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Washburn discusses her time as a student, lessons learned during her career

BY STEVEN VIERA
Senior Editor

When Sue L. Washburn '73 first arrived on F&M's campus, she did so as a member of the first cohort of female students to attend the College; today, she is the newly-elected chair of the Board of Trustees, and the first alumna to hold the position.

"It was incredibly, incredibly intellectually stimulating," she said of her experience as a student. "It was a time of great activism, in the country and on campus. I don't think I realized it as much at the time I was going through it—particularly as a first-year student—how consciousness-raising it was."

In 1969, F&M admitted approximately 120 women, about 80 first-years and 40 transfers, to the previously all-male school that still boasted nearly 1600 men as students. Washburn recalled that, owing to the small number of women in classes, profes-



photo courtesy of fandm.edu

Sue L. Washburn is F&M's newly-elected chair of the Board of Trustees.

sors would occasionally ask female students, "What do women think?"

"The College was evolving in terms of how to be a co-educational institution," she said.

Washburn also recalled the spirit of activism that thrived at F&M

during her years as a student and how fellow Fummers would voice their opinions on such issues as the Vietnam War, the Civil Rights Movement, the Women's Movement, and myriad others using a forum that still occupies a central place on campus: The Protest Tree. She added that students today have even more ways to share their voices than when she was an undergraduate and tackle such issues as war, social justice, the environment.

Since 1995, Washburn has served on the Board of Trustees in multiple capacities, sitting on several committees and chairing many others. She said some of her proudest accomplishments as a trustee include serving on the Presidential Search committees in 2001-2002 and 2010 that resulted in John Fry and Dan Porterfield, respectively, becoming presidents of the College.

"It was a very dedicated committee of students, faculty, staff,

and trustees working together in common cause to bring our next president to the campus," she said.

Beyond the Board of Trustees, Washburn—who, in addition to a bachelor's degree in English from F&M, holds a master's degree in management and marketing from Clarkson University and has completed advanced study at Harvard University's Institute for Educational Management—has served as the vice-president of multiple colleges, including St. Lawrence University and Centenary College. She also co-founded her own firm, Washburn & McGoldrick, LLC, which consults with colleges, universities, and other schools in areas such as marketing, strategic planning, alumni and donor relations, and more.

"I've had the opportunity to be exposed to a lot of different institutions," she said. "The firm that

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Nationwide, colleges implement policies in response to widespread gun violence

BY STEVEN VIERA
Senior Editor

Stemming from an epidemic of mass shootings, colleges and universities across the nation have been forced to establish plans and preparations for the possibility of active shooters on their campuses; many institutions have explored the possibility of arming members of their communities to protect against such attacks, drawing widespread praise as well as criticism. At F&M, the College has armed the Department of Public Safety (DPS) and implemented a "Run-Hide-Survive" protocol as measures to protect students, faculty, staff, and other members of the community in the event of a shooting.

According to [this article](#) in *TIME*, in 2015 alone, there have

been 23 mass shooting incidents on college campuses around the country with a total casualty count of 18 killed and 27 injured; in three of those incidents, the shooter committed suicide. Additionally, the U.S. Department of Homeland Security reports that 69 percent of shooters are young men between 13 and 20 years old that may or may not have any connection to the college they target.

Many colleges and universities have established policies and protocol to prepare for the event of an active shooter assaulting their campus. Common responses include using alert systems to notify students of danger on campus, partnering with and conducting drills with local law enforcement,

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Zeta Beta Tau fraternity visits F&M in first step of re-colonization on campus

BY STEVEN VIERA
Senior Editor

Last week, representatives of the Zeta Beta Tau fraternity (ZBT) visited F&M to discuss their organization with interested students at information sessions and at a table in the Steinman College Center. ZBT, which had a chapter on campus several decades ago, will begin recolonizing in Spring 2016.

Founded in 1898 as the world's first Jewish fraternity, today, ZBT is a non-sectarian brotherhood that maintains strong connections to its Jewish roots and to Jewish communities. ZBT, according to its mission statement, is committed to advancing its Credo—intellectual awareness, social responsibility, integrity, and brotherly love—to prepare its brothers for

futures of leadership and service.

"ZBT staff, alumni, and campus administrators have been in close contact for nearly a decade working through finalizing a date for ZBTs return," said Laurence Bolotin, executive director of ZBT, explaining how the fraternity returned to F&M. "With a strong alumni base, support network, and plan of action, the campus administration felt comfortable and positive about ZBT coming back to campus."

According to Bolotin, the official recolonization of ZBT's Alpha Tau colony will take place in the beginning of the spring semester.

"ZBT staff will spend a considerable amount of time on campus

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Chair: Washburn hopes to give students' access to similar opportunities as her own

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I started 20 years ago with my business partner has worked with almost 200 institutions in the U.S. and outside the U.S.—in Canada, in the U.K., in Australia—and, as much as I share my expertise and knowledge, I learned something at every institution that helps to inform how I think about what possibilities are before us. And that's exciting, because if you're

open to it, you can learn something important in every single environment that you find yourself in... We have a lot to learn from each other."

Washburn, who lives in Lancaster, will begin her three-year term as chair of the Board of Trustees on July 1, 2016. She succeeds Lawrence I. Bonchek, M.D., P '91, who served F&M for two consecutive terms as chair of

Fraternity: Zeta Beta Tau reaching out to interested students before recruiting members

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at the start of the Spring semester meeting with students, faculty, and staff to select the initial group of founders," he said. "The fraternity will partner closely with the Jewish community on campus as we look at ways to add further contributions to the wonderful work already being done."

During Rush Week next semes-

ter, ZBT will conduct recruitment initiatives along with F&M's existing fraternities. The colony will also enjoy support from ZBT's International headquarters and a board of chapter advisors, which Bolotin said has already been assembled.

"Expansion is always great, and I think that the faculty committee allowing this fraternity to

rejoin this community shows their support and recognition of all that the Interfraternity Council (IFC) has been doing to improve our campus and set a new standard," said Mark Rooney '17, president of the IFC. "I think ZBT rejoining will increase the number of men in Greek life, and it'll be great to see them come into their own, as so many other organizations have

the Board of Trustees.

"I look forward to working with [Dr. Bonchek] this year and to carrying on his legacy of leadership, and I hope that there are opportunities to provide more recognition for Franklin & Marshall—particularly more recognition in the public space," she said. "A big reason that I'm involved here is because I want students to be able to have the kind of op-

portunity that I had—which was life changing—and to be exposed to the kind of faculty that I had the privilege of being exposed to," she continued. "And I want to help make that possible for students who are here now and for future generations as well."

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Guns: College arms Public Safety officers as one form of defense against active shooters

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and arming campus security forces. F&M uses all of the above options as part of its preparations, although arming is the most recent development.

Following an extensive conversation with the campus community, F&M armed DPS with

college-issued 40-caliber pistols. According to William McHale, director of DPS, only the sworn officers of DPS are allowed to carry on duty, and they must sign the weapons in and out of individual gun lockers at the beginning and end of their shifts.

"Public Safety officers are re-

quired to qualify on an annual basis with their issued firearm," McHale said, explaining the process by which officers become qualified to carry a weapon on duty. "However, DPS also mandates that the officers undergo a tactical weapons qualification course on an annual basis as well, which is completely separate from the annual qualification course."

DPS—which is comprised of 20 sworn officers, four security officers, and four dispatchers, many of whom have prior police or law enforcement experience—is accredited by the Pennsylvania Law Enforcement Accreditation Commission (PLEAC) of the Pennsylvania Chiefs of Police Association. This makes F&M one of only five colleges in Pennsylvania to be so accredited.

While DPS has been armed for over a year, the first and only time an officer used his or her weapon on duty occurred just last month. According to McHale, on Sep. 15, 2015, an officer euthanized an injured deer on F&M's Baker Campus by shooting it after making sure that the scene was secure. The deer carcass was then transported to a wolf sanctuary in Lititz.

One thing F&M did not consider, however, was allowing students and other members of the campus community to arm themselves. According to [this article](#) in *The Chronicle of Higher Education*, universities in Texas are struggling with this possibility in response to a new law, known as SB 11, that allows anyone with a concealed handgun license to bring their weapon to school buildings and grounds. In addition, SB 11 severely restricts the rights of institutions to limit carrying on their campus.

Advocates of SB 11 argue that it will allow people to defend themselves in the event of a mass shooting, while opponents posit that it will only lead to more violence, both accidental and otherwise. (According to the *TIME* article, at least two of the 27 injuries that occurred during mass shootings in 2015 were the result of accidental, self-inflicted wounds by armed persons other than the assailant). At the University of Texas, students have protested the law by publicly carrying sex toys across campus.

Although students, faculty, and others did express concerns about the possibility of arming DPS during a series of public forums, according to McHale, the response has been generally positive.

"I have not observed, nor have I heard of any change in attitude toward DPS [after arming], and we continue to enjoy a great relationship with the F&M community," he said. "I believe this is a direct result of the thorough vetting process that occurred during the arming discussion."

Beyond arming, the College has implemented a "Run-Hide-Survive" protocol—which, as McHale points out, is recommended by the Department of Homeland Security for active shooter scenarios—as an additional safety measure. This protocol encourages community members to seek an escape route in the event of a shooting, to hide or seek shelter, and to fight, but only as a last resort; they also suggest, of course, to call DPS immediately.

For more information on active shootings and F&M's "Run-Hide-Survive" protocol, follow [this link](#) to view a presentation prepared by DPS.

Contributing Writer Commentary

Thou Wast Mild and Lovely director sparks new ideas, fresh thinking

BY CAYLAH COFFEEN
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I stagger out of the dance studio closet in my socks, heaving a stack of chairs across the room. My film professor hurries in, also shoeless, and mouths a "thank you" to me as I set up the chairs with some other students. We are about to receive Josephine Decker, a celebrated independent filmmaker, for a workshop regarding her film *Thou Wast Mild and Lovely*.

We wheel a small TV to the center of the room and try to hook up a laptop. Unfortunately, we do not have the correct cable. One student offers his laptop, which would connect, but it is out of battery. Another student offers his charger, but realizes he forgot it. Someone dashes off to ITS to find an HDMI cable. But another student offers her laptop and it connects, with nearly full battery. We are ready to go!

We re-watch a scene from Josephine Decker's experimental film. A young woman lies on her back in the dewy grass, grasping for the sky. Her feet rub sensuously against the earth as she imagines scissors, pliers, spoons, and other tools appearing in her hands. She gasps and clutches at the grass, picturing hands surrounding her. We hit pause and laugh uncertainly.

Not many in the class loved her film and one student could not even finish it because she found it so disturbing.

However, Decker does not intend to form an instant connection with viewers, or she would conform to Hollywood's methods. Her films are challenging, illusive, and unconventional. She plays with viewers' sense of space and time and conveys the subjective experience of characters through blurry shots and dizzily detached

camera motion. This makes her films difficult to watch, but they serve as an excellent example of the diversity of film and the creative ways the medium can express the internal states of the human mind. As a campus, we should seek to engage more deeply with strange, rich material instead of just passively receiving the entertainment of the media.

Josephine Decker arrives and leads a fascinating discussion about the ideas and images in her film. She shares that she often lets events on set unfold naturally, filming dialogue invented spontaneously by her actors, and giving her director of photography freedom to design her own shots. This results in a surprising, roiling rhythm that complements the quiet yet internally turbulent scenes from her characters' everyday life.

She chooses to demonstrate these concepts through an uncomfortable activity. We all pick a partner and one of us closes our eyes, while the other places hands on our body. The blind actor hums, causing his partner's hands to vibrate, while the other guides his partner across the floor, steering clear of the other shoeless students bouncing around the edges of the small room.

While this exercise highly confused most, if not all of us, I can now appreciate the abstract demonstration of how sounds and bodies physically collide or miss one another, creating intimate yet strange connections. Her talk pushed me not only as a film student, but as a thinker, to look at experiences and the world in new ways. Our entire F&M community would benefit from welcoming more innovative artists like Josephine Decker, to challenge the limits of our minds.

After a subsequent lunch and

equally pensive conversation between Decker and the upperclass film students, she gave me a poster depicting her characters' faces and hair swirling together. On it she wrote "I cannot wait to see your unconscious fantasies realized," then signed her name.

I left with my thoughts full, eager to push myself past conventional visual expressions. I felt like lifting my camera high into the

sky, above fields and creatures, to capture the reeling motion and vivid colors of lifeforms. How ironic then, to return to the film program's one dimly-lit basement classroom, and cram ourselves in front of four lab computers. Perhaps fantasies need no room but the mind to expand and leap into reality. But we should give them the space to roam and meet others, perhaps in shoes.

Full Staff Opinion

College rightly rescinds Cosby's degree, joins national movement

Bill Cosby: a beloved comedian, actor, activist, and America's favorite most famous TV father.

Or at least he was.

After numerous allegations of sexual assault, Cosby's controversial and publicized scandal has been brought to the world's stage, depicting him not as America's funny dad, but as a serial rapist. More than 50 women have stepped forward, accusing Cosby of rape, drug-facilitated sexual assault, and sexual misconduct. Although Cosby has denied any wrongdoing and has yet to be charged with any crime, reruns of *The Cosby Show* have been pulled from syndication and multiple organizations have severed ties with the actor, revoking previously-awarded honors and honorary degrees.

Franklin & Marshall College is included in this list of organizations. The Board of Trustees recently unanimously voted to rescind Mr. Cosby's honorary doctorate in humane letters he was awarded in 2000 after delivering the commencement speech. College spokeswoman Kate Carlisle revealed that a deposition from an old lawsuit had been brought to the attention of the Board amidst recurring allegations against the actor this summer, citing that the deposition "detailed events that were really egregiously in contrast to the college and our educational mission."

The staff at *The College Reporter* unanimously agrees with the decision made by the Board of Trustees to revoke Cosby's honorary degree. Sexual assault is not to be taken lightly, and we agree that F&M should not have any affiliation with someone who has any associations with sexual assault, nor with someone whose actions so drastically diverge from our College's mission.

Moreover, we are happy that actions like this have validated and supported Cosby's accusers. Victims of sexual assault are too often doubted, disbelieved, and discredited. Institutional actions like the one our school has taken honor and legitimize Cosby's accusers. In rescinding Cosby's degree, F&M has put itself on the right side of history.

Sexual Misconduct: Questions and Answers

Question #13: There are a lot of statistics around repeat offenders. How does the school deal with repeat offenders, or are there particular processes to identify potential repeat offenders?

The question stems from data that David Lisak, Ph.D. compiled in 2002 that indicates that about 6 percent of college men are rapists and that each one will rape approximately 6.3 times before they graduate. This finding was replicated by Stephanie McWorter studying Navy men in 2009.

First, it is important to understand that very few of the reports that I get are completed rapes. Rape, sexual assault, and misconduct are the most under-reported crimes in the country. Regardless of whether the survivor of an assault wants to file a formal complaint with the College or with the Police, I collect as much detail about the assault as the survivor is willing to give to me. If the alleged perpetrator appears to be someone who will do this in the future, I discuss this with the survivor and encourage them to either file a complaint or, at the least, allow me to speak confidentially with the alleged perpetrator, make them aware of the accusation and that it is not only a violation of the Student Code of Conduct, but is also a criminal offense.

If I should recognize the particular behavior or become aware of offenses happening repeatedly in the same location, from an earlier report, I will ask the survivor if I may notify the previous survivor of the most recent assault. In the instances where I have done this the survivors, with the support of each other, were then willing to file a formal complaint.

The College Reporter Corrections Policy

The College Reporter welcomes comments and suggestions, as well as information about substantive errors of fact that call for correction. Contact us via email at reporter@fandm.edu or at (717) 291-4095.

The College Reporter Story Idea Submission Policy

The College Reporter welcomes story ideas from the college community. If you have or your organization has an idea for a Reporter story, email it to us at reporter@fandm.edu with the subject heading "Campus Story Idea" by Monday at noon the week before publication. Story ideas will be accepted at the discretion of the Editorial Board.



The College Reporter

Transparency. Accuracy. Credibility.

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The College Reporter was formed in 1964, as a successor to *The Student Weekly*, which was formed in 1915 by the union of the *F&M Weekly*, founded 1891, and *The College Student*, founded 1881. The crest of *The College Reporter* was designed in 2004 by Kim Cortes '05.

The College Reporter is a weekly student-edited newspaper, published every Monday except during exam and vacation periods. The website was created by Tim Jackson '12, Christian Hartman '12, Joshua Finkel '15, and Lauren Bejak '13. The subscription rate is \$51 per year.

The Editorial Board, headed by the Editor-in-Chief, has sole authority and full responsibility for the content of the newspaper. *The College Reporter* and its subsidiaries are designated public forums. All content is selected and printed by a board of elected or appointed students. The Masthead Editorial is the majority opinion of the Editorial Board. No other parties are in any other way responsible for its content, and all inquiries concerning that content should be directed to the Editor in Chief. All opinions reflect those of the author and not that of *The College Reporter*, with the exception of the Masthead Editorial.

Contributing Writer Commentary

Spend your senior year *enjoying* your senior year

Writer reflects on pressure to succeed in last college year

BY LAUREN MULIAWAN
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“So, what are your plans after graduation?” “I’m looking at grad school, maybe heading back to Scotland. We shall see!” **Insert nervous laughter**

Dear reader, can you let me be honest for a second? I have no idea what I am doing once I graduate. And can I tell you a secret? It doesn’t terrify me at all. Why should it? What I do after graduation is not going to be the end all be all for me, or for you.

It’s going to be an adventure, absolutely. The lives we have carved out into this familiar landscape will shift. My best friend will not be down the hall, and there will not be new and interesting lectures to attend every night, or parties to frequent. It will just be me, my (supposed) wits, and the world.

I know it will be scary at times, but I am not terrified of what comes next. Because everything must end, and college has reached its end point. I have had the most amazing opportunities on this campus. I have led a house government (somehow I got roped in twice), I studied in Scotland and got to intern in Parliament, I served on multiple



school committees, I joined a sorority, I declared a double major, I made friends who I know will follow me through the rest of my life, and I made myself a home. A home that I will be sad to leave, but one that I will carry with me wherever I go.

I was talking with my roommates recently about how people approach senior year. It’s either the “best year of your life” or “complete as many

activities as possible.” That seems first sad, and second awful. I would like to think that I am not peaking at 21. Sure, it’s been a great year, but there is a lot of life left to live (and my grandmother looks like she’s living the dream at 92 years young, so...).

Seniors, please don’t join all of those clubs and committees. Join some; please, still involve yourselves in campus life, but do

not by any means try to pack each waking moment with an activity. Because we also need to be transitioning out and letting those younger than us rise up to take on our roles. Plus, you will be so consumed that soon you will be sitting in your cap and gown waiting to shake Dr. Porterfield’s hand, wondering where the time went.

I am not suggesting that those of you with plans or high hopes for senior year are wrong. Not by any means. What I hope to provoke in you though, is to enjoy this moment and be confident in whatever direction you are headed.

It’s okay to not know what happens next, or to know exactly what path you are taking.

Be okay with that knowledge (I am totally going to rock living in my childhood home, mostly because my dog and I can rewatch every episode of *Parks and Recreation*).

It’s okay to approach senior year at whatever pace you choose. Just, please, stop every once and a while and truly take it all in. Because senior year is about reflecting on how far you’ve come—not how much is left to do.

Campus Life

Corr talks danger of tobacco use, “How to Save One Billion Lives”

BY CHRISTA RODRIGUEZ
Contributing Writer

In this week’s Common Hour, Bill Corr, deputy secretary of Health and Human Services, spoke about the importance of reducing tobacco use. Corr served as the Chief of Staff for the Department of Health and Human Services before being the Deputy Assistant Secretary for Health for the Department between 1993 and 1996. Corr was Chief Counsel and Policy Director for Tom Daschle, U.S. Senate Minority Leader, between 1998 and 2000. He was nominated by President Obama to serve as Deputy Secretary of Health and Human Services and confirmed by the Senate in 2009, returning to the Department after being executive director of the Campaign for Tobacco-Free Kids. Corr has a B.A. in Economics from the University of Virginia and a J.D. from Vanderbilt University School of Law.

In his talk, Corr focused on the title of the Common Hour, “Saving One Billion Lives: The fight for proven strategies to reduce tobacco use in the U.S. and around the world.” He revised this title as being, “We can save one billion lives by (reducing) tobacco use; Will we?” Corr offered that we must ask of our leaders to keep going with strategies proven to reduce tobacco use so that it can be eliminated as much as possible in our country. He suggested that this can be done, but that it takes many years of progress and continuous efforts.

Corr emphasizes that the tobacco industry is a powerful one, with extremely wealthy companies that are aggressive with stopping tobacco control efforts. Their products are “intentionally engineered to be addictive”

and cause health issues in vital organs like the heart and lungs. Tobacco companies target children between the age of ten and eighteen years old, people “too young to weigh the lifetime burden of addiction.” This age group is targeted because most addicted adults started when they were young. In fact, 90% of people addicted to tobacco started when they were eighteen years old or younger.

There has been some success over the years in cutting both adult and youth smoking rates. Only 17.8% of adults in 2013 smoked, while 15.7% of high school students were smoking in the same year. This is significantly less than a few decades ago, but Corr asked that we keep in mind that it took decades for that change to occur and the numbers are still significant. These percentages indicate that there are still millions of people smoking in the United States. Corr illustrated the gravity of this issue by stating, “Tobacco is the leading cause of preventable death.”

It is only in more recent years that real progress has occurred. In 1994, tobacco addiction became recognized as a pediatric disease: that is, affecting children. Tobacco companies were sued many times, although this did not damage much of their vast wealth. In 2009, Congress authorized the FDA to regulate all tobacco products. In the last twenty years, public attitudes have also changed as being more in favor of reforming tobacco laws and regulations. New tobacco excise taxes have been implemented in states and cities. Additionally, over 80 percent of Americans are protected by smoke free workplace laws.

According to Corr, there is optimism



photo by Emma Brown '17

Bill Corr, who hosted this week’s Common Hour about the negative affects of tobacco addiction, is currently serving as the Deputy Secretary of Health and Human Services.

tic evidence “that certain strategies reduce tobacco use and its harms.” In addition to strong public support of excise taxes and workplaces becoming smoke free, prevention and cessation programs, especially mass media, are carefully focusing on initiation by children and cessation by adults. There is also regulation of tobacco product marketing that influence children and include claims of less harm. Corr believes that we should implement all these strategies continuously until all rates go down to zero.

The FDA is involved with removing harmful ingredients to protect users who continue, addressing nicotine’s addictive qualities, and ensuring evidence-based health claims on new products.

New products are an issue because they are unregulated. E-cigarettes, for example, claim to have reduced health risks, but they still have nicotine and are not regulated. Insurance

and Medicaid coverage for cessation treatment is also being implemented by the Affordable Care Act.

Even though it is slowly becoming less prominent, the problem of tobacco use is far from solved. Corr emphasizes, “Continuity is absolutely critical.” There is a new set of kids each year that are exposed to these dangers. By 2030, there will be 80 million people in the world that will die from tobacco and in the next century one billion lives will be lost if things remain as they are today. Corr notes “we have made tremendous strides in the U.S.,” but “We are truly at the beginning.”

He concluded his presentation by saying we must hold all our leaders accountable “Until the day comes that we can say we have ended the tobacco epidemic for all time.”

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Women's Center, Planned Parenthood host Sex Positive Party



On Saturday evening, the Alice Drum Women's Center and Planned Parenthood co-hosted a Sex Positive Party in New College House.

The party included sex jeopardy, condom relay races, sex education, and a variety of food and prizes.

Photos courtesy of Emilie LoGiudice



Women’s Center hosts discussion about cultural effects of pornography

BY ERIN MOYER
Senior Editor

This Tuesday, Oct. 20, the Office of Thursday evening, the Alice Drum Women’s Center hosted a discussion about pornography and its production, consumption, and effects in modern society. Is porn exploitive or liberating? A hurtful site of objectification, or a safe space of exploration? Bill Hamersly ’16 served as the discussion’s moderator. They and Gabi Woods ’16, both Executive Board members of the Alice Drum Women’s Center, researched and compiled questions for the conversation.

Hamersly began the discussion with a brief overview of porn’s contentious place in American history and second wave feminist discourse. They covered the “Porn Wars,” a period of the 1970s and 1980s in which feminist scholars fell into two general schools of thought: those who identified as “anti-porn,” who felt that porn was, on the whole, degrading

to women and encouraged violence and objectification, and those who felt themselves “pro-porn,” who maintained that everyone has the right to explore their sexuality in whatever safe, responsible way they choose. Today, Hamersly said, this “pro-porn” attitude would hold porn as a place to explore gender, sex, and sexuality free of judgement.

The conversation then began by having the crowd break into small group discussions. Hamersly distributed a list of discussion questions, and groups of three to five students spent 20 minutes responding to the list of talking points. Issues the questions covered included the heteronormative representation of “sex” in mainstream media, how the portrayals of sex, sexual orientation, gender, and gender roles affect our perception of each in society, and what “feminist porn” is, and how possible it may be to achieve.

The larger group then rejoined for a full discussion. The conversation

began with one student pointing out that porn, as it has been co-opted in more mainstream ways — think nudity on TV or film — heavily features more nude women than men. Those in attendance then discussed if porn reflects real sex, or if it may fulfill some role in society, for better or for worse, as a form of sex education.

Some at the discussion expressed concerns that porn, when tilted heavily toward a preference for male pleasure, can be very dangerous in forming one’s perceptions of what sex should be like.

The conversation then turned to a discussion of how “different bodies” are represented in porn. How do we see those with disabilities? Those of different races? The LGBTQ+ community? Some attendants argued that, though the presence is certainly there, it is often not one of much dignity; it is often not made for them, but instead, to “fetishize” them.

The discussion also covered the

production and consumption of so-called “feminist porn,” that is, porn produced with more responsible practices than some of which may be circulating in the mainstream. Though many felt that feminist porn was a positive step in assuring the rights and health of sex workers, as well as in creating a healthier experience for those watching it, it was acknowledged that it is not as accessible as traditional, mass-market porn.

The discussion took place in the Alice Drum Women’s Center, located in the basement of the Steinman College Center. The conversation was well-attended, with every chair around the discussion circle occupied and late arrivals scrambling to track down other seats. The Women’s Center has a full calendar of events planned for this semester, and all are welcome to join at each and every one.

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Preview: F&M Theatre Department to debut production of *Hair*

BY ELLIE GAVIN
Campus Life Editor

This week, F&M's Theatre, Dance, and Film Department will premiere their production of the 1967 Broadway musical, *Hair*. The production is directed by Associate Professor of Theatre Carol Davis.

The show, which is credited as being Broadway's first rock musical and is set in New York City, follows a "tribe" of young, politically-active hippies who are coming-of-age while dealing with many cultural issues, including race, drugs, the environment, the sexual revolution, and the social and political unrest of the Vietnam War.

Davis says that the wide range of important social and political issues that the show deals with and their relevance today were part of the reason why she selected this show to be performed this Fall.

"This show touches on many issue that we are still fighting for today," Davis said.

Davis acknowledged that producing such a show hasn't been without its own set of unique challenges.

"Producing a musical involves so many people," Davis said.

Hair has required a significant amount of time from the cast and crew: approximately 20 hours per week since the beginning of the semester. *Hair* has been particularly intense because almost every actor is on stage for most of the show.

Davis also notes that, with the exception of one professional pianist, the cast and crew are completely composed of students, in-



This week, F&M's Theatre Department will preform its production of *Hair* at the Roschel Performing Arts Center. The show will have four performances and will run from Thursday evening through Sunday afternoon. Tickets are available online now.

cluding a student conductor and student orchestra.

Abbie Reed '17, who plays tribe-member Sheila, says that there was a moment when she faced some challenges with getting into character.

"There is a scene in the show where Berger yells at Sheila and ends up slapping her," Reed said. "This scene is particularly difficult for me to act, not only because of the nature of the scene, but because Sheila is very submissive to Berger's insults and then tells him that she adores him, which was something I found very difficult to do and to relate to. Though the scene was first difficult for me to act and still is at times, it has helped a lot to think about Sheila's need for love, and that she will keep on giving it even if it is thrown in her face as Berger does, which is why this particular instance hurts so much for her."

Reed emphasized that the

themes explored in the show are still relevant to life today.

"Although [the show] is about a specific time period and protests a specific war, the idea of love, acceptance, and peace that is conveyed through the show is applicable in any age and touches the hearts of a wide range of audience members," Reed said. "It not only brings together a cast of actors in a way I haven't felt before, but it brings the audience into that feeling as well. It is funny, carefree, at times uncomfortable and shocking, and at other times tear-jerking, but altogether it is extremely powerful and it definitely sends a message."

Part of that message is one of passion and activism.

"Sheila shows a different side of the tribe in the sense that a lot of what happens in the show is fun and carefree, in which Sheila does participate, but she also travels for protests," she said. "She helps to show us the side of the tribe that

tries so hard to put a stop to the war."

Davis also mentioned the depiction of young people as activists throughout the show. She points out that this was a time period in which individuals sacrificed greatly for their beliefs.

In order to help her actors capture that sense of sacrifice, Davis asked them to consider their own passions.

"I asked them to consider what they would fight for. What would you sacrifice going to class for?" Davis said.

Hair will have four performances at the Roschel Performing Arts Center, opening on Thursday evening at 7:30 p.m. and closing with a Sunday matinee performance at 2:00 p.m. Tickets are available online [here](#).

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Dining Hall improves freshness, variety of food, student engagement

BY JULIA CINQUEGRANI
Editor-in-Chief

Every day, F&M's Dining Hall serves approximately 1,700 meals, based on a menu that was planned one month beforehand, and prepared by 10 cooks who oversee the various food stations.

The planning and overseeing of this endeavor is done by Drew Niemann, the general manager of campus dining at F&M, and Campus Executive Chef Victor Caruso, who oversees all the food options in every eatery on campus. Niemann came to F&M in February 2014, and Caruso began working here in August. Both have spent their careers in the food service industry, and share a commitment to increasing the amount of fresh, made-to-order food and variety of food options available to students.

To achieve these goals, Niemann splits his time between overseeing the daily needs of his

staff, such as ensuring the chefs and managers have the tools and resources they need, and developing a long-term vision for the food on campus.

"A lot of my responsibilities are forward-thinking, in the sense that I'm thinking, 'What are we going to do six months or a year from now?'" Niemann said.

Caruso manages the food offerings and sales of the Dining Hall and all the other cafes on campus, as well as the catering of various events.

"In collaboration with the other chefs, we are in the process of slowly but surely offering changes in DHall, giving more variety, making more cook-to-order food so we can serve the freshest possible product and give students more of a choice," Caruso said.

For example, on every Wednesday during lunch DHall serves special interactive food stations, like a variety of bars that have



The work station above is in the kitchen in the Dining Hall, and is used to prepare and cook food before it is served to students.

served soft pretzels, apple dumplings, and make-your-own cupcakes.

Before this school year started,

the food options in the Steinman College Center changed; Dips &

Continued on page 8

OMCA leads discussion, reflections about Planned Parenthood

BY ERIN MOYER
Managing Editor

On Tuesday, Oct. 20, the Office of Multicultural Affairs (OMCA) hosted an Intercultural Dialogue about Planned Parenthood. The discussion was part of OMCA's weekly dialogue series over every Tuesday's Uncommon Hour. Roughly a dozen people, a mixture of students and faculty, attended the event. Ceci Plaza '17, OMCA's intern, planned and moderated the discussion.

"The Intercultural Dialogues on Tuesdays are geared toward creating a safe space for students to talk about and share ideas concerning important events," Plaza said. "Our topics reflect issues that students care about and that are current and present in the media. By facilitating these discussions, we're trying to get students to hear others' perspectives and develop an environment on campus where we can all talk to and collaborate with each other while

still understanding and remaining respectful of ideas that are different from our own."

Plaza said that OMCA decided to have a discussion about Planned Parenthood after the organization came to campus as part of its #StandwithPlannedParenthood campaign.

"Many students were expressing their views on social media about the video that started the controversy, the hearing with Cecile Richards, and the presence of PP in the GOP debates," Plaza said. "Given that we have an upcoming election, this is an especially hot topic, and if the students are already buzzing, we felt we should facilitate a discussion about why it's important to talk about [Planned Parenthood], no matter your stance on the issue."

The discussion encompassed many facets of the current debate surrounding Planned Parenthood. The conversation began with a discussion of where federal funding specifically goes with-

in Planned Parenthood, and how much, or how little, of the organization is actually focused on abortion.

A member of the discussion pointed out that, although Planned Parenthood performs one-third of the nation's abortions, that figure may be the result of legislative success to eliminate other abortion providers.

Discussion then moved onto "the video," or more specifically, the Center for Medical Progress' viral series of "undercover" videos that attempt to demonstrate that Planned Parenthood "profits" off its abortion services by selling fetal tissue.

How much the videos might have been edited was discussed. Several in attendance mentioned that several courts and states have deemed the videos too heavily edited to be deemed accurate.

The discussion then concluded with some meditation on what the objections to Planned Parenthood are, and who or what orga-

nizations most actively lead the charge against it.

Plaza felt that Tuesday's discussion went well.

"It was well-attended and everyone seemed comfortable enough to share their views," Plaza said. "Not everyone had the same opinions on the matter, so it made for a dynamic discussion and it was useful to talk it out and understand that the [Planned Parenthood] issue really is a symbol for a larger controversy about women's healthcare. I hope that everyone who was at the discussion continues the conversation on campus."

This Tuesday, Plaza said, OMCA's weekly dialogue will focus on politically incorrect, or insensitive, Halloween costumes. The discussions run from 11:30 a.m. to 12:30 p.m. every Tuesday, and all are welcome to attend.

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Dining Hall: Increased student feedback, special events engage campus

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Shakes, which serves ice cream, milk shakes, and fresh desserts, and the Horseshoe Café, which serves made-to order subs, sandwiches, flatbread pizzas, and pasta, were both added. These new food options were based on student input from food satisfaction surveys that Niemann organized last year to assess what types of food students wanted.

"Food service is quite different than it was 10 years ago, in terms of what students are looking for," Niemann said. "So it's an ongoing evolution of seeing what we can do to make sure the experience is great for the students. We are here to provide the services you want."

The biggest and most formal way that Niemann and other staff gauge students' satisfaction are through emailing surveys to students that ask their opinions on the food options. They also use less formal ways to assess students' preferences.

"Students are always welcome to informally come up to one of the managers or chefs and make a suggestion, and we try to incorporate all the new suggestions," Caruso said. For example, KIVO, which serves organic, kosher, and international food, opened about eight years ago in the Dining Hall, based on the suggestions of students who asked for more offerings of those types of food. More gluten-free food is also available, as well as food that is free of common allergens.

Food preferences are also tracked by chefs who record how

many servings of each dish are sold, which helps them plan for future meals and know which foods are the most popular.

Since last year, Niemann and Caruso have also increased the amount of food that is freshly prepared in the Dining Hall.

"As much as possible, we are moving in the direction of freshly-prepared food," Niemann said. "Last year, we started a new salad bar that has been very popular, we started making pizza dough from scratch, and a lot of desserts had been frozen or ready-bake, but now we have a pastry chef and a majority of desserts are made from scratch. We also started making our own hummus, marinara sauce, alfredo sauce, and salsa."

To measure students' approval of the food, Niemann can track participation rates, meaning the frequency with which students are using their meal plans and which campus eateries they eat at the most.

"I'm proud to say that in the year and a half that I've been here, student participation has been growing," Niemann said. "At this point in the year compared to last year, the resident dining has served 17,000 more meals. That indicates we are moving in the direction the students want us to go in." To support the growth of the number of meals being served at F&M's eateries, more tables are being added to the Dining Hall, the kitchens in the College Center and Zime were updated over the Summer, and a new cash reg-



Over the Summer, Sodexo employees planted a small garden behind the Restaurants at Ben Franklin, to grow local vegetables to be served in the Dining Hall.

istration system was purchased to streamline and expedite the ordering process.

Niemann and Caruso also prioritize coordinating events with other groups and departments on campus. In the upcoming weeks, the Dining Hall is sponsoring a Halloween costume contest on Oct. 30, CRAVE on Nov. 6, for which students must pre-register and guest chefs will prepare elaborate Italian food, an etiquette dinner hosted by the Office of Student and Post-Graduate Development, and Thanksgiving dinners sponsored by many of the college houses.

While simultaneously focus-

ing on students' food preferences and planning for changes in food options, Caruso and Niemann are careful to preserve traditions that are well-loved by the F&M community.

"We have the bi-annual Surf and Turf dinner, Flapjack Fest where we partner with faculty and staff to serve breakfast food [the night before final exams start]... We support a mixture of new events and more traditional events that are famous here and part of the culture," Niemann said.

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Arts & Entertainment

Kanye West deserves your respect, several heartfelt apologies

Editor 'll let you finish, but it'd be cool if we stopped making "imma let you finish" jokes

Commentary
Kanye West

by Erin Moyer

Think about that kid you knew way back in elementary school. That kid you'll think of with a pang when you learn about bystander intervention. That kid everyone made fun of for crying at *The Giving Tree*. That kid who made everyone feel intellectually insecure in a way that they did not yet understand. That kid who would get his hood filled with snow on the playground, and you would watch and make no other reaction than to give an idle sort of chuckle and note that yes, winter truly had come early this year. We all knew that one kid.

Well, open your eyes. (I mean, I didn't tell you to close them, but.) (And you're reading this, so I guess they've got to be open. Can you just be cool?) That kid is Kanye West. And that playground is a little place called America. (Heard of it?) Follow this metaphor with me: Kanye West is that beautiful, Mandarin-speaking, sensitive genius kid everyone is confused by. He might be headed somewhere big in 10 years, but for now, he has to deal with plebeians. And today's me-

dia are those people. Bloggers, cheap tabloid press, all of them are that mean gang of bullies who vent their latent, confused rage onto him because it's easier than trying to understand him and admit that he may be onto something. For this is the eternal fate of the bright and precocious: to be brutally pummeled by the strong and dumb.

Here's the truth: Kanye West is a wretchedly, beautifully misunderstood artist. His place in today's media as someone to mock, as a GIF-able, shareable sideshow whose only merit is in its mocking, is actually the greatest tragedy of our time. Really, it is. I grant you that this commodified cruelty toward Kanye is not as tragic as things that are sincerely tragic (Amy Poehler's Emmy snub comes to mind), but it's disappointing all the same.

No one can argue that Kanye has not occasionally put himself in the line of fire for this abuse: he did drink half a bottle of Hennessy and, you know, "interrupt" Taylor Swift's acceptance speech in 2009. That was really disrespectful of him, and I, superfan party of one over here, will be the first to say so. Of course that was a rude thing to do. Of course it was. No one's pretending Kanye conducted himself

appropriately, least of all Kanye.

Nevertheless, I stand by him, and here's why. Kanye West is a man whose talent is matched by an almost staggering inability to articulate himself. And, until recently, that struggle to accurately express himself was combined with a complete lack of media training. This has all made for a fatal combination for a young, energetic performer with a lot to say and no idea how to say it. West faces more ingratiating media attention than arguably any other celebrity in the world. Of course there have been some sticky moments. Of course he's stumbled. He's been put a remarkably unfair position.

And bear in mind: this all happened six years ago, you guys. If each of us were held accountable for the people we hurt six years ago, I would still be apologizing for the time I completely overhauled a ninth-grade English group project. Move on already, MTV. Find something else to sell. (And actually, while I'm at it, screw those group members, too. I was totally right.)

So fine, Kanye West is self-confident. I'll even grant you egotistic. But listen: I've met SoundCloud DJs who are egotistic. I've met high school

trombonists who are egotistic. And all of those people had about 21 fewer Grammys than Kanye. So perhaps the man thinks he's great, but hey, why shouldn't he? He is great.

Come on, America. Have you forgotten all the good times? Remember when a nervous, Late Registration-era Kanye stood up at a telethon and (rightfully) accused the media of racial bias in Hurricane Katrina coverage, and George Bush of racism and neglect? Are you just going to overlook the six albums that changed the way everyone else makes music, the six albums I know you loved? Have you forgotten "Power?" "Flashing Lights?" "Stronger?" "Golddigger?!" We're just going to pretend like "Golddigger" never happened? I know you make fun of Kanye West now, but this was real for you, too. You loved him once, too. You could love him again.

So let's all grow up, nation. Let's all be critical consumers of media, and let's try to understand the objectively great points, remarks, and albums West is making. Everyone stop picking on Kanye right now, or I swear I'll tattle.

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Back to Future day marks important date, film fails to predict future

Film buffs, science fiction fans celebrate anniversary of cult classic movie series

Flashback Film Review
Back to the Future II

by Preman Koshar

Wednesday, Oct. 21, 2015 was an important day for film buffs and science fiction fans alike. Oct. 21 was *Back to the Future Day*—the exact day in the second *Back to the Future* film when Marty McFly (Michael J. Fox) goes to change his son's destiny. When the film first came out, this was over 25 years in the future, but now that day has finally come to pass. Marty McFly has finally grown up, and the future is now. To commemorate this occasion, I will review the second *Back to the Future* film and analyze its predictive skill (or lack thereof).

Back to the Future II is set immediately following the events of the first film, and launches right into a new drama: Marty's son, 25 years in the future, has gotten himself and his sister arrested. This event, according to Doctor Emmett Brown (Christopher Lloyd), will destroy Marty's family for generations to come. Marty and him must go back and stop him before he sends the McFlays down a dark path.

The cinematography in *Back to*



photo courtesy of Wikimedia Commons

Back to the Future day was on October 21st, 2015. It has been more than a quarter century since the second film came out.

the Future II is not particularly spectacular, but it doesn't really need to be. This film is not really about how it looks—it's about having fun with the concept of time travel. The acting is decent, and Michael J. Fox does a great job of being the stereotypically impulsive and enthusiastic 1980s kid.

Christopher Lloyd is as goofy as can be, and manages to pull off an entertaining combination of eccentric and brilliant as Hilldale's resident mad scientist. The score is great: a wonderful combination of silly sound effects and well-timed cues adds a lot

of suspense to otherwise kind of silly action. The plot is also well done—a lot of movies get tripped up with the concept of time travel, and while *Back to the Future* is not without its own plot holes, it is much more coherent than many more sophisticated films. The dialogue is repetitive, but pleasant. Each character has their own catchphrases and signature reactions to certain events (God forbid you ever call Marty "chicken") and, again, while not very sophisticated, it is enjoyable and light-hearted. All in all, it is a truly fun and silly film that still makes me smile.

The film's predictions about the future, unfortunately, are not very accurate. There are no mass produced hover boards (though it looks like Lexus may be coming out with one sometime soon) and clothing styles have not gotten more colorful and outlandish—for the most part, they've toned down. Clothes do not automatically dry or fit to your body yet and our AI systems are not quite as realistic or reactive as those in the restaurant quite yet. And, alas, flying cars are not a reality, but they might be soon. There are several companies that are working on building a car that can convert into a private plane right now.

It seems that overall, the film overestimated humanity's technological advances, but on the other hand, they didn't even imagine a personal smartphone. So maybe we're not as far behind as it seems. And many of the advances shown in the movie (flying cars, hover boards, technological implants, etc.) have been predicted to now only be a decade or less away. The future may be closer than you think.

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Hardy shown lack of appreciation for his many masterful performances

Actor shows immense skill, dedication in films like *Bronson*, *Warrior*, *Dark Knight Rises*

Commentary
Tom Hardy

by Toni Abiru

A couple days ago, I was going through a real dilemma. I was deciding between pure, absolute laziness and writing a three-page essay focused on Anna Deavere Smith.

I definitely adore Anna Deavere Smith and her performance pieces, but on this cold Tuesday night, I had no intention of indulging myself in academic affairs. Following my heart, I decided to procrastinate. I started by reading up on soccer and music news in order to catch up with the world.

Next, I decided to find out what new movies to add to my ever-growing mental list of "movies to see" and so began my YouTube bingeing. I began by viewing the trailers to movies such as *Steve Jobs* and *Suicide Squad*; however, it was one particular trailer that caught my attention.

First and foremost, I was enthralled by the background song which is actually "I'm So Sorry" by Imagine Dragons (I had to look it up). It made me sit up and got my heart pumping almost immediately. Next thing I saw was Tom Hardy, one of my favorite actors of all time. I was hypnotized.

The trailer I watched was *Legend*, a crime thriller film set in the late 1960s and based on the book *The Profession of Violence: The Rise and Fall of the Kray Twins* by John Pearson. The trailer involves violence, elements of humor and what looks like incredible acting. Hardy plays both of the twins and looks impeccable in both roles.

Then I began to remember the various conversations I've had with my peers about the household names in the acting industry. I began to wonder why Hardy's name was never mentioned as a great actor of our time. I have frequently heard the likes of Leonardo DiCaprio, Christian Bale, Brad Pitt, Matthew McConaughey, Bradley Cooper and Tom Cruise.

Why isn't Tom Hardy ever considered? Why is his name barely even mentioned in any of these conversations? This is Bane we are talking about here! Personally, I feel he should be considered.

Edward Thomas Hardy, born on Sep. 15, 1977, is the only child of an artist and a comedy writer. Growing up, he was known for being a social misfit as well as getting himself into a lot of trouble. He eventually enrolled in drama school but began to suf-

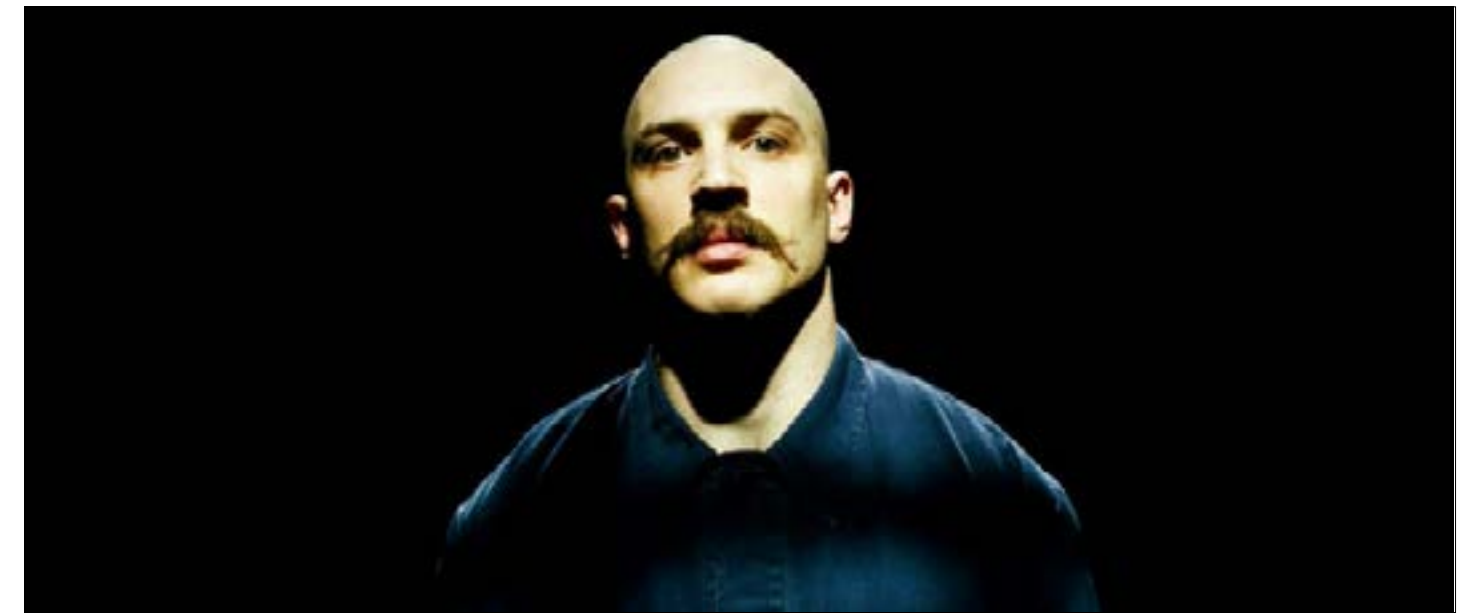


photo courtesy of Wikimedia Commons

In 2009, Tom Hardy won the British Independent Film Award for Best Actor for his performance as the infamous criminal Charles Bronson in *Bronson* (pictured above).

fer from addiction to alcohol and drugs. In 2001, he dropped out of school to take on a role in the miniseries *Band of Brothers*, directed by Steven Spielberg. The exposure from this role led to him to his next gig as an army officer in the movie, *Black Hawk Down*, released in the same year.

His earliest acclaimed role however was in the 2002 film, *Star Trek Nemesis*. In this role, he played the villain named Roman Praetor Shinzon. This character, bent on destroying the earth, serves as the human clone of Jean-Luc Picard, played by Patrick Stewart. In 2003, he enrolled in rehab in order to help with his drug abuse. During this time, Hardy also starred in several English production TV series with the most acclaimed being *Stuart: A Life Backwards*.

In 2008, the media really began to take notice when he played a gay gangster, Handsome Bob, in the Guy Ritchie-directed movie *RocknRolla*. His performance was applauded, along with those of his co-stars Gerard Butler, Idris Elba and Toby Kebbel. The role was a special landmark in Hardy's career and was the beginning of his immense rise to fame. His next performance, however, would go ahead to top this one.

Bronson is a fictionalized biographical movie about the life of Michael Gordon Peterson. Peterson was renamed Charles Bronson by his fight promoter and would come to be one of the most dangerous lawbreakers in the UK. Hardy exhibited sheer dedication towards preparing for the role as he put on 42 pounds of muscle in five weeks in his desire for perfection. The real Charles Bronson praised Hardy's performance of him in *Bronson*, a film based on his prison journal: *Diaries From Hell*.

In 2010, Hardy starred in *Inception* alongside Leonardo Di-

Caprio and Joseph Gordon-Levitt. He really stood out in this sci-fi thriller and received rave reviews for his role. He went on to win a rising star award at the 2011 BAFTA Awards for this role. In 2011, Hardy went on to star in *Warrior*, a drama movie about two alienated brothers who encounter each other through mixed martial arts. Critics lauded the movie and Hardy's star rose up another level.

To play his role, he took on MMA fighting as well as Muay Thai and kickboxing on a daily basis. The same year, he appeared alongside Gary Oldman in *Tinker Tailor Soldier Spy*, a British adaptation of a spy novel of the same name. By the end of 2011, he had become a part of Hollywood's A-List.

In 2012, Hardy even took on an unconventional role, starring as a British heartthrob in the action-comedy *This Means War*, with Chris Pine and Reese Witherspoon. This again provided more evidence of his acting diversity. Afterwards he played one of three bootlegging brothers in the crime drama, *Lawless*. He once again performed impressively, even with a scar on his throat.

The next movie he played, along with *Bronson*, is where I believe Hardy has been at his best. In mid-2012, Hardy played Bane, the major super villain in Christopher Nolan's final film of the Batman series, *The Dark Knight Rises*. For this role, Hardy put on 30 pounds in three months and mastered Bane's eerie-sounding voice. On his own, he increased the worldwide popularity of a character who is not nearly as popular in any of the Batman comic books.

In 2013, he starred as the main character in *Locke*, a drama film almost entirely set in an BMW X5. His performance was once again applauded and the single

character portrayed bears similarities to the solo performance art of Anna Deavere Smith.

This year has become Hardy's biggest yet. He began by becoming a part of *Child 44*, starring as Leo Demidov, a Soviet Union officer who aims to uncover a set of child murders which occurred when Stalin ruled the U.S.S.R.

Later in the year, he went on to star as the main character in the fourth installment of the Mad Max series, *Mad Max: Fury Road*. The movie went on to become the highest grossing film of the entire franchise and has been attributed as "one of the best action films ever made." I recommend this to anyone who wants to be blown away.

Over the years and specifically from 2008 to 2015, Tom Hardy has changed his body, taken on different accents, and starred in movies across different genres, whether in lead roles or supporting roles. The attention he has increasingly gotten is certainly good to see; however, the level of acclaim for his talents deserves to be elevated. He has definitely become Hollywood elite.

Back to my YouTube bingeing, the next trailer I saw after *Legend* was *The Revenant*. In this drama thriller, Hardy is playing John Fitzgerald alongside Will Poulter and Leonardo DiCaprio. The movie is directed by Alejandro G. Iñárritu (known for *Birdman*) and personally, I cannot wait for this blockbuster to come out. First of all, it would provide the final push for me to start completing my "mental movie" list. However, more importantly, it will once again confirm the fact that Tom Hardy can stand his ground and shine among the best in the business.

First-year Toni Abiru is a contributing writer. His email is oabiru@fandm.edu.

The growth of the supplement industry and its accessibility has created issues in sports. Read more below...



photo courtesy of ncaa.com

Franklin & Marshall Sports

Growth in supplement sales leads to athletic controversy

BY JOSEPH YAMULLA
Sports Editor

For years now, performance enhancing drugs have been tainting all that is right with sports. From the 1990s steroid era in baseball, to the growing popularity of human growth hormones, a select group of athletes have tried to cheat their way to success.

To the credit of the NCAA and to the commissioners of the major sports leagues, drug testing has become a serious and extensive process. In each sport, cheating has become almost impossible to get away with.

However, the recent one-year suspension of University of Florida quarterback Will Grier unveils something profound about performance enhancing drugs and athletics—cheating can occur without a player even realizing it. Grier claimed that he took an over-the-counter supplement without realizing it is banned in NCAA sports.

Companies such as GNC and Vitamin Shoppe sell over-the-counter supplements to athletes of all levels. The nutrition industry has become so focused on

selling their products to athletes that their care does not lie in what the athlete takes and if it a legal supplement, but in the amount of profit they receive.

Steroids are no longer an issue in sports. No athlete is so naïve in 2015 that he or she would take steroid injections without understanding that there are clear and concrete repercussions for these actions.

The danger now lies in store-bought supplements. Many people who work out, or plays a sport, take some form of supplement to complement his or her strenuous physical activity. Unless a specific athlete knows that big name companies like GNC cannot be trusted, it is so easy to fall into their trap.

I have experienced the feeling of walking into GNC before, and having an employee come up to me to see if he could sell me these supplements. If he realizes you're not experienced with supplementing buying, he will most likely push and encourage supplements not only that do you not need, but also that could be banned in the field you compete in.

Luckily for me, I knew from working with a trainer back home that I clearly did not need to buy creatine, or testosterone boosters, after a GNC employee strongly encouraged me to buy them. The employee never asked if I competed in an NCAA sport or any activity that drug tests. I do not play a sport here at F&M. However, these supplements are on the banned substance list in the NCAA guidelines.

It is absolutely crucial for any athlete to have this awareness because these “nutrition” companies could ruin a college athletic career.

I'm not saying that Will Grier does not deserve his suspension. He plays football for a massive SEC school and clearly should have checked with his training staff to know if the substance he bought over the counter was banned.

Despite this, I understand how this happened. It is so easy for a big-time athlete to be persuaded the wrong way and to play using a supplement, especially if someone tells him it is completely legal.

The increase in supplement use is not always a bad thing. If taken correctly, they could enhance athletic performance and lead to a healthier physique. I take supplements. However, I do not take anything without serious research into what it is, and how it would affect my body.

The issue with athletes today has become the idea of assumption. Everyone just assumes that everything is okay, and that big chain nutrition companies actually care about the intrinsic value of sports or exercise. The truth is, they don't always.

Sports and physical activity are what are really good in this world. Both promote a healthy lifestyle in which people come together to set goals and achieve them.

This benevolence can not continue to be hurt by controversy. Will Grier's situation is sad and unfortunate. Yet, it should be used to spread awareness that not everything you put in your body is safe.

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photo courtesy of orlandosentinel.com

Above, University of Florida quarterback Will Grier is pictured before a game earlier this season. Recently, Grier was suspended by the NCAA for an entire year after he claimed to have unknowingly taken an banned, over the counter supplement. The issue of national nutrition companies selling substances that are not beneficial is now an issue.