"The Date Tables" — We all went to Lake Forest Hospital together last year. We inside a party of it.

"Being in the caf at noon is like being on a crash diet."

"I think the caf is still divided." — Hussein Baraghma '11

"I just like to sit with my friends that are funny." — Brendan Sullivan '13

"It's a relaxing time to talk about your day!" — Amanda Greco '13

"We all went to Lake Forest Hospital together last year. We inside a party of it."

"Being in the caf at noon is like being on a crash diet."

Artistic representation by Caroline Davis
Last Wednesday, September 1, 2010, crowds gathered for the much awaited opening of Boomer’s South, a new café run by ARAMARK in the recently opened Lake Forest College Sports and Recreation Center.

In the morning, customers received a free snack with a coffee and in the afternoon smoothies were half-price. Additionally, thirty minute introductory cardio and weight sessions were offered for students throughout the day. ARAMARK Food Services Director, Jason Micenko reported that Boomer’s South served 350 people on that Wednesday alone.

In addition to a full line-up of Starbucks offerings, the new café boasts many healthy menu items that are not offered elsewhere on campus. The menu also boasts energy bars, parfaits, sandwiches and wraps, hummus plates, vegetable plates, and Peeled Snacks brand dried fruit.

A café employee stated that the Power Smoothies with Myoplex protein, which sport clever names such as the “Boomer’s Boost,” have been popular items. He also predicted that Smart Water sales will surpass those of traditional bottled water by the end of the year.

For those looking to quench their thirst, Boomer’s South offers teas, Minute Maid juices, Naked juices, Vitamin Water, Powerade, and classic smoothies in addition to the aforementioned drink offerings. Micenko said that the menu offerings will reflect the demand of customers and current health-food trends. All items are grab-and-go, to allow for fast service of busy students, faculty, and staff.

Athletic Director, Jackie Slaats hopes that the opening of the café will attract a wider array of people to the Sports and Recreation Center, while pleasing those who already frequent the Center. She feels that the new Sports Center has something to offer everyone and is truly a campus asset. Already, students have been using the tables and armchairs outside of Boomer’s South as a study and hangout area. Perhaps in the future, with the opening of Boomer’s South, the lobby of the Sports Center will become a popular meeting place. Slaats is open to any student feedback.

During home Volleyball and Basketball games, the Boomer’s South café will play host to the concessions stand, as it did last Wednesday night. The concessions stand operates on a cash-only basis. The profits will benefit Men’s Basketball during volleyball season and Women’s Softball during basketball season. On concession nights, traditional concessions foods such as nachos and hot dogs will be sold.

In the past, concessions stands were set up on collapsible tables, and gym-goers had to rely on vending machines and water fountains to quench their thirsts. Boomer’s South is yet another significant improvement to the Lake Forest College Sports and Recreation Center. Boomer’s South is open Monday-Friday from 7:30 a.m. to 6:30 p.m., Saturday 7:30 a.m. to 12:00 p.m., and is closed Sunday. Flex dollars may be used during normal operating hours. The next concessions night is September 18, 2010. The Sports and Recreation Center is open from 6:00 a.m. to 11:00 p.m. Monday-Thursday, 6:00 a.m. to 10:00 p.m. Friday, 8:00 a.m. to 10:00 p.m. Saturday, and 8:00 a.m. to 11 p.m. Sunday.
President Schutt focuses on expansion

If any upperclassmen feel like there is an overwhelming amount of new faces on campus, it’s because there is. Lake Forest College’s Freshman Class of 2014 is 402 students large, a forty-seven student increase from LFC’s Class of 2013. The increase in students is all part of President Stephen Schutt’s plan to increase the college’s enrollment. The plan will take place (and has already been taken) slowly, over the span of several years. For the campus population to grow, changes need to be made though. Some will take a few years, but some will be seen within months.

Signs of a larger student body has already been showing through the interest shown by the freshman class in various clubs and activities. A surge in numbers of people trying out for various theater, musical, and athletic programs has been seen, as well as the creation of a student improv group. There have been rumors flying around campus of filled dorm rooms with no space for new students, the demolition of Moore Hall, and the building of a new residence hall downtown. While all of these are in part true, much clarification is needed.

“Residentially, we’re full. I think in the end we were able to accommodate everybody without cramming three students into a two student room,” President Schutt said.

Dorm rooms definitely are on the full side, but not any more full than they should be. No one was denied housing, nor will any be denied to incoming spring transfer students. A higher amount of students study abroad in the spring than in the fall, meaning that there will be more openings in residence halls. The amount of students studying abroad is also very much on the rise, especially with the recent creation of the LFC Granada semester program.

Within the next two to three years, though, there will be a new residence hall on campus. President Schutt expects a plan to be ready within the spring semester of this year. Before the new dormitory is built though, Moore Hall will be demolished, most likely making the space for the new building.

Another exciting housing opportunity to look forward to will be for juniors and seniors who have for credit internships in downtown Chicago. In the fall of 2011 LFC will open a hallway in the International Youth Hostel of around thirty-five single rooms in a building in the Congress Parkway area of Chicago. Students can take classes at various academic institutions downtown that will transfer to LFC, they can do a reverse commute and come to LFC to take classes some days of the week, or various LFC professors will begin conducting some seminar classes downtown.

Dorms aren’t the only places that seem a bit tight on space, but just as there is a plan for the dorm situation, there is a plan for both eating and studying spaces. Any upperclassman can attest to the overwhelming amount of people eating in the dining hall at the beginning of the semester.

“It’s always the case at the beginning of the semester that it’s crowded. People are figuring out their schedules, deciding when they want to go, when they don’t want to go,” President Schutt said. “According to ARAMARK, even if it doesn’t feel this way, the crowding is actually slightly less than it was a year ago.”

The rush of students in the beginning of the semester usually dies down within the second or third week of classes, so look for a more enjoyable eating experience soon. The opening of Boomer’s South should also help some of the swell. Look to the article regarding the opening of Boomer’s South in this issue of The Stentor for more information regarding menus and hours. Another plan to help the LFC community eat more comfortably is to create a convenience store in the space near Boomer’s in the Mohr Student Center.

The store will carry things like packaged and microwavable foods to make eating on the go more accessible. President Schutt also believes that it is a highly likely that the dining hall will have to be expanded as well. For those on campus who describe themselves as “living in the library” or in the Calvin Durand Lounge (more commonly referred to as the Wood Lounge), for that matter, more study space is on the way. If you haven’t noticed, students rarely use periodicals anymore in their studies and because of that, they will be removed to accommodate more study seating. Students should also remember that there is space for studying in the Center for Chicago Programs.

With all the changes happening around LFC it can be hard to keep the bigger idea in focus. President Schutt’s plan to increase the school’s population and community is to make it the best school it can be through increasing academic departments, athletic facilities, and social opportunities. Be sure to keep up with The Stentor to be updated on all of the great changes and expansions.
**Features**

**Vosges chocolates bring exotic flavor to Chicago**

JESSICA GORDON
STAFF WRITER
gordojf@lakeforest.edu

Sugar violet petals and edible gold atop a luscious truffle are some of Vosges greatest creations. Vosges is a Chicago chocolate boutique known for its interesting products, so I was incredibly curious when I was invited to a private tasting party to sample their latest collection.

The autumn lineup included four new exotic candy bars: The Amalfi, Blood Orange Caramel, Black Sea Salt, and Cherry Rooibos. All were delicious.

"Completely new for Vosges, these baking mixes will easily start a revolution."

However, the real stars of the tasting were the recently unveiled baking mixes. Throw out the Betty Crocker and trade it in for my personal favorite, The Goddess, which is made of dark chocolate cake with layers of light whipped frosting — simple, but beautiful.

All baking mixes come with dry ingredients, a grocery list of other ingredients, tips from Katrina, the owner of Vosges, as well as different baking and frosting options to add all sorts of twists to each recipe. Completely new for Vosges, these mixes will easily start a revolution.

To buy Vosges candy bars, truffles, and baking mixes, visit their shop, located at 951 W. Armitage (at Sheffield) Lincoln Park Neighborhood, Chicago. Take the CTA Brown Line to Armitage, and then the #73 bus to Sheffield.

The hours of operation are from 10 AM to 8 PM Monday through Wednesday, 10 AM to 9 PM Thursday through Saturday, and 11 AM to 6 PM on Sunday. Orders can also be placed online at Vosgeschocolate.com.

CAROLINE DAVIS
STAFF WRITER
davisca@lakeforest.edu

This weekend, I decided to venture into the unknown and explore the social circles of the cafeteria. I wandered through the caf, talking to groups of students, and asking them to explain what it is that defines their friendship. It was a bit nerve wracking at first; everyone in the cafeteria has a specific location, and I felt like I was invading their territory.

Hussein Daraghma, senior, thinks there is still social division in the cafeteria, despite its recent rearrangement. He linked social division as part of the reason why the far corner of the cafeteria (see map) is frequented by mostly international and African American students. Conversely, Alaina Carlson, senior, thinks that although there are still social divisions, the caf’s rearrangement has brought more students together than the previous layout.

There were a lot of common themes that ran throughout the cafeteria. Many students defined their group of friends by aspects such as living status (e.g., they are/were/will be roommates), class schedule (e.g., same major/have classes together), year in school, dorm, and sports. Many of the larger groups also sit at the same table on a regular basis. The football team, for example, sits near the Coke machines, with the hockey team right behind them. The occupants of both tables seemed confident that other Lake Forest students know about their affinity for those specific tables. "We act like there’s no one in the cafeteria but us," hockey goalie Anthony Warren, freshman, enjoys lunch with a small group of friends.

Brendan Sullivan, sophomore, said.

While Sullivan speaks only for the hockey team, his statement does have a certain universality to it. Many tables appeared to possess a certain ignorance to the rest of the cafeteria. I got used to interrupting all sorts of conversations, but it was almost always a second or two before anyone realized I was there. However, the moment someone broke a glass or dropped a plate, the entire cafeteria erupted in applause, shifting –if only for a moment– from individual to smaller social divisions to a unified, campus community.

Another prominent group in the cafeteria is the freshman. Many had bonded from student orientation, and others were roommates, teammates, or classmates. It isn’t just freshmen seated together, however. A group of juniors in the right alcove said they have been friends for three years, and one student said that part of what brought them together was that they were all “hippies.”

Seated around the single tables on Tuesday night was a group of sophomore girls who were practically inseparable. “We all went to Lake Forest Hospital last year,” said Sophia Yeres, motioning to both Alex Andorfer and Lauren Ross. “We made a party of it.”

There is a unique air of individualism to smaller groups of students. While there are larger groups, individuals also get to their territory.

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There is a unique air of individualism to smaller
How do you define your group?

“Being in the caf at noon is like being on a crash diet. You fight two hundred other people for a table, you wait in line for food, but then you get out of line and just make a salad.”

Scott Pilgrim versus the masses

FREDY VASQUEZ
STAFF WRITER
vasquez@lakeforest.edu

In an age of entertainment where video games and movies reign supreme, what better way to satisfy entertainment seekers than to blend them together? That’s exactly what Universal’s Scott Pilgrim vs. The World sets out to do, although it hasn’t had the best of luck at the box office over its first month. With low revenue, this movie needs more people to go see it. It’s a perfect blend of the surreal and action with a nice little romance in the middle as well.

The movie follows Canadian actor Michael Cera as the titular Scott Pilgrim, also Canadian. Scott is a 22-year old whose education goes only as far as high school and he just so happens to be a part of the band, Sex Bob-omb. From here, Scott’s world is rocked when he meets the beautiful Ramona Flowers. He wishes to pursue her but there’s one catch: he must fight and defeat her seven evil ex-boyfriends. If this sounds familiar, it should. It’s essentially the film adaptation of the Scott Pilgrim graphic novels by Brian Lee O’Malley.

The movie does a great job of adapting the comic into movie form. You will literally see things like “POW!” or “SMACK!” or “ONE! TWO! THREE! FOUR!” on the screen as these actions happen. Though the first fifteen minutes are slow, the movie really picks up after that and does a great job of keeping the action consistent. All of the seven evil exes are unique and quirky as well and you get to know them well before their battle with Scott.

Overall, this movie has great action, a well-rounded cast, and great music. You will most likely fall in love with at least one song out of the multitude of songs this movie has to offer. Though it’s a great disappointment to see it do so poorly at the box office, it’s not too late to go see it. So if you’re bored and want some good entertainment or you just want to see Michael Cera perform as you know he can, go give Scott Pilgrim a try and you will be pleasantly surprised by the end.

Rating: 9/10
[ Ratings are from a 1-10 scale, with 1 being bad and 10 being excellent. ]
Creating reality out of fiction, fake tans, and T.V.

“Yeah. I don’t recognize every manner of the participants, but why would I? Anyway, there was one fellow on it this year with the most peculiar name. The Emancipation? The Sanitation?”

“His name’s The Situation.” The fact that I knew who he was talking about filled me with self-loathing. “The hell kind of name is that?” He asked.

“Well, it’s a nickname, I guess,” I shrugged.

“Well, what’s he do?”

“He’s on a television show.”

“What’s it about?”

“I don’t know.”

“Well, why’s he famous?”

“I don’t think I know that either.”

I cannot explain why The Situation is famous. I don’t think anyone can explain why. However, I get the feeling that my grandfather was asking the wrong question. It’s not a matter of why the Jersey Shore or The Situation are famous, it’s about why they exist in the first place.

The easy answer would be that it exists because it is a reality show, and reality shows are popular. But that explanation is problematic. You can’t really classify Jersey Shore as a reality show when there is absolutely nothing real about it.

The show revolves around the lives of 6 young adults from New Jersey spending thirteen hours a day drinking in an upscale apartment in Miami (or New Jersey). What on earth is real about that? Who’s reality does that reflect? It’s cartoonish. It’s certainly not a reality show like Extreme Home Makeover or even Real World. The life style depicted on the show is entirely unrecognizable. No one could live like that. And yet, the fact that it is a reality show plays an integral role in its success.

The show would undoubtedly fail if it were instead presented as a 60 minute situational comedy, starring Matt Leblanc as Pauly D and a bosc pear that went fake tanning as Snooki. We don’t want fantasy depicted as fiction. We want fantasy depicted as reality.

The most fascinating aspect of Jersey Shore is that it has successfully turned it’s fantasy into reality. Unlike the cast members of shows like Real World or Survivor, Snooki and company are rich. In fact, they’re really rich. According to the New York Post they are rich to the tune of ten thousand dollars per episode for this season and thirty thousand per episode next.

We have allowed their fantasy lives to become their real lives. When not getting paid to drink and carouse by MTV, they are paid as club promoters to drink and carouse.

Mike may have created “The Situation” on his own, but we certainly enabled him into existence. If we didn’t allow MTV (and subsequently clubs across the country) to line his pockets with money, he definitely wouldn’t be able to carry on the way he does. His shift manager at Footlocker simply wouldn’t allow it.

This brings us back to our original question: Why does Jersey Shore exist? Or rather, why did we allow them to create such an absurd life for themselves?

Perhaps through them we are trying to create our own reality. Maybe our reality is too filled with mortgage crises, oil spills, and Rod Blagojevich. Maybe we would rather believe in a reality filled with alcohol, fake tans, and masculine women with hyphenated names and giant breasts, because our own reality is too depressing. Maybe it’s easier for us to create fake lives for six strangers than one real life for ourselves.

Then again, maybe we’re just stupid.

Missing home and keeping busy at LFC

“I don’t think it matters where you come from... being homesick is going to happen.

What I’ve found that helps ease the pain of being away from home is getting your mind off of it: do your homework, read a good book (time-permitting), go to the city with your roommate or another friend or two, play a game, watch a movie, have a good conversation with an old friend, meet new people.

There are a number of things that you can do to make your...

“I don’t think it matters where you come from... being homesick is going...”
LAUREN BAILEY  
COLUMNIST  
Baile@lakeforest.edu

Let me start by clearing the air about my intentions on August 26th, at the exotic animal extravaganza. I was not there to protest the particular group that had brought animals that night. I was really there more so to witness the arguments there watching the needs of those animals are all too often the case that well, in business. And it is to keep their business, because they need money “rescued” animals. It was trying to educate the some people’s livelihood. “Animals in captivity” is not a new concept. People have kept domesticated animals and livestock for thousands of years. In fact it was one of the keys to the success of the human race. And the use of animals in entertainment was born way before the first modern zoo was opened.

It is in our very nature as humans to want to be close to animals, and most of the public innocently loves them. Unfortunately, the fact is that people have exploited this general love of animals and turned it into a business. Petting zoos and animal shows are some people’s livelihood. The group that came to the extravaganza was not there because they were trying to educate the public, or valiantly provide a better life for the “rescued” animals. It was because they need money to keep their business, well, in business. And it is all too often the case that when the use of animals becomes a business, the needs of those animals are not respected I was standing there watching the festivities, the arguments of most passersby had the same general feel. I either got, “it’s just for fun,” “It’s good because they were rescued,” “it’s educational,” or a few times, “I like what you’re doing.” The thing is, however, that excluding the last one of course) none of those statements hold much water.

“It’s just for fun?” If you were one of those animals tell me one thing about that experience that sounds like fun. To get to Lake Forest, the animals had to be transported. And if you’ve ever transported a family pet to the vet, you know that most animals are not in love with the experience, especially those who have to be caged. And these animals were most definitely caged.

Once the stress of travel is over, the animals are jostled again as they are unloaded and placed for the ultimate experience. Then as they settle down, suddenly the crowds come. When I first arrived, I was overwhelmed by the number of people, but at least I had the option of walking away, and I wasn’t a twelfth of the size of the people reaching in and groping me.

From what I saw all night, the animals were visibly stressed. One universal sign of stress in the animal kingdom is to defecate. Those who saw the chinchilla can attest to the amount of feces covering the table, and the pitiful sight of the South American rodent curled up in the corner, shaking and trying to escape. Most of the animals did not want to be touched, even though the guttural urge all around was to “feel them.” Even when the handler picked up the armadillo, he flailed trying to escape a situation that was making him undoubtedly uncomfortable.

The tortoise was “sleeping,” though in reality he was hiding from a situation he viewed as a threat. When presented with a perceived threat in the wild, almost all members of the order Testudines (the ones turtles belong to) retract into their shells, hoping their shell will protect them from an attack. Being there almost the whole day, I also saw what most people didn’t: the freak-outs. The Capuchin monkey, who was so quaintly dressed as a safari guide, had a major freak-out as it was being placed on its 200th shoulder of the night, screaming and flailing at a girl as he was

placed on her shoulder.

The Scarlett Macaw was swaying back and forth on its perch, bobbing and throwing its head around, much in the same way an autistic child would when thrown in a situation he can’t handle. And anytime someone would get near, the bird would stretch out and flap its wings while screeching.

Even the Geoffroy’s Cat, who is known for being more adaptable to the presence of humans, required a break to be calmed by his handler.

Then when the show was over, it was time for the animals to be packed up again, thrown into the back of the vehicle, and transported back home. Which can be crueler than the petting zoo aspect of the animal’s lives. Too often in petting zoos, since the public doesn’t see where they live, the animals are forced to live in small quarters neglected until the next show.

I think one of the worst arguments of the night was the one about the animals being rescued. In my mind, that makes it worse. These animals had to go from one bad situation to another. At least, most likely in their other situation they weren’t being hustled around for entertainment purposes. Most likely, they were either from the illegal pet trade, quickly and left without spending much time, it would be more than easy to leave without learning a thing.

At least at zoos, (which as much as I love them, I have my own reservations about) the experience is 100% educational. I never leave having not learned a new fact or at least refreshing my memory on ones I had stored away. Simple plaques are set up in front of every animal, giving their name, where they are from, and a few facts about about the existence of the species.

You can easily make homemade plaques, yet there was nothing at the exhibit to even imply specific species information. Yeah, everyone through basic childhood knowledge could determine the vague groupings of tortoise, armadillo, and macaw. But there are over 68 species of tortoise, 20 armadillo species, and 18 species of macaw.

I can’t tell you the number of people who left the extravaganza calling the Geoffroy’s Cat an Ocelot (which are two very distinct species though similar in appearance).

If the show had truly been for educational purposes, no one would have walked away with that impression. There should have been some conservation information or other evidence that they were there for the purpose of educating the public and not just entertainment.

Now I’m not condemning anyone for participating in the extravaganza. The whole time I was standing there, I still had a hidden urge to play with the animals. But the thing is, these are animals. They are non-domesticated animals. It’s not like cats and dogs that have been removed from their wild ancestors for generations; these animal’s individual species are still in the wild.

And I am in no way preaching that these animals should be returned to the wild, because after their interactions with humans it would be crueler to release them than to keep them in captivity.

What I’m hoping for, is that everyone will think about getting their animal fix in the wild where you respect distance and boundaries, or at an educational facility like a zoo that has high ratings in care quality, and is making an effort for everything to be about the animals by being non-profit.

Sure, maybe the particular guys that came are not the worst ones in the world, but they are still a part of an industry that caters to people rather than animals. Be informed, and make your choices. Choose not to support operations that, as much fun as they may appear, may be more sinister when you look into them.

As much as you want to be close to animals, remember that they are animals, and that even as animals, they are affected by the way we interact with them.
Foresters learn from game against Concordia

ELISE BECKMAN
CONTRIBUTOR
beckmem@lakeforest.edu

On Saturday, the Foresters welcomed the Concordia University of Chicago Cougars to Farwell Field for the Foresters’ first game of the season.

During the game, five players from the Foresters performed well. Brock Stenberg had 23 carries for 99 yards, 3 catches for 20 yards and a touchdown. Austin Sobey had 5 carries for 82 yards. Luke Butts had 10 tackles during the game. Kenny Clady-Mason had 7 tackles, 1 sack, and 1 forced fumble. And Tanner Compton had 5 tackles and 1 fumble recovery for a touchdown.

Although the Foresters were defeated with a final score of 52-23, there are many positive lessons to be taken from this year’s season opener, according to the coach and players.

Following the game, the general consensus was that the Foresters have plenty to work on, but show great potential this season. Head coach Jim Catanzaro said, “I am confident that our team will mature greatly before the next time that we are on Farwell Field.

“For 13 of the 22 starters on Saturday, this was their first start as a college athlete. There is no doubt that you will see tremendous improvement from our team now that we have experienced ‘game speed’ as opposed to practice speed. Concordia had that opportunity a week before us with a scrimmage, and it took us a quarter or two to get some of our wrinkles out. [note: Midwest Conference schools are not allowed to scrimmage another school during their preseason.]

“I think individually, you’ll see better play from Justin Novak as he continues to get some experience under his belt. His performance as the game went on was encouraging for the upcoming games.”

As the Foresters work through this season, they will be refining how they play football as a team. When asked about the game, sophomore linebacker Aidan Price said, “Obviously, I am disappointed about the outcome, Catanzaro said, “Our team got caught up in playing the game and forgot about some of the basic fundamentals that they have been practicing for three weeks. I know that when our guys watched the film on Sunday there was a lot of head shaking. The reaction that many of them had was, ‘Wow, what was I thinking?’ or ‘I didn’t realize I was doing that.’ This is why video watching is so important for football players. They can really see what they are doing, as opposed to what they think they are doing. I look forward to our guys using this game as a learning experience as we prepare to open up conference play against Ripon.”

Midwest Conference play officially begins this coming Saturday, as the Foresters go on the road to take on Ripon.

Photos by Scott Sanford and Elise Beckman.

Sophomore Austin Sobey catches a pass; Foresters get ready to take on Concordia.

Upcoming Sporting Events

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