



# 4th Annual Department of Chemistry haunted house

LUNA SCHAFFER  
ASST. NEWS EDITOR

On Sunday, Oct. 22, 2023, Lewis University hosted its annual Halloween event, commemorating the founder of the Valley View Girl Scouts.

For the past four years, the department has organized this event, aiming to engage a younger audience in various campus activities. This year, the university was excited to host its fourth Trunk or Treat event in collaboration with the Girl Scouts.

A few years ago, the Girl Scouts approached Lewis University to create an event tailored to their interests. Upon brainstorming for ideas, Trunk or Treat was chosen as a festive and engaging activity for the members of the Girl Scout troops to participate in. Unlike traditional Halloween activities, this event offers a less scary alternative. Participants decorate their car trunks in Halloween themes and distribute candies to passing children.

Heading the event organization are Dr. Jason Keleher, Professor and Chair of the department

of Chemistry, and Community Outreach coordinator and Instructor Amy Mlynarski. Recognizing the scale of the event, the department welcomed volunteers from the community who eagerly participated by dressing up in costumes and decorating their cars for the occasion.

The event receives a great amount of financial support from the American Chemical Society with the purpose of using the money for the materials and decorations for the event.

This year, the women's volleyball team participated. They were dressed in costumes, adding to the festive atmosphere and entertaining the attending children.

Mlynarski emphasized that Trunk or Treat is just one component of the event. The main attraction is a haunted house, offering an interactive experience in scientific exploration. The event was a day filled with fun, laughter, and scientific curiosity.

The event typically lasts around three hours including the trunk or treat and the haunted house "The first hour

is a trunk and treat which they put together, we just give them a lot of space for them to host it. And then the last two hours is when they have the haunted house which we host in the science building."

Mlynarski explained that the activities in the science building are in the labs, where they do hands-on projects that are STEM-related. Mlynarski also commented how each year they change the theme to make it more entertaining for the people that come back each year. This year the theme was Escape Room at a Waste Remediation Facility.

"It was a very good experience overall, we got good turnouts," commented Mlynarski. "We were projected to have 340 people and I think that we got that. It is a lot better of an experience when you get all of the volunteers that we had this year. We had a lot of student volunteers, which was awesome."

By engaging with the student volunteers and spending time in the science building, the kids were able to experience the campus community, and according



Photo courtesy of: Keleher Research Group

Chemistry and non-chemistry majors volunteer every year to ensure the success of the event.

to Mlynarski "they loved it."

The event was not only a celebration of the founder of the Valley View Girl Scouts, but also

an occasion that brought the community together in the Halloween spirit.

# SIGNUM FIDEI Fundraiser 2023

IRENA ILIC  
NEWS EDITOR

On the night of Oct. 21, 2023, Lewis held the annual Signum Fidei celebration. This year was the second year the celebration was held at the House of Blues in downtown Chicago. The event began at 6:30 p.m. and ended at 10:30 p.m. Guests enjoyed drinks, food, music, dance performances and more.

Signum Fidei is an annual fundraising event that brings Lewis donors and alumni together to raise money for different university funds. Signum Fidei itself represents the union of the university's mission values - knowledge, fidelity, wisdom, justice and association.

This year all funds raised throughout the night went to the university's Mission Fund which supports students faced with unanticipated financial challenges. Raffle and split-the-pot tickets were available for sale throughout

the night to raise money.

Raffle prizes included a variety of items including a private Chicago skyline flight for two, a flight simulator and lunch, a VIP Overnight Chicago package and much more. There were university-specific prizes as well, featuring a dinner with the Brothers, a Flyer fan package and the opportunity to join the men's volleyball team courtside at one of their games this season.

This year's celebration honored one of the university's recently retired esteemed staff members, Mary DeGraw, who served as Associate Provost for Student Life and Dean of Retention.

University Advancement hosted the event with the help of various student volunteers, including members of the Student Senate and the university cheer team. There were a total of 20 student volunteers who helped sell raffle tickets, welcomed guests and ensured a smooth night.

"Signum Fidei was such a



Photo courtesy of: Eduarda Marcon P. da Silva

Student volunteers enjoying the Signum Fidei celebration.

wonderful experience," said senior psychology major Rebekkah Schimick. "I was able to socialize with so many different people and learn about their endeavors. The atmosphere of the event was one of a kind and I had a great time volunteering."

The event was a success with a total of 400 tickets sold and donations totaling to \$310,000.00.

"It was an amazing night of fun, fellowship, and raising money for a great cause," said Brandon McGhee, Assistant Director of Alumni Engagement.

Retiring from the House of Blues, next year's Signum Fidei will be held at the Matrix Club in Naperville. The venue is a premier events facility offering a theater, art gallery, banquet hall and bar.

# Lewis to teach ROTC members Russian

**IRENA ILIC**  
NEWS EDITOR

In the summer of 2024, Lewis University will be hosting an 8-week long Russian learning program for nationwide members of the Reserve Officers' Training Corp (ROTC).

Project Global Officer (Project GO) is a nationwide initiative sponsored by the Department of Defense that is open to all qualified ROTC students. The Project trains officers in the development of linguistic and cross-cultural communication skills required for effective leadership for national security purposes.

The main goal of the Project is to train officers in a critical language. For the U.S., a critical language is a foreign language which is important to our country's national security and economic prosperity. These include: Arabic, Chinese, Russian, Turkish, Swahili and many more.

Since its funding in 2007, Project GO has provided 5,600 individuals with opportunities to study culture and 19 languages, both in the U.S. and in 33 other countries around the world.

There are 27 different universities across the U.S. who have received a Project GO grant and only 13 of these schools teach Russian. Lewis is the first and only Project GO program in the State of Illinois. The grant totals \$320,000 and covers all program expenses for students,

enabling full focus on the study of Russian.

Dr. Serafima Gettys, Project GO director and associate professor and coordinator of the Department of Foreign Language, elaborated on the unique ways Lewis is approaching this program for the second time.

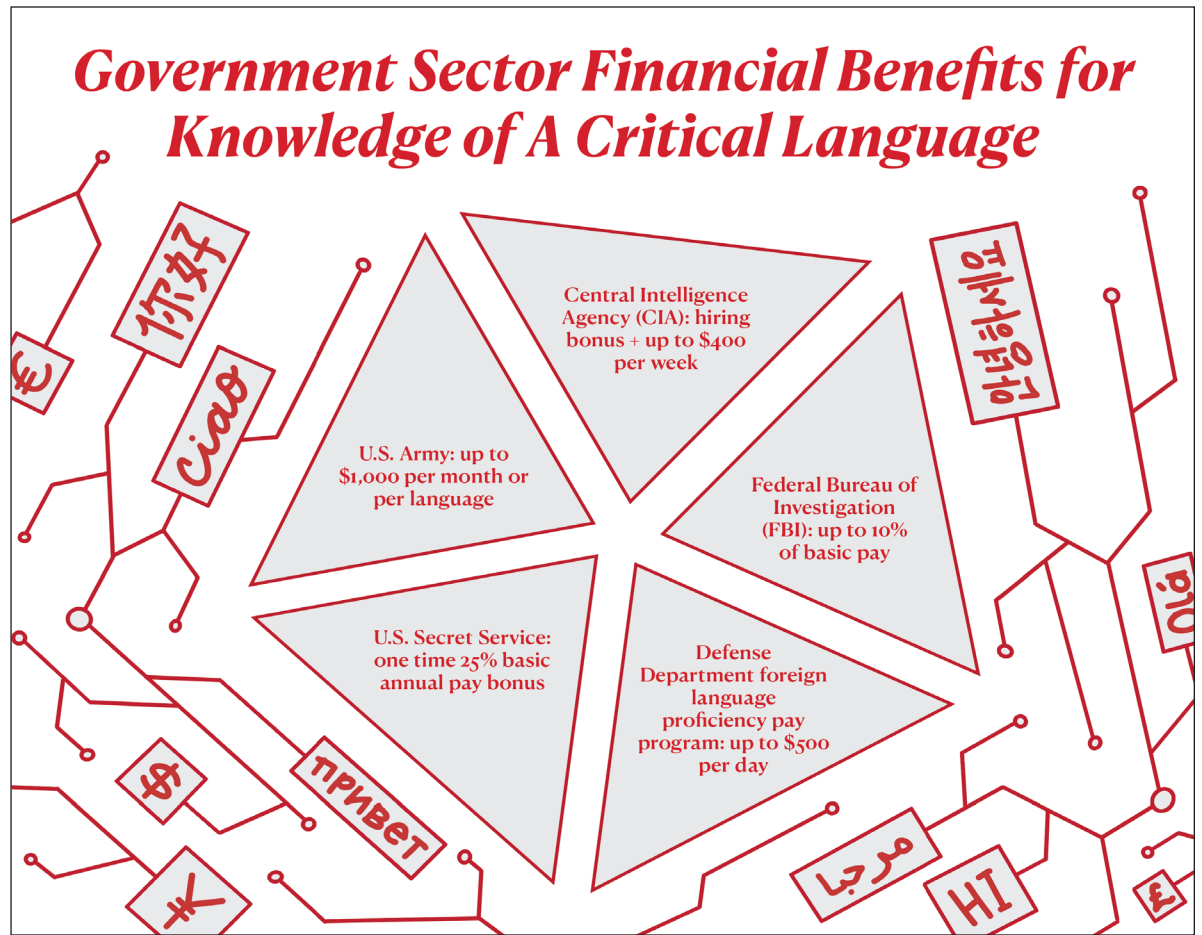
"We have our own system of training. We don't have vocabulary tests and tedious grammar tests. Ours is completely different, it's all about speaking and it's a very interactive setting," said Gettys. The program is focused on speaking Russian and understanding the culture. Students have the opportunity to engage in these aspects of Russian in a number of ways.

"We take students to the Ukrainian Village and do a folk dancing and choir and have a lot of guest speakers who speak about contemporary Russian. We also have online conversational partners," explained Gettys.

The Program accepts students without any prior knowledge of Russian and turns them into Level 1 Proficiency Russian speakers. On the Interagency Language Roundtable (ILR) scale, a language proficiency scale used by the U.S. government, Level 1 is considered knowledge of a language on an intermediate/elementary level.

The current political climate calls for a need for government officers who have language skills.

"Today when there is the war



ALEXIS PRAGIDES / GRAPHIC DESIGNER

between Russia and Ukraine there is an urgent need for military officers who speak the language," said Gettys. "Two of the most important languages are Chinese and Russian these days."

Being fluent in unique languages is a benefit to those looking for a career in the Military, State Department, Pentagon or any branch of National Security. Furthermore, military officers receive financial benefits for speaking additional

languages such as Russian and Arabic.

Gettys shares how much more each officer earns for being proficient in Russian.

"All military officers who have a certain level of proficiency in critical languages receive a monthly bonus," said Gettys. "It's different for different languages, but for Russian it's a \$1,000 bonus every month. Moreover, if they graduate from Project GO and continue to study Russian, and reach the

level of 1 Plus it makes them eligible for another bonus which they can receive while they're still in school. For Russian it's around \$1,200 a month".

The Project GO program is completely free for all eligible ROTC students across the U.S. However, all Lewis students can learn a variety of languages through foreign language classes. Classes offered include Russian I and 2, Arabic I and 2, Chinese 1 and Spanish 1 and 2.

# Prayers for the Middle East

**LUNA SCHAFER**  
ASST. NEWS EDITOR

On Oct. 18, the Lewis Ministry department hosted the Ecumenical Prayer for Peace in the Holy Land.

The event was hosted online, with the purpose of praying for those suffering in the Middle East.

On Oct. 7, the Palestinian Sunni Islamist group, Hamas, launched an attack towards the country of Israel. The event has caused distress in multiple communities across the globe because of the severity of the event.

On Oct. 10, the President Dr. Livingston, sent a mass email to the campus community stating, "Our thoughts and prayers go out to the victims, their families, and all those affected by the growing violence in Israel and Gaza. I am deeply saddened with the recognition of the pain that we can cause each other as we all continue to seek out a world in which we and our families can live to our greatest potential.

The Vice President for Student Life and Chief Mission

Officer, Kurt Schackmuth, sent a follow-up email a few days later with the message, "The International Association of La Salle Universities (IALU) will host an international, Ecumenical Prayer Service for Peace in the Middle East on Wednesday, Oct. 18 at noon (7:00 p.m. in Rome.) The prayer service is led by and live streamed from the Brothers' Central Community in Rome, Italy, and from Bethlehem University in Palestine. The prayer service can be accessed on the IALU Facebook page, as well as on the La Salle Global Facebook Page."

Every Wednesday, the Ministry department has its community hour during which they host mass. Instead of mass, the Ecumenical Prayer Service for Peace in the Middle East in Sancta Alberta Chapel was held from 12:30 p.m. to 1:00 p.m..

Since then, the university has hosted other events to inform the community about what can be done to support those in need. One of these was the Palestine Informational Session which was hosted by the Muslim Student Association



KATHERINE GROPPE / PHOTOGRAPHER

The Ecumenical Prayer Service for Peace in the Middle East was held in the Sancta Alberta Chapel.

on Oct. 25.

Although it is tough to grasp the harshness of the war overseas, it is important to acknowledge the reality. "In times like these, it is crucial for us to stand together as a global community, and especially as a Lewis University community to promote peace, understand-

ing and empathy among all people," said Dr. Livingston.

Livingston also mentioned, "We must reaffirm our commitment to fostering an inclusive and respectful environment within our university and beyond. We keep those members of the Lewis community in our prayers, who

are directly impacted because they have family or loved ones in Israel and Gaza. We also hold our fellow Lasallians at Bethlehem University, in Palestine, in our thoughts and prayers as the violence in the region will impact their educational journey."

# OPINIONS

## Past vs. present: The decline of cinema

**ARMAUND JONES (AJ)**  
OPINIONS EDITOR

Over the years it has become quite apparent that the magic of cinema is losing its touch. The awe-inspiring aspects of the silver screen are far less alluring, and perhaps some have thought on why that might possibly be. I know that I have wondered, and believe that it started quite some time ago.

All genres of cinema have suffered greatly over the past few years for one reason or another. Sadly, of all the genres to suffer the most, I'd say that horror movies are the ones that have taken the hardest hit. Horror and comedy, ironically enough, are the two genres that are the most difficult to get right regardless of the form it is being shown in. If it is movies, books, games, or even regular social interactions, fear and humor are the hardest things to instill in others.

With the previously stated factor already being stacked against those particular genres, it's no wonder the quality of these art forms have degraded over time. With tens of thousands of movies being made every year for the past couple of decades worldwide, and such a number growing exponentially each year, the need for creativity must increase. With so many cliches being cemented, and so many ideas and concepts being remade, it is to no one's shock that the artform overall has lost some of its luster.

Sensitivity to material is some-

thing else that is a huge factor in the downfall of modern day movies and TV shows. This is something, however, that has been building for 20 years that primarily affects the horror and comedy genres. Tolerance for certain components of scary, gorey and downright disturbing has decreased quite a bit, leaving the much needed shock factor for horror severely dull. For comedy, intolerance for what can be made light of and what we as a people find funny, has led to an entire entourage of films that are completely flat and unentertaining. Movies such as the comedy "Step Brothers" (2008) or the horror film "The Hills Have Eyes" (1977), are a dying breed for sure.

There are many other things that have led to the downfall of visual entertainment. Such things like the deficit in attention span not allowing for the appreciation of movies, and even TV shows to nowhere near the degree of any other time in history. It is even interesting how modern cultural changes have warped the quality of movies.

For example, gender norms and roles have caused pushback to classic fairytales and the romantic genre as a whole. Either the charm and sentiments is demonized and therefore, not created anymore, or a different narrative is created where components of the heart play little to no role. So besides aspects such as desensitization, cultural changes, ever-draining creativity and originality, there are more design pieces of movies

that have also led to the steady decline of cinema.

Transitioning from practical effects to digital effects is something else which detaches the audience from the screen, however if done right, digital effects can be even more immersive than practical. For context, practical effects are physical effects that have a certain purpose such as how real explosions might be used instead of faking one. Digital effects are purely technological edits, and a perfect example would be green-screen or photoshop.

As one who has always been enthralled in the art of the silver screen, it is sad to see the gleam of those pieces lose some of their light. It feels to me as if the authenticity in the artform has devolved into something more shallow. Television and movies, these days especially, are used to push for some kind of ideology, as we see with Disney these days making very blatant political statements in their movies. The innocence in movies is hard to find these days, even if said innocence is an unapologetic dedication to the genre despite possible retaliation.

Raw talent, passion and skill is something that seems to be obscured from the grander picture of cinema overall. There are boundless ways to reach into the fathomless expanse of artistic creativity and doability that many movies are still able to do. Cinema as a whole, may have declined in my opinion, yet there are several movies that push the boundaries and solidify themselves as classics

forever more. Such movies could include things like "The Witch" (2015,) a classic for horror, much like how "White Chicks" (2004) is a classic of comedy from the early 2000s.

A comedy like that being made in this day and age is something that would not be undertaken by any director today. At the same time, remakes can be just as good as they can be bad. A great example would be the 2016 remake of the original 1984 "Ghostbusters." Remakes can add a good dash of creativity to a classic, but at the same can destroy it as well. There is a beauty in originality, and constantly redoing or something else can come off as a cheap knock-off hurting the collective of the material.

The deep immersion of cinema as an artform all itself has found itself far more shallow than ever before. Our culture has diminished our concepts and narratives to be far less enthralling, and has shaped its audience in a way that derails it away from the experience of cinema. These days we see too many forms of movies and TV shows used with an agenda in mind, instead of simply telling a story. Modern day cinema is something where raw, awe inspiring stories are far more rare than it has been before as the market of entertainment contorts in a most unpredictable manner. It's said that there are things in this world that age like fine wine, yet it's observable that movie magic is an exception to this concept. Let's hope that changes for the better.

**JULIA LESNICKI**  
EDITOR-IN-CHIEF  
[juliadlesnicki@lewisu.edu](mailto:juliadlesnicki@lewisu.edu)

**GRACE SUEFLOHN**  
MANAGING EDITOR  
[gracemsueflohn@lewisu.edu](mailto:gracemsueflohn@lewisu.edu)

**ANABEL AGUILAR**  
WEBMASTER  
[anabelaguilarramir@lewisu.edu](mailto:anabelaguilarramir@lewisu.edu)

**IRENA ILEC**  
NEWS EDITOR  
[irenailec@lewisu.edu](mailto:irenailec@lewisu.edu)

**LUNA SCHAFFER**  
ASST. NEWS EDITOR  
[lunacuevaschafer@lewisu.edu](mailto:lunacuevaschafer@lewisu.edu)

**ARMAUND JONES**  
OPINIONS EDITOR  
[jonesarmaund@gmail.com](mailto:jonesarmaund@gmail.com)

**LANIE PATTERSON**  
TEMPO EDITOR  
[melaniebpatterson@lewisu.edu](mailto:melaniebpatterson@lewisu.edu)

**RAYNE GRABOWSKI**  
ASST. TEMPO EDITOR  
[raynegrabowski@lewisu.edu](mailto:raynegrabowski@lewisu.edu)

**MICHAEL SACK**  
CAMPUS LIFE EDITOR  
[michaelsack@lewisu.edu](mailto:michaelsack@lewisu.edu)

**JADA HARVEY**  
CO-SPORTS EDITOR  
[jadalharvey@lewisu.edu](mailto:jadalharvey@lewisu.edu)

**JOSEPH FERNANDEZ**  
CO-SPORTS EDITOR  
[josephfernandez@lewisu.edu](mailto:josephfernandez@lewisu.edu)

**STEPHANIE AGUILAR**  
CAMPUS LIFE & OPINIONS  
COPY EDITOR  
[stephaniekaguilar@lewisu.edu](mailto:stephaniekaguilar@lewisu.edu)

**KAYLEE KOSULIC**  
TEMPO & NEWS  
COPY EDITOR  
[kayleevkosulic@lewisu.edu](mailto:kayleevkosulic@lewisu.edu)

**TYRA CORPUZ**  
SPORTS COPY EDITOR  
[tyrarayavcorpuz@lewisu.edu](mailto:tyrarayavcorpuz@lewisu.edu)

**GIANNA CIACCIA**  
ONLINE COPY EDITOR  
[giannamciaccia@lewisu.edu](mailto:giannamciaccia@lewisu.edu)

**KALEY MURRAY**  
LAYOUT EDITOR  
[kaleymmurray@lewisu.edu](mailto:kaleymmurray@lewisu.edu)

**ORLA CLASBY**  
LAYOUT EDITOR  
[orlarclasby@lewisu.edu](mailto:orlarclasby@lewisu.edu)

**ALEXIS PRAGIDES**  
GRAPHIC DESIGNER  
[alexispragides@lewisu.edu](mailto:alexispragides@lewisu.edu)

**OLIVIA BRZEK**  
GRAPHIC DESIGNER  
[oliviasbrzek@lewisu.edu](mailto:oliviasbrzek@lewisu.edu)

**GERTIE CASEY**  
SOCIAL MEDIA COORDINATOR  
[gertrudejcasey@lewisu.edu](mailto:gertrudejcasey@lewisu.edu)

**KATHERINE GROPE**  
NEWS & CAMPUS LIFE  
PHOTOGRAPHER  
[katherinergrope@lewisu.edu](mailto:katherinergrope@lewisu.edu)

**MATTHEW CARLSON**  
SPORTS & TEMPO  
PHOTOGRAPHER  
[mattcarlson2003@gmail.com](mailto:mattcarlson2003@gmail.com)

**JADA LAW**  
NEWS & CAMPUS LIFE  
REPORTER  
[jadaalaw@lewisu.edu](mailto:jadaalaw@lewisu.edu)

**COLLIN MCCARTHY**  
CONTRIBUTOR  
[collinbmccarthy@lewisu.edu](mailto:collinbmccarthy@lewisu.edu)

**HAYLEY MILLER**  
FACULTY ADVISER  
[millerha@lewisu.edu](mailto:millerha@lewisu.edu)

# Read The Flyer...

# ON THE GO!

Stay up-to-date with The Flyer  
with our online editions  
on our website!

# thelewisflyer.com

# Passion and practicality: The picking of our futures

**ARMAUND JONES (AJ)**  
OPINIONS EDITOR

When it comes to picking the paths to our futures, we are all met with the glaring obstacle based on our passions or merely practicality. This is an obstacle more for some than others as chosen pathways, such as many in the arts, are blocked with a risk of little to no financial gain. Walking into your future led by practicality is safe for sure, but following one's passions is the best route to take.

Following one's passions is not without its trials and tribulations, however the outcome is worth it. For those who overcome obstacles such as funding the potentially long journey to their dream, maintaining their will and evolving their strengths all will be worth it in the end. Putting in so much with the risk of nothing in return is the ritual needed to achieve one's dream.

Not only does following your dreams create the optimal future, but such heart and soul fuels the world around you. The world at large would be best if it was supported by that who did what they loved. The amount of efficiency and vitality that would pump into our world if only that was the way things were done. A truly driven mind can find what a dull mind cannot. A virtuous heart will be able to create tapestries and masterpieces a broken one cannot. The same as a soul stilled in time

will only maintain the present instead of running to the future.

However, even though a world guided by passion is ideal, it is not exactly realistic. The risks of following your passion rather than practicality can be immense, and not worth it for some. There is also the mandatory nature of their being necessary occupations that don't coincide with anyone's wants. Interestingly enough, such occupations are usually paid really well, leading those who commit themselves to such a disposition well compensated.

Those who decide to follow the practicality of such a career to sustain their future are certainly not at fault. Even I find myself driven by my dedication for guaranteed financial gain. Those who follow the scent of money and who have a devotion to practicality, you are the needed gray of this world. Those who identify as such have little need for large risks in order to achieve dreams. Those who identify have little need to risk unhappiness and dissatisfaction with something trivial and seemingly mediocre.

The path I have taken has been convoluted. As a little kid, I dreamed of becoming a storm chaser and singer. Even to this day, I still have an interest in meteorology and indeed, still sing. A dream of mine was to be an actor, a goal I have held onto for the past decade. From the ages of eight to sixteen, I wanted to be

an astronomer, until the realization of hatred towards math, so that went out the window. From there, especially so close to the end of my highschool career, big decisions had to be made for my future.

Faithfully, I am confident that I will make a great living off my skills so I decided to focus on my passion for acting and film. However, I was raised to be versatile above all other things, and have business and marketing skills to fall back on for a practical possibility for my future.

For now, the pursuit of not focusing on the money, but solely on a passion while trailing practicality behind it as both cover the holes in the other in terms of pros and cons. I am always open to see where life takes me, yet this is the path I have chosen and dedicated to. May it be plan one or plan two, I will always have a future to go out and do.

In a utopian society, the world would be built off of the passion of others, and although we do not live in such a world, we can make it better by trying to do so. In our current society, those who value practicality above all else have the easiest time in securing a future. Although the least risk is taken and thus given, the guarantee is always there. It is imperative to keep in mind that our futures are never set in stone, yet we all must ask what we want and what we are willing to sacrifice for it.



## All majors should take a job preparation course

**JULIA LESNICKI**  
EDITOR-IN-CHIEF

Senior year of college is a stressful, yet exciting time. You could be planning to take your fifth year, deciding to get that master's degree, job searching or even just prepping for that job you already have. But if you are like me and still searching for that perfect job, you need to know how to pursue it.

As a business major, I am lucky to have taken courses like Business Communication and Public Relations, but not all majors require these courses. And yes, of course these could be some extra credit classes you may want to take if you have space in your schedule, but a lot of the time this is not the case.

These courses truly prepared me for not just what I may want to pursue as a career, but how to get there. For example, my professors taught me tips and tricks on resume building, and even submitted my resume for an assignment to receive valuable feedback. Other assignments included professional business attire, how to interview and different types of interview processes and how to speak to a coworker when there are issues. We even practiced giving presentations in order to improve at public speaking.

However, I was not always a digital marketing major. I started as a chemistry major before changing my major in the second semester of sophomore year. Thankfully I did because my resume and experience would not be where it is today. In fact, I didn't even have a resume before

becoming a business major.

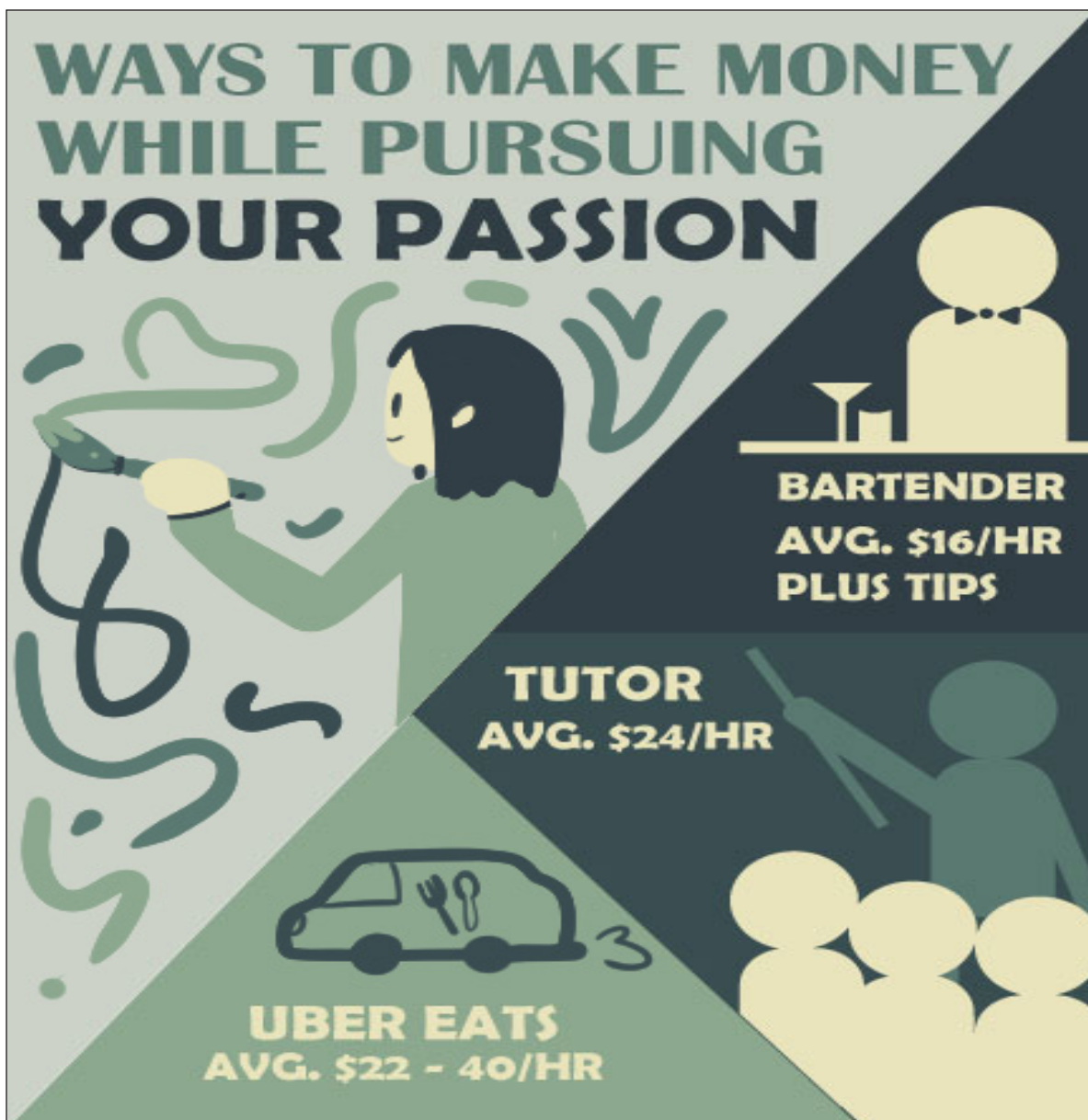
Not to mention, it seems a little unfair that business majors are required to take a science course, yet STEM majors are not required to take a business course. These business courses or job preparation courses would be extremely beneficial for all students to take.

My sister graduated from Lewis in 2022 with a bachelor's degree in biology. After she graduated, she struggled to find a job at first because she didn't know where to begin. Luckily, I was able to aid my sister with useful information in order to improve her resume and increase her chances of being hired.

This seems to be the case with many non-business majors who aren't required to take job preparation classes. I have spoken to some other non-business majors who mentioned they do not know how to use LinkedIn. If you don't know what LinkedIn is, it is a website that helps you connect with people for employment, just like a large networking system.

Making a specific course to help for job preparation should be a requirement for all majors, not just business majors. It does not even have to be a full three credit course, but a one credit workshop.

The university should reconsider some of the main general education requirements we take and substitute them for classes that will benefit our futures. How will one be hired for a dream career if they do not know where to begin? College is all about assisting and promoting students for their careers. Why not start in the classroom?



OLIVIA BRZEK / GRAPHIC DESIGNER

## “Dumb Money” takes on the GameStop stock craze

MELANIE PATTERSON  
TEMPO EDITOR

The movie “Dumb Money,” which was released on Sept. 29, is a biographic/comedic/dramatic account of the events in 2020 surrounding the stock market. The stock market craze caused by GameStop in late 2020 to early 2021 was not predicted even by experienced investors.

The movie “Dumb Money” is centered around Keith Gill, played by Paul Dano, who was also known as “The Riddler” in “The Batman 2022.” Dano’s character — Gill — a lower-middle class man living in a small-town of Massachusetts, working as a financial analyst. He has a small youtube streaming platform under the name Roaring Kitty, and frequently posts his opinions on a stock market subreddit page.

In the movie, Gill’s opinion about GameStop stock goes viral, only after he sinks his life’s savings into the stock. This starts a movement of investments that takes the internet by storm. What comes next is unbelievable, with the price of GameStop stock soaring from \$17.25 at the begin-

ning of January 2021 to over \$500 on Jan. 28. The average person was able to acquire money quickly by buying the stock and holding out to see how much it could rise, while investment CEO’s were losing hundreds of millions of dollars. The stock market game has changed forever, as big investors and hedge funds can no longer bet against the average retail buyer.

The movie also dives into Gill’s personal life and shows the impact of his stock decisions on the people around him. For example, one of the most important people in Gill’s life, his brother named Kevin, was one focus of the movie. Their relationship was comical to watch as they bantered and joked with each other. Even though Keith was financially more successful than his brother, his stock success helped out Keith, who was a humble uber eats delivery driver at the time. Despite their lifestyle differences, the brothers still share a special bond that is sweet to see throughout the movie.

Shailene Woodley plays the role of Keith’s wife, Caroline Gill. Watching them interact made the movie more engag-



Nick Offerman and Seth Rogen in “Dumb Money.”

IMDb

ing because their relationship was so wholesome and endearing. Each character was impactful and had their own purpose in the film. It was great seeing the wonderful people that Keith surrounds himself with and it made him that much more likable.

This movie did a great job of explaining the market’s conditions and what caused this event to happen. It includes clips from newscasts as well as viral videos that show how

quickly this movement spread. Overall, it was just so fun to watch. The soundtrack was lively and funny and the film was creative in the way it portrayed the event.

Not to mention, the cast is loaded! America Ferrera, Nick Offerman, Seth Rogen, Sebastian Stan, and more prominent actors and actresses. The film showed clips of some of the real people involved in the GameStop stock event. I would say that the director,

Craig Gillespie, did an excellent job casting in this film.

“Dumb Money” is a great recommendation for any movie lover. This doesn’t happen often, but this movie earned a 10/10. It was interesting, educational, inspiring and heartfelt. The story was really cool, and the fact that it is so relevant to our time contributes to my rating. As Gill would say, “What can I say, I like the stock!”

## Percy Jackson is going on quest... again

RAYNE GRABOWSKI  
TEMPO REPORTER

Whether it be on social media, in a history class, or a casual conversation, ancient myths and beliefs have influenced the world we live in today.

New adaptations of these myths, such as Madeline Miller’s “Circe” and “The Song of Achilles,” have been awarded several times since their releases.

An older introductory Greek mythology adaptation, “Percy Jackson and the Olympians” by Rick Riordan, has been around since June of 2005 and is a favorite among mythology readers. Recently, the newest book in the series, “Percy Jackson and the Olympians: Chalice of the Gods,” was released in September. Warning: spoilers ahead!

The series centers around a 12-year-old boy with dyslexia and ADHD, who has been kicked out of many schools for unfortunate events that always seem to link back to him. To his surprise, all of the Greek Gods and Goddesses are real and their myths and monsters along with them. Percy is a

demigod — half human-half God (son of Poseidon) — and is sent on numerous quests to save the world, all before he is 16.

As a son of the big three Gods — Zues, Poseidon, and Hades — he is extra tasty for the monsters. He befriends Annabeth Chase, daughter of Athena, who has been fighting monsters since the age of seven, and Grover Underwood, a satyr (half man-half goat) who dreams of finding the long lost god of the wild, Pan.

As the series goes on, Percy is introduced to several new demigods, gods and monsters. There are three series within the Percy Jackson universe. The first series, “Percy Jackson and the Olympians,” has five books with “The Chalice of the Gods” making it six.

The second is “The Heroes of Olympus” with another five books; “The Trials of Apollo” containing - you guessed it - five books. And finally, “The Sun and The Star” is a stand-alone book in the Percy Jackson universe.

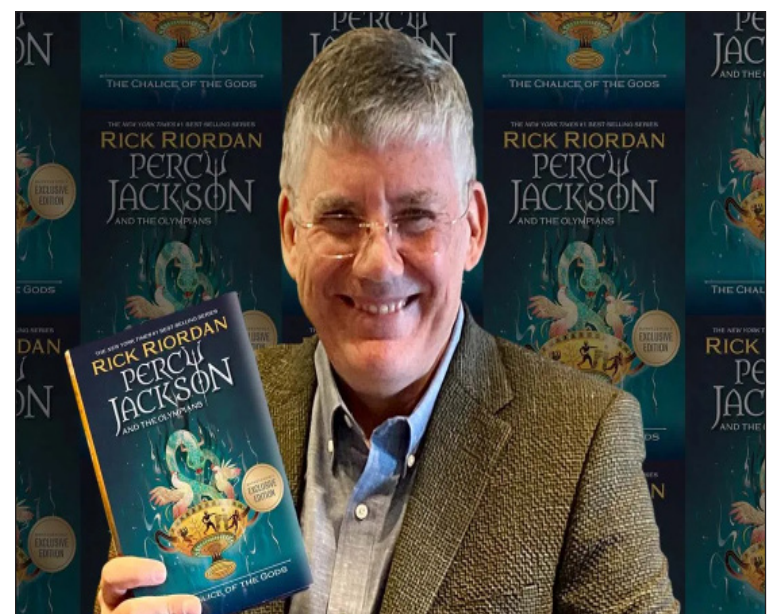
On Sept. 26, a new book was added to the original series, titled “Percy Jackson and the Olympians: Chalice of the

Gods.” The new release focuses on the original trio of Percy, Annabeth and Grover, questing together for the first time since “Percy Jackson and the Lightning Thief” (the very first book in the universe). Percy is a high school senior at Alternative High School.

This time, however, Percy is offering to do three quests for gods in exchange for a college letter of recommendation. Ganymede, the cupbearer of the gods, responds to the call, asking Percy to find the Chalice of the Gods - but it definitely wasn’t stolen.

After all, it’s important not to lose the goblet that can make mortals immortal. In order for Ganymede to give the letter of recommendation to Percy, he must bring the Chalice to the next feast of the gods, where Ganymede will have to serve the gods using the goblet. No pressure!

“The Chalice of the Gods” is the first book that is entirely told through Percy’s first person point-of-view since “The Last Olympian,” which was released in 2009. Percy’s classic sarcastic humor is refreshing to return to, along with the original trio getting more time



Barnesandnoble.com

Author Rick Riordan holding his book “Percy Jackson and the Olympians: Chalice of the Gods.”

together.

Most long time fans of the series are in college or graduated from college, so the fact that the characters are growing up beside the fans truly gives a sense of a completed circle. Not to worry though, there are still two more recommendation letters Percy needs to receive (Cue Percy’s screaming!)

All in all, the book developed the characters in a way

that fans could make connections to the characters, just as they had when they were younger.

Although the series is a light-hearted introduction to Greek mythology, no one remains a kid forever.

Growing up can be bitter-sweet, leaning on the side of bitter, but having a favorite character grow up beside you can make the world seem a little less intimidating.

# “Trine 4: The Nightmare Prince”: A Nintendo Masterpiece

**MELANIE PATTERSON**  
TEMPO EDITOR

There are lots of games out there for the Nintendo Switch. Some have been around for a while, like the “Mario” franchise, and others have gotten a boost in popularity during the pandemic, like “Animal Crossing”. However, the games that aren’t as popular can be just as fun!. If you enjoy playing “Zelda”, a game with similar features and style, yet commonly overlooked is “Trine 4: The Nightmare Prince”.

The opening graphics are stunning. The 2.5D world starts in winter, with Amadeus - a wizard - sitting in his cabin far from civilization. Zoya, a thief with a knack for a bow and arrow, and Pontious, a knight, are introduced in the next sequences. The three are sent

to retrieve the prince from the school of magic since he has begun dwelling in dark magic. They face obstacles along the way, such as large chasms and vicious monsters. They discover that the prince has been using dark magic and is quickly losing control of it. The three heroes must get the prince home, despite his reluctance to go back.

The plot is only one component of this game. The puzzles and gameplay take the experience to a whole new level. Logic and wits are emphasized, rather than brute force. There are only a few combat obstacles scattered through each level. To tackle these obstacles, the player can switch between all three heroes, and in these scenes, Zoya and Pontious are the most useful. The controls are simple, though it can get

# “The Cursebreakers:” a romantic and magical read

RAYNE GRABOWSKI  
ASST. TEMPO EDITOR

Fairy tales are told to kids all over the world. Whether it's told through cultural stories or Disney, little kids begin to grasp the ideas and themes that are conveyed. As they get older, they realize the flaws in them. Why would Belle love the Beast when he captured her father and kept him in a prison? What will Cinderella do when the prince finds out about her rodent companions? What happened to Jack and Jill in their happily ever after? None of these endings reflect the real world, which is where modern day authors come in to retell these stories through a different, and typically darker lens.

One retelling is “The Cursebreakers,” a trilogy written by Brigid Kemmerer. The first book, “A Curse so Dark and Lonely,” retells the story of “Beauty and the Beast.” The second and third books, “A Heart so Fierce and Broken” and “A Vow so Bold and Deadly” tell the aftermath of “Beauty and the Beast.” The story takes place in Emberfall,

a magical kingdom. Prince Rhen and Grey are stuck in a curse, to which Rhen must find true love to break. However, there are no girls left in Emberfall that will come near the castle due to the beast that haunts it, so they must embark on a quest to find Rhen's life partner. Grey teleports to the real world to bring a girl to the magical one of Emberfall, where Rhen must charm her.

One attempt, termed a season in the story, didn't go as planned. As Grey was bringing back a girl, unconscious from magic, another saw the affair - Harper. Harper is a girl with cerebral palsy — an abnormal brain development which causes struggles to control their own muscles — and a strong sense of determination. Upon seeing Grey drag the unconscious girl, Harper throws herself at Grey to make him drop her. Consequently, Harper is brought into Emberfall.

Harper strongly resembles Belle with her spirit and independence, while Rhen is like the Beast with his stubbornness and ideals. The first book focuses on their relation-



Greenishbookshelf.com

“The Cursebreakers” is Brigid Kemmerer's third book series, published from 2019-2022.

ship. The other two focus on Harper's relations in DC. Her mother, who is dying of cancer and her brother, who has to pay off the sketchy men that their father hired to pay their mom's medical bills, are both intertwined in Harper's story. All in all, it's a mess that not many think of after the happily ever after with Disney fairy-tales.

The series is a young adult set of novels, meaning they aren't explicit, but they draw readers in a way that makes them understand the series is not for little kids. War, family

and death are all discussed and not hidden throughout the tale. The author does a wonderful job displaying the wide range of emotions during these hard times.

Additionally, there is disability representation through Harper's character. Her cerebral palsy and the hardships that come along with it come across wonderfully. She also demonstrates the determination of a person who has been told “no” forever, which works to her benefit in the novels. It's not often that disabled characters are a main

focus, so having her point of view throughout the novels truly sheds a light on how her condition has affected and will continue to affect her.

Overall, this series is amazing and unique from your typical “Beauty and the Beast” fairy tale. Some hard concepts are discussed with ease, alongside a great plot line and diverse representation among disabilities and LGBTQ+.” “The Cursebreakers” is a worthy read, with each page becoming more intense than the last.

## Spooky season movie picks for students

MELANIE PATTERSON  
TEMPO EDITOR

With the Halloween season approaching, horror and thriller movies tend to come out of hiding. From classics like Freddy Krueger in “Nightmare on Elm Street” to director Jordan Peele's “Get Out,” Lewis students' picks for favorite Halloween-type movies are surprisingly varied.

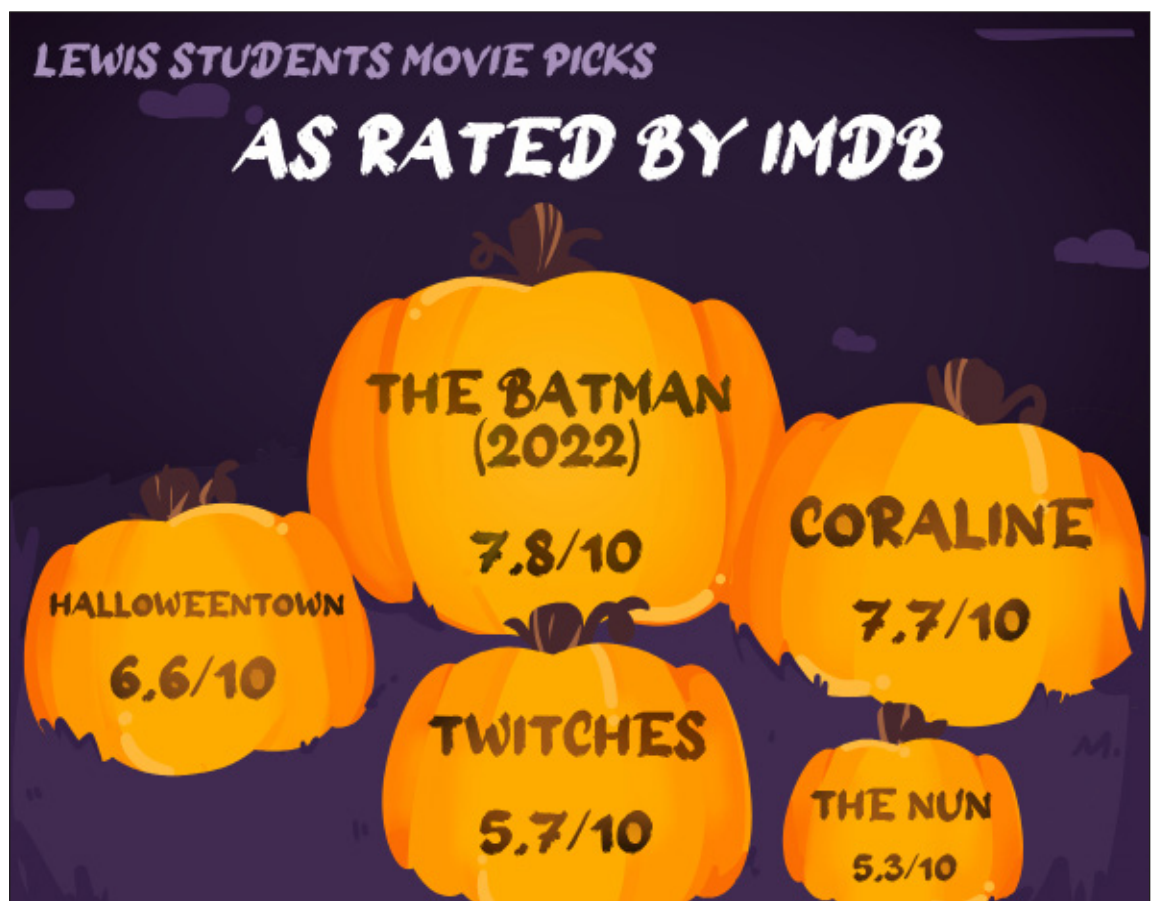
Senior aviation administration major Kristen Pavitt's movie choice was by far the scariest. He revealed that his favorite movie is “The Nun.” He further went on to explain that the movie is absolutely terrifying, because of the jump scares and suspense that a typical horror film would have. But, the plot is what makes it worth watching because if you are a fan of “The Conjuring” and “Annabelle” series, “The Nun” is the first of the series. Pavitt enjoyed that the movie incorporated holy relics that needed to be discovered, because it created somewhat of an “Indiana Jones” — feeling to it.

Although not all Halloween movies have to be horror movies, Jasmine Pryor, junior art major and music minor, chose to talk about nostalgic movies from their childhood.

Her favorite Halloween movie is “Twitches,” which came out back in 2005. Pryor has loved it ever since she first watched it and loves how real the fairytale world felt. To this day, watching the movie reminds her of some of her favorite childhood Halloween memories.

Another nostalgic movie that came up was mentioned by Sydney Able, a senior nursing student, was “Halloween Town.” She mentions how it reminds her of her past Halloween experiences when she was younger. Able likes the music and the mood of the early 2000s and how well it is captured. While it's nothing scary, it embodies the mysterious and spooky aspects of Halloween well.

Justyce Watson, a senior physics major and math minor loves “Coraline,” which was released back in 2009. She shares that it is her favorite Halloween movie because the characters and music are very spooky. Even as an adult, this movie never fails to scare its audience! Watson also appreciates “how there's a bigger mystery going on that we have to figure out” and to actually understand what is happening in the movie the audience must go beyond what is in



OLIVIA BRZEK / GRAPHIC DESIGNER

front of them.

Danny Stoddard, a junior flight major, had a unique choice for his favorite Halloween movie. His movie selection was “The Batman,” released in 2022, and while it's not a traditional Halloween movie, it is set during the Halloween season, which makes it

fall under this category. Stoddard explains “this is probably the greatest comic book movie of all time and it's a Halloween movie.”

Many of the movies mentioned were from their childhood, and it is comforting to revisit old memories of watching movies during the Hal-

loween season. The spooky season does not have to be so scary and could be a reminder of fond memories from childhood. It's sad that this season comes and goes so quickly, but these scary, sometimes feel-good movies are able to be watched all year long.

# CAMPUS LIFE

## Building Confidence: Spotlight on the Weightlifting club

**MICHAEL SACK**  
CAMPUS LIFE EDITOR

The Weightlifting club offers a relaxing and encouraging safe space for fitness enthusiasts. The club focuses on sharing the joy of lifting and building a tight-knit gym community. Members come together, not just to become stronger, but learn the ins and outs of using equipment, practice their form, and most importantly to have fun.

The Weightlifting club is based at the Powerhouse Flex and Fitness Center, located near the Lewis Stadium and the Nursing and Health Sciences building. The athletic center boasts nearly 5,000 square feet of space, providing ample room for gym-goers and club members to utilize free weights comfortably. The club, which started in 2018, operates within the fitness facility that first opened its doors in 2015 to the student body.

The space serves as a welcoming workout and study area for the Sport and Exer-

cise Science program, accommodating various academic classes and offering valuable research opportunities. Additionally, it fosters an atmosphere where students and researchers can collaborate, exchange ideas and push the boundaries of their knowledge in the realm of fitness and exercise science.

Keegan Zack, co-president of the club and a fifth-year exercise science major, shared his personal connection to the club. "The club is crucial to me because, through my major and personal interests, I've recognized the significance of health and fitness. Taking on the role of co-president, my aim is to share the knowledge and support that I've gained, passing it on to members who seek it," said Zack.

What are the benefits of joining the Weightlifting club? Evie Calderon, the president of the club and senior exercise science major says, "We all have skills and traits that we can teach others in order to better themselves, and the

Weightlifting club provides that opportunity."

Members enjoy exclusive access to the Powerhouse outside of its standard operating hours. The facility is open specifically for the club from 6 a.m to 8 a.m on Mondays, Wednesdays and Fridays. With Thursdays offering access from 7 a.m to 9 a.m, allowing for a later start, and Saturdays are open from 10 a.m to 12 p.m. This unique privilege provides flexibility for members to tailor their workouts to their schedules and avoid large crowds during the busier hours.

The two leaders are consistently available during morning lifts and club meetings, ensuring that members have the opportunity to ask questions and receive supportive, non-judgmental advice. Their commitment is to provide a professional yet relaxed environment where everyone can learn and grow together.

Regardless of major or weightlifting experience, the club welcomes anyone

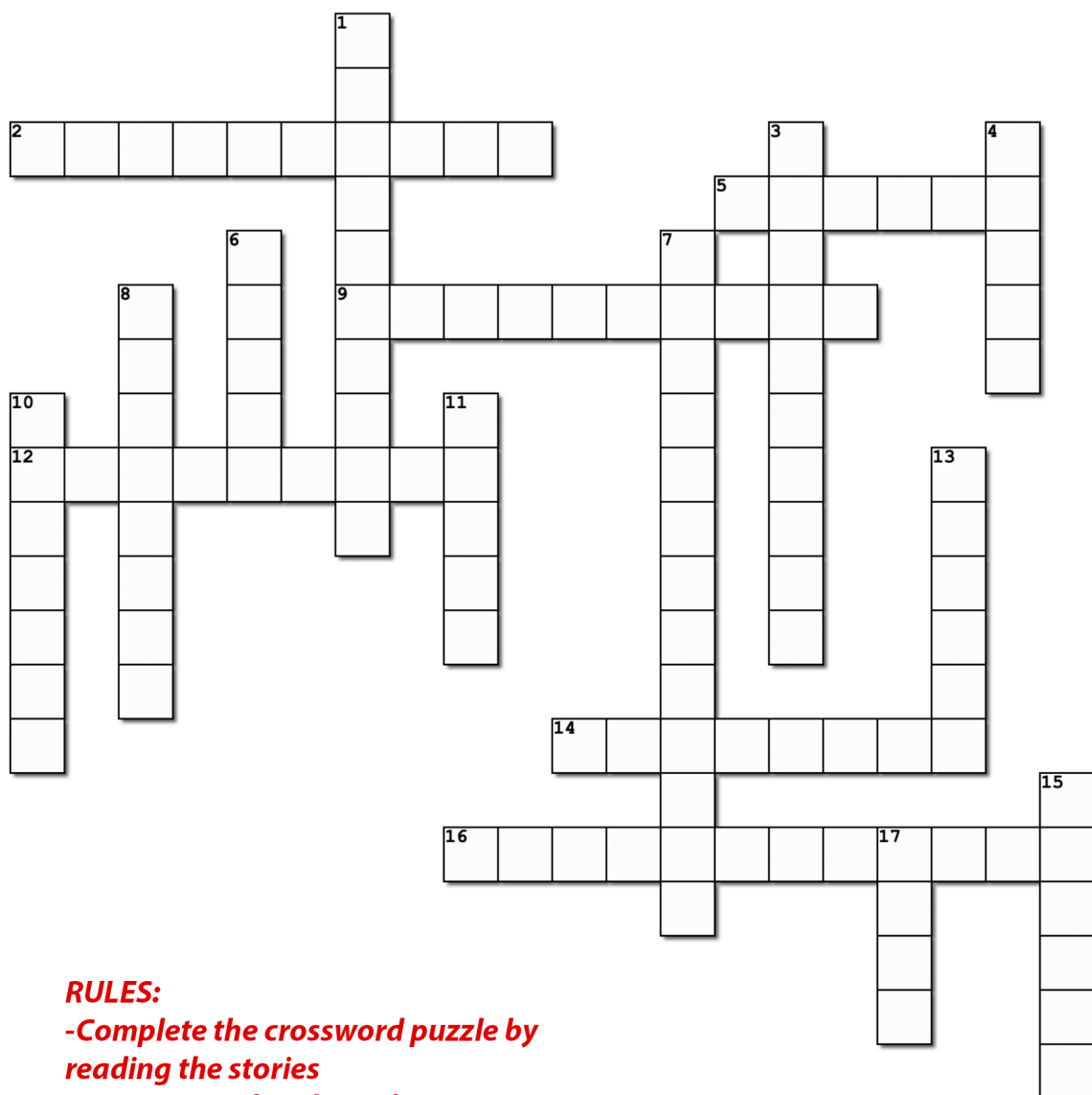


Photo courtesy of: Keegan Zack

Nine of the 50 weightlifting club members meet in the Powerhouse for a morning workout session.

who seeks self-improvement through the power of fitness and discipline. Here, individuals explore their potential, learn together and forge genuine connections. Reach out to Keegan Zack through email with any questions or interests at [keeganmzack@lewisu.edu](mailto:keeganmzack@lewisu.edu).

## Campus Crossword



**RULES:**

- Complete the crossword puzzle by reading the stories
- Return completed puzzle to room JP-012 before Nov. 15
- First 3 winners to present a completed puzzle win a gift card

**Across**

- 2. Riah Rathe's position
- 5. the name of the entrance between the 1 and 3 pin in bowling
- 9. What was AJ mainly raised to be?
- 12. The magical world where Rhen and Grey live
- 14. A \_\_\_\_\_ language is a foreign language which is important to our country's national security and economic prosperity
- 16. Which 1984 movie was remade in 2016?

**Down**

- 1. Not a very spooky movie mentioned
- 3. Location of the Weightlifting Club's headquarters
- 4. Where was the Ecumenical Prayer Service for Peace in the Middle East originally hosted?
- 6. Half man-half goat
- 7. The name Keith Gill streamed on YouTube under
- 8. Community 60 miles south of Lewis in a natural gas desert
- 10. First country where McCullum began his professional career
- 11. This year the celebration was held at the House of \_\_\_\_\_ in downtown Chicago
- 13. Mental health club advisor
- 15. The theme for the chemistry haunted house was \_\_\_\_\_ Room at the Waste Remediation Facility
- 17. The biggest opponent in swimming



# New Club Alert: Active Minds

**JADA LAW**  
REPORTER

October is national depression and mental health screening awareness month. Although mental health disorders affect millions of people, it is still a taboo topic to discuss. In fact, according to [activeminds.org](http://activeminds.org), a nonprofit that is dedicated to bringing awareness to mental health, 39 percent of college students experience a significant mental health issue. College can be difficult mentally, causing students to feel lonely and yearn for a sense of community.

However, those students no longer have to worry about searching far and wide for a community that understands them. Lewis has welcomed a new mental health support club, Active Minds.

The main goal of Active Minds is to bring awareness to mental health and break the stigma that comes along with it. This involves the negative way people may view others who are struggling or the treatment itself. The club is overseen by social work faculty member Dr. Lorri McMeel.

Katie Winters, a freshman social work major and treasurer of the Active Minds club, stated that the club intends to bring people together

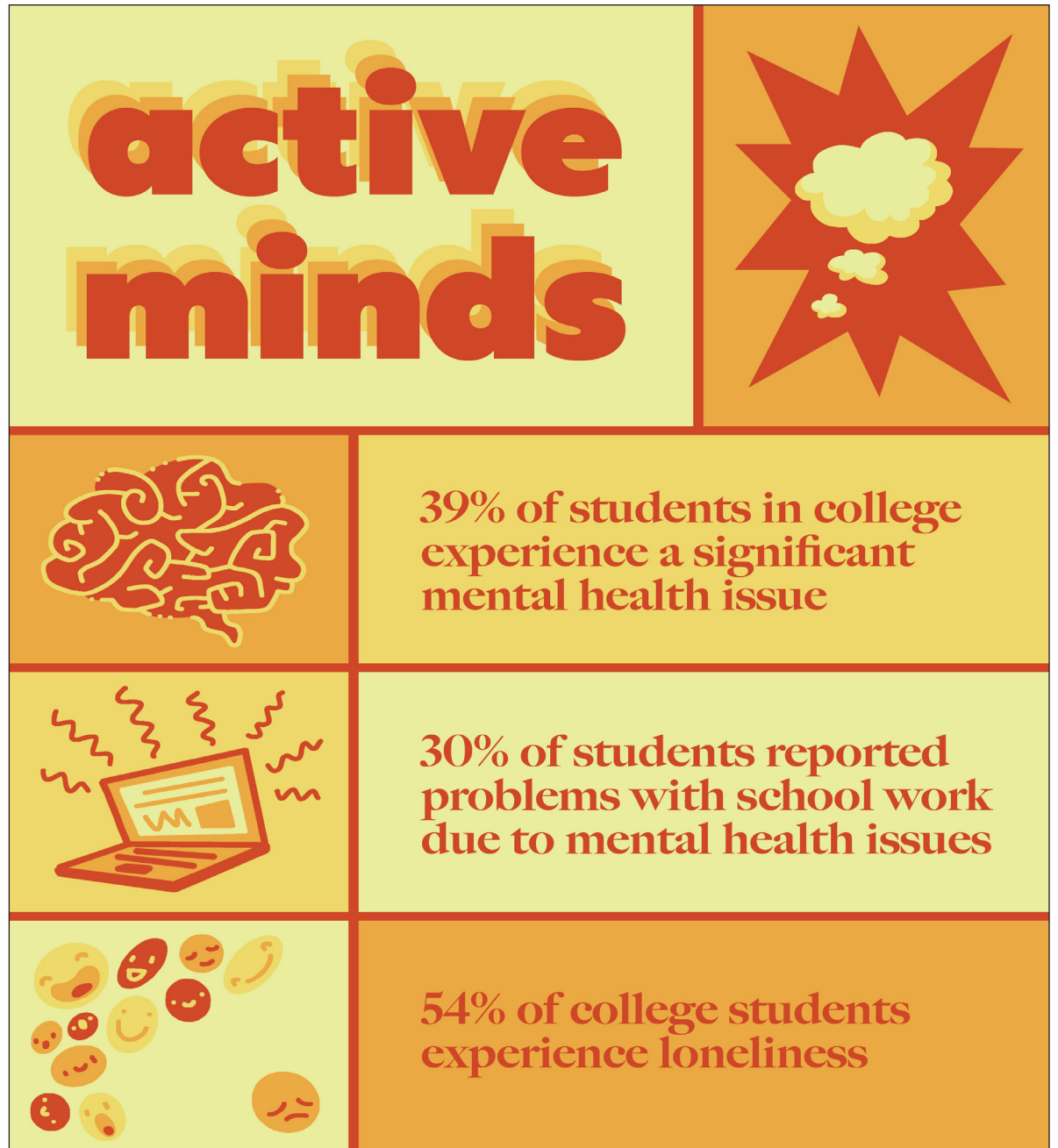
to discuss their mental health. She also hopes that the club will help students who are not ready to talk know they are not alone.

Developing a sense of community, especially during rough times, can help improve mental health. Feeling like you belong somewhere not only gives you a support system but also keeps you from becoming isolated.

Active Minds was just approved as a club so specific meeting times and days are not yet set. An interest form is also being created for potential members to sign up.

Winters is excited for the club and the impact it will have on the Lewis community. She noted that, "We will have events on the days we meet and fun activities to do. Plus, the club is open to everyone. So, come if you are interested and bring your friends too."

Engaging in mental health self-care can help regulate emotions, lower stress, and promote productivity. The Active Minds club will help students manage the natural ups and downs that come with the college environment. Have questions or want more information? Contact Dr. Lorri McMeel at [lmcmeel@lewisu.edu](mailto:lmcmeel@lewisu.edu).



ALEXIS PRAGIDES / GRAPHIC DESIGNER

## Log splitting event provides winter warmth

**MICHAEL SACK**  
CAMPUS LIFE EDITOR

As winter approaches, the cold comes in a brutal fashion for Chicagoland residents. For most citizens, we rely on natural gas to heat our homes and dorms, as it is a convenient and efficient source of warmth.

However, for some of our neighbors, particularly in underserved communities, this basic necessity remains elusive. Faced with the biting cold, they often struggle to keep their homes warm, leading to discomfort and health risks, especially for the elderly and young children.

One of these communities is Pembroke Township, a community 60 miles south of Lewis. Nestled amidst the land, this tight-knit community has weathered economic challenges, infrastructure limitations and is a natural gas desert. Thankfully, the town has managed to thrive due to their strength, resilience, unwavering spirit and help from neighboring communities.

The Ministry orchestrated a log splitting community event on Oct. 20. This was made possible through the collaborative efforts of the staff and students. This impactful initiative was

brought to life by the dedicated coordination of Dwight DeVries, the grounds support personnel, and Nia White, the coordinator of Peer Ministry and Service.

Athletes, residents and commuters gathered in the parking lot behind residence hall Pope John Paul II to join forces with groundskeepers, faculty and staff members. Each participant was given gloves and assigned a specific role. Some helped split logs with the help of vertical log splitting machines, while other volunteers transported the wood using wheelbarrows to waiting trucks. The last volunteer team efficiently packed the wood for shipping.

Volunteers embraced their inner lumberjacks wearing flannels, working diligently as Dr. Planek and various coaches from different sports programs assisted the students and staff.

"This event is important to me because I spent two years living in Pembroke Township. The community embraced me when I arrived and even when I moved away. When my dad passed, the community made sure that there was no lack of support in my life. Pembroke and Hopkins are only less than two hours from Lewis and it

feels like a different world. The community faces a lot of hardship. There are no grocery stores or hospitals. It is a place that deserves more," said White.

Embodying one of the Lasalian Core Principles, concern for the poor and social justice, this event spread awareness for a suffering community. It is easy for the efforts of the manual laborers and people like White to go unnoticed even within smaller universities.

DeVries's unwavering commitment to maintaining the university's well-kept landscapes, has made campus a source of pride. White's organizational skills and compassionate approach inspired students to actively engage with the community. This has fostered a sense of unity and purpose among the university community. Together, their efforts show the university's commitment to social responsibility and community engagement, leaving a lasting positive impact. The event could not have been a success without DeVries and White's commitment.

White plans to host another community wood-splitting gathering once again in the spring with the help of students and groundskeepers on cam-



Photo courtesy of: Nico Paula

Nathan DeGraaf volunteered with the men's volleyball team to split wood for Pembroke Township.

pus. Her consistent involvement shows the dedication towards different communities' welfare and highlights the importance of giving back.



## Earn Both Your Bachelor's and Master's Degrees Sooner in a **4+1 PROGRAM**

You understand the value of education and how it can impact your future. So why not give your future the best opportunity possible?

Our **4+1 Baccalaureate-to-Master's programs** allow you to complete both your bachelor's and master's degrees in **less time than it would take you to earn each one separately**. You can begin the program during the senior year of your undergraduate program.

To qualify, you must have:

- Completed a minimum of **75 credit hours** of undergraduate coursework with a cumulative **GPA of 3.0 or higher**.
- Submit an application to the 4+1 Baccalaureate-to-Master's program and be approved by the program/department.

Programs include **Aviation, Business, Technology**, and more.

Visit the **Lewis website** for a full list of available programs.

You can apply via the **myLewis** portal on the Records and Registration page.

Application to a 4+1 Baccalaureate-to-Master's program does not replace official application and admission to the graduate program. Application must be made to the graduate program consistent with University policy as outlined in the graduate catalog.

**Questions?** See your Academic Advisor for more information.

# Perruzzi builds a powerhouse

**COLLIN MCCARTHY**  
SPORTS CONTRIBUTOR

Over the summer, Lewis' own Drew Andre was selected in the sixth round of the National Lacrosse League draft by the Vancouver Warriors.

He is now the second player to get drafted into the NLL from Lewis University.

Andre will spend one more year with the Flyers before joining fellow Lewis alum Drew Kask in Vancouver as a Warrior.

The lacrosse program is the newest addition in the athletic department.

The program is only in its fifth year. In the 2019-2020 academic school year, lacrosse became Lewis' 23rd sport in its intercollegiate athletics program.

Joe Perruzzi was named the program's inaugural coach and in just four years, Perruzzi has led the program to its most impressive season yet.

In the 2023 season the Flyers earned their first entry into the GLVC conference tournament.

They fought hard all the way to the championship before falling to Rockhurst with a

heart-shattering score of 8-9.

The Flyers had their first ever multiple U.S. Intercollegiate Lacrosse Association (USILA) All-Americans in Jack Speers and Riah Rathe.

Rathe earned GLVC's Goalkeeper of the year leading the GLVC with a .587 save percentage.

The percentage would place him as the sixth best in all of DII competition.

Speers recorded 20 goals and assisted on eight others in the 13 games he played.

However, Speers and Rathe weren't the only Flyers to earn awards.

An impressive 10 Flyers were given ALL-GLVC honors.

Perruzzi is no stranger to getting the most out of his players. Before being named the head coach, Perruzzi spent three seasons as the defensive coordinator at Belmont Abbey College in Belmont, N.C.

During his tenure with the Crusaders, he helped guide them to a 38-13 record and back-to-back appearances in the Conference Carolinas Tournament Championship

game. Perruzzi helped mentor 17 Conference Carolinas All-Conference selections, 10 USILA All-Americans and two USILA Scholar All-Americans.

However, Perruzzi is adamant that the program's success starts with the players. "We have been very successful with the men's lacrosse program here at Lewis because of our players.

They are great people and students first, they are committed, and they have built great chemistry together."

He also gives a lot of the credit to the assistant coaches for the players' high level of performance.

"We have been lucky to have some outstanding assistant coaches who do an exceptional job connecting with our players, teaching them and building their confidence.

My assistants are Brendan Kearney, Josh Wingate and Evan Kilbane."

While the 2024 season is still months away, Lewis will have the rare opportunity to field a future professional player. Perruzzi commented, "We

are lucky to have Drew [Andre] for one more year but we know when his time with us is over that he will be in a great position to be successful at the professional level."

With four years in the books and each being better than the last, year five is shap-

ing up to be the best one yet.

The Flyers have a future NLL player and a roster full of players dedicated to winning, it has them looking to take home the GLVC Championship come this May.



LEWIS ATHLETICS

Coach Perruzzi on the sidelines during practice readying his team for the 2023-2024 season.

# Basketball alumnus flees Israel amidst war

**JOSEPH FERNANDEZ**  
CO-SPORTS EDITOR

It's 6 a.m. on Saturday Oct. 7 in Tel Aviv-Yafo, Israel. Former Lewis basketball player, Kendale McCullum, is woken by noises of blaring sirens, exploding bombs and emergency alerts on his phone. The news of the war in Israel was a surreal moment for McCullum.

After graduating from Lewis in 2019, McCullum began his professional career playing in Germany, Finland and Lithuania. He then joined the Israeli team Maccabi Ramat Gan where he played for a few months before the war.

"It was shocking... You wake up early in the morning, then you look at your phone and you have missed calls, text messages, just people from the states asking if you're ok. I don't know what the h\*\*\* is going on, but you can just feel the explosions, you can see everything, so there's a warzone going on right now."

"Terrified." That's how McCullum felt when he woke up that morning. Working through a rush of feelings, he frantically tried to figure out his first move. McCullum reacted as many others would in that situation. "I call my parents. It's 1 a.m. for them but I call and I'm like 'I'm in the middle of bombs in Israel right now, what do I do?' Their response was 'come home.'" Shortly after, McCullum re-

treated to a bomb shelter in his apartment where he spent the next 10 hours. Eventually, he was informed by his team that he had a flight to Greece in a few hours, with plans to return to Israel in a few days.

As the war escalated, both the team and McCullum decided it was best to return home to the U.S. When asked about potentially traveling back to Israel, McCullum replied, "No chance. To Israel? No chance."

He had nothing but positive things to say about his experience in Israel.

"I was planning on playing the next three or four years there... You got 90 Fahrenheit degree weather, the basketball is good, people are nice, food, location, it was perfect. It was too good to be true, you know, any player would dream of that situation."

McCullum's road to Lewis was more unconventional than most. Coach Trost recruited him out of high school, but eventually was not awarded the final scholarship that was available. The decision was between McCullum or active NBA player Max Strus, which led him to attend UW Parkside. However, his career took off when he transferred to Lewis after three years at UW Parkside. "Once I got to Lewis, playing for [coach] Trost, it opened up a whole different world for me because he allowed me to do what I want within the system." While at

Lewis, McCullum ran the offense as the team's starting point guard, stuffing the stat sheet with per game averages of 16.4 points, 6.3 assists, 5.5 rebounds and 2.8 steals. Leading the team in scor-

ing and minutes, while also guiding the squad to a 25-6 record in the 2018-19 season.

In his lone two games with Maccabi Ramat Gan, McCullum shined, leading the team in scoring and assists averag-

ing 21 points and 7.5 assists per game. Looking ahead, McCullum is currently weighing his options and hopes to sign with a professional organization in the near future.



JOSEPH FERNANDEZ/CO-SPORTS EDITOR

# Undefeated against the clock

**JADA HARVEY**  
CO-SPORTS EDITOR

The women's swim team is scoring big so far, winning all five meets they have competed in this season. The distance events are dominated by five athletes, including senior psychology major Kiara Barnes.

Barnes swims any distance ranging from the 200-yard freestyle to the 1650-yard (one mile) freestyle, which is 66 laps total. She also swims the 400-yard individual medley where athletes must swim 100-yards of butterfly, backstroke, breaststroke and freestyle.

Although the whole team practices together, the women are grouped with those who swim similar events. Barnes mentioned that their practices all vary, saying, "[the] sprinters' warm up is shorter and more focused on drills and technique because they have smaller events to race. For us, it is just to warm up [our] bodies for the events."

Since sprinters focus more on explosiveness in their events, their warmup is more technical and aimed at getting the muscles prepared for a sudden burst of work. In contrast, distance swimmers must

not only think about speed, but also the endurance that their body will need to swim for longer periods of time.

Swimming is technically a team sport, but to Barnes, it is very individualistic. In a race, you are competing against yourself and "you determine your outcome." Relays are one instance where a team must race cohesively. Athletes must consider three other people that all contribute equally to the team's time. However, she continued with her original point that swimming is "you versus the clock. Your biggest opponent is time."

This pressure affects every swimmer differently. Barnes describes how her and her teammates' combat it differently based on their personality. "Introverts tend to listen to music and keep to themselves. Extroverts seek their opponents, talk a lot and maybe try to get in the heads of those they are racing against." Whatever the case may be, the athletes must have a tough mind in order to endure the nerves that come right before the whistle blows to race. They must do their best to either calm down or use the adrenaline to hype them up.

Barnes said, "If you overthink you will not race well [and] it will destroy your experience."

Not only does swimming require mental toughness, but also physical resilience. It is one of the few sports you must fully exert yourself while also holding your breath. Barnes puts it simply. "You have to literally be built different for swimming. Why else would you want to spend 20 hours a week in a sport not able to breathe?"

Given such a tough environment, the Flyers focus heavily on recovery. Hours of kick and pull drills lead to sore arms and legs. Barnes noted how being sore is the last thing a swimmer needs at a meet. To prepare their bodies for the work each day, they put time into "three things: eat, sleep and mentally/physically recover away from everything. Get off your legs. Do a lot of foam rolling, stretching, resistance band work, massage guns, heating pads [and] ice baths." No matter what they are feeling, they need to have the ability to "show up to practice everyday and have motivation and dedication."

Along with recovery, the team culture harps on posi-



MATTHEW CARLSON/PHOTOGRAPHER

Newcomer Natasha Sheehy transferred from Kutztown University to Lewis this season.

itive attitudes. As Barnes already mentioned, overthinking leads to poor outcomes, so the team snuffs out any negative comments. She said, "If anyone is negative we tell them to put that aside." One negative attitude "puts a stain on the team" and can cause a ripple effect, impacting the mindset of other teammates. The dominos keep tumbling until someone stops them.

There is no sugar coating when it comes to attitude adjustments, either. Barnes' response to negativity is "once you're in, suck it up buttercup, get it done, overcome your fear and once you've accom-

plished it you'll feel better."

The Flyers' culture is hard work to maintain and it begins with the seniors. When freshmen arrive, the seniors are the ones who set the standards and expectations that the newcomers must adhere to. The biggest component to Barnes is the building of mutual respect for one another. A family will have fights, but at the end of the day they should support one another through everything.

The Flyers race the clock again at home on Nov. 4 for a tri-meet against Eastern Illinois University and Lake Forest College.

## PLAYER PROFILE



Senior | Middle Level Education Major

### BELLA RAY

#### STATISTICS

962 career points

748 career kills

2022 Second Team AVCA All-American

Recipient of the Brother David Delahanty Award

Oct. 23 Molten GLVC Volleyball Offensive Player of the Week

#### What is your favorite part about playing volleyball at Lewis?

"My favorite part about volleyball at Lewis is the people I have met. We spend pretty much all of our time together, so we bond pretty quickly. Especially with travel, we're able to have fun together while playing the sport we all love. The memories we have made will stick with me forever."

#### What are your goals for the 2024 season?

"My goals for the rest of the season are another conference championship ring, a run at the national title and to have fun and soak it all in. This being my last season, my last couple months of being a volleyball player, I want to make the most of it and enjoy as much as I can."

#### When did you start playing volleyball and what made you start?

"I've always been the tallest in my grade, so volleyball or basketball were the sports that were no-brainers for my height. I'm not a fan of contact sports, so volleyball was the one I decided to give a shot."

#### If you could play another sport besides volleyball, what would it be?

"I wouldn't like to play contact sports or sports with a lot of running. I love that volleyball is an explosive sport, so I think some aspects of track or maybe tennis would be the best fit for me, second to volleyball of course."



# Turkeys one month before Thanksgiving

**JADA HARVEY**  
CO-SPORTS EDITOR

It may only be the beginning of November, but women's bowling is getting turkey ready. Last year they placed ninth in their division and 26th in the All Division Poll, just missing a spot in the top 25.

Sophomore forensic criminal investigation major, Allie Dague, summed up some highlights from earlier this season.

At the Penguin Classic in Struthers, Ohio, the Flyers "set new program records for a high baker game twice in a day." A baker game is when multiple players combine to bowl one score.

Dague also mentioned that "Senior Erica Lohr took All-Tournament Team Honors averaging over 200 with Senior DeAlani Fishbeck in traditional play for that tournament."

Despite what many may think, Dague points out that "bowling is definitely a complex sport." The concept may be simple, but the aspects that make a skillful player are very intricate.

Dague explained how "the

smallest changes can make a big impact in your game."

For example, players must be extremely familiar with their equipment such as the proper weight of the ball, towels, shoes and oils.

"The oil patterns you bowl on is a big part of the sport that people tend to overlook," said Dague.

Oil patterns describe the amount of oil on each part of the lane.

For example, one pattern has more oil in the center of the lane than on the sides to allow the ball to 'hook' into the middle.

Other patterns have a more even layer of oil, so the way a player throws must change to get the result they want.

One common goal that Dague spoke about was "the entrance between the first and third pins," also known as the pocket. When the athletes get ready to roll the ball, one might think that they aim for the pins.

However, "bowlers generally look at the number board they want to hit," says Dague.

The bowlers can identify the board number by looking at the little dashes at the beginning of

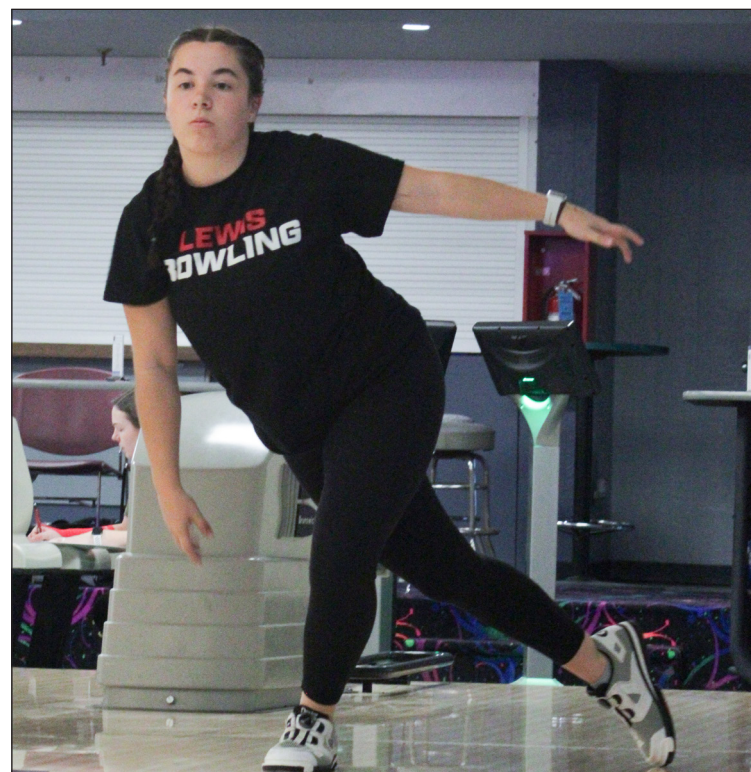
the lane. The one on the far right is the fifth and the far left is the 35th. By choosing one and directing their curl around it in a particular direction, they can gauge what pins they will knock down.

Additionally, bowlers typically curl the ball to give themselves more control over the direction the ball travels. The more they practice the curl, the more accurate they will become. Like Dague, not every athlete chooses to curl it. She mentions, "People have their own ways of getting a good rev rate, which means more power to your approach at the pocket." So, they might all aim for similar targets but the way they carry it out will be unique to them.

Dague commented on the uniqueness that each athlete brings to the table. "I think all of our players have their own skills in many parts of bowling, whether that be mental or physical. Everyone makes an impact on the team in their own way." This could include strategy in terms of curling the ball, hitting specific pins, or just viewing the lane and pins in a different way.

Although the team does not have a winning record at the moment, Dague has no doubt about their future success. Her goal is "for the team to win at conference. We have some great com-

petitors [and] I know our team is capable of a lot." Using all of these tactics, the team looks to dominate moving forward and looks to strike again on Nov. 3 in Texas.



Savanna Jourdan rolls for a strike.

MATTHEW CARLSON/PHOTOGRAPHER

## SPORTS RECAP

[10/13 - 10/23]

### MEN'S SPORTS

#### SWIMMING

10/13 vs. Illinois Wesleyan University  
Romeoville, Ill. W: 221-41

10/14 vs. Olivet Nazarene University  
Bourbonnais, Ill. W: 196-65

#### SOCCER

10/13 vs. Maryville University  
Romeoville, Ill. W: 2-0

10/15 vs. Missouri University of S&T  
Romeoville, Ill. W: 3-2

10/20 vs. Truman State University  
Kirksville, Mo. T: 1-1

10/22 vs. Upper Iowa University  
Fayette, Iowa W: 3-2

#### GOLF

10/14-15 @ Panther Invite  
Augusta, Mich. 5th place  
605 pts.

### WOMEN'S SPORTS

#### BOWLING

10/13-15 @ Penguin Cup, Holiday Bowl  
Struthers, Ohio 8th place  
5-8 overall  
185 avg.

#### VOLLEYBALL

10/13 vs. Grand Valley State University  
Hammond, Ind. W: 3-2

10/13 vs. Northwood University  
Hammond, Ind. W: 3-0

10/14 vs. Walsh University  
Hammond, Ind. W: 3-1

10/21 vs. University of Indianapolis  
Romeoville, Ill. W: 3-1

#### GOLF

10/14-15 @ Panther Invite  
Augusta, Mich. 7th place  
637 pts.

10/22-23 @ Bill Crabtree Invite  
Owensboro, Ky. 8th place  
639 pts.



#### SWIMMING

10/13 vs. Illinois Wesleyan University  
Romeoville, Ill. W: 197-65

10/14 vs. Olivet Nazarene University  
Bourbonnais, Ill. W: 138-123

#### SOCCER

10/13 vs. Maryville University  
Romeoville, Ill. T: 1-1

10/15 vs. Missouri University of S&T  
Romeoville, Ill. W: 1-0

10/20 vs. Truman State University  
Kirksville, Mo. W: 2-1

10/22 vs. Upper Iowa University  
Fayette, Iowa W: 2-0

