You Pay More Per Caf Meal Than You Think

Some students pay $7.86 for lunch or dinner in the cafeteria, while others pay $11.32 for the same meal.

Regardless of which plan you choose—10, 15, or 20 meals—you are charged $2,563 per semester. Given that one Flex Dollar is equal to one US dollar (confirmed by Aramark’s Food Service Director Jason Micenko) and that there are 15 weeks in a semester, you can solve for the price of a meal under each plan. When doing so, you’ll discover that the same meal in the cafeteria is priced at $7.86 for students on the 20 Meal Plan, $9.20 for students on the 15 Meal Plan, and $11.32 for students on the 10 Meal Plan. This means that students on the 10 Meal Plan are paying $1.01 more per meal than walk-ins, who are charged $10.31 for Lunch or Dinner.

“While we discount the meals for the 20 plan and increase the cost for the 10 Meal Plan, it is more cost effective to feed students in the cafeteria than in the P.O.D. or Boomers,” said Lori Sundberg, vice president for finance and planning and treasurer of the College. “So there is a pricing bias built in to encourage the larger meal plan purchase.”

If students on the 10 Meal Plan were paying the same price per meal as students on the 20 Meal Plan, they would get $519 more in Flex Dollars per semester without the pricing bias.

According to Sundberg, it is up to students and their parents to decide which meal plan best suits their needs. “This isn’t anything we’re trying to hide,” said Sundberg. “We would have kind of expected people to do that calculation for themselves.”

Continued on page 2

KENDALL GIBSON ’18
STAFF WRITER
gibsonk@lakeforest.edu

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meals Per Semester</th>
<th>Flex Dollars</th>
<th>Cost Per Caf Meal</th>
<th>Cost of Board Per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>150</td>
<td>$865</td>
<td>$11.32</td>
<td>$2563</td>
</tr>
<tr>
<td>15</td>
<td>225</td>
<td>$493</td>
<td>$9.20</td>
<td>$2563</td>
</tr>
<tr>
<td>20</td>
<td>300</td>
<td>$205</td>
<td>$7.86</td>
<td>$2563</td>
</tr>
</tbody>
</table>
Muslim Students Find Support in a Confusing Time

MEAGHAN BURNS ’17
JOUR 320
burnsmc@lakeforest.edu

Editor’s note: Students marked with * were interviewed for this story.

When asked about the Trump flags, she said, “the political climate hasn’t impacted by college search. I’ve always wanted to stay in Chicago. It does make me uncomfortable. I know that people support Trump for a variety of reasons.”

Ahmed Abbas ’17 from Pakistan is concerned about the future for Muslims in America. “I am confused and worried,” he said. As a Muslim I am worried about our safety and rights, it’s really hard to describe how I feel right now because we don’t know what’s going to happen. Yes, there are legal institutions that prohibit government restrictions. But when our president encourages hate and certain targeting of specific people, then I think that [Trump] influences [Muslims] to follow his ideology. We progressed as a nation from segregation but now we are going the other way and going backward.”

Amar Baddour* ’18 is from United Arab Emirates. He said is not concerned by Trump’s executive orders. “The current situation of Muslims in America under President Trump is far better than the current situation of Muslims in many other countries, including some Muslim majority countries where Muslims are going through much more prejudice and even persecution,” he said.

Not all Muslim students share that view. It has been really tense lately, not just between Muslims and non-Muslims, but even within the Muslim community between Muslims who support the current political decisions that impact our own community and simply choose not to care about that,” Veeda Bahri*, a sophomore from France and Morocco said.

The Muslim Student Association plays an active role on campus by bringing Muslims and non-Muslims together for dialogue. The association also provides Muslim students a support system. Lake Forest College provides resources and support for Muslim students, including emails that address our concerns over the “Muslim ban.” “We are really happy that the school is supporting us and providing us a safe space,” Bahri said. “The Office of Intercultural Relations and President Stephen Schutt even told us that those affected by the Muslim ban will be protected by the school. And that means something…They also said that admitted students from the banned countries will still be accepted. They won’t let the visa issue deter the acceptance of a qualified student.”

The College provided additional resources to support the students, according to Abbas. The students were “offered counseling and dialogue to comfort students to attend to their needs,” Abbas said. “The faculty here really cares about students. No matter where you come from, the faculty will always be here to support you.” Students said they felt safe as Muslims. However, they are very careful when sharing their views in regard to the current political climate. “No one really wants to get their views exposed,” Bahri said. “We are being as vague as possible about our views and careful about what we say and post and share on Facebook.”

Meal Plan

Continued from page 1

However, many students don’t think to analyze the difference between the 10, 15, or 20 Meal Plans when making a decision. “I chose my meal plan just because it seemed kind of balanced,” Sandra Campos ’20 said, referring to the 15 Meal Plan. But when asked if she was aware that price per meal is different between the three meal plans, she said, “I didn’t know that.”

When asked if he knew of the pricing bias, Elias Ortiz ’17 said, “it makes sense, but I wouldn’t know if I didn’t think about it.” Yet, despite knowing about the different prices of meals, Ortiz was unaware of what he really pays per meal in the cafeteria. “It’s between $5 and $7 a meal,” he said. Being on a 15 Meal Plan, he actually pays $9.20 per meal in the cafeteria.

Students and parents might want to rethink their meal plan selection this fall.

*This analysis does not include the 5 meals-per-week plan open only to seniors.

We are looking for passionate, talented writers and editors for the fall 2017 semester.

You will join a team of Foresters who love to connect to the Lake Forest College community, who produce quality work, and who have fun while doing so.

Positions Available:
Sports Editor
Features Editor
Chive Editor
Staff Writers
Ad Salespeople

If you are interested or know someone who might be, send an email to editor@lakeforest.edu!
Hopes for Improvement in the College’s Retention Rate

CYDNEY SALVADOR ’18
NEWS EDITOR
salvadorca@lakeforest.edu

Each year, Lake Forest College releases information about the College, including retention rates, to prospective and current students.

According to the College’s website, the second-year retention rate for “first-time, full-time, degree seeking undergraduates for those students entering in the fall of 2015” was 83 percent.

The College has consistently worked on improving its retention rate. “During the past 10 years or so, the College has made significant progress in improving the retention and graduation rates of our students,” said Vice President of Student Affairs and Dean of Students Rob Flot in a March 7 email. “However, there’s still room for improvement, and we pay a great deal of attention to making further improvements in these critical areas.”

Flot said the College uses specific measures and information about students so more efforts can be made to increase retention. “The College uses data and other information about students to guide efforts to create structures and processes designed to improve retention. For example, we know that students who achieve above a 2.00 GPA in their first semester tend to have better retention than students who have less than a 2.00 first semester GPA. Knowing that, we design programs and services to help minimize the number of students who achieve less than a 2.00 first semester GPA,” Flot said.

The College pays attention to retention and graduation rates, keeping track of its students from the first year they are here to when they graduate.

“The College measures retention and graduation rates each year, from first year through graduation, for up to six years total. It’s important to know the retention rate of students from first to second year, but it’s also very critical to pay attention to the graduation rates of students, as well,” Flot said.

Flot said that succeeding academically in their first semester at the College and engaging with College activities are some of the more important factors that aid retention. “There is no one cause that leads to the College’s current first to second year retention rate. While there are numerous factors that contribute to retention, we know that students who retain better at the College, and who find their experience more satisfying, are those who find success in the classroom during their first year, and, become engaged outside of the classroom.” - Rob Flot

Humans of Lake Forest: Charles Jones ‘17

Charles Jones ‘17 is a second-semester senior at the College. He is a confident young man who is well-known for his involvement in music and poetry performances.

Stentor: What are you most passionate about?
Jones: I guess I’d say my poetry. It’s one of the things that drives me and keeps me going. I do poem covers for my poetry... I did it for the songs “Castle On The Hill” by Ed Sheeran and “Say You Won’t Let Go” by James Arthur.

I started writing when I was 13 years old, in eighth grade. After I started writing more poetry, I went to National Louis University to take a creative writing class. I got two of my poems published in an anthology.

Once I got into college, my poetry really shifted. I integrated art into it. I’d dance as I read my poem aloud. One of the biggest ones that I’ve done is called “Two Boobs and Fraternal Twins,” which probably doesn’t make a lot of sense.

Something that also changed when I went to college was that I started writing more about social justice, my identity, and what it means to be black.

I wrote something called “13 Ways to look at a Black Girl,” which was a remix of Wallace Stevens’ “13 ways of Looking at a Blackbird.”

I also wrote a piece about the Mike Brown’s situation because I got really upset about the injustices seen in our community.

Stentor: What are some of the accomplishments that you are proud of?

Interview conducted by Staff Writer Rudo Kazembe ’20.

Jones: Being able to come to college on a full-ride scholarship, which wasn’t by chance. I have been in this program that supplies me with aid for 13 years, and I had to do other things to acquire it. It’s called the “I Have A Dream” program and it’s something that is so close to my heart.

Stentor: How do you feel about your final year at Lake Forest College?
Jones: It is very daunting, shocking, and surprising. It reminds me of everything that I did as a freshman, and I just think, “Oh man, [these] four years have gone.” But it is also exciting because life starts right now.

Stentor: What are your post-graduation plans?
Jones: I want to participate in Americorps for a year. I’ve already started doing my application for that. After that, hopefully, I’m going to go straight to grad school to study higher education. I thought about being a counselor, but in student affairs, I’m able to do that and more. I’d be able to see the growth of students. It’s something that I love to do and which I’ve done through my poetry. It has translated into my personality. I just love being there for people.
Next Week in the Forest

Monday, April 10

Student Art Exhibit

This exhibition runs April 10-19, 2017. Opening reception on Monday, April 10 from 4-6 p.m.

7:00pm

Meyer Auditorium in Hotchkiss Hall [map]

“Tolkien and Anglo-Saxon Art,” a Lecture by Professor Ann Roberts

Please join Ann Roberts, James D. Vail Professor of Art History and Associate Dean of Faculty, for a lecture on “Tolkien and Anglo-Saxon Art.”

Tuesday, April 11

Student Symposium

3:00pm

Library 203

Tax prep for international students

Learn how to fill out those U.S. tax forms

Thursday, April 13

Applying to Health Professions or Science Graduate Programs Workshop

Applying to a health professions or science graduate program, or considering doing so in the future (such as medical, nursing, pharmacy, biomedical sciences, etc.)?

6:00pm - 8:00pm

Calvin Durand Hall

Shells and Sauce [map]

Denver Forester Gathering with Spike Gummere

Forester alumni, parents, friends, and guests are invited to gather with Spike Gummere to connect and enjoy each other’s company and an update on what’s new at Lake Forest College at this annual event.

Friday, April 14

Great Moments in Vinyl Concert-8pm

Great Moments in Vinyl brings back the music from throughout The Dead’s first decade, from their debut album to their as yet unreleased forthcoming record, Terrapin Station. The performance will be accompanied by stories about the songs and the legendary musicians who created them.
The Stigma of Mental Illness

MAGGIE LYNCH ’18
STAFF WRITER
lynchme@lakeforest.edu

O
n some days, my mind
seems to have forty-two tabs
open, and on other days, it’s
as if the whole system’s frozen. I am
an honors student, highly involved in
on-campus activities, and a friend-
ly face on campus to many. But
behind that friendly face, I struggle
with OCD, panic disorder, and bi-
polar type II. I have always wished,
bailed, and prayed to be normal,
but then again, a “normal” setting
only makes sense when it’s on a
washing machine.

Why would I write an opinion piece
on being a sufferer of mental illness for
my entire college to read? I am an open
book. So much so that I’m an open
book with a broken spine, and I’ll open
up without being asked. I know that
my personality allows me to take what
I struggle with and advocate for others
who may not feel they can advocate for
themselves. Lake Forest College is a
wonderfully open-minded campus, but
even those who are open-minded can
slip into stigma stereotypes.

I’ve found that a lot of people on
campus struggle with various degrees
of mental health issues and often need
support but are too afraid to ask for
help due to a stigma that may surround
their issue. This stigma isn’t explicit all
of the time.

I did not ask to have mental health
issues. Nor did anyone who suffers
from them. Mental health issues are
generically predisposed disorders that
arise from triggers of stress. They have
caused debilitation in my life before I
transferred to Lake Forest College, and
I have had to deal with my fair share of
stigma despite not asking for it. I am
not alone in this debilitation or struggle.

This stigma is often seen in looks,
between of pity and distrust. I think a lot
of people don’t realize that those of us
with mental health issues see you when
you judge us.

We see the looks of judgment when
we leave class early, the looks of anger
when we are given extra time or ex-
cused absences, and the looks of pity
when we take deep breaths trying to
steady ourselves against the mess in
our brain. It is hard to control your
reaction toward something that
you may not understand, and for
that, you are totally forgiven. We
are not asking you to understand, but
we are asking you to be under-
standing.

When someone is struggling, be
an advocate. Reach out in small
acts of kindness: smile, laugh with
them, ask if they need the notes they
may have missed or a cup of tea. More
likely than not, they will politely de-
cline. But knowing that there are advo-
cates amongst their shaken world will
steady them.

Even after a good night’s sleep, col-
lege is a difficult place to manage. As
such, managing it with mental health is
issues is no easy feat; help others summit
the climb you, too, are attempting.
Raising Three-Year Residency Requirement is Unjust

MATTHEW DEMIRS '18
ASSOCIATE EDITOR
demirs@lakeforest.edu

In response to the budget issues at Lake Forest College, the College Council has been discussing possible solutions to fill the $350,000 hole. One of these proposed solutions is to raise the school’s three-year residency requirement so that every student must remain in on-campus housing for their entire career as a student.

This new requirement would limit our freedom as students at Lake Forest College. This would strip students of their choice on where they would like to live and limit these options to the 10 residence halls located on campus.

Students raised concerns to the Committee, who learned that the off-campus housing atmosphere creates a type of familial bond between residents; however, this is not even the start of why Lake Forest College needs to leave their residency requirement the way it is.

Our residence halls are outdated. In the minutes from the Feb. 21 meeting, it states “to pursue this [idea], we might need some increased spending to make residences more attractive,” which is an understatement if I ever heard one. Take a look at Gregory Hall, for example. Earlier in March, the glass on the side door was shattered, and costs for it were divvied up between all residents. Their front door also has a problem where you don’t even need a key to get in. You can just pull on the door. The showerheads in the community bathrooms during the beginning of the semester went missing, too. Heaters have broken down, leaving students freezing in their buildings until FacMan can come to the rescue. There has even been reports of students moving out of the Gregory Hall and into newer buildings like Moore Hall, citing medical concerns of the conditions of in their current dormitory by their doctors.

Many of the dorm buildings haven’t seen nearly as many renovations as they should have, especially if the school’s new intentions are to house 100% of the student body happily. We can’t even get student government to put water fountains in all of our residence halls.

Do you really think we will be seeing any sort of renovations being done that can really make a difference? After all, did you know that Blackstone, Harlan, and Lois hall are all more than 100 years old? And even in new buildings like Moore Hall, we still have the air conditioner shut down at least twice a year. When the buildings haven’t been updated in years and there are frequent problems with the buildings and its amenities, isn’t it only right to give students the option to seek housing somewhere else?

Students should have the right to choose. If they do not want to live on campus for their senior year, they shouldn’t have to. As we grow older, we begin making choices for ourselves as adults. We are no longer being treated like adults if we are forced to live somewhere we don’t want to. When Lake Forest College decided to take away apartment-style housing for students on South campus, it hurt pretty bad, but this is just an injustice.
Stentor
Arts & Entertainment
from 1887-1893

Stentor, June, 1887

THE BELLS

How gently come stealing
The chimes o'er the lea,
Of bells sweetly pealing
Their parting to me.
'Tis no carol of gladness
That faint music tells,
But a lay of soft sadness
Comes forth from the bells.
Hush, hush your soft grieving,
Nor wake in my heart
Such sad thoughts at leaving,
Ere yet I depart.
For wildly 'tis beating
In time to those swells,
And sadly repeating
Thy sorrow, sweet bells!

Lloyd Moss Bergen

Stentor, April, 1888

THE ACADEMY

At ten o'clock
Put me in my little bed!
At ten o'clock
Pillow soft my curly head!
At ten o'clock
Blow out my little glim!
At ten o'clock
Fall shadows soft and dim!
You had better learn that little
stanza John E.
"How sweet the moonlight sleeps
upon this bank!
Here will we sit, and let the sounds
of music
Creep in our ears; soft stillness and
the night
Become touches of sweet harmony.
Sit Jessica!"

Stentor, April, 1890

THE LAST GOOD-NIGHT

Fare thee well amid the falling
shadows of the darkening
night —
And may sweet slumber like a
mantle wrap thee
round about,
And peace watch at thy couch,
until the night worn
out,
Shalt pass away, and thou
refreshed shalt waken to
the morning light.
-H. E. U. '94

Stentor, April, 1892

CHRYSLIS—BUTTERFLY

See the freshman, quite resplendent
In his tailor-made attire,
Patent leathers, English head gear,
Necktie gay as sunset's fire.
But at home he has an outfit
Kept concealed from ridicule;
They're the home-made clothes he
sported
When he first arrived at school.
-Yellow and Blue
Emerging in November with the release of a twenty-five minute EP titled Harmless Melodies, Yellow Days transports your ears and brain into an airy, psychedelic, and even ominous soundscape. His voice has a pleasant deepness and a raspiness that makes his delivery sound as if the music were coming through a record player. There is undoubtedly jazz and blues influence in both the melodies of his songs, as well as the content of his lyrics. Labeling Yellow Days as an indie/alternative artist does him no justice; Harmless Melodies is in a class of its own.

The EP is a wonderful project that conveys deeply personal stories coupled with underlying themes almost any listener can relate to, but in an intimate and enjoyable fashion. Love and heartbreak, the sadness of growing up and becoming adults, getting baked and enjoying a sunny day, and the onset of sudden epiphanies make up just some of the beautiful range of thoughts portrayed throughout Harmless Melodies.

As there are only 7 tracks comprising the EP, they are all worth a listen, but some of the most notable tracks are Your Hand Holding Mine, Gap in the Clouds, Interlude (It's Alright), and A Little While. Your Hand Holding Mine starts with unusual, atmospheric guitar-picking with the onset of a dark baseline and extremely eerie, almost ghostly background vocals. The sheer amount of sounds involved in Your Hand Holding Mine are worth a listen; the melody is definitely gloomy, but it feels like a dream-state.

Even though Interlude is under a minute long, the way Yellow Days commands his guitar is well worth the listen; the melody is definitely gloomy, but it feels like a dream-state. A Little While has more of an upbeat vibe, but both very bluesy and psychedelic. The way his voice couples with the synths over the guitar makes for an ensemble of brain-pleasing sounds along with positive lyrics about becoming noticed by one Yellow Days has strong feelings for. All in all, Yellow Days should be on your watchlist for upcoming projects, because he certainly should not be slept on.

MITCH COHA '18
OPINIONS EDITOR
cohama@lakeforest.edu

New Artist Alert: Yellow Days
The White House is in Good Hands - Obama’s Hands

EMMA ANDERSON ’20
STAFF WRITER
andersonep@lakeforest.edu

Donald Trump was sitting in the oval office when he heard the familiar chug of his HP OfficeJet Pro 8610 printer. He was befuddled, as he hadn’t pressed the little blue “print” button on his laptop like his assistant had taught him last week. Still sitting in his wheelie chair, he shuffled over to the printer. A single paper had been produced. It said: “your Pop-Tarts are burning.” The mysteriously omnipotent printer was right! Trump, still in his wheelie chair, rolled over to the toaster he was right! Trump, still in his wheelie chair, slowly got out of his chair. “We like to keep him busy while Congress is in session,” Michelle said. “He didn’t even know what a Pop-tart is in session,” Michelle said. “He didn’t even know what a Pop-tart was until we pulled some strings at Trump, not a particularly religious man, bowed his head, pressed his hands together, and then yelled out, “KELLYANNE, YOU PROMISED ME NOTHING WOULD HAPPEN AFTER BETSYDEVOS AND I PLAYED WITH THAT OUIJA BOARD.”

On a beach in Palm Springs, Barack and Michelle Obama fist bumped as they showed me the live surveillance footage from the oval office. “We want to make sure he was getting all his steps in. After 47 seconds, Trump had arrived at the microwave. Its small digital screen kept repeating “666.”

The Obamas have sent Chia Pets, a slinky, a portable DVD player, an ant farm, and even coupons for pottery classes. “We once sent him the game Hungry, Hungry Hippos. That kept him busy for two weeks,” said Barack with a laugh. “He’d play by himself, and celebrate when he won…which was every time. He’d even encourage the secret service to applaud.”

It’s not clear for how long the Obamas intend to keep up with their exploits, but for now, it appears as though they are doing the American people a great service. We glanced back to the live feed; Trump had fallen asleep in his wheelie chair while Kellyanne directed two men who appeared to be replacing both appliances. “He usually naps for about three hours at a time,” said Michelle, smiling at Barack.

Swole, Intimidating Guy At The Gym Loves Hugs And Puppies

JONATHAN CALL ’20
STAFF WRITER
callj@lakeforest.edu

The weight room feels like you stepped off the Metra in a neighborhood you shouldn’t be in. It can be quite intimidating lifting 15-pound dumbbells next to a guy who is lifting the entire rack of weights with his foot as he cranks out 40 chins. But how intimidating are these people, in reality? I went around the gym looking for someone to give me some answers, and after encountering a guy listening to Nordic chants on the rowing machine and a guy doing yoga while blasting WHAM!, I found a man who challenged the swole, gym-beast stereotype: Charlie Carson ‘18.

So, you bench about three times my weight, what is your workout routine to be able to do that? “Well, I do all sorts of things. During the workout, I like to listen to a podcast I have on repeat of baby animal noises just squeaking and being all cute-like. The power of “aw” really inspires me to move.”

And how about after, how do you cool down after shredding in the weight room for three hours every day? “My locker has some of the essentials to help with my cool down, including my blanket that my mom hugged before I went to college. Being reminded of her after a workout relaxes me. Sometimes I need to get a good cry out, too, after stressing over such a hard workout, and boy, my blanket is the best thing to help me when I cry.”

Uh, yeah, ok, well how about what’s your favorite movie? “Obviously, the best movie ever is Air Bud. That movie just makes me so happy and full of love. Toy Story 1 and 2 are up there.”

Not the third? “No, the bear is such a big meanie! He’s not nice to people and that makes me sad.”

What are your hobbies, Charlie? Do you write crime stories or collect coins or something? “Not quite. I nurture and water plants that have been deformed and destroyed by humans, because no one else helps these helpless plants. I also create e-cards that have puppies on them.”

I see, do you do anything else on campus? “I want to start a club called Pugs and Hugs where the school has a big pen full of pugs, but the only way you can get into the pen is by giving the person next to you a 15-second-long hug.”

You seem to want people to love each other and get along, don’t you? “My dream is for all the people of the world to come together and sing songs as we hold hands around a burning pile of the problems everyone faces day to day.” That’s…that’s beautiful Charlie. Thank you for that.

When the interview ended, Charlie gave me a hug that broke three of my ribs from the sheer strength of his squeeze. He paid for the hospital bills and sent me personalized e-cards with pugs on them each day.
Crisis at Lake Forest College: students across campus are realizing that they’ve exhausted their Flex reserves and have zero dollars left in their accounts. This sweeping epidemic is unlike any dip in the Flex economy we’ve ever seen, with over 50 percent of students completely out of money. Maybe it was the new chili cheese fries at Boomer’s, or maybe it was the Red Bull necessary for counteracting a weekend of all-nighters and beer die. Whatever caused the influx of spending, it’s clear that we’ve entered into a great depression of sorts—the “Flex Depression,” if you will.

People are becoming desperate. Upon returning from spring break, we’ve seen students resorting to all sorts of means in order to get vital snacks from the P.O.D. and Boomer’s. Beggars walk aimlessly through the Mohr Student Center, holding signs and extending empty cups to collect figurative money. Conspiracy theorists believe that Aramark is stealing flex from students to expand their reptilian empire. Protestors continue to demand that more money be placed into their accounts, denying the existence of the cafeteria as alternate food source.

Students tried and failed to execute a heist on the P.O.D.—there is remarkable security camera footage of masked robbers attempting to break down the glass doors of the P.O.D. with the couches in Boomer’s Den. It’s apparent that this is no longer about P.O.D. sushi, pizza rolls, and Honey Buns. This truly is a life or death situation, with students resorting to any means necessary to survive.

Haunting images of students lying on the floor of the Student Center, weak and hungry, skipping their classes, playing games on their iPhones, trying desperately to summon the strength to fly their picket signs, will be burned into my psyche until I fade from this earth. The words “Flex Dollars Wanted, Pizza Bagels Needed” will stay with me forever.

A shantytown has formed in the Student Center, because, apparently, a lack of Flex Dollars means dorms are no longer viable living spaces. Go figure. These homeless students work together to survive and scavange in the ravine for resources, like squirrels and raccoons.

If this story has touched you, choose to help the cause. Activists have come together under the name “Chicken Alpines for Everyone” (CAFE) in an attempt to raise Flex Dollars for the hungry. You can register at their website, and support a hungry college student in need. With your donations, you can change the lives of these students and get them back to lives of procrastination and partying again.

Now, more than ever, we need to come together and help pull one another out of this recession. No one should have to go without pizza bagels. Not on our campus.

---

Aramark Responds to the Flex Dollar Crisis

I hope everyone is enjoying their weekend. Below is a short survey which should take no more than 30 seconds to complete and which upon completion you’ll receive one free flex dollar!*

*an actual email sent to the student body on behalf of Aramark

That’s ONE free flex dollar, y’all! ONE! That will get you one third of a soda, one sixth of a box of frozen fried rice, or one seventh of a pack of condoms. I don’t want to hear any more complaining about Aramark, y’all. They are looking out for us!
## Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 07, 2017</td>
<td>Women's Tennis</td>
<td>Concordia Chicago, Lake Forest</td>
<td>3:30 PM</td>
</tr>
<tr>
<td>Apr 08, 2017</td>
<td>Women's Tennis</td>
<td>North Park, Lake Forest</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Apr 09, 2017</td>
<td>Softball</td>
<td>Grinnell, Lake Forest</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Apr 09, 2017</td>
<td>Men's Tennis</td>
<td>Grinnell, Lake Forest</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>Apr 09, 2017</td>
<td>Softball</td>
<td>Grinnell, Lake Forest</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>Apr 08, 2017</td>
<td>Softball</td>
<td>Monmouth, Lake Forest</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Apr 08, 2017</td>
<td>Softball</td>
<td>Monmouth, Lake Forest</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>Apr 14, 2017</td>
<td>Men's Tennis</td>
<td>Elmhurst, Lake Forest</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>Apr 09, 2017</td>
<td>Men's Tennis</td>
<td>Cornell, Lake Forest</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Apr 15, 2017</td>
<td>Men's Golf</td>
<td>Wisconsin Lutheran Spring Invitational</td>
<td>12:00 PM</td>
</tr>
</tbody>
</table>

*Note: Senior Day/Parents Day events are marked with calendar icons.*
Hockey season was not over for three of the Foresters who continued their careers at the next level. Senior Captain Jack Lewis ’17, Senior Alternate Mark Eshashi ’17, and Senior Alternate Travis Hill ’17 made their professional hockey debuts earlier this month. Lewis and Eshashi joined the rosters for the Norfolk Admirals and Hill joined the roster for the Knoxville Ice Bears.

The Admirals of Norfolk, Virginia are a part of the East Coast Hockey League (ECHL), whose National Hockey League (NHL) affiliate are the Edmonton Oilers.

The Ice Bears of Knoxville, Tennessee are a part of the Southern Pro Hockey League (SPHL), which is affiliated with the ECHL. With their affiliation, the SPHL can move players up to the ECHL or to the American Hockey League (AHL).

What was your favorite memory from this experience?

Lewis: “Favorite memory was playing at home at Scope Arena, scoring my first pro goal, having my dad in attendance for it, and being the Third Star”

Eshashi: “Favorite memory was signing my first pro contract, just the overall experience at the professional level, playing in big stadiums with all the fans, and the professional treatment”

Hill: “Favorite memory was scoring my first pro goal! Just awesome getting this pro experience and being able to play with guys from different colleges and major junior backgrounds. This league is extremely skilled and I’m blessed to be here”

How special was an opportunity like this?

Lewis: “This was a childhood dream come true; personal fulfillment of being able to play pro hockey, especially after being a late bloomer, playing AA (being cut), playing Division III hockey, but still getting to where I wanted to be.”

Eshashi: “This opportunity was very special to me after such a long amateur career battling different injuries and overcoming so much adversity, to be able to finally sign my first contract and play at such a high level with so many amazing elite players was a big moment for me and everyone who has supported me and helped me along the way. Just eight months ago, I was spending my summer living in a hospital for over 60 days with my dad hoping for him to get a new heart. I promised him I was going to make the most of my year if he promised me he would be there to see it, so for him to be able to see me fulfilling my dream and be here with me has been an amazing feeling”

Hill: “This was such a special opportunity for me. Getting a phone call to go play professional hockey is surreal! You work your whole life for something like this and for it to happen is a dream come true”

What did you learn from this experience?

Lewis: “Having the belief in myself and knowing that if the work is put, the results can be attained”

Eshashi: “I have learned so much in my time here from experienced veterans who have been in the league for a long time and the coaching staff on what it takes to play and maintain a career at this level”

Hill: “I learned a lot about professional hockey not only at this level, but the high levels as well. Learning about different systems and getting advice from guys that have been in the league for a while is awesome”

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

Pictured Above: Mark Eshashi ‘18, Norfolk Admirals

Pictured Above: Travis Hill ‘18, Knoxville Ice Bears