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Spring Fever

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the Chronicle

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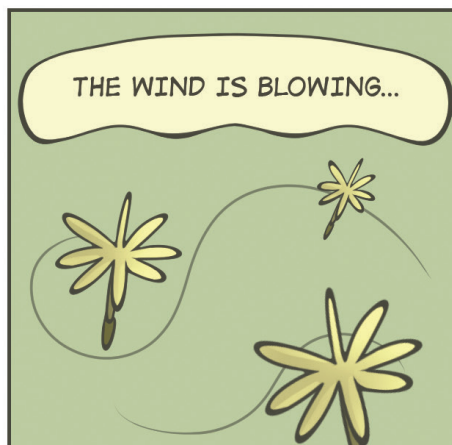
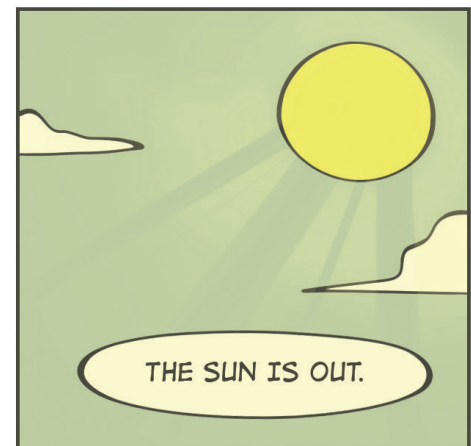
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SPRING FEVER

BY: RILEY KEANE



On the Cover

Illustration by Deidre Ewers

change of seasons

Spring fever: just a euphemism?

Caleb Lundquist
Assistant News Editor

Ah, springtime. Flowers bloom, trees blossom and animals awaken from their winter hibernation. The world, like the phoenix, has risen from the ashes of winter and brought new life. It is plentiful and pure—as perfect as nature is capable of becoming. What better to accompany this picture of paradise than a hypothetical pathogen capable of decimating entire populations? I'm talking, of course, about spring fever.

We've all fallen victim to the infection that is spring fever. As the cold wind and dreary days fall away, a fire builds inside us. We long for the outdoors; the feeling of warm sunshine on our backs, fresh grass between our toes and the ability to wear shorts without risking hypothermia. Now there may be some winter warriors—those who prefer the cold season—but generally it seems spring tops its predecessor in popularity, and with good reason.

The first and foremost contrast between the winter and spring seasons is the sun. The sun is what makes the two seasons polar opposites, what causes one to be associated with death and the other with life. Throw health into the discussion and the sun becomes vital for its role in supplying us with the essential vitamin D. While it may be a lone one, vitamin D is crucial for numerous functions in the body, such as immune health and bone-calcium maintenance. Along with supplying our bodies with vitamin D, sunlight stimulates the release of serotonin in the brain, a neurotransmitter colloquially referred to as “the happy hormone.” In the spring we also tend to be outside and active more; exercise releases dopamine, another neurotransmitter popularly known as “the feel-good hormone.” The combination of vitamin D, sunlight and being active outdoors solidify spring's positive effects on human health in comparison to winter, and are responsible for the contagious spring fever.

So the spring season is good for us, generally. It stimulates healthy physiological changes, which result in improved mental health, generally. We are happier during this time, generally. You may be noticing a “general” pattern occurring, and that as well is with good reason.

The acronym SAD stands for a real form of depression known as Seasonal Affective Disorder. According to the Mayo Clinic, SAD is a sub-type of major depressive disorder, so patients will often exhibit similar symptoms, including: feeling depressed, having low energy, concentration trouble and suicidal thoughts. Beyond these common symptoms there are ones specific to SAD, which itself is separated into two types: fall and winter, and spring and summer. The former is more popular and often thought of when the disorder is mentioned; it is where the “winter blues” association originates from. A few of the fall/winter specific symptoms—weight gain, oversleeping and problems interacting socially—are relatable even for those not suffering the actual disorder. They, in part, are what drive our desire for springtime, and actions to oppose their effects are seen in spring. Socially there

is a trend toward dieting and exercise in order to achieve the “summer body,” sleep schedules adjust to lengthening days as the calendar heads toward the summer solstice and the warm weather provides opportunity for friends to socialize. This isn't the case for everyone, though. Just as those suffering from the fall/winter SAD may have their symptoms alleviated, others are having theirs emerge.

the academic year in an explosion of hard work and diligence? Of course not. You want to put off assignments, you “forget” to study, you find yourself daydreaming in class. The bug has bitten you—you have spring fever.

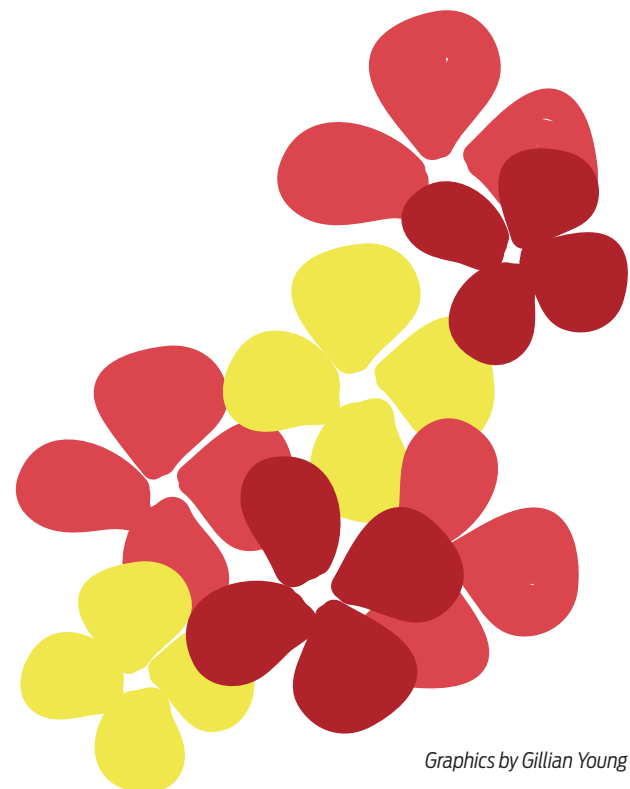
This phenomenon is more popular in the context of high school, where it has come to be known as “senioritis.” For most, the decline in motivation and increase in laziness is summed by the phrase “kids will be kids,” indicating that young generations are expected to have waning abilities to focus. It appears this phenomenon has very real consequences, as one study done by Dr. William Carpluk at the College of Saint Elizabeth found high school seniors, of two different schools and five graduating classes, saw an increase in class absence, tardiness and academic performance during their last semester. When asked whether they thought their academic effort would decline in their final semester of high school, the majority of seniors said they thought it would. It seems this phenomenon is not only real, but also accepted by students. Why should it stop after senior year, especially if what follows is another four years of education, each ending in the tantalizing summer vacation? Thus, the cycle of spring fever lives on.

Whether we find ourselves basking in the sun to stimulate hormone release, ailed by a plethora of symptoms from SAD or using the approaching summer vacation to act lazy, there's no question the arrival of spring has real consequences. While there is no actual “spring fever” in medical terms, there are several connotations of the phrase, with positive and negative associations, that validate its use. So when those flowers bloom, trees bud and the sun shines strong, get ready: in one way or another, spring fever is on its way.



There may be an initial inclination that symptoms of one type of SAD are similar to the other; how people suffer in the fall/winter are probably how they do in spring/summer. This, however, is not the case. While the shared symptoms of major depressive disorder are present in spring/summer SAD patients, they additionally experience sleep insomnia, dramatic weight loss and social anxiety. The longer days, social stigma to exercise and ability to hang with friends is not for everyone, and in some cases can prove incredibly harmful. For these people, there may not be a spring fever, but they do suffer.

Now, there's a final, completely different association with spring fever: lethargy. Imagine this scene, probably a memory to most. You've just come back from spring break, there's about ten weeks left before school is out: what's your mindset? One of dedication, perseverance and a desire to finish



Steps to beating spring allergies

Halle Olson
News Editor

The best part about spring is that weather gets warmer, the grass is turning green and the flowers are getting ready to bloom. However, with spring also comes spring allergies. These pesky allergies may include runny noses, itchy eyes, sneezing and the common cold. Nevertheless, there are ways to fight these allergies.

One of the best things that someone can do to fight the allergens is to keep yourself clean. Washing your hands and face with hot water when you get home from being outdoors all day will help to get rid of the allergens that are on your body. It is important to be clean is right before you go to bed. Washing your hair and body with warm water will clear the allergens that can affect you while you sleep.

Along with that, keeping your house clean is important in fighting allergies. That's why spring cleaning is a thing. Getting rid of all the dust and keeping windows closed is a solid tactic to prevent more airborne allergens from entering your home. While you may want the spring breeze to flow through your home, it can cause allergies to flare up, so keep the house closed up as a sanctuary from the outside, allergy-infested world.

Consume plenty of vitamin C! According to Natasha Turner, a naturopathic doctor on chatelaine.

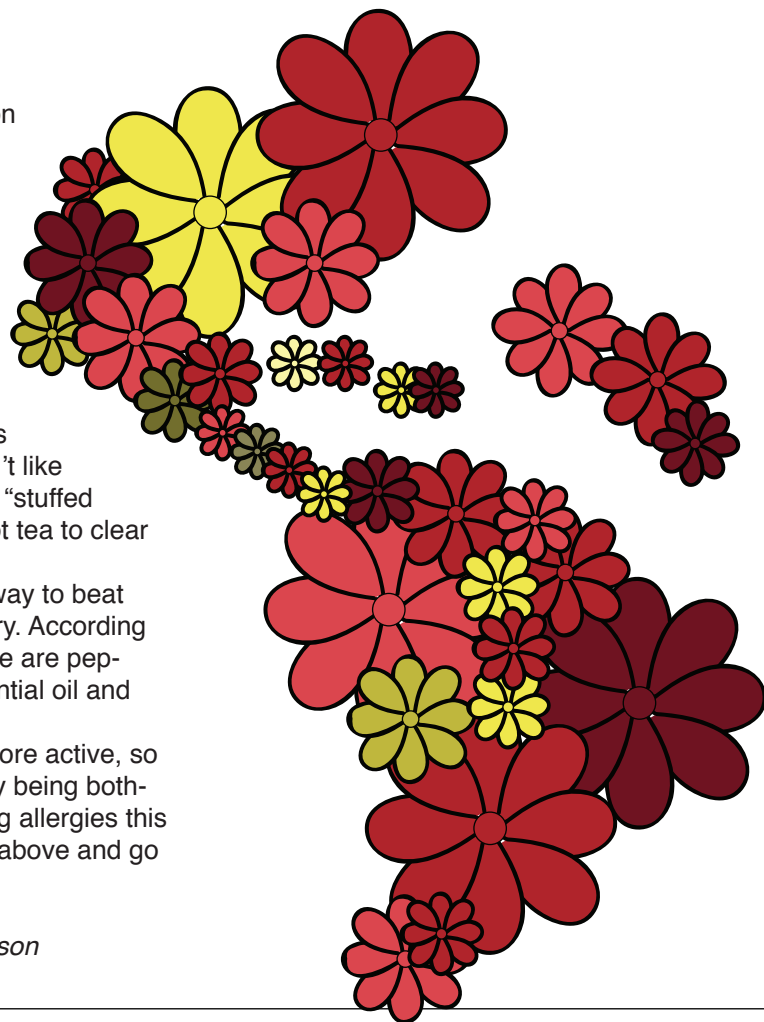
com, "Vitamin C prevents the formation of histamine, while typical over-the-counter antihistamine medications work by interfering with the histamine after it is produced." Eating foods that contain vitamin C such as bananas, oranges and other healthy fruits are helpful to fight allergens all season long.

Also be sure to drink plenty of water. This helps rid the body of toxins and will keep sinuses clear. If you don't like drinking plain water or are particularly "stuffed up" from your allergies, try drinking hot tea to clear out your system.

If you're looking for a more natural way to beat spring allergies, give essential oils a try. According to Health Essential, the best oils to use are peppermint essential oil, eucalyptus essential oil and lemon essential oil.

Spring is a time to be excited and more active, so nobody wants to miss a minute of it by being bothered by allergies. To combat the spring allergies this spring, be sure to consider these tips above and go be a part of spring season.

**Contributing reporting by Tyler Swanson*



"I Can't Believe It's Not Ice Cream" Smoothie

Emily Arias
Social Media Editor

Say hello to spring with this filling smoothie treat. Mix one up for breakfast, a midday snack or even dessert. Fool your friends and family with this healthier alternative to ice cream that will make the transitioning weather a little sweeter.

Ingredients:

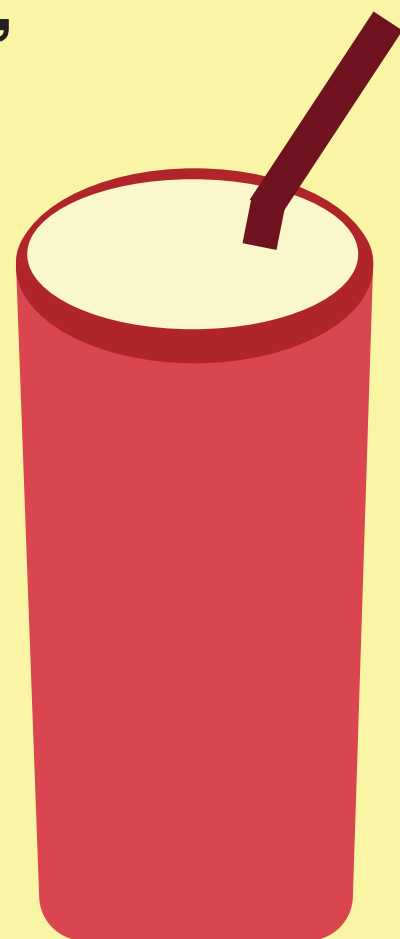
- 1/2 - 3/4 Cup of Vanilla Almond Milk
- 2 Frozen Bananas
- 3 Pitted Medjool or Deglet Noor Dates
- 1 Heaping Tbsp. of Peanut or Almond Butter
- 1 1/2 Tbsp. of Cocoa Powder
- Optional: 1-2 Tbsp. of Chia Seeds

What you will need:

- Blender
- Measuring Cups/Spoons

Instructions:

1. Add almond milk, dates and chia seeds to blender. Give it a quick pre-blending before adding the other ingredients.
2. Add the frozen bananas, peanut (or almond) butter and cocoa powder. Blend one more time until all ingredients are incorporated (about one minute). If you run into an issue with the smoothie being too thick, add in more almond milk.
3. It's as easy as that. Pour into a glass and enjoy.

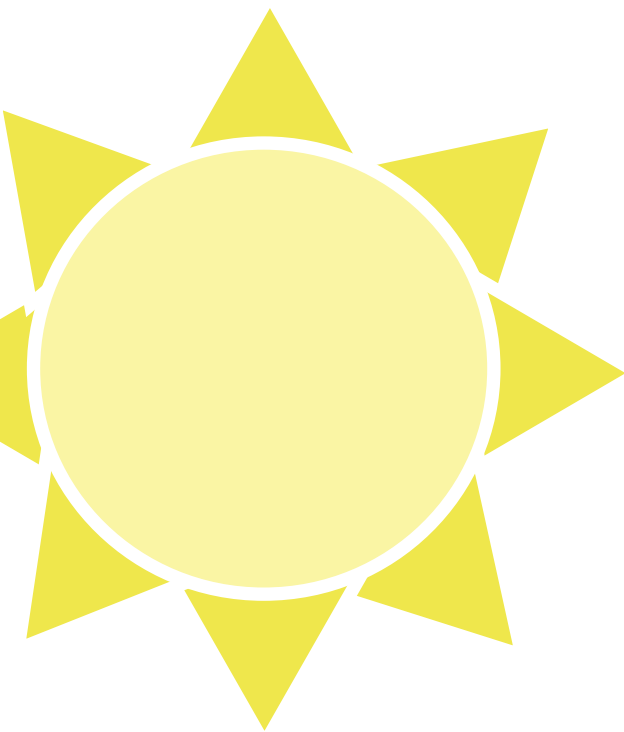


Warm weather activities:

Sunny day outdoors

Kissel Salmeron
Staff Writer

Spring is approaching, so what is there to do in the upcoming warm weather? We ask ourselves, “What is there to do on such a beautiful day?” There is, in fact, a lot that you can do rather than just sitting in your bedroom watching Netflix. Here are just a few activities you can do to enjoy the warm weather Mother Nature has given us!



Studying or doing homework

Take your studying outdoors; having fresh air to inhale and warm weather to enjoy will make your study session less boring and more productive. Everyone should be able to take studying to a new environment and not be stuck in the same room all term long.

Morton Arboretum

Nature always calls and there is no way you can reject it. From learning about different species of trees to running paths, there's plenty to do during a day at the Morton Arboretum in Lisle. The admission cost is \$14, but Wednesdays only cost \$9. Upcoming events include the Champion of Trees 10K Run and Cinco de Mayo celebration.

Naperville Riverwalk

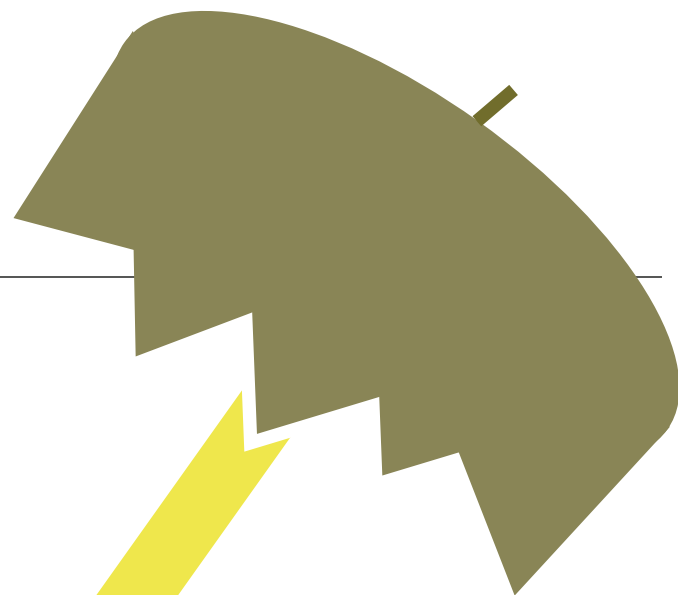
Naperville Riverwalk is located right here in downtown Naperville. Surrounded by only nature and a trail that can lead you through town, it's good for getting in a small workout or just taking a brisk walk. A stroll through the beautiful trail could help you get inspired, and be a nice break from your studies.

Starved Rock State Park

Starved Rock State Park in Oglesby, Ill. was voted the No. 1 attraction here in Illinois. It's a great tourist place offering space to go hiking and even camp. How cool would it be to go camping with a group of friends? In fact, the state park even has cabins that can be rented for the weekend, but maybe just stick to the tents and sleeping bags because the cabins there can be quite expensive. Aside from the cabins, you can discover the beautiful waterfalls that Starved Rock has to offer.

Phillips Park Zoo

Phillips Park Zoo in Aurora, is a nice, small zoo with unique animals. The zoo has a reptile house and a moose habitat, can Brookfield Zoo beat that? It can be a solid alternative to Brookfield if you do not have enough money to go there. Phillips Park Zoo is free of charge, as is Lincoln Park Zoo in Chicago if you're interested in seeing some skyline while you view the animals.



Rainy day indoors

Tom Miller
Staff Writer

Beating April's rainy day blues

In Chicagoland, spring can be a rough season—as soon as the feelings of March malaise fade we find ourselves stuck inside and swamped by April's showers. Trying to find springtime activities can often feel overwhelmingly hopeless as the rain pours down outside, disallowing any cheerful outdoor activities for days at a time. The rain isn't as much of a damper on fun as it may seem though, and here is the proof!

Eat your way through the blues

The Illinois Department of Agriculture lists healthy greens such as lettuce, asparagus, peas and spinach as all coming into season in April—just in time to beat those rainy-day blues with healthy salads that you can throw together in the cozy, rain-free pleasure of your own home.

Naperville has some great events centered around food going on during this rainy month. Not only are restaurants such as Catch 35, Delirio and Hugo's Frog Bar offering Easter brunches, but Sur La Table on Main Street is offering spring-centric cooking classes all throughout the month of April. Sur La Table's classes are a perfect way to pick

up some new cooking skills with a group of friends or a significant other while also getting a nice home-made meal.

Break out of (or Into) the blues

For the not so culinary inclined there are still plenty of indoor activities around Naperville to make you forget about your rain-soaked shoes and socks.

Hidden Key Escapes on Iroquois Ave., situated in the Naperville Executive Court, offers room escape and live-action puzzle rooms that are best suited for groups of two to eight people.

Currently groups can take on the role of Charlie Ross, a kidnapped CEO, in “The Hideaway,” and attempt to break out of the room that the captors have left them in.

Groups can also fill the void that was left in their lives when they realized they would never be Indiana Jones and attempt to retrieve a stolen artifact from the locked basement vault of a museum in Peru while breaking into “The Storage Room.”

Live vicariously through movie characters and FORGET the blues

If cooking your own food or breaking out of locked rooms seems like too much of a hassle, then tuck into a movie and some food at Hollywood Palms Cinema, Bar & Eatery. Have someone else make your food while you watch someone else break into stuff! The NCC shuttle makes four evening stops to Hollywood Palms, making it quick and easy for students to enjoy the silver screen. What better way is there to get out of the house while still being lazy than laying back and watching one of the host of new films that are coming out this spring while people bring you food?

health and happiness

Spring into love

Madeline Klepec
Staff Writer

Why do people fall in love during the springtime? Could it be the weather starting to change? Or maybe it's the outpouring of color from the flowers taking bloom? Or does love start to blossom no matter the change of weather?

Whatever the reason, love seems to flourish along with the flowers. The theory of falling in love during springtime can be opinionated, but there is some scientific evidence pertaining to the theory. It does not specifically pertain to love, but to the overall scheme of dating.

The sudden burst of love comes from dopamine according to Helen Fisher, a neuroscientist professor at Rutgers University and author of five books on the science of love. Dopamine is a neurotransmitter involved in the mesolimbic pathway, responsible for craving sensations. When events or people stimulate feelings of joy, this pathway creates craving to experience those emotions again, and so the cycle repeats. This, in short, is the act of falling in love. Also, clothing starts to become lighter with the warming of the weather, boosting the hormone drive. Falling in love during the spring really boils down to science.

Fisher adds that the pineal gland is quite active in the winter. Because of this, people are often more receptive to feeling sleepy and the feeling of romance is almost nonexistent. Once spring approaches "light hits the retina [and goes] into the pineal gland and slows the production of melatonin. And that's what gives you that light spring in your step, the feeling of giddiness and euphoria. As the melatonin recedes and the light begins to affect the brain, there's every reason to think that people will simply be more attractive as partners."

Due to the decrease in melatonin, hormone levels skyrocket compared to winter. The increase of light during the spring not only makes someone feel more awake, but it also stimulates activity in genitals, Fisher adds. In other words, the sunlight has an effect on our sex drive.

Some, however, believe that falling in love during the spring is merely perception and does not coincide with science.

"I do not believe there is any evidence to suggest that the falling in love rate is higher in the spring, but I think that is the perception," psychology professor Karl Kelley says. "For those of us who live in the Midwest, spring is a time where the weather is getting warmer, color is returning to the environment and we are getting outside more. There is more sunlight and we may feel happier. I think these are the associations we make with love."

More people tend to stay inside during the winter months, especially those who live in states like Illinois. The winter weather does not offer us much excitement or brightness. The days are shorter and it gets dark quicker. For college students, the winter is also during finals weeks where stress is our main concern. There is not many options for dates during the winter either unless you do not mind bundling up in layers. People's moods are often less lively than they are during the warmer weather seasons.

The springtime gives us longer days with more sunlight. Therefore, there is more opportunity to go outside and see what the world has to offer in terms of romance. Not to mention with warmer weather, couples are able to be more adventurous with spending time together than being stuck in their dorms watching Netflix during the winter. Some people crave adventure and find that attractive in a partner.

"A study found that when it's sunny out, women are more likely to give men their phone numbers when approached on the street. Another found that Machiavellian personalities got more positive responses from women they approached during cloudy weather -- meaning that manipulative people have more luck, romantically, when it's dark out," says Rachel Feltman of Speaking of Science's.

Depending on the kind of person you are, brighter and warmer weather seems to provoke a spark of confidence while looking for love. Perhaps it is the clothing a woman or man wears such as skirts or shorts. Speaking as a woman, I know confidence can sometimes come from exposing some skin. However, some personality types prefer to find love while it is dark outside. Perhaps it is easier to fall in love when you feel more confident.

Then there is the proof within the statistics of on-line dating during the springtime.

While online dating begins in the deep of winter when spirits are not at an all-time high, falling in love begins in the spring because people's attitudes adjust with the weather. Weather has a lot to do with the change in attitude towards romance.

Zoosk, an online dating site, says that 34 percent of messages are sent during the run of the spring season. The online dating site also noticed their signups go up by 11 percent during the springtime.

Reported by Bustle, "Zoosk conducted a data pull and found that, in Chicago, Denver and New York City, mentioning 'beach' within a message increased response rates : Chicago by 7.2 times, Denver by 5.3 times and NYC by 4.9

times." Warm weather and love go hand-in-hand. People are more interested in a person if they are willing to do outdoor related activities. It is the crave for adventure.

Even being on a college campus during the first days of spring, you notice an influx of couples on campus. More people are holding hands and walking side-by-side. It is way more than you would see during the winter term or even fall term. Sunlight really does have a strong effect on our perception of love. Even a lot of romantic movies are set during the spring or summer as opposed to the winter, excluding all of Hallmark winter movies. It is not a rare thing to see more people pairing off during the springtime. After all, it is mating season.

Leave those hats and gloves at home and go outside to explore the opportunities of love in this beautiful (albeit rainy) weather. After all, the weather is warmer and there is more room for some romantic adventure.



A self-proclaimed hippie's guide to boosting your mood

Michaela Daly
Contributing Writer

Websites and advertisements everywhere boast the best pill or powder to boost your mood: a one-stop shop to balance your emotions and keep you happy. While these may work for some, for those seeking a more holistic lift in spirit, there are plenty of cheap, easy and healthy options that you can do virtually anywhere.

Jam Out

One scroll through Spotify's "Mood" category will give you loads of playlists for any feeling you may have. But to boost your mood and bust a move, here are some of the best ones: "Songs To Sing In The Shower" for everything from Ed Sheeran to Toto to Spice Girls. For a more indie-style pick-me-up try "Happy Chill Good Time Vibes," and "Wake Up Happy" with tracks from the likes of Kygo, Selena Gomez and Zedd.

Work Out

Try out yoga with Down Dog, the perfect app for quick yoga sessions when you're feeling down or overwhelmed. The free version gives short, 15-minute instructor-led workouts for beginner or advanced yogis. Give kickboxing a try if you want to release some deep-seeded anger or frustration; or download the Nike Training app for guided workouts that fit your every time and equipment need.

Make Out

It should come as no surprise that locking lips with the one you love can improve your mood. After a few minutes of swapping spit with your significant other, oxytocin is released to lift your spirits (and maybe something else.)

Prep for Summer

Do your research on upcoming summer concerts you want to go to and get a ticket. Before you know it, you'll be in a mosh pit with sweaty dudes or crowd-surfing into the arms of stage security. Do some shopping (online or in the real world) for your summer clothes and give them a whirl ahead of time. Bright-colored clothes have been proven to boost moods. Shed the black sweaters and put on the pineapple covered crop top. Feel the joy. Plan a vacation (or daycation). Scope out places that are within your budget to travel to this summer and set the groundwork for a trip. It may not be possible to set a date in stone, but nail down the details you can and get an idea of what you might do. While you may not have a foolproof plan, you will have something to look forward to and something to continue planning throughout the spring.

Spring Clean

Those shirts you haven't worn in 2 years? Take them out of your closet and give them to Goodwill or sell them to a secondhand store. Not

only will you feel better getting rid of clutter, but you could make a little bit of cash as well. Freshen up with a warm bath or shower. Drop a bath bomb into the tub or invest in a scented body scrub to rejuvenate your body and mind. Flip on a Himalayan salt lamp for a natural way to deodorize a room and absorb contaminants from the air. Himalayan salt lamps are notorious for their ability to attract dust and pollen particles from the air and trap them in their salt, which sounds like a gimmick but is actually science.

Essential Oils

Aromatherapy is the real deal, my friends. A few drops of oil into a diffuser can do some serious wonders for your attitude. Peace, a boutique situated beside Lou Malnati's, sells a variety of premixed oils for certain effects and also has an oil bar for you to make your own. Need energy? Rub some Bergamot, Lemon, Peppermint or Sandalwood onto a cotton ball and dab behind your ears to give yourself a wake-up call before class. Can't sleep? A few drops of lavender oil on the bottom of your feet will send you into a snooze better than any drug would. Having trouble focusing? Diffuse cedarwood or rose into the air and feel yourself zone in on the task at hand. Feeling down? Chamomile, Jasmine, orange or rose oil can send your blues away. Drop the oil into a pot of hot water for a quick, homemade diffuser.

What can lack of sleep do to you?



Kathryn Bloch
Vision Co-Editor

Sleep: everybody does it, but some do it better than others. From a young age, children are told that getting a healthy amount of sleep is important to their success in school and in life in general. How does sleep-or lack thereof-affect a person on a day-to-day basis?

The sentiment of the importance of good sleeping habits carries throughout life from adolescence and into adulthood, as it is constantly stated that eight hours of sleep is needed every single night to function like a normal, not zombie-like, human being. How did eight hours of sleep become the magic number that everyone strives to hit?

In a study published by the American Diabetes Association, researchers found that "people who sleep more or less than between 6.5 and 7.4 hours of sleep per night are at increased risk for high blood glucose levels." In addition, long and short sleep durations were also linked to higher body mass index, or BMI, despite exercise levels.

Lack of sleep, whether it is prolonged or short-term, can have adverse effects on a person's body and mind. In an article for The Huffington Post titled "Here's A Horrifying Picture Of What Sleep Loss

Will Do To You," Laura Schocker lays out some of the things that can happen to a person after one night of sleep loss, as well as after a long period of a lack of sleep.

Schocker explains, according to studies from The New York Times, UC Berkeley and Carnegie Mellon University the effects that lack of sleep can have on a body are quite scary. After having just one night of bad sleep, or an all-nighter, people are "more likely to catch a cold" and be "less focused and [have] memory problems."

These health issues are pertinent, especially for college students who may be sacrificing sleep more often than they would like in order to get their work done. The effects that come from a prolonged period of sleep loss can be much more insidious. Some of the long-term effects that a lack of sleep can have include "heart disease risk [increasing]" and "diabetes risk [going] up."

So after hearing those adverse effects you may be wondering how to get more sleep. Sarah Klein for The Huffington Post compiled a list of "37 Science-Backed Tips For Getting Better Sleep Tonight." Some of the tips are simple, and can be

easily implemented into a student's day-to-day schedule.

This one may sound counter-intuitive, but something as simple as not hitting the snooze button in the morning can help you sleep better at night. According to Klein, "The snooze button often disturbs REM sleep, which can make us feel groggy than when we wake up during other stages of sleep."

Other tips for getting better sleep include setting alarms to go to sleep, keeping your bedroom dark and relatively sound free and keeping away from technology late at night. One of the most difficult tips on the list may also be one of the most difficult to implement. That is to keep a consistent sleep schedule, even when you may not have class or it's the weekend.

A stricter sleep schedule helps you sleep better because "Staying up and sleeping in later than normal can shift your body's natural clock in the same way that cross-country travel does." No matter what you do to help you sleep or stay asleep, remember that it is an important part of life.

college

9 ways to refresh your life for spring

Kelsey Weivoda
Contributing Writer

1. Change Up Your Routine

The best thing you could do to refresh your life for spring is to change up your routine. Doing the same thing every day can get dull and awful, so switch it up! Go find a cozy corner of the science center to make your new hangout. Try a new restaurant that you've been eyeing instead of always going to Kaufman. It's important to break the monotony of daily life and keep things interesting for you and everyone around you.

2. Switch Up Your Look

Getting a simple haircut or dye-job can make you feel like a new person. Swapping out your monochrome assortment of sweaters for some colorful T-shirts and maybe even a sundress can get you ready for the warm weather. Being surrounded by bright colors can heighten your mood and leave you feeling refreshed!

3. Eat Healthy

Are you tired of eating Kaufman every day? The food here can be a bit boring and dreary, so why not make a conscious effort to eat something a little healthier? Eating healthier, even if you're not dieting, can make you feel better and more willing to take on the day.

4. Exercise a Little

Was your New Year's resolution to exercise and lose weight? Did it die before January 2? Spring is the time to revitalize those goals, even if it's just

playing in an intramural basketball game once in a while. It's important to get up and be active in order to stop feeling like a couch potato (as you probably have all winter) and get your blood flowing again, even if you're not lifting weights or running a 5k.

5. Make a New Playlist

Whether you are jamming out with your windows down or with your headphones in, the music you're listening to can affect your mood. Although you can add some happier and more upbeat music, simply updating the songs in your playlist can help relieve the dullness. Listening to the same songs over and over again can get boring; give your music a make-over! Check out a fresh spring playlist on Spotify @chroniclenc.

6. Clean Up Your Dorm

It's cliché, but spring is the perfect time for cleaning. Whether you're cleaning out your closet or just making it so you can finally see your floor, cleaning out some of your crap can make room for all the stuff you're going to splurge on this season!

There are a lot of thrift stores around the Naperville area that would love any donations you might make. If you don't feel like cleaning, you at least could try organizing some of the mess that's bound to be burdening your shelves.

Check out three more ways to refresh your life for spring on ncclinked.com.



Get stuff done 101

Kara Kots
Social Media Editor

It is that time of year again; the sun is shining and flowers are starting to bloom. You can hear the birds chirping their familiar, upbeat song. The weather is finally congenial and everyone seems to be out of their gloomy, winter mood. Spring is finally upon us.

While we rejoice at our ability to spend more time outside, without needing clunky snow boots and the all-too-heavy winter jackets, it is easy for our motivation for coursework to deteriorate and procrastination to set in. In order to combat this symptom, there are various ways to minimize procrastination and maximize productivity.

Imagine waking up to a beautiful day, but with the thoughts of class projects, meetings and tedious homework assignments looming over your head. Before pushing your thoughts of responsibilities away, reflect on the potential consequences that may arise if those tasks are not completed. Maybe it is another late night, less time spent with friends

or missing out on a school event that that comes to mind. It is vital to stay focused and be attuned to each endeavor.

A way to fulfill that proposition is to first map out each responsibility in need of completion. When this is done, a more realistic visualization and representation of each assignment or project is created. A sense of urgency is created, which ultimately can spark motivation.

The next step is to find a place where you feel most productive. This can be the library, the Boiler-house or even a nearby café. When asked what is looked for in an exceptional place to study, Junior Michelle Nilsson stated, "I like to go somewhere where I am not easily distracted and the atmosphere is just right for me to get things done." The place of study can make or break how much progress can potentially be made.

Although this is true, being productive relies on so much more than writing things out and sitting in an

engaging setting. There is utilizing important time management skills to consider, along with working under conditions that are best for you. Often times, the hardest part is simply starting what needs to be done. Prioritize your time to work on things, such as a bigger project, over a period of time, rather than the night before. Understand your body clock and when you work best. If you are the most productive in the morning, wake up earlier and set time aside to finish what you would like to get done.

Lastly, it is important to ironically note that it is productive to take breaks. In 2008, a study at the University of Illinois came to the conclusion that short breaks increase one's ability to focus on the task at hand (Yates, 2008). Therefore, it is safe to say breaks are welcome, along with alternating tasks.

While the weather gets warmer and it becomes more enjoyable outside, it is understandable to lose focus on school. With these tips, procrastination can be conquered with ease.

spring sports

Who has it better this spring; Cubs or Sox?

Logan Ivy
Contributing Writer

In 2016, Joe Maddon and the Chicago Cubs became World Series Champions for the first time since 1908. Defeating the Cleveland Indians four to three in a seven-game series, on Nov. 2, the day of game seven, the city of Chicago and the players celebrated the end of their 108-year World Series drought.

Preparing to retake the field in 2017, Maddon and the Cubs organization have made some changes this past off-season and during spring training in attempts to reach the World Series Championship again.

Chicago Cubs spring training was held in Mesa, Arizona. While hosting their games in Sloan Park, fans traveled across the country to see games against the Cincinnati Reds, the opposing World Series team, Cleveland Indians, and cross-town rivals, the Chicago White Sox.

Not all was fun and games during spring training. The Chicago Cubs competed in the Cactus league where they ended their training with a 13-18 record, unfortunately not even breaking even.

According to a Bleacher Report article written by Jacob Shafer, five Cubs athletes did not come to spring training bringing their A-game.

Jake Arrieta (RHP) in five spring innings, owns a 5.40 ERA, and issued three walks. On the other

hand, he also issued six strikeouts. Arrieta has the game, he just has to handle it with a little more consistency. "It's better to have it now, then in June or July," Arrieta was reported saying on his wobbly control, according to Bleacher Report.

Ben Zobrist (2B/LF) is batting .190 this spring with one extra-base hit in 21 at-bats. Zobrist lack of prime play may be due to him turning 36 this upcoming May, but experienced players tend not to overreact to spring numbers.

Brett Anderson (LHP) took spring training a little more critically, it being his audition for the Cubs fifth-starter spot. According to Bleacher Report, in eight innings the 29 year-old left-handed pitcher gave up 15 hits and 6 earned runs.

Since the Cubs no longer have Aroldis Chapman on the roster, Wade Davis (RHP) is now the Cubs closer. Since coming to Chicago, Davis has reunited with Joe Maddon after their days together in Tampa Bay from 2009 to 2012. Davis was on the disabled list twice last season and seems to still not be fully recuperated.

This spring, in 1.1 innings, he has given up five hits, two walks and four earned runs. That equates to a 27.00 ERA according to Bleacher Report.

The last player Bleacher Report references is Cubs (RF) Jason Heyward. In 29 exhibition at-

bats, Heyward owns a .138/.242/.310 slash line with eight strikeouts. Luckily, Heyward is young and skilled enough to do as hip-hop artist Big Sean says, and "bounce back."

As they say practice makes perfect, unfortunately the Cubs lost on opening day to the St. Louis Cardinals. Unlike the Cubs below .500 record, the Cardinals ended spring training with a 20-8 record. However, one game does not dictate the rest of the Chicago Cubs season and they have an entire city of fans rooting for their return to the World Series again this season.



Peter Medlin
Contributing Writer

How many St. Louis Browns fans do we have in the building? Anyone? Is it zero? Well, if you didn't know, the Browns, who played along the Mississippi in St. Louis from 1902-1953, were a perennial doormat in Major League Baseball.

The Browns made it to a single World Series in their half century of existence and are most famous for being the St. Louis baseball team that isn't the Cardinals. And as for that World Series? They lost to their neighbors that played in their own same stadium, the Cardinals.

You can imagine that the feeling is similar for White Sox fans about now. With Chicago collectively erupting to celebrate the Cubs first World Series title in 108 years the south siders drifted farther and farther from the public conscience.

While the Cubs are sizing up the odds of a repeat in 2017, the White Sox are being sized for the downward-pointing arrow, a painful reminder of questionable ownership decisions that will adorn the outside of the newly minted "Guaranteed Rate" field.

In 14 years the White Sox home field's name has went from the original Comiskey Park to U.S. Cellular Field to the new Guaranteed Rate, putting the Sox in line with some of the worst stadium names in sports, save for the New Orleans Pelicans' great new homestead: the "Smoothie King Center."

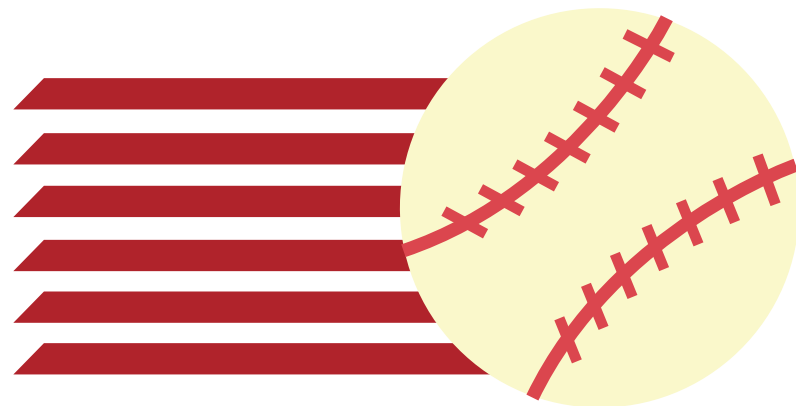
White Sox fans and players alike were not imme-

diately sold on the new name. "It's going to take some getting used to," infielder Tyler Saladino told the Chicago Tribune. "It's a lot easier to say 'The Cell,' but all right."

Speaking of the White Sox front office, management has plunged the Sox into a full rebuild mode. Which, in baseball terms, means that they are letting go of their current valuable assets in order to invest in future prospects.

We saw the South Sidlers commit to that reboot this past winter when they sent outfielder Adam Eaton to the Nationals for a lucrative bunch of prospects, and more importantly dealt ace left-handed pitcher Chris Sale to the Boston Red Sox in exchange for young talent including the No. 1 rated prospect according to MLB.com: third-baseman Yoan Moncada.

The Sox last remaining all-star is pitcher Jose Quintana, who is set to take the mound on opening day despite rumors that he also could be traded away in the name of revitalization. Besides Quintana, there are some guys on the roster like Tim Anderson and Jose Abreu that could not only prove valuable for the future, but also give fans a reason to hike up to the cheap seats and enjoy a game this summer.



Is it fair to expect a championship contender on the South Side this year? Probably not. But rebuilds have been successful for MLB teams as of late, most remarkably the Chicago Cubs. Only three years ago the Cubs were in peak rebuild and finished the year at 73-89 with a warm seat in fifth place.

All in all, our young studs may need time to develop in the minor leagues which could spell trouble for the 2017 White Sox, but if the 2016 Cubs taught us anything it's that patience is a virtue worth its weight in World Series trophies.

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