



# *The Bachelor*

THE STUDENT VOICE OF WABASH COLLEGE SINCE 1908

FEBRUARY 22, 2019

MORE PHOTOS OF  
PITMEN PAINTERS  
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## Basketball Cruises Past Hiram

## *The Pitmen Painters* Opens This Weekend



IAN WARD '19 / PHOTO

Jack Davidson '21 poured on 47 points in the opening game of the NCAC Tournament against Hiram, leading the Little Giants to an 87-76 win.



COURTESY OF JIM AMIDON '87

Quinn Cavin '19, Julia Phipps, and Austin Ridley '20 on stage during *Pitmen Painters*.

### LET'S SELL MONTANA

A recent petition was created to sell the state of Montana to Canada, and, honestly, *The Bachelor* staff is all about it. We know this will disappoint the lucky recruiter who covers the Big Sky Country. (We know there are students native to Montana. This is definitely provoking. We are so desperate for opinions. Please)

### LENKE(Y) WINS BALDWIN

Hi-Five to Joey Lenkey '19 winning the 145th Baldwin Oratorical Contest. Several non-*Bachelor* news sources reported this as "Joey Lenke." Time for a name change? Follow the positive publicity, Joey. We know, *The Bachelor* is awful at reporting campus events, so this is all you get.

### DIPLOMA FRAME SCAM

Hi-Five to Wabash for providing free caps and gowns but still making us pay a large amount of money for a diploma frame, conveniently sold in the bookstore. Seniors also had to wade through a sea of announcements, stationary, and ring advertisements. Sales tactic? Join the CIBE to learn more.

### GUYS... CAMPUS IS DEAD

Hi-Five to Wallies. *The Bachelor* staff is consistently impressed at the hive-mind-like consensus among Wabash students to coordinate our trips home. This inevitably results in social droughts on campus. Oddly enough, this has happened for several consecutive weekends, but we digress.

### JACK DAVIDSON > IU

In a win over Hiram to advance in the NCAC Tournament, Jack Davidson '21 outscored alleged basketball powerhouse IU. Is Jack truly a God on the court? Or is IU in fact washed up? *The Bachelor* sides with the former.

# A Look Ahead With CIBE

CLAYTON HUBER '21 | STAFF WRITER • The CIBE Program at Wabash College has been busy these past few months. With the opening of Fusion 54 and other various projects, the CIBE Innovation Consultants have been working non-stop. Roland Morin '91, Director of the Program, has been ecstatic about Fusion 54 and the projects the Innovation Consultants have been working on since the beginning of last Fall. "The biggest change is Fusion 54," Morin said. "We now can host larger events with live audio High Definition chat. This space allows a different environment for the Innovation Consultants and allows larger career services events." This new building has helped Career Services and professional development for networking events and hosting events like the Eli Lilly and Orr Fellowship Dinners. Morin commented that, "It brings about a new energy and atmosphere that has positively affected our consultants and staff."

Morin later went on to say that, "This year alone, we have 102 students who are working as Innovation Consultants. They are assigned various projects in the real world to essentially work at future real-world problems. For example, today they had the Chamber of Commerce that presented competitive analysis on the Chamber. They looked at four other chambers of various sizes and what are the services they offered, and they have to come up with a pricing model for their membership." The CIBE Program offers students with an interest in business the chance to expose their minds to real life issues that are present and need to be solved. Morin also commented that, "Another team is looking at an operational analysis for the local Crawfordsville Airport. Looking at the pricing analysis and branding/marketing issue, how can they improve business." This program allows students with an interest in business to engage the community with real world experiences using real data that will have impact.

"This program gives our students a story for interviews, allowing them to stand out." Morin said.

The CIBE is also not solely based on the

Crawfordsville Community. The program extends to multiple areas across the United States. "We have 22 projects in different locations like Los Angeles and Chicago all coming from alumni." Morin said. The CIBE is focusing on the issues that CEOs in California and Illinois are facing in the present moment. "Getting those experiences and applying them to the real world is key," according to Morin. The CIBE Advisory committee consists of 15 alumni. They are presidents or CEOs of businesses and advise the CIBE Staff on various projects. They are focused on the trends in modern society and making those important connections with business leaders and entrepreneurs.

Another change that has recently occurred is the change of the LABB (Liberal Arts Bridges to Business) Program name. "The LABB Program was a mouthful to say and explain during interviews," Morin said. "Recruiters would assume that when people say LABB, they are a science major; however, that was not the case. The program is offered to everyone and can be applied to any major." To avoid any more confusion and stress for the students, Career Services decided to change the name from LABB to the BIP, Business Innovation Program. This change allows students to easily explain to their job recruiters what the program is and how it helped them grow overall.

The CIBE Program and Career Services have been continuing to work diligently on their special projects. CIBE offers its students early experiences that most college students don't have access to learn about. The program allows early entrepreneurs the chance to learn from a mentor and experiment with business ideas. Career Services is continuing to offer the student body chances to network with alumni and other companies like Eli Lilly Company and Chase. The addition of Fusion 54 has allowed both organizations to have a realistic, business-like environment, giving the consultants a better understanding of the entrepreneur world. With these improvements only this year, the CIBE and Morin are hungry for more improvements and better experiences for Wabash students.

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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 Wabash College Student Senate, which derives its funds from the Wabash College student body.

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 500 words.

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# Wabash Welcomes Pulitzer Prize Winner

ALEXANDRU ROTARU '22 | STAFF WRITER • This week at Wabash, New York Times journalist David Shipler arrived on campus as this year's Woodrow Wilson Visiting Fellow in order to spread awareness about difficult and contemporary political topics, such as race relations, poverty, and cross-cultural communication difficulties. Having started working for The New York Times in 1966, and having published in The Boston Globe since his time in the navy, Shipler has had the opportunity to explore and inquire about the motivations, the principles, and the goals behind events.

It is a journalist's job to ask the difficult questions, the questions nobody wants to ask, not only to find out more about an issue, but also to get into the mind of the parties affected by the issue. "I've tried to get inside people's minds as much as they'll let me, to figure out why they do the things that they do, why they think the way they do, and report that both in newspaper format and in book format," Shipler said.

Since they are the ones whose mission is to keep the public informed about its surrounding world, journalists get an amazing opportunity to continuously learn about the people and the community involved in a story. "My favorite topics to write about have to do with human experiences," Shipler said. "I really got most involved with – and most interested in – stories about people in the context of larger political or social issues.

In today's world of Internet and speedy communication, written press is on the decline, to the point that "local journalism is almost disappearing," Shipler said. "There are vast wastelands now in the United States where there are virtually no local newspapers or local broadcasting stations that really cover local issues, politics, policy, behavior, and so forth." This phenomenon has roots in print advertisement doing little in helping newspapers maintain themselves financially.

While technology has helped journalism expand into new media, such as podcasts and online streaming, and eliminated the laborious task of transcribing every single word in an interview, it has many, many disadvantages. People now have access to a world of information – and this world of information is impossible to fact-check. We are used to instant gratification, instant communication, and instant learning at our fingertips, which means we have gotten used to the fast, rather than to the accurate. "I think technology has made it difficult to keep a sensible rhythm of reporting and writing," Shipler said. "For example, on a daily newspaper, we had one deadline per day. [...] Now, there no deadline; everything is constant

updating online on the website." And this constant feeding generates a huge chance for errors to surface. "It's difficult to get everything right within a few hours; but if you have to get everything right within a few minutes, you're bound to make mistakes," Shipler said. "And often these errors are never really corrected. They stick in the minds of viewers, and they remain there without people understanding that those were mistakes." These errors contribute to the scandal and controversy surrounding the media.

At the same time, "compounding that problem is the fact that in the American press, the old style of straight factual reporting has been abandoned by some news organizations in favor of highly opinionated reporting." And it is these very opinions that generate wars, which, in turn, only widen the already large rifts in the American public, be it based on race, income, status, ethnicity, political views, education, zip code, or generation.

The division among this country is evident particularly when it comes to those people living above and below the poverty line. The poverty line, according to the Federal Government, is defined as \$25,554 per year, per four-member family, and does not take into account debt (sorry, gentlemen). Shipler compared being poor in America to navigating a minefield—one wrong move and you are done for.

Worse, most impoverished people are treated as if they brought it on themselves. The American Dream mentality, which dictates that prosperity is a consequence of hard work, has the downside that it also dictates that people who are not prosperous are not working hard – something known as poverty culture. And it is this very culture being cultivated that develops a sense of powerlessness, of learned hopelessness for the poor. Shipler gives the example of children who have big dreams in elementary school that fade away by high-school.

Education-wise, many people are financially illiterate, which only cause the issue of poverty to become more vicious circle than phase to be overcome. In the late 20th Century, there were nation-wide financial literacy tests, which more than half the American population failed. And efforts to introduce middle-school courses remedying this very issue have been so far unsuccessful. "Financial literacy is not universal," Shipler said.

To sum up, David Shipler has managed to spark conversation about controversial and important topics on campus this week, so as to help us, the students, become more effective leaders, and to help us reach out to people whose voices need to be heard by what Shipler calls "the bubble in Washington."



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# K9 Units Train on Campus

IAN WARD '19 | ONLINE AND PHOTO EDITOR • Over the past few months you may have noticed a multitude of police cruisers near the older house on the corner of Union and Milligan Streets. Don't fear, it's not a reoccurring meth bust, rather a training ground for local K9 units from across the county and beyond.

It should be said that these training opportunities are a result of renewed police training on campus so that local law enforcement becomes more familiar with our buildings and so that police are not only on campus for enforcement circumstances.

While they were on campus this past week, *The Bachelor* was able to catch up with the K9s and their handlers, as well as witness various drills simulating various possible situations all located on our quaint campus.

The three officers and accompanying K9s we caught up with were Officer Michael Plant of the Crawfordsville Police Department, Deputy John Barnes of the Boone County Sheriff's Office and Deputy Robbie Hechinger '13 from the Montgomery County Sheriff's Office as well as Crawfordsville Police Department officer Corey Rohl who assists in training of the K9's.

From the very beginning it was clear that the officers not only take this part of the job very seriously, but also that the K9 at large is just as valuable and in certain circumstances more valuable than human officers. This is due to the fact that it could take officers hours to find concealed drugs or a person who is evading police. The dogs offer a quick and effective solution by finding these more quickly. This is partially due to the fact that all Montgomery County based K9s are cross trained in narcotic detection and human tracking/attack.

For example, earlier this week, there were small amounts of narcotics were concealed in Hays House (for training purposes.) Within seconds of guiding K9 officers through the suspected room, the narcotics were detected and found. This finding is not just pointing to a general area, but rather to a specific point. Indeed, when the narcotics were located in the back of a drawer, the K9 "hit" on that section and even crawled under the desk to signify the specific location.

Also, while simulating an uncivil

person the dog is quick to get aggressive and find humans that are hiding as well as attack if necessary; only then returning to a state that is not only relaxed, but playful.

This is partially due to the fact that these dogs have been trained since near birth, and go through so much training that they are not entering service until they are between one and two years old. This entering of service occurs after six weeks of training where the chosen law enforcement officer meets the dog and trains with him so that once they go home together they are one unit. They not only understand each other but are able to work together well.

This cooperation is partially through the learning of commands that are in a foreign language as most Police dogs are of European descent and were taught in that language.

This offers the obvious question, how much do these K9 officers cost? According to Officer Plant of CPD, between the dog, training, and vehicle outfitting, each K9 officer costs roughly \$20,000. However, Officer Plant was quick to point out that these assets usually pay off in about a year of their service. This is because in drug apprehension alone, it is not unheard of for a K9 to uncover large concealed amounts of drugs, sometimes with a street value of over \$100,000. This effectiveness also leads to great collaboration between departments when the need for a K9 arises. According to Deputy Hechinger, if Montgomery County needs a K9 he could be called in, and he could call Boone County or Crawfordsville if his K9 is unavailable. This inter-agency cooperation is paramount as the need for K9s is there but the number of K9s is limited. Lastly, these officers are always on call and could be called in whenever, wherever.

So, as you can see the K9s that are training on campus offer an invaluable asset to the Crawfordsville community and we at *The Bachelor* are grateful for the K9s and their handlers for their continued service to our community.

Be sure to check out next week's issue for a profile on Deputy Robbie Hechinger '13 and his path to becoming a Montgomery County Sheriff's Office K9 handler.



IAN WARD '19 / PHOTO

A young canine prepares to do his job during K9 Unit training on campus.

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# The Pitmen Painters Opens to Rave Reviews



COURTESY OF JIM AMIDON '87

Dei'Marlon Scisney '21 performs during *The Pitmen Painters*.



COURTESY OF JIM AMIDON '87

Louis Sinn '19, Austin Ridley '20, Quinn Cavin '19, Teague Meiers '19, and Will Maloney '19 admire a painting during *The Pitmen Painters*.

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COURTESY OF JIM AMIDON '87

Louis Sinn '19, Quinn Cavin '19, and Will Maloney '19 debate about a painting.

## What are the Odds?



**Alexandru  
Rotaru '22**

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level papers, reading college-level books, and enjoying all the traditions Wabash has to offer.

There is a question that is closely related to 'What are the odds?': 'Was it meant to be?' Going back to what I said in my opinion piece, "Something Inspirational Before Finals," life is a sinusoid of good and bad experiences. I believe that this happens because the bad things result in good things, such as not getting accepted to a specific program determining you to apply to another, to get in, and to have a life-changing experience; or to go through a painful breakup or rejection, only to meet the love of your life as a result.

Some may call it God's will (whichever God or Gods they may worship), others may call it fate or destiny. There are even a few that would say that these are just coincidences, nothing more, nothing less. Then again, these coincidences just keep on popping up, one after the other, sometimes building a chain-like sequence that leads to success (or failure, if things go downhill fast). Whatever you like to call it, I believe that everything is connected somehow, through cause-and-effect relationships

– this is the basic principle behind life being a zero-sum game.

You can find the relationship between the two questions if you look into the principles of Dadaism. According to Tristan Tzara's manifesto, you need to take a newspaper, cut out each individual word, put them in a bowl, mix them together, take them out one by one, transcribe them, and you have a poem. I invite any one of you to do this, perhaps using Bachelor articles; you never know. In Dadaism, fate is the poem's creator. What were the odds of you selecting the words in that order? Was it meant to be to have the poem written in that order? What about if you repeat the experiment with the very same words?

While all this talk about luck, odds, and how they influence our lives is awakening, it also can generate feelings of helplessness and passivity: if it is meant to be, destiny will ensure it, some might say. How can we control fate? This is the question we have to think critically about in order to succeed.

Perhaps fate is not set in stone. Yes, it is true that a chain reaction of cause-and-effect relationships between events exists; then again, perhaps there is more than one possible outcome after a situation. As Jean-Paul Sartre puts it, when making a decision, there are always more than two options: running away from the decision can be counted as a possible decision in itself. Therefore, controlling the outcome of every decision we make is a way we can control fate. Perhaps our own actions are part of fate.

All this theoretical mambo-jumbo can be daunting and may seem difficult to

put in practice, so, I invite you to take five or ten minutes of your jam-packed day to do a thought exercise I've done many times, that shows the power of fate. Imagine a tree, somewhere, in a park, within a city. It's the dusk of an autumn day, with the western sun painting the horizon sky scarlet. A medical researcher in his twenties is walking down a carpet of yellow and red leaves. He sits down on a bench, in the tree's shade. Sitting there, he comes across an idea on how to regenerate lost limbs. Then, he walks home, and writes down his idea. When he goes to the laboratory the next day, it turns out, his idea led, indeed, to a successful regeneration of a soldier's amputated leg. Now, think about the following questions. What if the tree fell on the researcher? What if he didn't stop in the tree's shade? What if he didn't make it home? What if he didn't have anywhere to write his idea and forgot by the next day? As you can see, our lives are like thin threads: they snap so easily and they cannot be put back together.

Since I kept you long enough in the land of luck, I ask of you to remember: even the most mundane of things that you do – be it reading, writing, living even – are the result of events synchronizing perfectly, and happening all at the right places. Now that you've seen how anyone is where he is through literally one-in-a-million-chance events, I challenge you, all of you, at all times, to think about it, to act like it, to lead people based on it, and to live knowing and embracing it. Life is a precious, fragile statistical anomaly – why waste it?

## On Tom Brady, Wabash, and Feminism



**Austin Hood  
'21**

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In fact, he is a man whose occupation (i.e. Quarterback of an NFL Team) has extreme masculine connotations. Think back to the 4th grade. How many boys in your class dreamed of doing the same thing Brady does? Probably a lot. How many girls did the same? Probably few, if any. This necessarily affects the lens with which we view all of the Quarterback's actions. If Tom Brady were say an artist, an occupation with a more feminine connotation, I doubt the video of him kissing his son would cause much of a stir. The same holds true if he was a woman. Take a step back. Consider: is it necessary to think that a man kissing his son on the lips is somehow "unmanly?" Can you imagine a world in which men are not scrutinized for displaying non-

sexual intimacy with their children? Wouldn't that world be better? If you're answer is yes, you're a feminist. Now don't be alarmed. I know there's a fair amount of you, especially the disciples of Joe Rogan and Ben Shapiro, who associate such a word with Berkeley, Karl Marx, and Satan himself. For the purpose of this demonstration, I ask that you to shed, at least briefly, whatever political or social assumptions you have about what it means to be a feminist.

Feminism, at its very core, aims to mitigate inequalities among the sexes. These inequalities, historically at least, are manifested in economic, social, and political disparities between men and women. All tangible manifestations of inequalities are grounded in a cultural ideology. The basic feminist insight is that the way our society views what it means to be a man or a woman, its ideology of gender, is inherently harmful. This harmful system is dubbed, among other names, "the patriarchy."

Wabash College is where this "patriarchy" meets its limit. What it means to be a man, in the broadest cultural sense, is typically defined in relation to femininity. The Western conception of manhood as being tied to

bravery and toughness can last only so long as women are relegated to roles of caring and compassion. On an all-male campus, these lines are necessarily blurred. I know guys who enjoy lifting weights as much as they do reading poetry. I've been held by former high school football stars while I cried in their arms. I would guess most of you have similar experiences. The relevant question here is "would this person be willing to venture outside of cultural masculine norms at a co-ed institution?" I would wager not.

Let's go back to Tom Brady. I contend that the reason he has faced such scrutiny for kissing his son on the lips is because it runs counter to his otherwise masculine image. Such an image of masculinity, in which men are conceived of as the stronger, more stoic sex, automatically places societal boundaries on what is and isn't acceptable behavior for humans with penises. Feminism aims to expose such societal boundaries in plain, unattached terms. By kissing his son on the lips, Brady has committed an act contrary to what our culture thinks men should do. We respond by ridiculing him. Think critically.



# For the Beautiful Game



**Christian Wirtz '19**

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organized fight clubs at matches...” For the uninitiated, Mr. Lamm is referring to hooliganism, which is a real problem that soccer’s governing officials have been working to combat. What he gets wrong is where it happens—it is a worldwide issue not exclusive to Europe and Latin America—but what he gets especially wrong is the cause. He says that fights break out “because the game is so soporific.” On the contrary, a 2008 study by Paul Gow and Joel Rookwood says that hooliganism is caused by the interaction of “identity, legitimacy and power. [Soccer] violence is also thought to reflect expressions of strong emotional ties to a [soccer] team, which may help to reinforce a supporter’s sense of identity.” So, in fact, it is the opposite of boredom that brings about soccer riots: it is the overflow of excitement or tension. Just one infamous example of this amplified sense of identity supporters shared from just their clubs to their whole country. On May 13, 1990, fans of Red Star Belgrade visited Dinamo Zagreb for a league match—this was when Yugoslavia was on the verge of civil war, with Croatian leaders (based in Zagreb) preparing to secede from the Serbs (in Belgrade) and the rest of Yugoslavia. When fighting broke out at the stadium, it was symbolic of tensions boiling over as people were loyal to their respective groups. To this day, Croatia, Serbia, and the other former Yugoslavian countries have fierce rivalries on the soccer pitch which reflect the political history there, not because soccer is boring or inducing of drowsiness.

Moving to Mr. Lamm’s “improvements,” he should know that they are either redundant or completely impractical. Diving (or “flopping”) has been a real issue in soccer over the years, but soccer governing bodies have allowed referees to caution and even send-off divers (leaving his/her team down a player with no reentry) and the addition of the Virtual Assistant Referee has allowed unprecedented accuracy in refereeing decisions, therefore the so-called “panel of judges” practically already exists at the game’s highest levels by way of the Virtual Assistant, with the head referee making the final decision on the player’s fate.

Mr. Lamm’s also proposes playing soccer with two balls (which sounds like something my sister and I would have done when we were 10 and 8, respectively, and felt like messing around with a foosball table...), saying that increasing the ball count would increase the goal count, therefore increasing broadcast viewership. There are a few problems with this proposal:

first, part of soccer’s popularity is its ease of access: anyone can watch a soccer game, just watch where the ball moves, and still, in theory, enjoy the game. Asking the viewer or a fan in the stadium to track two balls at the same time would be frustrating and, at times, impossible—driving viewership and fan interaction down. Second, as someone who works with the broadcast crew here at Wabash, it would be impossible to broadcast the game using this idea in a satisfying way, driving viewership to literally zero. Finally, part of the excitement in waiting an hour (or more) for a goal is that it can come from literally any moment: a brilliant dribble, an exquisite pass, a sequence of short passes, a curling free kick, a defensive blunder, or a goalkeeper howler; the fan is always in anticipation because of the unpredictability. When Joseph Kaefer ’22 scored on the DePauw goalkeeper’s spilled ball or when David Riggs ’20 scored a game-winner in extra time against Anderson because of an ambitious long pass up field by Cristian Aleman ’22, the level of excitement for both goals was equal even though one came in the first half and one at the very end of the game—those are the moments the fan lives for and s/he rarely cares how long it takes.

Next, Mr. Lamm cites broadcast viewership saying that “the average MLS (Major League Soccer) game has only 200,000 viewers.” It may be splitting hairs to say that number’s actually closer to 300,000, but economist Dr. Stefan Szymanski at the University of Michigan says the average MLS game garners 285,000 viewers, which is about 6% of America’s total soccer viewing. But MLS is an underperformer in America and soccer is an inherently global sport. Szymanski also says that the average English Premier League match reaches 383,500 viewers, the Mexican Liga MX averages 585,000, and International games average about 662,000. It is worth considering that some games in England, Spain, and Germany are broadcasted in the early morning in America because of the time difference. Americans are, in some quantity, getting up at or before 7am on Saturday mornings and Asian viewers stay up late into Saturday nights just to watch soccer games. I doubt people would do that for a game that was doomed to be so boring. Are these domestic numbers on par with the NFL’s 15 million and the NBA’s 2.7 million averages Lamm reports? No, but keep in mind the NFL and NBA often find themselves on NBC, ABC, CBS, and Fox stations. Soccer broadcasts in the US are often exiled to cable/satellite exclusive channels like NBC Sports, ESPN, Fox Sports, and paid phone applications so it is financially more difficult to watch a soccer game on television in the States.

As an aside: both the MLS Cup Final and Super Bowl were played in Atlanta’s Mercedes-Benz Stadium, the former attracted 73,019 fans, the latter’s attendance was 70,081. Tickets for the MLS Cup would have been much cheaper than the Super Bowl’s and

Atlanta’s team was in the game, but for a sport that apparently needs to “metaphorically add balls,” it can’t be doing too bad if the championship game for a 23-year-old league is outdrawing a symbol of masculinity and a league approaching its 100-year anniversary. MLS’ overall attendance is smaller, yes, but as I mentioned, MLS is one-fourth the age of the NFL and the average MLS stadium’s capacity is currently just over 24,000 while the average NFL stadium’s capacity is over 69,000, a number which includes the L.A. Chargers playing in a 27,000-seat MLS stadium. When the Chargers move to their new stadium, the league average will jump to nearly 70,500. There’ll never be a comparison between the them on that front.

Finally, soccer does not need “improvements” to become “a cash cow.” Stan Kroenke is the owner of the Los Angeles Rams and Arsenal Football Club in the English Premier League. Chris Burton at Goal.com reports that upon the Rams’ appearance in the Super Bowl, Kroenke challenged Arsenal to qualify for the Champions League Final, the championship game for Europe’s top soccer clubs. The comparison is apt in some ways, but it greatly flatters one of the two events: the Super Bowl. Max Kraidelman reports that based on 2015 numbers, Super Bowl XLIX (49) reached 114.4 million viewers in 180 countries, with the winning team earning \$28.4 million. Not too bad. The Champions League Final reached 380 million viewers in 200 countries and the winning team won \$108.4 million. Tickets for the Champions League Final had a lower face value (\$78-\$433 vs. \$800-\$1,900) but an average resale value almost tripling the Super Bowl’s (\$12,250 vs. \$4,600). And I doubt many fans were bored back in 2015 when Barcelona ran out 3-1 winners over Juventus. Soccer does not need any “improvements” to become “a cash cow”—it already is.

It’s probably beyond obvious at this point, but I am a huge soccer fan, and there are, naturally, other sports that I just don’t enjoy as much. That’s how human beings are: different strokes and all that. There’s nothing wrong with differing opinions and tastes, and I don’t think it’s too much for those different folks to be respectful of those different strokes. Not every soccer game is a thrill, every honest soccer fan will admit that, but neither is every basketball, baseball, or football game (and I think every honest fan of those respective sports would admit that as well). In fact, I recall a recent NFL game being referred to as the “Super Bore.” I’m sure it was not Mr. Lamm’s intention, but his piece did come across as disrespectful, so I just ask that this response serves as a reminder to him and all of us that whether our opinions differ on something as simple as sports, to the complexities of politics, to the grand questions of the universe, that we maintain an appropriate amount of respect for those different opinions. Open hostility only leads to doubling-down. Let us remember that.

The following is a response to Davis Lamm ’20’s article in the 15 February edition of The Bachelor titled “Dear Soccer, We are Bored.” What Lamm wrote was, with all due respect, either a poor attempt at satire or a fundamental misunderstanding of what we in the States call soccer is or what it represents. The fact that I can’t tell which one should say quite a bit. The following words are in direct refutation.

To address Mr. Lamm directly, the purpose of this editorial is not to disrespect you and I choose to believe your piece was written with the best of intentions, but you invite the response of calling your ideas as “blasphemous” or to call you “crazy.” I will not call you crazy for the sake of productivity and I will only refer your ideas regarding soccer as misguided for the same reason. Mr. Lamm gets a couple of things wrong at the beginning of his article. First, America did not “invent the hamburger.” It was invented in Europe, in Germany, in a city called Hamburg (hence hamburger), where a soccer team called Hamburger SV has played since 1887; we certainly did Americanize the hamburger into what Mr. Lamm describes (though you should never be able to hold a good burger in one hand). Second, we did not invent cars. History.com’s Staff writes that the patents for the modern car were filed on January 29, 1886 in two German cities, one by Gottlieb Daimler, the other by Karl Friedrich Benz—who you may recognize from Mercedes-Benz.

Next, in reference to Americanizing everyday life, it is not “time we do the same with European sports.” America has been Americanizing European (specifically British) sports for a long time. The American pastime is an 1800’s Americanization of cricket, American football is an American adaptation of Rugby Football. So the idea of Americanizing a “European” sport is nothing new. Second, soccer is not just one of “Europe’s sports.” To call soccer a European sport is a limitation of soccer’s worldwide appeal: soccer is not Europe’s game, it’s the world’s game. Ira Boudway at Bloomberg cites a 2017 Nielson poll which found that 43% of people in 18 global markets are either “‘interested’ or ‘very interested’” in soccer: the most popular sport in the world. In that same poll, 36% had the same level of interest in basketball, 28% in tennis, and 26% in motorsports (and, for the sake of completion, 29% are interested in “Athletics” in general). What didn’t make the top five? American football. What else? Baseball. What else? Hockey. Three of America’s four major sports don’t scratch the world’s top 5. That is not to smear the quality of these sports, but I don’t imagine there are many soccer fans in Brazil, Spain, Kenya, or Japan writing opinion pieces saying American football, for example, needs to fundamentally change in order to be accepted.

The next misunderstanding Mr. Lamm perpetuates are soccer riots, saying that “fans in Europe and Latin America have

## Lip Sync Battle returns to Wabash



PHOTO COURTESY OF COMMUNICATIONS AND MARKETING

A rhyme serenades Kaleb Wood '21 during the battle.



BENJAMIN HIGH '22 / PHOTO

This semester's rhynes performed together on stage.

Last Friday, the IMA and MXI hosted its annual Lip Sync Battle in the Korb classroom in the Fine Arts Center. In this year's rendition, the battle was a Valentine's Day theme, and it lead to some serenades throughout the crowd. The top three winners received a prize for their performance.



BENJAMIN HIGH '22 / PHOTO

James Love III '22 'belts' his heart out during the competition



# Gilgamesh Takes Over Lilly Library

PATRICK MCAULEY '19 | SPORTS EDITOR

• This past Monday, February 18, a group of faculty members and learned students teamed up to put on the 2nd annual event of a continuous reading of a famous book. Last year, *Frankenstein* drew in many students during the book's 100th anniversary.

"Dr. Lorraine McCrary brought in a speaker on *Frankenstein*," Public Services Librarian Jeffrey Beck said. "She was teaching a class that employed the book, and *Frankenstein* has been in EQ in the past. So, it was a natural pick."

This year's reading was of *Gilgamesh*, the epic poem about a lonely king that goes through great lengths in discovery of his personal self-worth while encountering barriers and obstacles along the way. Some of this year's faculty readers included Associate Professor of

Religion David Bli, BKT Assistant Professor of Political Science Lorraine McCrary, Lawrence E. Devorre Professor of Economics Joyce Brunette, and Associate Professor MATHematics and Computer Science Colin McKinney. Student readers included Dane Smith '22 and Alex Rotaru '22.

Reading *Gilgamesh* publicly returns us to how most of humanity experiences stories: spoken aloud," McKinney said. "It celebrates us as a literary community that values these works and experiencing them as countless generations did in ancient Mesopotamia. Reading it is what makes *Gilgamesh* immortal."

The reading lasted just over two and half hours. It took place in the periodical section of the library on the first floor. Beck thinks the overall idea of the event was to make it a community-based effort grounded in the efforts

of readers. He thinks the event was a great way to draw in many people from across campus.

"This was the 2nd time we have done this," Beck said. "After having the *Frankenstein* experience, we wondered how we could follow up. After looking at EQ through the text, that just naturally lead to *Gilgamesh*."

Looking forward, the library staff plans on making some major changes to help improve the event. Beck thinks that the event will take place more periodically, and they want the College's advice. Beck actually sent around a recent survey to get a better sense of the types of books people want to see next time. Some of the books on the list included "*The Hobbit*" and "*Siddhartha*," which gives insight to the values and teachings of Buddhism.

There is still time, so send in some ideas!



COREY LEUTERS '19 / PHOTOS

Jim Amidon '87 (top) lead a portion of the reading of the Babylonian classic. Many people signed up to read throughout the dumb last Monday.

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# YOUR SMALL TALK BRIEFING

## 8th Amendment Incorporated to the States

Supreme Court ruled unanimously that States are bound by the Constitution's prohibition of excessive fines. The case in question revolved around the seizure of a \$40,000 Land Rover for the sale of \$225 worth of Marijuana. The maximum fine allowed under state law for the crime was \$10,000.

## White House to Determine if Climate Change is National Security Threat

White House to create a panel to determine how climate change affects national security. The panel will include a known climate denalist, William Happer. However, the White House did send a memo including scientific data and defense reports that might show significant threat to national security. The memo also casted doubt on those reports.

-nytimes.com

## SB 12 Stripped of All Protections for Specific Groups

In the Indiana Senate, lawmakers voted to amend a hate crime proposal by removing protective characteristics including race, sexual orientation, or gender identity. The decision received backlash from Gov. Eric Holcomb. Indiana remains one of the five states in the country to lack a hate crime law.

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# The Death of *Fortnite*?

## *Apex Legends* Takes the Battle Royale Genre by Storm

BRAXTON MOORE '19 |  
CAVELIFE EDITOR • Unless you have been living under a rock for the last week or so, you have most likely heard about or experienced firsthand the new free-to-play video game that has taken the world by storm - *Apex Legends*. Heralded as a potential "Fortnite-killer" in the gaming world by casual players and big-wigs of the industry alike, *Apex Legends* boasted an impressive 10 million players within the first 72 hours of release according to Eurogamer. These stats are impressive even for a game that had an anticipated release date and cult following, but as a relatively unheard of first person shooter before release, this number becomes all the more shocking.

*Apex Legends* - for the uninitiated - is a battle royale first person shooting game in which 20 teams of 3 players drop onto a set map, grab loot, weapons, and ammo, and then fight to remain the last squad standing when the dust settles. Additionally, players can elect to fight as one of eight unique characters, or "legends" as they are more commonly known, each with their own unique skills and abilities. Options range from the standard FPS soldier who charges onto the frontlines, the team medic who keeps the group stocked with health and shields, the support player who can use their abilities to escape sticky situations, or the scout who has the ability to access various hard-to-reach places on the map to provide beneficial vantage points overlooking the battle.

While the game has certainly blown up worldwide since its release date on February 4th, its influence can also be observed around campus as well. Bryce Bridgewater '19 commented on his *Apex* experience, and explained some of the game features that keep him engaged with the game. He noted that *Apex* has commanded his gaming time for the last few weeks,

and pointed out what exactly he values in the game.

"I was watching some Twitch streamers one day and they were playing a game that wasn't *Fortnite*," Bridgewater said. "I was curious, so I downloaded the game and it proved to be a refreshing twist on the *Fortnite*-dominated battle royale genre. It seems to be a constant stream of action that throws different squad and teammate aspects that *Fortnite* and other battle royale games lack. *Apex* emphasizes more of a squad based approach rather than an individualized approach, making it more fun and exciting to play with your friends."

Colby Dunigan '19 is another Wally who has caught the *Apex Legends* fever. He noted that the in-game mechanics are comparatively welcoming for a gamer who may be new to such types of games, and further highlighted the benefits of playing with friends.

"*Apex* seems like its more accessible for the gamer who is new to the battle royale scene," Dunigan said. "You feel as if you can just jump right in and really understand the mechanics and the strategies involved after just a few matches. It's easy to coordinate strategies and to communicate with your friends. You can notify your teammates of weapons, locations, or enemies with the press of a button which is really convenient if one of your squad doesn't have a mic."

While *Apex Legends*' popularity has boomed to over 25 million players in the few short weeks it has been available, some question its ability to rival some of the larger players in the game industry in the long term. Although it is unclear just how long *Apex* will remain the most played game in America before it eventually gets dethroned, gamers the world over will continue to drop in and squad up in pursuit of gaming glory for the foreseeable future.



PHOTO COURTESY OF GOOGLE IMAGES

*Apex Legends* took the gaming world by storm after its induction three weeks ago.

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## Swimming Finished Fourth at NCAC

### Embree wins NCAC Diver of the Year

JACKSON BLEVINS '20 | STAFF WRITER

• Last Wednesday marked the start of the NCAC Swimming and Diving Championships at Denison University, and the Little Giants strung together many quality performances throughout the four days of competition to cap off their season with a fourth-place finish.

The long weekend started with the foursome of Kyle Louks '19, Nick Young '21, Justin Dusza '22, and Justin Wallar '22 shattering their season best time in the 800-yard freestyle relay by 8 seconds, as they finished fifth in the event.

Thursday was highlighted by two all-conference performances as the team moved into third place after two days. Wesley Slaughter '21, Jan Dziadek '21, Louks and Wallar finished third with a season-best time of 1:22.82 in the 200-yard freestyle relay to garner all-conference recognition while finishing just a few tenths of a second off of the school record. Aaron Embree '19 earned all-conference honors after he placed third in the one-meter diving event with a score of 396.60.

"I was very happy overall," Dziadek said. "I am really happy with the performance of the entire team, especially because we had a coaching change this year. We didn't know how well we would perform in conference, but it ended up going

well, and everyone performed at a high level."

On Friday, another relay team was named all-conference as Hunter Jones '20, Slaughter, Dziadek, and Louks finished third in the 200-yard medley relay with a time of 1:31.80. Jones also finished in fourth place in the 100-yard breaststroke with a time of 55.70.

"I am really happy with the overall performance..."

JAN DZIADEK

Saturday saw the Little Giants finish the meet strong, as Embree was named NCAC Men's Diver of the Year. Embree posted a first-place finish in the three-meter dive with a score of 455.55 points. Dziadek earned all-conference status in the 100-yard individual medley, as he broke his own school record of 51.34 with a time of 50.78. Dziadek also broke another school record in the 200-yard

individual medley with a time of 1:52.02. Yet another school record was broken in the 400-yard freestyle relay, as the team of Slaughter, Wallar, Dziadek, and Louks posted a time of 3:03.57, which broke the school record by a full second.

"I kept hearing Coach Will [Bernhardt] tell the swimmers to 'swim their race'," Embree said. "This means who cares how fast or slow the people beside you are going, swim your race. So, during the whole three-meter competition I kept reminding myself to dive my dives."

That took a great deal of the pressure off and I was able to be more relaxed, and I ended up coming out on top in the end. Through the midst of everything that has changed this year, like getting a new coach and losing several team members, I think everyone did exceptionally well. There were several records broken and even more life-time best swims and that is a combination of hard work and support from a solid team."

In two weekends, Wabash will be the host site for the NCAA Diving Regional where Embree will compete for a chance to attend the national meet held in Greensboro, North Carolina. Also, Jones is awaiting confirmation to attend the national meet after his performance in the 100-yard breaststroke.



PHOTO COURTESY OF NCAC TWITTER

Aaron Embree scored a 396.60 to win the one-meter diving event. Embree won NCAC Diver of the Year for his performance.



# Tennis Defeated by 15th-ranked Kenyon College

BLAKE LARGENT '22 | STAFF WRITER • With its third nationally-ranked matchup of the season so far, the Wabash college tennis team traveled on the road to face No. 14 ranked Kenyon College on Saturday and was shutout in all matches throughout the afternoon, losing 9-0.

"I'm very proud of the way our guys fought against a very good Kenyon team," Little Giant head coach Jason Hutchison said. "That is one area that we have been focusing on: find a way, keep fighting, and do your best to make your opponent uncomfortable. If you are constantly scraping and clawing for every point, you never know what might happen in a match."

**"We are improving every day in practice; there is not one single thing to improve on."**

COACH HUTCHISON

In doubles action, the No. 1 doubles team of Patrick McAuley '19 and Jordan Greenwell '19 lost in a close-scoring match to Kenyon's Jacob Zalenski and Pascal Lee, 8-6. The No. 2 doubles team of Andrew Denning '20 and Duncan Roy '19 was unable to grab a point in an 8-0 loss to the Lords' Nicholas

Paolucci and Henry Barrett and the No. 3 doubles team of Evan Frank '19 and Nieshaal Thambipillay '22 suffered an 8-2 loss to Henry Wessel and Anatol Doroskevich.

In singles action, McAuley lost a close match in No. 1 singles play against Austin Diehl, 7-6, 6-3. No. 2 singles play saw Greenwell fall at the hands of Paolucci, 6-2, 6-2, while No. 3 singles player Denning lost to Doroskevich, 6-1, 6-2. In No. 4 singles play, Roy was unable to capture a victory against Jack Wagner, losing 6-1, 6-2. In the No. 5 singles match, Thambipillay fell to Angelo Vidal, 6-1, 6-0, while the No. 6 singles match saw Frank lose to Wessel, 6-1, 6-0.

After the match, Hutchison spoke of his team's improvement as the season progresses.

"We are improving every day in practice; there is not one single thing to improve on," Hutchison said. "Chemistry on the team is good and everyone is pushing each other. We are starting to see some pieces fall into place."

After the loss, the team's record is now 1-4 on the year. Hutchison spoke on what his team's goals are after the tough start.

"One match at a time, but we have goals set," Hutchison said. "Just continue to get better and want to make your teammates better. We try not to look ahead, focus on the process and apply the things we work on in practice into our matches."

The team will look to grab a win in another road matchup on Saturday when it faces Wheaton College (ILL.) at 9 a.m. CST, 10 a.m. EST.

## NCAA Record Broken by Wally

JOHN WITCZAK '20 | STAFF WRITER • No college basketball player in any division has ever scored more consecutive free throws than Sophomore guard Jack Davidson. Eclipsing the milestone of 94 straight free throws set in the 1996-1997 season by Paul Cluxton of Northern Kentucky University, Davidson has etched his, and Wabash's, name in the history books of Indiana's most popular game. Larry Bird, Michael Jordan, and Steph Curry all stood 15 feet in front of the basket and all three tallied an inferior sum to Davidson's. Some Little Giant!



IAN WARD '19 / PHOTO

Jack Davidson '21 set the new consecutive free throw record at 95 last Saturday.



IAN WARD '19 / PHOTO

Duncan Roy '19 returns a volley with Andrew Denning '20 as partner.

# Column: Baseball Free Agency, how do we fix it?

**BRYCE BRIDGEWATER | EDITOR-IN-CHIEF** • As of Wednesday, when I submitted this article for print, Bryce Harper was still unsigned as teams reported for spring training. With the first spring training game starting yesterday and the bulk of games beginning tomorrow, one of the biggest superstar is without a ball club. As a fan, how is this happening?

Harper is one of the young talents in the league with multiple years left of All-Star caliber baseball in his life. Harper, 26, is coming off a down year but has a career average of .280 with 184 home runs and a decent glove in the outfield. He is a superb free agent and can change the outlook of most franchises.

Understandably, baseball is a business, and players are investments. Harper reported wanted a long-term deal worth more than \$300 million. In terms of player deterioration, it makes sense for a business to not commit a large sum of money over multiple years for not a guarantee of player output. Why would a team commit a majority of their payroll to a player who will not continue All-Star caliber production at an older age? Albert Pujols is an excellent example of a long-term deal not working out for the team.

Still, both sides remain in a stalemate as spring training started. Not every team needs Harper on their roster because they have strong players in the outfield. However, many organizations are not pursuing Harper because they are not currently in the hunt of a World Series. This is like Paul George or Joel Embiid going unsigned by mid-major NBA teams because they are not an immediate Finals threat.

This is a stupid move. Why would teams not want to add a player that could attract fans coming to the ballpark and possibly make them a contender in the league? In terms of being a World Series contender, it makes sense to add a more established and talented player than

taking a chance on a prospect that might not develop into a star player. I argue that more fans would want to see Harper make plans in the outfield then endure growing pains of a minor league prospect that might develop into a decent caliber player.

The teams that are consistently making the playoffs are teams that are not afraid to pay players big money to win World Series immediately. Teams fall into a rut of developing players that will not turn into All-Stars or not spending money to keep players on the roster that are stars. Now, I know that most teams can't afford to pay the \$300 million that elite players ask for, but some players consistently do not get paid that are beneficial to their club.

The Padres were sick of that very process and decided to go sign Eric Hosmer last year and Manny Machado this year and pay each of them big money. Sure, the Padres are not going to win a World Series next year, but in two or three years, under the leadership of Machado and Hosmer, those prospects might develop into star players. The Padres can be a real, immediate threat to the NL West, a division dominated the Dodgers.

With Harper still being unsigned, it leaves average free agents that do not have teams waiting in the background to be second options on a one-year deals with little money and guarantees to coming back next year. Teams once again fall into that rut of not having elite players with placeholders until they find the one prospect out of 1,214 players drafted every year from the United States and Canada alone that might develop into a prospect.

Baseball can fix this by organizations swallowing their pride and paying for players that they know will perform for 160+ games every year. The Boston Red Sox have the highest payroll in baseball, and they've won four World Series in the last 14 years. Harper can make you better, just pay the damn man.

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# Athletic Traditions of the College

## Students talk about the meaning behind Wabash Always Fights

PATRICK MCAULEY '20

| SPORTS EDITOR • Wabash Always Fights! Yes, it is the driving force behind the College, and every Wabash man eventually contemplates its significance at one point during their time on campus. It takes on a tone of passion and resilience. The words present themselves on various walls, courts, clothing apparel, and newsletters across campus. The phrase has an interesting history.

“I learned that it can apply to many facets of life.”

REED MATHIS

The motto came from a few creative Wabash men of days' past. According to “Some Little Giants,” by Max Servies '58, the school originally created the phrase in 1910. Ed Zeigner '10 personally came up with the idea, but then Rome “Ike” Williams '05 presented the school slogan in 1919 during an alumni association event here in Montgomery County. Furthermore, workers of the College wrote it into a scarlet banner, which was then hung in the gymnasium that eventually became known as Chadwick. Over the years, the College moved the banner and it presented itself on other walls around campus. Modern students of the College know the phrase very well and come across it in their everyday lives.

For some students, that attitude only transcended once they reached campus. Samuel Hansen '22 is from Indianapolis. After coming to the College, he joined the wrestling team. He also participates in WDPD and the Newman Center. Hansen grew up with a supportive father who pushed him in all areas of life.

“That was the kind of value I grew up with,” Hansen said. “My dad always taught me that even if I do

not win I should always give my best effort and just have the attitude of you gotta chase it.”

When Hansen first came across the school slogan he was idly looking through social media. After he got on campus, he realized the mantra applies directly to how humans face adversity. He believes that life is all about how you face challenges and turn them into positive takeaways. Reed Mathis '22, born and raised in Indianapolis, IN, believes the slogan has a deeper meaning as well.

Mathis fights in all areas of his life here at the College. He is a brother of the Phi Delta Theta fraternity, and is a member of the CIBE, The Bachelor, and the tennis team. The young Wabash man quickly learned that life at the College is busy, but the school slogan definitely affects his lifestyle.

“I learned that it can apply to many facets of life,” Mathis said. “Especially with the daily grind that all students experience both inside and outside the classroom. Our mantra is definitely something that I can rely on to keep moving forward.”

Moreover, Mason McPheron '22, who is currently a member of the College football team, first heard of “WAF” in high school. His coach mentioned the slogan to him many times during his senior year when he was in the process of making his decision to come to the College. Contrastingly to other men of the College, the young man thinks about it in a more simplistic manner. McPheron further believes that the statement is less personal. He thinks that it's deeper meaning applies to some people and not others.

“I think if you do not really know about Wabash then you can kind of take it out of context,” McPheron said. “It's quite a simple statement: you just never give up.”

The big words “WABASH ALWAYS FIGHTS” are in many different areas of campus, such as the Allen Center, Collett Tennis Center, and the wrestling center. Check them out and bask in their historical significance and meaning!



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# Healthy Diet, Strong Wally

ERIC CHAVEZ '19 | SENIOR STAFF WRITER • Going into a game without practice is setting yourself up for failure. Without preparation there is very little chance for success. While athletes are aware of this and use drills to fine tune their skills before games, what may be overlooked is the preparation of the body. Of course injury prevention and strength building are important, but none of these aspects are possible without nutrition and diet.

Here at Wabash, especially during the week, student athletes either eat at sparks, or at their specific fraternity house. With these options brings challenges to eating right all the time but Head Athletic Trainer Mark Elizondo says that there are ways to improve diet and eat healthy the majority of the time. "An overall rule of thumb for a good diet is variety," Elizondo said. "If you look at the plate you're eating and there is a lot of variety, that's most likely going to be a healthy meal." He also mentions an easy way to identify whether a meal has a lot of variety. "A simple rule of thumb that a lot of people can follow without too much detail is that if there is a lot of color on the plate then that's a healthy meal."

More specifically for athletes, Elizondo says that the most important thing to worry about is calorie intake. "They need more, they need to replenish what they are wasting," Elizondo said. While this may seem elementary to some, sometimes the simplest problems have the biggest consequences. Elizondo adds to this by saying, "As an athlete, being able to understand caloric intake will help with recovery, it'll help when you have to have high burn days and low burn days. As

athletes get into season, they are going to have games but they are also going to have days off and they can't be eating the same caloric intake all the time."

Elizondo also says that the standard diet should consist of fats, proteins, and carbohydrates. Of course not all athletes are the same and because of this, different athletes need different diets while incorporating the three main groups. "Diets need to be tailored to specific sports and even specific positions," Elizondo said, "If you're a distance runner or distance swimmer, you need to be a carbohydrate animal. It's just for replenishing at that point."

## "For breakfast I'll get some eggs for protein, and some fruit."

MATTHEW BAILEY '19

Being curious as to how some specific student athletes go about their diet, *The Bachelor* sat down with Corbin Landrum '21 of the baseball team and asked him about what he does. As the steward of Sigma Chi, Landrum had an interesting view on how to maintain a steady diet while living in a fraternity. "For every meal we will have a main source of protein whether that be chicken or beef and we will have some vegetables and a full salad bar to go along with it," Landrum said. "For me, because I have a high metabolism I try to keep my calories up. Sometimes I'll drink around 5 glasses of chocolate milk a day and eat a lot of protein, especially in season, to keep my weight up."

Landrum says that as steward of his house he tries his best to make sure that there is as much choice as possible in the meals that are provided throughout the week. "I think we provide a lot of options as far as nutrition goes, of course living in a fraternity you aren't going to always get the best meals but we do what we can and make it work," Landrum said. While the choices may be limited, there still seems to be a choice when it comes to eating healthy. Even in a fraternity.

To get a different perspective, I was able to talk to Matthew Bailey '19 of the cross country team. Bailey said that portion sizes are the biggest keys to his diet. He also mentioned that incorporating all of the main food groups throughout the day is important too. "For breakfast I'll get some eggs for protein, and some fruit," Bailey said. "For lunch I usually get a sandwich to get some meat, some grains, and some dairy with the cheese. I also hit up the salad bar a lot. I feel that the salad bar is a key aspect to a good diet."

When it comes to in season and post practice meals, Bailey says that the 30-45 minutes after a workout is the most important time to refuel. "There is thing called a glycogen window, which is open for about 30-45 minutes after a workout that you really need to get some calories in your body in order to recover," Bailey said. For a Sparks goer, this might be easy. Bailey says that right after his practice he just goes straight in for dinner. However, if that isn't the case, he says his go to post workout snack is either a cliff bar or a banana with peanut butter.

While Wabash isn't the perfect place for the perfect diet, there are choices. In order for people, not just athletes, to maintain a healthy diet, there has to be a commitment to make the right choices. Just as athletes choose to prepare in practice, they have to prepare their bodies in order to be game ready.



Mark Elizondo

## Abramson '22 recieves NCAC Player of the week

JOHN WITCZAK '20 | STAFF WRITER • Coming off the high of helping Wabash trounce DePauw in their own invitational, Freshman Keith Abramson continues to impress. Placing 1st in both the Men's 800 Meters race and the 400 Relay at the Eastern Illinois Friday Night Special, Abramson went on to help his team win the Middle-Distance Medley Relay at the DePauw Indoor Classic this past Saturday, February 16th. With 1st place finishes becoming the norm for the Freshman, one can't help but wonder what he'll be accomplishing in a few years' time.



Keith Abramson '22 spirits in the mid-distance race.

## THIS WEEK IN SPORTS

### FRIDAY, FEBRUARY 22

Wrestling @ NCAA DIII Central Regional - 9 a.m.  
Basketball @ Wooster against Wittenberg - 7:30 p.m.

### SATURDAY, FEBRUARY 23

Wrestling vs. NCAA DIII Central Regional - 9 a.m.  
Tennis vs. Wheaton College - 10 a.m.  
Tennis @ Elmhurst College - 1 p.m.  
Lacrosse vs. Adrian College - 1 p.m.  
Track and Field at Fred Wilt Invite - 3 p.m.  
Basketball @ Wooster against Wooster vs. DePauw (if necessary) @ 4 p.m.

### SUNDAY, FEBRUARY 24

Baseball vs. Transylvania College - 10:30 a.m (weather dependent)  
Track @ NCAC Multi-event @ Kenyon College - TBD

### MONDAY, FEBRUARY 25

Baseball- TBD (weather dependent)

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