



# The Flyer

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## Mask mandate changes, what to expect

**KODY HAMMOND**  
ASST. NEWS EDITOR

On Feb. 25, Illinois Governor JB Pritzker publicly stated that he will be removing the school mask mandate after a recent Illinois Supreme Court ruling denying Pritzker's attempt to reinstate the school mandate. This comes after the Center for Disease Control (CDC) updated their guidelines to only recommend masks in areas with multiple known cases. Soon after, Lewis Provost Dr. Christopher Sindt announced changes to the campus mandate.

The Illinois ruling allows schools to have the option whether or not to require masks. Many schools across the state are seemingly leaning toward the mask optional rule, while Lewis is still requiring them in areas of close contact.

According to an email sent out by Sindt, as of Feb. 28, "face coverings will be required only in classrooms, labs and other locations (specifically identified with signage) where there is sustained contact in close quarters on the Romeoville and Oak Brook campuses." Something that students have gotten used

to over the last couple years is now changing.

This policy does raise some concerns for some students "The new Lewis mask mandate makes me confused because I don't understand how COVID-19 can spread in one room of the building and not in another," said Ilic. "It makes no sense."

The new mandate gives students more of a choice, while also bringing back a sense of normalcy.

"I do think removing the mask mandate is a good thing because I think people should have the right to choose to wear a mask or not instead of being forced to wear one," said Ilic. "I definitely do think removing the mask mandate will bring us a step closer to the end of the pandemic, and back to normal life."

If students feel that their safety is impacted, participating locations, such as CVS and Jewel-Osco, are offering free N-95 masks that provide better protection than a typical surgical or cloth mask. Lewis will also continue to be a safe place for students who choose to still wear a mask.

"As we move forward, our community should be a place

where individuals feel comfortable wearing a face covering for any reason, and face coverings will continue to be available at many locations across campus," wrote Sindt in the email sent out to the Lewis community. "It is also encouraged to use short term masking in certain situations, such as if you have any symptoms of concern, after a close exposure or after travel or other high-risk exposure activity."

Despite the change in the mask mandate, Lewis is still taking precautions to prevent the spread of COVID-19. This includes the requirement of students and staff to get a booster by March 14. In addition, resident students must also submit a negative COVID-19 test result before coming back from spring break. Thanks to precautions such as these, the University has had few COVID-19 issues as Sindt clarified. "As a result of wearing masks in the classrooms we have not had to quarantine individuals potentially exposed in a classroom since Fall of 2020." This is part of the reason masks are still required in the classroom.

This change shows we may



ALEXIS PRAGIDES / ASSISTANT GRAPHIC DESIGNER

be entering into a world more similar to that prior to the start of the pandemic two years ago, something many have been anticipating.

## Russian invasion of Ukraine

**IRENA ILIC**  
NEWS EDITOR

In the early morning of Feb. 24, Russia invaded Ukraine. After many weeks of amounting troops on the Russia-Ukraine border, the Russians started a war. Russian President Vladimir Putin stated the reason for the invasion was Russia did not feel safe and could not develop from the constant threat of Ukraine.

Russia's main issue with Ukraine relates to the North Atlantic Treaty Organization, commonly referred to as NATO. NATO was created at the onset of the Cold War and works to bind countries together in the protection and defense from the former Soviet Republic. The Russians got upset in December when they presented NATO a list of demands that were turned down. Among the list was a guarantee that Ukraine would never join NATO, a promise that no leader is able to keep.

Many other motives have pushed the Russians to attack, though the majority of these

arguments are false. One such argument to invade Ukraine made by Putin had to do with the demilitarization and denazification of Ukraine. Putin also claimed Ukraine was committing genocide and bullying against their people. Both of these claims have been proven false.

The Donetsk and Luhansk regions of Ukraine are mainly inhabited by ethnic Russians and in the wake of the war, have declared their wish to be annexed by the Russians and once again become a part of their mother country.

So far the Russians main plan is to seize the Ukrainian capital of Kyiv which they have already entered. The Crimea, Donetsk and Luhansk regions are all already under Russian control along with areas along the Russia-Ukraine border.

With Russia already occupying a part of Ukraine, many have fled to various other European countries and have become refugees of war. Neighboring countries such as Poland have

received thousands of migrants since the invasion.

The Ukrainians are putting up a fight both militarily and vocally as there have been significant civilian casualties. In many countries around the world, along with Russia, people are taking to the streets to voice offense to the war. Thousands of protesters have been arrested in Russia for being against the war.

Political Science professor Dr. Justin Delacour states we also need to look at the West during this war.

"Now, the test for the West is whether it can

remain united in sanctioning Russia and aiding Ukraine so as to pressure Putin to reach a compromise with the Ukrainians" said Delacour.

It is undetermined where Russia will stop to achieve its

goals. Whether that means only taking over Ukraine or going further and invading neighboring countries is unclear, however the first round of peace talks concluded Monday, Feb. 28. It is unknown when it will be over.



ANTHONY BEIMAL / GRAPHIC DESIGNER

# LRC generator problems being addressed

IRENA ILIC  
NEWS EDITOR

In an email sent to students on Feb. 15, facilities officials reported they finally found a new transformer to power the LRC and key technology services after the university experienced many power outages the past few weeks. The email was sent to brief students on the next steps of implementing the transformer.

Utilities supervisor Dave Farkasch stated the cause of the outages.

"The power outages that have happened over the last few weeks in LRC have occurred due to issues with the generator powering the building," said Farkasch.

The first outage happened on Jan. 7, right as residents began moving back into their dorms in preparation for the spring semester. The outage was caused by the failure of the transformer that powers the LRC. The outage was not ideal as it caused problems with class blackboards and syllabi availability.

Following the first outage, a backup generator was brought in and parked outside the LRC. The backup generator worked for a while, but then it too malfunctioned and caused another outage less than three weeks later on Jan. 23.

The most recent power outage happened Feb. 22 with IT systems being down for over 6 hours. The continuous power



LUIS CHAVEZ / PHOTOGRAPHER

Temporary generator parked in front of the LRC

problems have caused various issues for students and professors alike. Online Zoom classes had been interrupted and assignments due were compromised. Even the BYTE app stopped working causing confusion and concern across campus.

The future is hopeful, however, as Farkasch assures the new transformer will not come with the same headache as the current generator.

"Once the new transformer is

installed next week, we do not expect to have the issues we've been having while the building has been on generator power," said Farkasch. "When the new transformer is set and connected, we won't have to rely on generator power anymore."

The replacement transformer is set to be installed during Spring break—a process that will take three days, as noted in the email.

Early morning March 10, pow-

er will be disrupted to Founders Hall and the original wing of the Academic Science Center to prepare for the installation of the transformer. Power should be restored by 8 a.m.

The following day, on March 11, the transformer will be put in place and connected to the underground feed with the help of a crane and construction crew. The installation may result in a temporary road closure on University Drive. If this is the case,

LUPD will be directing traffic.

The connection to the transformer will officially take place in the early morning of March 12. Power will be turned off to the LRC, Founders and the original wing of the Academic Science Building. Power to these buildings should be restored by 8 a.m. while IT systems should be fully restored by noon.

The new transformer is something students and faculty alike are avidly anticipating.

## Higher Ed Highlights

# Legal complaints filed against universities' fossil fuel investments

STEPHANIE  
LINGENFELTER  
EDITOR-IN-CHIEF

Higher education institutions have benefited from the fossil fuel industry for many decades, angering some student activists. These students have been calling on universities to end their investments for several years now due to the threats posed by climate change and have had some success.

The Global Fossil Fuel Divestment Commitments Database tracks institutions that have pledged to either fully or partially divest from fossil fuels. So far, approximately 1,500 institutions have pledged to divest in some capacity. These institutions' divestments account for roughly \$39 trillion.

One of these universities is

Harvard. It was a 10-year battle to end their endowment in fossil fuels, but students were successful in September 2021 when Harvard University President Lawrence Bacow called an end to the university's investments within the fossil fuel industry, citing climate change as "the most consequential threat facing humanity," in an email to the community.

Boston, Cornell, Columbia, Oxford and more soon followed suit, but the battle continues. Activists are still calling on MIT, Princeton, Stanford, Vanderbilt and Yale to end their endowments in the fossil fuel industry, taking their activism to the next level by filing legal complaints.

With the help of pro bono lawyers from the Climate Defense Project, students from those five universities are argu-

ing investments in fossil fuels violate the Uniform Prudent Management of Institutional Funds Act (UPMIFA). This act encourages nonprofits to account for their social missions when investing, something students believe they are not doing when putting their endowments in the fossil fuel industry.

This strategy is similar to what students at Harvard and Cornell deployed, with both universities pledging to divest from fossil fuels a mere few months after legal complaints were filed. Students are hoping for similar results at MIT, Princeton, Stanford, Vanderbilt and Yale, believing the universities' endowments to be hypocritical.

These universities are producing research on climate change, while also profiting

from the fossil fuels causing the problem. Students voiced further concerns in regards to university leadership and endowment management that have deep ties to fossil fuel industries, citing this as a conflict of interest.

In response to these complaints, MIT has chosen to highlight the university's commitment to reducing climate change. Spokesperson Kimberley Allen wrote in an email to the university community that MIT has "begun a process of bringing our investment portfolio to net zero by 2050, to help bring MIT's investments in line with our larger climate goals," though it is still unclear if the plan includes divesting in fossil fuels.

Divestments tend to be more symbolic in nature because most fossil fuel companies are

owned and operated by governments and not publicly traded on the stock market. This means divestments can have little to no effect on the industry itself, but stand more to show universities' commitment to fighting climate change.

The call for divestment is more of a form of protest against the fossil fuel industry. Student activists at the five universities are calling on their institutions to divest to show the energy industry what the younger generation wants to happen—a decarbonized energy grid.

The legal complaints are now in the hands of the attorney general in each state. Time will tell if these five universities will follow Harvard's precedent.

# OPINIONS

## Staff Editorial: Print media is here to stay



After publishing entirely online for almost two years, the joy of having print publications again is unmatched amongst our staff. There is something about holding a physical newspaper that cannot be achieved by uploading PDFs online.

However, the future of print publications for higher education institutions is now being challenged by Texas A&M University President Kathy Banks. The Battalion has been producing weekly papers for the university for 129 years, but that will be coming to a halt as the paper is now being transitioned to a fully virtual format under a new journalism department.

This decision is devastating to student journalists across the country as other universities could follow suit. In an ever-changing world, print newspapers serve as a sense of nostalgia, a steadfast, classy way of reading the news free of distractions.

All day we stare at computer screens for class and then continue to stare at our phones or TV in our free time. Newspapers offer a relaxing reprieve from all this screen time. Picking up a paper allows you to

immerse yourself in reading, free of distractions. Reading the news online is interrupted by pop-ups, advertisements and nonstop notifications that are hard to ignore, but with a paper, it is a time of peace and focus, serving as a nice break from the constant distractions in the virtual world.

Physical papers also have higher integrity and trustworthiness. When something is published online, it can be edited endlessly; however, with a physical paper, once it's been printed, it cannot be edited (no matter how much we wish it could be sometimes).

Thursday nights spent in the windowless basement of Pope John Paul have given our staff an unbreakable bond. We work together until midnight or later to create a paper that we are proud of. Endless digressions during editing sessions, decorating the office and inside jokes from Layout Night have brought our staff together, becoming an integral part of our college experience that we will always cherish.

When we were online during the start of the pandemic, this group comradery wasn't happening. For many of us, the people not directly in our Zoom editing sessions were just names on a screen. However, now that we are back in person, we have been

able to connect the names to people and create friendships and bonds. Layout Nights are now something to look forward to and our paper is much better for it. Working together serves as a source of inspiration and motivation to produce an amazing paper, and creates an important bond in a world of disconnect.

A print publication requires people with many different skill sets. We need writers and editors, but we also need layout editors, graphic designers and photographers, positions that a virtual format would not always need. This means The Battalion moving to an entirely online format is causing students to lose their positions, as well as valuable skill sets that you can only get from creating print publications.

In an almost entirely digital world, we need to keep some things, like newspapers, the same. Texas A&M's decision is one The Flyer staff disagrees with as we understand the importance print publications hold for creating connections, stability and job security. Besides, let's not forget our older generations who still cherish getting a physical newspaper delivered to their door daily.

## It's time to normalize therapy

**JULIA LESNICKI**  
OPINIONS EDITOR

You always come first no matter what. That's what I was always taught. However, that is usually easier said than done. Whenever the word therapist comes to mind, it tends to have a negative connotation, indicating that taking care of your mental health is bad, or even having mental health problems is uncommon.

In reality, many people deal with mental health problems on the daily and the negative stigmas around mental health keep them from speaking up. This leads to people ignoring the importance of their mental health.

The first step to getting better is realizing that it's okay to not be okay. It's so easy to get caught up in the negative things that people say about depression, anxiety and the many other mental health disorders but at the end of the day, we are all human and we all have our own conflicts going on that we have to deal with.

Journaling is a therapy to help me write all my feelings out on paper when it's a bad day. Once my mood alters to

a more positive attitude, I go back and reread what was written when I had a negative mindset and reevaluate my thoughts.

Going to see a therapist for mental health should be normalized. It can become second nature for us to keep our emotions bottled up but one day that bottle will explode and it won't be an easy or enjoyable mess to clean. Even if you don't have a diagnosed mental health issue, go anyway. It's nice to talk to a professional in a safe space to vent about everything that is bothering you and in turn you will gain better insight into your emotions and learn coping methods. Therapists are there to listen and help, not to judge.

Sometimes it's hard for people to let out their emotions but with a therapist, people can learn how to better express themselves, and in the long-term, improve their relationships with others. According to a Onepoll survey, 47% of Americans believe seeking therapy is a sign of weakness. Why do so many people associate therapy with being weak?

I remember when my cousin told me that she started go-

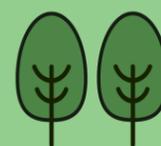
ing to therapy and at first I was confused why. However, I realized that she was going through more than she portrayed. She was strong enough to realize that she needed to reach out to a professional. She still sees a therapist and enjoys going, even looking forward to seeing her therapist. It made me look more into it and now I'll be going to see one too.

The Centers for Disease Control and Prevention (CDC) says that women are more likely to receive any mental health treatment than men. I think men have a more difficult time expressing their emotions because society tells them they have to put on a front and act "manly."

However, it's time to stop that toxic masculinity. If anything it's more attractive when men show how they feel. Society needs to normalize therapy for all genders and stop seeing help as a sign of weakness. According to Find a Psychologist, the average client who receives psychotherapy is better off than 79% of those who do not seek therapy. No matter what gender you are, therapy is truly helpful.

Sometimes you need that lit-

## SUSTAINABILITY WITH STEPH



### Can we stop investing in fossil fuels already?

**STEPHANIE LINGENFELTER**  
EDITOR-IN-CHIEF

Most people recognize the destructive nature of fossil fuels, yet we're still using them and making little progress with alternative energy sources. It's time for that to change.

We've all heard the endless environmental consequences of fossil fuels and since the natural world being destroyed isn't convincing enough, I'm going to argue from a more social and economic standpoint.

Gas prices are at levels not seen since the 2008 recession. According to the American Automobile Association, the national average gas price per gallon has jumped from \$3.379 to \$3.728 in just a month's time, and compared to last year's average, the average has jumped over a dollar per gallon. Illinois' average is even higher, sitting at \$4.022/gallon as of March 3.

This rise in prices is likely to only get worse as the Russian invasion of Ukraine continues. Paying close to \$5/gallon is right around the corner. This shows how unreliable and inconsistent fossil fuels are, and make electric, hydrogen powered and biofuel vehicles ever more appealing.

There are plenty of problems to solve in regards to those greener vehicles as well, but overall they would be more sustainable and save consumers money over time.

Fossil fuels are the main culprit for almost every environmental problem there is, with pollution being the greatest challenge. Pollution has astronomical social and economic effects, with air pollution estimated to cost \$8 billion per day, or 3.3% of global GDP according to a report by the Centre for Research on Energy and Clean Air.

The same report also found that an estimated 4.5 million people died in 2018 due to air pollution. Furthermore, fossil fuel PM2.5 pollution, or inhalable particulates less than 2.5 micrometers in diameter, were linked to 1.8 billion days of work absence, four million new cases of asthma in chil-

dren and two million preterm births. There were countless other linkages between fossil fuels and health, and that was just from air pollution. The numbers further increase when accounting for water and other forms of pollution.

The effects of fossil fuels on human health affect healthcare costs, economic prosperity and welfare with pollution costing Americans \$2,500 a year in medical bills, according to the Thomson Reuters Foundation.

We cannot continue to ignore the drastic effects of fossil fuels if we want a future for ourselves and the planet. The technology for renewable energy already exists, we just need to invest in it.

The main argument heard when discussing alternative energy sources is that they're expensive. There is some truth to this; however, that is only when looking at upfront costs. While most renewable energy projects require a higher initial investment, the projects more than make up for it over time.

According to research published in the International Journal of Sustainable Manufacturing, a wind turbine with an expected working life of 20 years will acquire a net benefit within five to eight months of being online. EnergySage Solar Marketplace found the payback period for solar panels with a 25-year lifespan to be eight years.

While you do have to be patient, renewables prove over and over again to be a smart investment. Plus, we've already seen prices decrease significantly for wind turbines and solar panels as the demand rises and that decline in price is likely to continue as technology increases and the push for cleaner energy continues.

Renewable energy will save money, decrease social justice issues and help the planet. It's time to stop helping greedy oil typhoons and politicians and start looking out for ourselves, the average citizen who would like to breathe clean air.

tle push to get you to see what you truly need. Therapy can help you learn new techniques to help you manage daily stressors and gives you time to explore yourself. Not only will you benefit from it, but it

can improve your relationship with the significant people in your life.

Lewis offers counseling services through the Office of Health and Counseling Services.

# FDA needs to regulate tattoo ink

**JULIA LESNICKI**  
OPINIONS EDITOR

According to Statista, 26% of Americans have at least one tattoo, a number that has been increasing in recent years. This is largely due to tattoos becoming more socially acceptable.

People no longer feel as if they need to hide them for formal events or work, which is great because you shouldn't have to hide art. Tattoos are representations of people's personality and serve as excellent conversation starters.

However, tattoo enthusiasts are now facing a new set of problems, the ink we are putting into our bodies. How many people really know what tattoo ink is made from?

Tattoo ink, according to the Food and Drug Administration (FDA), is considered to be a type of makeup. They clearly state that they do not approve any inks to be injected into anyone's skin, meaning tattoo ink is unregulated. However, it would be much safer for the FDA to regulate it with how many concerns they have. This leads me to question how safe is tattoo ink?

There are many risks that come with getting a tattoo such as infections, allergic reactions, swelling, burning and other skin complications. These risks could be a deciding factor that determines whether or not someone gets a tattoo.

Turns out tattoo ink isn't truly safe. MEDermis Laser Clinic's website says scientists are discovering that specific ingredients in the ink travel through the body's bloodstream in micro and nanoparticle forms. These particles have been found in lymph nodes, which is alarming because the ink creates inflammation in the lymph nodes, causing the immune system to react with infections, skin rashes, swelling and other toxic problems to the epidermis.

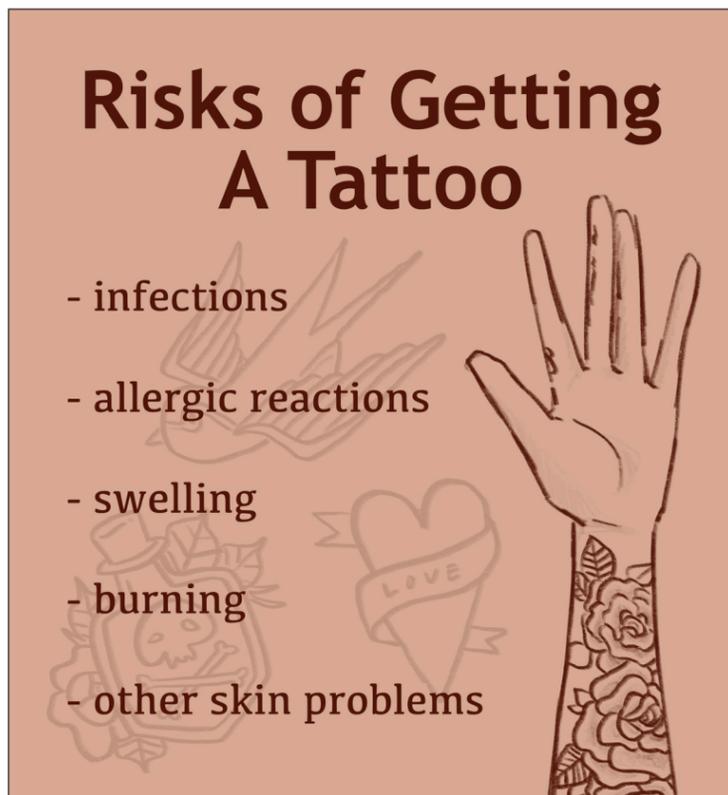
On Jan. 4 of this year, the European Union (EU) banned 4,000 chemicals such as azo dyes and isopropanol alcohol, which are the most common ingredients in tattoo inks, especially in colored ink. This ban also applied to tattoo inks imported into the EU.

This is a smart move by the EU because it's finally time there be regulations on tattoo inks. From this change, the EU expects a decrease in serious health effects such as cancer, chronic allergic reactions and other inflammatory skin dangers from tattoos. The U.S. should take notes and have regulations with our tattoo inks as well. Yes, people will probably be mad about it but this could make tattoos even more socially acceptable.

While this is a great protection for those who are wanting a tattoo, many tattoo artists are unhappy with this change. They worry this could kill off

## Risks of Getting A Tattoo

- infections
- allergic reactions
- swelling
- burning
- other skin problems



ALEXIS PRAGIDES / ASSISTANT GRAPHIC DESIGNER

their tattoo business because manufacturers must figure out a new type of colored ink to use in order to attain the same vibrancy the ink had before with all of the dangerous chemicals. The Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH), an EU legislation, only approved seven tattoo inks, which are different shades of black, white and gray.

I have been thinking about getting a tattoo myself, but having completed my research, it

might be worth waiting until the FDA decides to do something about it here in the U.S. Until then, I might just have to book a flight to the EU to get my first tattoo.

As of right now, it seems like a waiting game for tattoo parlors as they have no idea when the new and improved inks will become available. Until then, they can only wait to hear more news about their next steps for their tattoo businesses. Safety of their customers must come first.



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## 'Jeen-Yuhs' depicts humble beginnings of Kanye West

LAUREN HARRIS  
MANAGING EDITOR

Netflix tries their hand at the celebrity documentary and succeeds with their newest release "Jeen-Yuhs." The documentary follows the life of rapper and producer Kanye West, showcasing his rise to fame.

Today, we all recognize him as one of the most well-known and maybe even controversial celebrities, but it wasn't always like that for West as he comes from humble beginnings. Throughout his life, the documentary showcases well that he was determined, hard-working and passionate about his dreams.

The mini-documentary has three episodes each with their own title and theme. The first three episodes are titled "Vision," "Purpose" and "Awakening." All have been released

consecutively within one week of each other.

The docu-series is incredibly honest, open and inspiring to watch. It felt like I was watching something special, something that was never supposed to be released but fortunately for us viewers it was. Watching West grow as an artist was like watching greatness in the making and for any die-hard fans of his, this should definitely go on your must-watch list.

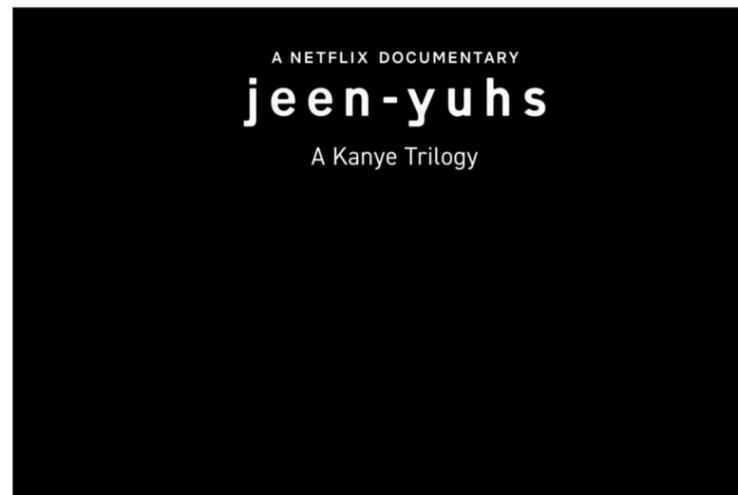
The short film details the making of West's iconic first album "College Dropout" and is directed by his close friends, Clarence "Coddie" Simmons and Chike Osebuka. West's familiarity and friendship with the directors are what makes the documentary feel so emotional, and at times it becomes almost too emotional.

With some scenes depicting West feeling down and defeat-

ed in his journey to fame and others showing his late mother, Donda West, being his only source of encouragement and support during tough times. It made me especially sad to think about how the West in this film is probably a much different person today.

With increasingly dramatic news headlines coming out about him every month, it's hard to imagine that the humble and sweet man in the film is the same person as Kim Kardashian's ex-husband, the avid social media user.

My favorite part of the documentary was seeing the process of making music, pulling together a beat and layering it with catchy lyrics. Some of rap history's most loved songs, like "All Falls Down" and even some of Jay-Z's songs were dissected. Whether you're his fan or not, or maybe you're



IMDb

*Kanye West is given a redemption arc in documentary explaining his past and journey to fame.*

just skeptical about watching, I assure you that this is the perfect film to watch for both music lovers and history buffs.

If you're still questioning it, consider first that the documentary is only four hours

long but manages to pack the entirety of West's career in it. It's a short enough watch to satisfy your crazy binge-watching habit without entering into boredom.

## Mary J. Blige releases 'Good Morning Gorgeous'

By: Ria Echols

**Mary J. Blige has released a new album titled "Good Morning Gorgeous." This album features artists like Anderson .Paak, Dave East, DJ Khaled, Fivio Foreign, Usher and Cool & Dre.**

### "Love Will Never"

This song has some futuristic sounding music that might take some time to get used to with Blige tapping into her lower register. I'm not entirely sure how I feel about this song, but I think I might need a couple more listens to enjoy it. It is definitely a song for acquired tastes.

### "Amazing"

This next song features DJ Khaled. This song hits the spot for when you're in a 90s hip-hop mood. It is an uplifting song and a party song you can play as you drive down the street with your windows down and the bass pumping.

### "Come See About Me"

The music that starts this song gave me another nostalgic feeling. Blige adds a slight island cadence to the lyrics that lays over the music. I think this song is perfect for night drives or just late at night in general. It's also perfect for beautiful sunny days.

### "Failing in Love"

This track gives me an equal feel of a '90s breakup song but also kind of a weird Disney breakup song as well. That being said, I think if you can get around the weird Disney feel, go ahead and add this to a playlist. This song has the last explicit disclaimer of the album.

### "Here With Me"

Anderson .Paak makes an appearance in this track and I quite like this song. It has me nodding my head to the beat. The beat of this song is quite catchy. Blige and Anderson .Paak's voices sound great together, and their harmony gave me chills. This song deserves to be added to a "chill" playlist.

### "GMG Interlude"

This track fits the bill with other interludes added to other artists' albums. In her interlude, Blige is simply having a conversation about working on this album and what inspired her to write it. So if you like listening to the concepts of album creations, go ahead and add this to your playlist.

### "On Top"

There is an explicit disclaimer on this one. This song features Cool & Dre and Fivio Foreign and has a more aggressive approach compared to the other tracks on this album. It's a song for gaining confidence back and pumping yourself up. I feel like this is also one that people play when they've had a rough day, and they need a song to express themselves.

### "Enough"

The melody for this song is smoother compared to the rest of the album. It is full of questions being asked and can also be related to a failed relationship.

### "No Idea"

The track gives me an early 2000s feel. Blige's voice still has her signature rich tone that is complemented by the upbeat tempo of this song. The song feels relatively short but catchy so it might produce some presses of the repeat button. This is one of the songs that has an explicit language disclaimer.

### "Rent Money"

This song features Dave East and also has an explicit disclaimer. The sample of sounds in the background has you distracted, trying to figure out what the sound is. I think this track has a smooth feel but is also quite busy. The beat in the background sounds like it belongs on a lo-fi playlist but it fits the song in an interesting way.

### "Good Morning Gorgeous"

This song is a confidence booster and tells you to look at yourself in the mirror and tell yourself "Good morning, gorgeous." It tells you to take better care of yourself and your self-acceptance. The song ventures into the area of Gospel/Baptist genre without the choir.

### "Love Without the Heartbreak"

I feel the frustration towards heartbreak from this track, so if you're looking for a breakup song, this is the one. It's one where you pace the floor with your fists clenched. If that is appealing to you, give this one an add. There is also an explicit disclaimer on this song.

### "Need Love"

Usher is featured on "Need Love" and the theme of the song is reassurance and support for someone who needs love. Usher and Blige's voices flow well together in this track.

# THE BOOKIE'S BET

Internment - Samira Ahmed

By: Amineh Ayyad

There have been changes happening all around and I have a book I bet will throw you for a loop. But first, the Bookie wants to get a little serious. There have been recent political affairs taking place overseas that have captured the attention of many and are having effects much closer to home than may have been expected. These tragedies are not new, however, and they have been occurring on large scales to many different groups with little-to-no platforms to gather support. I bet that if people could read how these long-term events are still advancing, people would be much more willing to learn about the problem and have conversations about possible solutions or ways to help. It is with this in mind that I have chosen to place my bet on the not-too-fiction book "Internment" by Samira Ahmed.

The book takes place in a modern-day alternate-universe California. Islamophobia plagues the country at an all-time high with exclusion laws being put in place to slowly remove Muslims from public positions. Due to the newest law passed by the unnamed but most-recently elected president of the book, any individual who identified as Muslim on the U.S. Census has been put on a registry and forcefully escorted to a "camp" called Mobius.

The main character Layla Amin finds herself barely able to comprehend what is happening around her. I don't think anyone, even Layla, could have predicted these odds. Surrounded by thousands of other Muslims who have also been moved from their homes and no longer allowed to practice their professions, Layla and the camp struggle to adapt to the new world around them. They are monitored day and night by Exclusion Guards who the government refers to as "peacekeepers," and it seems that regardless of ethnicity, occupation or financial status, the entire camp is divided between the U.S. government that sees them as threats and the internees.

Right when it seemed like the readers should give up hope, the characters demonstrated how to find the upper hand and play to their advantages. Ahmed did an astonishing job at emphasizing the realness of this dystopian society, as it was heavily based on current events. I was extremely inspired not only by the hard work of the internees to try and reestablish normalcy, but also of the brave souls who stood on the front lines to fight this new order that was causing injustice. From civil protests to acts of revolution, the characters delivered the message of fighting oppression one day at a time.

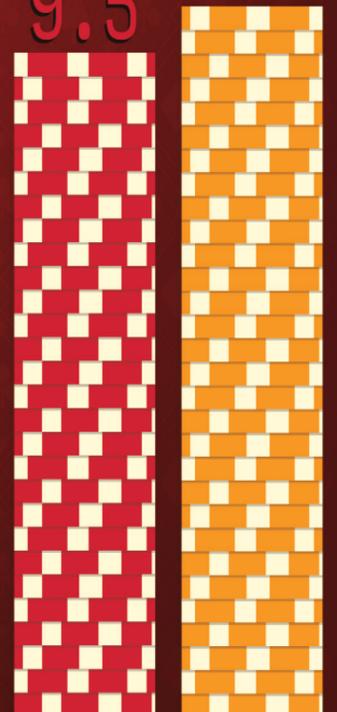
The antagonists of the story definitely had a bad beat because they made the mistake of underestimating their opponents. The internees, their loved ones outside of the camp, the people only able to observe via social media and even some people on the opposing side all work together in this amazing and horrifying near-future action book. This book serves as both a warning and a reminder that injustice and oppression, while constantly happening worldwide, can be stopped when enough people are willing to fight for peace. We have to remember, because, as Ahmed wrote, "What's that thing people always say about history? Unless we know our history, we're doomed to repeat it? Never forget? Isn't that the lesson? But we always forget." If all a fellow book-better like you can do to contribute to this cause is read about it and become more educated on the matter, then that is enough of a start towards establishing justice worldwide. Change starts with us, and it can definitely start here in our own country. As Ahmed wrote to inspire: "America is us. America is ours. It's worth fighting for. The people united will never be defeated. Resist."

I'm betting that this edition of the Bookie's Bet was much deeper than you were expecting, but I have no doubt this review/teaser will entice you to get a copy of "Internment" so you can experience the twists, heartstrings and down-to-the-wire moments for yourself.



RATING:

9.5 10



## "Uncharted" movie is must-see

RIA ECHOLS  
ASST. TEMPO EDITOR

As someone who is an avid video game player, I was ecstatic when the first trailer for "Uncharted" was released. The movie, starring well-known actors Tom Holland and Mark Wahlberg, is based on the video game franchise of the same name.

This movie is based off the first game in the franchise and follows the same plot of going on an expedition to be the first to find the location of hidden gold while encountering enemies along the way. Tom Holland plays Nathan Drake, the main character, while Mark Wahlberg plays Victor Sullivan, Drake's mentor.

The movie is filled with action packed scenes, keeping the viewer engaged for the entirety of the film. The dialogue is full of wit and humor, with some scenes that tug on

the heartstrings.

The movie also had multiple plot twists that kept the suspense going throughout the whole movie. There were moments where I laughed a lot and others where I was sitting on the edge of my seat.

The part of the trailer where it was teased about the main character falling out of an airplane lived up to the hype as well. There's also a little surprise in the movie that made me exclaim with excitement when I recognized it, so keep an eye out for that.

A movie's score and soundtrack are aspects that can help make it memorable and "Uncharted" did just that. The music that accompanied the scenes had me nodding to the beat as I watched and fit the movie well without being too distracting.

The movie does not follow the game exactly but it resembles it quite well, adding a few

characters here and there. The deviation from the game is not one that will be detrimental to gamers, making up for it in its loyalty to the plot and the main characters.

The stunts done are quite eye-catching, causing people to gasp and admire the actors for their work. Holland's previous work as Peter Parker in the Marvel Spider-Man franchise aids him well as he does flips and other impressive stunts. Holland performed many of his own stunts, making his feats in the movie even more impressive.

Another important aspect of the movie was the end credits. It was noted that as movie goers sit in the audience, there are two scenes to still be watched after the screen goes black. Likewise, after the first display of credits, there is another scene that should be watched as well, so make sure you stick around to see it.



IMDb

Tom Holland and Mark Wahlberg star in "Uncharted."

Overall, I quite enjoyed the movie and I would see it again. I would also like to say that I did have the desire to play some "Uncharted" when I returned home, just for the sake of the nostalgia that I felt from watching the movie.

This movie will be equally engaging for people who have played the game and those who have not. It would be a great way to spend some free time and it is a generally clean movie, so go ahead and enjoy.

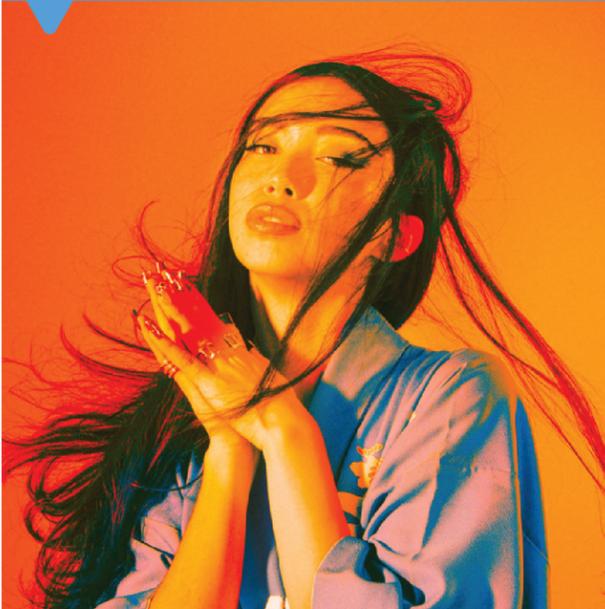
# MUSIC LAYDOWN

By: Lauren Harris

## WALLICE

## PARIS TEXAS

## SPILL TAB



Wallice, also known as Wallice Hana Watanabe is a cool, edgy and fun musician. With incredibly insightful lyrics, the singer and songwriter becomes relatable to anyone that listens to her music. Wallice is Indie pop for millennials, without being a millennial herself. Her most popular song, "23," depicts life as a new adult and the fear of growing older. She manages to whine and sing at the same time about disappointing her dad and being broke in New York.

She's definitely an acquired taste, but I love her all the same. So far, Wallice has gotten millions of streams on Spotify and it seems like she's just beginning to tap into a successful and creative career.

Paris Texas is a rap duo that consists of members Louie Pastel and Felix. The duo is based in Compton, California and it shows in their cool street style and weird album covers. The group up until this point has been widely mysterious, with a faint social media presence.

The members appear to be somewhat normal guys, but their music says otherwise. Their debut album, "Boy Anonymous," mixes rap, rock, pop and even folk together. Paris Texas is having way too much fun.

They've made it their job to always keep audiences guessing. They play the game of fame well as they reappear in and out of the limelight enough to make fans want more.

Spill Tab, otherwise known as Claire Chica, is living the dream of being a fierce pop star, only becoming more popular by the day.

Unexpectedly, her first gig was being a tour manager for other artists in the industry. But that didn't last too long as she quickly realized her own passion for music. Her inspiration motivated her to release her very first EP "Oatmilk" and, well, it's been uphill ever since.

Spill Tab's music makes me feel confident. Her voice is bold and empowering to hear. Specifically on her most popular song titled "Name" she manages to redefine and set the bar high for the future.

## UPCOMING ALBUMS



Stromae:  
"Multitude"

**MARCH 4**



Luna Li:  
"Duality"

**MARCH 4**



Krewella:  
"The Body Never Lies"

**MARCH 4**



Dolly Parton:  
"Run, Rose, Run"

**MARCH 7**

## UPCOMING CONCERTS

**Inhaler**  
March 17  
House of Blues

**Girl in Red**  
March 24  
Metro

**Yves Tumor**  
March 30  
House of Blues

**070 Shake**  
April 28  
Byline Bank  
Aragon Ballroom

# Student Nursing Association holds annual blood drive

**KATELYN LEANO**  
CAMPUS LIFE EDITOR

On Feb. 23, the Student Nursing Association held its annual blood drive from 9 a.m. to 3 p.m. in the University Dining Room, which is located in Charlie's Place. The blood drive was a partnership with Versiti, which is a blood donation center based in Milwaukee, Wisconsin, founded in 1947. They currently have several locations in Illinois, including Joliet and Naperville.

"It's been a partnership with Versiti... they've been the oldest blood donation center [in Illinois] and every semester, we've been holding a blood drive," said SNA faculty advisor Melanie Obispo-Young.

SNA holds this blood drive every semester because it is a way of giving back to the community, as well as a humanitarian effort.

"The intent is not only to provide community service, but it's also because of the importance of blood for our sick people, especially now with a pandemic,"



SOMKENE UGWU / PHOTOGRAPHER

*Sophomore biology major Rebecca Rozhon gets her blood drawn by one of the nurses at the blood drive.*

said Obispo-Young.

There was a certain set of criteria that people had to fulfill in order to be able to donate blood due to certain dangers to both the donors and receivers.

"There are certain diseases that prevent you from

donating blood and I think your age and weight are factors, but anyone can donate blood," said Obispo-Young.

SNA has been holding the blood drive every semester with Versiti for about 20 years, though it has evolved

over time.

"I've been employed by Lewis for almost 20 years, and they've been holding this blood drive as far as I can remember," said Obispo-Young.

SNA has been partnering with events coordinator

and the student activities center to notify everyone of the blood drive.

"I think we used to be able to invite the community but because of COVID, we're not sure if we're able to do that," said Obispo-Young. "I mean with social distancing and trying to minimize the number of people, I think that prevents us from reaching out to the community."

The drive benefits society because there is a shortage of blood and it will help Versiti's humanitarian efforts to provide blood to those who need it most.

"For every sick person out there who needs blood, we will be able to provide them with the necessary blood that they need," said Obispo-Young.

Everytime someone donates blood, they're saving three lives. This is a great way to give back and is easy to do.

There are many events for the SNA that are happening in the next few months including Feed My Starving Children and Ronald McDonald House Charities.

## Lecture continues conversation on black mental health

**KATELYN LEANO**  
CAMPUS LIFE EDITOR

On Feb. 23, the Office of Multicultural Student Services (OMSS) held a lecture featuring Dr. Obari Cartman about the past, present and future of black mental health in the D'Arcy Great Room, located in the University Ministry.

"The team put together a conversation about mental and emotional health amongst the Black community," said Vice President for Diversity and Associate Provost for Student Engagement Kristi Kelly. "This particular outlet educated those that were at the event on how to seek services, talked about some of the barriers that exist when it comes to the black community getting access to support and services, as well as other marginalized communities."

The event was also meant for the celebration of Black History Month and it kept the conversation about the stigma of Black mental health going.

"I really wanted to have an event that was geared toward Black mental health, especially after the pandemic," said graduate assistant Elizabeth Floresca. "I just felt like working in the OMSS, I saw that there were students who



KATELYN LEANO / CAMPUS LIFE EDITOR

*Dr. Obari Cartman speaks more about the stigma around black mental health at The Past, Present, and Future of Black Mental Health event in the D'Arcy Great Room.*

really needed the support, so I was researching people to maybe motivate them or educate them."

Chicago native Cartman, who is a grassroots mental health advocate and the current president of the Chicago Association of Black Psychologists, spoke about mental wellness and how to treat the Black community.

"He's a former professor at two other universities where he taught psychology

and he's an author as well," said Kelly. "He writes work on Black men in particular in their manhood, as well as their relationships and also looks at how hip-hop culture has an impact on the Black community."

Everyone in the Lewis community was encouraged to attend because it's important to continue the conversation on mental health and it's a crucial topic of discussion for everyone to be aware of, not

just Black students.

"Since Lewis is a commuter school and it's like almost 50 percent residents and 50 percent commuters, I feel like those students don't always feel welcomed on campus or felt like they had a place on campus," said Floresca.

The purpose for holding this event was to come together and have these necessary conversations about Black mental health.

"I think that the more we

talk about it, the more comfortable people will be," said Floresca. "When it comes to actually reaching out for this help, and just having the right conversations, it will have people asking themselves difficult questions."

Students who attended the event became further aware of the support system on campus for those struggling with their mental health.

"It showed them that they have a support system on campus and that people do care about how they handle their day to day life..." said Floresca.

This is just one example of how the university tries to support its wide array of students.

"We want students to attend because ultimately, we care about your well-being, regardless of your background because diversity is a beautiful thing," said Kelly. "So if you see something that you're interested in, you should attend because it's usually going to be educational."

March is Women's History Month, so the OMSS will be having many events that focus on celebrating women's history including a LGBTQ-IA+ history presentation with Dr. Lisa Brown.

# Katelyn's CAMPUS SPOTLIGHT

## Art, music and performance

### Music in VR

March 17, 2-3 p.m.  
Oremus Fine Arts Center  
Graphic Lab FA 107

### musicBYTES

March 18, 12-1 p.m.  
Oremus Fine Arts Center  
Studio Ives Recital Hall FA 200

### Monarch Winds Recital

March 21, 7:30-9 p.m.  
Convocation Hall SB 130

## Ministry and Mission

### Spring Cleaning for the Mind

March 15, 1-2:30 p.m.  
D'Arcy Great Room SA 119

### Lenten Adoration

March 15, 4-4:30 p.m.  
Sancta Alberta Chapel SA 100

### Taize and Treats

March 22, 12:30-1 p.m.  
Sancta Alberta Chapel SA 100

## Diversity, Equity and Inclusion

### Providing Healing, Promoting Hope

March 16, 11 a.m.-1 p.m.  
First Midwest Bank  
Student Lounge JG 102

### Healing Generations of Faith-based Anti-Blackness

March 24, 3-4:30 p.m.  
Virtual

### Interrupting Violence: Restorative Justice as Prevention and Healing

March 22, 12:30-1 p.m.  
Sancta Alberta Chapel SA 100

## Arts and Ideas

### Beyond the Familiar: Careers in Theology and Peace and Justice Studies

March 15, 2-3:30 p.m.  
Academic Building  
Classroom AS 150A

### Art Reception and Gallery Talk with Ben Calvert

March 17, 7-9 p.m.  
Brent and Jean Wadsworth Family  
Reception Room FA 107

### Sustainability Week:

Documentary Screening of 2040  
March 23, 3-5 p.m.  
Academic Building Classroom  
AS 156A

# Four swimmers qualify for nationals

DANI NAVARRETE  
SPORTS REPORTER

On Feb. 23, four Lewis swimmers qualified for the 2022 NCAA DII men's and women's swimming and diving championships that took place in Greensboro, North Carolina from Mar. 9-12. The cut for men was 20/21 swimmers per event and 27/28 for women.

The Flyers had three representatives on the men's side and one on the women's. Fifth year senior Ruben van Leeuwen was selected to compete in the 100 and 200 freestyle, senior Rhys Taylor made it in the 200 breaststroke and junior Mariano Sosa got the 400 Individual Medley (IM). Sophomore Larissa Alves qualified in the 400 IM as well. This is van Leeuwen's third straight appearance at the NCAA championships while Taylor, Sosa and Alves will make their first national trip as Flyers.

Van Leeuwen currently holds the fifth fastest Division II time in the 200 free with a time of 1:36.25 and is ranked 15th in the 100 with 43.66. At the GLVC Championships back in early February, he placed second and fourth in the 200 and 100 freestyle, respectively.

Taylor is seeded in 17th in the 200 breaststroke with a 1:59.43 going into the meet, having finished 6th in the event at conference. Sosa made the cut in the 400 IM right at 20th after achieving a personal best from



PHOTO COURTESY OF MEGHAN BANDY

Sophomore Larissa Alves competes in the 400 individual medley at the House of Championship mid-season swim meet.

his midseason time (3:57.50) to conference (3:54.98) and Alves is ranked 19th in the 400 IM with a 4:24.14. She swam at the conference finishing 11th overall.

According to Alves, this season saw some changes that ended up benefiting most of the team and specifically her in achieving her goal of attending the national meet. This included new coaching staff, implementation of swim-specific weight training and a switch in team culture. "I just think everything all to-

gether ended up being key for me to make it [to nationals]," said Alves.

The sport management major, digital marketing minor, was born in Brazil but spent most of her life living in Panama and as soon as she started considering college swimming in the U.S., she started having that goal in mind. "As international swimmers in the U.S., I feel that going to NCAAs is our ultimate goal," said Alves. "We want to demonstrate that we deserve to be here and that we are worth [it] for the team

and the school."

However, Alves did not feel fully confident that she was going to be able to make it until after her results at her midseason meet in November. "Last year I was ranked between 35 and 40 in some events, and I was like 'Oh, it is actually not that easy to qualify,'" said Alves. "So my goal for this season mainly was to achieve a B cut, although having a B cut doesn't guarantee your qualification in swimming, but I accomplished it at the middle of the year and

since we were still going to have a few more months to train, now I could see it more realistic and attainable."

Now that she is 100% qualified, Alves does not have a specific goal in mind for NCAAs. "I would say I just look forward to enjoying the experience as a first timer at the national meet and try to get into a B final (top 16) as much as possible," said Alves.

Nationals marked the official end of the 2021-22 swim season.

# Men's tennis team fights for the win

DAISY PADILLA  
SPORTS CO-EDITOR

The men's tennis team took home a win on Feb. 25 after traveling to North Canton Racquet club in North Canton, Ohio to compete against the Walsh Cavaliers.

Fifth year international student from Medellin, Colombia Juan Martin Ramirez Mejia has been playing for the team while also earning his graduate degree in business analytics with a concentration in finance. One of his favorite parts of being on the team is the connections he's been able to make with his teammates.

"We have a huddle before the match to get everyone pumped before the game and have a little talk and say to give it their all even if they are winning or losing," said Mejia. "The team bonding and how everyone takes care of each other is very unique and like a brotherhood."

This bond helped the Flyers succeed against the Cavaliers. They started off well by winning the first two double

matches. Mejia and fifth year David Ambrozic are the teams number one doubles team and won with a final score of 6-4.

"Me and my partner have been playing together since I got here and we have a winning streak...and so far 36 wins and five loses since we have been on the team together for three years," said Mejia. "I like to play doubles much more."

Fifth year Oskar Lusti and senior Pedja Trifunovic were the second doubles team and defeated the Cavaliers with a score of 6-2. The third doubles team consisted of freshman Andrej Zoranovic and sophomore Oliver Wierzbicki who also won with a score of 2-0.

The low number of players on the roster has all six teammates participating in single and double matches.

"We only have six people on the team right now and because of that we are all playing singles and doubles matches," said Ramirez Mejia. "We are a very solid doubles and singles lineup and



LUIS CHAVEZ / PHOTOGRAPHER

David Ambrozic practicing for upcoming matches at the tennis courts.

very confident this year in our lineup."

The game became a close call during their single matches.

The Flyers lost three single matches but they were still able to take home the win after clinching three other single matches. Lusti won his singles match with scores of 6-3, 6-3. Ambrozic kept that winning streak against

the Cavaliers in his singles matches with 6-4, 6-0.

The fifth singles match was played by Trifunovic where he won his singles match with an ending score of 6-0, 4-6, 7-6. These three wins gave the Flyers the lead by one point, giving them the overall score of 4-3.

Mejia was proud of the team for their win but hopes more people come out to fu-

ture matches to support the Flyers.

"We just come there and do our best and try to win it all," said Mejia. "We would like to see more people come out to watch and support us and also looking for new people to join the team."

The next men's tennis match is an away game at Wheaton College on Mar. 18.

# Women's lacrosse team prepares for conference

**MOLLY ST.CLAIR**  
CO-SPORTS EDITOR

Women's lacrosse begins their fourth season after being added to the school's athletic program. Since the team was assembled in 2018, the program has seen much growth, winning more games each season.

Like any young team, there is a process of building team dynamic, chemistry and skill. All members of the team must learn to work together in order to succeed. Their hard work and perseverance has proven effective after winning their first game of the 2022 spring season. The team defeated Conordia Ann Arbor with a score of 20-5 in their season opener.

Many schools that have top programs have been developed for a while. This can be intimidating for the Flyers team but nevertheless, they continue to push themselves to improve.

"I would definitely say that there is a little more confidence," said senior sports management major and goalie Faith Engle. "Being the younger team we were kind of nervous because we weren't going in fully



LUIS CHAVEZ / PHOTOGRAPHER

*Freshman Jordana Doshna runs drills during practice with fellow goalie, Faith Engle (not pictured), on a chilly day in March.*

equipped as the other teams were. The other teams have full benches whereas my freshman year we [only] had enough to field the team to play."

Engle has been on the team since their first season and has seen it grow into what it is today. The team's chemistry is just

as important off the field as it is on. The Flyers recently started a new tradition of eating meals together before games and are working on communication and teamwork on the field.

In preparation before games, each player has to be in a specific mentality. Whether on of-

fense or defense, everyone has a majority goal to win. In order to achieve this, it is important for each player to focus on what they must do as an individual.

"Usually we are very focused on what we need to do..." Engle said. "I'd say a lot of people are in their heads just thinking

about what they need to do to accomplish a win that day."

Rain or snow, the women are on the field practicing or playing. They condition in almost any weather conditions thrown at them. These circumstances build skill, focus and endurance.

Their determination appears unwavering even on some of the coldest days of the year. As other students rush to get inside from the cold, the women rush to the field. Seeing these days as opportunities to better their play, they take every chance they can get to reach their goals for the season.

Engle says that overall the team is excited for this season and with eight games before conference matchups begin, they have time to hone their skill. While still early in season play, the team is ranked third in the Grand Lakes Valley Conference.

Their next home game is set for March 18 against Davenport University and their conference play begins April 2 against University of Indianapolis.

# Adults need to step up in the Olympics

**MOLLY ST.CLAIR**  
CO-SPORTS EDITOR

This past year, the world has seen more of the Olympics than ever with the summer and winter events back to back. The games were a constant topic of conversation these past months and until the winter games ended this February.

With the Olympics often comes discussion of athlete treatment, mental health and many times, doping scandals. The 2022 Winter Games was no exception to any of these issues.

Women's figure skating was put in the spotlight after a news release stated that 15 year old Russian figure skater Kamila Valieva had tested positive for Trimetazidine, a drug that is known to treat heart issues but also enhances endurance and speed.

She was still allowed to compete on the grounds that she is a minor. This decision is hypocritical as the International Olympic Committee (IOC) can recognize that she is a minor but failed to do anything to intervene with the care of that minor. Valieva's coach, Eteri Tutberidze, is now under investigation by the Russian Anti-Doping Agency (RUSADA).

This is not the first time Russia's team has created drama and unfair competitive conditions during the Olympics. However, this time the situation not only brought to light the extent of doping, but the environment these athletes are subject to.

After taking silver in the women's free skate, Russian figure skater Alexandra Trusova was seen in tears and had a frustrated outburst on live TV while cameras senselessly followed her around. As this situation played out, Trusova's teammate, Anna Shcherbakova was standing alone and almost emotionless after she was announced to have won gold.

In a press conference later, Shcherbakova said, "I was not upset or embarrassed to celebrate. I just lost all the emotions."

None of these events are in any way the fault of the athletes, especially considering the athletes themselves still fall under the category of children. The blame falls on coaching, the IOC and any other adults involved.

"I have some empathy for the individual athlete [Valieva] in this case," said Sports Management Professor Timothy McBride. "I think she was certainly a

product of the system and I think that system needs to be called into question with everyone involved in the Olympics."

The issue of athlete's treatment and care is not just a concern of the Russian team. The U.S. women's gymnastics team has experienced coaching abuse, sexual abuse and neglect. There is a difference between tough coaching and abusive coaching.

Young athletes are being abused, manipulated and drugged all because coaches and programs value winning over their well being. In the end, an athlete is not going to perform if they are treated poorly despite what others may argue are successful coaching tactics.

"In either of those situations, I think the most discouraging thing is, you can really imagine a scenario where if any one individual at the right level of those systems had the moral courage to decide that they are the one that needed to be the adult in the room, well then so much of it could have been prevented," said McBride.

If situations like these want to be prevented in the future, people need to start looking at the adults and those overseeing all operations instead

of the young athletes the coaches are responsible for.

While this happens in many different sports, the Olympics have put the situation on the world stage. Hopefully the events of these Winter Olympics open a new global conversation of athletes' mental health, treatment and regulations.

The IOC is responsible for making all of the decisions when it comes to the games and can intervene if needed. Some of those decisions have been questionable in recent years, including their decision to ban Russia from competing under their nations flag in 2019.

While it may have seemed proactive to enact this ban due to repetitive doping scandals, it seems to be a punishment taken lightly. In order for any of these situations to have continued, there has to have been a lack of action from the system. "...I think the larger system has enabled that," said McBride.

The only next step to prevent any of these situations from happening again would be at least suspending Russia for a winter and summer game, under any flag. If the representation at the Olympics means enough to the country and coaches,

they will be forced to make a change in order to compete again.

The Olympic Committee must do more and not only because doping is illegal and unfair to the athletes who do everything right to compete, but because by lowering the age at which athletes can compete, there are vulnerable children involved now. Some may argue that these athletes know what they are signing up for. This may be true, but most likely these athletes do not know any different.

The IOC is one of the first lines of defense when it comes to the Olympics games and can hold teams responsible if need be. The 21st Century is no stranger to change and neither are the Olympics. The games have already changed much since the first in Greece all those years ago. It is time for the IOC to address athlete care and regulations as far as minors and update these regulations to have better athlete protection.

Between time differences, political climates and these recent events, viewings for the Olympics have dropped therefore the IOC is going to have to make some changes if they want the games to continue successfully.

# FEBRUARY SPORTS RECAP

## [2/15 - 2/27]

<b>Basketball</b> 2/15 vs. Missouri St. Louis 70-60 2/17 vs. Drury 87-79 2/19 vs. Southwest Baptist 66-64 2/21 vs. McKendree 85-74 2/24 @ Maryville 60-67 2/26 @ Missouri S&T 62-72	<b>Score:</b>	<b>Softball</b> 2/24 vs. Saginaw Valley State 4-0 2/24 vs. Wayne State Michigan 3-2 2/25 Missesota State Moorhead 8-0 2/25 Ursuline College 5-2 2/27 Hillsdale College 5-0	<b>Score:</b>	<b>Track &amp; Field</b> 2/18 @ Lee Slick Invitational 1st place 2/26 vs. GLVC Indoor Track and Field Championships 1st place	<b>Score:</b>
<b>Tennis</b> 2/17 vs. Michigan Tech 6-1 2/19 @ University of Chicago 2-7 2/25 @ Walsh 6-1 2/26 @ Tiffin 1-6	<b>Score:</b>	<b>Lacrosse</b> 2/25 @ Concordia Michigan 20-5 2/27 @ Northern Michigan 4-15	<b>Score:</b>	<b>Bowling</b> 2/18-20 @ Mid-Winter Classic 11th place  <b>Women's</b>	
<b>Basketball</b> 2/17 vs. Drury 78-72 2/19 vs. Southern Baptist 89-79 2/21 vs. McKendree 85-74 2/24 @ Maryville 48-49 2/26 @ Missouri S&T 61-80	<b>Score:</b>	<b>Tennis</b> 2/18 vs. Michigan Tech 5-2 2/19 @ University of Chicago 2-7 2/25 @ Walsh 4-3 2/26 @ Tiffin 2-5	<b>Score:</b>		
<b>Volleyball</b> 2/18 @ Lindenwood 2-3 2/19 @ Quincy 3-0 2/24 vs. Purdue Fort Wayne 0-3 2/26 @ Loyola Chicago 0-3	<b>Score:</b>	<b>Baseball</b> 2/18 @ Trevecca Nazarene 5-2 2/19 @ Trevecca Nazarene 8-12 2/19 @ Trevecca Nazarene 1-4	<b>Score:</b>	<b>Lacrosse</b> 2/21 @ Mercyhurst 5-17 2/26 @ Maryville 15-13	<b>Score:</b>
				<b>Men's</b>	

# Basketball's last home win for the regular season

DAISY PADILLA  
SPORTS CO-EDITOR

The women's basketball team's last home game for the regular season had a great turn out on Feb. 21 in Neil Carey Arena against McKendree University Bearcats.

The Flyers have a young team with only one graduate student, Amelia Motz who will not be able to come back next season. Going into the last game of the regular season, the team was excited.

The Flyers had a rocky start against the Bearcats taking the lead with a score of 10-6. Lewis responded with a three-pointer from sophomore Kathryn Schmidt that served as their comeback.

The back and forth continued with McKendree who was in the lead for the beginning of the first quarter. However, the Flyers ended up on top with the final score of the first quarter being 23-17. They were able to take this lead by focusing on defense.

"Throughout every game



LUIS CHAVEZ / PHOTOGRAPHER

Amelia Motz at Neil Carey Area playing one of her last home games at Lewis.

there will always be moment changes and teams will go on runs," said Hart. "We focus on defense and focusing on one play at a time helps us."

The team kept the momentum going into the second

quarter by scoring the first six points. The Bearcats then made a comeback by scoring five straight shots but the Flyers were able to outscore them to take the lead back going into halftime.

"At half time we talked in

the locker room and talked about setting up a little bit more and we did not want to have it be a close game," said Hart. "It's nice at half time to get that little breather and get feedback from each other."

McKendree scored the first five points in the third quarter but the Flyers were able to respond to that with seven straight scoring shots. A layup from freshman Tara Gugliuzza marked the biggest lead of the night for the Flyers at 57-39.

"We all push each other and we try to focus on the little things because we knew that the lead would come," said Hart. "The energy from the fans feels amazing because of last year not having that with COVID-19 so that helps us as well."

The Flyers were in for a fought hard because McKendree did not give up so easily and cut the lead for the Flyers from 14 points to seven. This continued on into the fourth quarter as the Bearcats took the lead yet again. However, Gugliuzza was able to make a three-pointer that gave the Flyers a nine point lead which secured them the win.

The next women's basketball game will be determined by how far they advance in the GLVC tournament.