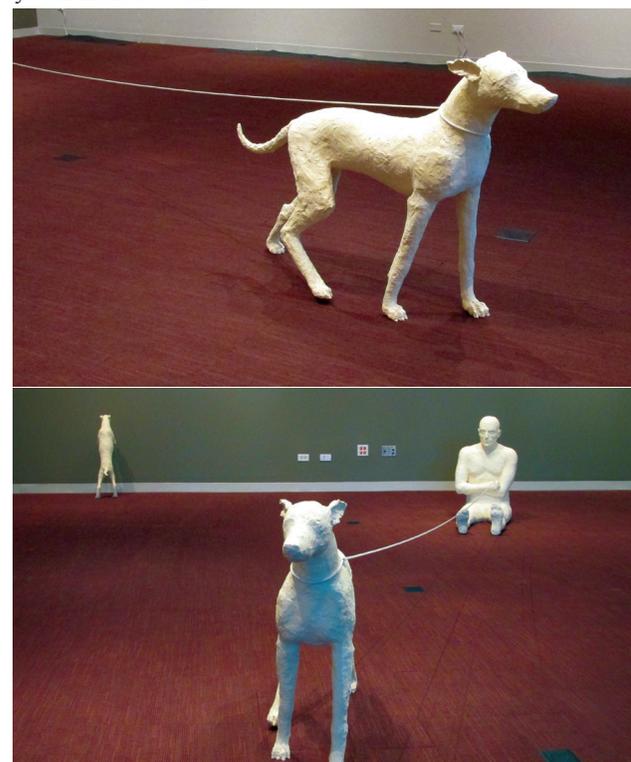
The artist says, “the dog wore an extendable leash and there was quite a bit of distance between them. As they were walking the [leash] was changing and moving up and down. Visually, I was fascinated by that.”

As an artist, Kuchinski has a deep interest in the “relationship between physical presence and physical space.” Using three-dimensional figures of the human body and animals, Kuchinski analyzes the totality of both forms while exploring “an object’s reaction to another object.”

Born in Latvia but raised in Israel, Kuchinski found it “obvious” from a young age that she wanted to become an artist. She has “been making art as long as [she] can remember” and even attended a special art high school in her youth. She went on and graduated from the Bezalel Academy of Art and Design in Jerusalem where she earned a Bachelor of Fine Arts in ceramics. From there, she moved to the United States and completed her Master of Fine Arts in ceramics at Penn State University. Since 2000, Kuchinski has been teaching drawing, 2-D design and ceramics as an art professor at the College of

DuPage.

As a final piece of advice to all up-and-coming artists, Kuchinski instructs students “to work hard. Being an artist is hard work. Just persist. Don’t worry about how you’re going to make a living. If you are passionate and you love it enough, you’ll make it work.”



Photos by Kaitlyn Paschke

Artist Marina Kuchinski brings her exhibit, “For Only,” to Schoenherr Gallery through Oct. 11. The exhibit features sculpture and video work.

Newly Released TV Shows

The Walking Dead Season 5 (2014)
Sunday, September 27, marked the awaited day Netflix released season 5 of the Walking Dead – just in time for the series’ season 6 premiere. Get ready to binge watch, because you have exactly 12 days to catch up on season 5 before the premiere airs on Sunday, October 11.

Gotham Season 1 (2014)
FOX’s Gotham not only series gives you a firsthand look at Gotham City’s criminal underbelly, but it also acquaints viewers with some of DC Comic’s most iconic heroes and villains at the very beginning of their origin stories.

Biological Dramas

Philomena (2013)
Philomena, which stars Judi Dench and Steve Coogan, tells the story of an Irish woman who was forced by nuns to give up her son as a result of falling pregnant as a teenager. After keeping silent about her loss for 50 years she travels to America in an attempt to trace her long-lost son.

Iris (2001)
Based on the life of celebrated British writer and philosopher Iris Murdoch, Iris is a story of enduring love. Based on a pair of memoirs written by her husband, the film fuses together the romance of the couple’s earlier days at Oxford with onset of Alzheimer’s disease 40 years later.

Old Favorite

The Addams Family (1991)
It is becoming that spooky time of year again and the Addams Family is perfect to get you in the mood for Halloween. The film focuses on the family’s search for Gomez’s brother, Fester. While Fester’s return leads to a joyful reunion between the brothers, all is not what it seems.

YOUR NETFLIX FIX

Nightbeds perform local event



Check out contributing writer **Troy Kelleher's full review on the Night Bed's concert at the Union on NCCLinked.com**



Arts in the news

According to an article in The New York Times titled "The Plot Twist: E-Book Sales Slip, and Print Is Far From Dead," e-book sales fell by 10 percent in the first five months of this year. E-book subscription services, modeled after online services like Netflix and Spotify, have struggled to convert book lovers into digital binge readers, while some have even shut down. The resilience of print has provided a resurgence for many booksellers. According to the article, Penguin Random House has invested nearly \$100 million in expanding and updating its warehouse and speeding up book distribution. However, industry analysts and publishing executives say it is too soon to declare the death of digital publishing. Here is what students on campus had to say:

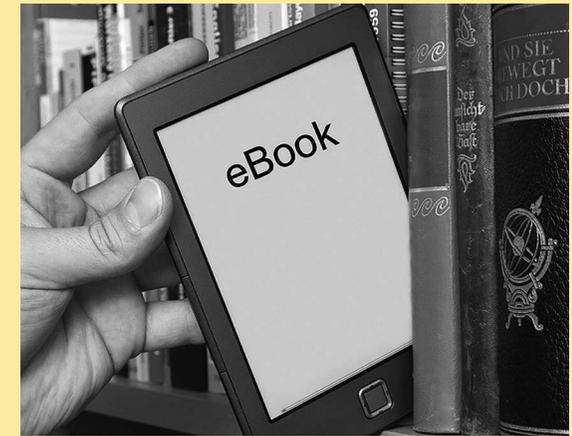


Photo courtesy of Flickr.com

E-book sales fell by 10 percent in the first five months of this year while many booksellers rejoice in the resilience of print.

Students respond to declining e-book sales:

"I think e-books are harder to work with. Lots of teachers don't like having electronics in their classes, and that's hard too."

--Taylor Lawster, '17

"I just like physical books: there's a sense of accomplishment that isn't there with e-books."

--Amy Tedeschi, '17

"You want something you can hold, especially when you're paying so much for a book"

--Hailey Dykstra, '16

Burgundy is the new black

Stella Fanega
Social Media Editor

Finding an outfit is not an easy task, especially when you are unsure of the trends for the upcoming season.

If you are living in a state where colder weather brings subzero temperatures, fall is the perfect time to dress up and be as creative as you can. Temperatures in Illinois are changing day-to-day, and one thing to keep in mind when it comes to picking an outfit is to pick simple pieces, but style them creatively. After all, fall only comes once a year; you might as well make the most out of it.

If you are still shopping for summer apparel, it is time you switch gears and begin your fall shopping. When shopping for fall clothes, here is the rundown of what you should have on your checklist: scarves, knit sweaters and a pair of Dr. Marten boots.

Your list shouldn't just end there. It should consist of clothes that you actually see yourself rocking during the upcoming season. It is all about being able to figure out what kind of look you want.

Ambrielle Barker, a junior at North Central College, has styled a look with the staple pieces listed in the shopping checklist earlier in a way that fits her personality.

Barker says, "burgundy is always my go-to color whenever I dress up for fall. It's beautiful and it basically matches with anything."

The colors she chose for her outfit bring out what fall is all about. Her outfit consisted of a black skirt with black tights, a burgundy knit sweater paired with a thick, light-brown infinity scarf and Dr. Marten boots in a burgundy color.

Barker continued, saying, "this set of outfit is actually my favorite go-to fall style." Barker's style brings out her outgoing, fun and sophisticated personality. So, what is your new black?



Photos by Stella Fanega

Ambrielle Barker exhibits her fall fashion, wearing a black skirt, black tights and a burgundy knit sweater, the color of the season.

-Melanie Wolf, Kathryn Bloch and Kaitlyn Paschke

Music Festival Do's and Don'ts

Kathryn Bloch
Contributing Writer

In the long summer months, it can be difficult to find things to do that aren't the routine movie dates or frozen yogurt runs.

A good break in the routine could be attending one of the many music festivals that take place in Chicago and its surrounding suburbs. Larger festivals such as Lollapalooza and Riot Fest, which just celebrated its 10th year, boast a wide array of artists that can accommodate any music taste. Here are some things to keep in mind whether this is your first time at a fest or you are a seasoned veteran:

1) Plan out your day: Most festivals feature multiple stages with artists playing sets that can span up to an hour and a half in length. Be aware that these sets can sometimes overlap and cause time constraints. The easiest way to make sure that you are seeing every band you want to is to grab a schedule from the festival's information table and circle the times that your favorites are playing.

2) Leave valuables at home: Even though you may want to bring your expensive camera to snap some pictures of the many bands, it is best to leave anything that is easily breakable or expensive to replace at home. For things like wallets, cell phones and keys, a draw-string backpack may be something to consider. Music festivals can be very cramped, and it can be easy for people to take other people's belongings from them without being noticed. It is much harder for this to happen when your belongings are in a bag with no zippers.

3) Keep hydrated!: This may seem silly, and like it is common sense, but when you are in crowds watching artist after artist, in weather

that can be sweltering hot, it can be hard to pull yourself away from the music to go get a bottle of water. Especially in the warmer months, it is so easy to get dehydrated and it can cause some serious side effects. It is better to drink water throughout the long day than to end up in the medic tent due to dehydration.

4) Dress appropriately for the weather: Music festivals are all-day affairs and weather, especially in the Chicagoland area, can change in a matter of hours. It is best to dress in, or at least bring, multiple layers of clothing to prepare for different weather conditions. Even though you may want your outfit to be worthy of a fashion blog, it is important to keep cooler weather in mind. In addition to this, if there is any chance of rain on the day of the festival, a poncho or umbrella is essential.

5) Wear close-toed shoes: Even though the weather may call for strappy sandals, it is better to go with a pair of boots or sneakers for a music festival. It is also a good idea to wear a pair of older shoes to protect your feet from mud, dirt, or other people's feet. With boots and sneakers, if the weather takes a turn for the worse, at least your feet will be safe. In the case of this year's Riot Fest, a rainy first day turned Douglas Park into a field full of mud, and saw many a pair of new shoes become ruined.

Once you go to one musical festival, you will want to go to another as soon as possible. Not only are they great summer fun, but they are also a way to discover new bands to add to your playlist.

RIOT STAGE	ROCK STAGE	ROOTS STAGE	REBEL STAGE	RISE STAGE	REVOLT STAGE	RADICAL STAGE
CHON 11:00-12:30	ELNKY 12:20-12:50	THE ATARIS 12:00-12:40	STEVE KIRKORAK & PARANOID VISIONS 12:40-1:10	ROGAN HANDCRAFTS 1:00-1:30	CLIPWING 1:30-2:00	
FIDLAR 12:30-1:30	THE DEAR MONSTER 1:00-1:40	LIFETIME 1:15-1:40	OWAR 1:40-2:10	PEARS 2:05-2:30	DIRECT HIT 2:30-3:00	
THE JOY FORMIDABLE 2:30-3:00	THE MOVIELIFE 2:15-3:00	MILLENNIUM 2:10-2:40	THE DAMNED 2:40-3:10	MEAT WAVE 3:00-3:30	THE BROKEDD 3:30-4:00	
THE THURSTON MOORE BAND 3:45-4:30	AMERICAN INDIVIDUALS 3:25-4:10	BARBS IN TOYLAND 3:25-4:10	PENNYWISE 4:10-4:55	SLEEPS IN IT 4:00-4:30	COUNTERPUNK 4:30-5:00	
EDHO AND THE BUNTWEN 5:15-6:00	DESPARECOROS 4:30-5:15	MALTY PARADE 4:45-5:30	THE WERRENCE ARMS 4:55-5:40	ALEXSONFIRE 5:40-6:40	CITY 5:30-6:15	
MEERLE HAGGARD 7:00-7:45	BOOTY COLLINS RUBBER BAND 6:00-7:00	THE DEVIL WEARS PRADA 6:00-6:45	DRIVE LIKE JETHU 6:40-7:40	JOYCE MANOR 6:15-6:45	FIT FOR BRY 6:45-7:15	
BILLY IDOL 7:45-8:45	THE ACADEMY IS ('ALMOST HERE') 7:15-8:15	RANCID ('HOLD ONT COME THE WOLVES...') 7:40-8:55	FLATFOOT 58 8:30-9:00	MOONWAVE ('WITNES') 7:45-8:30		
SYSTEM OF A DOWN 8:45-9:00	TAKING BACK SUNDAY 8:45-9:45	IDY POP 8:45-9:30				



Cutline credit
When going to music festivals, preparing for the day is essential, including dressing appropriately, staying hydrated and leaving any valuables at home.

WONC currents



Simple Plan, Boom



New Politics, Girl Crush



Beach Slang, Bad Art & Weirdo Ideas



Sleeping With Sirens Save Me a Spark



We Came As Romans, The World I Used to Know



The Wombats, Give A Try

Surrounding Sounds

Teenage Bottlerocket



Date: Friday, Oct. 2, 2015
Location: Brauer House – 1000 North Rohlwing Road, Lombard, IL 60148
Website: <http://teenagebottlerocket.com>
Genre: Punk Rock
Facts about the band: The band was formed in Laramie, Wyoming in 2001. Twin brothers, Ray and Brandon Carlisle started the band following the breakup of their previous band, Homeless Wonders, in 2000. Their music is heavily influenced by co-singer/guitarist Kody Templeman's other band, The Lillingtons, and other punk rock acts such as the Misfits, The Ramones, Screeching Weasel and Bouncing Souls.

Goldhouse



Date: Friday, Oct. 9, 2015
Location: Brauer House – 1000 North Rohlwing Road, Lombard, IL 60148
Website: www.iamgoldhouse.com
Genre: Electro-Pop
Facts about the band: Grant Harris, better known by his stage name GOLDHOUSE, is an American DJ, singer, songwriter and remixer. His debut album was released on February 28, 2012. The band is described as "not a band, artist, or any other form of inferior music. GOLDHOUSE is a way of life. GOLDHOUSE is not meant for boring people. Only your healthcare provider and you can decide if GOLDHOUSE is right for you."

The Winery Dogs



Date: Thursday, Oct. 29, 2015
Location: The Arcada Theatre 105 E. Main St St. Charles, IL 60174
Website: <http://thewinerydogs.com>
Genre: Rock
Facts about the band: The Winery Dogs was formed in Los Angeles, California in 2012 by Mike Portnoy (drums,) Billy Sheehan (bass) and Richie Kotzen (lead vocals, guitar.) The band is influenced by Led Zeppelin, Cream, Jimi Hendrix, Grand Funk Railroad, as well as newer artists like Soundgarden, Alice in Chains, Black Crows and Lenny Kravitz. According to Amazon.co.uk, The Winery Dogs' sophomore album Hot Streak will be released on Friday, Oct. 2 2015.



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sports

EDITOR: Emily Zadny, elzadny@noctrl.edu

There is no “I” in Cross-Country

Anthony La Parry
Staff Writer

Although runners often strive to reach their best individual times, the North Central College men’s cross-country team supports each team member every step of the way.

Many consider cross-country to be an individual sport, but the Cardinal harriers have a special bond that cannot be compared to other cross-country teams.

Over the past 50 years, under the direction of head coach Al Carius, the team has won 16 Division III national titles, the most recent victory being in 2014, as well as 27 regional championships and 48 College Conference of Illinois and Wisconsin (CCIW) titles. The results are proof that a strong bond as a team and hard work continually result in success.

“In high school, you’ll have people on the team for other reasons, whether they’re doing it for a gym credit or whatever [reason],” said junior Ethan Adlfinger. “But in college, people do it to for the love of running.”

It’s not just the upperclassmen that have been with the program over the years who feel this connection.

“There are so many guys [on the team], so there will always be someone sharing the same pains,” freshman Emmanuel Chavez-Ortega said.

Aside from all the time spent working together in practice, the team finds time for each other outside of practice as well.

“After meets, we go out to eat downtown,” said Chavez-Ortega. “It’s kind of like a family dinner. It feels nice because it’s usually on Friday nights; everyone could be hanging out with their girlfriends or their family, but they save that night for the team.”

The team also gets together for meals on campus or to simply unwind after practice.

“We all sit together as a team at Kaufman and when we’re not busy we all just hang out and watch movies,” freshman Jacob Wantland said.

Unfortunately for many teams, the bond seems to fade away when the sport is not in season, but this is not the case for this team. Chavez-Ortega plans to stay in touch with his teammates by planning trips or training days during the off-season.

The team not only stays in touch during the off-season, but current student-athletes also maintain relationships with alumni, competing in summer road races and visits.

“These are life-long bonds we have formed,” Adlfinger said. “I’ve visited some of the guys that graduated last year.”

Chavez-Ortega also has ambitions for his teammates after college. “I want everyone to go their separate ways and establish themselves, but to come back for golf outings or go to each other’s weddings, and just being there for each other.”



Not your typical summer camp

Fall athletes face many challenges during the preseason

Brad Thompson
Contributing Writer

Camp is usually associated with relaxing, s'mores and campfire songs, but there's nothing fluffy about preseason camp here at North Central College for fall athletic teams.

Campus has a different vibe during this stretch of time from late August into early September. Student-athletes and their coaches return to campus between two and four weeks prior to the academic year.

Compared to the school year, where there are thousands of people on campus, North Central's campus looks almost deserted. The only people there are involved in activities including cross country, football, golf, soccer, tennis and women's volleyball giving the campus a much different vibe.

The North Central football team is a group of student-athletes and coaches that to return to campus early. The schedule that the players follow in the preseason is much different than once classes start.

"During camp, it's 100 percent football, and during season you have class, work and other responsibilities," said senior defensive lineman Steve Dinov. "We get a lot more liberties [in season] though, because you don't have to follow a schedule for every minute of every hour," he added. "During camp, we have to lift at specific time with a specific group. During season, we lift whenever it fits into

our schedule."

The volleyball team was the first women's sport to come back to Naperville for camp. The team had three practices a day, which would make any athlete weary.

"The hardest part of camp is trying to get everyone on the team to give it their all for every practice, despite condition and constant fatigue," said sophomore Caiti Seibert.

Fatigue is the biggest challenge North Central athletes face during this time, due to continuous training and lack of sleep.

"It's hard getting enough sleep and still being able to produce during preseason," said Dinov. "When your days start with stretching at 6:30 in the morning, and end with meetings after 10:00 p.m., the hardest part is having little recovery time."

One of the biggest challenges the coaches face is keeping their athletes focused at all times, so they often have to give their players a break. The team participated in Feed My Starving Children during the second week of camp, packing meals for less fortunate children and coming together to help others.

The volleyball coaches can have closer relationships with their athletes due to the small team size. "Our coach hosts meals at her house to show us how much she cares about us," said Seibert. "She is like a mother to us and welcomes us into her family."

The volleyball team also takes one out of

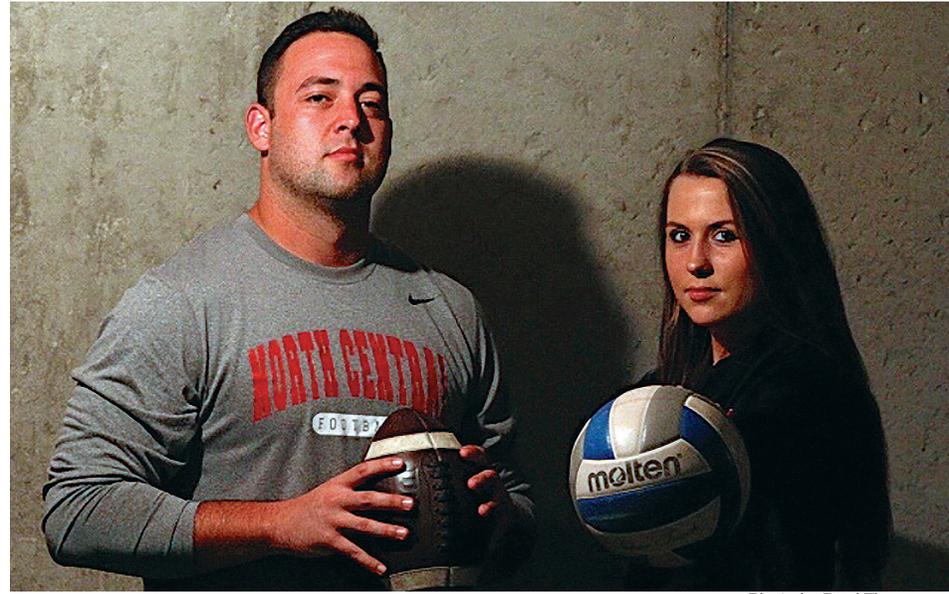


Photo by Brad Thompson

Senior football player Steve Dinov and sophomore volleyball player Caiti Seibert put on their game faces for the preseason.

state trip every year where they play a couple teams, which allows them to tour unique destinations. This gives the team the opportunity to grow closer as well as bond with their coaches.

Preseason camp gives every team the same opportunity to prepare for the upcoming season.

"The best part about camp is all the camaraderie that develops, in which your teammates become your brothers," said Dinov.

Teamwork is a product of a group of people being together for a long period of time. "In the end, camp is all worth it because we get to come in everyday and play the sport that we love with our closest friends," said Seibert.

SPORTS CATCH-UP & HEAD'S UP



Photo courtesy of Steve Woltmann

What you missed:

9/4: Men's cross country took 1st in a 14 team field at the Elmhurst College Earlybird Invitational.

9/12: Football kicked off the 2015 season with a 41-7 win in home opener vs. Trine University.

9/4-9/19: Women's soccer went on a five-game win streak (Dominican University, Bethel University, Central College, Concordia University Chicago, University of Wisconsin-LaCrosse).

What's coming up:

10/2-10/3: Women's Volleyball will play Saint Mary's College, University of Wisconsin-Eau Claire, University of Dubuque, University of Wisconsin-Stevens Point at the Wheaton College Thunder Invitational.

10/24: Football plays homecoming game and Battle for the Little Brass Bell versus rival Wheaton College at Benedetti-Wherli Stadium at 2 p.m.

10/18: University of California-Santa Cruz will travel all the way to Naperville to play men's soccer at 1 p.m.

NCC Sports hire new coaches

Time Out with the Editor



Photo courtesy of Steve Woltmann

Anthony LaPerry
Sports Writer

Kyle Exline: Men's Volleyball

The North Central College men's volleyball team will start competition in 2016 under Head Coach Kyle Exline. Exline, a former NCAA Division I volleyball player at Loyola University Chicago, was hired in April of 2014 as the program's first ever head coach.

His experience at Loyola as a player and the guidance he received from his coach helped

prepare Exline for his new role. "Coach [Shane] Davis was a great leader and taught me more than the game of volleyball. He was a mentor that provided many tools of success," he said.

Exline gained hands on training as a club coach. "Being able to coach high school aged athletes and then come back to my college practices provided me with a different perspective of the game. I was able to understand the reasons behind our coaches' decisions," he said.

North Central's athletics programs have had plenty of success over the years, and Exline plans to add to all the glory.

"Our program goals are to build and instill a championship program at North Central College which already has a successful track record," he said. "Our plan is to continue to add to the success of North Central College Athletics!

I'm looking forward to what Coach Exline can do with a new team and program

—Emily Zadny, '17



Photo courtesy of Steve Woltmann

Brad Thompson
Contributing Writer

Jenny Garrison: Women's Triathlon

Jenny Garrison is the head coach for the North Central College's inaugural women's triathlon team. North Central will be one of eight programs performing at the collegiate level. The season will be listed in the fall with six competitions between September and November.

Garrison has a grip on the transition to this new collegiate

sport and a coaching philosophy that fits in nicely with North Central's athletic mission. "[The kids] already have to juggle training 3 disciplines so they are great at handling multiple things," said Garrison. "I do think their personal life needs to be a huge factor in their success. Their teachers, family, and coach need to be there biggest cheerleaders. They need to feel fully supported."

A lifelong Naperville resident, Garrison has over fifteen years in competitive experience in addition to ten years coaching as a certified personal trainer for triathletes. She has represented Team USA in World Championships multiple times all around the globe.

Garrison now runs her own business after earning her bachelor's degree in nutrition from Benedictine University. She also holds a Level 2 Coaching Certification from USAT and a Master's Coach Certification from US Masters Swimming.



Photo courtesy of Steve Woltmann

Anthony LaPerry
Sports Writer

Lydia Pond: Women's Tennis

North Central College hired women's tennis coach Lydia Pond, a former Division I tennis player at Eastern Illinois University, in the summer of 2015.

Pond is looking to improve the program and get the girls into the College Conference of Illinois and Wisconsin (CCIW) tournament.

"Prior to me taking over the

team, the women had never really had a lifting or conditioning program. That is the first thing I changed," Pond said.

Aside from her new position, Pond has also serves as the Coordinator of Recreation and as the Assistant Athletic Facilities and Events Manager at North Central.

"That is where being a collegiate athlete helped me. I understand how to spread my time and manage it effectively and I hope that carries over into my team," she said.

"My whole team strives to focus on family, their education, and then our team - in that order," she added. "Where I place those values in my life is where they will place them in theirs."

Pond understands the importance of winning, but her main goal as a head coach goes beyond the courts. "My main expectation and goal is to lead by example," she said. "If we want people (and other schools) to respect our program that begins with me."



Photo courtesy of Steve Woltmann

Brad Thompson
Contributing Writer

Steve Sellers: Men's Golf

Steve Sellers ('76) is the new men's golf coach at North Central College after serving as an assistant for the past three years. As head coach, Sellers looks to improve the program and get the Cardinals back into CCIW championship contention in 2015-16.

Sellers is a man of many sports, having coached swimming, track & field, basketball, soccer,

and golf. Sellers is a 1976 graduate of North Central where he was an all-conference swimmer. In addition to his NCAA national championship qualification senior season, he was also named as a two-time captain showing leadership at a young age. Sellers went on to get his master's degree in education at the University of Illinois-Chicago in 1980.

Most people, including his golfers, probably never knew that Sellers wrote for The Chronicle back in the 70's, publishing articles about swimming and philosophy. "There are probably a few embarrassing photos of me in a Speedo in the sports section from that era," said Sellers.

I've had the opportunity to talk to Coach Sellers and I think the golf program is in good hands. He knows his stuff, he cares for the guys and he always has a smile on his face. It always makes my day when I get a chance to talk to Coach

Sellers

—Emily Zadny, '17

Emily Zadny
Sports Editor

The only way I can describe the feeling is similar to that of seeing a lifelong friend after a long time apart. You see someone in their green and gold and you feel like you really belong. A proud Packers fan in Bears territory and you're not the only one.

I think that's an accurate representation of the first time I saw another Packers fan on campus. Pure euphoria.

I'm used to being the odd fan out when it comes to my favorite football team. I went to college in Michigan my freshman year and, needless to say, my loyalty to the Green and Gold was not accepted in Lions territory.

With my thickened skin from a year in the mitten, I was pretty well-equipped to take on the challenge of cheering on my Packers in the Chicagoland area.

When all of your friends are born and raised Illinois kids, it's hard to find someone who will watch a Packers game with you. I think it could be argued that

an award-winning best friend should go to the one Bears fan who watches the game with you. This person watches while sitting on their phone, probably texting their fellow Bears fans how much this sucks, and simultaneously devouring all of your snacks.

At least they are not the ones pretending to watch the game and prove it by rudely reminding you how much the Packers suck when they can't convert on a fourth down, even though you never bring up the fact that Jay Cutler throws an interception in almost every game.

Good luck getting the Packers game on the TV in the common area if the Bears are playing the same day. It's probably not happening so you either a) get there first or b) watch the live updates on ESPN.

And forget the day when the Packers play the Bears. Your friendships as you knew become lies. All lies. And things can get nasty.

So whenever a Bears fan tries to get me down, I just smile and wave. Because we both know who the better team is at the end of the day.

It's a great day to be a Cheesehead.



Photo courtesy of Steve Woltmann



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