

THE BACHELOR

THE STUDENT VOICE OF WABASH COLLEGE SINCE 1908

LEVEL 1 FLOOR PLAN

Martindale Hall Redesign

08.27.2015



ROOM LEGEND

1X1	COMMON ROOM	FLEX KITCHEN	WEST STAIR
4X1 LOFT	STUDY / SEMINAR	JANITOR	EAST STAIR
UNISEX RESTROOM	THE ALCOVE	ELEVATOR	CORRIDOR

BEDS ON FLOOR [9]
TOTAL BEDS [79]

JIM AMIDON / PHOTO



IAN WARD '19 / PHOTO

The Martindale Hall Redesign is on schedule. The goal is to have the building done by the end of 2016. The Level 1 Floor Plan is subject to change.

PENDING APPROVAL, RENOVATIONS SET TO BEGIN

BRAND SELVIA '17 | STAFF WRITER • For those current and graduated students who are veterans of residing in the “Dirty Dale”, the memories of the funky smell on the first floor and the hall’s relative dilapidation are ingrained. Indeed, the memories are ones they might rather forget (or even be proud

of). However, it can be happily reported that the hall’s much-anticipated renovation is on schedule. Pending the Board of Trustees vote of approval on October 31, those faults and

SEE **RENOVATIONS**, PAGE FIVE

Pets Are Worth the Extra Cost

Zurek '16 believes that pets are included in the Gentleman’s Rule **P 6**

Substance Abuse and Poor Nutrition

Is there a connection between taking drugs and eating habits? **P 8**

Little Giants Continue Their Dominance

Football success has become an expectation **P 12**

HI-FIVES

FIVE THINGS WORTHY
OF A HI-FIVE THIS WEEK

FOAM CAN'T STOP FIRE

TKE's foam must not be fire-retardant: students and guests at Foamcoming last weekend were forced to leave the party early when fire alarms sent them across the street to Phi Psi. It was the best gift they could give their neighbors, who usually get most visits from the fire department.

SCHEDULER GOES THEATRICAL

A Hi-Five to the Vanity Theater for earning a coveted spot on the College's event calendar. The MXI or IMA would kill to get that kind of preference from Ms. Mayberry and the administration. Students are wondering: who is the Vanity's trained event planner? Have they read all four pages of rules? It's good for them to have such connections - how do students get the same?

LETTERMAN JACKETS

The Bookstore recently began carrying some familiarly designed jackets, as freshmen all across campus are starting to whine about not having their letterman to keep them warm this upcoming winter. The Bookstore now carries a wool coat that mirrors the jacket that you enjoyed in your high school glory days when you played second string QB for the Junior Varsity squad. Cut the cord, Wabash. Cut the cord.



INDEPENDENT HAZING

Wabash College Homecoming 2015 results indicated that the Independents managed to score just as many points as Hiram did during the football game. Wally and administration must not have been impressed with the lack of school pride because it just so happens that the 24/7 recreation room located on the second floor of the armory is now locked. Coincidence? We think not. At least they weren't the only living unit to earn 0 points during Homecoming...

VOLKSWAGEN FIASCO

A Hi-Five to *The Bachelor's* own Brand Selvia '17 for being a Little Giant in fighting the wind gusts last Friday as they constantly blew the cover off of that normally inconspicuous Volkswagen in the Morris parking lot. He never gave up in his day-long struggle to protect this contemporary Wabash icon from the elements of rain and west campus dust, and deserves recognition for his obstinate, albeit futile, efforts. Wabash Always Fights.

SERVING FOR A DECADE

BEN JOHNSON '18 | STAFF WRITER • Tomorrow will mark the 10th annual WABASH Day, when alumni, students, professors, and staff all join together for a day of community service across the country. The day will have more project sites than any other year since the service tradition first began in 2005.

"It's a way to unite Wabash people across the country in a single weekend," Jim Amidon, Director of Strategic Communications said.

There will be a total of 11 local project sites including the Vanity Theater, Animal Welfare League, Carnegie Museum, Lew Wallace Study, and many more. At the sites there will be multiple services being provided, such as painting, cleanup, and yard work. Students and any other participants are asked to meet at 8:45 a.m. at the Habitat for Humanity site on the west side of campus near the baseball field. Project teams will then deploy to their respective sites around 9:00 a.m. and most likely be done within 3-4 hours; just in time to watch Wabash take on Oberlin, or any other college football action taking place that day.



Jim Amidon

"It is a great opportunity for new students

to get to know faculty and staff, and get to know community service organizations and non-profits," Amidon said.

Amidon also explained that all are welcome to participate, even if they have no direct affiliation with the College. Also, if your club, fraternity, or living unit would like to participate but have not yet confirmed your attendance, you are still invited to show up and take part in a service project.

"It's great when our fraternity men can rally around such a great cause," Jason VanMeter '18, Beta Theta Pi Philanthropy Chair said. "I think it helps exemplify our commitment to living humanely, and it gives us the opportunity



PHOTO COURTESY OF COMMUNICATIONS & MARKETING

For the past decade, Wabash College alumni, students, faculty, staff, and their families have contributed to WABASH Day, a national day of service.

to show the Montgomery County community what Wabash fraternity men stand for."

The following day, the Community Service Committee will host a service dinner and reflection that will begin at 6:00 pm and end around 8:00. The event, led by Alpha Phi Omega and Professor of Economics, Department Chair Joyce Burnette, will allow students to discuss the importance of community service and how it helps ourselves and the rest of the community.

"We want to have this event so people can reflect on the service completed during Wabash Day," Wesley Virt '17, Alpha Phi Omega President said. "We want to ask the questions such as, 'What does community service mean to Crawfordsville? How can we improve community service involvement?'"

BACHELOR

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The purpose of *The Bachelor* is to serve the school audience, including but not limited to administrators, faculty and staff, parents, alumni, community members and most importantly, the students. Because this is a school paper, the content and character within will cater to the student body's interests, ideas and issues. Further, this publication will serve as a medium and forum for student opinions and ideas.

Although an individual newspaper, the Board of Publications publishes *The Bachelor*. The Bachelor and BOP receive funding from the

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Letters (e-mails) to the editor are welcomed and encouraged. They will only be published if they include name, phone, or e-mail, and are not longer than 300 words.

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WORD TO THE WISE

JACK KELLERMAN '18 | STAFF WRITER • Wabash Internships and Student Employment (WISE) is in its second year running, replacing the old system Employment Self Help (ESH). However, there seem to be some problems in the transition. Positions are going unfilled, and students don't seem to be applying for jobs that are usually in high demand. Brent Harris, Director of Sports Information and Sports Marketing, has had a lot of trouble getting students hired.

"Normally we have a pretty steady crew of students who are interested in learning about covering sports from the nongaming side of the field, or are looking to fill their WISE hours and have an interest in sports, or just thinks it's fascinating and fun to be part of," Harris said. "We still have those guys, but we just have fewer of them this year. It's harder to get applicants for those positions."

Harris isn't the only employer having a hard time. Other supervisors are also having a tough time filling positions. Will Oprisko, Director of Wabash Student Employment and Student Activities, oversees the WISE program. Oprisko has noticed a change this year as well.

"There is definitely something that is happening, right?" Oprisko asked.



Will Oprisko

"People are getting a sense that there is this crunch: not enough student employees or interest from the students." Oprisko explained the phenomenon with data points.

"If we look at the positions, we have 20 WISE positions that have zero applications, and we have seven work-study internships that have zero applications; that's 27 total. That's 27 out of 176 total positions that have been posted," Oprisko said.

Oprisko noted that the data shows student participation is not the issue.

"83.7% of students who receive work-study to this point are employed. Last year, in total, so throughout the whole year, we had 568 students who were employed at least for some time. That's 83.9% of the students, so if we look at it like this, we are ahead. We actually have a higher percent of students employed this year than last, with relatively the same number of jobs. In addition, we have more jobs this year than last being worked right now. Last year was 120. So we have more jobs, that need more students, we just have

less students eligible."

Ultimately, the disparity between this year and last seem to result from a supply and demand problem.

"I can't say for certain what the problem is, but what I can say that we are ahead in the marks from last year," Oprisko said. "We are in a healthy position, it just doesn't feel that way to some people."

Many academic-based positions have been left unfilled.

"For example, our chemical stock worker positions [are unfilled]," Oprisko said. "You need someone with the background with the lab sciences, most likely chemistry. This was a position that was pretty easily filled last year. We have this position that has a lot of responsibility, and appeals to students who want to work in the sciences, and we haven't had any applicants."

Other positions include freshman tutorial mentor, teaching assistant, tutor, enrollment management, alumni relations and development, theater productions, and all of the others can be found on Handshake.

"Brent Harris has talked to Coach Haklin about the number of students interested in being mascot and students needed for game day management," Oprisko said. "Whether that's by broadcasting, or keeping track of the scoreboard, the time clock, or even being the ball boy, there aren't the numbers needed to fill all the positions."

Harris is hopeful for the future of WISE.

"I think it's a program, and like anything you change, there will be a transition period and we are caught in that right now," Harris said. "I think guys are trying to figure out what jobs are available; I think they are trying to figure out how WISE has changed from them. Oprisko has shared some numbers, and I do think it'll get where it needs to be. But for now we are transitioning, and my office is one of the ones that are seeing a little bit of a struggle."

Over the past couple of weeks, Oprisko has been looking at the positions going unfilled, and searching for the students that are qualified and are able to fill them. He's been reaching out to students, making spreadsheets, and trying to make it easier for students to find the link to apply. Oprisko and other administrators have been reaching out to students who opted for their work-study, but have not yet applied and worked for their hours. If you have WISE hours, check out Handshake and look around. And if you are having a hard time finding a job that works for you, reach out to Oprisko and he will help find a fit for you.



KOLBY LOPP '17 / PHOTO

WISE employers are struggling to fill work positions on campus, but the student employment rate is currently over last year's 83.9% rate. The problem results from supply and demand.



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ALUMNA BACK ON CAMPUS, DISCUSSES LGBTQ ISSUES

JADE DOTY '18 | STAFF WRITER
• Alumna Andrea James '89 is on Wabash's campus today, discussing her most recent film and some issues that she believes should be discussed within Wabash's Community. During lunch on Thursday, James led a relaxed talk in MXI 109 where she talked about the future of the LGBTQ community, the aspect of privacy, and some other points that she discussed in her 2008 Wabash talk about bioethics.

James' most recent film, *Alec Mapa: Baby Daddy*, is a film that focuses on Alec Mappa, an actor and comedian that has recently adopted an African American child with his husband. It comments on how his life has changed since adopting his son, Zion. While James' film is about Mapa's show, it also underlines an issue that has received some scrutiny: LGBTQ couples adopting and raising children.

"Love defines a family and not a sexuality," James said. "And in today's world there are so many children in



PHOTO COURTESY OF COMMUNICATIONS & MARKETING

After speaking to students in 2008 about bioethics, Andrea James '89 returns to campus discussing the LGBTQ community at Wabash College.

need of families and there are so many LGBTQ families that would be willing to adopt them."

James' main political focus in the film is about the adoption process for people

in the LGBTQ community.

"This documentary enraptures the realistic environment of the whole adoption process for LGBTQ and how difficult it can be," 'shOUT Club President Alex Hernandez '15 said.

"I watched a video of her (James) talk from 2008 and I believed the issues she was addressing are important and very interesting," Hernandez said. "And as soon as I watched the talk I came into contact with her through social media and she was interested in coming back. Then I talked to the English Department, the Psychology Department, and the lecture and genders committee and we were able to raise funds to bring her back to campus."

'shOUT member Michael Smith '15 and Hernandez believed that James' message in 2008 was not well recieved, and are hoping that this time around will be different. The main reason 'shOUT club wanted to bring James back to campus is to create a renewed activism for the LGBTQ community within the Wabash student body. By bringing

James to talk to Wabash students, the 'shOUT club hopes that students will be more receptive towards LGBTQ issues and possibly start turning the gears for thinking about taking action on some of these present LGBTQ issues.

James' visit has included a podcast interview with Associate Director of Communications and Marketing Richard Paige on Thursday and visits to classes both yesterday and today. Finally, James' film will be shown on Friday night in Korb Classroom in the Fine Arts Center at 7:00p.m. Even though James will be discussing some serious issues with people on campus, she is very excited about returning to her Alma Mater.

"It's always nice to reconnect with Wabash faculty and students when I come back," James said. "I still remain very close friends with many of my FIJI fraternity brothers and it is great to see those same relationships in many of the students on Wabash's campus."



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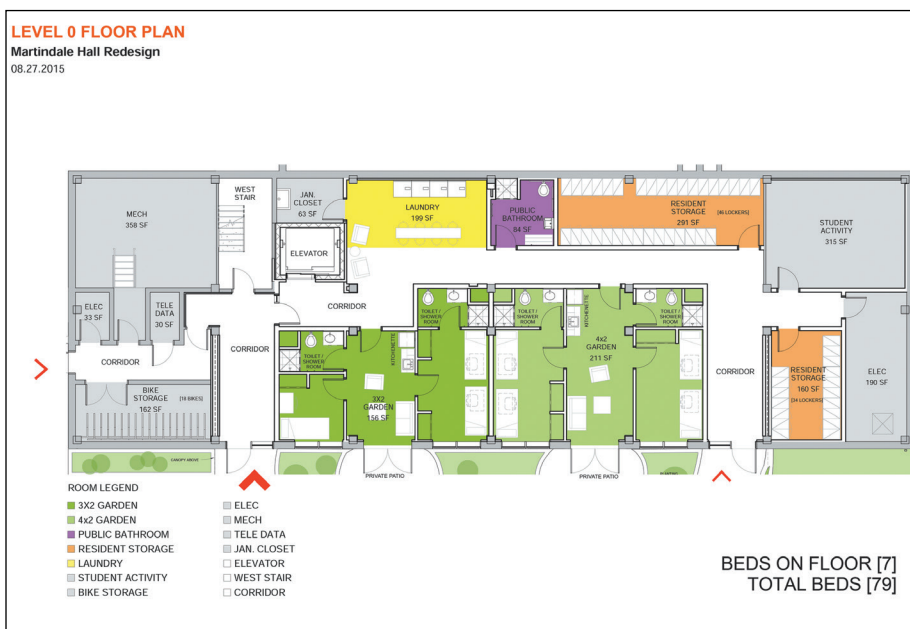
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JIM AMIDON / PHOTO

The basement of Martindale Hall will look dramatically different. The design plans began in 2014 and they will force 80 students to move into the new halls on the west end of campus. The Martindale Hall Redesign Level 0 Floor Plan is also subject to change.

more will begin being corrected in January as Martindale's interior is scheduled to look brand-new come August 2016.

However, despite this widespread anticipation, natural concerns about the renovation's scheduling are still in the air. Fortunately, the scheduling is not expected to be a problem at this point in time, even with the weather events of the past summer and spring that originally put a damper on progress.

Associate Dean of Students Marc Welch, who has paid close attention to the construction on the western part of campus since the building started, said that stormy weather did indeed put the construction behind. However, the relative abundance of sunshine since late July changed that.

"With the wet spring and summer of 2015, we were behind," Welch said. "I think that the dry, sunny weather has been very helpful in ensuring that (students) are in the two new halls by January," referring to the new dormitories on campus.

The completion of the halls on west campus is linked to the time when the renovation teams can begin work on Martindale. However, there are no real concerns regarding the work or scheduling on the part of the Board of Trustees, the administration, or the architects and engineers. Jay Williams '66, whose capacity involves coordinating between the construction teams and the administration of the College as a part of the Building and Grounds Committee, has overseen Martindale's renovation from the drawing board.

"We started working on the redesign of Martindale in the spring of 2014," Williams said. "We selected an architect in November of last year," the same firm that designed the new dorms. Williams assured that the overall design of the new Martindale is essentially complete, with some minor details still to be worked out on the interior.

With these details planned out, it is likely that the renovations will be underway just before the spring term begins. "We hope to start demolition by the 16th or 17th of



Marc Welch

January," Williams said. "We're not going to be restricted very much, unless it gets to be crazy snow," underscoring the importance the weather has on the progress of both Martindale and the west side of campus. The beginning of the renovations is also contingent on moving 80 students from Martindale to the new halls they are set to live in come January.

However, another concern involves moving students to the new halls before the spring semester starts up. On the positive side, senior resident assistants in Martindale are not expecting a mass exodus of students to turn into mass chaos.

"(Move-in) should be gradual," Fabian House '16, Martindale Resident Assistant said. "It should be over a two-or-three-day period. The timetable is still to be worked out."

However, House provided his own supposition of the move-in process.



Fabian House

"As I envision it, for those guys to move into the new housing, they would have to come back to campus earlier from break," House said. "We'll need it to be a group effort, and we'll need help from

campus services or anyone who is around."

In maintaining cohesiveness, House also said that once a final plan of action is drawn out, students going into the new housing will need to be notified in advance of the winter break to avoid surprises.

With little prospect of any problems that could affect the scheduling and the moving of students, there is plenty of optimism and excitement to be had. There is also confidence behind the scenes that the end result will be worth the wait.

"I think we are going to have a really nice building there (in Martindale)," Williams said. "Our goal is to have the building done by the end of August of 2016, meaning the guys could move into the (new hall) before the fall of next year." And there are sure to be many students and alumni who look forward to the day Martindale opens its doors with its notorious odor noticeably absent.

ELIZABETH A. JUSTICE

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GENTLEMAN'S BEST FRIEND

Two weeks ago were some of the happiest days my brothers and I have had at this wonderful college in our time here, and all my Sigma Chi brothers and I had to do was break a rule. No, it was not the Gentleman's Rule, which is the one guiding principle on this campus. In fact, in breaking this rule, I would argue that my brothers and I were acting very much like responsible citizens and gentlemen. I am talking about having dogs, cats, rabbits, gerbils, or any other type of pets in fraternity houses (I will admit that I do not know what the rule about allowance of pets are in other college-owned housing is, as I have only lived in Sigma Chi during my tenure here, but I would assume the same no pets policy applies). Yes, for a brief period, we adopted a stray dog that was wandering around our house. Upon realizing she was wearing a collar, we took it upon ourselves to bring her in to feed, bathe, and generally pamper,



Mason Zurek '16

Reply to this column at mnzurek16@wabash.edu

as it was evident she had been away from her owner from quite some time and needed some TLC. Jordan, as we named her, was awesome. Energetic, playful, well-behaved; the type of pet who brought a smile to all of our faces and relieved some of the stress we were all under. It was with heavy hearts that we took Jordan to the vet to discover she had an ownership chip and that Jordan was not her real name. Yet, the joy and happiness her owners had when we returned her was almost enough to cover the sadness of

losing her.

The best part of having a dog in the house was just how much joy it brought everyone. Spending five minutes playing with a dog was more than enough to make one happy and provide some relief from the mountains of work we all had to do. This is not an uncommon occurrence. Last year during finals, the Crawfordsville Animal Welfare League partnered with Dr. Koppelman and the Office of Student Enrichment to bring dogs to campus for students to play with. It was a resounding success. Many students spent their study break walking, petting, and playing fetch with the dogs and I do not think anyone went back to the library without their spirits raised a little bit. Also, it raised awareness for the Animal Welfare League, which hopefully resulted in increased donations and volunteer work from Wallies.

I think we, as Wabash Gentlemen, should be allowed to have pets in

our living units. For one, I do not see how it violates the Gentleman's Rule in any manner, and having a happy dog to play with and take care of is a great way to escape from the rigors of the Wabash grind. I believe the reason we cannot is the drastic increase in insurance costs associated with having a pet; however, I think there are appropriate steps that can be taken to overcome this. In fraternity houses, the democratic process should occur. The brothers should vote as a whole and if the majority approves of raised dues to cover the cost of a pet, then let the house have a pet. In independent housing, those who wish to have an animal would be subject to higher housing costs than rooms that do not allow pets. At a school that prides itself for treating its students like responsible young men who can make their own decisions, I cannot see why, with time and effort, a reasonable solution could not be formulated and decided upon.

NOT YOUR GRANDPARENTS' CLASSROOM

Technology is an ever growing influence both in and out of the classroom. It is now at a point where colleges and universities can be based solely online. But are we getting to a point where the technology is creating a disconnect between students and their so-called "professors?"

In my academic career, I have encountered two separate and distinct forms of online classes. It seems like most classes here at Wabash have some sort of online component to them. Whether it is an online workbook or those ever important Canvas posts following a campus event, computers are becoming an ever present necessity in all classes.

In the aforementioned contexts, the technology compliments the information that is covered in class



Christian Rhodes '17

Reply to this column at cjrhodes17@wabash.edu

and reinforces what to do and how to apply those ideas. I definitely see the benefit to supplemental use of technology in the classroom, but replacing the classroom altogether? I am skeptical.

There are 6.7 million people enrolled in online classes from over 267 accredited online universities. The average tuition is statistically \$20,000 less as compared to

traditional classes. There is also a claim that online students score higher on exams of equivalent nature between online and traditional classroom students. So on paper, online classes seem practical and effective. However, from the experience of an actual online class, I would disagree.

I am currently enrolled in an online course outside of Wabash to get my real estate license. Like traditional classes, there are lesson plans, handouts (print outs), exams, and quizzes. The class has a minimum of 90 hours to completion and I have to get above 70% on my quizzes and exams to be able to advance to the next lesson. The 90 hour class acts as a barrier to entry and the required learning to obtain the license, but from my personal experience, it is a joke.

If I wanted to, I could sit in front of my computer, in my robe, have my morning cup of coffee, and just click to the next slide every 10-15 seconds. The delivery system for the information is clearly flawed. It tracks the minimum number of hours until 90, but beyond that, there is no way to prove who took the class, how many tries it took to get the 70% on exams, or if the individual in the class is actually prepared for the licensing exam that comes after the class.

Physical brick and mortar colleges have it figured out; they have the best of both worlds. Actual professors teaching the key concepts and core ideas, aided by online course work that reinforces and applies what the student learned in class, is the best combination of technical and traditional learning.

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SAY 'NO' MORE

Take it from me, a person that says it more than I might care to: saying 'no' is not always pleasant. In fact, it is usually one of the least pleasant things that a person has to do, but that doesn't mean that it shouldn't be done. I have to say 'no,' at the very least, weekly, if not daily, to things that are out of my control in many ways. "No, this is against financial policy," or "no, that is a problem with liability." It usually doesn't make me the most popular face on campus, but I would like to think that there is some understanding that this aspect of my job is not easy or enjoyable for me. Contrary to my usual response when I have my treasurer hat on, I have a hard time saying no in my personal life. I am, in a lot of ways, a "yes man." There aren't enough digits on my hands and feet to count the number of times that my mom has said, rightly if I may add, that I am stretching myself too thin. It's my MO, and yet another time when I should have realized that my mom is actually always right.



Brent Tomb '16

Reply to this column at bwttomb16@wabash.edu

Please don't take this as my way of publically complaining about my job or my "yes man" qualities. I wanted to be treasurer and have learned a great deal from the position that will be helpful to me moving forward. Rather, it is important to realize that saying 'no' has been a learning experience for me, especially when it comes to saying 'no' to people that are important to me in some way. On campus, I think there is a general dislike of the word 'no.' Students don't like to hear it. I would imagine that faculty and staff don't enjoy saying 'no' but do,

nonetheless, because there is just as much to learn from being told 'no' as from saying 'no.'

Apathy is a growing problem among students, especially those that are active in student government, a group in which I include myself. As we move through our four years here, it becomes progressively easier to say 'yes' because the repercussions of saying 'no' can make for too much work or uncomfortable situations. For the entire time that I have been involved with the Student Senate, apathy has been a problem with some portion of the room. There aren't questions about budget allocations -- something I would like to attribute partly to the growing trust in the AFC that I have convinced myself exists -- or about clubs that are seeking recognition. In fact, most clubs are passed without any questions at all. Now please don't get me wrong: I am, and always have been, an advocate for all clubs that follow the rules and engage students, no matter how small the affected

group happens to be. However, it is rather frustrating that students do not have even a little curiosity to know about the activities that a club might be planning. It seems that some genuine curiosity or care for the endeavors of others would help to qualify us as more responsible citizens leading humane lives.

All criticism aside (this is an opinion article after all), we have a great opportunity to make each other better by saying and being told 'no.' Instead of cringing at the thought of telling someone 'no,' think about ways that you can help them to make the 'no' a 'yes.' Greet the next 'no' you hear as an old friend here to make you a little bit stronger. There is nothing to fear in having to think about something again or from a different perspective, and each rejection allows us the chance to do that or to help someone else in that process. And, as Wabash men, shouldn't we always look at 'no' as a chance to fight through a problem? After all, Wabash always fights and always means always.

FOR THE LOVE OF GOD?

"You're going to burn in hell! You will all burn in the fiery pits of hell for your sins!" exclaimed a protestor; whose self declared title of "saint" is deplorable and objectively insulting to the Catholic Church. Then, with the attention of the crowd, he condemned us all to hell for many different things: chronic-masturbation, consumption of alcohol, illicit narcotics, promiscuity, and more. The long list seemed to cover actions attributed to the typical college experience portrayed by the media, which any number of us may have violated at any time here at Wabash.

However, he didn't stop there. He claimed everybody should vote for a good conservative candidate like Donald Trump, and told a rather poorly thought out story about how he became a saint (in essence, he stated he was confronted with having "negative thoughts" during his college years, and he prayed one day during his time he seamlessly prayed them away and rose anew with the title saint). These seemed outrageous, even for a radical religious group. It seemed too staged, and too provocative. I had



Jack Kellerman '18

Reply to this column at jwkeller18@wabash.edu

to know what they were like face to face; I had to know if they were open to discussion.

After the initial "shock and awe" presentation, the members of the protest seemed to splinter off, with each having a following varying from 2-15 members of the Wabash community. I found the main orator from earlier, as he was pacing by himself. He seemed calm and observant, something I wouldn't expect from the persona he portrayed just a few hours earlier when he condemned us to hell. I started by asking what his motivation was for coming and how the members of the group were all connected. He looked at me in the eyes when he

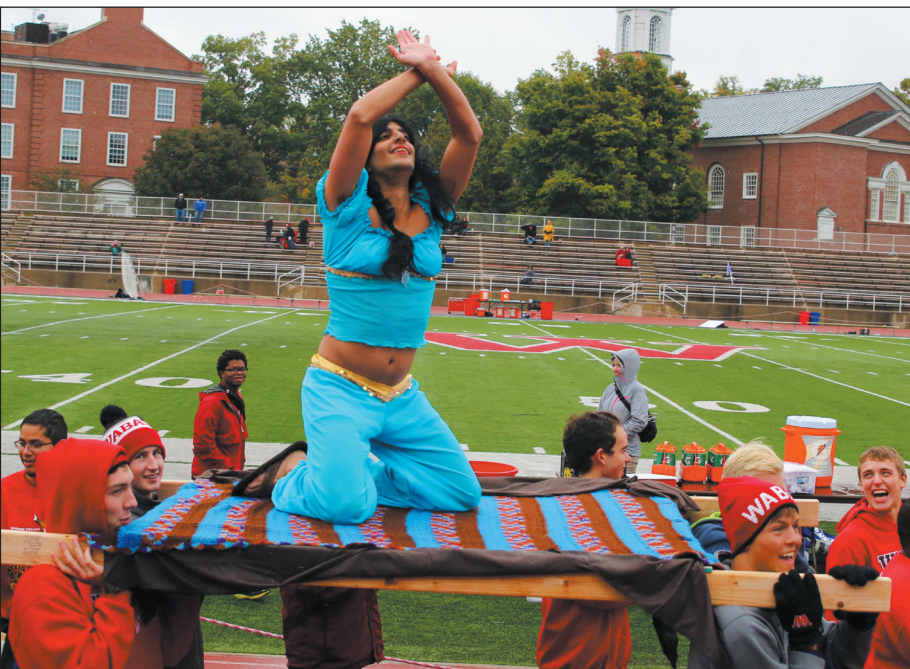
spoke. He talked about how they are all members of various churches, centered on preaching the word of the lord at colleges. It seems like a noble cause on its face, so I pushed further. I asked if he believe everything he preached earlier, and his response puzzled me.

He didn't answer the question directly. He said he believed the word of God, and that he knew he had to use satirical and provocative content to catch people's attention. He didn't want to just come to a campus and preach the word and attract only the birds' attention. Interesting.

So, what does one make of this? Myself, I don't buy into the fact they all believe what they preach. It's their hook; the reason people come out to listen to them. They had groups listening and dissecting every word they said, and had sharp rebuttals to one misquoted verse from the bible. To be heard: wasn't that their main goal? To have us thinking about our own religion and what it means in context to being a college student? This was the hottest issue discussed in my living unit for the next couple days after the event.

There is a lot of controversy surrounding the group, such as the accusations that they have provoking others for the sole purpose of getting money from a lawsuit; however, to an extent, they were open to discussing their thoughts. This is where we had mixed success as students. Some questioned deeply their thoughts and feelings about different subjects concerning their religion. Some stooped to their level and attempted to aggravate them, by saying things they know will bother them. I recall one student who, with no tattoos or piercings, talked about how he wanted to get tattooed from head to toe as well as piercing to accommodate the look. The protestor questioned it, stating that he didn't see any tattoos and piercings on his body. The student promptly smirked and scoffed at the individual, then continued to talk about tattoos and piercings. This was unproductive discourse; it had as much fruitful dialogue as their beginning rant. I hope as Wabash men, we suspend judgment even to those who seem to be undeserving. You never know what ideas and conversation could spawn from someone so vastly different from you.

HOMECOMING, BY THE PICTURES



COLIN THOMPSON '17 / PHOTO

Fiji's queen was ethnic and appropriate enough to attain the coveted first place position.



COLIN THOMPSON '17 / PHOTO

The Little Giant football team brought a triumphant conclusion to the week with a 38-0 win over the Hiram Terriers.



COLIN THOMPSON '17 / PHOTO

Beta's banner was difficult to keep aloft at halftime due to the cold wind.



JACOB FERGUSON '18 / PHOTO

Kappa Sigma took third place in the float competition with a very detailed Wabash football player crushing a dog underfoot.

WILLATS BRANCHES OUT WITH MISANTHROPE

ZACH BLEISCH '18 | STAFF WRITER • The Wabash Theater Department premiered their production of the play *Misanthrope* this week. The play follows the life of a man named Alceste who struggles with his hatred of society's tendency to use social veils while at the same time dealing with falling in love with a girl. Visiting Assistant Professor of Theater, Jessie Mills, director of this performance, elaborated. "The big dramatic question and focus of the play is can love, this pure and intimate relationship, trump all off these," Mills said. "Or even purify all these terrible things that are happening to the individual."

Written by the French playwright, Moliere, this rendition of *Misanthrope* has been adapted to modern society.

While the play may seem like an average Wabash College production, behind the scenes something very different developed. Unlike past productions, Rory Willats '17 worked as the assistant director while he improved his skills of the stage and worked to ensure the play runs smoothly.

"He's really working as a creative force behind the scene," Mills said.

Willats and Mills have spent much of

their time working together to develop a show that the audience will really enjoy. Although this is a new experience for Willats, according to Mills, he has grown into a great collaborator.

Willats originally started planning only the movement sequences for the play but he later was called up to serve a larger role in the production. Once Willats had more voice in the play he focused on parts of the play he didn't have to think about before. And, although Willats enjoyed his experience, it has not been without difficulty.

"It's been amazing to be a part of every layer of the production," Willats said. "It's a big time commitment. It's easy to get lost in this production in this side of it, you almost want to spend every second of your day on this show."

However, he still has to balance his school work with the effort it takes to create the show.

"One of the challenges is navigating the fact that this is a show with a bunch of my really close friends in it, but we actually have to get work done, and we have to create this thing together," Willats said.

Despite this challenge of balancing the desire to have fun with friends and



LEVI GARRISON '18 / PHOTO

Alceste, played by Jared Cottingham, is fed up with the veils of society.

create a good performance, both Mills and Willats praised the cast for their hard work and great desire to make an exceptional production.

Moving past the performance, Willats does not have an exact plan for his future career, but this experience has spurred his thoughts about his role in theater. This production has drawn

Willats' interest in the possibility of a new role in the theater business.

"It is becoming more and more of an option for my future," Willats said.

Willats advises everyone to see the production and expect the unexpected.

"It's engaging show academically, but it would also be the coolest show for a third grader with ADHD," Willats said.

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FOOD SCIENCE BREAKS DOWN NUTRITION

STEVE BAZIN '18 | STAFF WRITER

• Substance abuse and poor nutrition are increasingly prevalent on college campuses across the country.

Both habits are easy to fall into.

Recreational drinking can spiral into a daily occurrence, and the convenience and availability of ramen and pizza can have disastrous results. It is not difficult to imagine that these things may be linked. Dr. Keith Kantor, the CEO and Founder of the NAMED Program, has recently been conducting research into the link between nutrition and addiction.

"The concept was to increase the successful withdrawal from addiction... and decrease the real lapse rate," Kantor said.

"Right now in the United States, both those numbers are abysmal. It only averages at about 13% success rates... What we used was an all-natural method. We go through clinics, the actual addiction and rehabilitation facilities, but the concept is simple, and we do it after we leave the facility... That concept is that everybody has what's called opiate receptors in their body... These opiate receptors, when they're stimulated... [by] things like drugs and alcohol and certain foods, they release chemicals. These chemicals give the body urges, but the body can't really differentiate what the urge is for, so if it's used to take in cocaine, that's what it think the urge is for."

The opiate receptor structures Kantor describes are responsible for all urges, except for sexual urges.

"What we did naturally was build menus with recipes that do not stimulate the opiate receptors... and if they're in a secure setting, meaning a [rehabilitation] facility, for at least twenty eight days, and they don't get their opiate receptors stimulated, or



LEVI GARRISON '18 / PHOTO

Xinyu Ma '17 loads up on healthy food from the veggie bar at Sparks. By making a conscious effort to eat healthier, students can improve their quality of life.

are stimulated very little, that makes it much easier when they leave the facility," Kantor said. "Otherwise, what you tend to get... a large percentage of the time is transference. You'll see that people who are addicted to a substance... and will leave the facility, and they'll go back to the drugs or alcohol almost 87% of the time. That's because they were used to having their opiate receptors stimulated, and they just transferred it to things like tobacco or sugar or caffeine... So when they're out of that controlled setting, and the drugs are available again...

they tend to fall back... because they never had a chance for their opiate receptors to stop being stimulated."

After leaving the rehabilitation facility, patients are given access to a program which allows them to freely utilize the same menus used in Kantor's programs. The information guides them as they work to maintain the healthy lifestyle they developed in the clinic. Many substances found in seemingly benign foods can cause a relapse due to stimulation of the opiate receptors.

"The main things that stimulate the

opiate receptors, are sugar, gluten, milk/dairy products, sugar substitutes except stevia, and a lot of additives, preservatives and dyes. Non-natural substances tend to stimulate the opiate receptors," Kantor said.

Kantor is still continuing his research into the nutrition/addiction link, but hasn't yet determined whether the two are connected.

"From a scientific point of view... I don't think there's a direct correlation between if you're eating this, you take more drugs," Kantor said. "Where you do see a correlation is where people who are very into healthy living... tend to take way less drugs than people who are constantly eating junk food... I think it's a mind-set more than anything else. If your body is a temple, you don't want to defile it by putting drugs into it."

Regardless of the possible addiction link, a healthy, balanced diet is always a good thing, and will undoubtedly lead to a better quality of life.

"If we think of nutrition as the gas you put in your car. If you have poor gasoline, your car is going to run poorly. The same exact thing happens with the human body," said Ridge Kiley, Wabash College's Personal Fitness Consultant.

Cognitive performance, athletic performance, and even sleep can all be affected by poor nutrition. In an institution as committed to excellence as Wabash College, nutrition presents less concern than might be expected for most students.

"If you look at it, the average American diet is probably lacking in key nutrients... I think almost everything in the human body is affected by poor nutrition, especially those key vitamins found in fruits,

SEE **FOOD SCIENCE**, PAGE ELEVEN

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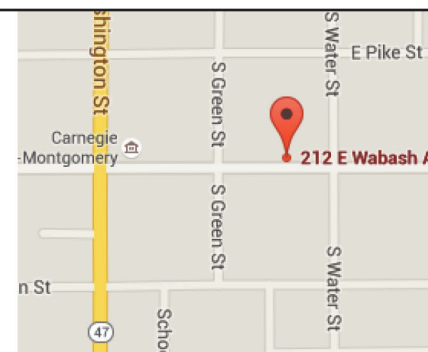
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vegetables, and lean meats” said Kiley.

However, many students find that maintaining a healthy diet usually feels like a chore. Instead of just grabbing a slice of tasty pizza or a handful of wings, they must work up the willpower to grab a bowl and hit the salad bar.

“There’s a threshold where you need to be eating enough healthy foods, but that doesn’t mean you can never eat McDonald’s or have chips and beer when watching a game while making sure you’re covering all your nutritional bases,” Dr. Ann Taylor, Wabash College’s Associate Professor of Chemistry and Division one Chair said, “There are things we know you need in your body, essentials amino acids, probiotics, and vitamins. We need them to be able to digest our food, and have energy. On the other hand, it probably takes a while to deplete you of all of those, so if you don’t get every single one you need in the day, it will probably average out over the week.”

The essential amino acids, along with carbohydrates and fats, are generally categorized as macronutrients. On the other hand, vitamins and minerals are categorized as micronutrients.

There are certain food groups that are typically ignored which can lead to a deficiency in these nutrients.

“If I were a betting man...I’d bet that fruits and vegetables are missing the most [in the Wabash diet], especially leafy green vegetables. I would think that’s the key part of their diet that could help out. Obvious with those, we’re not getting a ton of macronutrients, but we’re getting tons and tons of micronutrients,” Kiley said.

Likewise, hydration is also important to maintaining a healthy lifestyle.

“The easiest thing...is to drink one half your bodyweight in ounces of water a day, so if you weigh one hundred and fifty pounds, you should drink seventy-five ounces of water per day,” Kantor said. “Our whole society is geared towards [the mentality that], if something’s the matter, take a pill. The CDC says that 75 plus percent of all disease is nutrition related, and that’s where we should be concentrating, preventing the disease.”

A healthy diet can improve one’s quality of life in a number of ways, and healthy habits can be formed with just a little conscious effort. While it might seem difficult to eat healthier at first, the benefits far exceed the efforts required to make these changes.

SICKNESS SHOT DOWN

AHAD KHAN '19 | STAFF

WRITER • Fall is here, the weather is pleasant yet unpredictable. Students on campus are busy with midterm exams, papers, and various other activities. In the midst of the fall hustle bustle every year there influenza spreads across campus and affects students in the worst possible manner. Often students cannot attend classes for up to a week due to infection and the results can wreak havoc on a grade point average. In order to help students stay healthy during winter months and changing season, the Student Health Center schedules specific days on which students can get flu shots on campus. As usual, students are recommended to get flu shots on time.

Influenza comes from a viral bug that changes every year. The variation makes it important to get flu shots annually. While most people consider flu symptoms to be vomiting, diarrhea, or gastrointestinal illness, actually these are not typical. The flu affects the upper respiratory system. Common symptoms of the flu are headache, high fever, and muscle and body aches. Flu shots exist to prevent these ailments from interfering with the day to day activities of people at risk to contract the flu.

“The flu shot is the number one prevention from getting flu.” Nurse Carol Lamb of the Student Health Center said. “It is not a hundred percent guarantee that flu shots will keep you safe because the virus changes every year, but it prevents seventy five percent of the time.”

Few students get flu shots. Last year

only 47 students received one and about 100 students took them in 2013.

One of the most important things for a student to do if they contract the flu is to isolate himself. That is another way to stop the spread of virus.

“At the end of each season around twenty percent of the population is exposed to the flu virus.” College Physician Dr. Scott Douglas said.

The flu generally hits around December and if students get sick around that time, it could be disastrous for their grades. If not treated promptly, influenza can lead to many complications like pneumonia and secondary infections. The flu causes fatalities across the nation each year.

“In a college campus, getting immunized not only helps us but also others around us.” Douglas said.

The more people immunized, the less likely viral spread becomes. Douglas further added that he found it unimaginable that students would not want to take a vaccine, as each year there are many students who have to miss their classes for a week or so. By taking advantage of flu shots, students contribute to improving the health of society. Students are emphasized to wash their hands frequently and told to sneeze in the bend of sleeves so that germs do not spread much.

Students unable to get flu shots on campus can go to pharmacies like CVS, Walgreens, and Kroger Pharmacy to get flu shots. The remaining date scheduled for getting a flu shot on campus is Tuesday, Oct. 13 from 7:30 a.m. to 12:00 p.m. in Fobes Lounge.

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IAN WARD '19 / PHOTO

Dr. Tim Olin, Visiting Assistant Professor of History, receives a flu shot from Blackbird Clinical Services out of Lafayette, Indiana.

CAN'T TOUCH THEM

FOOTBALL GOES
UNSCATHED THROUGH
TOUGH CHALLENGES;
LOOKS TO CONTINUE
THEIR DOMINANCE

MICHAEL LUMPKIN '18 | SPORTS

EDITOR • The Wabash College football team is familiar with being undefeated at over a quarter of the way through the season. The hot start has almost become an expectation. But the difference in the team's schedule is what makes the 4-0 record far more impressive than in years past. Beating Wittenberg was not a given the last few years, but the Little Giants took

care of that in impressive fashion. Last week they followed the win with another victory on Homecoming against Hiram College, 38-0. The next games on the schedule are teams that Wabash beats nearly every year. The teams are often smaller and much less talented than the Little Giants squad. That means victory is expected, but far from given. Wabash will continue to have to play to their level of excellence for the duration of the year. The first opponent that will test that is Oberlin College.

Team Captain Eddie Cmehil '16 said, "An undefeated record is nice to have, but we feel as though this is expected of us. We came into this season with the goal to win a conference championship and there's only one way to do that. Go undefeated."



COMMUNICATIONS & MARKETING / PHOTO

Drake Christen wrestles with a Hiram defender in last week's 38-0 Homecoming victory. Christen has 234 yards and a touchdown on the year.

Undefeated they have stayed through the tests that the first four games offered. Wins against Hampden-Sydney College and Wittenberg University highlight some of the toughest matchups the Little Giants won with ease. Now that they are through the hard tests, the rest of the regular season is an expectation to finish an undefeated team.

The offensive firepower the team has gained this year behind the prolific arm of Connor Rice '17 has made a difference in the tough games. Rice had three passing touchdowns that were vital in the big win over Wittenberg. The Little Giants are averaging over 42 points a game and have over 1800 yards on the year.

The staple of the team every year it seems is the strong defense. Little Giant defenders have earned All-NCAC and All-American honors nearly every year. They often lead the NCAC in nearly every defensive category. In what was thought to be an impossibility, the group may have improved from last year. The Little Giants have allowed an astounding 24 rushing yards through four games. They have averaged giving up less than five points a game including two shutout victories. The defense has given up two touchdowns through the air and not a single one rushing.

Teams are starting to get creative against the Little Giants to try and confuse the steel curtain defense.

"As a defense, one thing we need to realize is the fact that some teams are going to come out with crazy formations and plays that we have never seen before," Cmehil said.

Cmehil knows that the battle in the upcoming weeks is going to be continuing to play to their standard of excellence.

"We want to play our best football as the season continues, so coming out every week like we did against Witt is the standard from now on," Cmehil said.

Cmehil is not worried about the team letting their play suffer against teams of less talent.

"We don't have the luxury to look down on any opponent and we are not that type of team," Cmehil said. "We are going to come out every week with intensity and treat every game as another step towards the end goal."

The first team that will test Wabash is Oberlin College on Saturday. Oberlin is a team that Wabash has handled in the past two years. The 2012 season was a different story. The team played down to the level of an inferior Oberlin team and lost the game 31-16. Cmehil keeps that out of his mind in the week of preparation.

"If our team comes out Saturday and plays at the level we are capable of no one will touch us," Cmehil said.



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DOUBLE THE RUNNING

CROSS COUNTRY SENDS RUNNERS TO LOUISVILLE AND HUNTINGTON; RETURNS WITH TWO TOP FINISHES

JOEL JANAK '19 | STAFF WRITER

• Last weekend the Wabash College Cross Country team traveled to the University of Louisville and Huntington University. Both teams ran very well, finishing 5th out of 36 teams in Louisville, where a majority of the schools were from the Division I and II levels. The finish showed that Wabash College continues to be one of the top tier programs in the state of Indiana.

Head Cross Country Coach Colin Young said, "It was a solid performance by our guys. We trained very hard working up to the Louisville meet and used our course strategies well... There

is always room for improvement for our guys, continuing to get into the best shape possible."

Young mentioned that Mason McKinney '17 ran exceptionally well this past weekend finishing in 21st place. Dominic Patacsill '19 ran in the place of Cordell Lewis '17, who was out with a hip injury.

Young believes the three-hour bus ride to Louisville did impact his athletes.

"We loaded the bus at 6 a.m. and the race was at 10:45, which is pretty early for a meet," Young said. "Our guys did not have a whole lot of time to prepare like they would for any other race due to the distance of the meet from Wabash. This did have an impact on us as a team."

He reiterated that older guys like Adam Togami '16 and Fabian House '16 showed great leadership throughout the entire meet, helping out newcomer Patacsill.

Togami finished 45th in the Louisville meet. Togami felt the team performed very well overall.

"This past weekend were great

opportunities for us to tune up and practice racing against high level competitors," Togami said.

Togami felt racing against top programs in the Midwest would be a great evaluator for the next several meets. This time of the year, the Little Giants become extremely busy with the Conference Championships, Regionals, and the Division III Finals.

Togami thinks the team has more in them.

"Currently we aren't seeing our guys running to their full potential which bodes well for our late season performances," Togami said. "Once we begin to reduce our workout load throughout the week I expect most of the team will see vast improvement as fall gets underway."

Reducing their workouts will allow the team to push hard for championships in November.

The rest of the team ran in Huntington last weekend. Head Track and Cross Country Coach Clyde Morgan took

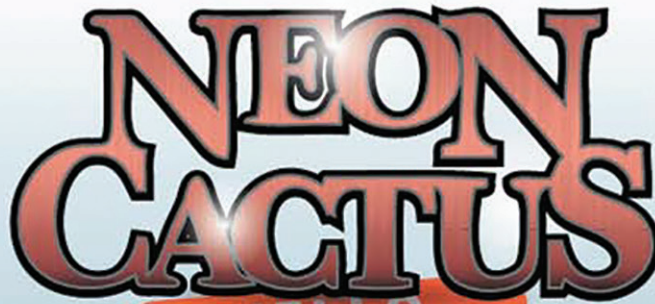
his guys down where they achieved a 6th place finish. Jonah Woods '18 was the leader finishing in 27:50. Young mentioned Andrew Brake '18 ran incredibly well too. Jared Santana '16 and Free Kashon '17 showed great leadership.

"Guys like Jared and Free have been here before so they know what to expect out of the course," Young said.

The next meet for the Little Giants Cross Country team is the Pre-Nationals on Oct. 17 in Oshkosh, Wis. Young seemed really excited about the whole thing.

"There will be a lot of top teams at this meet, and I am anxious to see how the guys perform," Young said. "We have a couple weeks to prepare, and I think our guys are up for the challenge. It is a great team bonding experience for the whole team too."

Every meet is a test for the cross country team trying to build off their success from the last two. The team looks to come out strong and represent Wabash College like they have become accustomed to doing.



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BACK IN THE SWING OF THINGS

GOLF LOSES SUBSTANTIAL SENIOR LEADERSHIP FROM SPRING; USES FALL SEASON TO ASSESS STRENGTHS

MICHAEL LUMPKIN '18 | SPORTS EDITOR • Wabash College Golf wrapped up their fall season at their final tournament last weekend. The Little Giants competed in four tournament-style events and one match play event since the beginning of the fall semester. The team underachieved as a whole compared to what they have been able to accomplish in past fall seasons. The young team lost some key members that made the 2015 fall season one that required some adjustment. The team did show signs of improvement as the season progressed and had their best finish in their final outing.

Head Golf Coach Mac Petty knew that the fall season was going to be a transition phase for the team.

"I wasn't surprised [about the fall season], because of the number of guys that graduated that were in the top five last year," Petty said.

Only two remain of the constant contributors from last year's golf team. Mason Asher '18 and Tyler Cole '16 played last season, but inherited leadership roles upon coming back for the current season. The losses of Logan Burdick '15 and Nick Sommer '15 were particularly hurtful, as they were the main stakeholders that graduated from the team.

"Burdick shot a 71 at Crooked Stick and tied for medalist at Butler and Depauw," Petty said.

Crooked Stick is a notoriously challenging golf course, and being a medalist is always an impressive performance. Petty said that Burdick had a good career and his loss is something that required other guys to step up.

"I was hoping that we could be a little lower than our average was and we just couldn't really find a third fourth and fifth guy with consistency," Petty said.

The youth of the team is the



COMMUNICATIONS & MARKETING / PHOTO

Jared Cottingham '18 sees a putt into the hole in the Little Giants match play event against Rose-Hulman Institute of Technology. The Little Giants lost the match 12 to 1.

reason Petty acknowledged as to why the team struggled at parts of the season.

"It just takes some time to develop that confidence," Petty said.

Petty was encouraged by rounds that he saw out of players from all ages. Petty did see scores that were where they needed to be. The problem for the team was being able to perform at that level at a constant rate.

"I saw a lot of scores that were up-and-down," Petty said.

Petty doesn't want to use the youth of the team as an excuse for poor play.

"You always have guys that graduate, you always have guys that get injured, and people need to step up," Petty said. "When guys graduate you expect the juniors and sophomores to step up and take their place and get it done, and so that's what I'm expecting these guys to do."

Petty highlighted a few guys that can step up and fill the void that was left by the senior class. Colin Bell '17, Jared Cottingham '18, Colin Graber '18, and Jacob Woodward '18. All of the players have parts of

their game that are sharp. Each also have things like mental attitude and swing consistency that they can work to improve on over the offseason. Petty stressed that the team has to minimize its margin of

"That is the mentality we plan to carry into the spring, that we need to take full advantage of every opportunity."

JACOB WOODWARD '18

error. Golf is a game where the small details matter, and being able to get a six on a hole helps a lot more than ending up with a nine when the final scores are tallied.

Jacob Woodward '18 is one of the rising sophomores that Petty will look to contribute in the spring. Woodward acknowledged that the fall season left a bad taste in the mouths of the golfers, one that they want to improve in the spring.

"That is the mentality we plan to carry into the spring, that we need to take full advantage of every opportunity given to us on the course and also to keep a level head when things are not going our way," Woodward said.

Woodward also acknowledged the strong mentality that is required to be a successful golfer.

"I believe as a team we are very strong in many aspects, however our overall mentality needs improvement," Woodward said.

Woodward improved his mentality as the season went on and was able to have his best tournament in his last outing at Crawfordsville Country Club.

The team looks to take advantage of the warm weather for as long as it lasts and then go indoors to practice on their simulation machine. They will reconvene with their coach in February to start up for the spring season.

BOUNCING BACK

SOCCER LOOKS TO
REBOUND FROM
BACK-TO-BACK LOSSES**TUCKER DIXON '19** | STAFF WRITER

One of the things Wabash College claims its young men learn while enrolled here is how to overcome adversity. The Wabash College Soccer Team will put this to the test as it faces off against Oberlin on Saturday and Denison on Wednesday. With a strong start to the 2015 season, the Little Giants soccer team jumped off to an 8-0 record. Gliding through a tough part of their schedule unscathed only to be slowed by losses to both Centre College and Ohio Wesleyan.

"OWU and Centre are great

**"It will be a matter
of execution and
composure."**

CHRIS KELLER

programs," Head Soccer Coach Chris Keller said. "We gave them opportunities and they took them like top programs do."

Any athlete can attest that with a

game as closely fought as the Little Giants' game against Centre, it can be demoralizing to compete so hard and still come up short.

"We have played well at spurts, we just need to put 90 minutes together," Keller said.

Now that the Centre and Ohio Wesleyan games are in the past, all eyes are on preparing this week for two very tough conference matchups, Oberlin and Denison. The Little Giants have put a lot of work in this past week to prepare for two teams that currently sit in the top half of the North Coast Athletic Conference standings.

"[The team needs to] train at a high level, and compete for each starting spot," Keller said.

With a very tough stretch of games coming soon, the soccer team gladly welcomed a full-week break without any games. This week was important in giving the team a chance to get healthy, get reorganized and get prepared for two very strong teams.

After a much-needed break, the Little Giants will have a chance to prove their ability to overcome adversity on Saturday, October 10 when they travel to Oberlin College to take on the Yeomen. Wabash then has a quick turn-around as the team prepares to face off against Denison at Mud Hollow Stadium on Wednesday, Oct. 14. With 7-3 and 9-0-1 records, the games against Oberlin and Denison will not be easy rebound wins for Wabash.

"Oberlin and Denison are both top



JACOB FERGUSON '18 / PHOTO

Mike Gore '18 battles for a ball against Allegheny College at Mud Hollow Stadium. Allegheny tied the Little Giants in their first NCAC Conference match of the year.

teams in the region with different styles. It will be a matter of execution and composure," Keller said. "We have the talent to play with anyone, but it is up to the guys on game day to execute and fight for each other."

Throughout the season, Keller has had only positive words about his team and the way they have performed thus far. Keller feels good about where the team is at this point in the season and says

that their success can be summed up to a few things.

"Consistency in the wins," Keller said, "No superstars, yet everyone has been doing their part."

The Little Giants play Oberlin College on Saturday, Oct. 10. The game is scheduled to start at 2 p.m. Be sure to come out and support your Little Giants soccer team at home when the team then returns to face Denison University next week.

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