



THE MUSIC AND ART SCENE

CONCERT LINE UP

THE OSCARS

FRAGMENTS



Explore
Naperville
to Chicago

FORUM

Taking a look into the college student drinking culture.

pg. **4**

NEWS

Patterson and New Halls see increase in vandalism.

pg. **6**

ARTS

Kick winter blues with concerts in Chicago this February.

pg. **10**

SPORTS

Men's and women's golf teams shift focus to academics.

pg. **13**

CONTENTS

the Chronicle

EDITORIAL BOARD

HAYLIE BERKLAND Editor-in-Chief
 JARRED DEHERRERA Managing Editor
 CRYSTAL MADRIGAL Managing Editor
 BOB TOMASZEWSKI News Editor
 JORDAN BOLKER Forum Editor
 ALLISON HARTMAN Arts Editor
 HANNAH BEVIS Sports Editor
 KARA KOTS Social-Media Editor
 SHANE HOFFMAN Website Editor
 XANIC LOPEZ Photo Editor
 LUKE LANGLOIS Design Editor
 DEIDRE EWERS Design Editor
 TAYLOR MITHELMAN Graphics Editor
 MACKENZIE PUTNAL Copy Editor & Social Media Editor
 EDUARDO SANCHEZ-BELTRAN Content Producer
 JORDAN REDMAN Marketing Manager
 MACKENZIE PUTNAL Advertising Manager
 STELLA FANEGA Fashion Writer
 ANTHONY LA PARRY Staff Writer
 KAY O'DONNELL Advisor

CONTRIBUTORS

HUNTER HARPER
 KARINA DAVILA
 KATHRYN BLOCH
 MITCH REID
 STEVE FANEGA
 BRAD THOMPSON
 KELLY ECHEVERRI
 KYLE NOVAK
 KATIE CONNERS
 SARAH PRYZGODA
 NICKI SEITON
 JASON SNIDER
 ASHLEE BERNER



Photo by Megan Clay

Faces of NCC

"North Central does a great job of making you feel like you belong here. To me, that is especially important since I live three hours south from here so it has become my home away from home."

-Micaylan McDonald. To see more 'Faces of NCC' follow @chroniclencc

EAT

White Chocolate Grill

1803 Freedom Drive, Naperville, Ill.
 (630) 505-8300

Want to go somewhere with a unique menu and a great atmosphere? Try White Chocolate Grill for your next romantic date or night out.



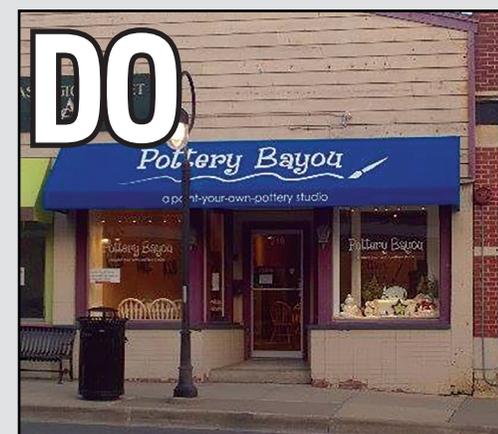
DRINK

Jackson Avenue Pub

7 Jackson Avenue, Naperville, Ill.
 (630) 904-9400

Enjoy a Friday night out with your friends after a long week at Jackson Avenue Pub, a relaxed space with great burgers and beer on tap.

DO



Pottery Bayou

210 S. Washington Street, Naperville, Ill.
 (630) 718-9823

Take the family to Pottery Bayou for a fun night of painting. Design your piece, pick your colors and fire it in the kiln to take home. Visit pottery-bayou.com for more details.



For more things to do visit nclinked.com/GPS

What's Happening @ NCC

20th Annual International Festival
 Feb. 14
 Merner Field House
 12 p.m.-4 p.m.

Author Talk: Kate Hudson
 Feb. 20
 Wentz Concert Hall
 7 p.m.-9 p.m.

Admission Visit Day
 Feb. 15
 Wentz Concert Hall
 9 a.m.-4 p.m.

Lecture: American Suburban
 Feb. 24
 Meiley Swallow Hall
 7:30 p.m.-9:30 p.m.

Feed the Need
 Feb. 20
 Res/Rec
 8 a.m.-12 a.m.

Transfer Information Session
 Feb. 25
 Old Main: Smith Hall
 9 a.m.-12 p.m.

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.

On the Cover

Illustration by Taylor Mithelman

editors

The Chronicle Oscars

AND THE WINNER IS...



Best Actor:
Jarred DeHerrera



Best Director:
Kay O'Donnell



Best Costume Design:
Stella Fanega



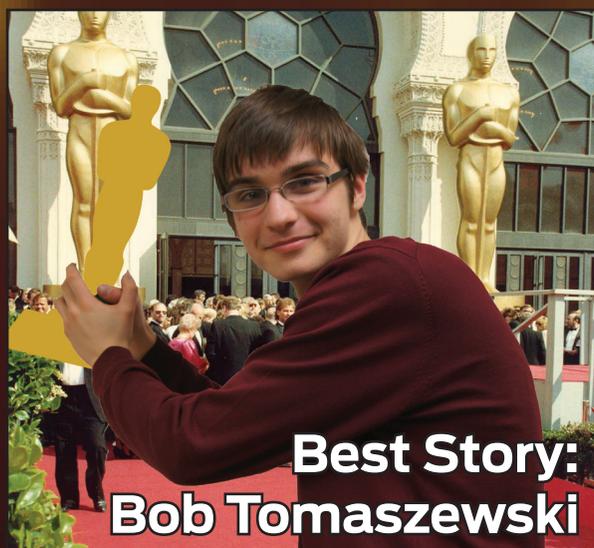
Best Cinematography:
Eduardo Sanchez



Best Picture:
Xanic Lopez



Special Achievement:
Shane Hoffman



Best Story:
Bob Tomaszewski



Best Actress:
MacKenzie Putnal

forum

EDITOR: Jordan Bolker, jebolker@noctrl.edu

Drink, drank, drunk

The drinking culture of campuses built on booze

Jordan Bolker
Forum Editor

EDITOR'S NOTE: The Chronicle/NCCLinked staff is introducing a special project called "The Drinking Culture." Throughout the year, we will be exploring the drinking culture at our small, private campus. The Chronicle will investigate on and off-campus drinking, some reasons for the College's drinking policies and how NCC's culture compares to larger universities.

As a small private college, North Central doesn't allow such on-campus events as hosting an annual Beer Olympics in the middle of the quad. However, there exists a culture of drinking on this campus.

Trends change among campuses from drinking staples to binge drinking and showing up to class drunk or hungover. Here we have an assortment of facts about today's alcohol trends among the typical college campus:

- 4 out of 5 students drink alcohol, no matter if they're legal or underage – according to the National Institute on Alcohol Abuse and Alcoholism

- 50 percent of students who drink alcohol consume it through binge drinking, according to the National Institute on Alcohol Abuse and Alcoholism

- 60 percent of students ages 18-22 drink alcohol in a typical month, according to the National Institute on Alcohol Abuse and Alcoholism

- 2 out of 3 of those students engage in binge drinking during the same timeframe, according to the National Institute on Alcohol Abuse and Alcoholism

- Tulane University, located in New Orleans, Louisiana, is currently the #1 party school in the United States for 2016, according to Niche

- Students spend more money on alcohol than textbooks, according to PBS

There is always another "new thing" when it comes to drinking on college campuses. It's no surprise that we will see freshmen at parties or upperclassmen having get-togethers in their apartments. Which leads to the question: What kind of drinks do we expect at parties? To those who do not drink these beverages, you're not alone. There are many students -- among fraternities, sororities and athlete houses, for example -- who take the time to put more creativity into entertaining their guests. One example is alcohol-infused food and candy like watermelon, ice cream and your typical gummy bears. The reason is obvious: when you're drunk, you're hungry. All the time. So, while you are still getting your alcohol fix after a stressful week, you're also taking in whatever calories are in the food.

Other beverages are shots with X-rated names. The Buttery Nipple, the Dirty Girl Scout, the Red-Headed Slut: the names continue to be more comical with more ingredients that guarantee a messed-up night. More or less, those kinds of drinks are saved for holidays like Halloween and New Year's.

Be on the lookout for the next topic in the series of "The Drinking Culture": on-campus drinking.

COMING UP NEXT: The Chronicle will also look into specific trends that have developed across college campuses. Common trends include: whether colleges continue to uphold a keg culture, drinking staples among various age groups, and pre-drinking in order to save money at the bars.



Beverage Of Choice

Buzzfeed put together a list in 2013 of alcoholic beverages consumed by students that is based on price, popularity and potency

1. Pabst Blue Ribbon
2. Jungle Juice
3. Charles Shaw "Two-Buck Chuck"
4. Franzia
5. Bacardi 151 proof rum
6. Mixed Drinks
7. Jose Cuervo tequila
8. Smirnoff flavored vodka
9. Burnett's flavored vodka
10. Grey Goose vodka

The Good

Alphabet beats Apple as most valuable
Google's new parent company, Alphabet, has surpassed Apple as the world's most valuable company. The company is valued at more than \$550 billion.

The Bad

Blackhawks star suspended
Chicago Blackhawks captain Jonathan Toews was suspended from a game against the Colorado Avalanche after taking himself out of the NHL All-Star game due to illness.

The Ugly

Oldest Georgia inmate executed
72-year-old Brandon Astor James was executed Wednesday by lethal injection in Georgia. He was convicted in the 1979 murder of a convenience store manager.

Staying in? Time to binge

Kathryn Bloch
Contributing Writer

Picture this: it is your eighth hour underneath your blankets, and the only light in the room comes from a laptop screen. The only movement comes from your pointer finger, clicking “yes” on “Are You Still Watching?” after every single episode. Your roommate comes home from his or her class, silently judging you for still watching. Your desk and bed are covered in unfinished homework and unopened books. We are talking, of course, about Netflix.

With new shows like “Making a Murderer” and “Jessica Jones” filling up the queues of North Central College, homework can fall to the wayside. These shows come, in addition, to staples such as “Lost,” “Grey’s Anatomy” and “Friends.” Due to the harsh winter months, Netflix is a wildly popular option for student boredom. An email was recently sent out by the Office of Residence Life, stating that Netflix is struggling to stream its network. This haunting pause has sent students over the edge by having to actually sit up and walk to their rooms to find a DVD.

In a recent study, The Washington Post calculated exactly how many hours it takes to watch the entirety of the most popular shows on Netflix. Original series, such as “House of Cards” and “Orange is the New Black,” take a total of 40 hours to finish, but classics, such as “House M.D.” and “The Simpsons,” can take more than 200 hours to complete. These numbers translate into longer watching sessions—and procrastination for students.

In the winter term, some students may experience a drop in motivation due to the colder weather in the middle of the school year. This drop in motivation is caused by a number of factors. The sun sets much earlier in the winter months, which causes a drop in Vitamin D and can affect mood levels and motivation. Weather conditions also worsen with a number of blizzards and ice storms, and it can lead to long days indoors, where the easiest thing to do is sit in front of a laptop.

As it turns out, Netflix is in a transitional



Photo by Kathryn Bloch

During the last couple months of winter, students suffer severe boredom and a lack of motivation to do homework. Binge-watching a bunch of TV shows on Netflix is the most popular way to procrastinate.

phase in terms of its audience. In more classes, professors are even bringing up popular Netflix shows in their lectures, structuring assignments around the ones that they know their students watch. This past D-Term, an entire class was structured around the breakout original series “Orange is the New Black,” and the topic of women in the prison system. It’s easy to see that more adults, especially those who have a career directly related to the college lifestyle, are watching—and bingeing--shows on this popular website.

Janet Mathis, a broadcast news professor, told her class that she had recently binge-watched a number of seasons of “Game of Thrones” over the past weekend.

“I can’t speak for all professors, but it’s a new trend among adults to find shows that

they like and watch episode after episode,” Mathis said. Though she said she did binge-watch those seasons, she also said that it’s not a regular occurrence for her.

“I see it as a reward, after a long day,” Mathis said. “I don’t watch like that all the time.”

The Netflix craze is far from leaving college campuses and it will continue to fill the time of both students and professors alike until spring arrives. It is not hard to find something that fits an individual’s interests, considering the amount of content that Netflix continues to release, as well as their older series. Whether a user likes comedy, drama or political intrigue, Netflix has something in stock. As classes continue to hibernate, Netflix will stay on laptop screens.

WHAT REALLY GRINDS MY GEARS?

“What Really Grinds My Gears” is a way to vent about the little things in life that bother us. I’m sure many of you have a low tolerance for certain things, or possible pet peeves you would like to share with the world.

You know what really grinds my gears? When I see guys wearing shorts in the middle of winter. Are you not suffering from frozen legs there, sir? Were you just too lazy to put on actual pants this morning? I don’t understand how it can be below 20 degrees and some guys are just wearing shorts like it’s nothing. Now that is what really grinds my gears.

-Crystal Madrigal, Managing Editor

Lately it’s when people walk on the wrong side of the sidewalk and their heads are down.

-Brooke Reid ('16)

The fact that Justin Timberlake was the only successful one, when JC Chasez was clearly the better singer and Justin’s hair looked like Ramen noodles.

-Marc Garcia ('16)

Baby talk toward an adult. I can’t stand it; it’s a complete turn off to any guy.

-Sean McDermott ('16)

NETFLIX AND CHILL:

Top 10 shows to binge watch during winter term

Making a Murderer	9 Hours
Jessica Jones	11 Hours, 16 Minutes
New Girl	1 Day, 12 Hours, 40 Minutes
Breaking Bad	1 Day, 22 Hours, 30 Minutes
The Walking Dead	2 Days, 5 Hours, 12 Minutes
How I Met Your Mother	3 Days, 4 Hours, 16 Minutes
Dexter	3 Days, 8 Hours
Friends	3 Days, 14 Hours, 32 Minutes
Pretty Little Liars	4 Days, 9 Hours, 45 Minutes
Grey’s Anatomy	7 Days, 14 Hours, 45 Minutes

news

EDITOR: Bob Tomaszewski rstomaszewski@noctrl.edu



Vandalism affects home away from home NCC on the lookout in Patterson and New Halls

New Hall and Patterson Hall have both seen an increase in vandalism this school year.

Photo by Hunter Harper

Hunter Harper
Contributing Writer

North Central provides housing for over 1,500 students, giving them the option to choose between 12 different residence halls, based upon their credit hours. This year was the grand opening of the newest residence hall, New Hall, which is located directly behind Patterson Hall, just walking distance from the Benedetti-Wehrli Stadium. This is a place where many students call home for nine months out of the year, but how would you feel if your home was vandalized?

During the fall term of this school year, Patterson Hall experienced vandalism, and during this term New Hall has experienced similar types of vandalism. The vandalism has been primarily done to signage, Resident Assistant bulletin boards and décor, and hallway publicity.

The North Central College Student Handbook clearly states that damage and vandalism are prohibited. Damage is defined as destruction, damage or abuse of any property, public or private, and vandalism is defined as deliberate attempts to deface property.

“It’s frustrating that someone is destroying a place we call home,” said senior Devin O’Neill. “I think it is completely disrespectful to the school, the RAs and even the other residents in the building. I hope the person or people who have done this receive punishment that doesn’t affect the rest of us.”

Resident Assistants and Area Hall Directors have decided that until the party responsible for the vandalism of the two

buildings takes responsibility, the entire community will be responsible for the damage done to the certain areas in the building.

“There is typically not a monetary amount assigned to an RA bulletin board,” aid Sarah Koukal, director of Residence Life “But, as you can imagine, it is disheartening for an RA who has put a lot of effort into making their hallway a friendly, welcoming place.”

The cost for the damaged signage that must be replaced is assigned to the community as a whole until the party that is responsible is identified. In both cases of vandalism, students would not only be responsible for any monetary restitution, but would also be referred to North Central’s student conduct process under the damage and vandalism policy.

“The people who have done this to the residence halls probably think they were just having fun,” said Ryan Gallagher (’16). “But this is just disrespectful to the school. You can have fun without causing damage to buildings; I do it all the time!”

When students live on campus, they are expected to have a certain level of responsibility, and to care for and invest in the environment that they live in. The overall impact for the entire community of the residence halls is certainly negative, unless the party responsible for this action steps forward.

“It is more likely than not that at least one person in the building knows who is responsible for the damage and we would encourage those individuals to come forward, or to encourage others to come forward,” Koukal said. “Most of our students are great community members and vandalism is

certainly frustrating – and probably annoying – for those who love their communities and treat them with respect.”

To help prevent this issue from happening again, Resident Assistants and Campus Safety officers patrol the buildings multiple times each evening, hoping to deter the act of vandalism. Residence Life staff members have also been sending email notifications to the building residents reminding them of the community expectations and asking for the responsible parties – or others who have information – to come forward.

“It makes me sad that the person who vandalized the buildings (possibly) lives in New Hall (or Patterson) and feels so worthy of destroying something they have put money towards,” said Ana Krkic (’17). “I feel upset that I’m responsible for the vandalism of someone that I don’t know. Maybe video cameras would be a good decision.”

According to Koukal, there is no immediate plan to install video cameras or other monitoring systems in the residence halls, but they do check things, such as swipe access to see the comings and goings in each building. As of right now, Resident Assistant and Campus Safety rounds continue to serve as a first level monitoring system in all buildings.

“It is always disheartening when we hear about vandalism in the halls, especially because I know how much time, effort and love goes into making our halls a home,” Koukal said. “I am always sad for our student staff members, especially when these incidents occur.”

If you have any information about this matter, please contact the Residence Life or Campus Safety offices.

Patrisse Cullors: 'reclaiming King's legacy'



Patrisse Cullors meets with students before addressing NCC on blacklivesmatter.

Photo by Eduardo Sanchez

Bob Tomaszewski
Contributing Writer

"What have you done to help black people?" This question was posed by Patrisse Cullors, co-founder of Black Lives Matter, at her keynote speech on Jan. 19, at Wentz Concert Hall for MLK Week.

Cullors reminded the audience who Martin Luther King Jr. was, and that he understood both the need to disrupt and the concept of civil disobedience. She also commented that if King were still alive, he would be disappointed.

"Our job is reclaiming (King's) legacy," Cullors said.

One popular question for Cullors, both backstage and after

the press conference, was, "What do you say to those who say all lives matter?" Cullors points out that the individuals who believe that all lives are valuable are not the type who organize; they protest in a different way. Something that she suggested was simply, "Why can't you say black lives matter?"

The movement's opponents have mainly been those identifying as right-wing conservatives. The All Lives Matter movement ignores the goals of the Black Lives Matter movement, including fighting systemic white-established inequalities.

"Racism is a white problem," Cullors said.

The speech was very participatory, with Cullors calling on the audience members to speak the names of black people who have been killed by law enforcement.

Cullors pointed to the power of the imagination, reminding the audience that the concepts of jails and cells all originated in someone's head. She also brought public perception of black people into the picture and, as an example, offered the opinion that when people talk about black people, it is "black death" that they are talking about.

"If we imagine black death, then it's going to happen," Cullors said.

Although the movement itself does not endorse a particular presidential candidate, Cullors leaves little to the imagination with her political opinions, criticizing the right-wing conservatives and calling Hillary Clinton "corporate."

Cullors also expressed a difference in this movement, in that it is being led by black women, and said, "We're gonna show up as our full selves," referencing the LGBTQ presence in the movement.

Also explained by Cullors was the difference between an organizer and an activist when she recounted her involvement in the Black Lives Matter movement, which began at age 17.

"Black Lives Matter comes from a place of love, but it also comes from a place of rage," shares Cullors.

After Trayvon Martin was shot, the hashtag #BlackLivesMatter started appearing after a Facebook post by fellow co-founder Alicia Garza ended with that phrase. Cullors and Garza, along with Opal Tometi, then founded the movement that today is known as Black Lives Matter.

What is the end goal for such a movement? "I don't like to be the one to answer that question," Cullors said. When it comes to the future of the movement, Cullors hopes that it will remain prevalent in the coming years.

Assistant professor of communications Emily Cramer was present at the speech, and said that she felt conflicted about the solution. Her husband works as an attorney and has defended police officers in the past. Cramer said she feels there needs to be "more of an open dialogue."

Rep. Bill Foster and members of Sandra Bland's family also attended the speech.

The speech concluded with a chant led by Cullors: "It is our duty to fight for freedom. It is our duty to win. It is our duty to support each other. We have nothing to lose but our chains."

North Central hosts Middle East globalization series

Bob Tomaszewski
Contributing Writer

Jan. 27 marked another chapter in a series known as "The Middle Eastern Studies." Esra Tasdelen, professor of Arabic and Middle Eastern studies, showed a documentary on one of history's most contested cities: Istanbul.



Dr. Tasdelen talks to students about Istanbul. Photo by Bob Tomaszewski

Tasdelen, who is from Turkey, who wrote a piece that she shared before showing the 2013 documentary "Byzantium: A Tale of Three Cities," narrated by Simon Sebag Montefiore. The three cities are Byzantium, Constantinople and Istanbul. The piece showed the brutal and conflicted history of Istanbul, the betrayal of emperors and how one city could be fought over so many times.

"It is the magical hues of blue and green interchanging in the glittering water of the Bosphorus, flowing along with history, alongside the mansions and palaces that have witnessed so many intrigues and betrayals," read Dr. Tasdelen from her poem. "It is waking up at the crack of dawn with the breathtakingly beautiful sound of the ezan, the morning call to prayer, echoing like a sad song in the empty streets. It is the hot sahlelep that I drink from a large cup in the winter, with the smell of orchid flowers and cinnamon wafting from it, and warming me up almost immediately."

An upcoming part of the Middle Eastern and North African (MENA) tour involves international students representing the MENA region by presenting an array of topics from their home countries in Smith Hall on Feb. 16. Additionally, there will also be a lecture in Smith Hall by Fulbright Scholar-in-Residence Maha Mourad on "Women as Powerful Consumers in the Middle East and North Africa" on Feb. 18.

Lastly, there will be a field trip called "Experiencing Middle Eastern Cultures in Chicago" on Feb. 27. Students will study Islamic architecture and art. Furthermore, Dr. John Schindler, professor of English and director of international studies, said that there will be a new opportunity to study abroad at a second university in Turkey, though this new program would not be an exchange program.



Dr. Tasdelen passes out Turkish treats at a recent globalization event. Photo by Bob Tomaszewski



Green Dot training teaches violence prevention

Green Dot training participants work together in their teams to solve real-life scenarios.

Photo courtesy of Carin Kilkaitis

Thomas Varlea
Contributing Writer

“Live It.” This is the motto used by Green Dot, a campaign set up to end violence of all kinds around America. This past Saturday, students at North Central took part in a seven-hour training session. Led by Carin Silkaitis and Doug Fink, students were put into groups that spent the day together, learning what Green Dot means to each of them.

The day began with Silkaitis giving background information on what Green Dot is, and what the organization hopes to accomplish with it. The teams then participated in different events. They also discussed topics including violence, sexual assault and other situations in which green dot tactics would be

valuable. The groups performed skits to demonstrate situations that were dangerous and practiced skills that could help save others, and possibly themselves, from sexual assault.

“I gained more information of sexual assault going on in our country and on campuses,” first-year student Caitlin O’Brien reflected about the training. “We’re all in the dating game and it’s very important that we look after each other.”

This is what Green Dot attempts to do by providing students and staff with the tools they need to not only spot sexual harassment, but also stop it in its tracks.

There are two different ways of intervening, the first is called “proactive green dot,” used when a bystander sees a situation with the potential to escalate into something dangerous, and brings it to a halt before it can become worse. The second type of action is “reactive green dot.” This form is used when

a situation has already escalated and a bystander attempts to counteract the present situation.

If you missed the Green Dot training and would like to participate, there will be plenty more training sessions in the future. There are also quite a few people on campus who have a “Live It” Green Dot sticker on their laptop, or who are wearing their Green Dot t-shirts. These people are more than happy to help you get involved, or even just have a conversation about the topic.

“Green Dot means being an advocate for sexual assault and violence,” O’Brien said. “I will always care about someone else’s safety before my own.”

If you are interested in learning more about Green Dot and what they do, visit livethegreendot.com.

NCC Encourages students to attend graduate school

Hunter Harper
Contributing Writer

What are your plans after graduation? Many students have no answer to this question and feel that they are stuck in a rut.

“Six months before I graduated North Central with my Bachelor of Arts in Journalism, I started searching for full-time employment,” said Stephanie Snyder, NCC graduate student. “Nothing came of it until two months before graduation, when Professor O’Donnell sent an email with a description about a graduate assistant opportunity in the Office of Marketing and Communications at North Central. When I looked up the description it said that I had to be enrolled in grad school in order to apply, so I applied.”

North Central offers graduate programs in Business Administration (MBA), International Business Administration, Education, Leadership Studies, Liberal Studies and Web and Internet Applications. They also offer an opportunity called the integrated program, for students who are still completing their undergraduate courses, but want to get a head start on their graduate degree.

“It’s individuals like Kay O’Donnell, who is phenomenal as an academic advisor, who recognizes a student that fits that profile (early on) and know they need to work towards a master’s degree,” said Frank Johnson, director of Graduate and Continuing Education.

The integrated program is available to any student who is a sophomore or junior, and who is interested in obtaining their master’s degree. All the graduate programs, with the exception of the education program, are eligible for the integrated program.

“In an ideal world, as somebody is finishing their sophomore year, that’s when they need to start thinking about the (integrated program) as they create their schedule for the next year,” said Wendy Pochocki, director of Graduate Admission.

In order to be considered for the program, the student must have a GPA of 3.3 or higher. Once the student qualifies for the

program, the student will then chose their classes for their junior and senior years with the ability to take classes that count towards their undergraduate degree, as well as their graduate degree. The remaining classes that would only count towards a graduate degree would be taken during the fifth year of the student’s schooling, after they have received a bachelor’s degree.

Pochocki added, “Those classes that count towards both the bachelor’s degree and master’s degree can fit easier into the puzzle during the junior year and then it’s just thinking strategically where to fit the other classes for the senior year. It becomes challenging when someone is already in their junior year and has their schedule set for the year.”

Having the option to take graduate-level classes as an undergraduate student allows students to avoid paying graduate-level tuition, because they will be paying the undergraduate tuition, and will still be receiving credit towards a master’s degree. The students also still have the opportunity to study abroad, complete internships and be involved athletically by being accepted into the integrated program.

“The integrated program is really a benefit,” Pochocki said.

The integrated program is something the department wants to highlight to the students on campus, and also to the graduate programs as a whole.

“It’s an amazing opportunity for our undergrads,” said Nicole Arient, assistant director of Graduate Admission. “I mean, two degrees in five years? That’s pretty impressive.”

“We find that we are attracting many more of what we consider our ‘traditional-age’ graduate students of 22 -or 23-year-olds,” Johnson said. “There is that comfort zone and ability to navigate the institution.”

Graduate students also have the option to continue to live on campus, if they choose to. The only requirement is that the student must be full time. To be considered a full-time graduate student, the student must be scheduled for two classes a term.

“Most of the classes are scheduled to meet in the evenings, that way the student can continue to work their part-time job during the day,” Pochocki said. “Working a part-time job and

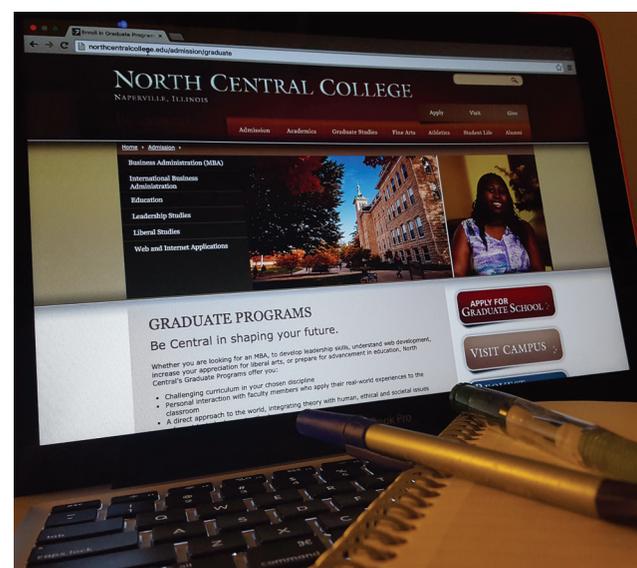


Photo by Hunter Harper

NCC advertises its graduate program through its website.

going to graduate school is very doable.”

After many hours spent in the classroom as an undergraduate student, the thought of going through more schooling may steer students away from graduate school and continuing their education, but there are benefits.

“There are so many benefits to attending grad school at North Central, but the few core ones are the flexibility, the content and the personal challenge,” Snyder said. “If I had to give advice to someone about grad school, I would say that if the opportunity is there, take it. Getting more education is ultimately going to benefit your future career and your life in general.”

For more information about the North Central graduate program, the office for graduate admission is located on the first floor of Old Main, to the north of the elevators.

EDITOR: Allison Hartman amhartman@noctrl.edu

Fragments: Showcasing theatrical dance



Photos by D.J. Wohead

Karina Davila
Contributing Writer

“Fragments” is not a typical dance recital. Just like Dmitri Peskov, a part-time dance instructor here at North Central College, is not your typical director and choreographer. The performers of this piece not only move to the music, they also sing and act. Peskov allows the performers to use their own talent, ability and even their mistakes to bring the show to life.

“My material is about the dancers and, for this reason, I don’t try to give much instruction,” Peskov said. “Instead, I allow the material to come from them. They created most of it, they wrote most of the text, and the movement is their own.”

Although Peskov is very modest when it comes to his contribution towards the production, his performers truly appreciate his creativity, technique, advice, and personality. Laura Ebsworth, one of the performers, explains that Peskov

has a “just do it” style and that both she and another performer, Josette Carpenter, feel as if they have learned valuable things from Peskov that influence their dancing, as well as their everyday lives.

Commitment and drive is something that both Peskov and the other five performers emphasize. They spend an average of 12 hours a week rehearsing. During these past few weeks of practice, Carpenter discovered that there is a fine line between acting, and not making her performance into a total confession. She was aiming to come off as genuine in her performance, and learned to hold true to some meaning and emotion from her dialogue so that it would not come off as artificial or forced.

For now, North Central’s dance department is small, but there is talk of expansion. Currently, dance is only offered as a minor, but in the future, there are hopes of it becoming a major as well.

Peskov explains that the idea of the performance is to inform

students that there is a dance program here. “Come and watch it,” Peskov said. “And if you enjoy it, come take classes.”

Peskov, Carpenter and Ebsworth each took turns explaining how there is not a single, clear message for this performance. They all mentioned that there is a lot of interpretation involved.

“In some ways, a lot of aspects were not created with a cohesive thought in mind,” Ebsworth said. “But, putting it altogether, it ended up having a really strong meaning.”

Ebsworth does add that this meaning, however, does differ from person to person. Peskov explains this depends on a person’s mood, energy and overall mindset.

Ebsworth also explains that the show is not a performance for “aimless” entertainment. She believes that if you attend the show, it will make you think. She distinctly identifies the show as “life on a platter.”



Chicago Concert Scene Heats Up this February

Allison Hartman
Contributing Writer

With the winter chill in session, most of us will be binge watching Netflix and staying in bed. Luckily, the Metra train station, located immediately next to campus, is able to get us out of our winter blues and into Chicago.

Daley

Gareth Daley is an R&B musician from Britain who started by creating music in his bedroom, and has now released an album called Days and Nights.

Where: Thalia Hall
When: Thursday, Feb. 11
Price: \$21

Future

Future's new album, "DS2," features Drake and incorporates both R&B and rap. Future started off dropping tracks with Drake and is now rising quickly on his own.

Where: The Aragon Ballroom
When: Thursday, Feb. 18
Price: \$35

Wavves + Best Coast

This duo is teaming up for yet another tour. The Summer Forever II tour is a mix of indie pop and punk. Cherry Glazzer will be opening the show.

Where: Thalia Hall
When: Wednesday, Feb. 24
Price: \$30

AC/DC

Still touring their 2014 album "Rock or Bust," the classic hard-rock band will be returning to Chicago after a sold out show last summer.

Where: The United Center
When: Wednesday, Feb. 17
Price: \$115-\$140

Fetty Wap

The "Trap Queen" artist will be in Chicago in February. This show is open to all ages.

Where: The House of Blues
When: Wednesday, Feb. 17
Price: \$38.50

Valentine's Day Pick: Blue Man Group

These blue men involve the audience with a multi-sensory experience like no other.

Where: Briar Street Theater
When: Sunday, Feb. 14
Price: \$59-\$79



90's Comedy

My Father the Hero (1994)

One of Katherine Heigl's first films stars alongside Gerard Depardieu. In this comedy, a divorced father takes his teenage daughter on a vacation. She is desperate to be perceived as a woman, so she tries passing off her father as her much older boyfriend in order to impress a local boy.

Classic Horror

The Shining (1980)

Writer and Former teacher, Jack Torrance, agrees to be the caretaker of a hotel with a violent past that threatens the life of the hotel guests. Jack's son aims to warn those outside the resort of the insanity (brought on by ghosts of former guests of the hotel) by using his talent- "The Shining."

Netflix Original

The Ridiculous 6 (2015)

Indian-raised Tommy "White Knife" Stockburn is finally meets his outlaw father. When the father is kidnapped for ransom, Tommy sets out to become a thief. In this journey, he meets 5 half-brothers he never knew about. Stick around for the ending, you won't want to miss this turn of events.

Romance

The Last Five Years (2015)

Anna Kendrick takes on a new type of roll in this extremely romantic movie. Kendrick and her novelist husband tell the tale of their relationship through music, starting from different times and meeting in the middle of their encounters.

Weighing in on the Oscars

Kathryn Bloch
Contributing Writer

Oscar buzz is a common phenomenon that occurs every year. Everyone wonders who—and what—will be nominated, what the nominees and their significant others will wear to the event, and what shenanigans the host will get into on air. This year’s nominations were announced early in January, and there were some names on the list that were expected, but some were noticeably missing.

Within the 20 actor and actress nominations, leading or supporting, not a single person of color was recognized. One of the biggest snubs comes out of the movie “Creed,” the 2015 addition to the long-running “Rocky” series of movies. The star of the movie Michael B. Jordan, who portrayed Apollo Creed’s son Adonis, failed to gain a “Best Actor in a Leading Role” nomination for his work in the film. Despite this, Sylvester Stallone, who resumed his classic role as Rocky Balboa, gained a nomination for “Best Actor in a Supporting Role.”

Another example of recognition of white contributors to movies with storylines that contained African American actors and actresses is shown in “Straight Outta Compton.” The only nominations the movie gained from the Academy Awards went to two screenwriters. Even though these two movies were, on all accounts, audience and critical successes. They failed to gain the recognition and amount of nominations of movies such as “The Revenant,” “The Martian,” or “Carol.”

The up-and-coming director of “Creed,” Ryan Coogler, gained no recognition in the “Directing” category, amid bigger names such as Adam McKay, George Miller and the 2015 winner Alejandro G. Iñárritu. Newcomer Tessa Thompson, who played Jordan’s love interest, Bianca, was not recognized in either of the “Best Actress” categories.

Shekia Baker, a senior broadcast communication major and the president of the Black Student Association, shares the sentiment of many that Jordan was snubbed by the Academy, and that this stems from something larger. 2016 is the second year in a row that no one of color gained recognition in the “Best Actor” or “Best Actress” category, and the second year that #OscarsSoWhite has trended on social media platforms.

“I think the diversity issue comes from frustration—people of color, more specifically the black community, are not getting recognized for their work for the second time is frustrating,” Baker said.

Even though the issue of diversity within the Academy Award nominations has been recognized over the past two years, Baker says that a solution is not as clear as some might hope.

“I’m not sure how to resolve this issue especially when there are black actors who have yet to be nominated. It’s very strange, but I am not

convinced it’s coincidental,” Baker said.

“Creed” and “Straight Outta Compton” are not the only snubs from the Academy in this year’s nominations. Another is Will Smith’s role as Dr. Bennet Omalu in the sports medical drama “Concussion.” Smith’s omission from the acting category has gained attention from not only moviegoers, but also fellow celebrities including Smith’s wife, Jada Pinkett Smith. Spike Lee, the director of “Chi-Raq” among other movies, felt that he and Coogler were left out the nominations wrongfully.

The Smiths and Lee have made it clear since the nominations were announced that they would not be attending the 88th Academy Awards on February 28th. On “Good Morning America,” Smith announced that neither he nor his wife would be in attendance during the Oscars as a result of the lack of recognition of African American actors, actresses and directors. In his interview on the morning talk show, Smith said that he and his wife are a part of the larger acting community, “but at this current time, we’re uncomfortable to stand there and say this is okay.”

Actors who are not a part of the black community, namely George Clooney and Mark Ruffalo, have spoken their thoughts on the lack of diversity in the nominations, and how it ultimately reflects on the Academy as a whole. Ruffalo, who gained a “Best Actor in a Supporting Role” for his work in “Spotlight” contemplated not attending the awards ceremony in solidarity, but later decided that he would.

There is, however,

another side to the discussion on diversity that is occurring around the Oscars. Emily Arias, a senior journalism major, recognizes the other side of the argument and looks at the talent being shown in major movies. “I think the problem is talent in the movies, not the diversity. If people don’t do a well-enough job in their roles, they shouldn’t be up on the podium just because of their race,” Arias says.

Charlotte Rampling, who is nominated for “Best Actress in a Leading Role” for her role in “45 Years” supports the Academy’s decisions on nominations, and says that members of the Academy should always consider the acting talent of potential nominees.

Another area of the Academy Awards that has been scrutinized over diversity in the course of the near 90 years that the institution has been in place is the inclusion of women in technical categories, namely in the “Best Director” and “Best Picture.” Grace Goodwyn, a junior interactive media studies and studio art double major, recently made an infographic with statistics of women in the Oscars. “I found that in the 88 years of the Oscars, only four women have been nominated for Best Director and only one has won,” Goodwyn said.

In addition, the nine women who have had their movie nominated for ‘Best Picture’ have not been nominated for ‘Best Director,’ and this does happen to male directors, but it is more obvious because of the lack of women in nominations to begin with,” Goodwyn said.

The diversity issue in this year’s Academy Award nominations is a multi-faceted one. There is not a clear-cut solution, but the discussion that surrounds the nominees and the members is one that will not be going away soon.

The Oscars will be shown on ABC Sunday February 28th.



Valentine’s date night outfit ideas

Halle Olson
Contributing Writer

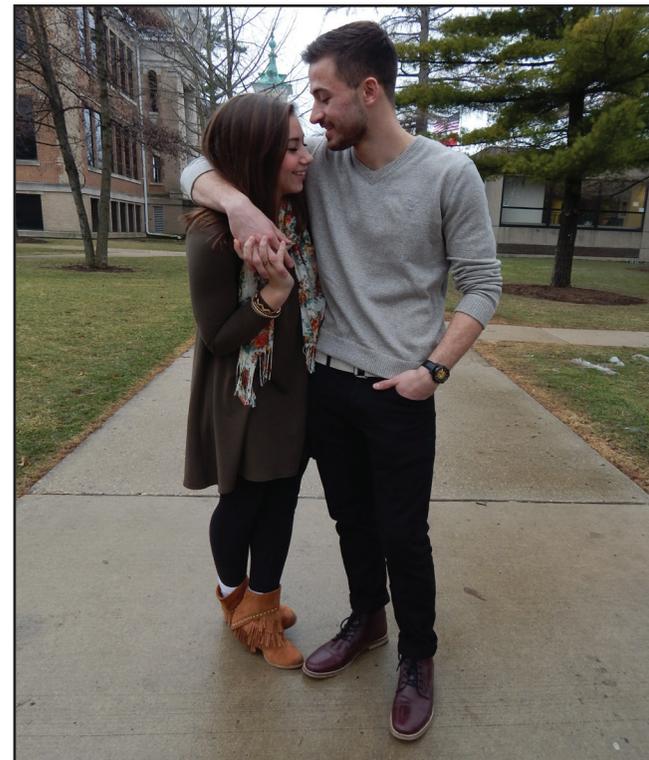
Valentine’s Day: the most loved, or hated, holiday of the year. It’s a night when couples decide to go out and celebrate their relationship, or maybe just stay in to watch Netflix. Whatever you and your valentine decide to do, here are a few outfit ideas for your night of romance or binge-watching.

Haley Klauba (‘18) and Hailey Hollyer (‘18) chose outfits that are fit for going on a casual dinner date, or to see a movie. Klauba’s pairing of leggings and a tank top keep her from looking too casual in all black. Her elephant kimono, tall boots and bracelet stack add polish and style to her basics and give her a classy, yet comfortable, look for a dinner date.

Hollyer, in a red dress and floral Doc Martens, looks ready to go out with her love. Since it’s only February, and typically chilly, she topped her dress off with a simple gray cardigan to keep warm. To add some extra flair, she put on a group of silver bracelets and a watch.

Simple is better when it comes to dressing for special occasions. The best way to wow your date is through accessories, like Bethany Bachmann (‘18) did. Over her simple olive-green dress, she wore a floral scarf that complimented the green color palette. She kept the rest of the outfit neutral by adding black tights for warmth and a pair of trendy suede fringe booties. She accessorized with a stack of gold bangles. Her date, Daniel Spaccapaniccia (‘18), kept things simple and polished as well with his gray sweater and black pants. He added some color with a pair of maroon boots and finished off his look with his favorite Fossil watch.

Both of these couples are ready for a date night this Valentine’s Day. To see more of each of their outfits, be sure to check out the NCC Style photo gallery on NCCLinked.com.



Photos by Halle Olson
Pictured from left to right: Haley Klauba (‘18), Hailey Hollyer (‘18), Bethany Bachmann (‘18) and Daniel Spaccapaniccia (‘18) show off their Valentine’s Day fashion as they prepare for the day of love.

sports

EDITOR: Hannah Bevis, hmbbevis@noctrl.edu

Underclassmen rise on wrestling roster

Steven Fanega
Contributing Writer

North Central's wrestling team has a unique roster this year. This season, the roster consists of 17 first-year athletes. Combine that with eight second-year athletes and you have 71 percent of the team made up of underclassmen. On top of that, there are just two seniors on the team, a rare phenomenon for the wrestling squad.

Since the season began, the first-year athletes have already proved that they belong by performing well in their meets. Ben Williamson, one freshman on the team who has been competing well in his weight class, and who currently has an 18-11 record, looks up to the older members of the team.

"I look up to our captains Josh Tardy and Erik Kirkman..., I've known Josh for a while now... he showed me, by example, what North Central wrestling is all about," said Williamson. "He pushes me to work hard and to stay disciplined, if something goes wrong on the mat, he's the first guy that will be there to pick you up."

Tardy, who is currently a senior member of the team and one of the captains, has the best record on the team as of now with a staggering 27-4 in this school year. Kirkman, a junior member of the team, has an impressive record of 13-16, and is also a captain.

"It is nice being on a team with so many underclassmen," said freshman Bradley Martens. "They might be going through similar difficulties adjusting to college...and having people to relate to is great to have."

Having a surprisingly large amount of freshmen can help the young athletes connect with one another; they are able to have somebody to relate to and it can forge strong relationships. Even with new athletes, there is no concern of tension among them, and the healthy competition between members is there to help them improve upon their skills and abilities in their sports.

Continue on pg. 13

Golf team's academics up to par

Mitch Reid
Contributing Writer

Golf is a very unique sport that challenges the player intellectually as well as physically. That being said, it is no surprise that North Central College's golf teams hold their players to a high academic standard.

Men's golf coach Steve Sellers holds strong to these expectations. When Sellers was named head coach of men's golf in August of 2015, the team had the lowest GPA of all fall sports at North Central. He knew that his players were taking hard courses but felt that there was no excuse for those grades.

"We're not going to be last in line," Sellers said. "It was time to set some goals."

Sellers began implementing rules, starting with giving his players mandatory study table hours.

"All freshmen are required to attend EDGE for eight hours a week, as well as anyone under a 3.0 GPA," said Sellers. "The freshman did really well with these rules and we have seen improvement all around."

The head coach for women's golf, Tye Thompson, runs his program to a different tune. There are no EDGE requirements for his golfers, yet they surpassed every other sport this fall with the highest team average GPA. Without giving mandatory study hall hours and enforcing academic guidelines for his athletes to follow, some may wonder how they ended up being so successful. Thompson says, "They just need to look at what they really want. Us coaches are facilitators. We just give them the guidance of what it means to get a quality education."

Thompson often uses the quote, "Find you and stay you," to help his players understand that they just have to go out every day and be the best that they can be, both on the golf course and in the classroom. That resonates for a lot of golfers on the



Photo courtesy of Kelly Vazquez

Kelly Vazquez ('16), balances her academics with her love of golf. Golf coach Tye Thompson encourages students to put their studies before the sport.

team.

"When I was just a prospective student, I had an overnight visit and the next morning we got breakfast with Coach Thompson and he told us right away that we are student-athletes. Academics always come first," said Kelly Vazquez, a senior on the team. "Even if we have to miss a lot of practice because of all the hard work with school, [Coach Thompson] was so understanding. He knows it's really important to be academically sound."

Vazquez definitely puts in a lot of hard work as she finishes up her senior year as a physics major. She has earned a spot on the Women's Golf Coaches Association (WGCA) All-American Scholar Team, along with two of her other teammates, junior Paige Candra and senior Kayla Koenig. These three athletes,

along with junior Rachel Herzberger and junior Megan Kelly, earned the Academic All-CCIW award as well.

Even though Coach Thompson puts a huge emphasis on academics, the success on the course for this team is not lacking at all. Candra and junior Nicole Dutz earned All-CCIW honors while the team took third place overall in the CCIW tournament with help from Koenig, Kelly, Herzberger and Vazquez.

"I believe that golf mirrors life," said Thompson. "Golf is life lessons. What you learn carries out to more than classrooms, but everyday life." He adds, "It is an understatement to say that I'm proud of these young ladies and how they apply themselves in the classroom and on the golf course. They truly know the commitment those things take and it proves their discipline to be so successful."

Continued from page 12

"Tempers might flare, but that typically ends when we walk out of the practice and go get dinner together," said Martens.

Wrestling, much like any other sport, requires bonding among teammates for the team to become stronger. With a lot of freshmen this year, there is certainly room for strong bonds. Training sessions are not the only times where members are together. Some sit together during breakfast, lunch, or dinner. Though it may seem like a small thing, these are the kinds of interactions that allow people to create unbreakable chains.

Head coach Joe Norton, a former North Central student and wrestler, is returning as the head coach for this year's wrestling team. In his college wrestling career, he was ranked No. 9 nationally, and was even a recipient of North Central's Senior Influence Award for leadership across all sports and the Merle Chapman Leadership Award from the CCIW. Coach Norton's expectation for his new athletes includes becoming better every day and also to "learn to be accountable, grow as leaders, and be coachable."

He believes that having a young team is exciting, mainly because there is a lot of room for improvement and growth. He also believes that whenever improvement is made, and his athletes are able to get better every day, that his team is on the right track.

With a young team like this, the potential for North Central's wrestling squad is almost limitless.



Photo by Xanic Lopez

71 percent of this year's wrestling roster is made up of first-year students. These athletes can benefit from their age and can come to create a better bond within their team.

YOU CALL, WE DELIVER!



SERIOUS DELIVERY!™

TO FIND THE LOCATION NEAREST YOU
VISIT JIMMYJOHNS.COM

Intramural sports provides competitive outlet

Anthony La Parry
Contributing Writer

Intramurals are a way for students to exercise and let out their competitiveness, and Lydia Pond, the coordinator of recreation at North Central, loves them.

“They are my passion. I like to take people who have never played basketball and people who think they are in the NBA and put them together. I’m here until midnight most nights, but the students make it worthwhile,” said Pond.

Sports at the intramural level allow students to continue participating in what they enjoy. “I love basketball, I’ve played it since third grade,” said Steven Dinov (’16), who is playing intramural basketball. “(Intramurals) allow me to

continue playing a sport a love and have fun with my friends,” continues Dinov.

Although there is no reward for winning, matches can get very intense.

“Depending on the opponent and the game, tempers can flare pretty high,” said Dinov.

The games can get competitive, but the players usually keep good sportsmanship. “We have had minimal instances where it has gotten out of control,” said Pond, “a lot of our (intramural) athletes are former high school athletes that appreciate getting to play again, so they do not want to blow it.”

It helps that there are referees watching over the matches too. “Referees work hard to make sure it’s not too aggressive, but (the games) are really intense,” said Angie Menefee (’18),

who is playing intramural soccer.

Luckily for the participating athletes, Pond has experience with intramurals at a large university. “I brought all the policies and sports (from Eastern Illinois University) over to North Central College,” said Pond.

Intramurals are also a way for people to meet each other. “You can choose your team, but you also meet new people who share a passion for the sport you play and make new friends,” said Menefee.

Students spend a lot of time either in class or studying, so a little bit of exercise could be refreshing for them. “They are a nice break from studying and school,” said Menefee.

“I could not imagine North Central College without intramurals,” said Pond.



Photos by Xanic Lopez

Winter intramural sports take place in Residence Hall/Recreational Center. CoRec Basketball continues throughout winter term on Tuesdays at 7 p.m. For more information on schedules and registration for spring intramurals visit cardinalnet.northcentralcollege.edu/students/intramurals.

SPORTS CATCH-UP & HEADS-UP

What you missed:

- The men’s basketball clinched their spot in the Collegiate Conference of Illinois & Wisconsin (CCIW) playoffs with a win over conference foe Illinois Wesleyan. Senior Alex Sorenson also broke the school’s record for most blocked shots during a season. He currently has 149 (the previous record was 145) with three regular season games remaining.
- The men’s volleyball team won a difficult contest against Dominican University. After dropping the first set, the team rebounded and won the final two in close contests, earning their first victory in Midwest Collegiate Volleyball League (MCVL) play and their first win against a nationally ranked opponent.
- Nancy Zuemer (’67) Kranpitz was awarded the Cleo Tanner Award for Outstanding Contributions to Women in Sports during the National Girls and Women in Sports Day luncheon. Kranpitz was the only swimmer on the North Central swim team for three years, where she competed in both men’s and women’s races.

What’s coming up:

- The men and women’s swim team will compete in the CCIW Championships starting on February 11 in Pleasant Prairie, Wisconsin.
- Men’s volleyball will face off against Loras College for the second time this season on Friday, February 12 in Merner Fieldhouse at 7:30 pm.
- Men and women’s track and field will compete in the Indoor Chicagoland Championships this weekend. Both competitions will be held in Res/Rec, with the women’s races starting at 5:30 on Friday night and the men’s meet starting on Saturday morning at 10 am.



Photo by Xanic Lopez

Women fight for equal right in competitive sports

Hannah Bevis
Sports Editor

After Becky Hammon led her team to the NBA offseason championship, when the Arizona Cardinals hired Jen Welter, the first female coach in NFL history (no longer with the team), and now the Buffalo Bills hiring Kathryn Smith as the first full-time female coach in NFL history, it seems like now is as good a time as ever to be a woman in professional sports. We've now had one woman hired as a coach in every major sport in North America except the NHL (I'm looking at you, Gary Bettman), and, shockingly, the sky has not fallen. This should mean that issues around gender and women in sports are mostly resolved, right?

Well, sort of. It's a little more complicated than that.

As wonderful as it is to see women like Hammon and Smith finding places in a male-dominated sports world, it's part of a frustrating cycle of progress/not progress for women in sport. North Central College is lucky- Sue Kane is the school's assistant athletic director, a position she's held since 2012, and out of the 25 head coaching positions available (there are two head coaches for men's track and field and cross-country), seven are held by women, which means that 28 percent of our coaches are women. That's more than most colleges can say.

According to an article from Forbes, published on Sept. 2, 2015, just 7.5 percent of Division I athletic directors are women. Another article from Fortune finds that women's college teams actually coached by women are at an all-time low- more than 50 percent are coached by men. When Title IX was first instituted, 90 percent of women's teams were coached by women. That has now declined to 42.9 percent, according to the Tucker Center for Research on Girls and Women in Sports. And if you're a woman and you want to coach a men's team? Forget it. The same study found that just two percent of head coaches for men's team are women.

It's become a double-edged sword- while the creation of Title IX has opened up incredible opportunities for female collegiate athletes participating in publically funded programs since its inception, it has unintentionally made it nearly impossible for women to get a job in coaching or management. As more women's programs are created and financed, jobs are going to men instead of women for all gender's programs. Even those women who do manage to get a job coaching a women's team aren't making nearly as much as their male counterparts coaching the boys. According to Fortune,

"In 2011, head coaches for all women's teams in the BIG 10 conference made less than a third of what the men's coaches pulled in, \$149,000 compared with \$490,000, according to research from Tucker. The average salary for a college football head coach in the conference was \$2.27 million and men's basketball coaches made \$1.9 million on average, compared with \$365,000 for the head coaches of BIG 10 women's basketball teams."

Should we have to choose when it comes to women in sports? Do we have to decide whether we want more women's programs that athletes can compete in in high school and college, or if we want more female coaches for the programs that already exist? Why have we decided that it's fine for men to coach women's programs, but that women lack the experience when it comes to coaching men's program? And while it's nice to see women like Hammon and Smith and others slowly breaking into the professional spheres, how much will we hold up single examples like them and call it 'progress' when women's professional leagues can barely make it on TV and history-making coaches like Shannon Miller are filing Title IX lawsuits because of discrimination in their own athletic department?

It's progress, sure. But that doesn't mean that the fight for women in sports is over.

As National Girls and Women In Sports Day (Feb. 1) rapidly approaches, it is crucial to remember those who came before us and helped pave the way for female athletes today- those who fought for Title IX, those who played with the boys because they didn't have their own team, and those who broke down barriers. It's important to honor the work they did.

But it's equally important not to get swept up in the celebration and fanfare and remember that there's still work to do. That progress does not mean the fight is over, and that for every Kathryn Smith who finds her way into the professional sphere, there are hundreds more who will never get the chance-until something changes.



Photos by Crystal Madrigal

Nancy Kranpitz ('67) won the Cleo Tanner Award during the National Girls and Women In Sports Day celebration on Feb. 2. Kranpitz was the first woman to compete in men's athletics at North Central. She was the only woman on the men's swim team.

Time Out with the Editor



Hannah Bevis
Sports Editor

Last weekend, one of the best college athletes in the world returned to competition after almost two years of absence. Amanda Kessel, an ice hockey player from the University of Minnesota, played in a game for the first time since she sustained a concussion before playing in the 2014 Sochi Olympics. She had originally retired from college hockey, but after checking with doctors and multiple trainers, she's returning for her swan song during her senior season.

Meanwhile, in professional sports, hockey player Dennis Wideman was recently suspended 20 games for cross-checking a referee violently on his way to the bench, just seconds after receiving a dangerous hit of his own from an opponent. Wideman finished playing the rest of the game, but was diagnosed with a concussion afterwards. It's important to note that the NHL has 'concussion spotters' in the stands that are supposed to be able to let benches know if a player is exhibiting symptoms.

We're in an era where concussions are at the forefront of sports news. It seems like every other day, a football player is being diagnosed with CTE, and the movie "Concussion," starring Will Smith, is getting lots of attention in the media.

Players are told to "man up" instead of taking hits to the head seriously, because if you get hit but can still play, you'll be fine, right?

Wrong.

It took Kessel almost two years to recover from her concussion, and for some, the effects can linger on for years, resulting in some seriously scary long-term effects on your brain. It's time for everyone to start taking concussions seriously, starting from professional leagues and institutions to coaches and trainers and going all the way down to the players on the team.

It might not look like an athlete is seriously hurt with a concussion, but a healthy brain is worth a lot more down the road than playing in an extra game or two.



Photo by Xanic Lopez



Follow us on **social media** to keep up with **campus news**

 **The Chronicle/NCCLinked**

 **@chroniclencc**

 **The Chronicle/NCCLinked**

 **@chronicleNCC**