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Inside: An Epic Interview with Professor Richard Mallette
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Harriet Brown presents: Brave Girl Eating talk
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Also inside this issue:
Our brand new campus heavy section: Forester Focus
An intimate lunch with author and mother Harriet Brown

Author Harriet Brown spoke along with Associate Director of the LFC Health and Wellness Center, Cindy McKinzie.

LILLIAN DYPOLD
STAFF WRITER
dypollm@lakeforest.edu

“My thighs are so big...” “I’m so fat.” “I couldn’t eat that.” “Do you know how many calories are in that?” Today, these seem to be phrases we hear wherever we go—whether we’re in sports practice, chilling at Boomer’s, or in the privacy of our own room, talking to a mirror. Yet, it’s these common phrases that strike a nerve for Harriet Brown, a recent speaker at Lake Forest College and author of Brave Girl Eating, a story of her daughter’s struggle with anorexia nervosa.

In the book, Brown takes the reader from start to finish, chronicling her daughter’s diagnosis, treatment, and eventual recovery. Brown, who chose to treat her daughter using the less common Family Based Treatment (also known as the Maudsley method), provides a unique view of anorexia, portraying the struggle not just of her daughter, but of the entire family. Those who attended the Brave Girl Eating event were treated to readings from the book and a chance to speak with Brown herself.

The Brave Girl Eating event was held in the Pierson’s Rooms on Friday, September 24, from 12 pm – 1 pm. An intimate crowd of about twenty-five students and staff gathered, some with lunch in hand, starting around 11:45, and many listeners remained afterwards to speak privately with Brown. During her presentation and book reading, Brown spoke in detail about her daughter’s struggle with anorexia nervosa and the treatment process. She started by admitting that, like many, when her daughter was first diagnosed she knew little about disease and even held many stereotyped views of anorexia. Prior to her daughter’s diagnosis, she had thought of anorexia as the problem of rich, spoiled, white girls whose parents didn’t pay enough attention to them. She, like her daughter, went through a stage of denial, in which she could not believe that her daughter, whom she loved and had worked hard to protect, could have become sick with this disease.

Brown explained that their family had known something was wrong for some time, but their daughter was not diagnosed with anorexia until the end of her 8th grade school year, when she was fourteen. Even when the family had received a diagnosis, they were at a loss for how to treat their daughter. The doctors simply said to find a therapist and try to get her to eat.

At this point in her presentation, Brown paused her story to explain that even in the criteria used to diagnose anorexia, misconceptions prevail. For instance, one of the defining criteria in the DSM-IV, the index tool used to diagnose mental disorders, for anorexia is a refusal to eat. Brown asserted that anorexia is not a refusal to eat; rather, it is an inability to eat. Anorexia is an all-encompassing, guilt-invoking fear of eating. The title of her book, Brave Girl Eating, stems from this belief that anorexia is an inability to eat. For her daughter, Kitty, every bite of food was a battle. It was an act that required strength, support, and courage.

Brown then shared a passage from her book in which she explains that as Kitty became increasingly obsessive over food, their family, in turn, became obsessive about finding any way to get Kitty to eat. She told of her fights with Kitty over what to buy in the grocery store. She said, “I wanted to buy food full of calories to heal my ailing daughter... How could I keep her safe, if I couldn’t get her to eat a single french fry?” Brown rationalized the low-fat yogurt, skim milk, and low-fat salad dressing by telling herself that what was important was that Kitty was eating something. Their family began to abandon family meals, opting to eat in front of the television, and they no longer went out to eat, regardless of the occasion—all to avoid the excuses that Kitty would make as to why she could not eat. But Kitty’s book of excuses continued to grow, and the family’s ability to deny the problem weakened.

Finally, a breaking point was reached when Kitty was admitted to the hospital for dehydration that summer. Shortly after being admitted, she was moved to the ICU because of her low blood pressure. The doctor...
New Masters of Art in Teaching program at Lake Forest College

CAROLINE DAVIS
STAFF WRITER
davisca@lakeforest.edu

On Monday, September 20th, Buchanan Hall and the Lake Forest Education Department hosted reviewers from the Higher Learning Commission (HLC), “an independent corpo-

ration…[that] accredits degree-granting post-secondary educational institutions” (ncacrh.org).

What does this mean? There is a new education degree coming to Lake Forest College, and the HLC is here to make it happen. Currently, education majors graduate with a Bachelor of Science in elementary or secondary education, with an optional middle school endorsement. This undergraduate program is an excellent option for students who have never questioned their desire to be an educator, but due to its extensive academic requirements, it is a very difficult major to transfer into, especially if you waited too long, i.e. past your sophomore year.

The new program is the M/LS (Master of Liberal Studies), a program “designed for those who have completed a bachelor’s degree and who want to enhance their knowledge and analytical skills…” (lakeforest.edu/academics/programs/mls/).

The MAT degree is conceptually similar, although the details for the specific program are different. What is important about this new program, however, is that it has created a second option.

Education majors sat down with an HLC reviewer on Monday to provide feedback about the current BS program and expectations for the MAT program.

Students heavily emphasized the importance of keeping class sizes small, as individualized attention hugely impacts both learning and teaching. The MAT program hopes to bring more students interested in education to campus, but according to the reviewer, this is not expected to negatively impact class sizes.

Two education majors who expressed their excitement about the program have received their Bachelor degrees from other schools. Both enrolled in Lake Forest’s BS program to further their own education, and mentioned that had the MAT been around, they would have enrolled. Both students feel that the MAT program will be beneficial for adults seeking to further their educational pursuits.

The acceptance and incorporation of the MAT program is now in its final stages, and has strong support from the staff and students of the Lake Forest educational department. Majors look forward to the conclusive approval, and anticipate that it will have an impressive and positive impact on the entire education department.
As students deride, mailroom staff assures them that Trouble can easily be avoided

LEXIE ZAAS
STAFF WRITER
zaasac@lakeforest.edu

It’s back to school time here at Lake Forest College. However, as students move through their daily lives, going to class, going to practice, picking up a package and what not, they tend to forget the tedious things that happen behind the scenes. This year a lot of students are having difficulties getting their packages from the mailroom in a timely manner.

Sarah Masanek, junior, had this problem at the beginning of this year, “A week after a box with several books was delivered, the staff could not find my package. After twenty minutes of them looking for it, I went back there and found it within a few minutes. Not only did they not enter the tracking number into their system, they had organized it in the wrong section, and still couldn’t find it after I gave an accurate description of the box,” she explained. “Thankfully, the hundreds of dollars worth of books were not lost.”

Donald Stanley, Mail Services Supervisor told us a few reasons that problems like this could be occurring. First thing is that some students are not having their packages addressed correctly. The correct way to have your package addressed to you is:

(Your First Name, Middle Initial, Last Name)  
LFC # (Your Box Number)  
555 N. Sheridan Rd  
Lake Forest, IL, 60045-2338

Looking to increase your business?  
Support The Stentor by placing an ad!

Publishing since 1887, Lake Forest College’s The Stentor is an award-winning weekly newspaper that reaches over 1,400 Lake Foresters, including students, faculty, alumni, friends, and neighbors of the College.

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Business Card (2.82 x 1.61in) - $20

All prices listed above are per issue. However, discounts are available for any multi-issue purchase. Ads must be received the Monday before publication.

Thank you!
Health and Fitness: A brief introduction and overview for our new series

PAULA FIRMISS
STAFF WRITER
firmipr@lakeforest.edu

[Welcome to our new Health and Fitness section. A healthy campus is a happy campus, as we here at editorial like to say (or wish we did), and this new section is another resource for you, our lovely student body, to learn about and engage in your own health. Enjoy.]

Freshmen have it tough. This is, for most, the first time we have been away from home for this amount of time. Although we are still adjusting to the change, we still have many obligations to fulfill here at LFC and at times it can seem a bit overwhelming.

Homework, friends, sports, work, extra-curriculars, peer pressure...the list goes on. Stress is something we are forced (as all college students) to deal with on a daily basis. Although at times it is nearly impossible to avoid; there are many ways of coping with stress.

From personal experience, a method that I always found to work is going for a quick jog. Running can be the perfect distraction your body needs to deal with a difficult situation. And the endorphins your body releases during a run can give your mood a natural boost. However, running is not for everyone, and that’s fine.

Running is also not simply a way to deal with stress; it is a great way to stay in shape. We all hear of the terrible myth of the “freshman fifteen,” but in fact, many students gain weight their first year of college because they do not know how to balance their life. There are so many ways to stay active on campus. From Zumba to Yoga, intramurals to our amazing sports center (where we have just about everything), there is something for everyone to get involved with and enjoy doing. Drag a friend along for the weekly Yoga classes or take advantage of the weight room or pool.

If you are not already playing a sport; sign up for an intramural. Having a team for support can make a world of difference if you struggle with self-motivation. It will also lessen your chances of skipping practices. Staying active will not only make you feel immensely better, but it will also help keep you focused and alert.

Making a schedule is the best way to go; even if you cannot devote much of your time; try to dedicate every Monday morning to go for a 30 minute swim or every Friday evening to Zumba. Choose one and stick with it. If you don’t like it, try something else. There is enough to choose from that you can afford to be picky.

Keep your immune system in check and try not to pull too many all-nighters. Try to make healthier choices at meals. Stay on top of your classes to help manage stress and maybe you should stay in and finish that book before you go to that party with your friends.

All of these small decisions add up and contribute to your overall health. But most importantly, keeping a very organized schedule is one of the best ways to manage stress. Stick to your schedule as much as you can and make sure you make time for yourself.

Fitness Activities Schedule:

Yoga: Tuesdays, 6:00pm – 7:15pm
Vail Commons, Buchanan Hall

Mindful Meditation: Wednesdays, 12:15pm – 12:50pm
Skybox, Mohr Student Center

Zumba: Fridays, 4:30pm – 5:25 pm
Sports/Recreation center – dance studio

Sports/Rec Center Hours:
M - TR: 6:00am - 11:00pm
F: 6:00am - 10:00pm
S: 8:00am - 10:00pm
Sun: 8:00am - 11:00 pm

- Indoor Tennis Courts
  M - TR: 9:00pm - 11:00 pm
  F - Sun: Request Only

- Pool
  M - TR: 7:30 - 8:30; 12:30 - 2:00; 8:30pm - 10:00pm
  F: 12:00pm - 1:30 pm
  S - Sun: 12:00pm - 4:00pm

- Ice Rink
  M - F: 12:00pm - 3:30pm

Staff Editorial: Complaints without action leads to a campus without direction

Last week’s SOAP meeting focused on the topic of “community” within Lake Forest College. The inevitable question arose: “What makes a community?”

One girl volunteered an answer, giving a standard definition of community, somewhere along the lines of “a group of people with something in common,” or the like. A completely acceptable answer, but nonetheless one that led to more silence. There was a prod. “The Stentor wrote an article about community last week.”

Fact. A rather engaging article, really. You may or may not have seen it – it involved a colorful drawing of the cafeteria, denoting the typical “communities” that sit at specific tables daily. We here at The Stentor thought this would finally draw some response from the student body. Angry opinions, pleased opinions, defiant opinions – surely our mailboxes will overflow with commentary!

Absolutely nothing. Not a single e-mail or letter. Last year’s not so distant criticisms of the paper began to once again permeate the office: “The Stentor sucks!” “Why are there only 6 pages?” “The Stentor’s just a picture book now.” “I heard there’s only two people on staff this year.”

This brings us right back to the SOAP meeting. What do we have to say about the Lake Forest community? Simply put, it’s divided. There are those who participate, and those who don’t. Those who do participate are over stretched, holding positions in three or four groups and attempting to keep up with all of them. Those who don’t participate don’t do a thing – except complain. It’s interesting that the very people who complain about The Stentor the most are the same ones ignoring e-mails and refusing to aid its betterment. Did you hear the rumor that we’ve only got two people on staff? Then clearly we’re having a difficult time generating content.

Type up your complaints! The whole purpose of the cafeteria article was to generate some kind of response.

If you’ve ever complained about something on campus, if you’ve ever turned to the person next to you and said “Hey, [insert school-related topic here] sucks,” if you’ve ever been remotely unhappy with anything, The Stentor can help. Grace our pages with your thoughts, negative or positive as they may be, and you’ve taken one of the best steps possible to seeing some real change.

The Stentor provides a weekly, open forum for anything you might want to write about.
Professor Richard Mallette insists that he is not the most interesting man in the world, although his students may disagree. Mallette is a man filled with passion: for teaching, for Lake Forest College, for Britain, and for Shakespeare.

Although he recently transitioned from an English professor to an Associate Dean of Faculty, Mallette insisted on continuing to teach one of his most beloved subjects. However, students know relatively little about their beloved professor. You may know about Richard Mallette from class, but how well do you know Richard Mallette?

Professor Mallette agreed to sit for an interview and what followed was an hour-long discussion that included his thoughts on teaching, Britain, Shakespeare, fine arts, politics, students, favorite words, and Placido Domingo.

**Explain why you love teaching here at Lake Forest, why you love what you teach, and how you came into that part of your profession.**

“ instructor was with Shakespeare. “In my second year as a graduate student, I began as a teaching fellow in a large Shakespeare course…when I was 23, and that is nearly forty years ago,” he said.

Recently, Mallette has found an interest in Shakespeare’s use of religion. “There’s a kind of efflorescence of interest in religion in modern literature,” he said. “So we have begun to use the tools not only of religious studies, but much more important, we’ve begun to use the work of historians of the English early modern period to understand Shakespeare.”

**Tell us about your time in England.**

“I was a graduate student at Oxford…Harvard had a connection that allowed me to be a ‘Recognized Student’ – capital R, capital S, ‘recognized’ with an s— for a couple of years…when I was in my mid-20s, I began living in England on a serious, long-term basis.” He spent much of the 80’s teaching American students enrolled in summer programs at Oxford. Mallette said, “It’s [London] not my second home, it’s my Other Home [sic]…I like having two lives, a life in America, and a life in Britain.”

“I think Britain is a highly advanced society,” he said. “I prefer living in England to living in America…Britain is now a multicultural society, and it’s been…extremely adept at creating a diverse and multicultural society…I can’t think of a place more multicultural than Britain.” However, Britain does not harbor “highly visible animosity against peoples of color and people who are different, as we have on the fringes of American society.”

**Talk a little about your transition from a professor to a Dean of the Faculty. How have you adapted to that change?**

Mallette said he adapted to the change “remarkably well.” Describing his new position, Mallette said, “I’m aware every hour of every day that it’s part of the same noble enterprise that is the education of the young, and the advancement of the interests of a very valuable part of our society and what we do. It is almost a seamless connection between the role that I occupied as of last May, and what I’m doing now.”

Mallette currently oversees the First Year Studies Program, and he sessions available to all faculty members. “I think it’s a wonderful service that we can offer,” he said, “particularly to younger faculty.”

Despite his new duties as Associate Dean of the Faculty, Mallette continues to teach one class. “I wouldn’t want to give up teaching Shakespeare!” he said. “Naturally, as you get older, the courses that you repeat the most, you aren’t as passionate about as you once were. You’re not burning with a hardened, gem-like flame in every class.” In this case, teaching Shakespeare appears to be the exception for Professor Mallette.

**You’re known to have a love of the fine arts. Do you practice, or are you simply an admirer?**

“I certainly don’t practice any of the fine arts,” he said. “I have nothing but admiration for artists. I’ve always been very interested in music and theatre in particular.” Mallette has attended a great number of plays and concerts, has seen a great many renditions of Shakespeare’s Hamlet, and hopes to see its new performance, which opens soon. On Friday night [September 24th], he went to the Chicago Symphony Orchestra. “It was spectacular! It was the opening concert of the year, and they did an all Berloz program…it was stunning. It was two and a half hours of sheer happiness.”

“I belong to a volunteer arts organization called The Saints…we perform all kinds of functions, including volunteer ushering – which I am very fond of!” Mallette loves volunteering for The Saints and said, “It’s a great opportunity to go to almost any play or concert you want! By performing a little bit of reciprocal volunteering…is it give and take, so if you do something for them, you’ll see a production; anything you wish. 80 theatres, and at least 10 or more music organizations, including the CSO.”

**What are your political interests?**

“I have very strong political interests, and very strong political convictions. I’ll say at the outset, I never intrude my political convictions into the classroom. I make an absolute tenet of that conviction, that it is not my place, ever, to talk about my political beliefs and my political opinions in the classroom. I would not do it! But,” he continued, “I’m mad keen for both British politics and American politics.”

Mallette said, “I read the Guardian every day…and I read the New York Times, as I have done since I was 15, every day without exception. I feel deprived if, on some particular day, I’m not able to get it.” The constant travel between Britain and America has placed Mallette in a relatively unique situation that has provoked him to “follow, with almost obsessive care, developments in both British and American [political] life.” He is passionate about progressive causes and “what you would often call liberal policies.”

He also believes that, “I’ve found you can’t have productive political discussions with people who don’t share your points of view…there are plenty of other things to talk about!”

**How do you think the student body perceives you, as a teacher?**

“Students are always very kind and very polite, always. And they seem to approach me, and what I teach, with some enthusiasm, and considerable interest.” Mallette said. “We have, what I hope are, perfectly professional conversations…and I wouldn’t want it any other way.”

One of the things he loves about Lake Forest College students is that “they seem, almost without exception, to observe a kind of professional decorum and respectful professional relationship,” and Mallette believes that to be productive for both teacher and student.

“You can have a powerful relationship that’s based on learning and teaching, that has very strict parameters, but is nonetheless a powerful and enhancing experience for both student and teacher,” he said.
IRENE RUIZ DECAL
STAFF WRITER
ruizie@lakeforest.edu

*Kings of Devon* (Sadhana Pictures) marks Lake Forest College alumnus Rahsaan Islam’s debut into the film industry as an actor, writer, director, and producer. The movie premiered September 17th in the Golf Glen 5 Cinema of Niles, Illinois as well as in theatres in New Jersey, California, and Texas. With the help of Dean Flot and Erin Hoffman (and student drivers Catherine Cudahy and Eric Garcia), two Lake Forest College vans set out for the Niles premiere packed with LFC students supporting Islam’s work.

The story goes something like this: Arif (Tamim Chowdhury) finds himself in the middle of two opposing Bengali gangs, BD Chicago and Apon Desh, in 1982 Chicago. After being framed for murder, Arif runs away and meets Johnny (Rahsaan Islam), a rough-side-of-the-tracks guy who seems to know a lot about the rival gangs and who promises to help Arif get revenge on Sikander Saab (Bakhthiar Hafeez), head of Apon Desh and Johnny’s former employer. The plot thickens as three women, Riyamoni (LFC alumnus Kruti Pandya), Zaara (Shafohi Alamgir), and Tasfia (Trishna Murad) get caught up in the rivalry and play a role in deciding who will rule the streets of Devon. Think of a Bengali *Godfather*, complete with brutality, torture and murder, plot twists, and violated allegiances. Then add a little bit of Bollywood masala into the mix. Now you have a good idea of what *Kings of Devon* is all about.

By the time the film had ended, the entire theatre was buzzing with praise for Islam’s production, and Lake Forest College students were no exception. Vanessa Flores, junior, said of *Kings of Devon*, “I really loved it! It’s a well-done movie for its limited amount of resources. My hair were standing on end the entire time!” Minami Nakase, junior, another student who attended the premiere, said, “I really liked how they showed religious customs and cultural dances in the film. It was very interesting.” Pratibha Shreshtha, junior, commented, “I’m extremely proud of Rahsaan and the effort that he and his crew put into the movie. It was inspiring to see him be creative for a good cause.”

*Kings of Devon* represents a huge step for Islam, who said in an interview, “I hope that *Kings of Devon* is a launching point for Sadhana Pictures.” Islam hopes to “create characters, create stories and movies that not only Bengalis can be proud of, but also Muslims and South Asians in general can be proud of their identity.” The proceeds of the movie will be going to Shishu Bikash Kendra, a school for underprivileged children in Bangladesh that also provides meals. Islam hopes his contribution will help give both basic sustenance and enable these children to have an education.

In the same interview, Islam comments, “When we were developing the film, the initial thought was, ok, we’ll film and we’ll show it at people’s houses on their TVs… and then someone told me, why don’t you just show it at a movie theatre? And I was like, ok, I’ll try that out.”

“I don’t know about you but, quite frankly, I’m impressed.”

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**Lake Forest alumnus scores with debut film, *Kings of Devon***

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**Brief Q&A with Professor Richard Mallette**

What is your favorite book?

“Favorite book? Oh Lord...does *The Complete Works of Shakespeare* count?...With certain exceptions...I will never tire of *Hamlet*.”

What is your favorite word, or collection of favorite words?

“A collection of favorite words...well they’d all be Latinize, I’m afraid. I like the word *multitudinuous* very much. And I’m very fond of words that put one in mind of ambiguity, such as *unexceptionable*.”

If you could talk to anyone, alive or dead, who would it be?

“Oh! That’s so easy to answer! Shakespeare! Of course! Of course...I have conversations with Shakespeare all the time! It’s one of my most persistent fantasies, and it’s very, very childish. I have hundreds of conversations with Shakespeare.”

What do you do in your free time?

“I go to the performing arts, of course. And I’m afraid if you were to put a pair of binoculars in my front window, of an evening, you’d be very bored because you’d find a man... sitting alone is a room and reading...listening to music.” “My other pastimes are...theatre in London, music and theatre in Chicago. And I love to travel as well.”

Are you the most interesting man in the world?

“I consider myself to be a harmless drudge, and if I can get through life without doing too much damage to other people, than I feel that I’ve done all that I need to do.”

Who would you like in your life, other than yourself?

[Mexican tenor] Placido Domingo. He’s a great opera singer. I’m mad keen for opera. He has a very long career at the very pinnacle of his profession and he brings unimaginable joy to so many millions of people, and he also seems like a very nice man...he’s very philanthropic too. So, what can you imagine anything better than to be hugely talented, a lovely person, and to be generous and philanthropic on top of it. [He] seems to be terribly modest!”

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**Freshmen balance work with play**

FREDY VASQUEZ
STAFF WRITER
vasquez@lakeforest.edu

A big difference between high school and college is the new sense of independence. Freshmen are on their own and have to develop their own homework schedule, since academics are one of their main concerns.

Some freshmen have a final goal that keeps them motivated. Freshman Abril Martinez said, “What drives me to do well in school is perfecting the skills that I already have. The knowledge that one day I’ll be an educator keeps me going.”

Others find motivation from their families. Sarah Lyn Navarro, freshman, said, “My family has gone through some tough times and watching my parents struggle makes me want to achieve more.”

Unfortunately, the desire to experience campus life can interfere with homework. “It’s really hard to stay motivated sometimes, especially when there is so much going on in campus,” said freshman, Kautilin Macanowicz. “I feel like if I sit in the library working on a paper I’ll miss something. But I also realize that that paper could be the difference between failing and succeeding.” But as freshman Lauren Tobin, said, “The knowledge that one day I will be doing what I love drives me to succeed in school.”

Sometimes, if an assignment is too difficult, students try to look at their homework from a different perspective. Tobin said she likes to break the assignment down into pieces, and “If I’m struggling in a class, I find that it’s extremely helpful to ask a friend in that class. They can present the information in a different way, in a way that makes sense to them.”

For the times when the academic load becomes too difficult, many students have discovered different ways to recharge their brains. “I take a break, grab my guitar and just play simple chords. It helps me calm down and get rid of the frustration,” said Dave Hegge.

Other students develop a reward system to motivate them. “To get through a really tough assignment, I reward myself,” said Macanowicz. “I make little goals and then when I reach them I get a treat or something.”
Ask Isaac, with Isaac Acosta*

In every college there’s that one person who everyone wants to talk about. Is there a typical student at Lake Forest College, or am I just speaking to what I know? I am a sophomore at Lake Forest College and know a little something about what it means to be a Forester. I lived on South Campus freshman year (McCleary), Middle during the summer (Blackstone), and now North (Deathrath Suite). I can tell you about living through all four seasons of the year, from the beautiful winter to the windy spring days, and the hot humid summer days here at Lake Forest college.

I play a varsity sport, so I know a little something about morning and afternoon workouts. I know the pressure that comes from both those coaches and from a variety of professors, as I major in Politics and double minor in Philosophy and Communication. I worked as a full time library work-study student last year, and now I work two jobs, so I might know a little something about time management and dealing with stress.

Am I saying I have a 4.0 average, never got sick from the weather, or know all the secrets to being physically fit? No. I am saying, though, that I learn from mistakes, and that I have learned how to manage my time from being in various organizations, and from having jobs in campus and playing a varsity sport. Like to party, but not into drinking? Maybe I know how to have fun without the “real deal.”

Also, I’m not from Illinois, so I know what it means to be home sick.

Want advice or have a comment? Write to the Stentor and ask me, or better yet tell me what’s on your mind about Lake Forest College or life. I’m here to listen.

Q: Hi Isaac, I must ask: What came first the chicken or the egg? Sincerely, Puzzled about Poultry

A: The Chicken came first, because without the protein needed for eggs to build upon, eggs would never exist.

Oh, wait, I just looked it up. The egg came first.

Q: Okay, dude, here me out. Is it just me, or are the squirrels on campus planning a revolt? Sincerely, Nervous in Nollen

If you haven’t seen more than one squirrel crossing your path, you should be safe. Plus, it’s the time of month where they stock up on those nuts and hibernate for our whole crazy cold winter. Besides, black or brown, small or big, squirrels have been crossing peoples paths, climbing trees, going into bushes, disrupting bike and car traffic, preventing students from venturing to class (oh look squirrel, it’s so cute, lets grab it!) for quite some time. The way I see it, they’re not a problem and definitely not a threat. Let’s just hope Alvin and the chipmunks don’t end up taking our music classes.

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**Weekly Horoscopes**: Madame Helvetica Hathbroth’s

Aries (Mar 21-Apr 20): Lunar Saturn has collided with Solar Mars, meaning you’re going to get written up on Saturday for misdemeanor larceny, unless you can run like hell. Pick up some veggie crudites from Boomer’s on the 1st for prep for your impromptu sprinting session.

Taurus (Apr 21-May 20): The 8th moon of Uranus has moved into the 5th house of Taurus. Congratulations on the A+ you’re going to get on that paper you’ll stay up all night writing on Wednesday.

Gemini (May 21–Jun 21): Pluto, depressed over its 4th anniversary of being declared a “dwarf planet” sends some bad vibes your way. Avoid the Middle Campus quad, or be wary of rogue deer charging your way on the 5th.

Cancer (Jun 22–Jul 22): The 9th sun of Cancer has officially exploded. You’re in for a rough week, to say the least. Buy yourself some cheese fries, Butterfingers ice cream, and a beverage of your choice to ease the pain.

Leo (Jul 23–Aug 22): Unless you want to look like the offspring of Snookie and The Situation, avoid all tanning/lotions/sunlight and hair styling products this week. You’re going to get roasted with a 64.5% chance you’re going to be struck by a wayward driver whilst in the crosswalk on Sheridan this Wednesday. Best adorn yourself with outrageously ostentatious safety pads for the encounter.

Virgo (Aug 23–Sept 22): Because of the recent implosion of the 12th star of Jupiter, water has suddenly turned against you. Avoid any sauling/dipping of toes/activity in Lake Michigan lest you go out like P. B. Shelley on the Don Juan. Also, at least three literary references will fly westfully over your head.

Libra (Sept 23–Oct 22): The 9th lunar cycle of Venus has been thrown off course, sending its 7th moon into the wrong solar orbit. Read: there’s a 64.5% chance you’re going to be struck by a wayward driver whilst in the crosswalk on Sheridan this Wednesday. Best adorn yourself with outrageously ostentatious safety pads for the encounter.

Scorpio (Oct 23–Nov 22): The sun has moved into your 5th house. Go Halloween costume shopping on the 7th and buy the first one you try on. You might not think so, but it really brings out your eyes... and your posterior.

Sagittarius (Nov 23–Dec 22): Due to the moon showing Mars some affection on the 5th, your last class on the 6th is going to get cancelled. Use the extra time to write a note to that special someone you’ve been eyeing in your Thurs-day afternoon class — they’ve been patiently waiting for you to make a move.

Capricorn (Dec 23–Jan 20): Saturn’s moon of Paris has been thrown off course, sending its 7th moon into the wrong solar orbit. Read: there’s a 64.5% chance you’re going to be struck by a wayward driver whilst in the crosswalk on Sheridan this Wednesday. Best adorn yourself with outrageously ostentatious safety pads for the encounter.

Aquarius (Jan 21–Feb 19): Avoid any and all carbonation for the 5th, 4th, and 3rd of October. Neptune will fall asleep at the planetary core wheel and there’s a high risk of human combustion if you come into contact with any highly carbonated beverages on those days. Reminder: beer is carbonated.

Pisces (Feb 20–Mar 20): The 21st moon of Mercury has shifted into your 9th house. Be sure to clean behind your bed this week – you’ll find that cardigan you’ve been missing, as well as a $10 bill. Also, a fibula. Best ignore that.

* Madame Helvetica Hathbroth wishes to gently remind her fair readers that her horoscopes are written merely for entertainment purposes, and no decisions should be made based on her predictions.
The United State’s economic woes and a simple way for us to fix them

PETER COLLINS
COLUMNIST
collip@lakeforest.edu

What I’m about to write will probably prevent me from ever successfully running for President of the United States.

Early in the campaign my opponents will undoubtedly find this article and leak it to the press. It will be the lead story on CNN, MSNBC, and Fox News. Political commentators from both the left and right will take what I’m about to say out of context and manipulate it for their own agenda. It will blow up on the blogosphere. I will enter the Iowa Caucus as a favorite, only to see my lead in the polls evaporate after the leak.

When the final votes are counted, I will finish dead last. I’ll drop out of the race in disgrace days before the Connecticut Primary. And it will all be due to the following sentence:

“I think we should start taxing the crap out of some rich people.

Allow me to clarify. I do not mean we should tax the crap out of all rich people. I understand the need for incentives in a free market and stimulating growth and all that jazz.

I understand that doctors and lawyers get paid so much money because they spend so much money on their educations. Neurosurgeons deserve to get paid millions of dollars because, if you’re going to get your brain cut into, you’re going to want that guy having every incentive possible to not kill you.

So, no. I don’t think those arguments are without merit. Those aren’t the rich people I want to tax. Those aren’t the ones I’m talking about. I want to go after athletes, actors, and basically any person whose job makes others say, “Man, I’d do that for free.”

The way I see it, the government could theoretically raise taxes to ridiculously high rates without any repercussions. The fear that raising income taxes would make people less willing to go to medical school or law school is no longer an issue. Are there going to be any professional baseball players or budding actors who will decline to pursue a profession because of the tax burden?

Furthermore, there’s no fear that a higher tax rate average income was under one million dollars a year. However, all those making over one million dollars a year would be taxed at a heretofore unheard of 75 percent. Under this system, struggling athletes and actors would not be penalized. Minor league baseball players or college football players at USC) who make normal, human amounts of money, would not be a part of this system.

I believe this system would be more than fair. For instance, Julius Peppers of the Chicago Bears signed a 91.5 million dollar contract to play games over six years for Chicago Bears. Under my plan, he would owe 68.6 million dollars to the United States government, but keep a shade under 23 million dollars for himself. He would still make 23 million dollars… for playing sports.

Tom Cruise made a sliver above 90 million dollars for the original Mission Impossible. If I were in charge, he would give 67.5 to Uncle Sam and keep 22.5 for himself. In short, he would still be ridiculously overpaid.

The United States government owes a ton of money to some pretty important countries out there. Obviously, we have to do something drastic.

Recent U.S. activity in Pakistan challenges Obama’s philosophy

ANDREW VAN HERIK
CO-EDITOR N CHIEF
vanheal@lakeforest.edu

On Friday and Saturday last week, a manned United States aircraft killed 30 people in Pakistan, all reported Taliban insurgents. On Monday the 23rd, President Barack Obama addressed the UN General Assembly in New York City, saying, “The ultimate success of democracy in the world won’t come because the United States dictates it; it will come because individual citizens demand a say in how they are governed.”

How do we rectify these two events? Obama is right to call on citizens of all nations to rise up and defend their own rights, but thousands of American troops fight across Mesopotamia and now easily cross the border into the Asian nation of Pakistan. Do they not fight to save Afghanis, Iraqis, and Pakistanis from the extremist forces in those countries? When a foreign army is fighting for you, that’s pretty close to “dictating” in your country.

In a predictable and cynical political move, critics have harped upon Obama’s administration for failing to live up to every campaign proclamation, but the military presence and activity of the United States is certainly a matter worthy of such skepticism. “The ultimate success of democracy is a restating of the Bush Doctrine, which essentially proscribed preventive war in defense of the ideal of freedom and US security.

Political ideologies and institutions—socialism, communism, representative democracy, monarchy, parliamentary assembly, etc.—are not boxers in an ongoing tournament, no matter the imagery of Rocky punching out his commi opponent. I agree with Obama that democracy is the best system we’ve found so far, but to speak of its “ultimate success” is to sanctify a system.

American democracy is great. For over two hundred years, we have remained a united nation. Every four years a change in executive governance looms, and, even as protests rage and pundits pontificate, we peacefully choose our leader.

We continue to battle corruption and stagnation. Our two party system appears more and more dilatory. Our poor poor; our rich are generally apathetic, or, worse, antipathetic. And our corporate culture often appears stronger than the lay voter. But, the promise of democracy, the promise of self-governance, freedom, and equality, is still great.

Thus, I do not question Obama’s philosophy on the natural autonomy of people. A populace demanding change, as we did in 2008, is what changes the nation, not another country forcing that change, as we did in 2003.

However, we continue to force change in 2010. War is different now. We declared war with Afghanistan as a measure of self-defense. We declared war with Iraq as a preemptive measure against a supposedly dangerous threat. It wasn’t. We have not declared war with Pakistan, yet we send troops within her borders to kill.

They do not aim to kill the Pakistani army. They do not bomb government buildings or civic centers. They are American and NATO forces destroying extremist, roving bands of miscreants that seem to want to hurt everyone.

According to a New York Times article on the above attack, “coalition officials said the cross-border attacks fell within its rules of engagement because the insurgents had attacked them from across the border.”

It seems so simple. The rules say this. This happened. So we were allowed to attack. Yet there is something disturbing about it all. Codifying war is contradictory. It allows us to justify killing, to distinguish one human life as protected-another as a target. But it is also necessary. Humans are animals. We fight and we die. Better to do so in a codified manner than in a primal one.

If the Taliban are but a primal force, a ravenous hoard willing to kill all for their ideology, then their defeat seems a duty. This duty, though, should not be that of the United States alone, nor even NATO, but the world as a whole. If a group poses an inherent threat to the civilized world, should not all fight it?

Obama thus has an understandable dilemma. He wants a world where “the dignity and equality of human beings would be our common cause.” But he believes that extremist groups are among the greatest threats to that vision.

However, as we aim our aircraft, drones, and men and women at extremism, we actively avoid direct confrontation with other destructive forces like North Korea and China. We do not enter warring African nations. We do not invade France to curb blatant discrimination against Muslim citizens.

At what point, we must ask, are our chosen military activities not justified necessities, but mere opportunism? Without consistency, we are but self-interested war mongers.
Fall’s horror flicks analyzed, compared, & rated

KATIE McLAIN
FEATURES EDITOR
mclaie@lakeforest.edu

October is this close to grasping us with its presence, and what better way to welcome in the month than with a fresh crop of scary movies? As a self-proclaimed horror film connoisseur, I should be thrilled, but unfortunately, I know better. With a few exceptions, Hollywood hasn’t churned out a decent horror movie since The Ring in 2003, and if I’m subjected to another corny-pop-outfest, my head’s going to start spinning like a la Linda Blair.

This year, I have counted six new trailers for horror movies. Now, I’m sure many of you readers are like me—you have neither the money nor the time to find out if these movies really deliver on their promises to scare the pants off of you. But never fear—I am a firm believer that you can learn a lot from trailers.

So, I will predict the entertainment value of four of these movies based on their two-minute propaganda videos. All movies will be rated on a scale from 1 to 10, with 10 being the pinnacle of horror movie existence and 1 being so laughable that even M. Night Shyamalan would reject it.

Paranormal Activity 2 – released October 22nd

Paranormal Activity 2 brings a new meaning to the phrase “teaser trailer.” At only a minute long, it spends more time reminding the viewer of how awesome the first PA movie was than offering any indication of what this movie is about.

The only new material for this trailer is a series of night-vision shots of what appears to be an empty house, save for a barking dog, a baby, and... oh, yeah... a creepy looking woman who appears in the doorway out of nowhere! The most logical guess is that this is Katie, the woman who became possessed and mysteriously disappeared at the end of the first movie. But who knows? The trailer isn’t telling.

The original Paranormal Activity is one of those exceptions I alluded to at the earlier—for a modern horror movie, it’s surprisingly sophisticated. Instead of relying on gore or ridiculous computer-generated monsters, the movie uses quieter effects to scare the collective audience, such as a disembodied shadow passing quickly in front of the bedroom door.

Many jaded moviegoers might see this as a lack of creativity. But by the end of the movie, I was clutching a pillow to my chest and cowering like a whippable dog. Who knew a low budget could be so freaky?

The summary: A movie with an unknown plot that picks up from a skillfully crafted prequel, in which the unseen becomes our worst nightmare. As a rule, sequels generally suck harder than an industrial-sized Hoover, but the original PA was such a pleasant surprise that I’ll repress my cynicism.

The verdict: On a sequel scale from Aliens (10) to A Nightmare on Elm Street 3: The Dream Child (1), PA 2 comes in at an 8. Devil – in theaters

The trailer for this movie starts off with an upside-down shot of a city skyline that is supposed to seem “arty.” The audience is informed that “everything is filled with chance encounters and random events. BUT TODAY. Everything. Happens. For. A. Reason.” And so, five strangers are trapped in an elevator that begins to malfunction, only to find out that one of them is the Devil incarnate. I am reminded of The Lift, another horror-elevator movie with the brilliant tagline, “Take the stairs, take the seats, for God’s sake take the stairs!”

And as is often the case when people are trapped in a confined space with Satan, they begin to turn on each other. The panic is understandable. But what I can’t figure out is why the Devil decides to torment a small group of people in a high-rise elevator. Maybe Satan, like God, has a sense of humor.

But then this seemingly-mystifying scenario is explained: “From Universal Studios comes a new nightmare from the mind of M. Night Shyamalan.” You’d think movie studios would have learned to stop attaching his name to stuff, though I suppose we should be grateful that he only created the premise for Devil, and is not writing, directing, or starring in it.

The summary: An M. Night Shyamalan movie in which people trapped in a claustrophobic elevator start betraying each other, only to find that the Devil hates taking the stairs too.

The verdict: On an M. Night Shyamalan scale from The Sixth Sense (10) to Avatar: The Last Airbender (1), Devil scores with a 5.5.

Saw 3D – released October 29th

The torture porn industry has (for the most part) collapsed, but the Saw franchise is still hanging on by one partially dismembered finger. Now, I must admit that I have not seen a single one of these movies, mainly because my stomach can’t handle such graphic blood and guts. But even I know a gimmicky premise when I see one.

In this movie, Saw 3D goes above and beyond the horror movie genre by literally including the audience in the film. The trailer shows an audience member getting picked out of her seat and pulled into Jigsaw’s little torture chamber, which is a little misleading, because some yahoo’s going to take the trailer literally. “The traps come alive. Will you survive until the end?” Well, clearly not, if the movie’s rippin’ people out of their seats!

The verdict: A more interactive experience for the moviegoer who is tired of just watching someone’s arm get sawed off. This is also supposed to be the last movie in the Saw series, but Halloween: H2O from 1998 was supposed to be Michael Myers’ last stand too.

The Exorcist – re-released September 30th

No, this is not a remake, sequel or anything else equally blasphemous. This is the original Exorcist, being re-released in theaters for one night only, which unfortunately most of you will miss, because the release is scheduled for the same day this article goes to press.

You will not find a more shocking movie than this classic, which has been billed as the “scariest movie of all time”—a well deserved title indeed. The effects are understated and rough around the edges, making them all the more terrifying, and I have yet to find a more scream-inducing scene than Linda Blair’s infamous spider walk.

The verdict: Honestly, you’re better off just seeing The Exorcist and watching a good horror movie for a change.

Appreciating the diversity of LFC

SARAH BENNETT
CONTRIBUTOR
bennese@lakeforest.edu

The town I was raised in has an extreme history of racism. I actually knew members of the Ku Klux Klan (they weren’t my friends). Rumors have not been confirmed, but it is said that there was a sign on the border of my city that said, “Don’t let the sun go down on your black.”

The first time I heard about this, I was very upset because I was raised not to judge someone by the way they look. My parents also drilled into my head that it was perfectly okay to be friends with someone who didn’t look like me.

When a friend of mine (who is African-American) found out that I was from Cullman, Alabama, he said that he would never go back to Cullman. Then he told me why... He said that his only experience that stands out in his mind was when he went to a fast-food restaurant, and the cashier said that they couldn’t serve his kind. It broke my heart because my friend is honestly one of the nicest people in the world. The fact that he was turned away because of his skin color seems completely primitive.

Racism should have no place in today’s society. We are all people who have come from different cultural backgrounds. And every cultural background has had to overcome some racial injustice. Since there are so many different races in this world, we should not judge a person based off of the color of his or her skin.

It’s almost as though the majority of racism stems from the influence of family and friends, or incidents caused by a person of another race. Take for example family life: a child that grows up in a home where racism has always played a major role will more than likely be racist in his or her adult years.

Another example can be found in traumatizing experiences: someone who has been sexually assaulted by a person of a different race is more than likely to have issues with that particular race. Or someone whose family has been affected by homicide or another serious crime is also likely to
Rebuilding Forester Football

An Editor’s Thoughts

NICK CANTOR
SPORTS EDITOR
cantons@lakeforest.edu

With the temperatures dropping and the gray, gloomy days that can make living in Chicago in the fall and winter so unpleasant, the Lake Forest football team offers little hope for a turnaround season.

There is no denying the fact that the 2010 Forester football season has been a disappointment to say the least. The team has lost each of their four games thus far by a minimum of twenty points and has been outscored overall by opponents 184-69. With six games remaining and a winning season as likely as a Cubs World Series Title, frustration has been existent, but put into perspective by Head Coach Jim Catanzaro.

Catanzaro, who described the season as a “rebuilding” one, points to the fact that a significant portion of the team is made up of freshmen, who may have experience in the past playing football, but not at the college level.

“At the beginning of (training) camp, we had 81 total players, of which 43 were in their first year of the Forester football program. There has been a lot of teaching and educating going on each day in practices and games,” commented Catanzaro.

What is most frustrating about a rebuilding season, aside from the fact that it means it won’t be a successful one is the fact that there is no guarantee that the following year will necessarily be a much better one. It too could be another rebuilding season for the following year.

With the mass influx of first year players, and the success he has seen from other teams within the conference who had to combat similar issues, Catanzaro firmly believes that Forester football will one day return to glory.

“When I look at similar teams (Beloit, Carroll, Grinnell, etc.) they went through rough patches when they played a lot of first year players, however as those players matured into juniors and seniors, they were able to turn the program around.” Whether or not the same can be said for Lake Forest remains to be seen, but at the very least it is something to look forward to.

While it is easy to be critical of the Forester football team and the unsuccessful season they have had up to this point, the fact remains that this is not Notre Dame, Michigan, or even Northwestern.

Lake Forest is a Division III school meaning that academics come first and athletics second. Players don’t come to Lake Forest to gear up for the NFL or impress scouts from across the country, they come here to play a game they have enjoyed playing their entire lives. They are serious about winning, but have the difficulty of balancing their academic and social calendars along with the already demanding football schedule.

Even if Lake Forest is to one day win the Midwest Conference Championship, it is not as if the school will be turned inside out from all the celebrating. Instead, it will be seen as a moment of school pride, certainly not going without recognition, but also not changing anyone’s day to day lives as students.

With Lake Forest football, there tends to exist a negative vibe, whether it be the lack of victories they have produced as of late, or the small-time almost “high school” nature of the program with one set of bleachers serving as the entire venue.

But anyone who passes judgment on the football team and the program as a whole has to first look at the big picture. Lake Forest plays in the Midwest Conference, a competitive yet not widely recognized conference.

Yes, fans were aware of the team’s record and unlikelihood of reaching the postseason, but it didn’t matter. It is the tradition and bondage of a small liberal arts school like Lake Forest that makes going to a football game on a Saturday afternoon an event worth partaking in, more so than the hopes of seeing a championship caliber team.

SCOREBOARD

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Upcoming Sporting Events

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Sports

Spotlight on Forester Football

Photos Courtesy of Scott Sanford