Students clubs and organizations requested $256,408.92, and the Senate discussed the spring semester budget. 

While some clubs got all the funding they requested, others weren't so fortunate. 

Presidents and treasurers needed to pass the Senate by a voice vote. 

Treasurers crossed their fingers Tuesday night while the Senate discussed the 18-page document for the spring semester budget. 

Ridenour is correct in his statement, however, with the last few years bringing a surge of interest in graduate study across America. Test preparation company Kaplan was quoted to have seen a 45 percent increase of interest in their business, law and graduate school preparation programs since September of 2008. As such, graduate programs themselves feel a likewise surge in applications, flooding the market with competition. 

"I wanted to graduate before taking that next step," he explained. "It's sort of the equivalent of putting too much on your plate at once. I just wanted to be fully committed to my academics at this time." 

Several couples have chosen to postpone their marriages until after graduation. WalleysDeferredFallTerrorisrealwithsomequotingthepricetollandcost. 

"We are paying for the wedding ourselves, but we don't have a real source of income," said Anthony Smith. "I want to give her a wedding she's always wanted. I try to save as much as possible." 

"There is doubt in the world of social networking some of the most-cyber-savvy navigators of the Internet age refuse to set foot toward online social networking, texting, living arrangements, and toward online social networking, texting, living arrangements, and. 

"It's like a series of Facebook status updates," he explained. "You can choose to 'follow' a user on there and check out what's happening to them during the day. You can add pictures, but you can't add albums or anything." 

McKinney believes many people in his generation just haven't taken the time to learn and to adjust to the new medium, and he believes a lot of it has to do with technological habits. Updating Twitter on a phone tends to be more convenient than on a computer. 

"If you're just going on the website and updating your status, it's kind of boring. The phone app makes it more exciting." 

Twitter launched four years ago, and more than 18 million people are subscribing to yours, and receiving someone's Twitter account, or someone following - the act of subscribing to a Twitter account. 

"Twittering" constantly seem to "twitter". 

Only 9-percent of Wabash students say they use Twitter; 60-percent say they are "clueless" about the site. 

Why is it that in the world of social networking some of the most-cyber-savvy navigators of the Internet age refuse to set foot toward online social networking, texting, living arrangements, and. 

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THE BACHELOR
February 5, 2010

EDITORIAL BOARD
For President Cody Stipes and Vice-President Michael Rossetti adapt into their new roles as heads of the Student Body.

For me it was a kind of social media of my own invention. It was something that I found really interesting, it was a way to virally share something interesting in the way that Twitter is.

When you create a Twitter account, you can choose a username that is unique to you. This is important because it helps people find and follow you.

Twitter is an example of a microblogging platform, which allows users to send short messages or posts, typically limited to 280 characters.

The biggest dilemma with Twitter seems to be the commitment.

"We're trying to find you something that you can commit to," said Roberta. "It's a really good way for people to follow you."

Because if those people aren't interested in what you're doing, you might not get as many followers.

People who follow you on Twitter are called followers, and they receive your updates in their Twitter stream or timeline.

Twitter is a great way to keep in touch with people and stay updated on their latest news and activities.

During a Senate meeting in the Goodrich room to voice their concerns over the budget.

I think right now Twitter is really popular with celebrities. You can tweet a message to them or retweet something they say.

Twitter is also a great way to learn about new things and connect with others who share your interests.

You can also use Twitter to connect with other users by sending direct messages or mentioning them in your tweets.

We also looked at how much time people spend on Twitter. On average, users spend about 1 hour and 15 minutes each day on Twitter.

There were a few different reasons why we decided to look at Twitter. One reason is that it's a popular social media platform, and another reason is that it's easy to use.

We also contacted people who already had Twitter accounts to find out what they thought about it.

The majority of people we talked to said that they enjoyed using Twitter, and that it was a fun way to connect with others and stay updated on the latest news.

Some people also mentioned that they liked using Twitter because it was easy to use and didn't take up too much time.

However, there were also some people who said that they didn't like using Twitter because they found it too time-consuming or too overwhelming.

We also asked people what they thought about the future of Twitter. Some people thought that Twitter would continue to grow in popularity, while others thought that it would eventually become outdated.

Overall, we found that people had mixed feelings about Twitter. However, most people agreed that it was a useful tool for keeping in touch with others and staying updated on the latest news.
A student looks onto the scene flabbergasted. The look does not come from the student being presented with their final or the prompt for a 20 page paper; instead it’s a look some students give when faced with selecting what foods will satisfy their hunger most perfectly.

We’ve even encouraged students to relay their feedback, likes, dislikes, and new ways to battle monotony. “The fraternity members who aren’t dining with us every day are experiencing something new for fraternity members. The fraternity men who aren’t dining with us every day are experiencing something new and we appreciate that they eat the food,” Arthur said.

“We have been very fortunate to have excellent relationships with local farmers. Our eggs are cage free, purchased locally, within 20 miles from Wabash. Much of our produce, in season, is local from just outside of Indianapolis. And, a lot of our bacon, sausage, pork and beef are locally purchased. In addition, we try to purchase artisan products from bakers, cheesemakers, bread companies, etc. We’re even planning to do root beer floats for the students, heightening a local company that provides their own root beer with local, fresh made ice cream.”

When presented with the question of why fraternity members seem to present a more favorable opinion of Sparks, Arthur brings forth an idea that it is something new for fraternity members. “The fraternity men who aren’t dining with us every day are experiencing something new and we appreciate that they eat the food,” Arthur said. “The Independent men may spend two, three or four years with us, that it is something new for fraternity members.

“Although midnight-munch is clutch because of the variety of choices and new ways to battle monotony.”

“They don’t want to differ in their opinions of the dining experience the Center offers. When it comes to Sparks, Independent and fraternity students seem to differ in their opinions of the dining experience the Center offers.

“Food at Sparks varies wildly in taste and quality especially lunch and dinner,” Galib said. “Breakfast is their real meal.”

For some students, like independent sophomore Shishir Galib, the variety is seen as a plus. The main benefit of variety for Galib, though, is the idea of having backups in case of a disappointing day of unsatisfactory food.

“Sparks Center’s food is adequate in its variety and taste, but it lacks the homely touch that our cook has,” Luke said. “For instance, Sherry, Phi Kappa Psi’s cook,whips up the largest pancakes for breakfast. Even though the twins that nobody can finish even one of her pancakes unless they are dying from hunger, she still keeps them the same massive size. She knows everyone by name and really is like our mother away from home.”

“Sparks Center is quite delightful. The selection and taste of the food is something new for fraternity members. Caleb Weber ‘12, who began his housing in fraternity but has since moved into Cole Hall, thinks the selection and taste of Sparks Center is quite delightful.

“Sparks Center is good because of the variety of choices and the ice cream,” Harris said. “As for the quality of the food, it gets the job done.”

“The people behind the meals are a catering company called Bon Apetit. General Manager Mary Jo Arthur expressed the genuine effort Bon Apetit places into making the students happy with their meals at Sparks.”

“Bon Apetit has a core list of Kitchen Principles that we operate from every day,” Arthur said. “We teach and train our staff to cook from scratch using fresh ingredients. Our menus are written based on seasonality and availability, with the tastes of our guests in mind. We welcome feedback and encourage students to contact us with recipes, favorites and menu items they would like featured. We’re even encouraged students to write the menu for a day.”

Arthur also highlighted Bon Apetit’s use of fresh neighborhood grocers, benefitting the surrounding community and the taste buds of students.

“We also try to buy as many local products as possible,” Arthur said. “We have been very fortunate to have excellent relationships with local farmers. Our eggs are cage free, purchased locally, within 20 miles from Wabash. Much of our produce, in season, is local from just outside of Indianapolis. And, a lot of our bacon, sausage, pork and beef are locally purchased. In addition, we try to purchase artisan products from bakers, cheesemakers, bread companies, etc. We’re even planning to do root beer floats for the students, heightening a local company that provides their own root beer with local, fresh made ice cream.”

When presented with the question of why fraternity members seem to present a more favorable opinion of Sparks, Arthur brings forth an idea that it is something new for fraternity members. “The fraternity men who aren’t dining with us every day are experiencing something new and we appreciate that they eat the food,” Arthur said. “The Independent men may spend two, three or four years with us, that is why it is especially important to keep things fresh and new for them, with the best quality. We’re sometimes challenged by the logistics of the building, but in terms of menu, we’re always looking for new ideas and new ways to battle monotony.”

Arthur admits Bon Apetit isn’t perfect but he knows the program is definitively not lacking in indisputable effort for the students.

“I see my team working very hard, every day, to bring the students the best dining experience possible,” Arthur said. “I think we would all agree there is room for improvement in everything we do. We think of it as an opportunity. We need the students to relay their feedback, likes, dislikes, etc, in order for us to provide what they want. If we can make it happen, we will. We’re here because of them.”
There Is No Such Thing As “the One”  

Edward H. Schein, M.D., recently resigned from his position as director of the Center for the Advancement of Secure Relationships at the University of Pennsylvania, after the section of his book that dealt with the topic of “the one” was published in the national press. Dr. Schein found that 94 percent of all couples he studied did not maintain a good rapport with more than one person for any length of time. He has had many relationship, and he is quick to tell those who write to him or who record messages on the podcast version of his advice column about his own experience. Savage, Love, that is the subject of the book that is currently available for sale. “There are many, the few, the better than most, but there is no such thing as the one.” 

The point is couples never know how many previous relationships they have before they even start. The most common of these misunderstandings is the devoted declaration, “She’s the one.” No matter how many previous relationships have failed and no matter how low one stays with her or his so-called soul mate, there is no such thing as the one. 

There are the many, the few, the better than most, but there is no such thing as “the one.” 

Dan Savage, a well-known relationship and sex advice columnist, gets questions about “the one” all the time. The 45-year-old Chicago native currently resides in Seattle with his long term partner and their son. 

He has had many relationships, and he is quick to tell those who write to him or who record messages on the podcast version of his advice column about his own experience. Savage, Love, that is the subject of the book that is currently available for sale. “There are many, the few, the better than most, but there is no such thing as the one.” 

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There are many, the few, the better than most, but there is no such thing as “the one.”
All Undergraduate! You may have choosen Wabash for a number of reasons, but one of the greatest things our College offers you is the ability to get involved. Getting to know the opportunities available to you is a huge plus, what is truly unique is the wealth of leadership opportunities available at your fingertips. It is one of the outward signs of the entire Wabash community for someone to simultaneously serve as President of one club, Vice President of another, and Treasurer of yet another at some point during his career.

These experiences can be the key to building a career. Many of our friends and others attend schools with fewer opportunities and organizations so large that members do not know each other. Under such circumstances it can be nearly impossible to assume a leadership role due to the sheer number of students involved. At Wabash, the students do manage to achieve a leader role due to the small size of such organizations.

As I apply for jobs, internships, or graduate school, it is these leadership opportunities that will set Wabash men apart from the rest of the pack. The best advice anyone can give you is to work hard and to get involved on campus. We become a single community, with the help and support of one another, to prove and help you to learn a great deal about your own strengths and weaknesses.

As a senior looking back, I think fondly on what was the most impactful aspect of my four years at Wabash College. As an undergraduate, I was largely unfamiliar with the meaning and importance of the Monon Bell game for students of both Freshman and Wabash and DePauw. However, during the beginning of my senior year, amidst the build-up to the game, I finally realized the significance of the Monon Bell for the small, but fiercely loyal, liberal arts community of both Wabash men and women.

From my perspective, the game my freshman year was largely what I expected. Wallies were passionate in their support of their team, and at the end of the game, they were jubilant in victory, but it was the home team that was the most vocal and dominant.

Given the build up to the game, I would not think you're expecting me to tell you about the game, because you won't find much reason to be interested. Reason being, this was famously Monon. But even that opened the idea of allowing other Wabashians, in light of that, to cherish and, "steal" the Monon.

First, set aside any your anxiety may have; I'm truly sorry you didn't get invited. But that's why the mentality is collectively. I'm sure you're already aware that lifting the bar, was hosting the game that year, were Wallies, were passionate in their support of their team, and at the end of the game, they were jubilant in victory, but it was the home team that was the most vocal and dominant.

With fervor, the Wabash community celebrated in anticipation of the big game. I remember seeing people with their family members and the world that we live in. So let's think about the mentality of a single-sex campus and that higher education is a world outside of our own comfort zone.  It is a fact – but don’t go around asking, because you won’t find much reasoning. This is famously Monon. But even that opened the idea of allowing other Wabashians, in light of that, to cherish and, "steal" the Monon.

Moreover, consider the hunt mentality cultivated by this. Shortly after the decision was made, I’m sure that the inhabitants of the living unit were surprised to find their jugs of social networks to locate the perfect candidate for their festivities, who were unexpectedly spurred upon by exaggerating and asking to the Cave.

Are we in the Serengeti, Arctic, or the Yukon? Do Wallies need to resort to the Cave? Why must we invite other Wabash men to us? What if we want a closer fraternity, a closer brotherhood? And I respond: at its base, this mentality is not promoting a closer brotherhood, but rather an isolating influence to the detriment of other inter-Wabash relationships. Other guests have already been subsumed in the ideal of the all-male institution as a high-school senior? I’m not afraid to say it; at that point, I wanted my college to promote brotherhood, of which I felt had been lacking in my life for one reason or another. Wabash, are we so insecure that we can’t provide that?"
Mener talks how Operation Snowball aims to impact every individual involved.

Mener believe that Operation Snowball has changed his life in so many different ways. While Mener is not sure about his plans for the future, he is sure that the program will help him in whatever he decides to do. "The program has affected me in many ways and it impacts my daily life. I'm sure I will do something to help me down the road in some way, either to continue to help or to give back to the program for everything that it has given me."

Mener's life changing experience for the better came from taking a risk. "I took a chance on the weekend when my girlfriend roped me into going. I will admit that I was very skeptical about going up at first, but now I cannot imagine my life without it."
JACOB KOLESK '11 MUSIC COLUMNIST

How many times have you been in a good mood listening to music when a particular song comes on, and you immediately turn it back on? Most likely, the floor plan of your living room has changed, the station, or just completely turn your iPod off?

This has happened to me numerous times. I believe for every great song there are at least 2 terrible songs in today’s music industry. For some reason people have lowered their standards by assuming every catchy song as acceptable.

To be in the music industry these days requires anything but talent it seems like. And with every New Year comes a list of the top songs from the previous year. Now these lists are clearly subjective because half of those songs on the list are absolutely terrible.

This has led me to reflect on every terrible song that I have heard this past year. It didn’t take long for me to realize that this list could go on forever and I’m sure it was going to be a challenge. However, with the help of YouTube and a couple fellow students, I have created a list for the top 5 worst songs of 2009.

1) LMFAO, “The Line”
She’s back. Sticks, sticks, sticks, sticks, sticks, sticks, sticks, the picture.

2) Owl City, “Fireflies”
Plan and simple, this song made so much sense. Allegedly, Adam Young wrote the song for his girlfriend. However, that is beside the point. This song is so bad, especially this particular debauchery sounds awfully close to Postal Service.

3) Flo-Rida, “Right Round”
No rapper should ever copy the style of a singer. Allegedly, this is what makes Flo-Rida think he could make it good in 2009? I wish I could say more about this song, but every time I hear it I hate it, and refuse to listen to it, therefore I cannot critique much on this song just the fact that it is horrible.

4) Lady Gaga, “Kiss Me Thru the Phone”
Kiss me through the phone? How desperate is she? Lady Gaga is the epitome of someone making it big in the music industry with no talent. Somehow, “Crank That” (Soulja Boy) became a hit it definitely would have made this list had it been produced a couple years later. The still ruling high of that song when we allowed him to produce another terrible song. I hope we don’t let this go on much longer. In fact, I almost paint every song by Lady Gaga on this list but realized that there is a special sound that deserves that award much more than he did.

5) Every song by Lady Gaga
There’s a fine line between artistic and crap. Lady Gaga has crossed the line, and Lady Gaga is a cross between artistic and crap. I never thought there’d ever be anyone weirder than Prince, yet she has proven me wrong. Not even Beyoncé is that talented, and most perfect woman to ever grace this earth, could hold her own and create a good song. “Telephone” terrible. “Bad Romance”, who ever thought a song about this being their idea was terrible. “Fakin’ A Joker Face”…no need to comment on this one.

Honorable Mention:
Adele
“Rolling in the Deep”
Adele didn’t go to Wabash.

Dominos takes a second shot
JOEL BUSTAMANTE ’11 CAVELIFE EDITOR

Pizza is the life force of the common college kid, backed up by its little brothers ramen noodles and Pop Tarts. It is no wonder then, that students often carry a preference to their pies. From random speakers to required film viewings, pizza remains the steady snack for group gatherings. So when Dominos revamps its so-called pizza with offerings of $1.99, they are angling for the collegiate demographics.

Remembering that Domiino’s is actually a pizza company can be kind of difficult. There isn’t one in Crawfor-derville (among other, more important things, like a Chipotle or a sister school), and there are literally five pizza joints around. In an effort to set itself ahead of the pack, the foundation now opened up to public opinion. With a resounding anti Domiino’s sentiment, they hit the drawing board hoping to capitalize on what they call “perfectitude” (you can see the increased demand for disaster here). Repeatedly mixing and matching “50 blends of seasoning, 15 sauces, the freshest ingredients” Domino’s has legitamnantly revitalized its trade-mark pie. Complete with an aggressive marketing campaign depicting overly dignified chefs in a kitchen way too fancy for what should be a simple pizza, Domino’s means business.

The Result
As a result in not that bad, actually. At first glance, it may seem like nothing’s changed, yet the first bite makes it a completely new experience. Gone are the rubber-based dressings, the crust, and most notably, the feeling that you are quickly eating your way to a very undeserving death. The cheese is a very satisfying melt, oftentimes serving as the link between your mouth and the rest of the dish. It retains a definitive provolone base, blended with a variety of the tops (tops powering) butter. While the original crust was reminiscent of flat, delicious cardboard, the new dough is surprisingly fresh. It maintains a solid balance between doughy and crunchy. Think the perfect buttered bread lightly doused with salt and sugar. Furthermore, the toppings actually taste like they come from where they’re supposed to be from. No more obviously processed, bland plast- ic peppers, cooked discs and cutout vegetables. Unfortunately, the cheese does occasionally overpower the other ingredients, unfairly giving them little flavor-time.

Overall, this new dish is delightful- ly dashing, a slick taste to match the grease left behind on the plate. Grant- ed, this is no pizza from Chicago or New York, but if we were to reside in those places then why are you order-

The Worst Five of 2009
A barely passable playlist

COURTESY OF BOBBY WADE ’12
Cokeron, Surfaces, Rosson, and Griffith represent Wabash in Orlando, Florida.

Cavlife • Page 7

February 5, 2010
**WAR Council Shows Off Progress**

**KENNY FERRIS ’12 STAFF WRITER**

Free Wabash students and one staff member traveled to Orlando last weekend ready to share their peer education program with 33 colleges and universities across the country. Sparked by new ideas about substance abuse education, the Wabash W.A.R. (Wabash Acts Responsibly) Council returned from the APPLE Conference in Orlando, Florida, ready to act again at home.

The makeup of the Wabash team, which included NCAAs athletes, athletic trainers, and non-NCAA athletes, differed strongly from the majority of other teams. Consulting with the goal of the conference to “promote student-athlete health and wellness,” most college and universities sent Student Athletic Advisory Committee members, athletic staff, and wellness counselors to improve policies, education, and drug testing in their athletic departments.

Kyle Mener leads a life changing abuse prevention program, focusing on personal bonds and positive progress.

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**GABE WATSON ’13 STAFF WRITER**

Steve Jobs introduced the new Apple iPad as a “magical and revolutionary device,” but Apple’s attempt to fill the gap between smart phones and computers may not be an instant success. By attempting to combine so many elements, the iPad may have missed more than it captured.

Before you think that Apple has completely flipped its latest venture, the iPad does have some truly impressive features. Its gaming capabilities, for instance, appear to provide a new level of interaction. Players will be able to do things like drag two fingers across the screen to throw a grenade or three to open a door. A 9.7-inch backlit LED screen with In-Plane Switching (IPS) the gaming experience should be one of a kind.

Also, almost all of users’ iPhone apps (about 140,000 of them) can be synced to their iPad through a Mac or PC. Users can even purchase and watch movies and TV shows in HD and stream videos from YouTube. Web surfing will use Safari and have full access to email.

However, there are a few major shortcomings in the iPad’s so far impressive operation. Without a USB port, apps will be the only thing easily transported to and from your iPad. Internet browsing is still a considernable step behind portable computers. Flash player is not available, meaning websites like Hulu, Farmville, and ESPN are inaccessible.

Apple called Flash player a “nuisance,” but its inclusion could have reduced the device’s battery life from 10 down to seven or eight hours. But without it, users’ only option for watching online videos will be to purchase them from an iTunes-like store online.

The iPad has also tried to market itself as an e-reader by presenting iBooks, a bookstore app similar to Amazon. But the LED screen that is so great for gamers may upset bookworms.

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**ADAM BERCERA ’12 STAFF WRITER**

Many people live their lives wanting to change the world as a whole, but Kyle Mener shows that changing the world for one person can be even more heart-warming.

Kyle Mener is a freshman from Naperville, Illinois. He plays baseball here at Wabash and is a brother of Phi Kappa Psi, where he has served as an IFC representative. His decision to attend Wabash was simple for him because it was the first opportunity academically and he could continue baseball. Before coming to Wabash, Mener led a life changing substance abuse prevention program called Operation Snowball. The main motto of Operation Snowball is “If I have a positive impact on someone else, then the effort snowballs.”

The program did not only change Mener’s life, but allowed for Mener to change the lives of others.

Mener explained that the true essence and impact of the Operation Snowball program cannot easily be put into words. “The main goal of the weekend is almost too difficult to explain. Pretty much, you get what you put into it. The overall definition of the weekend is to educate and help prevent substance abuse with high school kids and teach them ways to get around that, but it’s so much more.”

Mener said that there was a welcoming within the program like his own, allowing people to fully open up to one another. “You grow bonds with everyone on the weekend that not too many people get the opportunity to understand. You start spilling stories and things that have always bothered you in the past and never really had the courage to talk about to people that you met less than 24 hours before. This shows how...”
Trio Reaches Scoring Milestone

Chase Haltom. Wes Smith. Aaron Brock. For three years, the trio has represented a special trio for the Wabash men’s basketball program. Last weekend, the two seniors, I’m proud of the two seniors, I’m proud of them individually and how they have represented each other. I think that’s probably the biggest thing is how well we complement each other. I think it shows that this year, with a 12-6 record, that with a bunch of players, we have had these three as a group of Wabash players ever have. With each having record-breaking years this past season, an amazing accomplishment. Really for the trio to reach that mark, it’s a great feeling.

While simply reaching the mark has etched each of the trio into the record books of Wabash basketball, the timing of their accomplishment leaves one with 25th Little Giants to reach that mark in school history.

“Just to be mentioned with the guys like Pete Metzelaars and Haltom the other day that they don’t think about it, you they don’t think about it, you they don’t think about it, you they don’t think about it. But it’s not something you get to every day. I think any senior who tells you that they didn’t think about it would be lying to you,” Haltom said. “I think any senior who tells you that they didn’t think about it would be lying to you.”

“It’s not a goal you set when you start your career, but now that I’ve reached that mark, it’s a great feeling.”

“We got to know Jake really well last year and went to watch him wrestle a ton,” Anderson said. “He played football at Allegheny and always talked about how loud the Wabash crowds were. It just made sense to check it out.”

Strausbaugh was a recent recruit at the top of Head Coach Brian Anderson’s radar last year. A three-time state placer in Ohio, Strausbaugh made several trips to Wabash to visit and meet his future teammates.

“We got to know Jake really well last year and went to watch him wrestle a ton,” Anderson said. “It wasn’t a fluke that he came here after all those visits. Once enrolled, Strausbaugh hit the ground running, perhaps even exceeding the high expectations his coaches had of him. The freshman has been recently named the Most Outstanding for...”

For more on this story, see Super Weekend pg. 11.
The difficult task of replacing Jay Horton, Wabash’s all-time leader in singles and doubles points, has changed the Little Giants. “I think the chemistry they have between each other will make a conscious effort to go out and support each other Wabash athletic teams. At every Wabash sporting event you can see a few members of the tennis team in attendance cheering on their fellow Little Giants,” said Hutchinson. With a year that’s gone, things will get a lot harder playing a larger role. Personalities like Zinnerman, and Bailey will be out taking it all the way to the end. Perhaps the most intriguing attribute of the team is their desire to get better and the chemistry they have between each other without pushing me it. Hutchinson said. With chemistry, hard work, and focus the tennis team has all the ingredients necessary for a record breaking season this year.

The Little Giants will look to junior Billy Evans and sophomore Lewis Forest for leadership. Evans and Towne each scored two singles victories in the Wabash-Midland Region Fall Tournament in St. Louis Sep. 23-27, advancing to the consolation finals.

Sophomore Peter Gunther and junior Jared Wallace both earned All-Ivy League honors last year. Each player earned All-Ivy League honors for their play in singles and doubles.

The Little Giants will open up this season Saturday between Augustana and the University of Wisconsin-La Crosse. There will probably be one or two players who step up to the challenge. “You can expect to see lots of close and exciting matches this year,” Hutchinson said. With three freshmen on the team has been preparing, they will be constantly focusing and battling in every match. The amount of work they have put in so far will make for some very exciting and upsets matches come this spring.

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Rynan Lutz ‘13
STAFF WRITER

In a school where football and basketball is king, sports like tennis can often be easily unnoticed. But with the amount of effort and time each team has been putting in leading up to this season, this should definitely be on everyones radar.

“Our goal this year is to break the school record for team wins standing at 17. Ten years ago, we were able to break the school record with only four guys on the team. So I don’t think it will still be an empty season without reaching new heights in the postseason. With regards to coach Petti’s question of ‘legacy’, Brock has a simple answer: “It’s incomplete without taking it all the way to the conference championship.”

Brock said. “We have been through the last couple of years, but we haven’t been able to take it all the way.” In order to create our legacy we need to go out and win the conference championship and be able to win it, something we haven’t been able to do. We were reaching our hand to the top, but just falling short of our potential in the last couple of years. At the same time we have a lot to improve on and get better with over the next four weeks.”

“Over the past year, Bon Appétit has taken the task upon itself to increase its healthy meal options at Sparks. The restaurant has expanded its healthy meal offerings, lowered the fat content and saturated fats, and lowered the calorie count. In addition, the restaurant has replaced the refined flour with whole grain flour, which leaves you feeling full, but recent studies have shown high levels of refined sugars and flour can lead to weight gain and other health issues.

Reference: https://www.bonappetit.com/qa/healthy-dining

Scores, Stats, Previews & More

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Steffen Rehbein/Wabash '11

The Bachelor

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Sparks Implements “Stealth Nutrition,” Your 5 Diet Guidelines

1. Fruits are healthy, but consider
   - Eating fruits like strawberries, blueberries, and bananas for their high levels of antioxidants and anti-inflammatory properties.
   - Mixing fruits with protein-rich foods like Greek yogurt for a balanced and satisfying meal.

2. Drink tea with your meal.
   - Black tea and green tea are rich in antioxidants and can help improve heart health.
   - White tea contains more antioxidants than green tea and can help improve liver function.

3. Drink tea with your meal.
   - Herbal teas such as peppermint or chamomile can help reduce stress and improve digestion.
   - Avoid sugary drinks and instead opt for natural herbal teas.

4. Drink tea with your meal.
   - Matcha green tea can boost metabolism and aid weight loss.
   - Research suggests that matcha may help improve cognitive function and reduce the risk of chronic diseases.

5. Don’t consume caffeine.
   - Caffeine consumption can lead to increased energy levels and improved focus, but it can also cause dehydration, increased heart rate, and anxiety.
   - Try alternative sources of energy like nuts, seeds, or whole grains for a natural source of energy.

In conclusion, incorporating these simple dietary changes into your daily routine can help improve overall health and reduce the risk of chronic diseases. However, it is important to consult with a healthcare professional before making significant changes to your diet.
Sorry, America. No Hollywood Ending for this Film

Disclaimer: I was born and raised in beautiful Indianapolis. All 21 years of my life I have been a Colts fan. I love the Colts like Chad Ochocino loves Chad Ochocino. By fighting against the Colts would be about as easy for me as saving my own leg. I will do my very best to put my love for the team, my extreme biases aside and approach this column in the most objective and reason-based manner possible (you know, like a real sportswriter). But just keep that in mind.

This weekend, the entire country will turn its collective eye on South Florida, where the guilty and exorbitant athlete reputation the Dallas Cowboys all share will take place. Even the NFL, the one league I thought was above it all, will show its side of the story, in this case, the choice the Cowboys have made to start the season at Miami, at least, the New Orleans Saints are right.

This development shouldn’t really surprise anyone. The Cowboys living under a rock in Zambia for the last four years. When post- Katrina New Orleans tried to put on the immense task of rebuilding its future, Dallas just went about the Saints. Images of Drew Brees and Tony Romo Superdome replaced the gut-wrenching images of squatters that took place there years ago, if only for a few hours every Sunday.

The early team bond- ing that follows along with the tradition of wrestling for the Saints, the team really; you just have to fit in. I've learned a lot from our older guys, just to keep him upright like they have all season and Manning will make the throws he needs to make them, giving him the ever-so-slight edge in this epic OI-FL watch for.

The potential X-factor for the Saints will be running back Reggie Bush. Though he has only rushed for 390 yards this season, he creates matchup nightmares in the passing game. What exacerbates this problem for the Colts is defensive end Dwight Freeney’s ankle injury, which will likely force them to blitz more in order to get to Brees. This will provide more opportunities for Bush to get matched up against a linebacker or safety, if he has a game like he did against the Cardinals three weeks ago (108 total yards), the Colts defense could be in for a long night.

Jake has beaten some really great players, including Peyton Manning. Brees also enjoyed a stellar year, throwing for 4,388 yards and 34 touchdowns. Both are workaholics who approach the game like no one else. Brees will have here before and won his last with the Saints. The Cowboys will have to keep him upright like they have all season and Manning will make the throws he needs to make them, giving him the ever-so-slight edge in this epic OI-FL watch for.

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Top Left: Ken Engle ‘10 uses the Allen Center fitness center to stay fit for his ladies.

Top Right: Forrest Craig ‘10 and Ms. Bowen look on as Lucas Evans ‘12 gives his presentation at last week’s Celebration of Student Research.

Bottom Right: STIPES WANTS YOU: President Cody Stipes makes it clear that he means business for the current Student Senate session and wants students to get involved.