on the night of November 8, 2016, Lake Forest College, Alexa Sanchez ’17*, was watching the presidential election from her laptop in her dorm room. Outside, South Campus Quad echoed with the voices of students chanting “Trump! Trump! Trump!” It was 10:00 p.m. on a Tuesday, and campus was eerily divided between the sound of celebration and the sound of solemn silence. Alexa is the daughter of immigrants from Central America, and she told me she was worried because Trump’s presidency threatened to bring harm to the lives of her family and friends. “I was overwhelmed by all of it and wanted to get some fresh air,” she said. She closed her computer and left her building. Alexa was standing in front of her residence hall when a group of five male students began walking toward her. “I heard the guys before I saw them. I could tell they had been drinking. I was thinking ‘Oh, some excited Trump supporters’ and in my head I was like, ‘avoid, avoid.’” That’s when one of them yelled out, “Looks like you’re going back to Mexico, bitch.” She told me she froze in panic. “They laughed, and laughed, and laughed. I was thinking, ‘Don’t look at them, don’t move.’ I was trying to be invisible,” she said. The group of guys kept walking, and Alexa said she was grateful nothing more happened, but the experience stuck with her. “I realized that there’s a lot more racism and prejudice around here than we are led to believe,” she said. “Trump’s election made it acceptable to say things like you’re going back to Mexico, bitch.”

Salerno said that the Portal will likely lessen or remove the time students spend waiting to be seen. “It is challenging trying to see everybody that wants to be seen in a timely fashion,” Salinger said. “We’re all one team,” she said. “We do both emotionally and physically. We work around their schedules. It can make things run smoother.”

Associate Director of Health Services Kathy Salinger said that the Portal will likely lessen or remove the time students spend waiting to be seen. “It is challenging trying to see everybody that wants to be seen in a timely fashion,” Salinger said. “We’re trying to switch this year primarily from a walk-in clinic to trying to get students to schedule. Ideally, we don’t want students to have to wait.” Students can make appointments for reasons such as sexual health, athletic physicals, women’s health, injections, and lab testing. Salinger said illness is the most common reason for an appointment, followed by athletic physicals. “This time of year, everyone’s got a virus,” Salinger said. “There are also more serious concerns. “Every athlete needs to be checked once a year for risk factors [associated with] sudden cardiac death,” Salinger said. “Most of those athletes don’t go home to get that.”

Salinger said Health Services and Counseling Services share the Portal, working together to provide holistic healthcare for students. “We work very collaboratively with the Counseling Center. We’re all one team,” she said. “We do both emotional and physical support in collaboration with Counseling Center and physical health.”
The English Room

Hearth Room

Garden Room

The Bar

White Hart Pub

DEER PATH INN
EST. 1929

Where Traditional Becomes Exceptional

Celebrating the North Shore’s most Momentous Occasions since 1929

“The breadth of experiences at Deer Path Inn are unlike anything North of the city...”

(TripAdvisor Review)

847-234-2280
www.thedeerpathinn.com
Students Express Concern Over Planned Parenthood Defunding

ELIZABETH CHAPMAN ‘18

President Donald J. Trump’s executive order declaring the defunding of specific Planned Parenthood services internationally has angered some Lake Forest College students who hold strong beliefs on affordable healthcare.

While this order has only enacted the defunding of services internationally, individuals across the country are waiting for a bill to be passed by the Trump administration that will defund all branches of Planned Parenthood within the United States, preventing them from providing any services through federal funding.

As college students just on the brink of adulthood, many believe that health care is something that must be acknowledged but that is often not, due to the flurry of other stressors. Yet, for some students such as Camille Krier ’17, it is a likely reality that following graduation day, they will not have access to vital health services due to no longer being insured through Lake Forest College’s health insurance.

“Right now, I am currently insured through the school’s health insurance policy, but that will all change in May when I graduate. After that, I would need to rely on the services provided by Planned Parenthood, because I cannot afford those services on my own,” Krier said.

Over the course of many years, Planned Parenthood has received large amounts of negative backlash from many American citizens due to its active participation in allowing women to receive services for abortions. “I am vehemently against the defunding of Planned Parenthood services,” Virgil Thomas ’17 said. “Planned Parenthood [is] a name that has become synonymous with sexual promiscuity, costly in upkeep, and abortions. In one of the most successful smear campaigns orchestrated by the far-right, Planned Parenthood has faced a severely damaged reputation. In reality, Planned Parenthood has offered health services to men and women of all ages, all levels of sexual activity, and all socioeconomic statuses,” Thomas said.

Nonetheless, the controversy about abortion policies has allowed people to overlook the other vital health services provided by Planned Parenthood that some students have said they rely on for their routine check-ups, which are even referred by nurse practitioners like Kathy Salinger, associate director of Health Services at the College’s Health and Wellness Center, located in Buchanan Hall on South Campus.

“Statistically, it’s near impossible that women and men on this campus have not been benefited from Planned Parenthood services,” Thomas said. “There is also a high likelihood that there are women on this campus who rely on Planned Parenthood for their routine sexual health check-ups.”

“I know plenty of friends that rely on Planned Parenthood for their reproductive care,” Krier said.

In the event that Planned Parenthood is domestically defunded, the organization could lose an estimated $390 million annually that accounts for over half of Planned Parenthood’s yearly income, according to a 2015 report from the Congressional Budget Office. Outside of federal, state, and local funding, Planned Parenthood, a non-profit organization, relies on private donations to remain active. With only these private donations, it is highly unlikely that Planned Parenthood would be able to sustain large cuts to federal funding.

“We have been so fortunate through the Obama administration to have birth control for all insured, and I know there was a lot of pushback from those in the media, but it made a huge impact on college women. The potential loss of Planned Parenthood… I can’t fathom…it’s just frightening,” Salinger said.

While all these services are still offered through Planned Parenthood, they are also available to students on campus at the Health and Wellness Center. Salinger and her staff provide women with access to STI testing, birth control prescriptions, sexual education, and other sexual health necessities, as well as general health check-ups. On this campus, Krier is just one of many students insured through Lake Forest College’s health insurance policy, but the College’s Health Center allows students to apply for insurance to gain access to allows students to apply for insurance to gain access to the services provided at a nearby location and at an affordable cost. Further information about the policies and benefits can be found at lakeforest.edu/studentlife/health/services.

“I think that there is still a fairly large group of women on campus that don’t know that we provide these services on campus, but I would really like women and men to know that this is a safe space. They can come and ask any questions,” Salinger said.

Patient Portal

Continued from page 1

For Counseling Services, students can only make an initial appointment through the Portal to meet with a therapist. After that initial intake, Michelotti said, “They can get their schedule arranged with the therapist down, but people cannot make same-day appointments.”

The Portal also allows students to enter their immunization dates, although they still must submit a hard copy. “[The Portal] will have all the information and it’s completely secure,” Michelotti said.

Health Services will create awareness for the Portal through brochures and emails.

In addition to launching the Portal, Health Services will now have walk-in hours twice a day from 9:30 a.m. to 10:30 a.m. and 2:00 p.m. to 3:00 p.m. Monday through Friday.

Michelotti said the Health and Wellness Center also aims to become more environmentally friendly with increased usage of the Portal. “Our goal is to go paperless,” Michelotti said. “All of our forms are online here [the Portal], and Kathy [Salinger] can email a student after getting the results. Everything is at [a student’s] fingertips, so why shouldn’t this be as well?”

Contact Michelotti with any questions regarding the Portal at michelotti@lakeforest.edu.
In an initiative to improve the freshman dormitories, the College opted to remove all the furniture that was deemed in poor condition in Lois Hall and other freshman dorms.

Andrew Pollom, the College’s residence life director, said, “The third floor [of Blackstone] along with Lois was replaced this past winter break. It, along with Blackstone, had some of the oldest and worst condition [of furniture].”

This comes off the heels of the latest phase of furniture replacement and renovations that began back in the summer of 2015 on the first floor of Blackstone. “We go through the halls to see what needs to be replaced,” Lori Sundberg, vice president of facilities management, said.

Projects come from a special initiative fund from the president of the College, Sundberg said, easing any possible fears of additional tuition fees.

“They come from the special initiative fund from the President of the College … It remains completely separate from anything regarding additional expenses to student tuitions,” she said. Yet an unrelated $5 expense went unsolved last semester, according to campus police reports. Without a determined culprit, this fee was given over to every resident in the hall, as it is removed from their co-resident responsibility to take care of the space.

“One of the many considerations for standardizing on the New England Woodcraft furniture is that the beds are adjustable up to a level that the dressers will fit under the beds,” Pollom said. “Depending on the use and abuse by students, this furniture will last 20 (years), 30 years or longer.” The natural oak desks appear to be sturdy, and survive the wear and tear, but some Lois residents disagreed.

“I haven’t heard any positive feedback,” Khaleef Rehman ’18, residence assistant of Lois Hall’s third floor, said. Residents preferred the old, bigger drawers. “I’ve heard people saying that they’ve had problems putting them in the closets,” said Rehman.

One of these students is Ariane Balaram ’20, who has her roommate’s dresser wedged awkwardly against their desk at the edge of the room. “I don’t mind these [dressers] except for their size, especially with the dressers. It was hard to fit mine into the closet; in fact, we had to un-screw the top of it,” Balaram said.

“And my roommate’s dresser,” Balaram said, looking at the dresser dejectedly, “is laying outside, because even with unscrewing the top, it wouldn’t get through [into her closet]. I really think they should have measured the dimensions.” They have since had to file a work order to have the dresser dismantled and reassembled in the closet space.

Additional issues stemmed from moving the furniture out. “There is one senior who had her furniture replaced, but everything she had hanging on her walls ended up knocked down on the floor. Pictures [were] ruined, and dust [was] all over the room,” Lesley Tenorio ’20 said. What caused the issue has yet to be discovered.

Facilities Management staff have not yet decided which residence hall will receive improvements for the 2017–2018 school year.

“There are currently no tentative plans for a residence hall renovation, but their upgrades are always a goal,” Pollom said.

New Furniture in Lois Hall is a Tight Fit

CHRISTIAN METZGER ’20 JOURNALISM 320 metzgerc@lakeforest.edu

Lake Forest College students have their fair share of 21st-century concerns. Many of us are worried about tuition prices rising, some of us are tied down by too much homework, and others are alarmed by February’s lack of snow (while simultaneously being told that “climate change does not exist!”). But what was on students’ minds a century ago?

To get a glimpse of the past, I explored a Stentor issue from February 1898, 119 years ago. I noticed several differences right off the bat. First of all, most of the newspaper editors were males. While Lake Forest College “embraces diversity” now, the 1898 editorial team did not reflect that idea.

Secondly, the manufacturing of the newspaper was vastly different 119 years ago. Everything I read was typed on a typewriter. If the writer made a mistake, he would have to restart the page from scratch.

A newspaper section that sparked my interest was “What Men Are Asking.” In this section, students posed questions about the style/fashion of those times, and the editor responded with his advice. One example of his advice was that “the style in hats does not change much, but the latest in smoking jackets are those with backs fastened with large pearl buttons.” It was interesting to see a glimpse into people’s fashion ideas from 119 years ago and to realize that regardless of what year we are in, students will always look to others for acceptance of their fashion choices.

Image Source: forestersforever.com

Newspaper section that sparked my interest was “What Men Are Asking.” In this section, students posed questions about the style/fashion of those times, and the editor responded with his advice. One example of his advice was that “the style in hats does not change much, but the latest in smoking jackets are those with backs fastened with large pearl buttons.” It was interesting to see a glimpse into people’s fashion ideas from 119 years ago and to realize that regardless of what year we are in, students will always look to others for acceptance of their fashion choices.

No matter the time period, students have always been concerned with their finances. While we may have no idea what students 119 years ago were concerned with, their worries were similar to our own.

Another interesting section was “Free Lectures in Chicago” – which is basically the equivalent of the weekly mail we get from the Center for Chicago Programs about what events are happening in the city. The close ties between Lake Forest College and the city existed in 1898, and it was good to know it is one of the things that had not changed.

The Stentor issue from a century ago had a few poems written by students who signed with a fake name or with initials. There were also quite a few short articles about sports, including an article about the results of a basketball game between Lake Forest College and Englewood with comments from the editor. There was a schedule of baseball games for the semester published as well.

I was also intrigued to learn about how important alumni seemed to be in 1898, as there were numerous short articles about them as well, showing current students what their lives might be like after graduation.

Although we have a lot of things to think about in 2017, putting our worries into perspective can be reassuring. Months, years, and decades ago, people were in the same overall spots that we are in now. This knowledge makes life a little more comfortable and reminds us to look back at history for relief from the present.
Apprently, Foresters were not the only people excited to arrive at Lake Forest College after a long winter break. Nyemba Bryant ’20 and Nick Edlund ’19 are just two of the 24 transfer students who enrolled at the College this spring semester. They are also both transfers from a rival school, Knox College.

Knox and Lake Forest are two Midwestern liberal arts colleges that share a lot in common; they have almost identical enrollments, compete within the same athletic conference, and are members of the Associated Colleges of the Midwest (ACM).

Despite these schools’ similarities, transfer students have noticed some significant differences since enrolling at Lake Forest College. For one, Edlund pointed out that Lake Forest has more “improved and up to date facilities and infrastructure.”

Location sets these schools apart as well. “The area is extremely different,” Bryant said, clearly eager to be near a big city like Chicago. Edlund specifically paid gratitude to “Anna Sandler and the football team. Both have made this transition incredibly easy,” Bryant said. Bryant and Edlund actually attribute a little bit of why their transition is going so well to the great people they have met at Lake Forest. “I've been pleasantly shocked by how seamless this whole process has gone,” Edlund said.

Both students agree that the people at Lake Forest have been the highlight to their transition. “I’ve made some really good friends here, and that’s been great,” Bryant said. From Galesburg to Lake Forest, Edlund and Bryant shared that they are more than happy with their decision to transfer schools. “I’m very happy with my decision to transfer, I love it here,” Bryant said.

For any Lake Forest College student, the people really make being a transfer student look easy, even after leaving good friends and familiar surroundings. Edlund expressed his surprise about his transfer process. “I’ve been pleasantly shocked by how seamless this whole process has gone,” Edlund said.

Yet while keeping old friends in their hearts, Edlund and Bryant are not struggling to make new ones. “I do miss being on the Ultimate Frisbee team and the people on it, but the transition is going really well, and I’ve met so many awesome people here,” Bryant said.

Bryant and Edlund actually attribute a little bit of why their transition is going so well to the great people they have met at Lake Forest. “The second floor in Harlan has been a huge help in transitioning to Lake Forest College,” Bryant said. Edlund specifically paid gratitude to “Anna Sandler and the football team. Both have made this transition incredibly easy,” Edlund said.

As any Lake Forest College student can tell you, the school is known for the small classrooms and great possibilities for close relationships with professors. Edlund has already been able to take advantage of this awesome aspect. “Professor Bopp is great. She is so accommodating and for that I am thankful,” Edlund said.

The students really make being a transfer student look easy, even after leaving good friends and familiar surroundings. Edlund expressed his surprise about his transfer process. “I’ve been pleasantly shocked by how seamless this whole process has gone,” Edlund said. Both students agree that the people at Lake Forest have been the highlight to their transition. “I’ve made some really good friends here, and that’s been great,” Bryant said.

From Galesburg to Lake Forest, Edlund and Bryant shared that they are more than happy with their decision to transfer schools. “I’m very happy with my decision to transfer, I love it here,” Bryant said.

The former Knox Prairie fires’ reasons for transferring do not differ too much. Bryant was looking “to be closer to a big city” as well as have the Urban Studies minor available to her, while Edlund wanted to switch his major from Chemistry to Business.

After one and a half semesters, it might seem hard to transition into a new college away from good friends and helpful teachers, but Edlund is getting along better than he expected. “Transition is going well, I’ve gotten really comfortable with the atmosphere and culture of the school,” Edlund said.

Of course, missing friends and teammates will consequentially occur for transfer students, which Bryant and Edlund both attested to. “I miss my friends…I miss some things about the familiarity of Knox,” Edlund said.

Yet while keeping old friends in their hearts, Edlund and Bryant are not struggling to make new ones. “I do miss being on the Ultimate Frisbee team and the people on it, but the transition is going really well, and I’ve met so many awesome people here,” Bryant said.

Bryant and Edlund actually attribute a little bit of why their transition is going so well to the great people they have met at Lake Forest. “The second floor in Harlan has been a huge help in transitioning to Lake Forest College,” Bryant said.

Edlund specifically paid gratitude to “Anna Sandler and the football team. Both have made this transition incredibly easy,” Edlund said.

As any Lake Forest College student can tell you, the school is known for the small classrooms and great possibilities for close relationships with professors. Edlund has already been able to take advantage of this awesome aspect. “Professor Bopp is great. She is so accommodating and for that I am thankful,” Edlund said.

The students really make being a transfer student look easy, even after leaving good friends and familiar surroundings. Edlund expressed his surprise about his transfer process. “I’ve been pleasantly shocked by how seamless this whole process has gone,” Edlund said.

Both students agree that the people at Lake Forest have been the highlight to their transition. “I’ve made some really good friends here, and that’s been great,” Bryant said.

From Galesburg to Lake Forest, Edlund and Bryant shared that they are more than happy with their decision to transfer schools. “I’m very happy with my decision to transfer, I love it here,” Bryant said.

“I saw that people were not proud of themselves or their work,” Vonor explained, “basically, be confident and proud of who you are. The world is lacking that positivity.” His encouraging mindset and creativity have made waves on the Lake Forest College campus, and I’ve seen his clothing worn by many.

Although Koff has come out with a series of “STUNT FOREVER” t-shirts and hoodies, he isn’t sure if he wants to make an established brand. His clothing is not a line, it’s a creative project, and he wants to make it clear that he is not selling a product but conveying an art form. “Today’s mainstream clothing, like Supreme, for example, is really expensive. Not everyone can afford to wear it. I want to provide clothing of that caliber for a great price,” Vonor said. He wants his project to represent empowerment, but also remain affordable. A young Shaq, perhaps.

He began his project over the summer and started small with little money in his pocket. With his clothing’s growing popularity among students and his friends around the world, he started to make a profit, which allowed Vonor to create more clothes. His inspiration is a combination of the people around him, who he’s met in the past, and his own style: minimalistic, yet bold. I always catch Koff sauntering around campus with confidence, a smile stretched across his face, with his outfit bold, sleek, polished, and accessorized.

Koff’s creative project is just a small piece of the bigger picture he wants to generate. With two years left on campus, he has major ideas to plan events that showcase the work and talent within the College community.

“I want to expose people’s work,” Koff said.

Koff said that one student on campus, Sam Suk ’19, is not being recognized significantly enough for his gifted cooking and presentation abilities. “I plan to rent out space in Durand to present people’s art. I want it to be different. Driven. Snacks, music. It’ll be great,” Koff said.

Koff is currently in the process of designing a cap and is moving forward with his project. For more information about Koffivi Vonor’s clothing project, visit his website at Koffivon.com.
MATERIAL DERMIRI '18 ASSOCIATE EDITOR demirsmi@lakeforest.edu.

Lake Forest College Visiting Assistant Professor of English Zachary Martin has no problem boasting about his fetish—a book fetish, that is. He first discovered his passion for the written word while working in the special collections section of the library. The rest is history.

Martin grew up in Miami, Florida under two parents who taught theater at their local college. In high school, he attended a magnet school that focused on visual arts. From Miami, Martin chose to attend the University of Chicago for his undergraduate degree, where he was faced with a difficult choice in terms of what he wanted to study: physics or English. Although Martin didn’t have the opportunity to take the traditional creative writing major at University of Chicago, since the school didn’t have a formal program at the time, he was destined to figure out a way to beat the system.

“I weaseled my way into every adjunct’s writing class who came to UChicago and really pushed to craft my own creative writing major,” Martin said.

Upon graduation, he was accepted to graduate school for writing at Florida State University, where he taught undergraduate classes to pay for school. In a writing program that included about 90 other “word-crazy” book fetishists, Martin described his experience as eye opening.

“It was the first time I was surrounded by so many writers, people who loved writing just as much as I did and wanted to do it as a profession,” he said.

From FSU, Martin moved to the valleys of Pennsylvania, where he became a self-described “mountain man” as he worked on his thesis. Not too long after that, Martin got a call from a friend in Cambridge, Massachusetts who asked him if he wanted to escape solitude and move to Boston.

In Boston, Zach met his wife at a production of West Side Story and moved to New York with her before applying to University of Houston to pursue his PhD in English. In Houston, Martin took on the role of editor-In-chief at Gulf Coast: A Journal of Literature and Fine Arts.

Associate Professor of English Carla Arnell spoke about how Martin’s varied resume made him an excellent candidate to come to Lake Forest College. “He had a really nice blend of publishing, background, experience, creative writing, and literature,” she said. “Students who have talked to him couldn’t believe how well-versed he is in the world of literature and how ready he is to engage in discussion on numerous novels.”

Martin’s former creative writing student Jordan Jacobs ’20 admired how much Martin involves people who already have an idea of what they want to write about and works to help them take their idea a step forward.

Maggie Lynch ’18, who is currently in Martin’s Advanced Publishing class, said he is a fountain of information. “As someone who experienced real-world publishing, Professor Martin can give honest answers in regards to a career in publishing, along with the difficulties it presents,” Lynch said. Although his favorite work is whatever he is working on now, Martin strongly admires the layout and design of his reportage non-fiction piece on war refugees from the Congo who came to Houston to learn and become financially viable as farmers.

His advice for students at Lake Forest College is to take advantage of the liberal arts education and take courses outside their home department because it provides students the opportunity to be well-rounded thinkers and adaptable, which is something Martin believes we need more of in this world.

EMILY WHITE ‘18 JOURNALISM 320 whiteee@lakeforest.edu

Nearly 250,000 demonstrators took to the streets of Chicago to march for a variety of reasons on January 21. The demonstration, originally organized to be a march from Grant Park to Federal Plaza, turned into a rally once demonstrators reached maximum occupancy levels as they flooded into Grant Park and nearby streets.

While the march’s Facebook page originally projected a crowd of 20,000 participants, that number quickly climbed to 50,000. According to reports in the Chicago Tribune and Chicago Women’s March spokesman Bryan Goettel, the demonstration had roughly 250,000 participants.

The timing of the march stalled most school-sponsored trips. Erin Hoffman, the director of the Department of Intercultural Relations said the College aims to support all student groups in their participation in political activism. Hoffman said the department’s main goal is to “help students think through activism” and act as a resource for students who want to participate in protests. Working as a voice to guide students rather than an advocate for either side, the Department of Intercultural Relations seeks to provide “safety and planning tips” for students who want to engage in activism.

While at least 35 students from Lake Forest College had a presence at the march, there were no club-sponsored trips to the demonstration. Miwa Lee ’18, vice president of the United Black Association, said she thinks the timing made it difficult to coordinate any group to travel to Chicago for the demonstration. The march “took place early in the semester before our meetings started up again,” Lee said. Club adviser Judy Dozier, associate professor of English and chair of African American studies, encouraged members to go independently if students could not go as a collective group, Lee said.

One widely shared image from the march was a photo of an African American woman holding up a sign that read “white women voted for Trump” in reference to exit polls that showed 53 percent of white women did so.

Lee echoed the woman’s sentiment, saying that while she saw value in the march, she felt the demonstration “lost its original purpose of being intersectional,” which was only “natural,” especially “with the march having so many people, there were bound to be participants who weren’t for every cause the march stood for, especially when it came to race and gender identity.”

While the march presented Lee with conflicts about the demonstrators’ purpose, United Black Association President Raphael Mathis ’17 believes the atmosphere among Lake Forest College students who went to the march demonstrated campus engagement. Mathis said the election has “seen [the College] respond in several ways.” He maintained that regardless of affiliation, Lake Forest College has always had a sense of involvement in the political sphere, “whether it’s the school hosting it, or student groups.”
The Lake Forest College

STENTOR

Magna est veritas & prevalebit.

CONTACT INFORMATION
editor@lakeforest.edu

EDITORIAL BOARD

EDITOR-IN-CHIEF
CAMILLE LEMIEUX

MANAGING EDITORS
KALINA SAWYER

ASSOCIATE EDITOR
MATTHEW DEMIRS

NEWS EDITOR
CYDNEY SALVADOR

FEATURES EDITOR
LIZA KIZHAKKEKUTTU

ARTS & ENTERTAIN. EDITOR
MARIBELLE GOMEZ

OPINIONS EDITOR
MITCHELL OOMA

THE CHIVE EDITOR
REBECCA HOWELL

SPORTS EDITOR
MONICA REDFERN

ADVISER
LINDA BLASER

LETTERS TO THE EDITOR

The Stentor editorial board welcomes letters to the editor and guest articles. The newspaper does not necessarily agree with or endorse the opinions presented in the letters. Letters will be published provided they are limited to 500 words and contain the author's name and signature or electronic signature. Guest articles should be limited to 300 words. Names will sometimes be withheld from publication with good cause.

There’s No Right Way to do Valentine’s Day

OLGA GUTAN ’19
STAFF WRITER
gutano@lakeforest.edu

You know Valentine’s Day is approaching when the seasonal sections in Walgreens and Jewel start looking as if someone spilt strawberry jam everywhere and refused to clean it—everything is pink, red, or both. You can find heart-shaped cards, chocolate, plush toys, and a plethora of other similar goods for sale.

Couples claim they celebrate their love that day by posting photos on Instagram of their weekend escapades to expensive hotels or restaurant dinners. What is it that makes certain people cater to their significant other only on that day? Is it a good idea for individuals to want to fit in and celebrate the way their peers do?

We turn so many colors, objects, and goods into symbols. A box of chocolate is no longer just a treat. Instead, it becomes a symbol of love, and the bigger the box, the better. The more Instagram-friendly a gift is, the better it is for both the person who gives it as well as for the recipient, who gets to publicly display a part of their relationship. In turn, their friends comment with praise.

A couple who abides by societal norms is expected to, above all else, partake in some kind of Valentine’s Day activity. Most people do not know what they are celebrating, where the tradition originates from, or how its meaning is linked to their own relationship—they blindly follow trends in which their friends partake.

Valentine’s Day, also known as Saint Valentine’s Day or the Feast of Saint Valentine, is an annual holiday celebrated on February 14. The holiday originated as a Western Christian liturgical feast day, and it is recognized as a significant cultural and commercial celebration in many regions around the world.

Some people like to feel that they are part of a bigger entity and enjoy the idea of celebrating something at the same moment as numerous others, and that is understandable. The feeling does not seem to cause harm. The downside of the holiday is the amount of unnecessary packaging material discarded afterward and the over-commercialization of many everyday goods that have been transformed with Valentine’s Day themes just so corporations can earn some extra revenue.

Ultimately, everyone can and should make their own choices and decide for themselves if they want to celebrate this day or not. However, it should remain a choice. Ideally, peer pressure should not even be present when making such decisions. A couple should choose if and how they want to celebrate, and the friends of each partner should not be present in any way when this decision is made. Additionally, people should consider the impact their celebrations have on the environment and perhaps reconsider their choice of gifts they give to their significant others.

You Use This Product Every Day, and It’s Killing the Planet

KALINA SAWYER ’18
MANAGING EDITOR
sawyerkm@lakeforest.edu

I’m talking about palm oil, a vegetable oil that comes from the oil palm tree. The oil palm tree grows in tropical rainforests where rich biodiversity has flourished for millennia.

But with the heightening production level of palm oil, these ecosystems are being rapidly destroyed, taking the health of our planet with them.

To properly feed and house the on-site workers whose lives revolve around this process releases tremendous amounts of CO2 into the atmosphere, feeding the roaring flames of global climate change. The World Resources Institute states that due in large part to the palm oil industry, Indonesia is now the fourth highest emitter of carbon in the world.

Despite these obviously detrimental effects of palm oil production, the industry is still heavily promoted, in part as a tactic to employ communities in Southeast Asia. However, the reality of the palm oil industry is dark and dangerous for workers.

Reporters have discovered that palm oil contractors are exploiting children through unsafe labor, suffocating employees with minimal wages and refusing to properly feed or house the on-site workers whose lives revolve around palm oil. According to Bloomberg, these human rights violations continue because “palm oil companies face little pressure from consumers to change.”

That’s why consumers like you and me are responsible for bringing change to this highly destructive industry. Palm oil may be cheap, but the impact it has on this planet is incredibly costly. People, animals, and the environment are facing exploitation and decimation, just so corporations make a larger profit margin.

Be mindful of the ingredients in the products you purchase. Vote against the atrocities of the palm oil industry by avoiding palm oil in your household cleaners, body products and food. It’s up to us to pressure palm oil companies to stop killing the planet and its remaining beauty.
GETTING CREATIVE IN THE CAF

Students at Lake Forest College who live on campus have to purchase a meal plan, and the commuters and part-time students have the option of eating in the cafeteria as well. This results in a rather large proportion of the student body eating (or having to eat) in the caf. Aramark says it caters to all diets and has various food options. The truth is that when you do sit down and eat, you may have difficulty choosing what to eat from the options. Add onto that decision dietary restrictions or preferences and sometimes you'll end up eating a bagel with peanut butter or cereal with soy milk for dinner. The suggestions below unfortunately cannot fix the quality of the food we get, but they are an attempt to make students a bit happier, have slightly healthier/tastier diets, and get more enjoyment from eating in the caf.

1. PLAIN PASTA OR RICE
Create a rice or pasta bowl. Take plain pasta or rice (from where the soup pots are), toss in vegetables, a dash of olive oil (from the salad bar), and enjoy.

2. RAW VEGETABLES
Steam your vegetables. Take mushroom, spinach, peppers, or any other desired raw vegetable from the salad bar and place it in a bowl. Go to the hot dips area, and your hot water into the bowl. Then cover the bowl with a smaller dessert plate, and put it in the microwave for 1 or 2 minutes. Drain the water. You may want to use two bowls to avoid burning your fingers. Finally, add salt, pepper, and butter according to your taste. Yum!

3. SALTY OR HEAVILY SEASONED SOUP
Put yogurt in creamy soups. If a soup seems too salty or too heavily seasoned, and its taste allows for yogurt, use a few spoons of plain yogurt to dilute its taste and add a few grams of protein to your meal.

4. OVERLY SEASONED FISH
Take a paper towel or eating utensil and scrape off the extra seasoning. Sprinkling lemon juice also helps.

5. RICE IS TOO DRY
Mix the rice into soup. When the rice is too dry and has been cooked tertially (which is more often than not), take a few ladles of soup and place on top of the rice. It makes it creamier and gives it at least some taste.

3 NOVELS TO READ

Rikki
Abigail Strom

SUMMARY
Abigail Strom’s Rikki is the first novel of the Hart University series, which tells the stories of college students and their relationships. Rikki tells the classic story of lifelong rivals falling in love, with all of the trials and tribulations in between. It really shows the dynamics of love, pain, and friendship in a realistic, believable way, showing that a love-hate relationship really can turn into true love.

What We Left Behind
Robin Talley

SUMMARY
What We Left Behind, by Robin Talley, is an LGBTQ+ novel that focuses on two girls who have to rediscover themselves once they attend different colleges. Featuring a diverse cast of characters, both sexually and racially, What We Left Behind strives to differentiate itself from other new adult novels that usually focus on white, heterosexual relationships. Various gender and sexual orientations are explored and explored as one of the characters struggles to define herself. In addition to the LGBTQ+ aspect, the book also explores the concept of long-distance relationships and the struggles that come along with them. It’s a very interesting read, even for those who don’t identify as LGBTQ+.

Beautiful Disaster and Walking Disaster
Jamie McGuire

SUMMARY
Beautiful Disaster and Walking Disaster both tell the same story: that of Abby and Travis, two vastly different college students who met and fell into a disastrous cycle of love and hate. Beautiful Disaster is from Abby’s point of view, and Walking Disaster is from Travis’. Reading both novels definitely provides a great look into each character’s mind and perspective of events. If you fall in love with these books, be sure to check out the companion series about Travis’ brothers!
Alternate Timeline Swears in President Beyonce Knowles

OLGA GUTAN ’19
STAFF WRITER
gutano@lakeforest.edu

January 20, 2017 – a beautiful day for Americans everywhere! The talented and hardworking pop star Beyonce is sworn in as 45th President of the United States! Crowds of thousands across the US have shown their support for their new president and seem to be delighted to wake up to this new reality. In Beyoncé’s America, discrimination is never acceptable, instead replaced by mutual tolerance, respect, and kindness toward each other.

Even the supporters of Queen Bey’s opponent are happy to see our new POTUS, because who can really be unhappy with a president who is a star? “From now on, life will be a party,” says lonel Soricle ’20, mentioning how excited he is for his new president’s public appearances. Long gone are the days of boring press conferences—say hello to public appearances. Long gone are the days how excited he is for his new president’s inaugural address. Everyone is excited; everyone is happy.

“I, Beyonce Knowles, do solemnly swear that I will support and defend this country against racism, sexism, laziness, poor fashion, and poor haircuts. I take this obligation freely, without any mental reservation or purpose of evasion.”

And so, January 20, 2017 was a wonderful day in this alternate universe. Unfortunately for us, though, we do not and never will live in that universe. So run to the closest Walgreens and find the worst-matching foundation possible, just in case the carrot forces everyone to follow their skincare routine.

Woman Does Her Best Amidst February Cuteness

MARGARET LYNCH ’18
STAFF WRITER
lychnme@lakeforest.edu

This week, Lake Forest College student Cynthia Gutenberg ’19 marked her calendar for February 15, noting the date for half-priced chocolate sales. She plans to make her rounds at various North Shore Walgreens and CVS locations. She is single and staring down the barrel of February with hope.

Cynthia has taken her pain to social media in hopes to seem relatable, as well as not so alone. Recently she tweeted, “So single it hurts.” It got five hearts. She has seen nearly every rom-com, and she is not entirely certain she will not be on the other side of a grand romantic gesture by the very attractive boy that sometimes attends her classes. Her friends report that she recently sent out a message to a very similarly to the marketing plans for the film.

She plans on watching it from bed while drinking sparkling pink Moscato.

Cynthia presents a great case study in the life of a single 21-year-old, living it up amongst those in love. Not that anyone around her would claim to be in love. Upon interviewing her two close friends who wish to not be named, they said that they have been dating for two years and that they both describe their relationships as “just a thing.”

One of them remarked, “I don’t know, we’re just, like, talking. It’s nothing serious. So, I won’t get him anything for Valentine’s Day. That’d be embarrassing. Why, did he get something for me? Oh my gosh, tell me?”

After hanging out with them for a few hours, Cynthia watched one of them brush the hair away from the others face while asking if she wanted anything from the CyberCafe. Cynthia excused herself to the bathroom while she sobbed, screaming. “I just want to be loved like that. I like, I want someone to get a chocolate chip muffin for me. That’s why I wake up in the morning.”

Cynthia is not the only single woman this February who just wants someone to ask if she wants a chocolate chip muffin—it’s a universal struggle. It is also not gender-specific. Men cite that they just want someone to get them a beer from the fridge that is just out of reach so they do not have to stand up and get it themselves. February proves again to be a month of difficulties for all. At least there is half-priced chocolate tomorrow for the Cynthias of the world.
People Actually Care About Political Facebook Posts

JONATHAN CALL '20
STAFF WRITER
callj@lakeforest.edu

Recent social media giants such as Instagram, Snapchat, and Twitter have had to shut down completely because of the sudden popularity of long, overdrawn political posts on Facebook. How did this happen? Experts say that people are actively seeking out political posts because people give a shit about them.

“We have no idea how this happened, but people actually want to read other people’s political opinion,” said Mary Jane, a Lake Forest resident who teaches old people how to use social media. “It’s quite an empowering movement, I think, to share your opinions on a social media platform where people actively seek out and are deeply impacted by your political opinion.”

Political Facebook posts aren’t just a new fad but are also shown to impact society and influence others.

“Some days I hate Trump, but then I read an opinionated political post, and my view of him completely changes,” says SOFIA, who’s totally not a computer but instead the first person to ever change their political opinion based on political posts. “I agree with every author of any political post I see. They just keep convincing me to join their side. It’s almost like I have no moral conscious, so I’m just mindlessly agreeing with whatever is told to me.”

Political Facebook posts have affected the general public significantly, but now congressmen and high-ranking officials are responding to political Facebook posts and creating laws based on the outcry they hear.

“Have you, like, heard that your posts on Facebook can, like, change stuff in Congress?” said Bernie Bro Jake Turner ‘17. “Screw the one-percent, man. My representatives actually give a shit about what I have to say because political posts are meaningful, bro. If you can’t understand that, you’re like all the other fascist pigs, man,” Turner said.

Recent polls show that Facebook traffic for political posts is at a high, but sources of other current events via Facebook are not far behind.

“I’m finding all these articles about why I shouldn’t vaccinate my children because of the high risk of them turning into large pieces of celery,” says a local Lake Forest mother. “You have to scroll down your feed to be informed or else you’ll never know about airborne diseases or deadly viruses that can spread to any old quiet rich family from coming into contact with a college kid deep in debt.”

Additionally, the average number of Facebook friends a person has in the U.S. has decreased significantly over the past few months. The figure started at around 112 friends per individual to 4.73 friends because of the amount of unfriending over political posts.

The solution to the rampant unfriending trend has yet to be found, but Facebook is currently working on a “scream into the void” option that may alleviate some tension.

The Chive is brought to you by: Ballskis

Ballskis
Professor Actually Tries to Teach on Syllabus Day

KELLEN LIEB ’20
STAFF WRITER
liebkm@lakeforest.edu

A teacher was chased out of class on the first day of the semester as students turned on him following the beginning of a lecture.

Police officers responded to Young Hall in the early hours of January 17 after calls came in about a disruption in a classroom. Reports say that the teacher suffered minor bruises and cuts after being pelted with the one book the students had (because no one else had ordered it yet) but is now expected to make a full recovery.

The first day of class, or “syllabus day” as it is commonly known, is normally a day of rest and reflection as students mentally prepare themselves for the upcoming semester. But this year, one teacher decided to break tradition and attempted to do his job and teach his students. They were not having it.

The students in the class say that, at first, they didn’t understand what was happening because they were still exhausted from winter break. Once the professor pulled up a PowerPoint, reality set in and they realized what was in store for them. It was at this point that the students turned on him like a pack of starving dogs being thrown a bag of Snausages.

The students then began to yell as a surge of anger spread across the class, and they began to throw backpacks and notebooks at the professor, destroying the room in the process. When asked why they did this, the students reported that they had felt betrayed that someone would besmirch such a sacred day in academia by trying to teach.

Other professors at the school who also were on in on the first day of classes said they were in disbelief. They understand the importance of days like syllabus day and do not understand why one of their colleagues would do something so stupid.

Syllabus day has had a long history and significance in academia, originating in ancient Greece when Syllaburamus created a list of all the things he expected his students to do in order to learn all they could. The original syllabus was very different than its modern counterparts; it required students to sacrifice a goat, burn an effigy to Poseidon, and become circumcised. Since then, it has been customary that on the first day of classes, teachers give the students a syllabus and take some time to explain the steps that one must take to be the best student that they can be. In modern times, though, syllabus day is just a day of class where there is supposed to be no work.

No charges are being pressed against either party as those involved try to put this incident behind them. Now the true challenge begins, as the professor must stand before the students who attacked him and try once again to teach them.

Pictured: A photo from the incident

Lake Forest College Sports

The Handball DAUnasty Continues

KYRA VIDAS ’18
STAFF WRITER
vidas@mx.lakeforest.edu

Lake Forest College Handball has been around since 1968, the year current Coach Michael Dau ’58 brought the sport to the Forest. He learned the game in the Marines after attending Lake Forest College, which led him to create the varsity program at our school today.

Coach Dau still continues to coach the National Championship team, which clinched its 50th National Title last year. In just a couple weeks, the men’s and women’s team will fly to Phoenix, Arizona to fight for a spot on top at this year’s National Collegiate Championships at Arizona State University.

This year, the Foresters have been practicing and conditioning every day and lifting twice a week to prepare for the big tournament. “I look forward to what will be our greatest challenge as a team since I have been here,” Anthony Collado ’17 said. “I believe the team knows our competition and has been working harder than ever to bring home the title again.”

The Foresters have participated in two recent tournaments—the Illinois State Singles Tournament and the Indianapolis Circle City Tournament—which were two successful weekends for the Foresters. At the Illinois State Singles Tournament, Leo Canales ’18 and Kyra Vidas ’18 took home the runner-up title for both the Men’s and Women’s Open Division. Carter Kounovsky ’18 took home the Men’s B Division title, while Anthony Collado ’17 clinched the Men’s Open Division Consolation title.

Run by Lake Forest College Handball Alumni, the Indianapolis Tournament gives the Foresters a good look at two collegiate teams, the University of Illinois and the University of Cincinnati. Anthony Collado ’17 and Leo Canales ’18 played against each other in the Men’s Open Finals, where Collado came out on top. Together, Collado and Canales took home the Doubles Title. Kyra Vidas ’18 finished second in the Women’s Open Division, but with her partner, Sophia Goss ’17, the duo defeated University of Illinois rivals in the Women’s Doubles Finals to take home the championship. Carter Ostrander ’19 and David Carrillo ’19 clinched their Men’s C Division Doubles title, while Carrillo was the runner-up in the Men’s C Division Singles bracket.

Sophia Goss ’17 said, “My favorite part of handball is the people and how challenging the game is. Hopefully we can bring home another national championship, but I look forward to the competitive atmosphere, the amazing talent everyone brings, and it not being 20 degrees in Arizona!”

As the season is coming to an end, the Foresters will continue to work and fight for a top spot at the National Collegiate Tournament.
## Sports Calendar

**February for the Foresters**

### Foresters

<table>
<thead>
<tr>
<th>Women’s Basketball</th>
<th>Hockey</th>
<th>Tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/14/17 at St. Norbert</td>
<td>2/17/17 vs. Adrian*</td>
<td>2/24/17 vs. Principia</td>
</tr>
<tr>
<td>2/18/17 vs. Lawrence*</td>
<td>2/18/17 vs. Adrian*</td>
<td></td>
</tr>
</tbody>
</table>

### Men’s Basketball

<table>
<thead>
<tr>
<th>2/14/17 at St. Norberts</th>
<th>2/17/17 at Lawrence</th>
<th>2/25/17 TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/18/17 vs. Lawrence*</td>
<td>2/18/17 vs Lawrence*</td>
<td>2/26/17 at Wis. Lutheran</td>
</tr>
<tr>
<td>2/24/17 TBD</td>
<td>2/22/17 TBD</td>
<td></td>
</tr>
<tr>
<td>2/25/17 TBD</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Swimming and Diving

- 2/17/17-2/19/17 MWC Championship at Grinnell
- 2/24/17-2/25/17 TBA

### Handball

- 2/18/17 Men’s Invitational Doubles
- 2/22/17-2/26/17 U.S.H.A National Collegiate Championship at ASU

*Indicates Home Competition