



White House cracks down on AI

IRENA ILIC
NEWS EDITOR

On Oct. 30, President Biden signed Executive Order 14110 to safeguard the advance of Artificial Intelligence (AI).

The Executive Order mandates a variety of actions regarding AI. These include requiring developers to share safety test results and other critical information with the U.S. government and developing standards to ensure the safety, security and trustworthiness of AI systems.

Many of these actions stem from rising concerns regarding the credibility of content made public by AI systems such as ChatGPT. Concerns about criminals and scammers getting information from AI and the deepening of social inequalities due to the rise of AI have recently surfaced as well.

"AI safety is a huge concern," said Dr. Cindy Howard, chair and professor of the Department of Engineering, Computing and Mathematical Sciences.

"These models are trained on a large amount of data and it's important that they 'learn' from data that is correct. If they are trained on incorrect or extremely biased data, the AI can

produce incorrect results. There is a risk of that even when the models are trained on accurate data since the models make assumptions based on their training data. It's estimated that AI chatbots invent information between three and 27 percent of the time," said Howard.

Additionally, the Executive Order mandates the requirement that AI systems be tested to ensure they cannot be used to produce biological or nuclear weapons. Furthermore, the order even recommends that videos, photos or audio recordings developed by AI be watermarked by the system so users are aware they are fake.

Furthermore, the President has directed Congress to pass bipartisan data privacy legislation in order to ensure the protection of privacy among citizens. Companies that run cloud services are now required to inform the government about their foreign customers. Without a Congressional law, the President's Executive Order can achieve only limited goals.

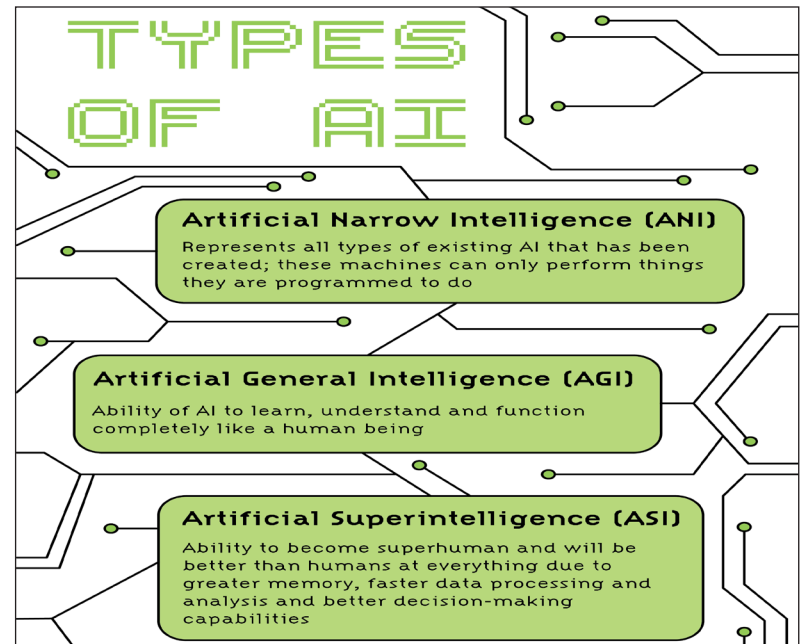
Companies such as Google, Microsoft and Meta are among 15 tech companies that have agreed to voluntary safety and security measures.

"The new Executive Order establishes new standards for AI safety and security, protects Americans' privacy, advances equity and civil rights, stands up for consumers and workers, promotes innovation and competition, and advances American leadership around the world," said Dr. Sam Abuomar, professor of data science.

"For how this could have the potential to affect Lewis students, one of the main actions of this Executive Order is to shape AI's potential to transform education by creating resources to support Lewis professors deploying AI-enabled educational tools, such as personalized tutoring in different colleges, Virtual Reality (VR) courses, and ChatGPT or other large language models supported courses," said Abuomar.

The potential for AI to replace workers at their jobs has long been feared and the White House is taking this threat seriously. The Executive Order, among many things, mandates the development of principles and best practices to mitigate the harm of AI and instead maximize its benefits for workers.

The White House hopes to see the advancement of AI in areas



ALEXIS PRAGIDES / GRAPHIC DESIGNER

such as healthcare and climate change research. The Biden Administration included a provision in the Executive Order for immigration agencies to fast-forward the visa process for immigrants skilled in AI to work and study in the U.S.

The Oct. 30 Executive Order follows the one declared in August in which the President called for limited investment in AI with potential military and intelligence uses in China. The Executive Order has even

brought international AI news. The Group of Seven (G7) leaders announced the creation of "Guiding Principles" for all AI actors globally and a voluntary "Code of Conduct for organizations developing Advanced AI systems." The principles and code of conduct aim to make AI safe and trustworthy. The European Union is set to announce tougher laws to crack down on AI including the prohibition of the use of facial recognition technology in public.

The city of Chicago to the rescue

LUNA SCHAFER
ASST. NEWS EDITOR

The Mayor of Chicago, Brandon Johnson, took a significant step in addressing the pressing issue of migrants in the city. On Oct. 27, the Mayor's office announced groundbreaking news, allocating a substantial sum of \$150 million to be used in support of the migrants in 2024.

Since the end of August, the city has welcomed approximately 19,000 migrants, predominantly hailing from South America. Faced with dropping temperatures, the local government recognized the urgent need to assist those without homes, many of whom had sought refuge in less-than-ideal places like police stations, airport waiting areas and the streets.

The migrants have endured long journeys to reach the city, some coming by their own means, while others were transported in buses from Texas. Due to their cir-

cumstances, the government has sympathized and decided to provide help in an effort to prevent casualties throughout the winter.

To mitigate the harsh conditions that will arrive this winter, Mayor Johnson's comprehensive plan includes Illinois' government deployment of warming buses that will offer a safe haven against the biting cold. This initiative aims to shield vulnerable individuals from the severe weather conditions that winter inevitably brings.

Furthermore, the city has joined forces with organizations to maximize the impact of their efforts. Collaborations with organizations such as One Warm Coat, Instituto del Progreso Latino, New Life Centers, Chicago Furniture Bank and Cradles to Crayons Chicago, to highlight the collective commitment to addressing this humanitarian challenge.

Dr. John Halloran, Associate Professor of Social Work, sheds some light on the topic.

"Many of the folks who are migrants, show up to the city with very few resources and are very dependent of the support they receive from the government," Dr. Halloran goes on to say, "It is not only the city that is providing that assistance, there are tons of non-profit organizations and churches and individuals who are stepping up to provide resources for these folks."

Dr. Halloran explained that because a large portion of the migrants were from South America, the climate is very different in the Midwestern region. The chilling winter temperatures are prone to affect them since they are arriving with minimal warm clothing and arrangements for a heated shelter.

However, just as there is a group of the public willing to help these struggling immigrants, there are others who have voiced their disagreement with the initiative. "A lot of the opposition begins from not wanting migrant shelter facilities to be housed next to



OLIVIA BRZEK / GRAPHIC DESIGNER

where people are living or working or where their kids are going to school," said Dr. Halloran. "In my view, I think we have a moral obligation to help folks who are vulnerable in our area."

Despite the promises made by the city, protesters voiced con-

cerns that the city is hypocritical. Protesters argue that paying hotels to house around 300 homeless migrants, while there is a large black population born in the city also living on the streets, fails to address the existing problems with the city's native population.

Chicago designated Tech Hub for quantum technology

IRENA ILIC
NEWS EDITOR

The White House announced on Oct. 23 that the Chicago region's Bloch Tech Hub was one of 31 across the U.S. designated a "Technology Hub" for quantum technologies.

The Bloch Tech Hub is led by the Chicago Quantum Exchange. The Hub aims to advance quantum computing and find new solutions for reducing national data security concerns.

Quantum technology uses properties identified by quantum physics to provide new computing and communication abilities. Quantum computing uses quantum physics to solve problems at impossible speeds. It requires special chips which require support equipment, much different from traditional semiconductor chips. The first quantum chip was developed in 2009 by the U.S. National Institute of Standards and Technology (NIST) and countries have been competing ever since to create computers with the ability of using multiple quantum chips. This technology provides significant advances in areas like national security, yet can pose risks to government defense

mechanisms like radar communications.

The U.S. fears that technically advanced countries around the world have begun to collect and store encrypted data for encryption after quantum computing is further advanced. The problem lies in the fact that certain governmental data can stay sensitive for years, even decades. China is currently trying to advance quantum communications and began its project back in 2016 with the launch of its Micius Satellite Program. The satellite is the world's first quantum communication satellite. In 2017, the country reported a successful encrypted teleconference between Beijing and Austria as a result of the satellite.

Quantum sensing is another form of quantum technology which is essential to national security and resistant to electromagnetic interference and jamming. It has the potential of advancing energy, healthcare and medical research, defense and military operations, environmental monitoring and GPS systems.

Bloch's designation follows the U.S. Department of Commerce's Economic Development Administration's (EDA) goal of the U.S. becoming a


global leader in critical technology within the decade. The EDA's Tech Hub Program is aimed at ensuring technical advances in order to strengthen the U.S. economy and its national security.

Bloch is now allowed to apply for millions of dollars in federal funding to implement its quantum goals. The program was appropriated \$10 billion over five years with \$500 million of those authorized to begin the program's launch.

"It is exciting that Chicago has been named a Tech Hub for quantum technologies," said professor and chair of the Department of Physics Dr. Joseph Kozminski. "This program is designed to spur innovation and economic growth and create jobs in the region. There will be a need for workforce development around quantum technologies, which the STEM programs at Lewis can support, and there may be opportunities to partner with businesses, national labs, and other institutions on projects related to the Tech Hub initiatives."


The Chicagoland area is home to some of the leaders in quantum information science and engineering research, including Argonne National Laboratory with whom the univer-

Quantum Technology: Applications & Benefits




Scientific

- Measuring Earth's gravitational pull
- Measuring Earth's magnetic pull
- Sensing changes in electromagnetic impulses



Defense

- Precise navigation
- Enhanced Ghost-Imaging
- More precise covert operations
- Precise recognition of stealth bombers, submarines and low-reflectivity



Medical

- Measuring of electromagnetic fields of the heart and brain to gain insight on drug impact
- Enhanced medical diagnostic imagery on children

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sity has close ties to. Students in the physics department have the opportunity to gain research opportunities with Argonne. Currently, more than 40 Lewis graduates are employed as I.T. staff at Argonne.

The funding and accreditation of quantum technology

research, such as in the Chicago region, demonstrates the increased national demand for individuals with expertise in this field. The U.S. government is among many global leaders with the creation of a federal project for the advancement of quantum technologies.

Illinois prepares for nurse shortage

LUNA SCHAFER
ASST. NEWS EDITOR

The state of Illinois is currently experiencing a nurse shortage that affects both the medical field and its citizens.

The shortage, which has remained steady for the past couple of years, has created a tense atmosphere in the medical community. Hospitals and clinics are struggling to find an adequate number of qualified nurses to meet the increasing demand for healthcare services. This predicament has received attention, prompting a closer examination of the root causes behind this alarming trend.

One of the primary reasons contributing to the shortage is the pay gap between clinical and faculty nursing positions within the medical field. According to the National Association of School Nurses, clinical nurses receive on average \$20,000 more. This disparity has discouraged many potential nurses from pursuing careers in educational settings, leading to a significant talent drain. As a result, hospitals and healthcare facilities are left understaffed, compromising the quality of care they can provide to patients.

Clinical health professionals are those that patients see face to face to get diagnostics, tests, treatments and ongoing care. To become one, the person requires a graduate degree, license or certificate.

On the other hand, faculty nurses are teachers in nursing programs. Therefore, these nurses are in charge of preparing laboratory experiments, grade exams and papers, and work with students to prepare them for the future.

In response to this crisis, Senator Dick Durbin of Illinois has taken a proactive stance. He recently issued a press release outlining the Nurse Faculty Shortage Reduction Act, which he presented with Senator Lisa Murkowski from Alaska. This act sheds light on a potential solution to the ongoing problem.

This proposed legislation aims to address the shortage by providing support and incentives to individuals pursuing nursing education and faculty positions. The government plans to help with the problem by developing nursing centers, providing scholarships and grants for nursing students, changing the existing scholarship program, and offering student loan repayment for nurse educators.

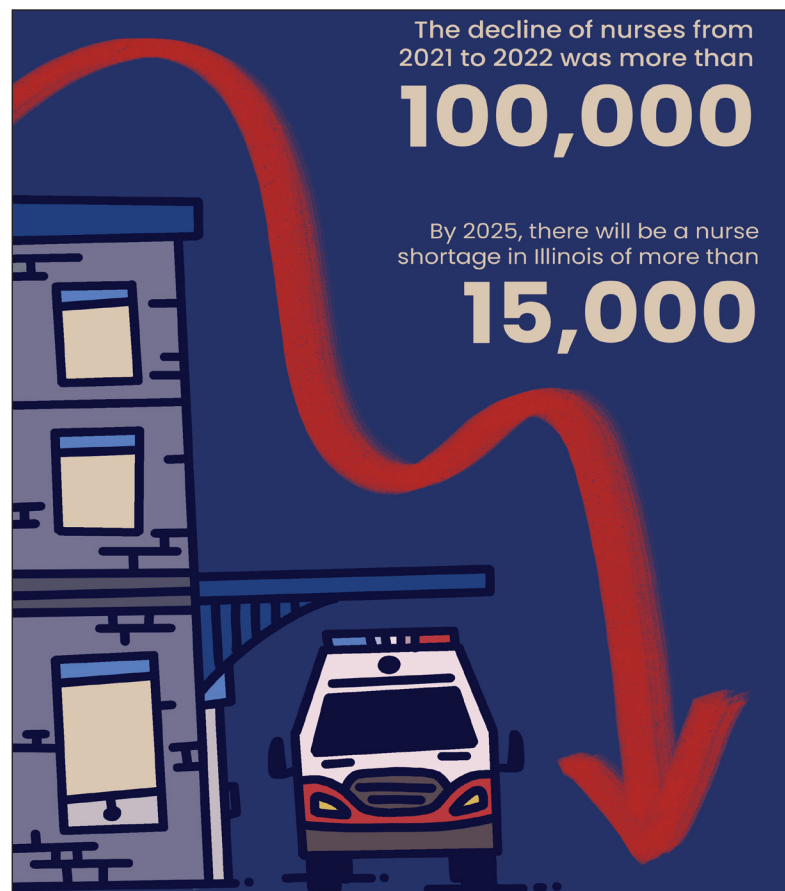
Ultimately, the act seeks to encourage more individuals to enter the field of nursing education in order to bolster the number of qualified nurses in the state.

Dr. Tina Bobo, assistant professor of Nursing Workforce Diversity (NWD,) commented on the subject. "Lewis is actively participating in strategies to address the nursing shortage. In July 2021, Lewis University received \$2.1 million from Health Resources and Service Administration (HRSA) for the Nursing Workforce Diversity Grant."

"This grant provides scholarships for 20 current underrepresented minority undergraduate nursing students, as well as academic support, tutoring, community engaged learning opportunities, and a living-learning environment to support the students." Bobo continued, "The goal of the NWD Program is to diversify the nursing workforce and prepare new nurses to better address healthcare disparities."

It has become important to provide all the aid possible for the nursing students, since they will become the next generation that will be giving the necessary care to the patients.

"In August 2023, Lewis University received the HRSA Nurse Fac-



ALEXIS PRAGIDES / GRAPHIC DESIGNER

ulty Loan Program (NFLP) Grant to provide low-interest loans and loan cancellation to incentivize careers as nursing school faculty. Nursing faculty salaries are not comparable to nursing salaries in acute care, making it difficult to recruit qualified faculty to teach

more nursing students to grow the nursing workforce," said Bobo.

The Nurse Faculty Shortage Reduction Act is an important step into ensuring a more promising future for the medical field and protecting the health of the state's citizens.

OPINIONS

Family: of blood or bond?

ARMAUND JONES (AJ)
OPINIONS EDITOR

What is a family? A question whose answer varies across hundreds of cultures. Some say that family consists of those around you who share the blood pumping in your veins. Others argue that family is a concept created from those you hold closest to your chest such as immediate family and best friends. Whether you think of family as something you're born into or create overtime, there are many factors in being a family.

I am a pioneer out on a journey to make my own family. I doubt I am alone when I say that I have uncles and aunts that are not related to me by blood, yet such a fact doesn't make them any less of a "family" to me.

Based on personal experiences, the latter is a more accurate definition of family. Coming from a broken home, growing up in such an environment helped cultivate such a mentality. My dad would always tell me that Blood is thicker than water, a stereotypical saying within the Black community preached all too often. After trying to force connections with those who share my blood, I found that blood may be thicker than water no doubt, but it can still run through my fingers if I open my hand.

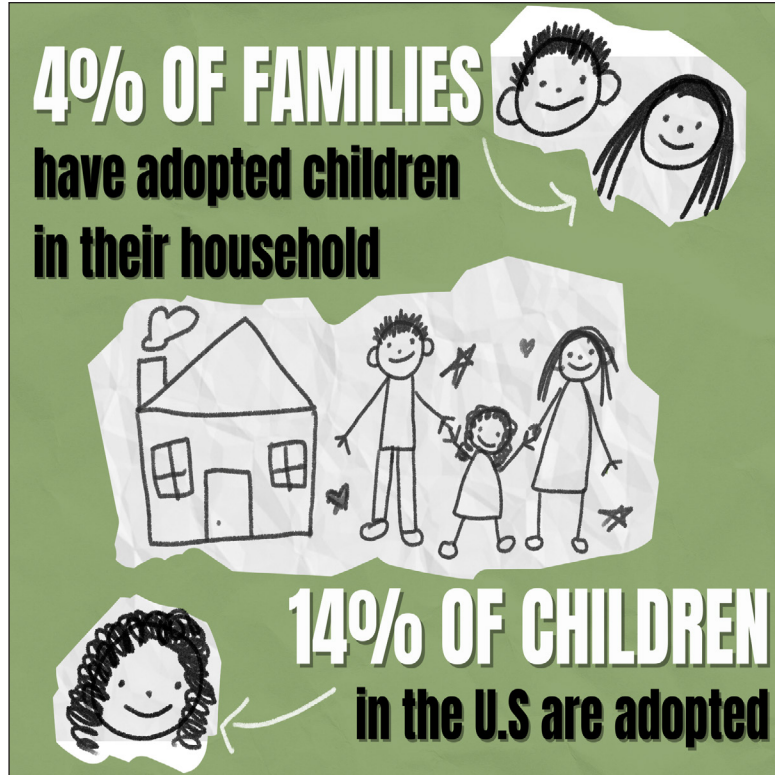
I am not alone when I say that overtime, friends can develop

into brothers and sisters, which is ideal for long term connections. I certainly have some close family of blood relation, but most of my family that supports me are not related to me in any way except for personal connection.

Additionally, family is different in various cultures. Raised as a part of both the Black and White communities, with a Latina aunt and friends, and friends of Asian heritage allows for a very colorful perspective on central cultural aspects, such as family. Blacks and Whites operate their households very differently, and the family unit is distinct as well. The dynamics of how emotional bonds are created and sustained are diverse, and it's apparent that even how we treat our families is different from culture to culture.

Few cultures have the same understanding of what a family unit is like, like those of the Latino and Asian communities. In these cultures, family is more tight knit and stronger collectively, rather than the looseness, disconnection, and stereotypical aspects of familial units have in much of the Black community.

As time goes on, families change. Even if one thinks family is predominantly composed of blood relations, the topic of marriage is always a matter of discussion. Finding a spiritual, mental and emotional complement is important and primal



OLIVIA BRZEK / GRAPHIC DESIGNER

in having a family, especially if kids are a goal. Adoption is also an option that some parents may be more inclined to explore, depending on whether or not they desire a child of their own blood.

Family consists of those that you support and who support you back in a healthy and invigorating way, blood or not. Families are created and not necessarily born. A friend of five years can easily become your brother and outshadow a biological brother of 10 years quite easily. Since family is about emotions

and not only biology, it makes one think about what family is to each person since most do not have a family composition of merely me, myself and I. Family is found and blood is born, and when you look back to see who has yours, who will you find? Just because your blood runs in my veins does not make you family, as if blood makes family, then those I give my whole heart too are inseparable from me. However, the same cannot be said of those who can bleed out and then be bound to me in no way other than paper.

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An inking desire

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OPINIONS EDITOR

Art allows each individual the ability to express themselves. There are a multitude of areas of art such as; the culinary arts and cooking, the traditional arts with painting, drawing, sculpting, literary arts such as writing and poetry, and other forms of art that are more ambiguous or extreme. The latter is the art of tattooing, which has been around for thousands of years. Yet, many cultures still hold their reservations and prejudices toward them. As someone who hails from a family of tattoo lovers, I can say there is nothing wrong with indulging in such an inking desire.

In many tribal communities, even cuts or burns are applied to the skin to make a certain design when healed. Oftentimes such markings give some semblance of social status or show some kind of accomplishment. This is seen in many African and South American cultures, especially within the Amazonian traditions.

In modern times, tattoos are done with an ink that is injected just below the skin where it will not fade, but stay visible for a lifetime. Tattoos come in an almost endless amount of colors, styles and variations. Different cultures have different styles, and the designs of tattoos are vital to their essence. As certain symbolism can mean one thing in a certain culture, the same symbol can stand for something else entirely within another. Messages via tattoos even associated with underworld activity, such as gangs or involving the prison system. A great example is how having barbed wire as a tattoo is a bad idea, given how in the criminal underworld, each bulb on a strip of barbed wire translates to a life taken by whoever wears it. Even religious symbolism must be tricky as the

Buddist symbol for peace and prosperity is the exact reversed image of the Nazi swastika.

After you have determined what tattoos are safe and acceptable, you can get almost anything your heart desires, as long as one understands the permanence of it. Some like to just do designs that look cool or aesthetic, or get an image that gives reference to something. Others have tattoos that mean something to them, or tell a story. Personally, I am the latter as my tattoo does tell a story. If I am going to use my own body as a canvas for lifelong art, then I want a vast story to stretch across it as the years of my life go on.

Sadly, I currently have only one tattoo, yet have many more desired to be added in the near future. There is a saying that anyone who has even thought about getting a tattoo has heard, and it is true. The saying goes, if you get one tattoo, you are going to want more because they are addictive. A statement that is all too true, if you can get past the pain of actually getting it that is. Everyone has different reactions and tolerances for artwork of the flesh, yet for those who endure the finished outcome is certainly addictive. My only tattoo is on my right forearm, but I want to get everything below my neck tattooed in an ideal world. Unfortunately, tattoos cost a fortune which is a large contributing factor as to why many shy away from the artform as a whole.

According to the Pew Research Center almost one-third of Americans have at least 1 tattoo of some kind. This statistic is interesting given how many cultures apply a negative stigma to the concept of tattoos, some going as far as refusing employment for having them. Many have religious reasons for attributing negativity to the artform such as Mormons who believe their bodies are tem-

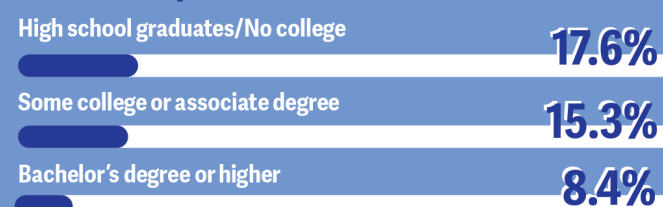
ples. It can also cost much more than money or time if one gets them. Despite this fact, the stigma for this type of artistry is invalid given how many people get religious symbols ingrained on their skin to show such a permanent devotion to their faith. When it comes to employment situations, the stigma is slowly dying off as the proportion of tattooed individuals in retrospect to those that don't have tattoos grows ever closer.

My tattoo is of an eye with tears above and below it with ritualistic runes around it. The eye's pupil is split, which oddly enough is an actual medical condition, but it is meant to represent an almost third eye. Yet, this eye doesn't work as the actual third eye does, but instead it is a complete monochromatic eye, being able to see everything completely of which it focuses.

This design is to show that the number one value I was raised with is the trait of understanding differing perspectives, and to always see more than just my own. The tears going above and below the iris are correlated to the very distinct lashes of the upper and lower eye. These stand for tears of sadness for my past of which it is extensive, and even more tears for my future, yet these are of pride and not of sorrow. I have the runes above and below because of religious affiliation and because they look quite aesthetic in my personal opinion. The color palette says a lot to those who know.

There is no shame in those whose artwork is far more surface level, however that is not the philosophy I follow. It makes one wonder, if you ever dared to get a piece of art ingrained on your body eternally, what would it be, and even more importantly... What will it mean?

Unemployment Rates at the Peak of COVID-19



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The value of a bachelor's degree

JULIA LESNICKI
EDITOR-IN-CHIEF

What is the value of your bachelor's degree? Is it the total cost of what you'll spend on it? Or is it time, skills and experience that come with it?

The expense of college already deters potential students from attending. They either do not want to deal with loans or are afraid to take on such debt. However, according to the National Center for Education Statistics, the average salary for a graduate with a bachelor's degree is \$67,500 per year compared to the national average salary of \$56,000. Depending on how you look at it, you might spend tens of thousands of dollars on college to make about \$12,000 more than if you didn't have a bachelor's degree. This solidifies the prerequisite of earning a bachelor's degree before entering the workforce.

Nonetheless, according to the U.S. Bureau of Labor Statistics, high school graduates experience an unemployment rate of two times higher than college graduates. For instance, at the peak of COVID-19, the unemployment rate increased substantially. High school graduates who didn't attend college had an unemployment rate of 17.6 percent while associate degrees held at 15.3 percent and those with bachelor's degrees (or higher) reported 8.4 percent. Based on these numbers, earning a bachelor's degree could be another way of job security.

And yet, the commonality of a bachelor's degree is forcing students to go above and beyond and earn their master's degree to set themselves apart. Everyone seems to be earning their bachelor's degree - and you can't blame

us. We're supposed to attend high school, go to college, get a job and work the rest of our lives. But now, instead of just earning your bachelor's degree, it seems students have to work a little bit harder or even consider graduate school before they finish their bachelor's degree in order to beat out someone for a job.

Growing up, I found it rare if you had your master's degree. My mom was in school practically my whole life and didn't earn her master's degree until she was married and had three kids. Nowadays, college students are immediately taking those next steps and staying in school instead of going out into the workforce.

If this trend continues, employers and employees alike will soon run into the issue that almost everyone will have a bachelor's degree and looking to pursue a master's. Many job requirements ask three to five years of job experience before even applying. How will one gain the experience needed if they are constantly trying to earn degree after degree?

The three to five years of experience comes between your bachelor's and master's degrees. The students who are immediately pursuing a master's degree without it being a necessity for their desired occupation will find themselves over-qualified for most entry-level positions.

It will be harder for each candidate to stand out and for employers to find hires with job experience. Will they just keep increasing the degrees every decade? Next thing you know, everyone will have to earn a doctorate degree.

1 of 3 Americans

report having
at least

one

tattoo



OLIVIA BRZEK / GRAPHIC DESIGNER

TEMPO

“Killers of the Flower Moon” *The tragedy of the Osage Nation*

MELANIE PATTERSON
TEMPO EDITOR

Released Oct. 20, “Killers of the Flower Moon” is a historical piece surrounding the murders of the Osage people after oil was discovered on their land in Oklahoma in the 1920s. Filmed in Bartlesville, Okla., the film realistically portrays the time period using the actual locations in Osage County where the historical events took place.

Martin Scorsese, the director, worked closely with the 24,000 people of Osage Nation during the filming. According to Daniel Lupi in an interview with ScreenDaily, one of the film’s producers, “The Osage were incredibly engaged to make sure we were telling a historical story in the proper way, which we believe we have done.”

The film, categorized under crime, drama and history, was well done and creative. Switching between black and white and color scenes, the movie pieced together beautiful landscape shots and multiple perspectives. “Killers of the Flower Moon” packed in emotion with the raw feelings of each of the characters. Not

only the feelings of the characters were recognized, but each death that came about was a punch to the heart.

Originally planned to be filmed in the summer of 2019, the project was pushed back by the pandemic and budget restrictions. Apple Studios stepped up to co-finance with Paramount and had several other producers working in the process.

This cast included huge stars including Leonardo DiCaprio, Robert De Niro and Lily Gladstone. Many fans consider this to be DiCaprio’s best performance, and he and other cast members could have a shot at being nominated for upcoming film awards. This film is based on the 2017 book written by David Grann, and when Scorsese read Grann’s book, he knew that he had to make it into a movie. Some of Scorsese’s films, such as: “Mean Streets,” “Taxi Driver,” “Raging Bull” and “Goodfellas,” are frequently considered among the greatest films ever made. There is potential that “Killers of the Flower Moon” will soon be added to this list of great works.

There were quite a few reviews stating that this three-



Robert De Niro and Leonardo DiCaprio in “Killers of the Flower Moon.”

IMDb

and-a-half hour historical crime drama is too long, and could’ve been cut off by at least an hour.

Personally, it was a little too long for me, but it provided a lot of context that contributed to the story. It could be said, though, that this film was long so that the audience could feel a sense of the drawn out and painful demise of the Osage people as a result of the greed of the oil chasers.

IMDb gave this film an 8/10, and Rotten Tomatoes gave it a 93 percent. The audience score that was given by Rotten Tomatoes was 85 percent, and I think that I’m somewhere in the middle at about 90 percent. Some aspects of the federal court scenes could’ve been a bit more clear for the audience, but that is just a personal preference because those parts were a bit confusing.

“Killers of the Flower Moon”

overall was a beautiful period piece, with solid performances from each of the cast members. The cinematography was colorful and unique, and painted a stunning picture of the land that the Osage people valued so dearly after being relocated so many times.

If you’re willing to commit to the long duration of the film (which you should), it is a film that will stick with you long after.

Lore: a modern take on mythology

RAYNE GRABOWSKI
TEMPO REPORTER

Mythology retellings are growing more popular as books such as “Circe” by Madeline Miller and “Percy Jackson and the Olympians” by Rick Riordan gain more and more readers.

These tales of higher, usually arrogant, Gods ruling over a type of modern world have a fun spin to the original myths that so many have loved.

One retelling, “Lore” by Alexandra Bracken, focuses on a dystopian world with Greek Gods and Goddesses.

Lore is 15 years old, who knows the Agon event all too well.

The Agon, which comes for seven days every seven years, is a time Greek Gods and Goddesses become fully mortal.

The Gods and Goddesses remain on Earth full-time, a punishment due to a rebellion only known to immortals.

During this time, ancient heroes’ bloodlines can hunt and kill the nine of the 12 Olympians to gain power and another valuable perk – im-

mortality.

Lore’s family, descendants of the Greek hero Perseus, died by another bloodline at the end of the last Agon.

Her only thought of revenge for this traumatic event is to survive.

Whoever killed her family wanted her dead as well, and if her bloodline lives on, then there’s one less power that the others can gain.

So, she works hard to leave the life of ancient bloodlines behind her but still fears the beginning of the next Agon. Still, she turns her back on the world of Gods and Goddesses and tries to lead a normal life.

Bracken really does an amazing job with this book. Although she doesn’t take into account the complex social factors that come with being a teen, she does a beautiful job of portraying the overwhelmed 15-year-old girl without a family.

The attention to detail in her interactions with the other bloodlines in the book is astonishing, and she is a fully rounded character with a bit of wit and lots of determination.

Lore is a character that one

can really relate to in a more personal way than the typical hero.

She is trying to survive crazy events, but also has a childhood bully, financial problems and way too much laundry.

Another brilliant thing about this book is how the stakes are portrayed over time. While the Agon is happening, and Lore knows the basics, she doesn’t know everything.

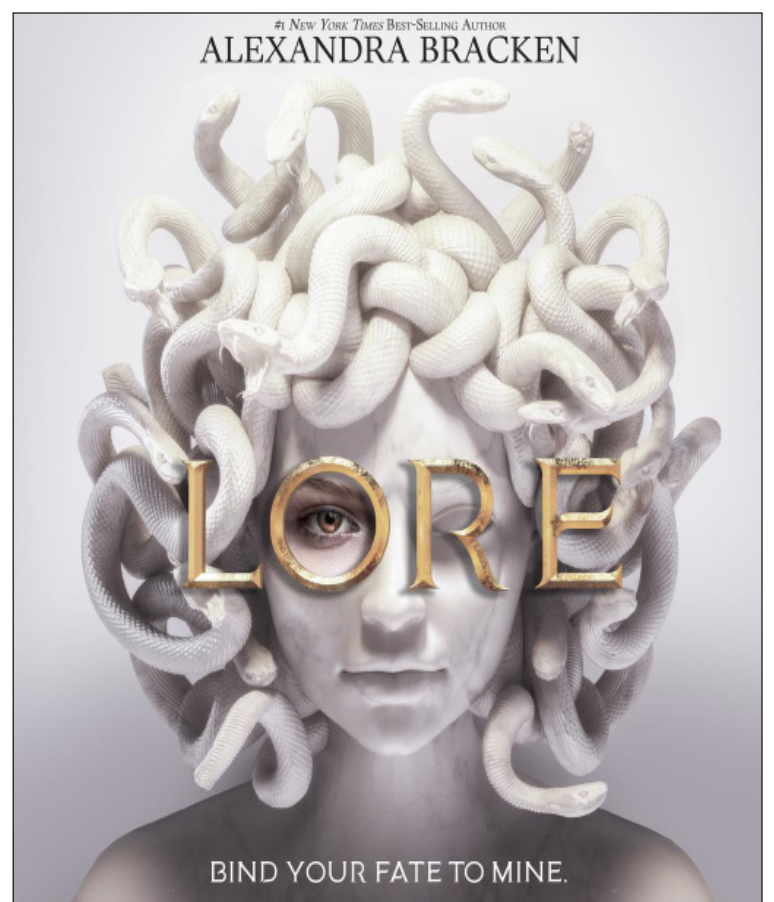
Naturally, it keeps things interesting as the plot develops and more characters reveal the missing information. Additionally, the mystery aspects of who killed what immortal adds a needed tension to the story.

Well, maybe it isn’t needed, but the mystery is done so well that it’s hard to imagine this book without it.

Overall, this is a good book to pick up when you are in need of an action-filled plot with the reality of being a 15-year-old.

Harder topics, such as fate, family and love, are discussed with such elegance and meaning.

The chapter headers also



Libro.fm

have a laurel wreath underneath, which is a symbol of a God in the story along with a visually pleasing part of the page.

Lore is truly thought out, the plot twists being in the

sweet spot between unexpected and logical.

Take some time over break and give this book a read; for all the mythology lovers out there, it’s worth it.

Hallmark's holiday formula

RAYNE GRABOWSKI
TEMPO EDITOR

It's that time of year already! Snow is falling, traffic is getting worse, and Christmas decorations are beginning to fill both storefronts and homes alike. Television channels are more than excited to take advantage of the holiday season, especially Hallmark. Known for their romantic holiday movies, they start the season in October...October! The Hallmark holiday fun doesn't stop until January. Over time, and many Christmas parties at the grandparents' house, a noticeable pattern begins to emerge from this established entertainment brand.

Hallmark is widely known for their vast selection of Christmas movies, but the romantic storyline in each follows the same major events every time. First off, the characters are nearly always in one of two stereotypical situations. The first situation is someone from a big city being called into the small town they grew up in because their parents or siblings usually require their help. A family business is also usually somewhere in the mix with this one. The second event is a single parent family running out of money to pay

rent or pay an essential bill. In this situation, there is typically a large celebrity or rich business member in town.

The characters travel to their town, meet their love interest, have a few heart wrenching scenes and then happily ever after... right? There's always the scene where the two lovebirds really connect, away from the pressures of the outside world. In a typical crossing of the country or hometown situation, it's most likely an evening baking scene with some upbeat, holiday based underscoring where the two are usually a bit more playful than regular friends.

Often during this part, one finds out about the other's dark past - whether it be a dying or dead parent, their child's deadbeat parent who didn't stick around or a long family history. In all of these, the one confiding does something bold, which the other likes. However, when they wake up in the morning, who they thought would be their soon-to-be lover is gone.

Sometimes there is a note or some form of communication left behind. The big celebrity goes back to the city for their "real life," for example. There's a large fight with some poorly worded insults, and

both are left heartbroken. Over time, they both realize how much they need each other to function. In a Hallmark movie, the phrase "over time" usually correlates to a few days instead of the realistic few months, but it's a Hallmark movie. Their timelines aren't exactly known for being realistic.

The people in the lovebirds' lives start to root for them to meet again, seeing how happy they made the other. So through some elaborate plan, they try to get the lovebirds back together. Either by chance or due to the support of the family, the lovebirds meet once more and work through the fight that had occurred. Here is where most of the movies begin the tread into the "happily ever after" sequence.

The one staple for a Hallmark Christmas movie, though, is the ending scene. Every time, it's like clockwork: the lovebirds kiss, and it snows. That's the premise. This scene often takes the focus away from the fact that they must return to their previous jobs once the holidays are over. Anyways, if two people kiss and it snows before credits roll through, it's nearly always a Hallmark movie.

So there's a formula to this



A scene from the newest Hallmark film "Checkin' it Twice".

IMDb

channel, but what is it? Well, after everything discussed here, it can be broken down into this:

Someone is thrown unexpectedly into a situation they've tried desperately to avoid. There, they meet someone who will in fact become their lover. The two get to know each other, and have a moment where one confides in the other. Then, they get into a fight or argument, where one person sometimes leaves the town or city. After a few days,

the two make up and get back together. To end, they kiss and take in the snow flurrying around them.

With all this being said, whether you look forward to watching these cheesy movies or despise them, we always find ourselves watching them. Christmas is just around the corner, after Thanksgiving though... remember that. Soon enough we'll all be glued to the couch with some hot chocolate enjoying these Hallmark movies.

'Tis the season at Lewis

MELANIE PATTERSON
TEMPO EDITOR

The holiday season is upon us and it seems to start earlier and earlier each year, with stores starting to sell holiday items in October. Whether you start listening to Christmas music in July or you wait until after Thanksgiving, it's best to be prepared with music to enjoy.

Students were jolly enough to share their favorite holiday songs that get them ready for this time of year.

Business Administration Graduate student Meghan Bontrager says that she loves the song "Hallelujah" by Pentatonix. It reminds her "of being home for the holidays and listening to the song with her family and friends."

Bontrager loves any Christmas song by Pentatonix, and the acapella group tours pretty much every holiday season since 2014 when they released their "That's Christmas to Me" album.

Jake Kobler, a junior music industry major, takes us back to 1967, when Stevie Wonder released "What Christmas Means to Me." Kobler mentions this song because it gets him into the holiday spirit, es-

pecially because of its reminder of the religious significance of Christmas.

He believes that Stevie Wonder was an amazing performer. Kobler feels this song highlights his vocal abilities and has a great jingle bell beat.

It's worth mentioning the Christmas song that climbs the charts every year during this season - Mariah Carey's "All I Want for Christmas is You." Multiple students said that this was their all-time favorite Christmas song.

It is ranked number one on Billboard's all-time holiday song chart. This song also has hit number one on the Billboard Hot 100 songs chart during December for the past four years and is most likely going to do the same this year.

There are many Christmas songs that come from characters of the season.

Think of Santa Claus, Jack Frost, Frosty the Snowman and Rudolph the Red Nosed Reindeer. Payton Goudreau, senior aviation administration major, explains that he loves the song "Frosty the Snowman."

He appreciates this song because "it is a reminder to him about the jolly and merry spirit he wants to carry" during the holiday season. Goudreau



OLIVIA BRZEK / GRAPHIC DESIGNER

also loves making snowmen, and to him snowmen are a symbol of peace. Additionally, this song tends to bring back cheerful childhood memories of building a snowman while our noses run and cannot even feel our fingertips.

There were a few students who shared a more eclectic taste in holiday music and chose classical, rather than mainstream pop, songs. Daniel Arimi, a senior exercise sci-

ence major, said that he loves so many songs, but if he had to choose a song, it would be "O Holy Night." He shares that it's great because "you can hear it in church, movies and on the radio, basically anywhere" during the season.

The holiday season can often bring additional stress to campus, as Lewis enters into the final exam period of the fall semester. This can make getting into the holiday spirit difficult,

but there are many small ways that this season can be celebrated too. Maybe listening to music, enjoying the (possible) snow and watching all of the Hallmark Christmas movies, would be some simple ways to start celebrating.

To help add to the cheer this time of year, be sure to check out the holiday song playlist (linked in the graphic) created by students for you!

CAMPUS LIFE

USAF Band of Mid-America takes center stage

MICHAEL SACK
CAMPUS LIFE EDITOR

On Nov. 2 at 7:30 p.m. The USAF Band of Mid-America performed a concert entitled "Chronicles of Valor" in the Convocation Hall in St. Charles Borromeo. The event, hosted by the Department of Music, was open to the public, with free admission extended to students, faculty and veterans. The night was filled with stirring patriotic music, uniting attendees in a celebration of national pride and musical excellence.

Major Justin W. Lewis, commander of the USAF Band of Mid-America, was thrilled to perform at Lewis. "I have a deep appreciation for the university and the outstanding aviation programs it offers. As a member of the Air Force, I'm thrilled to be here and share my passion for aviation and music."

As Major Lewis conducted with excellent guidance, the ensemble delivered a mesmerizing performance, captivating the audience with their

musical prowess and artistry. Each musician, empowered by Major Lewis's direction, brought their unique talent to the stage, creating a harmonious blend of melodies and rhythms.

"My goal is to inspire others and pass on our performances, fostering a possibility for bright futures for those interested in joining America's Air Force. I'm always eager to explore new opportunities and experiences during my visits, enriching my understanding of different perspectives for different audiences around the world," said Major Lewis.

Solo performances and concertos featured clarinetist Staff Sergeant Alaina Shaw, tuba player Airman First Class Bruno Gutierrez and vocalist Airman First Class Jessore Dunnavant. Major Lewis and Dunnavant provided insightful explanations about the significance of each song before their respective performances. They share the history behind the creation of each piece or offer interesting facts, enhancing the audience's apprecia-

tion for the music.

One of their notable performances featured a piece inspired by the telegraphed word "D.O.N.E." in Morse code, signifying the completion of the first transcontinental railroad. This composition serves as a tribute to the immense dedication and effort invested in constructing the railroad, capturing the triumphant spirit of this historic achievement.

For the past 60 years, the 50-member ensemble has continued the rich tradition of musical excellence. Based at Scott Air Force Base in St. Clair County, Ill., near Belleville and O'Fallon, the band is located just 17 miles east of downtown St. Louis. With a legacy of outstanding performances, they carry forward the spirit of their predecessors, captivating audiences with their musical prowess and dedication for their country.

Not limited to school performances, the band actively seeks opportunities to share their music with veterans and fans nationwide. Their com-



KATHERINE GROPPE / PHOTOGRAPHER

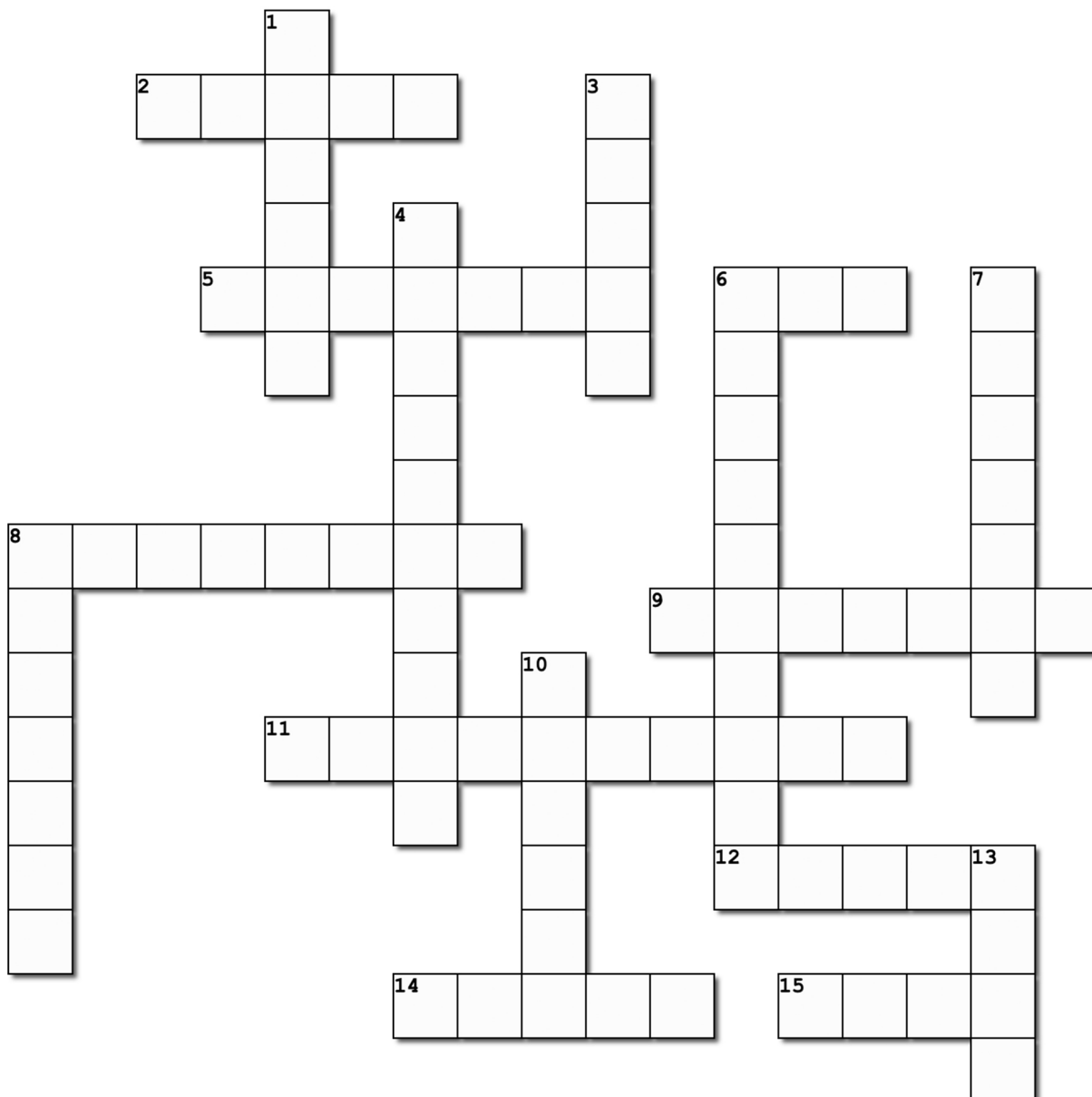
U.S. Air Force of Mid-America performs 12 songs for their "Chronicles of Valor".

mitment extends to solemn occasions, including funerals, where their music honors the fallen. Additionally, they proudly participate in performances overseas, enriching cultural exchanges and fostering connections with other bases stationed around the globe.

As the fall season comes to an end, the band prepares for the

holiday season. Announcing their upcoming performances, which plan to take place Dec. 1-16 in Illinois and Missouri. The band is excited to return in the future, inspiring young musicians to consider the possibility of joining the Air Force and to honor U.S. veterans through their performances.

Campus Crossword



Across

2. Coach of the softball team
5. The movie genre Hallmark is most famous for
6. What is AJ's tattoo of?
8. Nurse Faculty _____ Reduction Act
9. Currently more than 40 Lewis graduates are employed as I.T. staff at _____.
11. Music group that goes on tour every holiday season
12. Companies that run _____ services are now required to inform the government about their foreign customers.
14. In volleyball, you should read the hitter but don't _____
15. Families are created and not necessarily _____.

Down

1. Captain of the women's volleyball team
3. The years between each agon in "Lore"
4. Author of the book that inspired the film "Killers of the Flower Moon"
6. Organic and _____ waste was recycled at the Pumpkin Pitch?
7. Among Johnson's initiatives, the government will deploy _____ buses
8. Who is the study abroad director?
10. Last name of a Bulls wing star
13. Morse code word that inspired music piece

RULES:

- Complete the crossword puzzle by reading the stories
- Return completed puzzle to room JP-012 before Dec. 6
- First 3 winners to present a completed puzzle win a gift card

Explore the world by studying abroad

JADA LAW
REPORTER

The Study Abroad office offers travel opportunities to students seeking new experiences and adventure. Some have yet to venture out of Illinois and explore the vast landscapes, cultures and languages the world has to offer. Studying abroad gives students the convenience to upgrade their learning experience to the next level. Imagine the people you can meet and the opportunities that may be presented to you!

At first thought, leaving the campus to travel might seem like a daunting process and waste of time, especially when it can interfere with your college courses and leave you with piled up homework. However, the study abroad program allows for the perfect balance of travel and staying on top of school work.

The program offers an assortment of international learning experiences to choose from. Chris Swanson, the director of study abroad, shared that "There are over 20 different semester programs and 15 different summer programs around the world, including Europe, Australia, Asia and the Americas."

Exploring a new country provides students with an opportu-

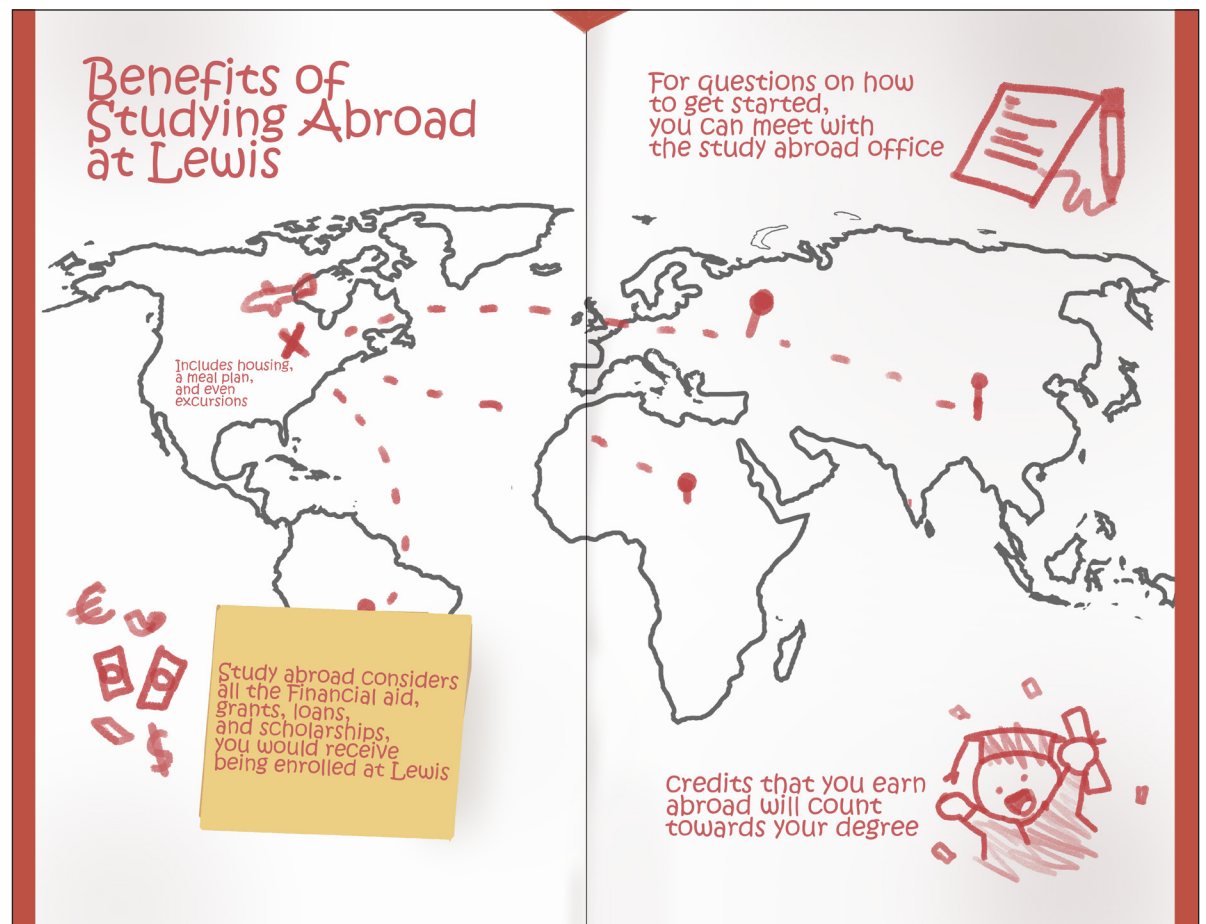
nity to try a variety of foods, listen to cultural music and explore different cities on their own. Since students complete courses abroad, there is no need to worry about falling behind. Earning a degree while traveling combines the best of both worlds.

Additionally, one other bonus is that the study abroad program costs the same as studying in the U.S. Our travel study programs offer dozens of courses that will transfer back to Lewis credit. Take advantage of an opportunity to earn credit and enjoy a nice change in scenery outside of our Romeoville campus.

Leaving a familiar environment can be very nerve racking. Thankfully, the department offers two-week travel study options that are way less intimidating. Travel study trips typically pair with semester-long classes and are the perfect way to explore a new location within a shorter time frame.

The programs offered vary from two-week trips to a whole academic year. Regardless of length and location, all trips allow students to earn credits in general education, electives, minor or major credits.

The study abroad program is open to students of all years and is even available to faculty



OLIVIA BRZEK / GRAPHIC DESIGNER

and staff. Despite this, student-athletes may encounter some restrictions due to rules and regulations. Make sure to contact your coaches to learn how you can go abroad.

The application deadlines for these programs are usually a se-

mester in advance. But no need to worry as there is still time to apply for the summer and fall 2024 programs by the end February.

Studying abroad is not only a fun way to earn credit, but provides the perfect environment for personal growth. Entering

a new world challenges a person to grow socially, emotionally and professionally. For questions, information or to find the best study abroad program for you, email Chris Swanson at swansonch@lewisu.edu.

Physics department hosts annual Pumpkin Pitch

MICHAEL SACK
CAMPUS LIFE EDITOR

With Halloween in the past, the scent of carved pumpkins and joy of trick-or-treating fades away, making room for the aroma of turkey and Christmas on the horizon. These seasons come and go, but what should people do with their leftover pumpkin decorations? In collaboration with the Will County Land Use Department and the Sustainability club, the physics department has devised a fun and creative solution to repurpose these old pumpkins.

The event, organized by the physics department, offers children and students the opportunity to experience the fascinating combination of physics and biology. Staff provided children with the chance to explore the effects of compost, soil containing live worms and offered coloring pages with crayons for younger participants.

The Pumpkin Pitch has become a favorite of not only the Lewis community, but also individuals from Romeoville, Joliet, Lockport, Plainfield, etc.

"Building catapults for smashing pumpkins has become a fantastic community bonding activity," shared Instructor, Laboratory and Community Outreach Coordinator for the Department of Physics, James Hoffman. "It involves seniors all the way down to freshmen, fostering collaboration and mentorship among stu-

dents. The experience not only imparts tangible skills, such as using tools like drills, but also teaches invaluable intangible skills, like problem-solving and teamwork. We encourage experimentation and don't mind if the catapults fail; in fact, it's a part of the learning process."

Children of all ages participated, getting to operate the catapults and launch pumpkins with physics students. Toddlers and adolescents alike were welcomed to participate in each launch, allowing students and staff to engage with the local communities and youth. The students had their hands full with actively launching pumpkins in their catapults, while dealing with technical issues at times.

"We've had instances where the catapults broke within the first 10 minutes, prompting discussions on lessons learned. Students actively engage in the process, breaking into teams and working on different catapult designs. As a professor, I find it rewarding to witness the sense of community that emerges from these activities, and I look forward to seeing the creativity and teamwork unfold each time," said Hoffman.

Over the past five years, the physics department has partnered with the Will County Land Use Development team each fall to recycle organic waste, producing valuable fertilizer in the process. The fertilizer generated can enhance shrubs, flowers



MICHAEL SACK / CAMPUS LIFE EDITOR

Participants watch as a pumpkin, catapulted, hurdles towards its fate.

and vegetables, serve as mulch and even be brewed into tea. Its nutrient-rich composition not only enhances the soil but also heightens its water retention capabilities.

Thousands of pounds worth of pumpkin were composted through the event. In addition to bringing old pumpkins to smash, families had the chance to bring in their old electronics to recycle. This raised awareness for each of the participants' responsibility to not exclusively recycle only organic waste, but the additional

disposal of electronic waste.

Erin Noon, environmental educator at Will County Green, believes that, "Reducing the waste we send to landfills is crucial. By diverting food waste from these sites and utilizing anaerobic digestion, we can prevent the release of methane gas into the atmosphere. This process allows us to return organic matter back to nature, eliminating the need for additional soil amendments. Nutrient-rich byproducts can nourish plants naturally, promoting healthier growth and a

more sustainable environment."

The seamless collaboration between each group brought immense joy to the event. Resulting in a successful turnout and a satisfying experience as the catapults demonstrated their prowess. Even when pumpkins didn't soar as far as others or when catapults failed to launch, these moments inspired a sense of determination and creativity among the participants, fostering a spirit of innovation and learning within the event.



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Men's volleyball sets up for a better year

JADA HARVEY
CO-SPORTS EDITOR

"We salvaged it." That is how coach Dan Friend described the men's volleyball season last spring. Although the start was less than ideal, Friend was proud that the men pulled through, finishing fourth and making it to the GLVC semifinals of conference.

This year, Friend hopes to bounce back this spring. "Our schedule is built for us to have an opportunity for some big ranked wins. In order to get in the top 15, top 10, top five you have to beat some of those teams."

Although a few senior leaders graduated, there are plenty of returners so the court remains strong. The coming months will determine who is going to "step up into those roles and take that next step." From there, the Flyers will just need to refine their chemistry.

In terms of game play, coach Friend said, "We're doing a lot of serve-pass and out of system work." He described the latter as "not perfect scenarios," meaning the team will practice playing off of a poor pass or a poor set. In a game, circumstances will vary and there will be mistakes in execution, so the players must be prepared for those occasions. In

order to find chemistry, Friend mentioned playing around with the lineup. Mixing different players together and throwing in newcomers will reveal unique patterns of play.

Rhythm is a skill that must be practiced as a team, but players must also have a knack for it in order to be successful. One key moment that Friend expanded upon was the phrase "read the hitter but don't cheat." When an opposing outside goes up and hits, a "cheating [player] would already go before [the opponent] make[s] contact." This potentially sends them out of position if, say, the ball ricochets off of the block in a way they weren't expecting. Players must react after there is contact on the ball so that they're not caught moving in the wrong direction.

Apart from tactics, Friend described how seriously agility, conditioning and lifting are taken. "We are not as physical as other teams we're up against. We have to become more physical, stronger, jump higher, push the envelope as we're a younger group." To reach that goal, the team goes through four to five lifting days, speed days and jumping exercises with their conditioning coach.

As mentioned earlier, reading the game is crucial and is only

successful if an athlete's mind is sharp. For over ten years, Friend's program has included books, reflections about the lessons learned, breathing exercises, visualizations and personal journals. Journals are given to players to write down post-game and post-practice notes, reporting what they did well or what needs to improve. This process allows them to think about their game and reflect on their skills. A new addition is an app called NeuroFuel. This app works on breathing and visualization and includes a personality test of each player so athletes understand one another better. In order to keep everyone's mind set on the correct things, the team has goal-setting binders as well.

Coach Friend puts all of these pieces together in order to better his athletes and build their minds. Constant check-ins and evaluations of where the players are at mentally help reduce anxiety and stress. He is always asking how the staff can improve and what the team might be missing. Each year brings a new evaluation period, and Friend says the question to ask is "What do you put in the hands of the athletes to put themselves in a position to be successful? [You] can't do it for them."



MATTHEW CARLSON/PHOTOGRAPHER

The team regroups in between points during a practice session.

It is still early and there is a lot of building to do. With the help of time, practice and the coach's resources, the team has a shot for success this

season. Friend said, "I want them to know they have a shot. To compete, win a conference championship and get into the NCAA tournament."

Softball aims for another successful season to come

JOSEPH FERNANDEZ
CO-SPORTS EDITOR

In spring 2023, the softball team took home a GLVC championship as the sixth seed in the tournament. Over this ongoing off-season, the squad has trained tirelessly to repeat the achievement.

In order to repeat this accomplishment, the team focuses on team chemistry. "We're a family. Specifically, we're sisters. You're going to hate each other sometimes but you will always be there for one another, love each other and have each other's back," said sophomore infielder Anna Frafjord.

"It was just awesome to be able to bounce off each other's energy with how excited we were. It felt like we had something to prove. As a team we made a mark in the GLVC. I think we really showed what we can do and we can grow from here," Frafjord explained.

Last season, the Flyers started their season off slow, losing their first six conference games. However, they never lost faith in each other. They were able to rally off a hot streak, including a 14-4 record afterwards, good enough to secure the sixth seed in the GLVC conference tournament. "Getting

to win that championship our first year and just getting to be a part of that and making an impact on that game and playing as [a] freshman in that championship game, it was very surreal," said sophomore catch/utility Kristen Graham.

Only down four seniors from last year, the Flyers are ready to make another run at the GLVC championship this upcoming season. The squad is focused on building team dynamic and introducing some new players to the team. Frafjord explained, "The biggest one is just welcoming the freshman, making them feel like they're not the odd ones out. We're going to act like you've been with this team for 10 years."

This fall, Frafjord has seen promising things out of the team so far. Regardless, she wants the team to aspire for more. "Based off of what we've done in the off-season, I see great things. Of course there's always going to be adjustments and improvements to be made but that's every year no matter how long you've been playing the game. You're never going to be perfect... You always want to have that hunger to grow, as a team, as an individual, as a program."

Coaching is where a team's



LEWIS ATHLETICS

The softball team celebrates their GLVC championship after defeating the University of Indianapolis 5-2 in the final.

foundation starts, and coach Becky Pearl has made sure that the team's family aspect has stayed intact throughout the course of the off-season. Also, maintaining a hard-working attitude that the team hopes to propel them into exceeding their own expectations. Pearl also has instilled an open door policy that helps existing players too, by having an open door policy she seems more approachable. "I think that really goes along

with the family aspect too, that communication even if it has nothing to do with softball they want to know about it and I think that it's something that they have [done] since day one," Graham explained.

The team holds a meeting at the beginning of each season to identify goals for the year. They try not to put too much pressure on themselves. "Our first goal should be to win another GLVC championship, we hit that goal last year and

we have to push ourselves to hit that goal again, the next goal would definitely be [a] regional championship. We definitely want to improve from last season," said Graham.

As the Flyers continue to prepare for the season, they will be entering the 2024 season as heavy contenders to compete for a GLVC championship and beyond. Their season is scheduled to start on Feb. 2 in Mankato, Minn.

Women's volleyball seniors lead by example

COLLIN MCCARTHY
SPORTS CONTRIBUTOR

Last November, the women's volleyball team won their second consecutive GLVC tournament championship and their 12th in program history. As the 2023 season comes to an end, the Flyers are sitting near the top of the conference standings once again. They are eagerly waiting for their chance to continue their streak and win their third conference title in a row as well as their 13th conference title in program history.

Led by an impressive roster of seniors, including Megan Schlechte, Lauren Stenman, Bella Ray and team captain, Juliana Van Loo, their success is not an accident. These leaders were trained by classes above them and now fill the shoes of role models for the younger athletes. Each of the seniors have had a career worth being proud of and are sure to leave a permanent mark on the program.

The upperclassmen have inspired the six new freshmen to step up and become leaders themselves. Transitioning into the program began with a crash

course when the team traveled to Europe this past summer. "Having a bunch of returning players and underclassmen, we all got to pair up and teach them how to play in the system. They all picked it up really fast, they are very stellar freshmen," said Van Loo.

Winning in any sport is difficult but maintaining continuous victories proves to be an even bigger challenge. A common trend among once dominant teams is complacency, but for the Flyers, a team democracy and mutual accountability keeps them focused on their goals. However, the actions taken after a misstep can show the character of a team. "After the Missouri S&T loss, we talked about how we need to take it one point at a time, not even one game at a time. We're trying to change our mentality, and it's for the better," said Van Loo.

Even after winning two conference championships in a row, these senior Flyers are not letting their egos get too big. They know that what they're trying to accomplish is difficult and setting an example of how to handle a frustrating loss will promise the



LEWIS ATHLETICS

Schlechte (11,) Stegmann (1,) Hickey (2,) Van loo (6) and Newberry (13) celebrate a point against St. Francis.

closing to an unbelievable era and the beginning of another.

In her second year as team captain, and final year at Lewis, Van Loo is taking this year in stride. "For me, whatever happens, happens. Do I want to win? Of course. Am I going to try and get my team there? For sure. But I'll be proud if

we come out of whatever our last game is, proud that we got there." She went on to say that she just wants to have fun. That's all that matters, and her kind of fun is laughing and dancing during timeouts.

With the GLVC tournament championship a couple weeks away, it is the beginning of the

end. For seniors, they are at the twilight of their careers, ready to treat this season the same as their previous, with years of experience under their belts. For the freshmen, who are new to the program, they have the absolute privilege of watching their mentors and friends compete at the highest level.

PLAYER PROFILE



EVAN HORGAN

STATISTICS

- GLVC Freshman of the Year
- All-Regional

Freshman | Aviation Flight Technology Major

Is running more physically or mentally challenging?

"Running is very physically challenging. You have to average 10+ miles a day every day 365 days a year. However, it's very mentally challenging from the aspect of racing and having to push through pain to run your absolute best."

What goes through your mind during races?

"During races, I try to think about everything besides the fact that I'm running. This is because when my mind is surrounded by the fact that I'm running, I will think about it more and more and running will become harder because the thought of me being tired will be in my head."

What is your pre-race routine?

"I don't really have a pre-race routine, I just try to put positive thoughts through my head. I tell myself to trust the training."

What is something about XC that most people wouldn't know?

"Something about cross country is that you can't take breaks often. If you take just 3 or 4 days off you will lose so much fitness."



Veteran Bulls off to slow start

An Opinion

JOSEPH FERNANDEZ
CO-SPORTS EDITOR

The Chicago Bulls are in the worst position in the league. They currently have a 2-5 record, good for 14th place in the Eastern Conference. As an older squad that is lacking the presence of little to no young talent or draft capital, something's got to give.

While the season may be young, fans have seen this before with the same core players. This team has yet to show any difference from the squad that made the play-in tournament last year and got beat by the Miami Heat in the last round. To start, the core of the team is perceived as top-heavy, they have two star wing players in DeMar DeRozan and Zach LaVine, who are perennial 20 points per game (ppg) scorers, but after that, the team's production hasn't lived

up to their own expectations. Adding key-role players like Jevon Carter and Torrey Craig were moves that were meant to make the squad better. However, the reliance on development from former fourth overall pick, Patrick Williams, and former seventh overall pick, Coby White, has not paid off as of now. Williams has posted 5.3 ppg while shooting an abysmal 32.6 percent from the field. While White has posted a higher scoring rate at 11.1 ppg, but still shoots a lackluster 34.6 percent from the field.

Coach Billy Donovan may also be in the hot seat come end of the season if these issues persist. Before the Bulls, Donovan had an impressive resume. He had a winning track record with the Oklahoma City Thunder and achieved back to back national championships with the University of Florida. Needless to say, the expectations for the or-

ganization as a whole skyrocketed with the hiring of Donovan.

The large issue that has loomed during Donovan's tenure is the lack of three-point shooting efficiency. Since Donovan joined the team in 2020, the squad has ranked in the bottom five in the National Basketball Association (NBA) in made three-point shots.

The team's core has shown promise at some points, but only in flashes. When Lonzo Ball got hurt in January 2022, the Bulls were surging, but ever since, they have lacked the ball handling and defense that Ball provided. With Ball likely to miss the whole 2023-24 season, the Bulls are left without much versatility at the point guard position.

During the tenure of Artūras Karnišovas, as Executive Vice President of Basketball Operations, and Marc Eversley as the General Manager, the Bulls have been underperforming the ex-



CHICAGO BULLS
Zach LaVine and Bradley Beal await the jump ball at the start of the game.

pectations that the front office has set by trading away future assets and mortgaging the future. To the extent that fans are left questioning, how long of a leash will ownership give this regime?

Solutions to the problem are few and far between. The team can either sell players who aren't considered building blocks for

the future, or turn the season around, which is highly unlikely based on their track record. Selling off key pieces like DeRozan and/or LaVine will confirm the team's rebuild and will prove to be a letdown for the fanbase and for the Chicago Bulls as they try to replicate the success they found in the Derrick Rose era.

SPORTS RECAP

[10/27 - 11/5]

MEN'S SPORTS

SWIMMING

10/28 vs. Illinois Tech Chicago, Ill. W: 150-70

11/4 vs. Lake Forest College Romeoville, Ill. W: 193-60

SOCCER

10/27 vs. University of Illinois Springfield Romeoville, Ill. L: 0-1

10/29 vs. Quincy University Romeoville, Ill. W: 4-2

11/5 vs. Rockhurst University Romeoville, Ill. W: 4-0

GOLF

10/28-29 @ KWC Invite Owensboro, Ky. 8th place 598 pts.

CROSS COUNTRY

11/4 @ NCAA Midwest Regional Championships Evansville, Ind. 2nd place 104 pts.

WOMEN'S SPORTS



VOLLEYBALL

10/27 vs. Maryville St. Louis, Mo. W: 3-0

10/28 vs. Missouri University of S&T Rolla, Mo. L: 1-3

10/31 vs. St. Francis University Romeoville, Ill. W: 3-0

11/3 vs. Truman State University Romeoville, Ill. W: 3-1

11/4 vs. Upper Iowa University Romeoville, Ill. W: 3-0

BASKETBALL

10/29 vs. DePaul University Chicago, Ill. L: 45-68

CROSS COUNTRY

11/4 @ NCAA Midwest Regional Championships Evansville, Ind. 3rd place 93 pts.

SWIMMING

10/28 vs. Illinois Tech Chicago, Ill. W: 162-50

11/4 vs. Lake Forest College Romeoville, Ill. W: 200-58

11/4 vs. Eastern Illinois University Romeoville, Ill. W: 198-63

SOCCER

10/27 vs. University of Illinois - Springfield Romeoville, Ill. T: 0-0

10/29 vs. Quincy University Romeoville, Ill. L: 0-1

11/5 vs. University of Missouri - St. Louis Romeoville, Ill. W: 1-0

