



# Illinois bans legacy admissions

**LUNA SCHAFER**  
NEWS EDITOR

In August 2024, Illinois decided that Legacy admissions would no longer be allowed in public universities across the state, a movement that strives to provide fairness to all college applicants.

The movement follows bans made earlier by Colorado, Maryland and Virginia who have been working on the matter for the past couple of years. However, most of the prestigious universities across the country are private.

J. B. Pritzker, Governor of Illinois, has stated that this is a step that brings fairness for all applicants across the state. In the past, many had an easier path than others to be admitted to schools, due to their ancestors previously attending the university, giving them connections that others do not have.

The problem has become more frequent in recent years. Many students who apply for college now are either first gen-

eration college students in their family or have a background different from the ideal candidate.

Legacy admissions historically granted preferential treatment to applicants with familial ties to universities. Policy critics say it perpetuates systemic inequality. Advocates for the ban argue that such practices disproportionately favor wealthier, predominantly white families, undermining efforts to increase diversity and fairness in higher education.

"This new law ensures that college admissions prioritize talent and hard work, not family connections," Pritzker remarked during the signing ceremony.

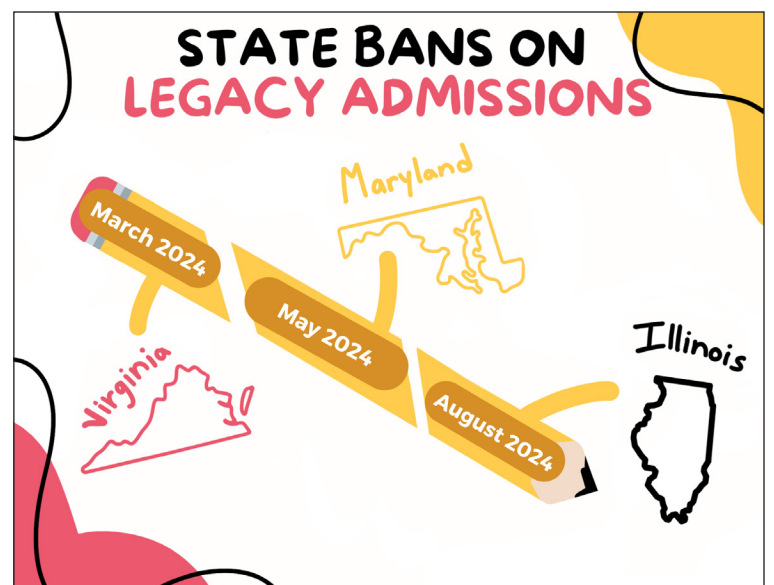
The ban comes amid heightened scrutiny of admissions practices following the Supreme Court's 2023 decision striking down affirmative action. The ruling in *Students for Fair Admissions, Inc. v. President and Fellows of Harvard College* and *Students for Fair Admissions Inc. v. University of North Carolina* spurred renewed calls to eliminate inequities in higher

education access, leading to legislative pushes like Illinois' recent move.

Although public universities across the state were already distancing themselves from legacy admissions, the law has cemented the statement. The law allowed the message to spread across the state and enforced fairness to the admissions process for all.

Ashley Skidmore, Vice President of Enrollment Management, who has been working at Lewis University for the past 21 years, states, "Legacy admission practices are definitely controversial. It can be challenging for students who meet all of the academic qualifications for admission but do not get an admission offer from the school."

Skidmore explains that although this has been a trend more prominent in prestigious universities, it does not benefit them. Students who get admitted based on a previous ancestor attending often times do not meet the criteria that the college demands, giving the position to



OLIVIA BRZEK / GRAPHIC DESIGNER

someone who is underqualified, instead of someone who is.

Skidmore explains, "Lewis University admits all students who meet the academic qualifications for admission. We are not limited in the number of first-year students we can enroll which removes a layer of competitiveness during the application review process and also the potential or need to

consider legacy status during the undergraduate admission review process."

As the state moves forward with prohibiting legacy admissions, many hope that this will bring fairness into the admission process at all universities across the country, allowing all applicants a chance to earn a spot within the college that they wish to attend.

# The growth of college enrollment

**EMMA BERTOTTO**  
ASST. NEWS EDITOR

Over the past few years, college enrollment across Illinois has improved dramatically. The Illinois Board of Higher Education explained that in the last few years, many universities in the state have reported a steady increase in student enrollment. This is reversing the national trend of declining college admissions. The upswing is a positive sign for higher education in Illinois, but it's not without challenges for students and institutions alike.

During the pandemic, there was a sharp decline in enrollment. Different initiatives such as better mental health resources, enhanced financial aid packages and programs focused on diverse student needs were implemented.

A few years after the pandemic, public universities and some private ones are

seeing a growth in enrollment numbers.

Lewis in particular has been no stranger to this trend. Academic offers and career development resources have been expanded to accommodate a growing student body. Enrollment in programs such as nursing, cybersecurity and business administration has been in high-demand.

While the increase in enrollment is always largely celebrated, it can also bring a wide variety of challenges. Conflicts include ensuring that resources and class availability keep up with demand and that the school has enough capacity to bear a large student population.

Various students shared that the enrollment process in their preferred courses prove difficult due to higher competition for limited seats, specifically in classes with higher demands like general education courses or respective major courses.



VANJA BOGDANOVIC / PHOTOGRAPHER

Lewis Students studying and enjoying each others company.

Olivia Dciura, a freshman diagnostic medical sonography major, shared her experience, "I was really excited to take an advanced biology lab this semester, but by the time I registered, all the spots were gone," she said. This can sometimes affect

students as they always need to arrange a new schedule and search for more classes which can be tough.

On the other hand, this increase in enrollment also has good implications for the state's economy and work atmosphere. Illinois is ex-

pected to witness an increase in skilled professionals entering fields like healthcare, technology and engineering as more students pursue higher education.

Additionally, a higher enrollment can lead to a more spirited and present campus community. "Even with the challenges, it's exciting to see so many students choosing this place [Lewis]. It shows how special our community really is," Dciura said. Students and staff can benefit from greater diversity in both perspectives and experiences, which enriches their education even more and prepares them, at the same time, for a globalized workforce.

As Illinois continues to invest in its higher education system, there is an optimistic trend for the future. Institutions are rising to meet the challenges of a growing student population, ensuring that students can thrive academically and personally.

# Illinois passes House Bill 5057

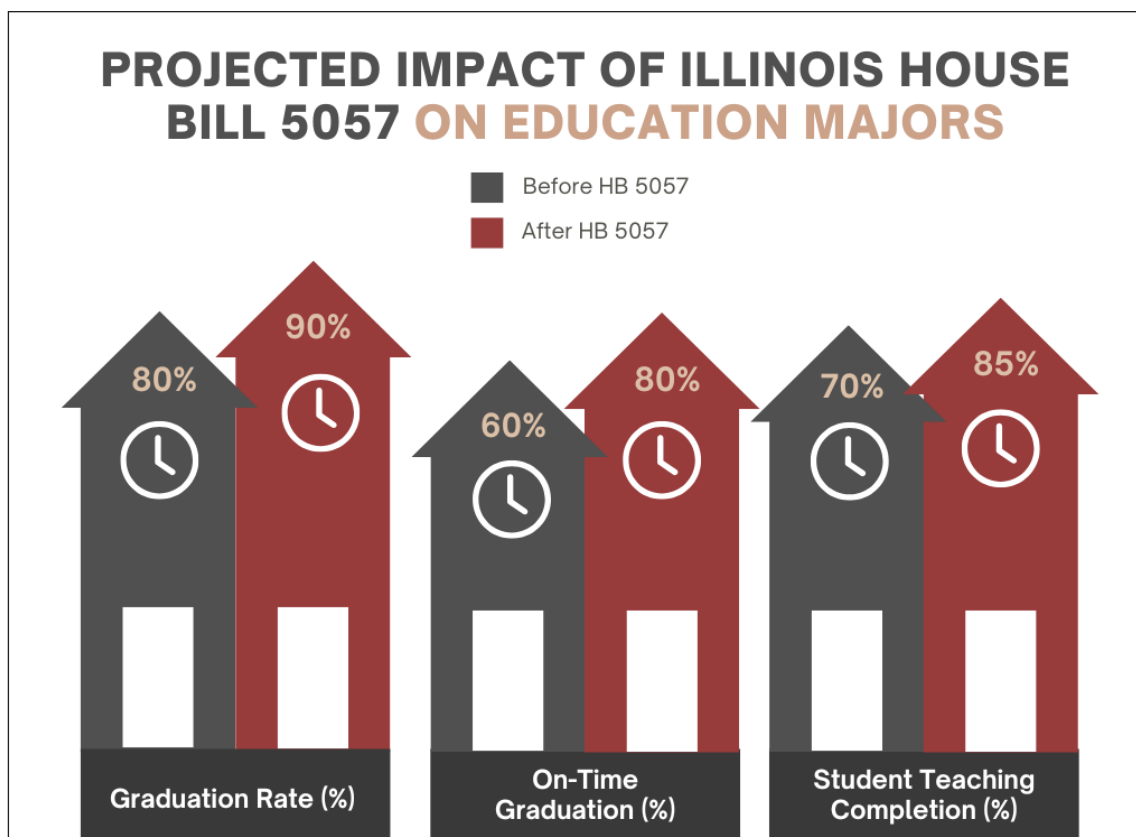
**LUNA SCHAFER**  
NEWS EDITOR

In August 2024, the state of Illinois passed House Bill 5057.

Since COVID-19 hit the world, all professional fields across the globe have faced a shortage of employees. Educators are among the fields running low on individuals to cover the new positions that opened after many left due to retirement or being laid off due to the pandemic.

Educators of all levels were required to take multiple exams to be allowed to student teach, a requirement to become a full time teacher. Dr. Liz Sturm, Associate Dean, College of Education & Social Sciences who has been working at Lewis University for the past 18 years, explains that the content required to pass the exams was very broad and demanding. Those aiming to pass were required to take the exams two months before they were allowed to student teach.

According to Sturm, "While our education programs provide many resources for studying, often students just didn't have enough time between starting their major courses and when they needed to sit for the exam." She



OLIVIA BRZEK / GRAPHIC DESIGNER

continued, "In addition, having such a short time, many students would have to retake numerous times. With the exams costing an average of \$99-\$122 each time, this becomes very costly."

However, on July 9, 2024, Illinois HB 5057 was approved by Governor Pritzker, making it a public Act 103-0846. The amendment to the Illinois

School Code allows preservice educators to begin student teaching without first passing their content area licensure exam. However, they must pass the exam before obtaining their Professional Educator's License.

Sturm explains the act by saying that the Illinois State Board of Education can change how the tests are

scored. Currently, the licensure exams consist of multiple independently scored subareas, but a total score of 240 is required to pass. Students who fail must retake the entire exam, even if they passed some subareas.

This act empowers the Illinois State Board of Education (ISBE) to implement a new scoring system where

students can bank passing subarea scores and retake only the non-passing sections. ISBE must establish these changes through its rulemaking process, which is expected to be completed by fall 2025.

The tests are taken on a computer through an official site, where students will answer 100-150 multiple choice questions. Sturm explains that the test resembles the ACT or SAT, therefore it has very strict guidelines where no electronics or notes are allowed.

Sturm gives an example, "Elementary Grades 1-6 exam covers 23 objectives in Language and Literacy, Math, Science, Social Science, Fine Arts, Physical Development and Health." She goes on, "Twenty-three might not seem like a lot, but included in those objectives are more than 180 learning outcomes which not only include questions on how to teach (pedagogy), but also content questions ranging from pre literacy to college algebra."

With the change of the law, students are still required to take the exam. However, if they fail, it won't impede them from starting study teaching, allowing them to keep their trajectory without delaying their process.

# University students' mental health continues to improve

**BRYNN KOEHLER**  
CAMPUS LIFE & NEWS  
REPORTER

For many university students, it is difficult to find a balance between managing their workload and mental health. It is easy for any student to feel negative mental health symptoms such as depression and anxiety as they get deeper into the school year.

Fortunately, over the past decade, there have been several initiatives to improve mental health among university students, including programs like the National Alliance on Mental Health (NAMI) and Active Minds.

A study called the Healthy Minds Study is an annual report that measures student mental health symptoms, namely ranges of depression, anxiety and disordered eating. One hundred thousand students are interviewed annually about mental health struggles, stigmas and treatments.

In the past year, rates of depressive symptoms have dropped to 38% from 41% in 2023 and 44% in 2022. After seven years of increasing rates, there finally seems to be potential for continuous decline in minor to major depressive symptoms.

Additionally, anxiety symptoms have also seen a steady decline in the past year, dropping to 34% from 36% in 2023, and 37% in 2022. Although a small difference, it signifies a downward trend in generalized anxiety symptoms for university students in the future.

Initiatives by organizations like the NAMI, The Jed Foundation, Active Minds, the Child Mind Institute and the National Institutes of Health have been hard at work to educate and make students aware of available resources for them in times they need support or guidance through stress and anxiety.

Unfortunately, the improve-

ment of students' mental health comes with an increase in stigma surrounding struggles and seeking treatment. The study states the number of students who said they currently need help for their mental health remains at 78%, a considerably high percentage. Facing stigma and negative attitudes about their mental health struggles from their peers discourages students from seeking help, which allows their struggles to persist.

Elaina Veome, an undecided major with a Spanish language and culture minor, says "There are numerous resources available around campus. The wellness center is a good one to go in for counseling, or if you just need a little pick-me-up you can use the massage chair or the sunbed."

At Lewis, there are ample resources and initiatives around campus to inform students about mental health resources and their importance. "I would say Lewis works hard



VANJA BOGDANOVIC / PHOTOGRAPHER

Lewis University Wellness Center, where students can seek mental health resources, is located on the lower floor of Mother Teresa Hall.

to try to help students with their mental health," says Veome. "I do think it's important that we have those resources on campus and that they continue to grow."

Lewis also partners with TimelyCare, a telehealth app that gives students access to

counseling and health services 24/7. TimelyCare, an anytime-anywhere resource, allows students to quickly address their mental health concerns, allowing them to curb negative mental health symptoms before they can progress.

# OPINIONS

## Staff Editorial: Media crisis threatens campus journalism

**JOHN JEUS COLAYO**  
ASST. OPINIONS EDITOR

We are living in a period of tremendous propaganda, fake news, and disinformation, all of which have ravaged American news and media sources like an incurable illness. This disease is gradually destroying the foundations of America's valued democracy, among which are the rights to free speech and the freedom of the press. The gradual decline of faith in news outlets endangers the delicate system we have come to rely on, a system that must be safeguarded for the sake of the nation's existence.

Amidst growing uncertainty concerning the future, media is crucial in our society. Journalism at all levels, from high school and college newspapers to world-renowned publications like The New York

Times, helps to defend the freedom to free speech and the press. When thinking of the value of student journalism, especially in the midst of an international crisis, my first instinct is to defend the sector. To think about all the reasons why student journalism is necessary and beneficial. Student journalists and publications are essential for informing colleagues about campus activities, monitoring the school administration and revealing news overlooked by external media.

As several agencies ceased or will be ceasing publication like Montgomery Journal and The Jersey Journal, many college newspapers have become the principal source of information on school events and their neighboring cities. Campus newspapers across the country provide communities with dependable

news sources and have the potential to engage and collaborate with not only other students and staff but also the broader community.

University publications and student journalists are vital to both our society and the integrity of democracy. They are not only student journalists; they are legitimate journalists whose significant contributions to our communities are profoundly beneficial. They represent the forthcoming generation of reporters, editors, news anchors, writers and scholars, confronting an unprecedented media crisis.

No student publication matches the caliber of The Chicago Tribune or The New York Times. We are not Ethel Payne who was named as the "First Lady of the Black press" or Marie Colvin who was known for her fearless reporting. As a student publication, we

address issues pertinent to the student body. We illuminate the concerns that major media organizations may overlook, the challenges we confront daily on campus. That is what makes the campus journalism genuinely significant. That is the essence of representing the student body. We do not claim to represent all students; instead, we facilitate discussions and collaborate to identify ways to improve this university. Clearly, not one writer can represent each person because disparities in values render this nearly impossible. We can collectively agree that The Flyer Newspaper, along with all other educational institutions, ought to be environments conducive to student growth aiming to be the 'lingua franca' of the institution.

## The 4B Movement: how women are taking action in the U.S.

**JADA LAW**  
OPINIONS EDITOR

Since the recent news of the re-election of President Donald Trump, numerous ongoing debates have re-ignited over women and the rights to their own bodies. As a result, a notion began trending all over social media as lots of women came together to join the 4B Movement.

The 4B Movement also known as the "4 Nos" is a feminist movement that originated in South Korea. The "B" is shorthand for "no" in Korean, showcasing that women are saying no to men. Emerging in 2019, the 4B movement was created to protest the systematic gender inequality and extreme violence that women were facing in South Korea.

The women part of the movement decided to adopt a radical strategy to break down their patriarchal society. The strategy is to take a stand against the traditional lifestyle of homemaking, marriage and childbearing by swearing off men altogether. The movement specifically stands for women saying no to sex, dating, marrying men and having children with them.

Since Trump has been re-elected, the 4B Movement has become more popular than ever in the U.S. The movement

is garnering millions of likes on TikTok and a large number of posts on X.

The radical feminist movement from South Korea has expanded its reach. Women are evidently becoming fed up with being treated unequally.

Even though the 4B Movement is sparking much interest in the United States, it is still too early to see its full impact. The uproar is similar to the spark the #MeToo movement caused in 2018. #MeToo is a sexual assault survivor movement against sexual violence. Many women in the U.S. joined the movement and spoke about their sexual assault. According to experts, the movement is

seen as the trigger for the rise in feminist movements across the U.S.

Unfortunately, there are many men online and in real life going against feminism and giving their opinions on what a woman can and cannot do with her own body. Some even went as far as trending the statement "Your body, my choice." This behavior is causing women to grow tired of the constant disrespect being thrown at them.

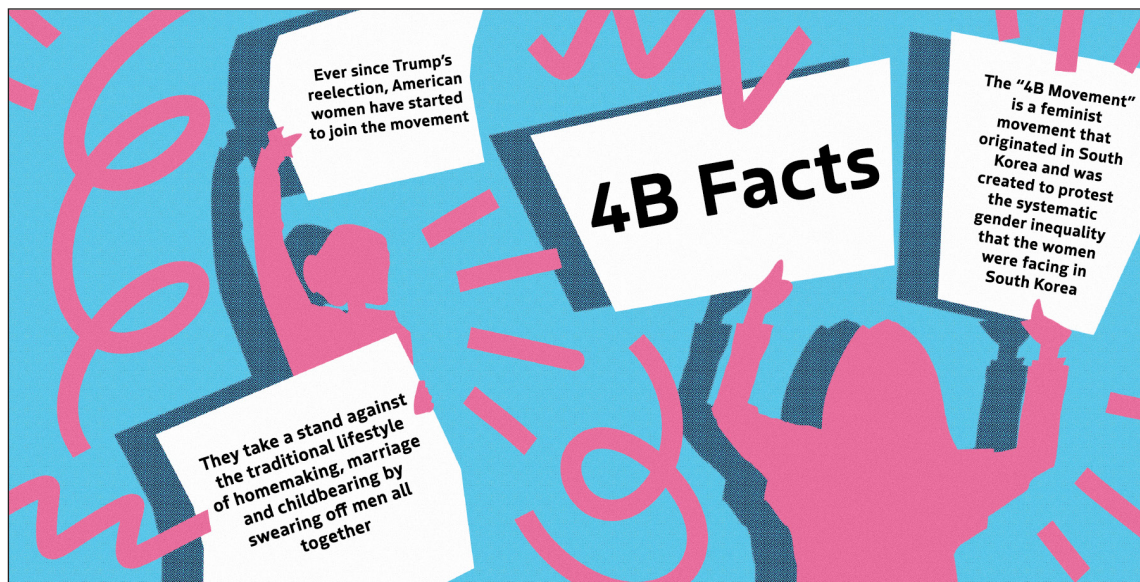
The 4B movement received an extreme amount of backlash in South Korea. According to an article from The Guardian, "a female convenience store worker in Jinju was violently attacked by a man who as-

sumed she was a feminist simply because she had short hair, leading to a court ruling that recognized misogyny as a hate crime motive for the first time."

American women are already getting bashed online and in-person for solely supporting the movement. This can quickly lead to more negative results rather than positive ones.

As a result of being oppressed by a system that does not see you as an equal, the 4B movement has come into fruition.

The impact of the movement is not known. What we do know is that lots of women are speaking out about what's being done to them and want change.



ALEXIS PRAGIDES / GRAPHIC DESIGNER

**IRENA ILIC**  
EDITOR-IN-CHIEF  
[irenailic@lewisu.edu](mailto:irenailic@lewisu.edu)

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

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

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

**EMMA BERTOTTO**  
ASST. NEWS EDITOR  
[emmabertotto@lewisu.edu](mailto:emmabertotto@lewisu.edu)

**JADA LAW**  
OPINIONS EDITOR  
[jadaalaw@lewisu.edu](mailto:jadaalaw@lewisu.edu)

**JOHN COLAYO**  
ASST. OPINIONS EDITOR  
[johnjeuscolayo@lewisu.edu](mailto:johnjeuscolayo@lewisu.edu)

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

**LILY COOKE**  
CO. TEMPO EDITOR  
[lilyccooke@lewisu.edu](mailto:lilyccooke@lewisu.edu)

**STEPHANIE AGUILAR**  
CAMPUS LIFE EDITOR  
[stephaniekaguilars@lewisu.edu](mailto:stephaniekaguilars@lewisu.edu)

**DELANEY COLEMAN**  
ASST. CAMPUS LIFE EDITOR  
[delaneycoleman@lewisu.edu](mailto:delaneycoleman@lewisu.edu)

**GRANT DORSEY**  
CO. SPORTS EDITOR  
[giannabelcastro@lewisu.edu](mailto:giannabelcastro@lewisu.edu)

**KREE NUNNALLY**  
CO. SPORTS EDITOR  
[kreejunnally@lewisu.edu](mailto:kreejunnally@lewisu.edu)

**JACOB GUERNON**  
CAMPUS LIFE & OPINIONS  
COPY EDITOR  
[jacobaguernon@lewisu.edu](mailto:jacobaguernon@lewisu.edu)

**JOANNALY SANCHEZ**  
TEMPO & NEWS  
COPY EDITOR  
[joannalysanchez@lewisu.edu](mailto:joannalysanchez@lewisu.edu)

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

**STEPHANIE AGUILAR**  
ONLINE COPY EDITOR  
[stephaniekaguilars@lewisu.edu](mailto:stephaniekaguilars@lewisu.edu)

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

**GIANNA CIACCIA**  
LAYOUT EDITOR  
[giannaciaccia@lewisu.edu](mailto:giannaciaccia@lewisu.edu)

**DANA EUSKE**  
LAYOUT EDITOR  
[danameuske@lewisu.edu](mailto:danameuske@lewisu.edu)

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

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

**MATTHEW CARLSON**  
SOCIAL MEDIA COORDINATOR  
[mattcarlson2003@gmail.com](mailto:mattcarlson2003@gmail.com)

**VANJA BOGDANOVIC**  
NEWS & CAMPUS LIFE  
PHOTOGRAPHER  
[vanjabogdanovic@lewisu.edu](mailto:vanjabogdanovic@lewisu.edu)

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

**BRYNN KOEHLER**  
NEWS & CAMPUS LIFE  
CONTRIBUTOR  
[bryndkoebler@lewisu.edu](mailto:bryndkoebler@lewisu.edu)

**CHRISTIAN GOODE**  
SPORTS CONTRIBUTOR  
[christianigoode@lewisu.edu](mailto:christianigoode@lewisu.edu)

**SHANNON MASHEK**  
MODERATOR  
[mshks@lewisu.edu](mailto:mshks@lewisu.edu)

# Recognizing students

**IRENA ILIC**  
EDITOR-IN-CHIEF

The first-year Writing Showcase was held on Nov. 19 at 2 p.m. in the University Dining Room. The event recognized great scholarly works written and submitted by first-year students.

Each academic semester, faculty are encouraged to nominate an exceptional work of writing by a first year student in their class. They look for works that include creativity, critical thinking, idea development, language use, organization and research. A faculty panel then reviews the nominated works and selects 13 pieces that reflect a diverse variety of genres. These include narrative, video remix, and research argument works. Students are then recognized at the showcase and their work is uploaded to the university website.

Being a first year student in college is a difficult time. The transition from high school to college is tough for many students. Yet, with recognition events such as this one, students who suffer from imposter syndrome can be uplifted. Events that recognize hard work and talent are important to hold. They increase confidence levels and

are especially beneficial for first year students who might be unsure of whether they are on the right path in college. Students sometimes need an extra push while in college and recognition events are a great way to provide that. Further, recognition promotes motivation and helps encourage students to continue working hard in their classes.

Other events similar to the First Year Showcase include the Windows Fine Arts Magazine recognition ceremony as well as the Celebration of Scholarship event. The Windows Fine Arts Magazine is made of written works created and submitted by students and faculty/staff. Celebration of Scholarship is an annual campus-wide symposium in which students in various majors are encouraged to present their work and research in a variety of forms. Presentations range from creative performances, posters, oral presentations, or exhibits.

Departments across campus should look into hosting more first year events as well as taking time to recognize freshmen students. This is also a great advantage to students as they can fill their resume with their academic achievements and show employers they are qualified.

**Senior Goodbyes**

**Olivia Brzek**

“Being a part of the Flyer has allowed me to truly open up and create friendships and memories that will last a lifetime. Not only did the experience give me the opportunity to step out of my design comfort zone, but it also allowed me to connect with others and work together to create something big. Though I won't have anymore late Thursday nights in the JP basement, their memories will stay with me forever.”

ALEXIS PRAGIDES / GRAPHIC DESIGNER

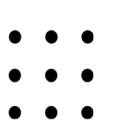
•••

**FOLLOW US!**

•••



**THELEWISFLYER**



## New Greek Mythology Musical EPIC

**RAYNE GRABOWSKI**  
CO-TEMPO EDITOR

Retellings of Greek myths are becoming more and more common within the media today. From books and movies to musicals, most forms of media have been influenced by this new popularity of Greek mythology.

One project, though, has been gaining popularity despite it not being fully created yet. Jorge Rivera-Herrans, otherwise known as Jay, has been writing a musical that has taken the internet by storm. His musical centers around the tale of the Odyssey, taking on the name of EPIC.

So far, the musical's 35 of 40 total songs have been released in an official concept album. The songs are broken up into two acts, each act having 20 songs. The songs are also organized in sagas, with eight out of nine being released.

The most recent release was the Vengeance saga, a grouping of five songs from act 2, on Oct. 31, 2024. Jay hosted a listening party livestream on the night of October 30, 2024, where 76,000

people came together to hear the new saga for the first time.

Needless to say, EPIC is doing quite well. Jay has revealed that he intends for this project to eventually be an animated TV series, as he says live theater doesn't have the technology needed to make this project as intense as he hopes it to be. Just from the music alone, fans can tell this will be a stellar final product.

On TikTok, Jay has had fun explaining the deeper meaning of the instrumentation and lyrics of EPIC. These videos often focus on motifs, such as Athena's melody on piano and Odysseus's common pairing with the guitar. These motifs often enhance the overall experience of the songs.

What stands out, though, are the vocalists. The first two sagas of the project, the Troy and Cyclops sagas, were first released with BRP Records LLC. They were incredibly popular among fans, the Troy saga having reached 2.5 million streams in just a few days and the Cyclops saga reaching nearly 2 million in under a week.

The original recordings were

taken down when Jay and the rest of the cast didn't receive any sort of profit from the sagas. The two were rerecorded and released under Winion Entertainment LLC, a company that Jay created to release his music.

Many differences were present in the music, mainly because Jay mixed and mastered the new versions while producer JP Warner did the originals. In Jay's style, the vocals are much cleaner than in the original. Every harmony is heard clearly, though some fans were disappointed with a supposed lack of emotion. Eventually, fans got on board with the new versions and continued to love the released sagas as they came out.

Throughout this hiccup, fans were supportive and streamed the new versions endlessly. "Warrior of the Mind," was deeply loved within the Troy saga, playing off of the strong vocals from Athena, who was played by Teagan Earley. As the sagas continued, fans got to hear catchy songs such as "Luck Runs Out" and "Ruthlessness" from the Storm saga,



PHOTO COURTESY: BUIPIEDREAM.COM

"Done For" from the Circe saga and "Monster" from the Underworld saga among many more.

Fans are beyond excited for the final saga, labeled as the

Ithaca saga. The power the first eight sagas have is enormous, and the ninth will finally complete the two year creation journey this project has undertaken.

## Sabrina Carpenter embracing sexuality

**TYRA CORPUZ**  
MANAGING EDITOR

The rise of Sabrina Carpenter can be attributed to several factors, however the main culprit was her viral suggestive "Nonsense" outros and now, "Juno" arrests and sex positions. The singer redefined her image from ex-Disney actress to iconic pop star throughout her slow climb to fame.

Carpenter has had a decade-long career which only started to skyrocket last year. The singer got her start on Disney Channel, acting in the show "Girl Meets World" and releasing music through Hollywood Records. She released four albums under her Disney contract, and after that ended, she signed with Island Records. This began her rise to fame.

Her first album released in year under new management was titled, "Email I Can't Send" and birthed the viral hit "Nonsense" along with her famous outros. The outros tweaked the original playful ending to the track and were unique to each city she toured in. The original lyrics were "Woke up this morning thought I'd write a pop hit / How quickly can you take your clothes off? Pop quiz." Her tweaked outro as an opener for The Eras Tour in Mexico City, for example, was "I only



PHOTO COURTESY: ALFREDO FLORES FOR LEDE COMPANY

Sabrina Carpenter showing off her first outfit during her Short n' Sweet tour.

date him if he pays my rent-ay / If you are a Swiftie, you're mi gente / Let me hear you make some noise DE."

Her outros became a viral sensation. Almost every recording of her singing the final three lines got thousands of likes and views across all social media platforms. People even began trying to predict what rhymes she would come up with in each city. In a Cosmopolitan interview, when Carpenter was asked about her infamous outros she stat-

ed, "It's funny too, writing the outros, because I feel like I've learned a lot more about sexuality through writing those than people think...writing them comes from the ability to not be fearful of your sexuality as opposed to just not being able to put it down."

She has not feared embracing her sexuality since. Though she retired "Nonsense" outros, for her new album "Short n' Sweet" and its respective tour, she replaced them with several new sexy bits, such

as "Nonsense" intros, "Juno" arrests and sex positions. The intros however still include dirty jokes and the cities she tours in.

The singer in her "Juno" segment, arrests a fan or friend in the crowd for being too hot and gives a pair of fuzzy handcuffs to give to the culprit. Then she proceeds to do an on-stage costume change, as her long skirt falls off to reveal a mini skirt underneath, saying phrases similar to "You're so hot my clothes are falling off!"

to the arrestee.

During the same song, she sings the lines "Wanna try out some freaky positions? / Have you ever tried this one?" Carpenter does a different position every night in the music break between the lines. Fans of Carpenter also took to the virality of the different positions online and did the same guessing as they did with the "Nonsense" outros, but this time, not lyrics but crazy positions as well.

Her songs and performances have created a new wave of conversation on sex positivity, mostly bringing light on how to talk about it in a fun way. Fans online have been creating fun videos in association to the viral position videos, such as, "take a shot if you did this 'Juno' position" or even sharing their experiences and opening up to an even bigger conversation online.

The rise of Carpenter also birthed the rise of embracing sexuality in a playful and humorous way. Uplifting her fans with the "Juno" arrest sequence and poking fun with her "Nonsense" intros and outros, the singer truly has broken away from her Disney past into a full sex positive singer. She does not shy away from the taboo topic with metaphoric lyrics, but rather her intentions are laid out Short n' Sweet.

# The 2025 Grammy Award nominees

**LILY COOKE**  
CO-TEMPO EDITOR

As 2025 approaches, award shows return. The 67th Annual Grammy Awards is one of the first shows of the new year. The nominees for each category have been recently released. With categories ranging from rap music to country music and everything in between, there is a decently fair game for all of these artists.

The Record of the Year award's nominees are all strong and have great potential. The artists consist of The Beatles, Beyoncé, Sabrina Carpenter, Charlie XCX, Billie Eilish, Kendrick Lamar, Chapel Roan and Taylor Swift featuring Post Malone. Many people believe more experienced artists, such as Beyoncé or Taylor Swift, should take the win while others are saying new artists on the list such as Carpenter or Roan should win.

Another big award handed out is the Song of the Year award. With the nominee list ranging from country songs such as "A Bar Song (Tipsy)" sung by Shaboozy, to "Not Like Us" by Kendrick Lamar, it is difficult for viewers to predict what song will win the award. With multiple songs being performed by artists



*The Gramophone Trophy awarded to winners.*

PHOTO COURTESY: GRAMMY.COM

nominated for many other awards, there is potential for some artists to have a clean sweep of the show.

However, one important category that stands out to many is the Best New Artist award. This is a unique award because for three of these musicians nominated, it is the only award they are up for. These musicians are Teddy Swims who sings the hit song "Lose Control", Benson Boone

who sings "Beautiful Things" and Khruangbin who sings "Texas Sun". With the amount of success that these three artists have accomplished, it is no surprise that they are nominees for this award.

For the Best Pop Vocal Album Award, the nominees consist of Sabrina Carpenter, Billie Eilish, Chapel Roan and Taylor Swift again, along with Ariana Grande. The award once again has nominees that

are up for many awards. All of these artists are up for at least two awards which some see as an unfair opportunity whereas others see this as great because their favorite musicians have the chance to win multiple awards.

With the Best Rap Album award nominees having artists that have been around since the 2000's such as Eminem, to artists who are fairly newer such as Doechii, this

category is very diverse. This is a category that people are excited about because for the first time in five years there is a female rapper up for the award. Doechii broke the streak.

While pop and rap remain some of the biggest genres of music, country is not far behind. However, this is a unique situation when referring to the nominees. For the Best Country Album, there are two nominees who, as the few top artists in the world, have taken on this completely new genre. These artists are Beyoncé and Post Malone. While some had major doubts about these musicians coming out with country albums, they were proven wrong. With Post Malone and Beyoncé undertaking this genre, people are finding it interesting and exciting at the same time.

The Grammy's are one of the most exciting award shows for music lovers. The nominees have worked so hard for the opportunity to be a part of this iconic experience and viewers are ready to tune in. With the amount of success these artists have had within the past year, this year's Grammys will not be a disappointment. The 67th Grammy nominations will take place and air on February 2, 2025.

# The Wrath of the Triple Goddess recap

**RAYNE GRABOWSKI**  
CO-TEMPO EDITOR

Percy Jackson fans were delighted upon the new release in the "Percy Jackson and the Olympians" series titled "The Wrath of the Triple Goddess." The new installment was the second of three new books to the original series, which was supposedly concluded back in May of 2009.

"Percy Jackson and the Olympians" is about a boy named Percy who discovers his father is a Greek god, making him a demigod. Of course, this means mythical monsters hunt him down for lunch and gods often come to him with quest "requests" (though they're more of demands). In "The Wrath of the Triple Goddess," Percy teams up with Grover, the satyr who introduced him to this mythological world, and Annabeth, his girlfriend. These three are the group that long time fans call the original trio, as they went on a quest together in the first book of "Percy Jackson and the Olympians."

Rick Riordan then expanded the first series into a second by the name of "Heroes of Olympus," and then into a third series,

"The Trials of Apollo." There are also standalone books and other series in the same universe but not within the Percy Jackson storyline. Major spoilers ahead!

The new book revolves around a quest Percy receives from Hecate, known as the Triple Goddess for her three heads and common appearance at crossroads. Hecate wants to go to Halloween festivals, believing that they are worshipping her, and needs Percy to pet sit over the week of Halloween. The trick is that these are no ordinary pets. A hellhound, polecat and a tank of eels isn't exactly a walk in the park. Then, of course, there's summoning torches, the magical library and the strawberry milkshake of doom to deal with.

Of course, things go wrong and the pets make their way into the outside world. Percy and his friends must get them back. "The Wrath of the Triple Goddess" emphasizes the importance of Annabeth in Percy's narrative. Riordan makes several callbacks to the adventures the couple have gone on together with Percy commonly admiring Annabeth's strength. Annabeth works as the brains of the operation.



PHOTO COURTESY: THECOSMICCIRCUS.COM

*"The Wrath of the Triple Goddess" was released on September 24, 2024.*

However, Riordan emphasizes the importance of Percy's caring nature as well. The two end up discussing this, bringing the concept forth within the story. Their teamwork makes the quest work, especially given the sensitive nature of the pets. The main focus is on the hellhound, Hecuba, and the polecat, Gale. Hecuba was turned into a hellhound by Hecate upon her death at the end of the Trojan

War while Gale was turned into a polecat by Hecate when given the option of giving up her practice of a witch entirely or living forever in suffering. Percy finds this out as he ventures to bring the pets home safely and connects with them on a level pure brains wouldn't have been able to. Through the caring nature Percy possesses, the pets are able to find a sense of peace with their past traumas and new

lives.

Riordan's expansion into the more sensitive topics that the demigods and people within Greek mythology face speaks to the fact that his initial audience is growing up. Through Percy, readers begin to understand the importance of communication and hearing both sides of the story. This spooky season quest faces the scariest thing of all - our own emotions.

# CAMPUS LIFE

## New club: Latinos in Medicine

**DELANEY COLEMAN**  
CAMPUS LIFE ASST.

While searching for a Latinos in Nursing student organization, Briana Leon, a freshman nursing student, was met with disappointment. "Medicine is one of the bigger majors here and there's nothing for Latinos," commented Leon.

Alessandra Morales, a sophomore nursing student, mentioned, "When we were looking at the Student Nursing Association, we noticed that there was a lack of diversity on the e-board and even in the past presidents."

To take matters into her own hands, Leon decided to compile her friends together and start her own student organization, Latinos in Medicine.

In order to start a student organization at Lewis, Leon needed at least three students and an advisor. The requirements for approval include a constitution, budget plan and a roster of student members.

Leon didn't have trouble finding interested peers, "We just started asking a ton of people in our classes if they were in medicine and whether they would be

interested in being a part of our organization and people started saying yes, and before we knew it we had a whole board. We also have many students outside of the board who want to join once we get approved."

After getting all of these things together, the potential board is required to have a meeting with student engagement in order to go through resources, connections and the organization's plan to get the Lewis community involved.

A very important aspect of getting a club together is the creation of the club's constitution, which Morales had insight on, "your constitution is basically saying what is your purpose, what is your mission, what are some of the guidelines you'll follow, what are the positions and some of the roles and responsibilities of each position?"

Leon is the president of the organization alongside Angel Flores, freshman nursing major, as her vice president. Additional board members are Morales, Sofia Ramos, Danny Jimenez, Carolina Dominguez, Litzy Diaz, Emilio Melero, Dulcemaria Mendez, Meraly Rubio and Ted

Kobylecky.

Outside of the board, there are already many students who wish to be a part of the organization.

Another requirement to start a student organization is having a faculty advisor. Their advisor is Destiny Gomez, who is the College of Nursing and Health Sciences administrative assistant.

When searching for a faculty advisor, Morales observed, "I think we collectively found non Latino faculty and staff within the nursing programs, the health science programs, exercise science, speech language pathology, biology literally had none, chemistry had I think one person. Even with that, we had people we weren't entirely sure if they were completely Latino or married to a Latino, or something like that."

When Morales was asked why she thought that this organization was so important to have, she said, "I feel like addressing the lack of diversity throughout healthcare and asking the question, why is that? Why don't we have more people of color in healthcare, not only nursing but also the pre-med track, pre-den-



**VANJA BOGDANOVIC / PHOTOGRAPHER**

*The board of Latinos in Medicine.*

istry track, or pre physical therapy, things like these. Like, why is there not more diversity?"

Morales and her peers are excited to "push for a call to action to get these issues not only addressed, but solved and get the ball rolling on them."

Latinos in Medicine has been approved, and they're already beginning to plan for next semester's potential events and community outreach.

For students, the board is currently planning community hour events focused on health, as well as some fundraisers that would incorporate Latino cul-

ture such as Mexican hot chocolate, tamales and conchas. They also are planning to collaborate with LASO, the Latino American Student Organization, to have even bigger events.

Outside of Lewis, these ambitious students want to volunteer at local high schools and elementary schools to talk about how important it is to be a person of color in medicine and about the importance of being bilingual, specifically in the medical field. In addition to this, they want to help with chemistry and biology tutoring for high school students.

## Supporting student wellness on campus

**STEPHANIE AGUILAR**  
CAMPUS LIFE EDITOR

As the end of the semester is nearing completion and finals are right around the corner, it is no surprise that the atmosphere on campus is shifting from an energetic and exciting environment to an environment filled with anxiety, worry and dreariness.

And thanks to the amount of daylight being cut down after daylight savings, seasonal depression and anxiety are making their way onto campus. Times like these during the semester are ones where students should be informed and reminded of the mental health resources available to them on campus.

On a national scale, mental health challenges have been an increasing issue seen in college students. With pressures from academic performance, financial uneasiness and balancing a personal life along with school, work or athletics, mental health plays a big part in student success. Recognizing the importance of mental wellness, Lewis has taken steps to provide students with a variety of resources to battle against poor mental health.

The Student Wellness Center is the hub for all the resources students might seek out when looking for help with their mental health. Some resources include counseling and therapy

services which are offered to students free of charge. These resources do not require the use of private insurance, which can be a primary reason why students do not seek out these types of services.

The center is equipped with a team of nurses and mental health counselors, counseling interns and graduate assistants available to help students. Counseling and therapy services help students navigate around adjusting to new environments and change, as well as dealing with stress, anxiety, and self-surrounding issues such as identity, image and confidence.

Jill Whitaker, Director of the Student Wellness Center and Mental Health Counselor, details how "students have a range of self help resources and we really want to give students as much as we can wherever they have an entry point to take care of their mind, brain, and heart. We want to support our students so that they can feel as comfortable and confident as possible".

For urgent mental health help, students are invited to walk into the Student Wellness Center during operating hours. Appointments are available, but walk-ins are honored as well. For urgent mental health concerns outside of operating hours, students are encouraged to contact the Resident Life Staff at students-3889, or Cam-

pus Police at 815-836-5222.

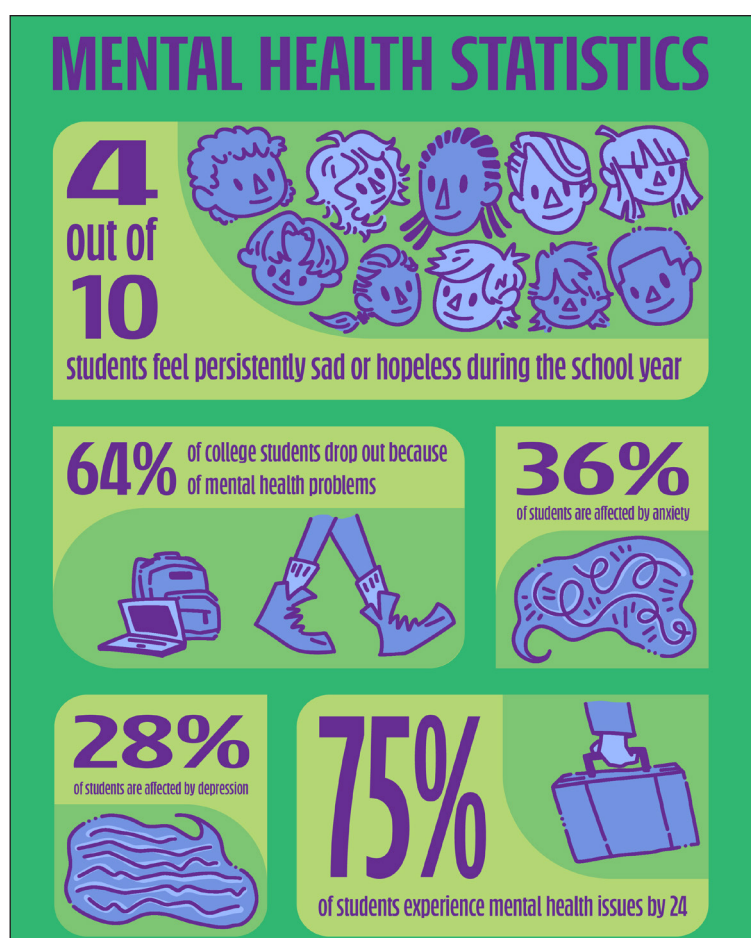
For students who don't feel comfortable utilizing in person service, virtual options are provided through TimelyCare. TimelyCare is a platform where students can get medical care, virtual mental health, and wellness coaching. Students can sign in with their Lewis email and password.

A major benefit of TimelyCare is TalkNow and MedicalNow, which provides 24/7, on-demand virtual medical care and emotional support.

"One of the main reasons that we're having more utilization of the services and the resources is a reduced stigma for seeking help. We have to keep reducing that stigma in our society because our mind and bodies are connected to our mental health and seeking help is a strength and it's important to have that openness," says Whitaker.

Another resource students have access to is a new student chapter of the nonprofit organization, Active Minds. Active Minds works to decrease the stigma around mental health on campus and promotes mental health awareness and education. For questions or for membership information, contact chapter president, Alexa Acevedo at alexamacevedo@lewisu.edu.

The Student Wellness Center encourages students to be active in promoting mental



**ALEXIS PRAGIDES / GRAPHIC DESIGNER**

health awareness on campus. Students are invited to attend suicide prevention education training. These trainings include Mindwise-SOS for Students, Be There Certificate, and QPR- Question, Persuade, Refer. These workshops train students how to recognize signs of suicide among their peers, and how to be proactive in preserving the mental health of students across campus.

Mental health is a major part of college student lives and not something that Lewis takes lightly. Students who are experiencing mental health issues or are interested in learning more about resources available to them can contact the Student Wellness center at 815-836-5455, or visit the office in the lower level of Mother Teresa Hall.

# Dia De Los Muertos: Honoring culture and community

**STEPHANIE AGUILAR**  
CAMPUS LIFE EDITOR

This fall, the Lewis community gathered in a colorful and heartfelt celebration of Día de los Muertos, a tradition that honors the lives of loved ones who have passed. Held in collaboration with San Miguel Center for Mission and Ministry and the Latin American Student Organization (LASO), the event brought students, faculty and staff together for a meaningful time of reflection and remembrance, fostering an atmosphere of gratitude and unity.

Students were encouraged to submit names of lost loved ones, along with photos of their family members that would later be read aloud and presented at the Mass of Remembrance. The Mass of Remembrance is a special liturgy held every November to honor all those who have died in the past year. This year's Mass of Remembrance was held on Monday, Nov. 4.

A major part of this year's Día De Los Muertos event was the making of the ofrenda. An ofrenda is the offering place that is usually in a home altar, though Lewis's ofrenda was

held in the Sancta Alberta Chapel. An ofrenda is a setting, usually a table, that holds photos of loved ones that have passed but is also adorned with different elements that highlight the culture of the event, such as candles and decorated skulls.

Kate Colome, a junior marketing major and the Education Coordinator of LASO, explained why having an event for Día De Los Muertos was monumental for the community.

"Although it is a uniquely Mexican tradition that doesn't occur in other Latin American countries, we do it in preservation of the custom. It was a great event as it honors loved ones who came before us and that is a foundational charism of LASO and a demonstration of cultural value," says Colome.

The ofrenda was decorated with such elements, along with a table runner that highlighted bright colors that are associated with Mexican culture, bouquets of orange flowers and small tea light candles. The ofrenda was set up on Friday, Nov. 1, and was available for students daily from 8 a.m. to 10 p.m. until Monday,

Nov. 11.

Carolina Alvarado, a senior public relations and advertising major, along with being an international student, reflected on her thoughts of the Día De Los Muertos event and what it meant for her as a student.

"I think Lewis giving us the opportunity to share our culture is really amazing. There is a big Latino community at Lewis and I appreciate that they are embracing traditions and making this place more inclusive."

Events that surround Día De Los Muertos allow students to feel like their culture and background are just as important as other students. Representation and inclusivity are important aspects when students are deciding where to attend college, and seeing events such as what Lewis did for Día De Los Muertos, can reach communities that may have not considered Lewis in their plans for higher education.

The events for Día De Los Muertos were not limited to the Latino community on campus, but invited all students and staff to participate, highlighting the importance of community cultural cele-



**VANJA BOGDANOVIC / PHOTOGRAPHER**

*The Ofrenda, located in the Sancta Alberta Chapel, that honored lost loved ones during Día De Los Muertos.*

bration. Driving the campus community together through cultural events promotes a more respectful and embracing atmosphere.

"Día De Los Muertos is a demonstration of bridging heritage, from Indigenous American culture to Spanish European culture, and historically being bound by the Catholic faith and liturgy. We partnered with ministry and it helped demonstrate the beauty and diversity of the same faith throughout the world", explains Colome.

Partnered with the San Mi-

guel Center for Mission and Ministry, Lewis' Latin American Student Organization, or LASO, helped bring this event to life. LASO works to promote a positive view of Mexican culture on and off campus through a number of events and programs.

LASO has weekly meetings at 5pm for those curious to learn more about the organization and the Latino community at Lewis. For more information on membership and meetings, you can also contact LASO at flyerslaso89@lewisu.edu.

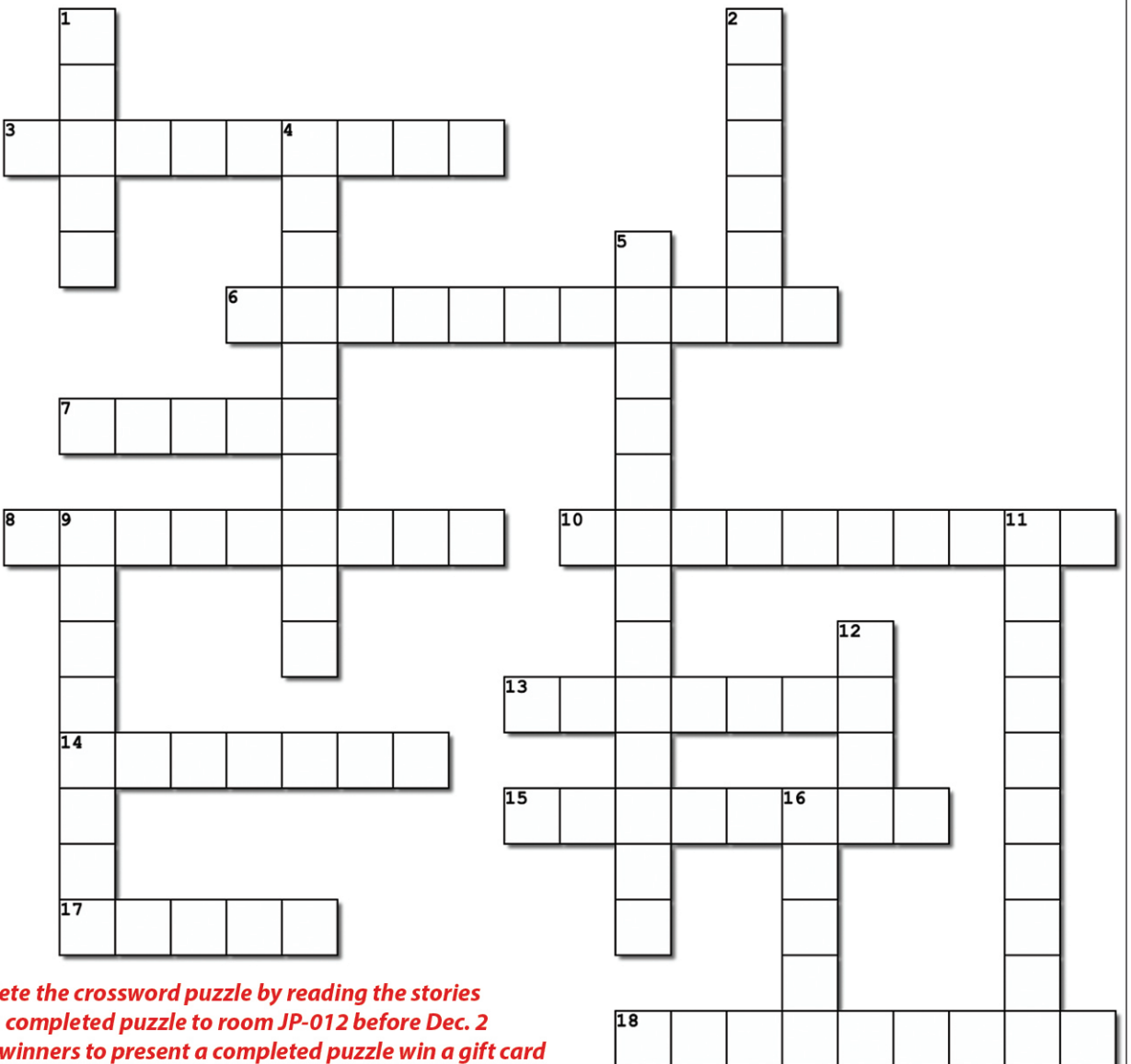
## Campus Crossword

### Across

- 3. These include \_\_\_\_\_, video remix and research argument works
- 6. Artist who sings "Beautiful Things"
- 7. Who did the womens basketball team face in the GLVC championship game last year?
- 8. Name of the most recent saga in EPIC
- 10. Where was the 4B movement created?
- 13. A display that honors the dead during Dia De Los Muertos
- 14. Sabrina Carpenter \_\_\_\_\_ fans during the 'Juno' segment of her tour
- 15. A higher enrollment can take to a more \_\_\_\_\_ and present campus community
- 17. The newest sport added to Lewis
- 18. Who did the women's soccer team play in the final last year?

### Down

- 1. Illinois State \_\_\_\_\_ of Education
- 2. First round opponent for the men's soccer team
- 4. Virtual mental health app
- 5. Legacy admission practices are definitely \_\_\_\_\_
- 9. It is important to place \_\_\_\_\_ on mental well-being for students
- 11. Who was named the First Lady of the Black press
- 12. The name of Hecate's polecat
- 16. How many positions are originally needed to create a student org?



### RULES:

- Complete the crossword puzzle by reading the stories
- Return completed puzzle to room JP-012 before Dec. 2
- First 3 winners to present a completed puzzle win a gift card





*Newly Improved*

**Lewis**  
UNIVERSITY

## Master's in **ORGANIZATIONAL LEADERSHIP**

**Getting ahead in business takes time.  
It takes effort. And it takes education.**

At **Lewis University**, we're dedicated to offering you an education that will make you a preferred candidate in the job market and provide a rewarding career. One of the ways we're doing that is through our newly redesigned **Master's in Organizational Leadership** program.

This **newly redesigned** program has been developed to offer a combined set of management and leadership skills with a set of in-depth competencies from specific disciplines through industry sought-after stackable micro-credentials. Through industry alignments with the **International Coach Federation**, the **Association for Talent Development**, and others, we're well positioned to provide you with the skillsets to enjoy an incredible future.

If you feel a master's degree is more than you need, you can pursue an **Organizational Leadership Certificate** which also provides valuable micro-credentials to help put you ahead of your peers.

What's more, as an alum, you may qualify for our **Frequent Flyer** program which offers a 20% discount on tuition.\*

*\*The tuition rate should be confirmed and verified by the Admissions Counselor at the time of registration. Only one discount may be applied to a program.*

### **So what are you waiting for?**

Contact Graduate Admission Counselor Linda Campbell at **(815) 836-5704** or **campbeld@lewisu.edu** for more information. Or apply today at **grad.lewisu.edu/apply**

# SPORTS

## An inside look at the upcoming women's basketball season

**CHRISTIAN GOODE**  
SPORTS CONTRIBUTOR

After a standout 2023-24 season that saw the women's basketball team claim the Great Lakes Valley Conference Championship (GLVC) and finish with a 23-9 record, the Flyers are ready to turn their eyes to the 2024-25 season.

While last year's success was a major accomplishment, including a thrilling conference title and an NCAA tournament appearance, the Flyers are focused on building upon that foundation and pushing for even greater achievements.

The 2023-24 season was a historic one for the Flyers, with their first GLVC Championship win since 2013.

Lewis, led by head coach Keisha Newell, demonstrated a combination of offensive firepower, defensive toughness and deep team chemistry. They took on Drury University in the championship and came out on top with a score of 79-67.

Although the Flyers' tournament run was cut short with a loss in their first regional game, the team's performance throughout the season was a major step forward for the program. Finishing with a 23-9 record and 19-3 in conference, the Flyers showed they were a force to be reckoned with in the GLVC, with a strong team and excellent teamwork that helped them to 19 regular-season conference wins.

"It was a very special sea-



Taylor Gugliuzza taking the ball up the court.

GRANT DORSEY / SPORTS EDITOR

son" says coach Newell, "we didn't have the greatest start, we went through a lot of adversity but I really feel like we found our groove and were playing our best basketball towards the end of the season."

With four new freshmen and three transfers, the team has a strong influx of players that will make an impact over their next four years here at Lewis.

Yahaira Bueno, Jasmine Jones, Mercy Lasu, Ana Haklicka, Mallory Ramage, just to name a few, are new at Lewis and are expected to leave a lasting impression on the basketball team.

This year the team lost seniors and graduate students,

Kathryn Schmidt, Lily Courier and Grace Hilber who was the lead scorer last year.

Hilber now has a place on the coaching staff this year as a GA. "She can give them the confidence that she had while she was a player," says Newell.

As the season progresses, the Flyers will have their eyes set firmly on continuing to perform and take the GLVC title once more. Coach Newell has high expectations for this season, particularly given the team's returning talent and the lessons learned from last year's tournament exit. They are looking to make a deeper cut into the regional tourna-

ment.

"We don't have to defend anything, our title will still stand," says Newell. "We're improving already, celebrating the small wins. Winning every day, every practice, every drill."

The Flyers will face stiff competition in the GLVC, with potential powerhouses such as Drury, Maryville University and University of Missouri St. Louis standing in their way. But Lewis has the talent to compete with the best. Defensively, the Flyers are expected to maintain their aggressive, high-pressure style that proved so successful last season, while offensively, they

will look to push harder and give every team a run for their money.

"It's fun to see everyone grow," says Taylor Gugliuzza, a Lewis graduate student studying criminal justice, "I like that I am one of the older ones on the team because I can be a leader, and I can help them."

"I'm really excited to start getting into the swing of things," says Gugliuzza. "I would tell the new kids that the time really does go so fast. I would just take it all in, have fun, and celebrate all of the little things."

With a talented and experienced roster, as well as a group of promising newcomers, the 2024-25 season is shaping up to be another exciting one for Lewis University women's basketball.

For fans, it's an opportunity to watch a team that has the talent, work ethic and willingness to reach new heights. The Flyers will be looking to defend their GLVC title, advance deep into the NCAA tournament and make a statement as one of the top teams in Division II basketball league.

As the season tips off, one thing is clear, the women's basketball team is ready to take the next step and continue its ascent to the top of the GLVC and beyond.

They have started the season 2-1 with their next game on Nov. 26 here on the road against Wisconsin-Parkside at 5 p.m.

## PLAYER PROFILE



Sophomore | Nursing Major

### SOPHIA LAWLER

#### STATISTICS

Placed Third At Bearcat Dual Gender

Scoring Average: 78.4

Division II Regional Rank: #61

Strokes Gained: -8.89

#### What is your greatest accomplishment outside of golf?

"One of my greatest accomplishments outside of golf has to be receiving a scholar athlete award for the entire state of Wisconsin."

#### What is your pre-meet ritual?

"My pre-meet ritual is definitely throwing in my air pods for some upbeat music, usually a Starbucks drink for caffeine, and a short warmup on the range and putting green."

#### What is your favorite golf memory?

"My favorite golf memory so far is when I got a hole-in-one at my home course with my sister and dad, or placing top 3 at our last tournament this fall season."

#### What is the greatest aspect of Lewis?

"My friends, golf, or the nursing program!"

# Cosabella Milazzo's comeback

**KREE NUNNALLY**  
ASST. SPORTS EDITOR

Last season, the women's soccer team took a trip to the GLVC tournament on a Cinderella run. It was the first time in 18 years that the program had seen an appearance in the conference championship game.

The Flyers began the tournament against Missouri-St. Louis, whom they defeated 1-0.

The team moved on to semifinals where they took down regular season champions and first-seed Maryville in a penalty shootout. The championship was a face-off with the second-seed McKendree Bearcats.

Both teams had yet to score as the first half winded down. The game took a turn in the 43rd minute when the Bearcats were able to sneak a goal in on the far post. From that point forward, the Flyers were at an all-out sprint to seize the game.

One of the players who was putting up an intense fight was junior criminal justice major Cosabella Milazzo. During the game, Milazzo was holding down the right side of the backline.

As the clock ran down, the Flyers' intensity only increased.

Milazzo put up a huge fight putting her body on the line. Unfortunately, in the 60th minute, Milazzo went down. It was an athlete's worst nightmare: an ACL tear.

While the Flyers' season ended, Milazzo's journey to



Cosabella Milazzo winding up to boot the ball.

GRANT DORSEY/ SPORTS EDITOR

recovery had just begun.

Milazzo's passion for the game began in elementary school.

She grew up being inspired by her two older sisters who went on to both play collegiately and one to play professionally on the Red Stars. She recounts looking up to them, saying, "Seeing them succeed and work hard playing the sport only made me want to work hard and continue playing."

Coming from a soccer family, being successful in the sport was very important to Milazzo.

Finding her way into the

starting lineup as a freshman and sophomore was a great accomplishment for her.

Her passion for the game made her injury that much more frustrating. This was a tough journey for Milazzo physically, but also mentally. She had to learn how to remain positive through the trials and tribulations. "One way I overcame [negativity] was making sure to set goals along my whole journey and if I reached those goals, to celebrate them and recognize that my goals were achievable and that I am stronger than I thought I was," said Milazzo.

This season, after several

months of recovery, she was finally able to return to the field. After not starting the first four games, Milazzo finally saw her starting position again in the fifth game. Milazzo did not start the first four games of this season.

Then, in her fifth game, she finally received her starting role against the Upper Iowa Peacocks. "Seeing myself in the starting lineup was one of the best feelings I could've felt. It made all the bad times and pains I had gone through so worth it in the end. It was just such a surreal moment that I was so proud of myself," said Milazzo.

Milazzo would continue to keep her starting spot for the rest of the season. Recording a season-high of 84 minutes played in her second game back.

Milazzo's journey was tough but the result was worth its while.

With next season being her senior year, she is hopeful. "I'm looking forward to just being back out on the field again and enjoying every moment and taking it all in. I want to keep getting better and winning games and just being surrounded by the best group of girls for my senior year."

## WOMEN'S SPORTS

### BASKETBALL

11/18 vs. Purdue Northwest Hammond, Ind. W: 66-49

### SWIMMING

11/16 vs. Hillsdale College Hillsdale, Mich. L: 128-134

11/16 vs. University of Findlay Hillsdale, Mich. L: 75-187

### VOLLEYBALL

11/15 vs. Quincy University Romeoville, Ill. L: 0-3

11/16 vs. University of Illinois Springfield Romeoville, Ill. W: 3-0

# SPORTS RECAP

11/14 - 11/19



## MEN'S SPORTS

### BASKETBALL

11/19 vs. Grand Valley State University Romeoville, Ill. L: 76-85

### SOCCER

#### GLVC Tournament Semifinals

11/15 @ University of Indianapolis St. Louis, Mo. W: 2-1

#### GLVC Tournament Championship

11/17 vs. Maryville University St. Louis, Mo. T: 1-1

### SWIMMING

11/16 vs. University of Findlay Hillsdale, Mich. W: 169-92





# Men's soccer complete GLVC double

**GRANT DORSEY**  
SPORTS EDITOR

The Lewis men's soccer program has won the GLVC regular season and tournament title. This comes after starting the season without winning their first six games. After beating William Jewell, the Flyers went on an unbeaten run of nine games, before losing to Maryville on Oct. 27. The team needed to win outright to claim the regular season. The Flyers beat UIndy and Illinois-Springfield to secure the regular season title, the team's first since 2010.

Head coach Evan Fiffles was named GLVC Coach of the Year. This is Fiffles' first Coach of the Year award since 2000 and his sixth overall.

In the GLVC Tournament, the Flyers were the first seed and had home field advantage in the quarterfinals against eighth seed Rockhurst. Junior Makonnen Stampley scored both goals against the Hawks to send the Flyers to St. Louis for the GLVC semifinals. In St. Louis, they faced fourth seed UIndy. Seniors Asore and Gorodnickis provided the goals to send the Flyers to the championship game.

Lewis faced second seed



Stampley seals the victory for Lewis.

PHOTO COURTESY: JOHN MASTEJ

Maryville in the final, the first time these two teams faced off in the GLVC championship title game. The Flyers started strong with senior Justin Darlage sending a ball into the box for Asore, putting the team ahead early in the first half. After halftime, Maryville adjusted to Lewis' attacking dominance. The Saints scored early in the second half and the game remained tied when regulation ended. In overtime, it was a stalemate between the two teams. Both sides had a few good chances, but no one could score.

After battling it out in overtime with no one breaking the deadlock, the game went to a penalty shootout. In the first four rounds, each shot went in. Senior goalkeeper Sebastian Doppelhofer stepped up in the fifth round, saving the shot attempt from Maryville. Stampley then stepped up to take the kick. He slotted the ball into the bottom left corner of the goal and won the team's first tournament championship since 2007.

"Doppelhofer said, "You could see it on the faces of our players and me that this meant

everything for us."

The Flyers secured the automatic bid to the NCAA Division II Men's Soccer Tournament. GLVC members Maryville and McKendree received at-large bids. It was revealed on Nov. 18 that fifth seed Lewis will go up against fourth seed Tiffin University. The game will take place in Tiffin, Ohio on Nov. 24. The Dragons earned an at-large bid even though they lost in the G-MAC tournament semifinals to Kentucky Wesleyan. This is the first time the two teams will play each other.

On the other side of the bracket, eighth seed Southern Nazarene and ninth seed Rogers State will face off for the final spot in Super Region 3 to determine who plays first seed Saginaw Valley State. If the Flyers can slay the Dragons, they will face the winner of that game.

"After everything we've been through this season, it feels like we've built something special. Now it's about bringing that momentum into the tournament."

# STUNT added as new Lewis sport

**GRANT DORSEY**  
SPORTS EDITOR

Back in April, the university's athletic department announced that STUNT would be added as the 23rd sport. According to USA Cheer, "STUNT removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling." The team, led by head coach Kaitlyn VanHekken, will start competing in Feb. 2025. Assistant Vice President for Athletics John Ashaolu named her as the head coach after an extensive national search.

Lewis joins 27 other Division II programs that have STUNT as an official sport. There has not been a new

sport launched at Lewis since 2020 when men's lacrosse was introduced.

VanHekken has an extensive background in coaching. Once in college, VanHekken did choreography for high school teams and worked at open gyms. After getting her degree, she landed a job at Dominican University in River Forest, Ill. She led the newly launched STUNT program there for two years and served as the coordinator of graduate assistants before coming to Lewis. Since 2023, VanHekken has been the cheerleading coach for the ICE All-Stars, a cheerleading club in Naperville, Ill.

Before becoming a coach, VanHekken was on the competitive cheer and STUNT team at Alma College in Alma, Mich.

While on the cheer team at

Alma, she was a first-team CSCA All-American. VanHekken was also named captain in her junior and senior seasons for the cheer and STUNT team. Alma College's cheer team was crowned national champions twice while she was on the team, in 2018 and 2021.

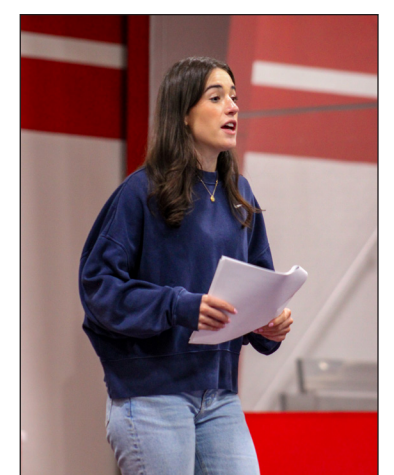
In 2021, during her time on the STUNT team, VanHekken won a national championship and graduated the same year with a bachelor's degree in marketing and communications.

The team is currently comprised of eight athletes who come from different cheerleading, tumbling and dance backgrounds. "As a whole, the team is very strong in jumps and tumbling," VanHekken said. "I am excited to see the growth of those routines throughout the year."

STUNT is considered to be one of the fastest growing female sports in the country. The sport currently has 74 collegiate teams that span across the NCAA, NAIA and junior college level. In 2026, nine more STUNT programs will be added.

The new sport gives cheerleaders the chance to become a student-athlete in college since the NCAA does not recognize cheerleading as a sport. "Many cheerleaders are not used to being treated as varsity athletes or equals to other sports at their high schools," VanHekken said. "I think STUNT offers those talented athletes an amazing opportunity to be an NCAA varsity athlete, and that is why it is growing so rapidly."

While the program is only in its first year, VanHekken



MATTHEW CARLSON / PHOTOGRAPHER

VanHekken coaching during a STUNT practice.

is eager to watch the athletes and program grow. "I want the athletes to grow confident in their skills and be able to showcase what they have been working on," VanHekken said.