Come Sail Away
Freshman reflect on activities outside of classroom.
by Courtney Ellisen, Alexandra Aguilar, and Samantha Olsen

For two classes in the month of September, teachers Jenny Herrick and Professor Chris Wells took ten freshmen in the GWC experience class sailing at the Lake Geneva Yacht Club. They learned how to tack, jibe, steer, and use teamwork to get the boat moving and sailing away.

Students learned a lot about working together. “It was the best way to work as a team for the first time,” reported freshman Alexandra Aguilar. “In the sailboat each person had a specific job, and those jobs changed sometimes, so being able to experience that with my group members just really made us all connect and communicate a lot more.” In addition to bonding with classmates, Samantha Olsen, another freshman on board, mentioned that she enjoyed getting to know her teachers, Herrick and Wells, outside the classroom.

While they were sailing there were two other boats on the water. All the boats would race to certain places of the lake, then at one point the boats raced around a raft through very strong winds. Students got the sailboat to almost a 90 degree angle while the strong gusts of winds were present. Students recognized this experience as a benefit to the lakeside campus, “very rarely will schools present the students with opportunities like the ones I’ve had to offer to me at GWC,” said Olsen.

“It was a beautiful experience and something I have never had the opportunity to do before the class,” stated Aguilar. “I feel as if this experience was purposely connected to the class to show us as students how teamwork is necessary in real life.”

Baumgarten with Landon
An update from sophomore and student worker, Landon Baumgartner, on what’s been going on at the garden.
by Landon Baumgartner

Consuming locally grown organic foods is a trend that has become increasingly popular in recent years. From enhancing the local economy, to providing fresh and healthy produce to citizens, consuming local products has become a bonafide method to enhance the wellbeing of any community. At George Williams College, we have become part of this movement with the establishment of our Research and Education Farm, where our own participation in this revolution has taken root all the way from the soil itself, to the plates on our tables.

This summer, the Research and Education Farm yielded a bounty of produce for the George Williams College food service in as local of a fashion as possible. From romaine lettuce and green peppers, to cucumbers, onions, tomatoes, zucchini, summer squash and kale, summer events at GWC were never short of a little taste of something local. Sunflowers and wildflowers were even grown and harvested for décor. It was the most successful of seasons the farm has seen yet, and production has not yet halted as fall crops will continue to grow through the harvest season.

Faculty, staff, and students alike got a chance to experience one last feast of the Research and Education Farm’s end results on Oct 14th at the fall harvest dinner where a variety of vegetables were provided to complement everyone’s dinner. Radishes, Mesclun lettuce, Chinese cabbage and more were offered as just a few samples of seasonal crops.

From summer bounties to fall treats, the Research and Education Farm has proven to be a reliable source of indulgences which will hopefully increase in number and variety for years to come because it is nothing short of a privilege and a blessing for us as a college to produce and enjoy our own organic foods.
Fun with Fitness
A blog about it

Currently, George Williams College has two students, Carrie Lueders and Nick McCarney, that write a weekly blog for part of their work experience hours. The blog generally focusses on topics related to fitness. However, sometimes the blogs vary in topic each week and can encompass many different things based on what the writers wish to incorporate into their individual blogs during that given week.

Carrie’s Weight Vest Experience

It is difficult to see changes over a long period of time, but drastic ones (like gaining 20 pounds overnight) really make a difference in the way people look at weight gain. I will definitely be taking this experience into account next time I’m having trouble appreciating weight loss. Here are some real life quotes from my weight vest experience: “This isn’t so bad.” “This is the worst thing in the world.” “Can I take this off yet?” “I’m going to take it off, no one will know.” “I can’t take it off, I can’t be a quitter.” I had some apprehension about the weight vest experiment when TJ first suggested it to me. I honestly was kind of dreading putting it on. I felt like I was constantly having back problems. I really helped me notice how poor my posture was, so now I’m working on my back issues in comfort.

The following excerpts are from the students blogs that were written on the same week. The students were asked to participate in an experiment by putting on a weight vest and wearing it around doing their daily activities for two days. Afterwards, the students wrote about their experiences.

Nick’s Weight Vest Experience

My name is Nick McCarney and I am a third year student at George Williams College of Aurora University. On campus, my work is to get students involved in intramural sports and activities. In order to get some extra hours for the program I was given a task from my supervisor. It seemed simple enough, wear a 20 pound weight vest for two days and go about my daily routine. I was 20 pounds heavier my freshman year of college, so it would be a good experiment for me to figure out how much extra energy I was burning in order to move myself around two years ago.

First day, weight vest was strapped on and I went about my normal activities. There were almost no issues in comfort and my walking was pretty much unhindered by the extra twenty pounds. However, once I put on my backpack, completely filled with several thick textbooks and weighing roughly 30 pounds I noticed a difference. Just walking to class had me tired. It wasn’t my backpack fault either, I’m very accustomed to carrying it around full all the time. But this extra twenty pounds on my body was definitely making me struggle more doing any sort of physical activity.

Fast forward a few hours and I was making the far too short walk to the gym to go about my daily running routine. Over the past few months I’ve been training myself to run at faster speeds over longer distances and I usually run at a brisk pace for a half hour without much trouble. Within minutes of beginning my run I noticed I was already breathing very heavily and the extra weight was putting a great amount of stress on my calves. Ten minutes in and I’m struggling just to keep my breathing regulated. Five more minutes pass and I have to go into my cool-down walk because I can no longer keep up my pace. Absolutely exhausted and dripping with sweat I reflected on my less active, freshman year self.

It was incredible to realize that just a small amount of weight could put so much extra strain on one’s body. Cheesburgers and pizza may taste good, but they do not translate well into a healthy lifestyle. Twenty more pounds of muscle may be able to help you run further, but twenty pounds of deadweight will hinder anyone’s performance in some way. After finally being able to take the vest off for a lengthy period of time I have to say that I appreciate being able to participate in this experience and really see just how much a difference losing 20 pounds from my freshman year has made on my lifestyle. It’s difficult to see changes over a long period of time, but drastic ones (like gaining 20 pounds overnight) really make a difference in the way people look at weight gain. I will definitely be taking this experience into account next time I’m having trouble appreciating weight loss.

Interested in following the fitness blogs?

Check your inbox for new blogs
The change in scenery is abrupt and unmistakable. It’s as if a curtain is thrust open as you enter from the east passageway of Jo Daviess County. In this extreme northwest tip of Illinois, a state otherwise popularly declared “flat-land”, an out of place landscape abounds. Ranges of thousand-foot tall hills, towering bluffs, and river-bottomed canyons abound in this portion of a microclimate that has existed practically geologically unchanged since at least the start of the last ice age. Believed mostly to be a result of its unique geological properties, the Unglaciated Region spanning through Minnesota, Iowa, Wisconsin, and slightly into Illinois was encompassed, maneuvered around, and avoided by the retreating glaciers tens of thousands of years ago. While, a majority of the Midwest was overpowered and flattened by the retreat of glaciers northward leaving nothing behind but smooth-as-glass plains and prairies, the Unglaciated Region boasts an ecosystem uniquely picturesque.

… It is well known that where there is natural beauty, and those with the money to buy a private front row seat are never far behind. Being the epitome of a storybook rural escape from urban life, the Unglaciated Region attracts high class tourists and weekenders by the thousands from the eastern state line. A region of Illinois dominated by a few pickup trucks, tractors, and hay wagons Monday through Thursday becomes a crowded Chicago suburb crawling with Audis, Mercedes, and BMW’s Friday through Sunday nearly year-round. The historic attractions and few quiet streets of small farm towns like Elizabeth (Pop. 761), and my personal favorite fishing destination Apple River (Pop. 364), become equivalencies of Michigan Avenue where the dollar speaks louder than words, but is unable to be heard anyway because the streets are too loud. Highways have dissected the farm belonging to one of my own high school teachers, a lifelong Elizabeth resident, who has professed repeatedly “The whole area has become downright urban.”

… I’ve been witness to a sick kind of irony as the big-city tourists snap pictures of scenic overlooks and heirloom farms as they gaze at their family members and say “I hope this view stays like this forever”, or “It’s more beautiful than I thought it would be.” Then, not a second later, the throngs speed away in their luxury vehicles, back to the resorts built upon hills which used to be a piece of that very miraculous view.

“If you build it, they will come.” This famous phrase seemingly can be applied to much more than just cinematic baseball fields. The 200 mile journey to Iowa couldn’t keep Chicagoans from making the trek to Iowa in 1989, so why should they be inhibited by a 150 mile trek to Jo-Daviess County 25 years later? Sympathy for the emotions and motives of Hayduke are not difficult for me to achieve, as I watch the retreat of luxury vehicles to the east from the now developed Unglaciated nowhere I have called a neighboring home for the past 17 years.

Progress always seems to find a way to turn nowhere into somewhere until it’s time to move on to the next nowhere. Despite the cars’ presence receding into the horizon, I think of the progress of Elizabeth and my teacher Mrs. Krug. I think of the trout and the Native American monoliths, but mostly I think of the glacier and their slow retreat, somehow leaving these landmark’s beauty unaltered
Almost Camping

by Kiyaa Kowalski

W

When Jerm was awake
I thought the distant
cries of the coyotes sounded
cool, but with every new
sound of a twig snapping I was
convinced I was becoming
the hunted. “Coyotes are
more scared of you than
you are of them” I thought.
“Impossible.” I kept trying to close my eyes, but
every distant noise made them keep opening and
I would frantically scan the wall of the tent. I so
desperately wished I could see through walls. The
tent window was zipped up—I could unzip it and
look out, but whatever is out there would see me
and then would know that I was right there, and
then it would claw its way through the tent and then
I'd be dead! Jeremy had his arms locked around
me as he snored in my ear. I want to wake him
up but I couldn't move. I rocked myself hoping it
was enough to wake him; it wasn't. The tent starts
rustling. It sounded like an animal digging. It
sounded like an animal digging at the tent right in
shook like a crazy in a straightjacket.

I heard a boom come from the other side of the
lake. It was only a firework but in my mind I see
Chris Hemsworth and Josh Peck marching around,
shooting Korean soldiers in Red Dawn. I broke an
arm free and started hitting Jeremy.

“What!” he said startled, angry, and confused.

“Shh!” and I heard the crinkle of leaves and twigs
and grass coming from his side of the tent. I
continued to hit him, forgetting he was already
awake.

“What?” he says now more annoyed. I didn't
respond. I can't let the Koreans hear me. I just
frantically pointed my hand towards his side of
the tent. He looks around and back at me and
says “what” with his eyes. I hit him again as I saw
a flashlight quickly scan the tent. I could hear
someone walking closer to the tent, pass, and then
continue towards the lake. The radio that had been
left on earlier turned off. Then we could make out
the sound of a guy's voice.

“Connor?” my boyfriend asked. He didn't shout,
but he asked it loud enough for Connor to respond.

“Yeah dude.”

“Quit scaring me!” I cried pathetically
I could hear Connor sort of snicker, “sorry.”

Jeremy looked at me very disapprovingly, without
saying anything I could hear him ask “really?” He
laid back down and was out in a matter of seconds.
I took a deep breath, “time to be a big girl.”

I heard the digging on the tent again, but there was
no animal digging to get me. It was the wind. I also
continued to hear the snap of twigs and shuffing
through grass, and I still believed that those were
the sound of animals walking around. But these
were just small animals that weren't a threat to me.
Like non-homicidal killer squirrels.

A Merging of Self and School

by Jermaine Wimpie

Sunday Night Lights

by Amber Linder
National Fire Prevention Week was recently held October 5 through the 11 commemorating the Great Chicago Fire of October 8, 1871 that Mrs. O’Leary’s cows were accused of starting, but this wasn’t the only fire that started; several other large fires occurred on October 8, 1871, occurring in Michigan and Wisconsin. In honor of these fires, the George Williams College Department of Campus Public Safety would like to take this opportunity to remind our students of some simple fire safety measures to prevent a fire in our community.

- **FAMILIARIZE YOURSELF WITH BUILDING ESCAPE ROUTES**
- **DON’T BURN CANDLES OR SMOKE IN RESIDENCE HALLS**
- **ONLY USE EXTENSION CORDS AND OUTLET STRIPS THAT ARE UL APPROVED**
- **DON’T ROUTE ELECTRICAL CORDS UNDER CARPET OR BEDDING**
- **CHECK SMOKE DETECTORS MONTHLY**


Not Starting the Fire

National Fire Prevention Week was recently held October 5 through the 11 commemorating the Great Chicago Fire of October 8, 1871 that Mrs. O’Leary’s cows were accused of starting, but this wasn’t the only fire that started; several other large fires occurred on October 8, 1871, occurring in Michigan and Wisconsin. In honor of these fires, the George Williams College Department of Campus Public Safety would like to take this opportunity to remind our students of some simple fire safety measures to prevent a fire in our community.

Students walked three horses around in the grass and then took them to a sand arena where they practiced riding. The students in the class took turns walking the three horses around the loop. There was a small obstacle course that the students walked the horses through. Malika Pargo explained to the Gazette what she had learned:

“...The knowledge I have gained from the horseback riding experience, confidence is key. Confidence is key because the horse needs to know who is in charge. Horses are pack animals and need leaders guidance no matter how strong-willed.”

After walking the horses students groomed and cleaned the horses. Many students were excited at the opportunity to ride them the next time they go on October 16. When they were done, first year student Steve Schultz was even given a dozen eggs from the farm. It was an overall great and fun experience.

GWC Students Go for a Horse Ride

by Brandon Watson & Malika Pargo

On October 2, ten students from GWC Experience went to Justrewards Equine in East Troy Wisconsin. At the farm the students were given a brief preview of what they would be doing for the hour long experience. The students were given a small tour of the farm and the animals there. Students then went to where the horses were, harnessed them up, and brought them out of the fence in area.

Students walked three horses around in the grass and then took them to a sand arena where they practiced riding. The students in the class took turns walking the three horses around the loop. There was a small obstacle course that the students walked the horses through. Malika Pargo explained to the Gazette what she had learned:

“...The knowledge I have gained from the horseback riding experience, confidence is key. Confidence is key because the horse needs to know who is in charge. Horses are pack animals and need leaders guidance no matter how strong-willed.”

After walking the horses students groomed and cleaned the horses. Many students were excited at the opportunity to ride them the next time they go on October 16. When they were done, first year student Steve Schultz was even given a dozen eggs from the farm. It was an overall great and fun experience.

Studying in the Treehouse

by Rebekha C. Crockett

The Learning Commons has always been a great resource for students. Students can use available computers, printers, and books, or just use the space to work on homework or projects. Learning Commons Assistants are also there to help students and answer questions. This year, the Learning Commons still offers all these services and now offers even more.

This year, in addition to professional tutoring, peer-tutoring is available to help students with course content and writing needs. All the tutors went through a training program led by Dr. Harvey and Kathy Clark. The program prepared tutors to help students with writing papers, doing research, preparing presentations, studying, and working with different kind of computer software among other things. The tutors have posted their hours on the Learning Commons website [http://libguides.aurora.edu/LearningCommons](http://libguides.aurora.edu/LearningCommons).

Another addition to the Learning Commons is the Writing Center in Meyer 112, a great workspace for students to get one-on-one assistance from tutors. The room is sectioned off into different areas to give students privacy and help them focus. Each area has a desk or table and there are printed out writing resources on hand. There is also a projector so students can rehearse presentations with a tutor and get feedback.

The Learning Commons is open week days from 8:00am to 10:00pm and Saturday from 8:00am until 2:00pm. In order to set up an appointment with a tutor e-mail the Learning Commons at gwccommons@aurora.edu, call them at 262-245-8541, or visit Meyer Hall 200 during the staffed hours posted on the website.

Are You Interested in Contributing to the Newspaper?

Send your questions to either Kiaya Kowalski at kkowalski01@aurora.edu or Dr. Meredith Harvey at mharvey@aurora.edu

Newspaper Staff

Editors & Designers: Kiaya Kowalski, Amber Linder, and Nicholas McCarney

Contribution Authors: Alexandra Aguilar, Landon Baumgartner, Rebekha C. Crockett, Lieutenant Don, Courtney Ellisen, Carrie Lueders, Nicholas McCarney, Samantha Olsen, Malika Pargo, and Brandon Watson

Contributing Artists: Kiaya Kowalski, Amber Linder, and Jermaine Wimpie

GWC Gazette