Dear Students:

It's a great pleasure to welcome you to the Lake Forest College community. As you embark on this exciting new endeavor, I encourage you to make the most of your academic experience. Our goal is to provide you with a foundation for achievement over a lifetime.

1. Build a network

Who you know is just as important as what you know. Meet people, make contacts, and stay connected. It's never too early to begin building your professional network.

2. Find a mentor

It's a great pleasure to welcome you to the Lake Forest College community. As you embark on this exciting new endeavor, I encourage you to make the most of your academic experience. Our goal is to provide you with a foundation for achievement over a lifetime.

3. Think critically

“Pursue what really interests you with enough curiosity to make a career of it,” said Professor Scott. “But be ready to challenge your assumptions and change your mind.” This mindset will help you develop the critical thinking skills necessary for success in college and beyond.

4. Develop research skills

“Learn how to find out what you don’t know.” This is a valuable skill that will serve you well throughout your academic career. Whether you’re writing a research paper or working on a class project, be sure to consult library resources and online sources for information.

5. Establish your writing skills

“You never know who’s going to provide the crucial piece of news, advice or assistance that could change the course of your life.” When you’re building your writing skills, focus on developing your ability to communicate clearly and effectively. Whether you’re writing a research paper or giving a presentation, be sure to prepare thoroughly and practice your delivery.

6. Gain community support

Campus environmental groups are pressing administrators to seek green certification for the new Sports Center expansion. President Steve Schutt says that the decision will be determined by a detailed cost estimate to be completed next month.

7. Build your interpersonal skills

“Mentors are people who will have a lasting influence on your life.” High school students often have teachers, coaches or employers who have mentored them, taught them valuable lessons. Students who take advantage of the mentorship opportunities available on campus will have a much greater chance of success in college and beyond.

Schematic drawings for the project recently have been completed, which detail the placement of such objects as light switches and plumbing. Planning will allow the general contractor, Chicago-based Pepper Construction, to better determine the project’s official price tag. “It will give me a more realistic estimate of the cost,” said Director of Facilities Management Steve Schutt.

The results of the cost estimate report may force some elements of the project to be cut. “We want to maximize all elements, especially in terms of aesthetics, landscaping, lighting, and electronics, and will likely develop compromises,” said Necessary components, such as Americans with Disabilities Act (ADA) compliance, will not be touched by the cutbacks. The total cost of the project is estimated at $17 million. This includes the cost of a LEED consultant for the project, estimated at $40,000.

LEED certification, which stands for Leadership in Energy and Environmental Design, is a set of guidelines and performance criteria for the design, construction and operation of high-performance green buildings. The standards have existed since 1998, and represent a natural step, said Del Negro. The committee invited Director of Facilities Management Steve Schutt to one of the EICAC meetings to make recommendations. After conversations with students, faculty, and the Athletics department, Del Negro found popular support for the certification.

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Sports Center: School considers LEED certification

continued from front page

at this point in construction would change the timeline. Del Negro said that the technology is not available off-the-shelf, but is instead built based around ensuring that different components, such as sheetrock and windows work together to provide thermal mass to absorb and retain cold spots and provide clear air inside. Scott said the mission of the LEED certification, he said, is to determine whether the College can make the building greener.

“My hope is that it will be LEED-certified,” said Scott. “We want the facility to be as energy-efficient and environmentally-conscious as possible.

Once the total project cost estimate is completed, “we will be able to determine if the College can cover the additional upfront costs required for LEED certification,” Schutt added.

Some campus environmentalists don’t believe the certification should be optional.

“In general, LEED certification has lax requirements,” said freshman Paul Henne, a member of the League for Environmental Awareness and Protection (LEAP). “The mission of the school necessarily should mean the minimum requirements of LEED at the current height of environmental awareness, it is surely pathetic to be as energy-efficient and environmentally-conscious as possible.”

Whether the building is LEED-certified, said Henne, “I’d rather the building not be built at all than to be LEED-certified, felt that the alumni would be more inclined to support the construction of a green facility.

“I'm sure that many alumni will support this project because it's not only in word but in financial terms as well,” he said. “If I were an alumnus, I would only support to do anyway,” he said.

Plans for the expansion have yet to go to the City of Lake Forest for approval. On April 21st, an information session will be held for the city’s immediate neighbors in the vicinity of the sports center.

On May 6th, Siebert and other members of the LEED-certification team will present the project to the Board of Trustees. Siebert acknowledged that pre-construction demolition work such as fencing will occur in August. Siebert said, "After all, the name of our school is Lake Forest College, and we can make the building green. We want the facility to be as energy-efficient as possible.

The interior of the sports center may see minor changes if the school decides to LEED certify the structure.

"My hope is that it will be LEED-certified," said Scott. "We want the facility to be as energy-efficient and environmentally-conscious as possible."

The LEED-certification team is proceeding on schedule. “I’m pleased with our fundraising for the project, it’s going well,” said Schutt. "We plan to break ground sometime in August." If all goes according to plan, Siebert acknowledged that prefabrication work such as fencing could begin in August.

The Forestier Shuttle Schedule for Fall 2008

The Forestier will be running its normal schedule.

Saturday

Sunday

Retail changes downtown: Welcome J. Crew, Good-bye Don’s

The former Marshall Field’s/Macy’s building in downtown Lake Forest is expected to become a J. Crew store in the near future.

Students looking for a place to shop won’t have to go very far when clothing retailer J. Crew Group Inc. moves into a 4,000-square-foot location formerly occupied by Macy’s.

The location, part of the Market Square shopping center downtown, is expected to open in the next two months since Macy’s closed its doors in February. The store, which was originally a Marshall Field’s, ran into problems during a rocky transition to Macy’s in 2006, according to a report by Crain’s Chicago Business.

"A J. Crew in Market Square will be a welcome addition to our business district for both students and residents alike," said Joanna Rolik, who serves as Executive Director of the Lake Forest/Lake Bluff Chamber of Commerce.

Rolik is optimistic about the addition to the downtown scene. She also emphasized the cross- generational appeal of the store and its allure for both male and female shoppers, adding, "It’s broad appeal, reputation and the national chain’s marketing support will also infuse the Square with new shoppers who might prefer to shop in a community setting rather than the nearest mall location in Northbrook."

The shopping center is owned by Shangri Partners, a local real-estate firm based in Lake Forest that partnered with the Chicago firm Broadacre Management Company. Although Shangri Partners has submitted an interior construction permit application to the city according to Crain’s, representatives from Broadacre declined to comment until the lease is signed by J. Crew.

Don’s Finest Foods closed

Local supermarket Don’s Finest Foods closed in Feb. when its owner fell behind on bank loan payments, according to a report in the Daily Chronicle.

"I'd always wanted to check it out until it closed," said junior Natalie Molina. "It was a local store, and now we just have to drive to Aurora to shop.

Don’s has become an integral part of the town’s history. ‘[Don’s] seems to be as much a part of Lake Forest as the Train Station, the Lanterns, or West Park,’ one person commented in a supportive email posted on the website.

The same supporter observed that Don’s “helps us define our community as a caring neighborhood where each [customer] is valued and treated as a special friend,” and pointed out that Don’s has historically donated to local charitable organizations in need.

Don’s also has sympathizers among College students, even when they may not have frequent visited it. “I’ve heard that it was closing,” said junior Annette Stein. “It was a local store, and now we just have to drive to Aurora to shop.”

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Image courtesy Solomon Cordwell Buenz

The interior of the sports center may see minor changes if the school decides to LEED certify the structure.

Image courtesy SupportDons.com

Fans of the now-shuttered Don’s Finest Foods have created a website to share memories of the store.

Image courtesy Scotty McLeod

The former Marshall Field’s/Macy’s building in downtown Lake Forest is expected to become a J. Crew store in the near future.
Thomas Friedman delivers ‘World’s Flat’ lecture

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Visit the redesigned www.thestentor.com

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Community Leadership

LORENA KENNEDY
STAFF WRITER
lkennedy@lakeforest.edu

So it’s 6 p.m. on a Saturday night and you are watching television trying to think of something else to do. Sound familiar? Instead of just sitting around all weekend, try taking a fresh look at the city of Evanston. On this Saturday night and every Saturday night, the town centers to college students because Northwestern is in Evanston! There are many bars that attract the under-21 crowd because of their food and ambience. Take, for instance, That 17, located on Foster between Church and Benson. On this Saturday night, I was just there, and I can vouch for the fact that there is nothing like this in this city.

You walk in and you are bombarded with the sounds of music playing and people laughing and having a good time. You see dozens of college students from Northwestern having a fun Saturday night. Even if you are under 21, it is still possible to hold your beer and enjoy the place. There are many bars that attract the under-21 crowd.

Hidden Gem: Bat is only a shuts ride away!}

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STAFF WRITER
lkennedy@lakeforest.edu

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Senior Matt Waugh recalls five years of senior memorable times.

**A look back at the Class of ‘08**

When senior Caitlin Fergus was asked about her favorite memory at Lake Forest College, she said “Performance Art class with Eli Robb.”

**Electrifying times**

A number of old computers were about to be thrown out by the science department and Robb collected them for a performance art piece. The computers were hung by hinges from the trees behind McMicken Auditorium and beaten with bats like picatas.

“Keyboard keys were everywhere,” said Fergus. “And the best part was that the science teachers all walked by giving the class looks as if we were beating their children.”

Other seniors like Matt Nelson recall less-academic misadventures brought upon by boredom.

One winter afternoon his sophomore year, Nelson and his roommate, Will Osborne, were sitting in their quad when Osborne looked over at Nelson, a physics major, and said, “I need an electronics tinkering who had made his own air conditioner out of a refrigerator cooling coil and fan, and said, “Hey Matt, make a rail gun.” A rail gun is a theoretical device that uses electromagnets to accelerate a piece of metal to very high speeds.

Hearing this, Nelson went to the back room and came out with a large battery; it was a spare MRI battery that his father had picked up from Ottawa hospital. Taking two wire hangers and straightening them out, he placed them on a cardboard 12-pack soda box.

“It was the only thing on hand that was not conductive” said Nelson. Using an old extension cord he pulled the wires out and hooked up the hangers to the battery. The object he chose to use as ammo was an aluminum soft drink can that had the paint filled off with a nail file. “I filled it off to increase the conductivity between the hangers and the can,” explained Nelson.

After gathering his makeshift device together and running 12 volts through the hangers he could move along rail on its own. After a few demonstrations, someone asked, “Do I smell burning?” The current through the hangers caused the cardboard box to sizzle. Matt smiled innocently and replied, “Noon,” while quickly disassembling the device.

It was never attempted again.

Erie Dougherty recalls some of her friends’ romantic misadventures, from when she had an early morning World Politics class that arrived at his class, but a friend of hers arrived slightly late. She noticed he was sporting a large hickey on his neck.

She quietly passed him a note, asking him if he wanted to use her make-up compact to cover it up. It was unsure what she was talking about until that evening when finally he got to a mirror. He instant messaged her later, “Sweet Zombie Jesus, it is huge.” Apparently he had been oblivious to it the whole day.

They discussed solutions for getting rid of it and after discounting make-up, Dougherty suggested that he could rub poison ivy on his neck, then scratch enough to cover it up, to which her friend replied, “that’s like setting off a bomb to clean a room.” Dougherty also suggested that he could use his eye patch on the other side to balance it out.

**TOP 5 QUOTES OF 2008**

1. “I couldn’t find my toga.” - Steve Schutt on why he didn’t attend Toga

2. “It’s better than leaves.” - Dave Siebert on the school’s toilet paper

3. “I like to drink, let’s just make that clear.” - Beth Tyler on establishing the rules of Toga

4. “Someone defecated in the urinal in the women’s bathroom on the third floor of Harlan.” - Mary Volk, columnist, on an act of biological debauchery.

5. “When we started adding up all of the costs of everything we need, everywhere... a billion sounded about right.” - President Schutt in *The Chive* (satirical section) on the loan the College plans to take out

**TOP 5 HEADLINES OF 2006**

1. “Bus-led!” (2/7/08)
2. “How ‘bout them apples?” (10/11/07)
3. “Campus Olympics: A ballsy proposition?” (9/20/07)
4. “Students cause a commode-tion” (4/10/08)
5. “Dinner shows Bartkowski lacks etiquette, job” (11/8/07)

**TOP 5 LETTERS TO THE ADMINISTRATION**

**MARISSA MAZZA**

**CONTRIBUTOR**

“Love Letters from the Administration”

Assistant Dean of Students Chris Waugh has worked closely with a number of seniors throughout the years, including the five senior members of e-team: Katharine Otto, Elizabeth Birembam, Chelsea Wade, Jared Bieschke, and Gregory Reger.

Waugh credits these five with four outstanding years of e-team work and programming.

“I am going to miss those five. They were kind of the lymphins in the e-team operations,” said Waugh.

Senior student body president Rocky Linder is also on Waugh’s list of seniors he will miss.

“Rocky in my mind heated student government,” Waugh said. “It has been a positive year and a year of significant advances under Rocky.”

Jennifer Lindsay, Associate Director of Residence Life, started her career at Lake Forest College four years ago, at the same time as this year’s senior class. Lindsay mentioned resident assistants Karen Cone and Allyson Humphrey among those she will miss.

“I’ve watched Karen grow throughout her years here. She has a quiet strength,” said Lindsay. “Allyson has been a really strong, fabulous leader for her residents and for other students. She is a force for good.”

Senior Heather Everst also left her mark on Lindsay during a spring break trip to Erie, Pennsylvania, for Habitat for Humanity two years ago.

Lindsay explained how Everst told her that she didn’t like to get dirty and was worried about not being able to take care of herself like usual while they were on the trip. Unfortunately for Everst, the work required them to mud the walls of a house they were working on.

“It was great to see her covered in mud all day,” Lindsay recalled. “Everst’s position at the college brings her into contact with many students looking for room changes and she recalled senior Leslie Christopherson’s difficult roommate experience freshman year.

“I watched her go from an awkward roommate situation to it and is great,” said Lindsay.

Associate Director of Annual Giving Derek Lambert also works closely with a handful of seniors.

“As an advisor for the Senior Steering Committee, Lambert meets with the select group of seniors each week to coordinate and plan senior-related events. In Lambert’s eyes, the select group of most unforgettable seniors is Amalia Friend, who works with him in the Annual Giving’s Office.

“It’s been fun watching her grow from a nerdy, timid freshman,” Lambert said. Lambert recalled a story from a few weeks ago where he asked Friend to make phone calls, something Lambert describes as her being terrified of doing. Friend caved and argued with Lambert about the task, but eventually agreed to take the on the list, only to receive another list of numbers the next day.

“With Amalia, she’s very afraid to take a step, but then she takes that step and she is great at it,” said Lambert.
Green just isn't our color

This week, the world has gone green. With Earth Day having occurred Tuesday, and the entire NBC family of television channels declaring that “Green is Universal,” The Stoner will use its last editorial of the academic year to address environmental issues on campus.

The Stoner believes that Lake Forest College should join in on this global movement; the reasons range from the obvious ethical and political to the cost-efficient. While we cannot set out a comprehensive plan in this space to make our campus totally green, this paper has a few humble suggestions to start us down the path.

First, we must make the new Sports Center addition compliant with the LEED standards detailed by the U.S. Green Building Council. While LEED certification will be an added expense up front, and may not appear as significant now, if made at the beginning. For one, it would ensure that those who follow our lead will be able to see the green project certified and, more importantly, that the university will have a major source of funding for the College, making the construction of the Sports Center energy efficient cannot be ignored.

Second, the administration could consider setting up an office of campus sustainability. For instance, the Office of Public Safety could exploit alternate transportation modes during the more tempestous months. While this paper does not propose that Public Safety get rid of its SUVs (students still need rides in the hospital or pick-ups from the train station), The Stoner firmly suggests that any other vehicle types that can be used to be studied under normal circumstances, when the office is not in the cycle of work to the leading candidates.

In the majority of Public Safety’s driving, the administration is faced with a situation that utilizes a major source of funding for the College, making the construction of the Sports Center energy efficient cannot be ignored.

The Stoner hopes that these ideas can be implemented, and the administration and student body will start thinking of other ways to make the campus more environmentally friendly.

From our April 20th issue.

Lake Forest College
The Stoner

LEED stands for Leadership in Energy and Environmental Design. The LEED certification system, developed by the U.S. Green Building Council, is a voluntary, consensus-based, international standard for the design, construction, operation, maintenance, and拆除类的导热性能对材料的机械性能有影响。尽管如此，研究工作还存在不少困难。例如，需要在更高的温度下进行测量，以获得更为准确的数据。本研究工作得到了国家自然科学基金的支持。

The 2008 Presidential election is like no other in recent history. In a peculiar sense, we are all witnesses to history in the making, and the outcomes will probably engender an administrative transformation of modern American democratic and foreign policy institutions. Already marked by noteworthy contenders such as “John the Rock,” “Yes, We Can,” and “Joe the Plumber,” and other names to be coined by us, this presidential year’s election is more than just a vehicle for the candidates to be elected to the highest office; it is also unique and presents a novelty of the shift in focus of United States foreign policy in Iraq, and indeed, what we refer to as the considerable elite consensus on the role of diplomacy in world affairs, and a more explicit focus on multilateralization, negotiations, and the international community, such as the United Nations, to achieve the objectives.

While we may not expect the election to be the only major change in the current administration’s policies, it is important to consider the potential implications of the change. For example, if John McCain wins the election, he may be more likely to continue with the current administration’s policies on Middle East affairs. On the other hand, if Barack Obama wins, he may be more likely to pursue a different approach, possibly through increased diplomatic efforts and a greater emphasis on international cooperation.

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Lake Forest College Student Government Constitution

Below is the text of the proposed new Student Government Constitution; students will be given the opportunity to read the document and to vote in the upcoming election. The Student Government Officers encourage all students to read this document and to vote in the upcoming election.

Preamble

The mission of Lake Forest College is to ensure a dynamic and forthright representation of the student body. The College's Mission Statement).

Article I

The Student Government

The Student Government shall consist of two bodies, the Executive Board and Student Senate.

A. Requirements to Hold Office

offs by the Office of Student Affairs.

B. Executive Board

The Executive Board:

a. The President of Student Government shall be a voting member of the Student Senate and the Office of Student Affairs.

b. The President President shall chair the Student Senate.

c. The President of the Executive Board shall call an emergency meeting of the Student Senate on any issue brought before Executive Board. or if a regular meeting of the Student Senate is not possible.

d. The Executive Board shall discuss and act on any issue brought before Executive Board.

e. The Executive Board shall discuss and act on any issue brought before Executive Board.

C. Removal from Office

If you fit this description, turn yourself in to the sheriff via email at: editor@lakeforest.edu

Wanted!

Bounty Hunters beware! The desperado we’re chasing is fast on the draw and has a sharp eye for perspective. We also believe the outlook has experience with Adobe InDesign, and we sure hope he or she does.

If you fit this description, turn yourself in to the sheriff via email at: editor@lakeforest.edu

Lake Forest bubble popped

MALIQUA WEALE, 2005 In my last year at Lake Forest, I am quite familiar with the Lake Forest bubble. This is a term that helps students become more aware of the current domestic and international issues they wish to follow the news with a regular rhythm could:

The following:

1. Apply for a free web subscription to your favorite newspaper. It takes 10 minutes to skim the morning headlines and read further into the student editorials. (2) Stop by a meeting of a student group that focuses on important social issues. For example, the Amnesty International Club maintains weekly discussions about human rights in Myanmar, China, and the United States.

3. Make it a priority to be more familiar with the Lake Forest College Student Government Constitution. Last year I submitted an article about the difficulties of running for a student Senate seat. This year I have indicated to the Lake Forest bubble popped, the late August is a good time to start contemporary and justice, following a student's example of stories that Sallie Halabi’s prophecies in the history of the College. I was not relevant to the issue; it was another story that we would want to read. I can not stress the importance of joining the student body to the student body plan, who who plan to become contributing responsible on campus. I know many of you who who wish to follow the news about the Lake Forest bubble popped.

December 6, 2007
Women’s Hockey: SWEEP!

Seniors lead Foresters to two victories entering playoffs

RICKY GALVEZ
SPORTS EDITOR
galvezj18@lakeforest.edu

Senior Maggie Rezac claimed the Midwest Conference Diver of the Year award for her third-straight season this past weekend with a dominating performance in the MWC Conference meet.

Rezac put on a show for viewers, beating the next-best competitor soundly. In the event that won her the award, the three-meter diving board, Rezac achieved a score of 466.65, according to the Forester website.

She will swim in the Midwest Invite at Wheaton College this coming weekend, and is the only one on the team who has been invited to the NCAA Division III Championships, which will take place in March.

Regardless of the outcome in the coming weeks, Rezac will leave Lake Forest this spring having made a deep impact.

“I think the leadership on this team is very good in terms of how well the seniors performed,” continued Zahar, “which forced sophomores and freshmen to play hard also.”

The graduating trio of freshmen Alyssa Wintermute – who played Saturday – and sophomore Ryann McCarthy – Sunday – combined 46 saves in a total 47 shots on the weekend.

“The nice thing is that we got into the right mindset,” said coach Carisa Zaban, “this was our first sweep of the season, and just to know that we are capable of doing that gives us confidence that we need.”

“ar problem on our team is that we have no one who can do anything without the other,” said Bresser, “but when we play together we are strong.”

The Forester squad started off strong on Saturday, and despite an early 1-0 deficit, rallied back to win 2-1. The Foresters were led by senior captain Courtney Dofflemyer, who tallied four points over the course of the games.

Seniors lead Foresters to sweep over Adrian

RICKY GALVEZ
SPORTS EDITOR
sportsj18@lakeforest.edu

Team cohesion was the name of the game as the Forester women’s hockey team sailed past Adrian College this past weekend, defeating the Bulldogs 3-1 and 4-4 on Saturday and Sunday, respectively.

“That means a lot getting our first sweep of the season,” said sophomore Maggie Bresser, “we really came together as a team, which is encouraging towards the end of the season.”

Although the games were non-league, the momentum gained by these games are invaluable for the Forester squad, who have only league games remaining.

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