

# THE SPECTATOR

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## First Generation Students at CUC

By Casey Kuman

Many undergraduate students are first generation students. There is a total of 1,211 undergraduate students at CUC. Out of those students, 609 of them are first generation students. Most undergraduate students come from lower income families. In 2013 a woman named Laila Mccloud was the founding director of Multicultural Student Engagement. She created the group Trailblazers which represent first generation students. Many of these students face challenges when first attending college.

First generation students are the pioneers of their family. They are also role models to their younger siblings. Since their parents didn't go to college, it makes it difficult for students to get the resources they need. They may feel shy to ask faculty members.

A sophomore named Cindy Gomez was relieved to find out that there were other first-generation students in her classes. "Being a first-generation student was hard because I lacked resour-



es, needed to meet expectations, and I felt alone," she said.

To know other students face the same challenges helps students feel accepted. Administrators want to welcome and make students feel at ease when they first enter college.

Freshman who are first generation students have resilience when they first start college according to Mia Garcia.

"They don't exactly know what to ask for," she said.

CUC administrators give freshman the option to have a coach that will help them feel more comfortable on campus. Everyone has a differ-

ent experience in college.

"Media promotes a different image compared to reality," said Mia Garcia.

College students have a pull that puts them into two different directions when they are balancing school with work. Not all college students have the luxury to live on campus. Media doesn't reflect that enough to incoming college students. When entering they may have a totally different idea of how college life really is.

There are some disadvantages first generation students have. A woman

named Blanca Gutierrez from the Multicultural Student Engagement Department was also a first-generation student.

"I worked three jobs and was a full-time student. It was hard to balance work, school, and studying. Financial burdens were quite challenging," she said.

She felt that school was taking money from her family. Blanca really wanted to help and contribute. Many college students work several hours just so they can pay for school. Having that burden on their shoulders can also affect their grades at school. Some first-generation students may drop out of school because of financial troubles and when they don't have support from their parents at home.

First generation students create a legacy for their families. They find courage, strength, and passion to extend their learning career. It takes some time to get used to, but in the end these students can exceed in school just like second generation students can. Each year increasing numbers of first-generation students proceed to college.

## The Collective Fall Season

By Christian Stuckemeyer

The Collective fall season of shows is fast approaching and some great entertainment is going to be performed for all. The opening show of the 2017-18 season is Wittenberg, written by David Davalos and is directed by Andrew Pederson. The show revolves around three men who you may have heard of before. Those three men, Martin Luther, John Faustus, and Hamlet, are all on the cusp of their destiny. What would their lives had looked like if all three of them had been in the same place at the same time and the stories of their lives had been intertwined? Come and watch as their choices propel them towards the inevitable. With this being paired with the 500th anniversary of the reformation, it is truly going to be something special.

The second show of the season is *The Winter's Tale*, a classic Shakespeare directed by Jason Narvy. Leontes, the king of Sicilia, is convinced that his wife has had an affair with their visitor, Polixenes, who has been on a nine-month visit. The show explores irrational jealousy and shows it over a period of time. Sixteen years pass in between acts, with the beginning of the show being set in the 60s and the latter half of the show in the 80s, with great music to ensue as well.

Both shows are stacked with some of CUC's heavy hitting actors, so these shows will definitely be a spectacle for those involved and those watching. Wittenberg runs September 29th and 30th at 7:30 p.m., October 6th and 7th at 7:30 p.m., and October 1st and 8th at 3:00 p.m. *The Winter's Tale* runs

November 10th, 11th, 17th, and 18th at 7:30 p.m. and November 12th and 19th at 3:00 p.m. Tickets can be purchased at [brownpapertickets.com](http://brownpapertickets.com) and CUC student tickets are just five dollars. Get up and go see these productions!

Right:  
David Ziebart  
in *The Collective's* most recent  
performance of *Wittenberg*



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# Sternlieb Kicks off Global Speaker Series hosted by CoB

By Maci Killman

A Fortune 500 business executive kicked off the Global Speaker Series event on September 18th at Concordia University-Chicago. It took place in Krentz 120 with around 30 students and faculty members. Paul Sternlieb, Group President, Global Cooking at Illinois Tool Work Inc.'s Food Equipment Group, offered about 30 students and faculty members some career tips based on his years of experience working at a variety of businesses. The Global Speaker Series is hosted by the CUC College of Business.

Sternlieb opened up the floor after briefly explaining what he's going to cover throughout the evening with a Salem Witch Trials photo on the screen. Many were unsure what it meant because it was simply a black and white photo of people with the year 1692 printed in the bottom right-hand corner. After many questionable seconds and dead air filling the room, Sternlieb finally states that he grew up in Salem, Massachusetts.

A spark in Sternlieb's career journey came from his father who worked for the company Gillette in the IT field. All things computers and Gillette would enter and exit his home, he was constantly around the company growing up. Growing up around this company allowed him to appreciate and create a passion for companies that made tangible products.

Paul Sternlieb attended the University of Pennsylvania and majored in computer science. After he graduated he spent five years in IT consulting at a company called American Management Systems. Sternlieb then went back to the University of Pennsylvania to earn an MBA degree. There he spent the next five years working again as an associate more on the strategy side for McKinsey and Company and then became an engager manager. An engager manager was responsible for "leading teams and running projects day to day." Out of the five years at McKinsey and Company, one was spent in Amsterdam. Building the resume, he adds to it with the career of working for Heinz. Sternlieb was able to work internationally and spend three and a half years in London running the frozen foods portfolio of Heinz with the title of Marketing Director. While Sternlieb worked for Heinz,

a \$10 billion publicly traded company, he worked six months in Russia, and as mentioned above, he worked three and a half years in London as their Marketing Director. Heinz taught him practical challenges of running a business from managing teams to bringing together cultural differences. "I could apply what I learned in consulting into a real world environment. I was no longer just in consulting but I was making change, making things happen." Based out of North Carolina, Danaher Co. was the next career change for Sternlieb. There he would become the Vice President General Manager of a \$20 billion publicly traded diversified industrial manufacture company. Taking this position allowed Sternlieb to have responsibility, manage a complex business, and lead a multifunctional team. Danaher was also a place where Sternlieb was able to manage a highly autonomous structure and complex business, along with managing underperformers.

"It was a true cash cow. Generated loads of money in cash and had very low investment," said Sternlieb. His goal was to reinvigorate growth and improve margins for Danaher Co.

Currently, Sternlieb works for a fortune 500 company that is a Global Cooking Equipment within the Food Equipment Group of Illinois Tool Works (ITW). With over \$14 billion in revenue, it is located out of Glenview, Illinois and is over one hundred years old. The company manufactures and sells appliances for restaurants such as ovens, refrigerators, and stoves that you can actually find in the kitchen at our school, Concordia. Sternlieb was able to join this company as their Group President and have a broader role than he has had at previous companies. ITW is a global company and is well known for their 80/20 business model. Sternlieb describes it as "80% of what we can get comes from 20%." Meaning, 20% of customers driving 20% of your products.

Sternlieb wanted to end not only on a Q&A but a case study since he is speaking to business students. The case study was dealing with K-12 schools and questioning how to grow in that market segment and gain share. As many questions were brought up by students, one student mentioned price which lead Sternlieb to



From left to right: Alexandra Hendrickson, Paul Sternlieb, and Dr. Claudia Santin

discuss "How can we deliver more benefit for the same price?" One answer was to make the product being used in these schools simpler. If people are using these ovens only at school and not at home, extra buttons and settings will complicate things.

One thing mentioned by Sternlieb is a "try before you buy" program. Instead of cutting prices to try and sell the product such as an oven to get consumers to commit to the product, they allow them to try the product, and if they like it, they buy it.

Sternlieb then gave insight on what ITW actually does that is similar to the case study. Simpler ovens are created for K-12 schools to use. He described some ovens to look almost like "controls from airplane cockpits" which can look "daunting to those who aren't professional chefs." ITW created an oven called the ABC Combi Oven that is less complex and has less buttons so the consumer doesn't get confused.

ITW focuses on schools who can afford the product and need the products, a "qualified purchase criteria." To get the word out about their products, an employee of ITW was assigned the job to become a full-time ambassador. His job was to be active and participate in School Nutrition Association that takes place at schools and visit the segment they target. Sternlieb stated that "he's done such a great job that he was honored by the association this past year with a major national award."

Services offered are just as a big deal as getting involved. ITW offers to the consumers who purchase their products extended warranties and a hotline if they were to approach challenges. From

a promotional standpoint, ITW offers to their buyers a free installation and demonstration

"I've never taken a job for status, never taken a job for money" said Sternlieb. Passion means everything in a career. Seek out challenging assignments, don't be afraid to explore the unknown, get the most out of teams, and lead others. These are just a few of Sternlieb's personal lessons that he has learned over time.

As Paul Sternlieb would say, "There's always someone who wants to eat your lunch." Don't get complacent, be paranoid.

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# Founder, CEO Brooks Leads Second CoB Lecture

By Maci Killman

CEO and founder of The Pop Up retail stores, Stephen Brooks, brought life to a lecture hall on a Thursday evening on the Sept. 21st at Concordia University - Chicago. What can sometimes be a drowsy and tiresome end to a long day for students became animated with an English sounding accent on why retail is still alive. Malls are a dying community, but the retail industry is not and Brooks explains that retail is still alive in a variety of ways.

Originally from London Brooks grew up with two very important people in his life, his mother and his father. At age 22, Brooks decided to take a plane to Scotland to purchase his first retail location. As the day grew long, Brooks realized he was going to miss an important meal with his family. Brooks called his mother to tell her he was in Scotland buying the business, Retail Location. Brooks' mother responded with, "Who are you to be buying a company?"

These words resonate with Brooks to this very day because it made him stop and think about why he was doing what he did at the time. It motivated him to make a business out of turning around retail.

Brooks credited his success in part to Sally Beach, describing her as the other "twenty-five percent of what we do." Brooks said Beach helped him launch the business in the US, for which he is very thankful.

Brooks explained why many retail companies have disappeared in the last decade. Brooks gave Blockbuster as an example, comparing it to what people are using now such as Netflix. Brooks points out the one noticeable difference that Blockbuster killed themselves with; not moving forward with the industry of renting out movies. He also spoke on how Uber disrupted the taxi industry, while Apple revolutionized the music industry.

The last 35 years for Brooks has been working with the retail industry such as T-Mobile and Virgin Media. He teaches these businesses how to better themselves for their consumers who walk through the door everyday.

"Technology itself is not the real disrupter, being non customer centric is the biggest threat to any business," said Brooks. Customer centric are two words

that resonates with Brooks and has an impact on the retail industry. Amazon, an example used by Brooks, is customer centric. Consumers can buy anything from books, dishwashing soaps, or food with Amazon with the click of a button or voice command, and have it delivered in either two hours or two days. This offers a quick, interactive customer experience.

In 1967, malls were "changing the face of retail," Brooks said, "because consumers could buy their favorite brands under one roof." During this time, Brooks states that consumers were more than likely shopping locally, based on value, and off customer experience. Because of these factors, retailers knew who their consumers were and what they were going to buy at that store.

To this day according to Brooks, "the shopping patent hasn't changed that much." Consumers still shop based off of value, still shop locally, and still shop based off customer service, he said. An added bonus is that now consumers shop online and they shop 24/7 because it's available to consumers. With online shopping comes online data. This gives "smart stores" as Brooks calls it, the ability to see where people ship to and other data necessities, an advantage point for many stores.

Customer service is a basic service that retail stores can offer to consumers when they walk into a shop. Something as simple as a smile can grow into a functioning bond between the consumers and retailer. Brooks gave a story about his experience crossing the street daily to get to work locally, here in Chicago. Everyday he encountered the crossing guard. It started with a smile and grew from there into a wave, a greeting, and then conversation. One cold Chicago day, Brooks was crossing the street and realized the crossing guard, or "lollipop lady" as Brooks calls crossing guards, a reference from the UK, didn't have her winter gloves. Brooks kindly removed his gloves and insisted that she wear them. She originally said no but with Brooks persisting that she wears the gloves, she did, and her reaction was more than thankful.

What's the answer to whether or not retail dies? Brooks states that, 78 percent of people want to "touch, feel, and engage with a product before buying." This is an



Stephen Brooks during a recent lecture at Concordia University Chicago

opportunity for retailers to interact with consumers, Brooks said. Sixty-four percent of people will return to the store and buy again, if they felt that they received "great customer service." These are just a few things that keep retail stores alive when they bring it to the storefront, he said.

Penny Power is an author mentioned by Brooks who writes about niche marketing and the impact on how people do business. The book teaches retailers to be ready for questions brought up by customers and how to be an expert in your field of retail. Offering customer service is important and niche marketing is one step closer to being better at it, he said.

Competing with other people in a struggling mall business these days is difficult. That is where Brooks introduces pop up stores or stores that stand alone. Selling your product with no wall-to-wall neighbors allows people to make easier decisions and not to walk out to compare prices at maybe another store.

From the Q&A talk at the end of the speaking event, information on pop up stores as to why they are successful shed some light on the process of it all. One question from the audience asked why pop up stores are doing so well in the UK compared to the US. Pop up stores have been thriving in the UK, according to Brooks because they are "more dedicated to taking a risk on something new." The process for doing a pop up store in the US is much more complicated than the UK, he said. The UK requires

"two sheets of paper" and the US is filling out paperwork before receiving the price on the location that is desired.

"Test before you invest," is good advice for pop up stores, according to Brooks. Testing your products for 16-18 weeks is a proper amount of time to see if the business is doing well, he said. This establishes your confidence with consumers and allows them to see if they come back. This is also a good amount of time to see if you want to turn around a business or expand on a business. "Entrepreneurial life is about taking a risk," he said. When you hear "pop up" stores, shops, retailing, or anything that comes after "pop up" think of Stephen Brooks.

If you want to learn more about Stephen Brooks and his "7 Secrets to Success" check out his website <https://www.thepopupexpert.com/>.

Connect with Stephen Brooks on twitter :

@StephenABrooks

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or LinkedIn: <https://www.linkedin.com/in/stephenabrooks1/?trk=hp-identity-name>

to learn more about the pop up expert.

# Defending More Than The Endzone

## Payan and the Marines

By AJ Schlott

Heavy breathing. Hands patting shoulders and tapping helmets. A bead of sweat rolls down the face of middle linebacker number 47. His mission had once again been completed, as he helped prevent the other team from scoring, and defended his team's end zone. In just a short two years, however, his mission will be to defend something much larger: The United States and all of its citizens.

Rodolfo Payan, or Rudy as he is known to his friends, is a middle linebacker for the Concordia University Chicago Cougars. Three games, and three victories, into his junior year season, his mind has to begin to prepare for life after college. What lies in store post-graduation? For Payan, it means a service to his country through the Marines.

Payan has always wanted to be in the marines. His interest began as early as middle school when he first began to grow a love for history, namely World War II. He quickly found himself fascinated by the stories of the United States Marines, and their conquest across the Pacific Ocean during their fight with Japan. Tales of battles on the island of Okinawa painted pictures in young Rudy's mind, while images such as the flag planting at Iwo Jima served to engrave the marines into his head. As he grew older, he knew that the marines was the only choice for

him, and he had every intention of going straight to serving as soon as high school was finished. But then he received a phone call that changed his entire course of action: Coach Randy Awrey of Concordia University Chicago wanted him to play football for him.

Most kids begin to play sports when they are as young as six years old, starting in a "pee-wee" league, and working their way up to a varsity team, before heading off to high school. For Payan, his athletic career did not begin until the 7th grade.

"I wanted to start earlier. I wanted to join a team in the city league, but I was too shy to ask... I loved watching the big hits. My dad played soccer, but I said eh," says Payan.

After a strong two years, Payan went to El Paso High School, where his football talents continued to soar. Not only had he found a love for the sport, but he found that he was skilled as well. He quickly became a key member of his team's defense, and his dominance on the field attracted the attention of college recruits, including CUC. Upon arriving at Concordia, Payan quickly showcased those talents that had won the coaches over. His finesse in the pass coverage coupled with his monster strength led to him quickly becoming the second string defender under the powerhouse duo of A.J. Seidler and Sang Lee. By the end of his freshman year, Payan had cracked the starting lineup,

rotating in with both Seidler and Lee. Now, in his junior year, Payan is both a leader on and off the field, with many of the underclassmen looking up to him.

Oftentimes football and the military seem to go hand in hand. The strict regimens, the men putting themselves on the line for a greater good, the powerful feeling of crushing your enemies; they seem like natural companions. Do they actually correlate as much as it seems however? When asked, he gave an interesting perspective to it.

"Football helps a little with training for the military, in things such as strength and some of the cardio, but it's a whole new level. Coach Awrey helps since he is strict, but the marines is so much more. Then, to go from such a high level back down... it's almost upsetting."

The military, and the marines especially, train heavily for combat. They spend months perfecting their men before even thinking of deploying them anywhere, and the training they do is extremely rigorous. Football teams train for months in the offseason, but the bulk of the work comes in season, typically. These two different levels of training give him an advantage on the football field, as he is used to something much more difficult, and can easily adjust down. The reverse is not as true, however, and, although it is better that he has it, his football background does not make much of a difference at boot camp.

This does not stop him



from playing, nor does it take away from his love of the game. He hopes to continue to have a great season this year, as well as to propel his team into a playoff run in the next two years. After that, he plans to ship off to the marines as an officer, and serve his six years. When asked if he wanted to stay in the military for the rest of his life, he laughed and replied, "I'm going to serve my six years and see where I'm at after that."

The next time you head out to see a Cougar football game, and you see number 47 tear through the line and lay a big hit on the quarter back, do not be afraid to cheer an extra bit. That man, Rudy Payan, may just be protecting "the house" of the end zone today, but soon he will be out there protecting "the house" that is the entire United States.

live in the United States for a while and get the education and just try a different culture. Soccer was just an added bonus," he says.

Munro, who is pursuing a degree in political science, values his education and the opportunity to learn from political culture in the United States. It's safe to say his timing was spot on in terms of being able to observe a complex political scene. "I came in freshman year in 2015 which was exactly when the primaries for the most recent general election came up, so I was completely thrust into this new culture, and this new way of life with this added intensity," he says. He notes that, in addition to picking up general differences between the US and the UK, he picked up on the political extremes from the right and left and also feels that the United States carries a vibe that is rooted in tradition – especially religious tradition. Sometimes I like it,

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# Concordia University Chicago's Talented Cross-Country Athlete

By Shemar Casteel-Payne

If you ever see a shirtless man running shirtless around campus with cool socks, split shorts and a determined look on his face, chances are that's sophomore Thomas McNamara. Running is in McNamara's DNA. He first ran the sport competitively in the sixth grade with track and field and trying out Cross-Country in the eighth grade. Outside of running McNamara enjoys several hobbies including collecting baseball cards, watching TV, as well as playing video games and hanging out with teammates. What Thomas loves most about his sport is the people he meets, his family that comes supports him every race, and that generally Cross-Country athletes are very nice people. Although Cross-Country on paper may seem like an individual sport, it's a lot more about teamwork than you may think and it's clear that McNamara is a very team oriented person. His team's success is just as important as his individual accomplishments. McNamara puts hard work and dedication in practice

so he may reap the rewards later. While he has quality times with his personal records in the 5k, 2 miles, and mile being 16:17, 9:54, 4:29; his goal is to take it a step further and break his schools 3k and 5k records as a sophomore. With his talent combined with his dedicated work ethic, there's no doubt in my mind that he won't be able to achieve these feats. Many of his teammates, coaches, friends and family members will be rooting for him. These are also the people that gives him the motivation to be successful in his sport, while also getting motivation from the idea of good times and watching motivational videos. Always making sure to drink lots and lots of water, he also makes sure to consume low intakes of sugar, while consuming Nature Valley granola bars as his go-to prerace snack. In terms of music, before his races he often listens to 70's funk, 80's rock and songs from the Rocky 4 soundtracks. McNamara generally trains 7 miles a day, every day of the week. While having no major injuries throughout his career, he has had minor issues with his hamstrings. If he had



to pinpoint his greatest weakness as a runner it would be puts too much stress and pressure on himself, understandable knowing all the goals and aspirations he is working for. One of these aspirations is after college cross country, he still wants to continue his running career and train to run in the Olympics at the 5k distance. In addition, he aspires to give back in his sport and become a Cross-Country coach at the division 3 level. As a team oriented person, the reason why he wants to become a coach is to help other people succeed and reach

their goals. He is confident that he will be a great coach, with his best qualities being his hard work ethic and his natural ability to work with other athletes.

Thomas McNamara is a person one can see becoming one of the greatest athletes Cross-Country that ever walked through Concordia University Chicago. One-day Thomas McNamara may be looking at his name on Concordia University Chicago's athletes hall of fame.

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# Men's Soccer Welcomes English International

By Daniel Hasko

Among the six new additions to the Concordia University Chicago men's soccer team for 2017, perhaps the most intriguing is junior transfer Peter Munro. Munro comes to CUC from St. Joseph's College in Rensselaer, Indiana after financial challenges forced the school to close indefinitely. Born just across the River Mersey about five minutes outside of the city center in Liverpool, England, Munro came to the United States for the first time in the fall of 2015. He attended St. Joe's for two years while starting for the men's soccer

team which competed at the NCAA Division II level. From a young age, Munro knew that soccer would be a part of his future. "I always did play competitively back home. Growing up, it's kind of all that kids do in Liverpool. You go to school and as soon as the bell rings you're out and playing football," he says. While soccer is certainly a significant part of culture in the UK, there is not much of a demand for collegiate athletics. "In the UK, it's more to do with the professional level. There really is no interest in high school soccer or university soccer. It's more of a hobby, more of

an activity to do," he explains. In the United States, many universities make massive amounts of money from their athletic teams. With that said, many schools provide scholarships and tuition coverage for talented athletes looking to play in the United States. While this certainly influenced his decision, for Munro, this was not the driving factor for his desire to study abroad. "I think there were different reasons involved. It was never really about the competitive play, it was just more about the general life experience outside of soccer. Soccer was always a means to an end for me. I think I always wanted to

sometimes I don't. It's all part of the experience," he says. Regarding things that he truly misses from the UK, he mentions mostly direct things like his family, his friends, and the local cities. "I don't really miss the way of life too intensely. I think it's just the missing of my close family and close relationships back home," he explains.

As for his plans after graduation from Concordia, nothing is set in stone. While his attitude towards academics remains incredibly focused, his post-graduation approach is more relaxed. "I think my mindset freshman year was always 'Ask me in four years. Ask me when it comes down to it'. But it's kind of getting to that point now. I think I am still interested in the United States. I always say to my parents, 'well I'm not really done in the United States. I don't really feel like I'm finished yet,'" he explains. Munro is considering work in the field of international relations as he feels his natural tendencies would be practical in the field. As for post-graduation soccer, Munro knows that the game will always be a part of his character.

However, he looks to approach the game in a more casual fashion. "I think I'd just rather play for fun, for fitness, and I guess the game will never really leave me but, competitively, I don't think I really aspire to go any further," he says. Like any student of the game, Munro has his share of players he looks up to on the pitch. An avid supporter of Liverpool FC of the English Premier League, he most notably mentioned Steven Gerrard. "Steven Gerrard has to be a classic because he's played for the club all his life. An England and Liverpool captain, he grew up in the city, so he's a big local hero." Aside from the English legend, he enjoys watching a lot of smaller, creative players with the likes of Lionel Messi and David Silva as he looks to incorporate their styles into his own game. Embarking on his first season at CUC, Munro looks to make an instant impact. While his versatile playing style has the ability to adapt as he faces different opponents, he values creativity and thrives in the attack. "I like to take risks and take a bit of flare. I've been told that when people watch me in the crowd they like to watch



Peter Munro controls a ball against Calumet College of St. Joseph.  
Photo Credit: Thomas Hasko

me play because it's interesting, it's different," he says. Coming from a St. Joe's squad that played a 4-3-3 similar to the Cougars, Munro has valuable experience playing on a wing where he can utilize the space and his creative ability to go one on one with defenders in the wide channels. Halfway through his collegiate career, Munro is thrilled at the chance to contribute to a Cougar team that has gone 9-24-1 over the past two seasons. Munro has faced similar rebuilding environments when he was introduced to a struggling St. Joe's squad that began to

turn things around during his time on the team by qualifying for the conference tournament and even earning a victory against Quincy University who was ranked top 5 in the nation at the time of competition. "It was kind of a fairytale story. You know, this absolute nothing of a team, St Joseph, we kind of built ourselves back up and beat a top 5 team in the country at home. That was definitely a career high for me," he explains. With his unique style of play and passion for creativity, he aspires to be a part of more moments like this as he competes with a determined Cougar squad in 2017.

# The Man With a Big Heart

By DeAnna Wilson

Every athlete's worst nightmare is getting an enlarged heart. This is exactly what happened to college basketball player Daeshaun Credit. One night while sleeping Daeshaun woke out of his sleep because of chest pains. Leaving him confused and scared about what was going on. Various test and an X-ray let doctors know Daeshaun's heart was not a standard size. His dream of playing college basketball was put on halt until his heart was back to a normal size. Credit has been playing basketball since he was three years old. His parents noticed his passion for basketball. At the age of seven, they enrolled him in an Amateur Athletic Union (AAU) basketball team. While on the team, Credit won various trophies and awards. When he was 15, his team won

the national championship. Credit spent a total of 12 years playing AAU. He also dominated the court at Thornton Township. While in high school he averaged five steals, four rebounds, and four assists per game. All he wanted to do in life was to get recognition and play the sport he loves. He began playing basketball at Concordia University Chicago in 2015. As a freshman, Credit pulled the weight of the team by playing on the junior varsity and varsity teams. While he had a great first year, this surprise hit him his sophomore year. Not only was he scared was having an enlarged heart, he was also scared about how he would tell his team. Being very involved in games and outside activities, he felt like he was letting them down. Coach Rogers was devastated to hear this news but was supportive nonetheless.



Credit later told his teammates what happened, who were also supportive. One teammate shared a story about how his friend had an enlarged heart and could not play basketball again. After hearing this, Credit became worried and started to lose hope. With the support of family and friends, Credit was able to persevere.

While it was hard for him to watch his teammates play without him, he had to take a break from basketball. For the next ten weeks, Credit had to take medicine and avoid strenuous physical activity. During one of his checkups, he received great news. His heart was back to a normal size, and he would be able to play basketball again. With excitement, he told his coach and teammates that he was back. They were excited and were ready to play as a team again. Now a Junior, Credit is well and healthy. While the season has not started yet, he still attends open gym and goes on team runs. Unfortunately, he still has a chance of developing an enlarged heart again. While he's afraid it might happen again, he chooses to live his life to the fullest. He also motivates his teammates to do the same. Credit mentors and provides a helping hand to new freshman on the team. Credit's love for basketball will never die.

# On vs. Off Campus

By Joel Krenz

Here at Concordia University Chicago we don't have the luxury of having a ton of different housing options to choose from. There are no fraternity houses, on campus student apartments, or even off campus apartments owned by the school. A Concordia student's options are limited to living in the residence halls or strictly off campus. In talking to a few people I have found that there are both advantages and disadvantages to both living situations.



Photo Credit: Daniel Hasko

I met with Director of Housing Services Jessica Klingberg and Director of Residence Life Matthew Weekley to discuss this topic. They both informed me that technically no one is supposed to live off campus until their senior year, but some people are able to get around that rule. If you can prove moving off campus has much more financial benefit to you then that is the best way to get off before senior year. Both Klingberg and Weekley agreed that it is much better to live on campus rather than off. Klingberg stated "college isn't just about school, it is about the social aspect as well. By living on campus you can be much more connected socially to everything that goes on here at Concordia." She has a point, by living on campus a student can be involved in everything that goes on without

having to drive back and forth all the time. Plus the meal plan, while it technically isn't included with the housing payment, is really nice to have while on campus. I also spoke with senior Austin Thompson about living off campus, as she currently lives in an apartment in Elmwood Park and lived across the street last year in the Thomas Street apartments. She personally feels that it is better to live off campus. Austin likes the freedom living off campus gives her and feels that the driving back and forth really isn't that much of a hassle. She said that overall it has saved her money and that was the prime reason she was able to get off as a junior. Although, she did mention that if the new residence

hall would have been built last year she would have stayed on campus instead of moving off. In conclusion, there are both pros and cons to living on campus vs. living off campus. Living on campus provides a meal plan and a great social aspect while living off campus can be cheaper and the student has more freedom. In the end one may not be better than the other, it just depends on the person.

## Important Dates:

November 22-24:  
Thanksgiving Break  
(No Classes)

December 4-8:  
Undergraduate Final  
Exams

December 9: Fall  
Commencement  
Ceremony

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# CUC Hosts 500th Anniversary of the Reformation Celebration

By Skyler James

On Saturday, October 28th, over 800 people gathered on campus to learn about and celebrate the 500th anniversary of the Reformation. The Reformation marks the day Martin Luther in 1517 nailed his 75 thesis to the church door in Wittenberg. This drastically changed what many thought about Christianity, and it started the Lutheran movement.

The festivities started at 9 am on Saturday with busloads of people pulling into campus. Local churches, and church throughout the LCMS Northern District of Illinois all came to participate. Even though there were flurries buzzing around the air, there were smiles on everyone's faces, celebrating this wonderful day. All over campus, there were activities for every age. In the triangle, Medieval Times was teaching children about



sword fighting, while dressed up as Knights of the Round Table. There was also a photo booth where people of all ages could take a picture with the famous man himself, Martin Luther. Kids dresses up as princesses, monks, knights, or whatever they felt like to snap a picture in front of the castle door.

Since there were over 200 children on campus, there were multiple activities for children, hosted by student volunteers on campus.

Activities included making sand bracelets, beautiful face paintings, can toss, and even Marty Party Pong (water only). The theatre department also helped to host a Wittenberg walk. Students and professors dressed up as characters from the 1500's and help kids and adults alike learn what life was like back then. One of the participants took her grandchildren through the walk, and said she learned a lot about the life of Mrs. Luther.

For the Adults, there were multiple breakout sessions that they could choose to attend. These breakout sessions talked about topics like indulgences, but they also featured Lutheran ministries in the area, and how Christians can serve their communities today.

There was also an amazing lunch created by Sodexo for all the guests on campus. The German themed meal included soft pretzels, bratwursts, pulled pork, and fried macaroni and cheese. Yet the main eye catcher at the meal was the actual roasted pig that everyone got to try a piece of.

The day ended with a beautiful worship service led by Pastor Jeff, President Gard, and President Dan Gilbert of the Northern Illinois District. The homily reminded everyone that it's not about Martin Luther, or the work of the Lutheran church, "It's still all about Jesus", said Gilbert.

# Chicagoland Nightlife

By Casey Kuman

Do you like to stay up late and go out? If so, there is a perfect place you have to visit. Whether you're a tourist or a Chicagoland resident there is an attraction you must go to. It is called River's Casino. It is located in Des Plaines on River Road. They are opened from 9AM-7AM.

River's is known for their slot machines and tables. They have over 1,000 slot machines and over 50 table games. Many people enjoy playing Roulette. If you're not a gambling type of person that is quite all right because this facility also has other types of entertainment. It has dining areas, bars, and a night club. Each area closes at a different time, but most of them are open later than midnight. Instead of going out and eating fast food late at night. Stop by at River's Casino and grab a delicious meal any time before 6:30AM, when many restaurants close. A man named Maid Opardija expressed his opinion about River's Casino, "I enjoy coming here because I like

to play the slot machines, and most of all because it is open late. I also can get a late meal here without any restrictions on my choices."

River's Casino has three restaurants located around the slot machines and gambling tables. One restaurant is called Mian, it is an authentic Asian cuisine open until 4AM on weekdays and until 6:30AM on weekends. Another restaurant opened late is called Flipt. This specializes in burgers and sandwiches. It is open until 3AM during weekdays and on weekends it is open until 4:30AM. There is also a restaurant called Canopy Buffet. They close between 9PM and 11PM.

If you like to experience different types of bars, River's Casino has three bars. One is called Lotus it is opened until 4AM daily. It is a sophisticated cocktail lounge located in the center of the casino floor. Another area is half restaurant and half bar which is called Hugo's Frog Bar and Chop House. It is similar to Gibson's Steakhouse. They open at 11AM.



River's Casino in Des Plaines

One bar in the casino is like a night club. It is called Cube. They have a dance floor, a DJ, and they host private events with bottle service. There are featured events every week. DJs are there every Thursday through Saturday. You can enjoy unique drinks and also watch your favorite sporting events while sitting at the bar.

River's Casino is a well known attraction. There are several activities you can do right when you walk in. Another plus is that it is near several hotels. So for you tourists,

there is no need to drive far away to get to the casino. Chicagoland residents it is only about a 30-50 minute commute depending on where you live. There are also several transportation options. People can take a shuttle from the O'Hare airport, nearby hotels, and shuttles from the Chicago Outlet Mall. Don't waste any time. Come and visit it for your own eyes!

# When Practice Doesn't Make Perfect

By Daniel Hasko

For the parents of today's youth athletes, a change in seasons were often marked by changes in the sports year. Sadly, the landscape has changed for the youth athletes of today. While youth sports used to be fueled by the athletes, recent trends have given way to a model driven by money, competition, and social status. While coaches and parents try to live vicariously through youth athletes, the pressure they place on the heads of their kids has been a reason for many junk the idea of sports all together. Where does it start? Athletes are specializing in a single sports younger than ever before. While specializing in a single sport at some point is almost always essential for those striving to achieve elite status, the classic debate remains: How early is too early to specialize, and will specializing too early actually hurt a child's chances at performing at an elite level in their future?

## Specialization and Injury

Big plays are never made on the sidelines. While the bodies of youth athletes are already among a tremendous amount of stress as they endure the development process, specialization in a single sport, especially before puberty, can have negative consequences. A 2015 study in the American Journal of Sports medicine saw an increased risk of injury for athletes that specialize in a single sport before puberty in addition to a significantly higher pattern of injuries for youth athletes that dedicate more hours per week of structured training than that of their age.

We see two causes for injuries stemming from early specialization. First, kids specializing in a single sport are only using a very concentrated group of muscles. When youth athletes are more

well-rounded in various types of athletic activities, they can develop all the muscles required to be healthy and stay healthy.

The second half of that statistic from the American Journal of Sports Medicine deals with over-use injuries which are extremely common among athletes that are specializing at early stages of youth sports. Athletes who specialize at a young age are oftentimes participating in programs that push a young athlete's body past the point of healthy. Coaches, parents, and players are brainwashed into thinking that an incredibly high amount of structure at a young age is required to achieve elite status in a sport. Quite frankly, there is no long-term evidence that suggests this is true.

## Specialization Resulting in Elite Status

A harsh reality of life is that there's simply not enough time for everything. Days are too short to be a "Jack of all trades" in the world of elite athletics, and it is recognized that athletes do indeed face a time where specialization is necessary to give them the best chance to compete at the highest level. However, if parents and coaches want their athletes to be in a position where they can reach the height of their potential, they won't encourage specialization until late adolescence. You don't want your child to miss out on that college scholarship? That's okay. Of the 322 athletes at the 2015 NFL Scouting Combine, 87% played multiple sports even at the high school level. Only 13% were exclusive to playing football during those years (American Academy of Pediatrics). Furthermore, a 2013 study of 296 college athletes conducted by the American Medical Society for Sports Medicine, only 30% specialized in one sport prior to the age of 12.

Anders Ericsson introduced a



theory that suggested 10,000 hours were required for mastery in a certain subject area. Many parents and coaches cling to a hope that 10,000 hours of deliberate practice will make or break the future of America's rising stars and that, without an abundance of structured training, kids will fall behind their peers and will ultimately sacrifice college scholarships or even a chance at reaching the professional level. While many coaches have adopted this as the golden rule for youth athletics, there is simply no evidence that supports this as being an applicable relation between youth athletes and their ability to reach the professional level.

## Psychological Effects with Specialization

Like anything else in an athlete's body, the mind needs a break too. The psychological consequences to specializing in a sport before puberty are often overlooked, but are perhaps the most detrimental to the extent of an athlete's success. Destructive habits form when an overload of structured, competitive participation of sports occurs. The days of playing sports for enjoyment being replaced by adult-driven organizations seeking to profit from youth athletics by promoting an aggressive, long term development model that they claim will give youth athletes the best chance at athletic fame. The reality? Kids get burned out. Science shows that pre-pubescent specialization comes with increase rates of depression and dropping out of sports all together due to burnout. Is that to say that kids need to scale back the number of hours they are playing sports all together? Well, in some instances that may be true (As we already mentioned the risks of athletes training more hours per week than their age) but it really boils down to the type of athletics

in which they are participating.

## Structure vs. Free Play

Changing the Game Project, an organization aimed at changing the way coaches and parents approach youth athletics, communicates the importance of non-structured athletic involvement for youth athletes. A study of professional hockey players shows that, on average, they spent 10,000 hours in youth athletics, but only 3000 in structured hockey training. This is the problem with the Ericsson model. It does not account for unstructured activity that provides is incredibly valuable to the success of youth athletes. Being able to play freely is intrinsically motivating, enjoyable, and allows athletes to be more creative in a laid-back environment. In free play situations, athletes can develop creative skills and try new things that actually allow them to perform better in structured environments. Many experts think that up to 50% of time spent in youth athletics should be unstructured to maximize enjoyment, performance, and avoid burnout.

## The Last Word

While the amount of work towards a particular craft definitely correlates with success and the ability to achieve elite status, physical and psychological red flags are scientifically backed as to why young athletes should avoid that u10 year-round AAU basketball team that trains five times a week and makes third graders choose between having a social life and competing in their 7th tournament of the year because they will "fall behind other athletes their age if they don't put the work in now." At the end of the day, have fun.

Enjoy diversity, enjoy a lack of organization, and enjoy sports.

