



The College Reporter

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Democratic candidate Jess King runs for U.S. Congress in PA's 11th district

BY MAX SANO
Contributing Writer

As of right now there are no women representing the Keystone State. Jess King is the Democratic candidate for Pennsylvania's 11th Congressional District, a.k.a. the area in and around Franklin & Marshall, and she hopes to change that.

King grew up in the farmlands of Leola, a small town in Lancaster county. She attended Lancaster Mennonite High School and Eastern Mennonite University, and went to Bard College for her MBA. She grew up in a Mennonite family, which is part of a community that center their lives around unpaid, voluntary service.

She demonstrates her dedication to community service in both her personal and professional lives. After graduating from college, she moved to Pittsburgh's East End and served as the founding Executive Director of the Union Project—a historic church which provides space for “grassroots entrepreneurs, artists, non-profits, and people of all faiths.”

In 2007, after her husband accepted

a position as a Mennonite pastor, she moved to Lancaster and began working with locals seeking to start up their own businesses. In 2010, she became the Executive Director of ASSETS—an economic assistance program that is part of a larger microenterprise initiative led by MEDA (Mennonite Economic Development Associates) (assetspa.org), an international organization dedicated to “creating business solutions to poverty” (meda.org). Underneath her leadership, King and her team expanded ASSETS from serving 150 business leaders a year in 2010 to 1,500 last year.

Jess King represents the Bernie Sanders faction of the Democratic Party. In a motivational and honest video on her campaign website, she calls for Medicare-for-All “so people in the richest country in the world don't have to fear losing everything just because they got sick.” Much to the tone of the Vermont septuagenarian, King is incredibly skeptical of corporate interest in politics. “We're talking to voters every day about building an America that truly works for all of us, not just the corporate CEOs and lobbyists,” she said.



Photo courtesy of jesskingforcongress.com

Democratic candidate Jess King poses in front of To The Memory of Their Fellow Citizens

“We're not paying consultants in D.C to tell us what to say. We're investing in a volunteer-driven campaign, and we're building a movement of working people that can win.”

In January, The Pennsylvania Supreme Court struck down the state's congressional map due to political gerrymandering and established a new, fairer one. This endeavor started in 2012 when the Court struck down a prospective legislative map that

Republicans in the state legislature established the year before. The effects of political gerrymandering were obnoxiously obvious; Republicans won an overwhelming majority in the State Senate in 2016, even though the state was split evenly between Donald Trump and Hillary Clinton (democraticredistricting.com). Democratic Governor Tom Wolf won his seat in 2014 by 10% of the vote,

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Barack Obama rebukes President Trump and urges people to vote in midterm elections

BY SUNYA HASSAN
News Editor

On Friday, September 7th, Former President Barack Obama gave a speech at the University of Illinois, imploring people to vote this November, stressing that American democracy “depends on it.” He also issued a critique of his successor, President Donald Trump, attacking his policies and calling attention to Trump's tendency of pressuring the Justice Department. The speech was delivered less than two months prior to the midterm elections, elections that could arguably change the course of the Trump presidency.

He addressed the student body of the University of Illinois, stating that they happened to be coming of age

at a time when the backlash against American progress was overwhelming, and that most of said backlash spawned from those with power and privilege who wanted to maintain their status through polarization and division. He added that when there is a vacuum in democracy, “other voices fill the void. A politics of fear and resentment and retrenchment takes hold.” But “it did not start with Donald Trump,” he said. “He is a symptom, not the cause.” Obama asserted that Trump has merely been capitalizing on pent up resentment that politicians had been fanning for years prior.

Obama's remarks on current political life not only took direct aim at Trump's presidency, but also at the broader Republican Party's capitula-

tion to him. “What happened to the Republican Party?” Obama asked, “Its central organizing principle in foreign policy was the fight against Communism, and now they're cozying up to the former head of the KGB, actively blocking legislation that would defend our elections from Russian attack. What happened?” He argued that the primary principles that the Republican Party once stood for—lower taxes, aggressive foreign policy especially in regards to Russia, shrinking the national debt—had been sabotaged by Trump's influence. Of course, Obama, recognized that there are those in the Republican Party who are opposed to Trump, but they “seem utterly unwilling to find the backbone to safeguard the institu-

tions that make our democracy work.”

Historically, former presidents refrain from speaking against their successors in order to avoid the politics and controversy that would inevitably follow. Obama, himself, acknowledged that his critique of President Trump was something of a deviation from tradition. However, he stated the political moment was a pivotal one and that it required all American citizens to determine what they stood for. “As a fellow citizen, not as an ex-president,” he said, “but as a fellow citizen, I am here to deliver a simple message and that is that you need to vote because our democracy depends on it.”

At the end of the speech, Obama

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King: Jess King hopes to change the fact that there are no women currently representing the Keystone State

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yet gerrymandered maps allowed for more Republicans to win control of both chambers of the state legislature.

Lancaster County, including the city of Lancaster, fell underneath the purview of the 16th District. That seat was won by Representative Lloyd Smucker in 2016. Under the new congressional map, Lancaster and sections of York County make up the 11th District. Rep. Smucker graduated Lancaster Mennonite High School in 1981, the same year as Jess King. Both lived similar upbringings, as Smucker grew up in Lancaster and led his family's construction company: Smucker Company. On the other hand, Smucker has been active in state politics since 2009 when he was elected to the Pennsylvania Senate.

In her own words, "We've got a chance to bring our voices, and the voices of all working people, to Congress next year."

First-year Max Sano is a Contributing Writer. His email is msano@fandm.edu.

Photo Story: Jess King Congressional Campaign



Photo Courtesy of pennrecord.com

The main chambers for the Pennsylvania Supreme Court, where the decision to strike down the state's congressional maps was made in January 2018.



Photo courtesy of lancasteronline.com

Vermont Senator Bernie Sanders and then-Democratic candidate Jess King at a rally during the primaries in May earlier this year.



Photo Courtesy of eventective.com

The Union Project—a historic church repurposed as a community center for artists and entrepreneurs—was established and spearheaded by Jess King

Obama: Former President criticizes the direction of the current Republican Party

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again stressed how important it is to vote in the upcoming midterm elections. According to him, the November elections are truly more important than any others that have occurred within his lifetime, as it has the power to change the fate and restore true democracy to America. "You've got to vote. When you vote, you've got the power to make it easier to afford college, and harder to shoot up a school. When you vote, you've got the power to make sure a family keeps its health insurance; you could save somebody's life. When you vote, you've got the power to make sure white nationalists don't feel emboldened to march with their hoods off or their hoods on in Charlottesville in the middle of the day."

In response to Obama's critique, Trump claims to have fallen asleep while watching the speech. "I'm sorry, I watched it, but I fell asleep." Trump stated at a campaign appearance in Fargo, North Dakota. "I found he's very good for sleeping." He also claimed that Obama was trying to take credit for this, "incredible thing that's happening to our country," primarily referring to one of his favorite talking points, the economic recovery. Obama had reminded voters in his speech that the economic recovery had begun on his watch.

Sophomore Sunya Hassan is a News Editor. Her email is shassan@fandm.edu.

CRIME WATCH

Monday, September 3, 4:30pm - DPS received a report of marijuana usage in Ware College House
Monday, September 3, 9:49pm - DPS responded to a loud noise complaint at 520 North Charlotte
Tuesday, September 4, 12:04am - DPS responded to a loud noise complaint on College Row
Tuesday, September 4, 10:42am - DPS found a wallet with a fraudulent driver's license in ASFC
Tuesday, September 4, 9:53pm - DPS received a report of marijuana usage in Thomas Hall
Tuesday, September 4, 11:19pm - DPS received a report of marijuana usage in Ware College House
Wednesday, September 5 - DPS received a report of ongoing harassment from one student to another
Wednesday, September 5, 7:48pm - DPS received a report of theft in Bonchek College House
Wednesday, September 5, 11:03pm - DPS responded to a loud noise complaint on North Charlotte
Thursday, September 6, 1:09am - DPS responded to a report of two people sleeping in a car on College Avenue
Friday, September 7, 9:24pm - DPS received a report of theft in ASFC

Staff Writer Commentary

Sophomore writer stresses importance of remaining informed

BY SAMANTHA MILOWITZ
Staff Writer

On June 23, 2018, 12 boys and their soccer coach went missing in Thailand. What was, supposed to be, an "initiation process for young men," took the team to Tham Luang cave where they became trapped as the cave flooded, blocking their exit. The rescue seemed impossible, especially since the boys were so frail and would need immense energy and skill in order to attempt to swim through the narrow passageways in the cave. A professional Navy Seal diver, Saman Gunan, lost his life placing oxygen tanks along the tunnels for the boys, causing doubt that if a professional couldn't make it, neither would the boys. Finally, on July 8, the rescue divers managed to get four of the boys out, later saving the rest of the boys and their coach in the next two days. What seemed like an impossible situation turned into a heroic story of this team's survival.

I first heard about this story at camp this summer; not through the newspapers or on television, but from my Rabbi who described what was happening across the world to a large group of teenagers, all of us hearing it

for the first time. While this was such a huge event going on in our world that that moment, all of us had missed it and we couldn't figure out why. As we examined an article that our Rabbi passed around, we read of the impossible nature of this rescue mission and the probability that these boys were not going to make it out alive, and there was nothing we could do about it.

It was the first time I felt stupid: Stupid for not knowing what was happening in the world I was living in, stupid for searching for wifi to check my instagram feed but not bother checking the news. As we all sat around, learning of the horrific events taking place in Thailand with these boys, I could see that we all felt a strange sense of guilt for not knowing sooner. We were all counselors too -- College educated counselors who were looking out for the well being of children.

In today's society, everyone is best friends with their phone, which should mean that finding out news or events should be even easier. Instead, I find myself, others my age, and even adults, no longer concerned with the "real" news and more concerned with the news available on their phone. I mean, really, all the information I

find out is from my friends' posts, instagram feeds, or from flipping through television channels every now and then. Many people now are purposefully ignoring newspapers and networks because so much of it focuses on President Donald Trump's remarks.

Christopher Herbert, a journalist for the Guardian Weekly writes of a one-year cleanse he and his wife took from the news outlets because of President Trump. Herbert says, "For both of us, the decision to tune out was instinctive. It was about sanity and self-preservation." The decision everyone needs to make now is would they rather be informed or preserve

their sanity.

For me, I don't think that remarks and back talk President Trump makes is reason enough to dive into a black hole and never look at the news again. For me, he has already taken away a lot and he shouldn't interfere with me being informed. That moment at camp for me opened my eyes to how our society is slipping away and how our news is becoming more about the top 10 ways to impress your man than what is happening in the world.

Sophomore Samantha Milowitz is a Staff Writer. Her email is smilowitz@fandm.edu.



Photo courtesy of Sky Sports

Early in the summer, the plight of a boys soccer team trapped in a cave in Thailand dominated the news. Despite the ability to get news updates at our fingertips, it is easy to miss out on important events. Students should make a better effort to stay well informed.

The McCain standard: writer's reflections on Obama's Eulogy to Senator John McCain

BY ISABEL PARIS
Staff Writer

Senator John McCain recently passed on August 25 after declining any further treatment for his cancer. At his funeral, McCain had requested for both former Presidents George W. Bush and Barack Obama to deliver eulogies. The funeral was packed with family and friends along with major political leaders. While former President Obama could have used this time to highlight McCain's past victories and laugh about their battles during the election seasons, he took the time to discuss his friend's honor, service, and dedication to the ideals of democracy.

At first glance, the eulogy seemed mundane to me; however, once I began to look into the language and passion used to describe McCain's moral character and strong values, I realized that in our political climate today, McCain's beliefs are seen as taboo.

Our political climate is filled with division, controversy, and a lack of respect for the rules and laws that the Founders had put in place. President Obama reminds the audience that "John cared about the institutions of self-government, our Constitution, our Bill of Rights, rule of law, separation of powers, even the arcane rules and procedures of the Senate."

The former President's decision to list these common practices and highlight the best aspects of McCain simultaneously reprimanded President Trump without ever mentioning his name.

Obama implies that the corruption of our political system "can seem small and mean and petty, trafficking in bombast and insults and phony controversies and manufactured outrage." During the 2008 Presidential Election, Obama reflects on how McCain would never fall for the deep partisan divisions while also remaining strong in his values and beliefs. He was never afraid to work across the party lines if it was for the betterment of the nation.

This is in contrast towards the fickle nature of President Trump, who has displayed on many occasions his ever-changing attitude towards cooperation and policy issues.

Obama and McCain were known for having a friendship and would rely on one another for the occasional advice. Obama said that he "never doubted we were on the same team. For all of our differences, we shared a fidelity to the ideals of which generations of Americans have marched and fought...and given their lives." Regardless of their contrasting politics, McCain never let that cloud his morals or duty to the US.

In the speech, President Obama continued in proving McCain's

character by highlighting his commitment to true and honest work while in government. Obama asserted McCain's belief that "if we get in the habit of bending the truth to suit political expediency or party orthodoxy, our democracy will not work."

It is ironic hearing those words as political ideologies in our country continue to pull farther and farther away. This has only been encouraged by our leaders in government and the media feeding into this new wave of politics.

Too many times have our policies been shifted or removed for the convenience of a political leader. Too many times have we been accused of not being faithful to our party if we are not aligned with the

extreme wings of the ideological scale. Obama explained that Senator McCain allowed for others to look at both sides of the aisle and decide what is for the best of the nation and not for our own selfish needs.

The former President finished out his eulogy by mirroring the dream of Senator McCain in bringing passion towards the public in fighting for their rights as citizens. Obama points to McCain's dream of us all rising above "party or ambition, or money, or fame, or power" to support and sustain the ideals of democracy.

Sophomore Isabel Paris is a Staff Writer. Her email is iparis@fandm.edu.



Photo courtesy of Politico

At John McCain's funeral, President Obama reflected on his relationship with his political opposition while highlighting the high standard McCain has left for senators.

Campus Life

F&M 16th president Barbara Altmann gives first Common Hour of the semester

BY CHRISTA RODRIGUEZ
Campus Life Editor

Franklin & Marshall's first female president, Dr. Barbara Altmann, was the center of the first Common Hour of the Fall 2018 semester, taking place in Alumni Sports and Fitness Center rather than its usual location in Mayer Gymnasium due to the heat.

The format of this particular Common Hour was a conversation with Altmann in a question-and-answer format with a representative from the faculty, professional staff, and students. Specifically, Gretchen Meyers, Associate Professor and Department Chair of Classics; Renee Yoder, Assistant to the Vice President of Admissions; and Tyler Schubert, Class of 2019, took turns interviewing Altmann before the discussion turned to the audience for additional questions.

A former provost of Bucknell University and scholar of French medieval literature, Altmann said Common Hour was one of the items that attracted her to F&M. She noted that while convocation was a positive event for her, she liked that now we could have a "community event" where all the different constituencies of which she was president were represented.

Schubert asked the first question about her first impressions of F&M. While the impressive search committee was her first real impression of the college during offsite interviews, she did get a chance to see campus on a few "stealth visits" last academic year. She commented that the search committee, comprising of faculty and students, gave her a wonderful sense of F&M, with everyone active and engaged despite the long hours they committed to the interviewing process. When visiting campus, she could sense this was "a campus that

feels like a home" that provides "elite education without pretention." She said, "I knew if I had the opportunity, I would join you in a heartbeat."

Altmann also articulated her attraction to our "holistic approach," as a residential liberal arts college where "every facet of your life happens here," and where "we can facilitate learning in every aspect of every day." She expressed her excitement in watching the class of 2022 progress as they go through their four-year journey here and she looks forward to seeing how they will be transformed by F&M by their senior year.

Turning to her professional and educational background, Altmann described her love for her field, French medieval literature. She emphasized how critical it is for everyone to follow their passion professionally by pursuing something that "makes your gut happy."

In her personal journey, she discovered her passion during her last year as an undergrad, which made sense of the relevance of medieval literature today. She told the audience, "give me six minutes and I'll convince you that we're still in the Middle Ages." The interdisciplinary nature of the field also inspired her confidence and interest in many different disciplines, which gave her a good feeling about the liberal arts.

When asked about what students can do during their time here, she advised to "stretch in every possible way": intellectually, socially, spiritually, and more. Take advantage of the opportunities you're given here and value exploration over being good at something. She also stressed the need to be an ambassador for F&M by doing right by Lancaster city, and "represent[ing] the richness, fullness and excellence of F&M."

As for the future of F&M, Altmann



Photos courtesy of fandm.edu

Dr. Barbara Altmann was the focus of the first Common Hour of the fall semester. The talk took the form of an interview-style conversation with Altmann.

said we are well situated to thrive, and that it is her job to sustain and continue successful initiatives and figure out next steps moving forward. She acknowledged the work her predecessors have done, and her job as to keep the stable structures in place and continue to make them better.

She also wants to hear from all of us about the strengths and challenges F&M is facing to further understand the immediate and long-term work F&M needs to do. Her ultimate goal is to have everyone be able to see themselves thriving at F&M.

The conversation turned to the value of the liberal arts education in crisis. She commented on the fact that F&M is already a leader in the liberal arts, thanks to former president Dan Porterfield and that by every measure, liberal arts graduates do very well.

Instead of worry about the crisis, she trusts that what F&M provides

is key to a successful and happy life. "F&M fights way above its weight," she said, which is why we are starting a capital campaign to raise money to continue doing what we already do well. It's important to her that everyone can experience the great luxury of an outstanding school.

Out of all the questions asked by students following the interview-style conversation, perhaps the most important one addressed the beloved ice cream freezer formerly in the president's office. Altmann's answer? The ice cream freezer, while it was former president Porterfield's signature, may just come out of retirement with pop up appearances sprinkled throughout the year. We'll just have to keep an eye out!

Senior Christa Rodriguez is the Campus Life Editor. Her email is crodrigu@fandm.edu.

Full Staff Opinion

Welcome back F&M! Now that we've made it through our first full week of classes, things seem to be in full swing. No more wandering around looking for classes, desperately trying to find the time to have breakfast, or trying to find your books in time for the class when you'll need them. Now that you've had time to settle in, you'll start to notice some changes around campus, some big and others small. On the far end of campus construction continues on the Susan and Benjamin Winter Visual Arts Center, a brand new building projected to be finished by this time next year. Another big change centers around a lack of paper recycling on campus, leaving students wondering what to do with their scrap-paper and other paper materials

they no longer need. As the college looks for a solution, TCR encourages you to try to be as paperless as possible and only print out materials when it is absolutely necessary. Smaller changes around campus include a new fridge in Blueline and a seasonal menu, an exciting new Outdoor Gear Rental Program operated through the Center for the Sustainable Environment, and many new faces on campus ranging from President Altmann to Professors and campus staff. We encourage students to embrace the positive changes and address any concerns as well in *The College Reporter's* next edition.

Sincerely,

The College Reporter Editing Staff

Summer to Fummer events receive highest turnout from first-year students

BY JEREMY MAUSER
Contributing Writer

After a hectic week of orientation, the beginning of classes, and pre-orientation for some, many First Years wanted nothing more than to rest during their first full weekend as college students. But many decided to ignore their bodies' pleas for sleep and spend the nights participating in Summer to Fummer.

The College Entertainment Committee (CEC) organized nearly a dozen of fun events that took place between Thursday, August 30, and the following Saturday. Events included the start of the House Games, a performance night, Bingo in Ben's Underground, laser tag, and a showing of *Avengers: Infinity War*. They were very popular among First Years, but also open to other students of the school.

Many of the events took place in one of the five College Houses, including Wareoke (which, yes, is karaoke in the Ware Common Room) and Brooks House's signature Sundae Sunday (although its name may have been deceiving, as the event occurred on a Thursday night). The cross-campus set-up allowed First Years to explore parts of the residential area that they may not be familiar with, and gave them a great opportunity to mingle with students of other Houses.

Unfortunately, the weather did not cooperate with some campus activities, as the outdoor events had to turn to their rain locations. For example, nobody wanted to watch *Infinity War* on Hartman Green while it rained, and just as few people were willing to play tug of war and kickball on the muddy grass.

However, the subpar weather did not deter first-year Alice Wright from having fun at seven of the weekend's events. After sitting through four days of Orientation and three days of classes, she was ready to go out and have fun with some friends.

"With Orientation, you were kind of just stuck with your House and your hall, but we got to branch out more [at Summer to Fummer]," Wright explained.

And she was not the only student who wanted to go out and meet new people. The four campus capella groups performed in a concert to a packed room at Ware, and, as soon as they finished, many First Years-including Wright—took the mic and performed karaoke for the next couple hours.

This was not the only event that had a solid turnout. Dozens of students roller skated at College Center, played laser tag at the ASFC,



Photo courtesy of Elizabeth Anastasio

Students enjoyed pizza and roller skating in the Steinman College Center during Skate Night, one of the Summer to Fummer events hosted by CEC.

and showed up for the "Wii Just Dance Night" at Bonchek that ran into technical issues and rebranded itself as a place to hang out and eat pizza.

But not every event benefited from overwhelming turnouts. Ware represented itself well at the House Games, but they outnumbered the meager numbers that the other Houses was able to send-including the single participant from New. However, those who attended certainly had lots of fun, and Wright hopes that more

will attend future competitions between the Houses.

With the weekend being nothing more than a memory at this point, Wright is content with how everything went, including how she was able to express herself.

"In certain places, you can't really be yourself. So with [these events], it seemed fun to me. It's just nice to be me."

First-year Jeremy Mauser is a Contributing Writer. His email is jmauser@fandm.edu.

Berwood Yost talks political polling, midterm elections during Common Hour

BY AMANDA LEONARD
Contributing Writer

Is political polling an accurate way to predict the outcomes of political elections? Were the 2016 Presidential election polls truly accurate? And as the title of this week's Common Hour said, "Should We Trust What The Polls Are Telling Us About the 2018 Mid-term Elections?"

According to Berwood Yost, director of F&M's Center for Opinion Research and the featured speaker, "The answer is yes and no."

Yost first emphasized that the 2016 election was a particularly complex one, with 1/6 of voters having an unfavorable opinion of both candidates and a historically large number of undecided and third-party voters.

Yet, he asserted that the national polls were in fact accurate, and that, "contrary to the beliefs of partisans everywhere, the [national] polls did not favor one party over another."

He then contrasted this conclusion with that of the state polls. These showed that voters' preferences shifted throughout the campaign, with 1/7 of Pennsylvania voters making their final choice

in the last week and a considerable amount switching in favor of Trump during that period, contradicting the prediction of Clinton's win.

In understanding this upcoming election year, Yost said, "The basis of understanding voter outcomes lies in voters' approval of the current president." With President Trump's historically low job approval ratings, Democrats will likely represent a larger majority of the pool of voters due to their enthusiasm for change, which gives them a clear advantage. In Pennsylvania, 60% of individuals planning to vote this year are Democrats.

Voter turnout was also discussed as a factor in skewed poll results. Midterm elections generally receive a much lower turnout than presidential elections: according to polls only about half of voters in Pennsylvania are planning to vote. In turn, polling sample sizes are reduced.

In addition, Yost explained how the particular method of polling can impact its results. For example, the Quinnipiac poll collects their data by calling landlines randomly. However, the demographic and the political opinions of those who



Photo courtesy of Elizabeth Anastasio

Director of F&M's Center for Opinion Research Berwood Yost gave last week's Common Hour on the accuracy of political polls, especially for midterm elections.

own landlines and those who do not the media, Yost claimed, "There is no doubt that the media outlet that you use affects your opinion on this election."

A common theme throughout the whole talk was the "polarization" that has clawed its way through the political climate in the last two years. In one of Yost's polls, a staggering 11% of pollers said that their reason for supporting one candidate was because of their distaste for the other, and this was an open-ended question. Democrats have an advantage on the generic ballot, meaning that many Democrats will be voting solely for democrats. And in regard to ongoing bias in

the media, Yost claimed, "There is no doubt that the media outlet that you use affects your opinion on this election."

To wrap up, Yost admitted that there is significant evidence for an incoming "blue wave." Yet there are many inconstant variables in political polling and several outside factors that could make poll results differ slightly, or even largely, from reality.

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Arts & Leisure

Is historical fiction an effective tool or a genre fraught with bias and exaggeration?

BY ABIGAIL DOTTERER

Contributing Writer

I'm a history buff. I am at the point that I can tell you random facts about different events off the top of my head. This also means that for my entertainment preferences, I absolutely love the historical fiction genre— whether it be movies, books or television shows. However, when watching or reading things from this category, I have to wonder— how does the consumption of the genre change the way people learn about history? Is historical fiction good or bad?

Right now, my latest obsession is the Netflix original, *The Crown*. However, this may or may not be because of my huge celebrity crush on Matt Smith who portrays one of my favorite historical figures, Prince Philip. To be honest, I've watched pretty much all there is on Netflix about the British monarchy. Looking at the Windsor dynasty this way, I can say that I've had a mixed experience when learning about them. This can also go for almost any historical topic you learn about

through a Netflix show. With this being the main historical period drama that I watch at the moment, I can see how educational these series could possibly be. They can give the viewer a sense of what different time periods were like. For movies and television shows, this could be through costume and set design. You probably wouldn't see pirates in a story about 1980s Europe. As for novels, the reader should be able to tell the period through the author's setting descriptions. Through these platforms, modern day people can see how these characters and mostly actual people in that time used to live.

Another pro for diving into the historical fiction genre is that, in my opinion, it gives the viewer a sense of historical context and a way to gain more information than you might in a history class. For example, though we were learning about England's role in World War II last year, I never knew that the country had an almost brand new king. How did I learn this? Through watching *The Crown*. Throughout the episodes, I learned that King



Netflix original *The Crown* allows viewers a window into the British monarchy.

Edward VIII was the first British monarch to abdicate the throne. By his decision, the crown was passed to his brother, who would become King George VI. If this didn't happen, Elizabeth II would never have become Queen.

While the show is mainly about Queen Elizabeth, it shows the lives of other characters, such as her father, the King's struggle with cancer, which you can't really see in a textbook. However, if there wasn't this, what would the plot be like? Would it still be intriguing?

There is a huge con that can

completely shape whatever historical show or book you're interacting with— bias. It can change how scripts and novels are written, whether to be in a super positive and praising light or one that is quite negative. Accuracy also affects how these forms of entertainment can be consumed, it all depends on how much research was put into a project. Along with accuracy, one shouldn't believe everything a historical piece says— especially films and shows, they can all easily be fictionalized due because of the hunger and need for drama. However, you should look into the entertainment's new information that you didn't know before— like King Edward's abdication mentioned earlier.

Historical fiction is neither good or bad. Yes, it gives you icing on the cake when looking at different events and but can also possibly be biased and fictionalized. Either way, this genre can give you an interesting scope about the past.

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The sugar epidemic: do you know how to properly read a nutrition label?

BY ASHLEY LITTLE

Contributing Writer

Locking eyes with a candy wrapper after a long day, mouth beginning to water, and then suddenly— an impulsive force commands you to snatch it, reveal the contents and indulge. We have all been there.

It's conventional knowledge that our bodies depend on food, but few are as explicitly aware that the brain does as well. When we "feed" the brain, it releases neurotransmitters, activating the brain's reward centers in the form of dopamine. This "food high's" largest supplier? Sugar.

Masked within nearly all ingredients lists, sugar and its addictive properties have monopolized our diets. Few account for their daily sugar intake, even fewer recognize the foods where sugar hides, and fewer yet know sugar's disastrous potential.

Sugar, a simple carbohydrate, is vital to energy. Sugars which produce energy and contain vitamins and minerals, however, are a separate entity from the refined sugars in cake, candy and (despite common knowledge) much of what society considers healthy.

You may spot a favorite snack product at the grocery store with the religiously-trusted label "no high



Nutrition facts tell us that treats like these are loaded with a disproportionate amount of sugar.

fructose corn syrup added," expel an immediate sigh of relief and reassure yourself that the product must be a healthy option.

Despite the government validation of health on exterior packaging, countless foods contain artificial sweeteners, syrups and oils that consistently appear at the beginning of ingredient lists. These lists place the most prevalent ingredient at the beginning, placing subsequently lesser ingredients in decreasing order.

Given this knowledge, assessing your next granola bar for example, you may notice brown rice syrup and sugar before "rolled oats," or even as the first ingredients. While the label may detail only six grams of sugar, the ingredient list reveals what you are truly eating: majority artificial sugar and minimal substance.

Granola bars are not the only foods where sugar hides.

Take note of the thirty-two grams of sugar in your Starbucks Matcha Green Tea Latte or the forty-four grams in your Caramel Frappuccino, realizing one drink alone nearly maximizes the recommended daily value of sugar.

Observe the sixty grams of sugar found in your fruit smoothie with a number one ingredient of juice concentrate, despite the "pure fruit" displayed on the label.

After identifying sugar and its value in the human diet, it is essential to understand its effects. Research in the field of nutrition divulges striking developments regarding sugar consumption. Grounded in biology and history, nutritionists theorize that the human body is not accustomed to artificially produced sugars nor high

levels of sugar, attributing sugar to common digestive difficulties and weight gain. Sugar is not only problematic for human digestive systems and its predisposition for overconsumption, but also for its "filler" properties.

Consequently, nutritionists will encourage individuals to eat unprocessed, unrefined fruits, vegetables, whole grains, legumes, meats, fish— products which the label equates with the contents directly, the "whole food" inside. In part, these foods are endorsed for how they maintain feelings of fullness and energy for extended periods of time. Eating a slice of peanut butter toast with a banana as opposed to a bagel with butter could prolong several hours of energy, not to mention the cost and calorie-efficiency.

Despite the benefits of this lifestyle and its opportunity for both limited and naturally-produced sugar intake, it does not always appear achievable. Nonetheless, reducing your indigestion, feeling energized, craving less fat-inducing foods and feeling fuller longer are possible with simple solutions: read ingredients lists, cut the sugar and avoid empty calories.

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Sports Editor Gabby Goodwin discusses US Open gender inequalities. Read more below...



Jamie Belfor recaps the start of the season for Diplomat Field Hockey. Read more below...

Franklin & Marshall Sports

French tennis player Alize Cornet receives violation for changing shirt

BY GABBY GOODWIN

Sports Editor

As the U.S. Open has kicked into full swing, and rising temperatures have kicked into full swing with it, the tournament thus far has faced its challenges. On Tuesday, August 28th, French tennis player Alize Cornet, in a match against Sweden's Johanna Larsson, received a code violation for briefly taking off her shirt during her first-round match. Cornet had returned from changing clothes on a break when she realized her shirt was on backwards and decided to switch it around.

As a result, Cornet was issued a code violation for unsportsmanlike conduct. Backlash from people across the world ensued as a result of the violation Cornet received, as male tennis players regularly remove their shirts on the court.

On the same day as Cornet's violation, Switzerland's Tímea Babos had to argue with tournament personnel to use a different room to change her shirt. They only allowed her to use

a public restroom and, consequently, in between sets, she was bombarded with fans asking for photos.

Additionally, such issues follow comments made by Bernard Giudicelli, President of the French Tennis Federation, about Serena Williams' "catsuit" worn at the French Open. He cited her attire as an instance of "going too far," highlighting the need for a dress code.

While such issues have simply further highlighted the different standards for men and women in society, the USTA quickly apologized to Cornet and, subsequently, issued a statement saying that, "All players can change their shirts when sitting in the player chair." In regard to the code violation Cornet received, no fine was issued and the USTA issued a statement claiming that they "have clarified the policy to ensure this will not happen moving forward" (www.tennis.com).

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French tennis player Alize Cornet was issued a code violation for taking off her shirt in between sets—a rule which only applies to women, and not men, according to USTA. Photo courtesy of sportsillustrated.com

F&M Field Hockey defeats FDU-Florham in 1-0 game this past Wednesday

BY JAMIE BELFER

Contributing Writer

Coming off a stellar 18-4 record last year as Centennial Conference Champions while reaching the NCAA Final Four, the Franklin & Marshall field hockey team has started the 2018 season on fire. The Diplomats have won their first three games while holding all three of their opponents scoreless. In their season opener on Friday, August 31, as a part of the Connie Harnum Classic, the Diplomats earned a thrilling victory by narrowly defeating Kean University (1-0) in overtime. The Diplomats then travelled to Susquehanna the next day and trumped the River Hawks (3-0) in the championship game.

This past Wednesday, the Diplomats played their home opener at Tylus field against Fairleigh Dickinson University-Florham - this being the first meeting between these two teams in field hockey history. Both teams came into the game undefeated with a 2-0 record.

FDU-Florham won the coin flip and started the game off with the ball. Both teams battled for possession in the first 14 minutes. Each offense was stifled by the opposing team's aggressive defense. Only one shot was attempted before the 14-minute mark by Franklin and Marshall's leading scorer in the 2017 season, Erin Coverdale.

However, the Diplomats soon began attacking the goal and went on an offensive fury. Although FDU's goalie, Samantha Rubin, made two great saves off of shots from Katie O'Loughlin and Erin Coverdale, the Red Devils could not stave off Franklin & Marshall's great passing and shot after an offensive corner in the 19th minute. The Diplomats took advantage of this scoring opportunity. The corner started with a great insert by Katie O'Loughlin, eventually leading to a fantastic shot into the bottom left corner of the goal by Melissa Gula, who was assisted by Emma Durantine.

The Diplomats sent a flurry of shots toward the end of the first half, totaling 9 shots for a combination of 6 different F&M players. Only one shot was taken by FDU in the first half which went wide of the goal.

Starting with the ball at the beginning of the second half, the Diplomats continued their offensive command and maintained possession for the majority of the half. Although the Diplomats took thirteen shots and had fourteen offensive corners, they were ultimately held scoreless by the Red Devils' defense.

The Diplomat defense continued to be a wall in the backfield, stopping FDU's advances toward the goal. Their defense, lead by Caitlin Morrissey, Juliana Keagle, Colleen Francis, and Emma Durantine, was

ultimately able to hold FDU scoreless in the second half.

Franklin & Marshall goalkeeper, Ilianna Santangelo also played great defense throughout the game. Although the Red Devils only attempted 2 shots in the latter half, Santangelo made one great save, and the strong Diplomat defense blocked the other shot. For her fantastic play in holding F&M's first two opponents scoreless, Santangelo was named the National Field Hockey Coaches Association Division III Defensive Player of the week.

The Diplomats look to continue their success as they play at Mary Washington College in Virginia this Saturday, September 8. (Special thanks to freshman newcomer, Sydney Wiczkowski for ensuring the field hockey terms in this article were correct).

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The Diplomats defeated FDU-Florham in 1-0 game after coming off of a 18-4 record from last season as Centennial Conference Champions. Photo Courtesy of godiplomats.com