Campus mourns losses in New Zealand

By Sangjun Hornewer ’20
Editor-in-Chief

Spring break is meant to give students an opportunity to rejuvenate and refresh—to return to campus with positive attitudes, looking forward to the push toward the end of the academic year. But this year is different, as the community returns to mourn the violence in Christchurch, New Zealand, and the reality that there is nowhere in the world that is safe from attack.

President Stephen Schutt sent out an email welcoming students back that also addressed the tragedy in Christchurch: “As I look forward to the weeks ahead, though, I remain preoccupied—as many of you must be—by the horrific murders in New Zealand last Friday of 50 men, women and children as they said their prayers. The racism, derangement and cowardice that propelled the gunman on his vicious anti-Muslim shooting rampage are more than I can comprehend.”

Schutt confirmed in his email that the College would send letters of condolence to the mosques in Christchurch to demonstrate the campus’s support.

Assistant Director of the Office of Intercultural Relations (OIR) Andre Meeks sent an all-campus email as well, stating that the OIR staff is available for anyone who wants to express their feelings about the violence in New Zealand. “I wish the topic of this message was a rarity, an outlier that we, as a community, could mourn and move past,” Meeks said, “but irrational and unjustifiable acts of violence continue to plague our world.”

Junior Natalie Dixon ’20 is currently studying abroad in New Zealand at the . Although the university is in the northern part of New Zealand, nearly 600 miles from Christchurch, Waikato’s campus community came together during this difficult time. “There was chalk left out near the sidewalks on in Christchurch. On March 21, a campus-wide two minutes of silence was held at the University of Waikato, followed by a Muslim prayer. Lake Forest College is thousands of miles away from New Zealand, but the College’s Muslim Student Association (MSA) wanted to honor the lives of the victims and survivors in Christchurch. “MSA decided to have a vigil once we heard news about the New Zealand terrorist attack,” Social Chair of MSA Zahra Nadeem ’22 said. “Our hearts were hurtling for our brothers and sisters who lost their lives in such a sudden turn of events, so we felt that hosting a vigil to honor the lives of the victims was appropriate.”

The vigil was hosted on Friday, March 22, and included a slideshow presentation showing all 51 victims, their names, ages, and information about their lives. “We want the lives of victims to live on,” Nadeem said. “The vigil was a great way to unite campus and for everyone to show their support, not only for the Muslim community, but for each other.”

Nadeem noted that it meant a great deal to the members of MSA to know that so many people are supporting them during this difficult time. She acknowledged that while the attacks were targeted toward the Muslim community, everyone is impacted by the violence. “The vigil wasn’t only hosted for the Muslim community, it was for everyone,” Nadeem said. “We let everyone know that we are here to support them just like they have supported us. Events like these are hard to process, but MSA creates a space where anyone can share their feelings and receive support. And that is exactly what many students did when they attended the vigil.”

New Zealand is known as one of the safest destinations in the world. However, in light of the killer’s heinous acts of violence, it is clear that even the safest havens can and will be targeted by those extremist agendas.

Editor’s Note: Per President Schutt’s email, donations for the families of those impacted are being accepted at victimesupport.org.nz.

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The issue with Microaggressions at Lake Forest

By Natalie Bober ’19
Staff Writer

Lake Forest College is experiencing microaggressions—incidents evidencing prejudice—and is using student diversity organizations to help grapple with them.

A microaggression is a comment or action that intentionally or unintentionally expresses prejudice toward a member of a marginalized group such as a racial minority, as defined by Merriam Webster Dictionary. The number of microaggressions occurring on campus is unclear. The College encourages students to submit a Bias Incident Report (BIR) if they have been a target of or witnessed microaggressions.

Public Safety does not keep data based on BIRs unless an incident rises to the more extreme level of hate speech or hate crime. Pursuant to federal law, colleges are required to report hate speech and hate crime in their Annual Fire and Safety Reports (AFSR).

According to the College’s AFSR, in 2017 one “Destruction/Damage/Vandalism of Property” incident characterized by race bias occurred in an on-campus student housing facility. In 2016 there was one on-campus incident of “Destruction/Damage/Vandalism of Property” characterized by race bias and one simple assault incident characterized by religious bias in an on-campus student housing facility. In 2015 there was one on-campus incident of “Intimidation” characterized by national origin bias.

AFSR data is not available for 2018 or 2019.

Continued on Page 2
Annual Relay for Life event unites the campus against cancer

By Rudo Ellen Kazembe ’20 and Irene Leskon ’20
Features Editor & Staff Writer

Lake Forest College will be hosting its annual Relay for Life fundraising event for the American Cancer Society on April 5 and 6 from 6:00 p.m. to 6:00 a.m. at the Sports and Recreation Center. The event kicks off with an opening ceremony to commemorate everyone who has been impacted by cancer and every person who has been helped by Relay for Life’s success. According to the Social Media Manager for the event, Emily Baer ’20, “all the money that is raised is donated to the American Cancer Society and they give free rides to cancer patients and also advocate cancer patients whilst they are waiting for treatment.”

Different sports teams, Greek life, organizations, clubs, students, faculty, and Lake Forest community members will be partaking in this event. According to the Vice President of the Computer Science Club, Leonardo Carrizo ’20, Relay for Life is a great event since “there’s a lot of people that can relate to some of the stuff. I’ve been through,” due to losing some of his family members from cancer. An active member of Delta Chi, Alton Kukul ’20, supports the cause because it enables students to engage in the community by “taking part in philanthropy,” which is one of the Forester Five foundations for student development. A Lake Forest College tennis player, Tebatso Duba ‘22 is excited about the event since it is her first time attending this “worthy cause...especially as an able athlete.”

There are various activities that are planned out for the event. One of the main highlights of the night is the Luminaria Ceremony in which participants walk around the indoor track.

The Public Relations Officer for Latinos Unidos, Alejandra Ocampo ’20, lost one of her “really close friends,” who had been “diagnosed with leukemia for the second time” during her first year of high school, “passed away that very same year” and she would do “whatever it takes to help people in similar situations.”

According to Baer, “This idea started with a guy who walked around a track all night to fundraise money for cancer victims and that’s where the concept started for Relay for Life.” Luminarias “are lit for people who have either survived cancer or people that have been lost to cancer,” Baer said.

This ceremony essentially enables people to grieve, but it also offers hope to others. There are various reasons why members of the community partake in Relay for Life. A member of Alpha Phi Omega, Benjamin Moskow ’20, participates in relays because “a lot of my friends” have “been affected by cancer” so “it just means a lot” to him “to have something where” he “can participate in the fight against cancer and make the world a better place for everyone.” Baer takes part in fundraising for Relay for Life throughout the entire year because she has “a lot of family members who have had cancer and most of them are survivors,” and she used to “play volleyball with a girl who had cancer when she was a kid.”

Last year, students, faculty, organizations, and members of the community managed to raise $47,977. Students took various initiatives to fundraise money for this cause. According to Moskow, “the Computer Science Club...built an arcade machine” that costs a quarter to play to fundraise money. The Relay For Life Committee held various events in order to raise money for the annual event as well. Baer said she is “looking forward to see how different the event will be this year because the committee made a few changes.” The Vice President of Pride Sophia Stephany ’21 is looking forward to Relay for Life because it “brings the school together” since “you can see that everyone is really there to support each other and the cause.”

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Microaggressions: Continued from Page 1

BIRs are confidential, and many microaggressions are not reported, noted Title IX Coordinator Joan Slavin. “Some students say they have experienced more microaggressions since President Donald Trump’s election in 2016.” I wouldn’t say I see hate crime or speech but I definitely see microaggressions, “Vice President of the United Black Association (UBA) Deja McClellan ’20 said. “I see people saying things that are very harmful and hateful to people, not understanding what that actually means.”

Latinos Unidos President Claudia Cajiao ’20 notes that “It’s like this is the first time that I am driving to school and I’m like, what’s going to happen? Before Trump, I never worried about those things. This year, actually a student at the gym — I don’t know what student it was — but I was on a treadmill and he came by and he said, ‘go Trump’ right in my face,” Cajiao said.

Despite microaggressions, LFCS students appear to be supportive of diversity and inclusivity. “Because we are a liberal arts school, a lot of people that go here generally are more open minded and accepting,” Muslim Student Association President Mariah Khan ’21 said. “I wouldn’t say I ever noticed anti-Semitism, hate speech or hate crimes.” Student diversity organizations address microaggressions by providing safe spaces for intercultural dialogue. “They (student diversity groups) are very small, but also very strong groups that provide not necessarily solutions, but spaces where people can talk,” Courtney Joseph Ph.D., assistant professor of history and African American studies and faculty advisor for the UBA said. Diversity organizations encourage non-minority students to attend their meetings and events. “I think UBA could use more support from people who don’t look like us,” McClellan said. “I would love to see more than two or three people who aren’t black or Latino within UBA.”

Sienna Coskran ’21, president of Hillot notes that “we really love sharing our culture with other people, and you don’t have to be Jewish at all to come check it out.” Cajiao urges everyone to come to Latinos Unidos. “We have fun activities. We are a very social group, and we are very nice. It is a perfect way to get a taste of another culture without having to buy a plane ticket,” Cajiao said.

She would like to see more interaction among diversity groups and fraternities, sororities and athletics. Pride President Zora Pullen ’20 agrees. “It’s nice that the College has spaces for us, but it’s not like they (non-diversity groups) are actively trying to include us in things. I don’t see Greek life and diversity groups colliding (sic) too much,” Pullen said. “I definitely don’t see sports teams and diversity groups colliding (sic) too much. It seems like everyone has their own space, and that’s pretty much it.”

Student diversity groups are an effective but underutilized means of bringing students together, notes Joseph. “Many students on the Lake Forest College campus don’t know that student diversity groups exist,” Joseph said. “Some students who do know about these groups may not take them seriously as a means of learning about, understanding, and respecting other cultures.”

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Student-run productions allow for new learning and creativity

By Monica Hauschild ’22

With multiple student written and directed plays being put on this semester, many students involved are dedicating themselves to rehearsals while juggling their school and family life as well. Elizabeth Ossman ’22 is managing well even for being a part of two of these productions.

Ossman plays both Sherlock Holmes in Conspiracy and Pat in Honey, We’re Off to Save the Bean. She describes both of these characters as “very ambitious” with Sherlock Holmes being “macabre” and quirky and Pat being incredibly smart and manipulative. Rehearsals for both productions have been a lot of fun to Ossman and have been overall laid-back. Conspiracy, she says, is a play about a modern college taking the story of Sherlock Holmes, but with a romantic spin. She says the “chemistry between everyone is great to work with” and that it helps that most everyone in the cast already knows each other. Fernand Qvyt ’22 is the director and she cites him as “super supportive and super kind.”

The plot of Honey, We’re Off to Save the Bean, directed by Avery Grant ’21, is about how the mayor of Chicago wants to blow up monuments in the city to make room for luxury apartments in a world in which the environment has been destroyed by global warming. “Avery is giving us a lot of freedom by letting us experiment with the theatre without having to be spread thinner than she already is. All in all, she has enjoyed rehearsing for these productions and believes everyone is working as hard as the Connors did.”

Both Conspiracy and Honey, We’re Off to Save the Bean take place on April 12 and 13 in Hixon Hall, and tickets can be reserved at theater@lakeforest.edu.

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Lit. magazine offers publication opportunities

By Leah Moss '20
A&E Editor

There are several student-run publications here at Lake Forest College: Intertext, Eukaryon, College, Demos, The Stentor, and Tusitala all offer great opportunities for students to have their work published while still in their undergraduate years. Tusitala was first printed in 1935, and since that year, the art and literary magazine has continued to grow. The Archives and Special Collections area in the library has a copy of almost every edition of the magazine since its inception, which can be viewed by appointment. Where other on-campus publications offer a home for more scholarly papers or translations, Tusitala offers a space for creative works, such as writing and art to be published in print or online. Upon publication of the magazine, the club typically holds a "Publishing Party" event that celebrates the new magazine with food, music, art displays, and live readings of pieces published in the magazine. The club also provides weekly writing spaces in Carnegie Hall, hosted by treasurer Emma Glauser '21, Jorell Ellazar '20 to work and advertise all of these events. While the club is student-led, Tusitala's faculty advisor, longest-running institutions didn't fade away. It was that passion from the students that got me excited to be involved," Martin said. "The students involved agree that Martin has done much for the club. "Zach has had a monumental impact on the club as he's helped us troubleshoot various problems in the publishing process and has helped us create a strong foundation so that the club will be able to continue to succeed after we graduate," Isaac Winter '20 said. Sophia Roumelotis '20 and Leah Moss '20 are in charge of soliciting and reviewing all writing and art submissions for their next issue. Art and writing submissions should not include a name and can be sent to mossld@lfc.edu. "The students involved have been passionate about the magazine, Tusitala is currently accepting submissions until April 19 for its next issue. Art and writing submissions should not include a name and can be sent to mossld@lfc.edu. Feel free to reach out to that email or any member of the club with any questions. Leah Moss can be reached at mossld@lfc.edu.

The Lake Forest College

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Five bingeable shows to meet your procrastination needs

By Lauren Gantt '21
Staff Writer

There are a lot of amazing shows out there that make it really easy to ignore studying and other responsibilities. If you have a laptop and internet connection, there's pretty much no obstacle to the media out there. I've compiled a list of a few of my favorites from all different genres to help you ignore that paper, procrastinate on that project, and possibly find a new obsession.

At the top of my list is Brooklyn Nine-Nine. There are five complete seasons, and the sixth season is currently airing. The nice thing about this show is that if you watch it on Hulu, new episodes will appear the day after they air rather than having you wait until the season is complete to watch them. It's a sitcom all about a group of detectives in an NYC precinct messing with each other, competing to be the best detective, and just causing all-around chaos in hilarious ways. Next we have Psych, which you can watch with your Amazon or Student Prime membership. This detective-comedy show follows Shawn Spencer, a man with heightened observational skills and a photographic memory who foils the Santa Barbara Police Department into thinking he's a psychic. He opens up a psychic detective agency with his best friend, Gus, and hilarious antics ensue. There are eight complete seasons, a musical, and a movie to indulge in, if you find this show is your thing. Up next is more of a heartwarming show: Queer Eye. A reboot of the original series, this show follows five gay guys as they perform "makeovers" on people who just need a little help. From helping people learn cooking, decor, and fashion to forging relationships and boosting self-esteem, these guys help people be the best they can be in all aspects of life. The third season just dropped on Netflix and brought even more feels and fun times than the previous seasons. Lastly, we have a classic: Friends. There was a big uproar when it was discovered Friends was about to be taken off Netflix, but it was salvaged last minute for everyone's bingeing pleasure. This sitcom follows six young adults who live in the same apartment complex through their relationships, lives, and more in New York. There are 10 complete seasons on Netflix to indulge in and enjoy when you should be working on a paper. Lauren Gantt can be reached at gantt@lfc.edu.
Egg on his face: EGGcellent millennial protest methods

Natalie Briggs '21
Chive Editor

Following the tragedy in New Zealand, one Australian teenage boy made headlines because of his breakthrough protest methods. William Connolly, 17, took a raw egg and filmed himself slapping the egg onto the bald head of Senator Fraser Anning. Anning is a radical right-wing Australian politician who has been made infamous for his comments suggesting a link between Muslim immigration and terrorist attacks. Connolly seemed to recognize that this middle-aged, hate-filled white man did not know enough about the thousands of terrorists with whom he shares significant similarities. What sets Connolly apart from other teens always on their phones, and indeed from other protestors, is his weapon of choice. Throwing food to communicate displeasure is a technique humans have been using for centuries. Typically, the act of so-called “produce-pelting” has been associated with particularly bad entertainment acts, which has its origins in Ancient Greece and has persisted as a cultural phenomenon ever since. In fact, a popular film-rating website, Rotten Tomatoes, receives its title from the old, old nana (like we saw a picture of her, she looks like she could be like, a thousand or something) like slobber on a dog’s maw, and it actually looked pretty punk rock, if we’re being honest. Household sources confirmed that this was a consistent and expected happenstance, as every night Kate’s grandmother had to remove her twenty-five cent luminescent plastic vampire dentures, and every night the low-quality plastic mold would lacquer her weak granny gummies, so they and rating system from this act—the worse the movie is, the lower its scales on the "Tomatometer." For example, Tyler Perry’s A Madea Family Funeral currently maintains a score of 13 percent on the site. Connolly is the first in living memory to practice it for political purposes. Politicians currently disagree on what should be done in response to Connolly’s actions. Some believe he should be the fullest extent of the law. The public, however, has made its wishes known. The seven-second video filmed by Connolly had 2 million views within hours of its posting, and nearly 1.5 million people have petitioned for Senator Anning’s removal from his seat in office, according to Sibohán O’Grady and Katie Mettler at The Washington Post. Furthermore, a GoFundMe has been set up to raise money for Connolly’s legal defenses (as he was indicted for assault charges) as well as for “more eggs.” Others have called for Anning to be indicted for assault charges as well, as, after the egging, he punched Connolly twice, and then Connolly was dragged to the ground and placed in a chokehold by security. The consequences of Connolly’s actions aside, it seems he has introduced a new sort of civil unrest and gave the younger generations a new way to communicate their upset to the powers-that-be. After all, the egg did no harm, it was more of an annoyance than anything else, and, frankly, as a living annoyance himself, Senator Anning could use a taste of his own medicine... even at the slight risk of salmonella poisoning.

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Grandma’s false teeth, the glow-in-the-dark kind

Aiden Kinsella ’22
Staff Writer

ZION, IL—While kissing her grandmother goodnight, Kate Likenson, 7, caught the smell of blood emanating from her grandmother’s gummy mouth; this was because the crimson red stuff had been dribbling down the wrinkled lips of the old, old nana (like we saw a picture of her, she looks like she could be like, a thousand or something) like slobber on a dog’s maw, and it actually looked pretty punk rock, if we’re being honest. Household sources confirmed that this was a consistent and expected happenstance, as every night Kate’s grandmother had to remove her twenty-five cent luminescent plastic vampire dentures, and every night the low-quality plastic mold would lacquer her weak granny gummies, so they

Rotten Tomatoes is just one of the remnants of the practice of produce-pelting in today’s society. Interestingly, however, applauded for his bravery in the face of bigotry, and others believe his actions constitute assault and that he should be charged to point where she can’t sleep without whiffing blood just before bed,” said her father. “It’s a conditioned stimulus. When my ma goes out to play bridge with the other old bats, she insists we call it the nightlight next to her bed; it smells like iron, so it really helps to knock her out, but my ma was home tonight, so Kate got to bed just fine... Wait, Kate, what are you doing up?” At this time, Kate was looking quite pale. When asked if she was alright, she explained that she was perfectly fine, just tired after getting out of bed to help her nonnie get something to drink.

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Taking a stab: Making vaccinations an educational requirement

By Maryam Javed ’21
Staff Writer

"Vaccines save lives; fear endangers them," asserts Jeffrey Kluger, a senior writer for Time Magazine. "It's a simple message parents need to keep hearing." Immunizations can truly save a child's life. Many diseases and illnesses—such as polio, smallpox, the flu, and measles—have injured and killed thousands of people, many of whom were children. Thankfully, due to the advancement of modern-day medicine, vaccines had eradicated many of these diseases. A disease such as smallpox has disappeared entirely worldwide due to the vaccinations against it. However, because of the refusal and negligence of many parents to vaccinate their children, the resurgence of illnesses such as measles and whooping cough is creeping its way across the country.

In a school setting, the school administration and officials should take significant measures to prevent the spread of lethal illnesses such as measles and whooping cough. Both private and public schools should require all parents to vaccinate their children in order to ensure the safety of all students. Parents will argue that it is their First Amendment right to choose whether or not to vaccinate their children, as many parents opt from giving their children—far more than they are helping. In the case of vaccinations, the safety of the overall student population and well-being overrides any religious sentiments and parenting decisions. Personal liberty and freedom learning environment, as well as an overall prosperous population. The safety of students is a major priority in schools and by having unvaccinated children present in the classroom, the lives of not only those individual students, but also the other students, are at a momentous risk. Measles outbreaks continue to plague individuals across the United States. When an individual who has measles enters a community in which most of the people are not vaccinated, the virus can spread like wildfire. Many parents are also afraid that giving their children vaccines will cause serious side effects. The chances of these side effects occurring are extremely rare. In the long run, immunization is not only the children of today, but future generations as well. There are many more advantages to vaccines against infectious diseases than there are drawbacks. If children continue to be vaccinated, the likelihood of certain diseases and illnesses appearing and spreading will surely diminish, just as it has with previous generations.

Only after meticulous review and study do doctors, scientists, and other healthcare professionals, give vaccinations to children. These vaccines must also be approved and regulated. They may cause a certain degree of pain or discomfort when injected, but in comparison to the effects of the fatal diseases they counter, the long-term benefits outweigh a temporary inconvenience.

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Small government, big lies: Republican transformation

By Nathaniel Bidnar ’21
Staff Writer

Republicans have, in recent campaigns, advocated being pro-small government, yet their actions have reflected bigger and more authoritarian government, embraced bigger and more government spending. In 2014 that "he is not an executive overreach: The attempt to build the wall is so much more than just an executive overreach: building the wall requires resources, and lots of them. It requires land along the border to be built, some of which is currently being held by private citizens. To take it, Trump said he would use a "military version" of eminent domain. Eminent domain is a part of the Fifth Amendment that allows the government to take private property as long as the owner were to receive fair compensation, but this has historically been abused by the government. In order to build the wall, the government would be taking private land from citizens, most likely by force. This would allow them to build the wall that has a $59.8 billion price tag, according to the CATO Institute. All these demonstrate the antithesis of small government tactics. Republicans have now largely become silent about Trump's abuses of power, following a harsh critique of Obama performing similar actions. The House Freedom Caucus originally claimed to support "open, accountable and limited" government. Founding member Jim Jordan (R-OH) told Obama in 2014 that "he is not an emperor, his job is to execute laws that are passed, not write new laws." Yet, Jordan defends Trump's national emergency, a major disappointment for other founding members like Justin Amash (R-MI).

CNN has described Amash, the current chairman of the House Liberty Caucus, as "the loneliest Republican in Congress" since he firmly holds Trump to the same standard as he did Obama. Amash was the only house Republican to cosponsor a resolution to prevent Trump's executive emergency on the border. In the Senate, only 12 Republicans voted against Trump's national emergency. While Amash and a few other Republicans have stood for their beliefs, most have bowed to Trump's will. The Federal debt is another issue that Republicans seem to have forgotten about since Trump took office. He has accumulated over $2 trillion in debt since he took office, even though in a 2016 interview with The Washington Post he defended his ability to eradicate the U.S. of its debt toll of $19 trillion. Currently, the U.S. debt is over $2 trillion and increasing. Under Trump, many Republicans have failed to stand for the principles they claimed to have held during the Obama Administration. Instead, they stand silent when Trump treats upon and makes a mockery of these principles. The Republican party chooses blindly following Trump over remaining steadfast to principle. They are no longer the party of Reagan, rather, they embody everything Reagan feared. Small government is dead.

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Student organizations: Learning through campus involvement

By Christina Strunck ’21
Staff Writer

Students spend much of their time studying—but not only in classes—they can also learn a lot in student organizations. According to Elizabeth Snider, assistant director of the Gates Center, the College has 85 different student organizations. This is an average amount compared to other Midwest colleges.

For instance, Elmhurst College, with around 3,400 students, has more than 100 student organizations, and Illinois College in Jacksonville, with around 1,000 students, has more than 80 student organizations. Although this number may seem large, there are still students who want to set up new organizations—or revive formerly existing ones. Charlie Heckman ’22, a first-year, would like to do exactly that. When he came to Lake Forest, he already knew that he would try to set up “Best Buddies,” an organization that exists at colleges, universities, high schools, and middle schools all over the world. It is dedicated to the social, physical, and economic isolation of people with intellectual and developmental disabilities, “as it says on its own website. “Best Buddies” establishes one-to-one friendships between people with and without disabilities. Heckman hopes to offer that for students here by the beginning of this year’s fall semester. He thinks “that with Best Buddies we can make the community grow much stronger,” the community meaning everyone at the College.

Heckman experienced a great time in the “Best Buddies” program at his high school in Florida and worked as an officer there. “This inspired him and made him want to continue his work. However, the constitution—a huge part in setting up an organization—was already written by ‘Best Buddies.’ They offer a lot of help for local groups. Apart from writing a constitution, you have to find people that join you and might succeed you, otherwise you cannot hold up such an organization for long. For Heckman, finding people was not too hard—he just talks to his friends, tries to spread the word. Right now, he works together with five other students as officers, the “Best Buddies” organization, and the Gates Center. They offer a lot of help when it comes to setting up and maintaining student organizations.

Snider is the Gates Center contact responsible for these groups. She thinks they “provide many contributions to the campus community” and are a “driving force behind a majority of the major events that happen on campus.” For Heckman, they “are very essential for the college experience.”

Snider sets up meetings with anyone who needs help starting a new organization or keeping an existing one running. Although, it is up to the students what they do with their organization and if they keep it alive or not.

However, organizations need to meet some requirements. They need to have four student officers with a minimum GPA of 2.5 and be advised by one faculty or staff member. Students cannot start an organization without having a constitution and filling out registration forms regularly. With them, the Gates Center registers the organization and it gets eligible to receive funds from the student government. One of the advantages of having a registered organization, but they also can get rooms on campus or use college vehicles. Heckman and his officers try to get money from student government right now so that they can afford planning an ACP or other event on campus and send officers to meetings with the “Best Buddies” organization.

These events shall help with recruiting more people to join the organization. People, who Heckman hopes, will keep the organization running when he graduates so that many more students can experience one-to-one friendships that help each other regardless of if they have disabilities or not.

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Men’s basketball: First-ever NCAA appearance

By Cam McGuire ’19
Staff Writer

The Lake Forest College men’s basketball team punched its ticket to the NCAA Tournament for the first time in school history after winning its first ever conference championship.

The Foresters defeated Grinnell in the semifinals 99-77 and then St. Norbert 68-64 in the Midwest Conference (MWC) Championship. Lake Forest went 0-4 in the regular season against the two opponents but was able to win when it mattered the most.

“I thought with both of those opponents we were very close but one of the things we really wanted to focus on was reducing turnovers,” Head Coach Ken Davis said.

The MWC tournament champion is granted an automatic bid into the NCAA Tournament, and for the Foresters it was the first time they would be competing in the tournament and definitely a feat that they would like to accomplish again. “I’m hoping we can use this as a stepping stone and guys kind of see the atmosphere and the level of competition as to where we need to get. It was obviously a terrific accomplishment for our guys,” Davis said.

Lake Forest will welcome back four of their five starters from the NCAA Tournament game as well as four of their top five scorers. Sophomore guard, Scan Espinosa ’21, logged 36 minutes in the loss to UW-Oshkosh and led the Foresters with 22 points. The Pasadena, California native led the Foresters in points per game averaging 18.2 per game. Looking forward to next season Espinosa said, “I’m extremely excited to come back next year after the success that we had this year. We are losing some big pieces with Jordan, Danny and Chad graduating but they set a great example for everybody coming back next year with how hard they worked. “We are going to have some guys step up next year and we are going to need them to really work hard this off season and that’s everybody’s mindset. We are all happy that we won the conference tournament, but we want it to be more than that next year and go even further in the NCAA tournament. I had a good season, but it wasn’t all because of me, the other guys around me really helped me to be able to have the type of season I had.”

The conference championship and NCAA berths were extremely special for the senior class, which only consisted of three players: Jordan Moran ’19, Danny Soto’s ’19, and Chad Bauchan ’19.

The three finished their career with an overall record of 61-44 and the championship that no other player prior to this season can say they have.

“It was an amazing experience playing in the NCAA Tournament and being part of the first team to do it,”something Danny, Jordan, and myself talked about since our freshman year and I’m glad I go to do it with those guys,” Bauchan said.

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Special Olympics makes a splash at Lake Forest

By Yaneli Guajardo ‘21
Staff Writer

Lake Forest College had the chance to redefine the word “Special” as it hosted the annual Region B Special Olympics Aquatics Meet on Saturday at the Sports and Recreation Center. Over 190 athletes from Lake, McHenry, and Northern Cook counties came to campus to compete in a range of swimming events from 9 a.m. to 3 p.m. Lake Forest has hosted the Special Olympics Aquatics Meet since 2011, when the NCAA Division III established a partnership with Special Olympics Illinois in an effort to create a mutual learning experience for both college athletes and Special Olympic athletes. The aquatics meet was run with help from Marketing and Special Events Manager, Ashley Wanland, who had this to say about being able to be involved: “This meet has become a very special tradition at the College that we are proud to host every year. The smiles and joy that beam across the participants’ faces after looking at the scoreboard or when they are waiting to receive their medal is incredibly infectious and inspiring to our own student-athletes.” The program was off to an amazing start when it was reported that of the 50 athletes, Stephen Dwyer ’21 describes the experience after volunteering for a second season in a row: “My favorite part of being a swimmer and volunteering is seeing how happy it makes the athletes. It’s such a little thing for us to do but it’s awesome to see how happy the athletes are competing.” Despite the fun atmosphere, the athletes participating in the pool were focused, determined to qualify for a spot in the Summer Games to do so. “Getting to meet new people,” before quickly adding, “...and getting to compete.” Yaneli Guajardo can be reached at guajardoym@lfc.edu.

SPRING SPORTS RECAP

By Grace Atia ‘21
Staff Writer

Swim and Dive
Lake Forest College senior Heath Ogawa ’19 seized his second career national championship in the one-meter diving competition at the Division III Meet in North Carolina. In 2018, Ogawa won the one-meter event and was named Division III Diver of the Year. Entering the competition, Ogawa began in second place as the scores from the five voluntary dives, which consist of six rounds in the prelims, carry over to the finals. Later, he fell into third place, but Ogawa began to come back with a score of

89.80, performing a forward two-and-a-half somersault in the pike position. In the next two rounds, Ogawa’s lead grew to attain the scores of 69.5 and 67.5. After performing a reverse two-and-a-half somersault in the tuck position, he earned a rating of 73.5, wow-ing everyone in the audience. He gained the national title with a final score of 257.8.

Ogawa is the first member of the Forester Swim and Dive team to win multiple national championships.

Softball
The Foresters had an incredible 5-4 win over Hope College as sophomore catcher Nicole Schussler’s hit brought the winning run but were defeated by SUNY-Genev­er 7-3 earlier in the afternoon. Against Genesee, Schussler’s two-run-scoring double in the top of the fourth inning and the other in the sixth. Junior right fielder Maddie Trotz ’20 also raked in a run in the fourth inning. However, in the bottom of the second inning, Genesee drove five runs as well as a couple of scores in the fifth inning, winning the contest.

In the second contest of the day against Hope College, the Foresters attained an early lead. Senior centerfielder Maria Zepeda ’19 made Forester history with a record-setting 73rd career walk to lead off at the bottom of the first. In the third inning, Zepeda contributed another score as senior shortstop Alyssa Grimm ’19 hit a base hit. Senior third baseman Emma Varsberg’s ’19 hit a single, and junior first baseman Riley Frische ’20 plated Grimm. In the first five innings, the Foresters’ junior pitcher Missy Dieckman-Meyer allowed only one base hit and did not allow a base runner to reach the second plate. However, in the sixth inning, Hope scored three runs and also scored on senior pitcher Kyla Lenzi ’19.

Zepeda hit a single to left field allowing first-year Josie Klein ’22 to advance the winning run.

Tennis
The Foresters women’s tennis team traveled to Hilton Head, South Carolina where they split four matches. They are now 14-2. Also having played in Hilton Head, the men’s tennis team won three of their five matches and are now 5-7 this season.

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