Lake Forest welcomes six new full time and 24 part time faculty members

Verena Bonitz

A native of Germany, Verena Bonitz joins the Department of Psychology having recently completed her PhD in psychology at Iowa State University. A recipient of the Graduate Teaching Excellence Award at Iowa, Verena also has a PhD in coatings and polymeric materials from North Dakota State University and an undergraduate degree in chemical engineering from the University of Applied Sciences, Esslingen, Germany.

Daniel Hanna

An expert on women's convent poetry in 17th- and 18th-century France, Daniel Hanna joins the Department of Modern Languages and Literatures from Princeton University, where he has been completing his PhD. Daniel also holds an MA in music performance from the University of Colorado and a BM in music education from Temple University.

Chloe Johnston

Chloe Johnston returns to Lake Forest College this year as an assistant professor of theater and performance studies. She holds PhD and MA degrees in performance studies from Northwestern University and a BA degree in art history from the University of Chicago. An experienced writer, director and performer, Chloe is an ensemble member of the Neo-Futurists and has worked extensively in the Chicago theater world.

Aurelia Campbell

Aurelia Campbell comes to Lake Forest as the ACM-Mellon Post-Doctoral Fellow in Asian Art History. A specialist in early Ming-era Buddhist art, Aurelia has been pursuing her PhD degree in art history at the University of Pennsylvania. She has previously served as a visiting scholar in the Department of Archaeology and Museology at Peking University and holds a BA degree in art history and studio art from Pitzer College.

Camille Johnson-Yale

Camille Johnson-Yale will be joining the Department of Communication from the University of Illinois at Chicago, where she has been a visiting faculty member since 2008. A specialist in the globalization of media industries, Camille has a PhD degree from the University of Illinois at Urbana-Champaign and an MA from the University of Illinois at Chicago. She completed her BS degree in Communication at Ohio University.

Esteban Urdiales

Esteban Urdiales joins the Lake Forest College faculty as a one-year postdoctoral fellow in mathematics. Esteban holds PhD and MA degrees in applied mathematics from Northwestern University and a BS in mathematics and computer science from the University of Illinois at Chicago.

Part time faculty

Axelrod, Les - Math
Bass, Denise - Education
Belanger, Christina - ES
Bergan, Brooke - English
Bettaieb, Hassen - MLL
Burns-Howard, Kathryn - History
Cardone, Peter - Art
Demos, Elizabeth - SOAN
Elgendy, Rick - Religion
Fournier, Eliza - ES
Ghodbane, Rachida - French
Hajiani, Shiraz - Religion
Jankovsky, Aleksandar - Politics
Kenyon, Jeff - Econ
Korneff, Dennis - Biology
Moe, Jennifer Education
Morris, Ian - English
Mullins, Matthew - Philosophy
Ordman, Jilana - History
Palmer, Julie Gage - Politics
Ragsdale, Sandy - Theater
Robertson, Elizabeth - Education
Umali, Renato - Comm
Wolfe, Arnie - Comm

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This week’s cover image by ____________.
Class of 2015 Profile

New students in front of Glen Rowan before the Matriculation ceremony.

Facts about the new Foresters

Out of 3,400 applicants.... 408 first year students and 66 transfers were accepted

35 States and 41 countries are represented

172 first year students are males
236 first year students are females

48 languages are spoken between the 408 students

38% are international or ethnic minority that approximentionally 155 students

3.6 average high school GPA
58% graduated in the top 20% in their class
Golz’s goals as Director of Residence Life

LEXIE ZAAS
NEWS EDITOR
zaasac@lakeforest.edu

After a national search for a new Director of Residence Life, Senior Associate Dean of Students Carolyn Golz was chosen to take the position.

Upon the departure of the former Director of Residence Life Pete Rivera in May, the College began the search to find a new director. Many qualified candidates were interviewed during the summer, but Dean of Students Rob Flot realized that the best person for the job was already here. Flot appointed Golz to become the new director before classes came back to session.

Before coming to Lake Forest College, Golz worked eight years in residence life at University of Illinois at Chicago (UIC) as an area coordinator. At UIC, her job was to supervise two residence directors and three residence halls.

There are three major goals that Golz would like to accomplish this year. Her first goal is to continue focusing on the Lake Forest College In The Loop program and to work on making it successful in its first year. This program provides the opportunity for 35 students to live downtown in the Hostelling International building each semester.

Golz’s second goal is to move forward with plans for a new residence hall at a location to be determined. Her third goal is to work on staff stability and building within residence halls. Since Golz has been promoted, more positions in operations and academic support initiatives, primarily working with living, learning communities and EASST referral students. Another position to be filled is Associate Director of Residence Life, formerly held by Jenn Lindsay. “This job includes staff training, development and selection,” said Golz.

A faculty and staff committee assembled to hire the new student affairs staff has already collected resumes, met to discuss candidates and will be starting phone interviews soon. They are hoping to fill the two positions by early October.

William Dlugokieniski named the new Director of The Gates Center

LEXIE ZAAS
NEWS EDITOR
zaasac@lakeforest.edu

With a new school year comes new leadership. Bill Dlugokieniski is the new director of the Gates Center of Leadership and Personal Growth. He joins Lake Forest College after working at Dominican University of Illinois as well as Elmhurst College. At Elmhurst he worked as the Residence Life and Student Activities Coordinator. He spent six years at Dominican split between three years as the Assistant Director of Student Involvement and three years as the Associate Director of Student Involvement.

Dlugokieniski has big plans for his first year at Lake Forest. Something being started right away are President’s Council meetings and Advisor training meetings, which will occur monthly. Student Organization Advising Program (SOAP) meetings will take place every other Wednesday at noon in the Pierson rooms. The next meeting will be on Wednesday, September 21. The main difference between the two programs is that SOAP will be a fold consisting of group and personal development, while the President’s Council will be more group discussion based and members consist of student organization presidents sharing experiences. The Gates Center has a plan to make SOAP meetings more engaging by bringing in outside speakers, doing more interactive activities.

Gates Center he said “I am not planning on drastically changing it. I plan to stream line it, update it and make it more current.” Some things that he plans to do are create a more comprehensive student portal (my.lakeforest), enhance the Gates Center connection with the greek life chapters, redesign the Gates Leadership Scholarship program and plan weekend retreats off campus. “I believe students will be receptive to change because their feedback is helps guide that change.”

Dlugokieniski also plans to work on connecting the Gates Center to other offices around campus in order to reach out to more students. Part of his plan is teaming up with other offices around campus including the Career Advancement Center and Center for Chicago Programs. “We want you to be involved, and we’re here to help you find the best way to be involved for you. We want you to feel comfortable coming in and talking to us.” If you have any ideas or questions please e-mail him at dlugokieniski@lakeforest.edu

Upcoming Events

9/8 - 6:00pm Yoga
9/9 - 4:30pm ZUMBA!
9/9 - 6:00pm Fall Kick-Off Weekend
9/10 - 1:00pm Forester Football vs. Ripon College
9/12 LEAP Sustainability Pledge
9/12 12:00pm Grading for Grammar & Usage
9/12 4:00pm Weekly LEAP weekly meeting
9/13 7:00pm Art Club weekly meeting
9/14 13:00pm LiveWhale training: Web magic with blurbs
9/14 4:00pm Latinos Unidos weekly meeting
9/14 4:30pm Cardio Kickboxing
9/15 Advanced Drawing: Student Exhibit Closing Day
9/15 6:00pm Yoga!
9/15 7:30pm College commemorates Constitution Day with debate
9/16 4:30pm ZUMBA!
9/16 6:00pm Slide Lecture on Campus Architect Henry Ives Cobb
9/16 11:00pm All Campus Party
9/19 12:00pm President’s Council: Important Updates for Student Organizations, Calendar Review, and The Role of the President
9/20 12:00pm e.Team meeting
9/21 4:30pm Understanding Your Personality Type
7:00pm Art Club
9/21 12:00pm SOAP: How to Market Your Organization for Successful New Member Recruitment
9/21 4:00pm Latinos Unidos weekly meeting
FORESTER FOCUS

WE'RE LOOKING FOR...

+ Sports editor
+ News editors
+ Opinions editor
+ Copy-editors
+ PR-minded individuals
+ Web manager
+ Writers for all of our sections (News, Features, Forester Focus, Opinions, and Sports)

We hold weekly meetings every Thursday at 6:30 pm in our office, located in Johnson B. All our welcome to come check out how The Stentor works and share ideas.
New ‘Caf’ serves as centerpiece of recent changes on campus

CASSIE PIERSON
STAFF WRITER
pierscm@mx.lakeforest.edu

This semester, students have arrived on campus to not only
new classes but a new cafeteria as well. The Gus and Margie Hart Dining
Hall renovations were completed before the summer came to a close. The
entire project, which was paid for by Aramark, consisted primarily
of expanding the space that already existed and restructuring the food
stations. In addition to adding 3,500 square feet, the renovations provide
students with 180 new seats. One of the primary noticeable differences is the expansion of the food stations themselves, which have branched out
into what was previously the seating area and made the lines for food
much less clustered.

Generally speaking, students have been happy with the new
atmosphere. They look favorably upon the design and enjoy the fact
that it is much easier to find seating, even during the busiest times. Most
have remarked that the new chairs are much more comfortable and there
is a wider variety of seating available. The new external structure blends well with the previous structure and is consistent with the
Mohr Student Center’s architectural style. Construction was managed
by Pepper Construction, the firm that built the College’s Sports and
Recreation Center. The architects are Beacon Architectural Associates of
Boston with Michael Coleman, lead architect, and Christopher Eberly,
project architect.

The majority of freshmen are less familiar with the old cafeteria, they have generally been happy with the outcome of the renovations. When asked how she felt about the dining hall, Radhika Gundechia ’14 said, “The cafeteria at Lake Forest College is really fun and unlike any other cafeteria I’ve seen. There’s a lot of variety in the types of food you can get and the place is full of people socializing and having a good
time.”

Many students look favorably upon the new layout of the cafeteria, there are still a few downsides students have been quick to point out. “It looks nice, but it didn’t really fix any of the problems students had,” noted Vanessa Flores ’12. When the
way the cafeteria worked was that there was one window for people to return plates.

Miriam Vergara ’14 thought there were downsides in addition to many of the new features, “I think the
cafe looks great, but there is only one entry and students have to go through a long line to eat. I’ve heard a lot of students complain about this.” Similarly, Jesus Ayala ’14 pointed out that “although the booths are nice, the layout is a little disorganized and scattered. It’s an adventure to find everything.”

The food offered in the cafeteria has relatively remained the same, and many have commented that it is nice to have a greater selection of food available on a daily basis. However some students found themselves missing old

time favorites.

“Even though the cafeteria is really nice, there were a lot of sacrifices made. You can’t have your pizza personalized and it’s hard to find people inside, but the set up is nice. It’s faster and easier to move around for both the students and workers,” said Kelly Rosiles ’13. Personalized mini pizzas were among the foods students missed the most and many people have commented that they would like to see their return in the future. Other items on the menu which

students hope to see again include the beet salad and Asian stir-fried
noodles. Students have remarked that they like how food has been more

The layout is a little disorganized & scattered. It’s an adventure to find everything.

-- Jesus Ayala ’14

Photo courtesy of Eileen Ryan.

Barbara slices pizza in the new pizza servery.
### Table Talk...

<table>
<thead>
<tr>
<th>Comment</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>“It seems like they made it bigger without really adding any space.”</td>
<td>Alyssa Ugaste ’13</td>
</tr>
<tr>
<td>“I love that the cliques have broken up, and it’s less like high school, where seating is assumed as assigned.”</td>
<td>Angela Kovacs ’12</td>
</tr>
<tr>
<td>“The new caf looks nicer, but I’m not sure if the food is any better.”</td>
<td>Amy Dear ’14</td>
</tr>
<tr>
<td>“Aside from the Caf’s aesthetics, it is helping to see a bigger and brighter future for what is to come for Lake Forest College.”</td>
<td>Meghan Fosth ’12</td>
</tr>
</tbody>
</table>

*Photo courtesy of Eileen Ryan.*

*Friends enjoy lunching together in the newly designed seating area.*
Chris' corner of optimism and cheer

CHRISTOPHER WAY
CONTRIBUTOR
waycd@lakeforest.edu

Hello Foresters! I am so excited to be writing for the Stentor this year, especially since I will be writing about fabulous topics that help brighten our community! I hope that through my column, all of us Foresters will be able to focus on the positives that are happening all over Lake Forest College-- and become happier residents.

I know that coming to Lake Forest was a dream come true for me, and every day I continue to fall more and more in love with everything about this place. The goal of my column is to transfer my excitement about campus life to you so that we all recognize the beauty and splendor that surrounds us on a daily basis.

There are several areas of campus life that I've noticed have tremendously improved over the summer. The first, and most noticeable is the cafeteria! I have heard several students complain about the new layout, but I honestly love it! I think the new seating arrangement allows for student teams/or- ganizations to sit together more comfortably.

The new window arch gives way to the aesthetic pleasure our campus was given back in 2008. Casino Night is a Chicago-style hot dog at one o'clock in the morning? Boom- er's is way more accommodating.

The trials of living in college dorm rooms

HANNAH GRASSE
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I’ve heard a lot of grumblings lately about dorm life. Students say the lack of air conditioning in some buildings makes studying almost impossible. A friend of mine who lives in Lois found a huge water bug in her bed. (And I thought my roommate was annoying!)

The dorms aren’t great; there’s no way around that. But in spite of the steady flow of complaints, the dorms aren’t really so bad. Like Vanilla Ice, dorm life doesn’t fully deserve the bad rap it gets. But unlike Vanilla Ice, staying in a dorm can be made bearable.

Here are some easy ways to spruce up the old dorm. Is your room too hot? Invest in a fan. Even better, hire an attractive person to fan you, like the Ancient Greeks do on TV. Have a massive bug infestation? Release some frogs-- like Vanilla Ice, staying in a dorm can be made bearable.

Sometimes you can learn from your own mistakes. Other times you need to learn from someone else’s mistakes. Take a lesson from what I had to learn the hard way and begin studying hard right away.

My advice to all first-year students: when a professor blatantly tells you that Lake Forest College is not high school, listen to him. If you came from a school with a rigorous curriculum with an incredible GPA, please do not be cocky. It will not be appreciated (or usually tolerated) by anyone. Remember that being cocky and confident are two different things.

Sometimes you can learn from your own mistakes. Other times you need to learn from someone else’s mistakes. Take a lesson from what I had to learn the hard way and begin studying hard right away.

The class of 2015 has so much energy and I’ve adored getting to know the many new students thus far. Being a Forester Guide was a wonderful experience and I’m so happy that I was introduced to the new students while they were transitioning to the college.

Now that my time as a Forester Guide is over, I’ve continued to spend time with freshmen I got to know. As I’ve spent more time with new students, I’ve realized how close they all are. Don’t get me wrong, I love the class of 2014 (and obviously we’re the best), but the class of 2015 has gelled so well during their orientation process that I’m impressed with how close they’ve remained during their first weeks at college, even after the orientation events ended. It’s magnificent to watch the class of 2015 gets along.

I may be biased with my final area (considering I work there), but I believe that the Gates Center is doing fantastic things for the college this year! Bill Dlugokienisky, the new director for the Gates Center, and Pat Doggett have created a bond that is already extending its positivity into the student body.

I had a blast at Think Fast this last Saturday night and I am extremely excited to attend Casino Night this coming Saturday, September 10th.

You should all attend and see for yourself what great things Pat and Bill are doing together. The Gates Center offers so many opportunities for students and could literally be your ‘gate’way to whatever you need to be successful! (See what I did there?)

Thank you so much for taking the time to read my first column! I’m so thrilled to be discussing joyful topics with other Foresters!

The trials of living in college dorm rooms

BOOMER
CONTRIBUTOR
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Of course, it’s not a bed of roses were sleeping in while living in the dorms. For one thing, the hoards of drunken co-ed stumbling down the hallway keep me awake at night. Seriously, it’s like I’m living with my parents again. And I’ll admit, it is annoying have to wait in line for things like washing machines. (I’m working on a scheme where I buy 365 different outfits. Of course, I’m screwed at the end of the year, but we can worry about that later.)

All in all, it’s still easier than staying at home.

I hope I’ve convinced all of you grumblers out there. Dorm life can be difficult, but it’s nothing successful high school graduates like yourselves can’t handle. Trust me, it’s worth a little heat and grime to be away from those nosy, irritating people who happen to share your DNA.

Then again, what do I know about any of these things? I live in Nollen.

A sophomore’s lesson learned in time

SARAH BENNETT
CONTRIBUTOR
bennesse@lakeforest.edu

All four years of high school, I basically slacked my way through, achieving grades that were acceptable to me—grades with which I was happy. I never studied. I never did reading assignments unless they were seemingly interesting or I had to write a paper on them. I knew college was going to be different, but I did not expect it to be as difficult as it was.

After just one semester as a college student, I learned my lesson. I still did not study as hard as I should have, but I did well enough. I used the same tactics I had in high school, thinking that I would be able to achieve the same goal.

I was very wrong. My methods were futile, and my grades reflected that. The first semester was almost nothing in comparison to how mediocre my second semester turned out to be. I realized it was necessary for me to actually try.

But I guess I was just lazy. Despite my realization that an improvement in grades required effort, I still did not do enough... and hence working harder did not work out so well either.

It was not until after grades were posted during the summer that I recognized my GPA was being greatly affected. I told myself that I was going to do better this year. I thought about different ways to improve my study habits. But my main focus was actually to attempt the work.

So far, it has worked very well. I am uncertain as to whether or not I have more interesting classes and am fascinated by the material, or if it is simply the mindset of “I’m going to do better this time” that has improved my work ethic. Whatever it is, I am pleased that I have finally gotten in to the groove of college life. This leads me to my words of wisdom for all freshmen.
Opinions

Learning to embrace the growing process of LFC and we are going through together

SHAWNA HITE
MANAGING EDITOR
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When I walked back into the Stentor office for the first time since summer break, I was caught off guard. Every piece of furniture in the room had been rotated. Computers sat in proximity which they hadn’t before and desks were on opposite sides of the room. My first instinct was to be annoyed.

I sighed as I sat down in my desk chair with the initial thought that I did not appreciate the random furniture setup. After two years of working for the school paper, I did not want to see the homey—more possibly musty—Stentor office change during my Junior year of college.

Now, however, I already don’t pay attention to the different furniture setup. Despite my initial disgust, I don’t cringe every time I enter the office. On the contrary, I have to admit that the new setup makes more sense. It provides more room for us to move around and the potential for better organization. Why am I talking about the worn furniture in the Stentor office then? What is my point?

Simply that the change we dread as human beings is really never as bad as we initially worry it is. And I feel like a column or two focusing on the good that can come out of change is appropriate for Lake Forest College upper-classman right now. I think a lot of us Juniors and Seniors are so focused on the initial shock of how LFC is changing that we are ignoring the bigger picture of how LFC is trying to improve and grow as a college.

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President’s Corner

School is back in session, bringing excitement to LFC

ELISE BECKMAN
COLUMNIST
beckmen@lakeforest.edu

As I sit here writing this article in the midst of answering emails and attempting to complete homework assignments that are due tomorrow, I am suddenly struck by the fact that school is officially back in session. In many ways, I feel as though the fall semester has hit us like a tidal wave. Summer quickly came and went, we are all back on campus... and life is back to the normal, stressful swing of things.

I feel as though the fall semester has hit us like a tidal wave. Summer quickly came and went, we are all back on campus... and life is back to the normal, stressful swing of things.

If you see small changes on campus that will both make your life as a Forester easier and your days much happier. (Yes, I am being incredibly vague—keep your eyes and ears peeled for “happy little changes.”)

I will conclude by simply leaving you with this—enjoy this time on campus! We are heading into my favorite season in Lake Forest, Illinois. I look forward to seeing the sweatshirts and jeans finally broken out of the closets across campus. If you ever need anything, I can be reached at beckmen@lakeforest.edu

As always, Student Government is here to serve you, and we look forward to tackling your comments, concerns, requests, and complaints this semester and school year. Welcome back!

---

I feel as though the fall semester has hit us like a tidal wave. Summer quickly came and went, we are all back on campus... and life is back to the normal, stressful swing of things.
Eileen: Get used to it. It happens and will happen. That said, use your time wisely. Instead of just staring at the book, actually doing work on the weekends, but it is usually the best time to get it done. Don’t be afraid to crack open a book on a Saturday afternoon, you’ll still have plenty of time to go out at night.

Nate: Dear Freakin’ Freshman, In light of the fact that we’ve all just come from summer break, rest assured that none of us are comfortable doing work on any given day of the week. You should also be aware of the fact that while your workload shall only increase exponentially as the semester wears on, you have a full four weeks of Christmas break to look forward to, during which you can be as lazy as you so desire. In the meantime, just remember that stress is a great way to burn calories.

Nate: Dear Confoundedly Curious, A great, new, independent film was just released this summer. Entitled “Tabloid,” it chronicles the sensational story of the so-called “Manacled Mormon” and pop culture at its lowest form. A fascinating and true case study in how people entertained themselves in the days before the Facebook News Feed.


Eileen: Pop.

Nate: Dear Pining Poorly, This is an issue best handled delicately and tactfully. If you really care for her, you will not be a hormonal hussy and you will not take advantage of her current situation. You will know the timing is right when she starts to express dissatisfaction with singledom. In the meantime, don’t push it, or you will risk damaging your friendship irreparably.

Eileen: I have no idea, but somehow we all do. A helpful tip is to check the weather before you get dressed so you know what to expect for the day. Just appreciate the warmish weather before it gets freezing.

Nate: Dear Frustrated, Fret not, for in a little over a month’s time it shall be freezing, without fail, on a daily basis, indefinitely.

Eileen: I’m looking to find me some culture. Read any good books or seen any good movies lately? How about a hobby?

Eileen: I have no idea, but somehow we all do. A helpful tip is to check the weather before you get dressed so you know what to expect for the day. Just appreciate the warmish weather before it gets freezing.

Nate: Dear Frustrated, Fret not, for in a little over a month’s time it shall be freezing, without fail, on a daily basis, indefinitely.

Eileen: Need advice on how to break up with a very popular, whether you are a rebound and then let her know you’re interested. If you push it too soon you could just end up being a rebound and you don’t want it to be that.

Nate: Dear Pining Poorly, This is an issue best handled delicately and tactfully. If you really care for her, you will not be a hormonal hussy and you will not take advantage of her current situation. You will know the timing is right when she starts to express dissatisfaction with singledom. In the meantime, don’t push it, or you will risk damaging your friendship irreparably.

Eileen: Have you noticed that stress is a great way to burn calories. In the meantime, just remember that stress is a great way to burn calories. You should also be aware of the fact that stress is a great way to burn calories.

Eileen: There’s this girl that I’ve really liked for a long time… we’ve been good friends since freshman year, and we’re now juniors. She’s been dating the same person since high school, and when we reconnected on the first day back, I found out that they had broken up. She hasn’t given me too many details. I really want to make a move, but I’m afraid I’ll ruin things or that it’s too soon, and I don’t want to bring it up and be too obvious. Your thoughts?

Nate: Dear Confoundedly Curious, A great, new, independent film was just released this summer. Entitled “Tabloid,” it chronicles the sensational story of the so-called “Manacled Mormon” and pop culture at its lowest form. A fascinating and true case study in how people entertained themselves in the days before the Facebook News Feed.
Some Foresters might have heard about the new Zumba class being offered here at Lake Forest on Fridays from 4:30-5:30, and if so, they’ve probably heard about its talented instructor, Milana Astorino. Even if you didn’t hear about it, enough people did, and it showed at the first class, two weeks ago. So many had heard about the class that they had to turn away 25 students due to the minimal space in the weight room dance studio. With such a tremendous turnout that night, and oodles of positive feedback, Astorino then decided to move the class to the wood court located upstairs in the Rec Center to accommodate the overflow of people.

After hearing a few of my friends talk about how much fun the class was, I thought about attending. It sounded like fun, but I was still skeptical, having thought that Zumba was a girls’ class. So, after a little persuading by my friends, I decided to try the class out. I quickly learned that Zumba has never been just a “girls’ class.”

To my surprise, Zumba was more of a workout than I expected. There were a handful of boys in the class, and Astorino says that she is always happy to have more. Once the class starts, Astorino will not let you leave, and from then on you are always in motion. She does allow some quick water breaks, however, and always to the class’ relief. The class is fun, too. Zumba-ers learn the moves and then apply them to one of Astorino’s routines, all of which follow along with a wide variety of music Astorino makes all of the routines herself and includes such genres as salsa, merengue, hip-hop, and pop, to name just a few. And to name just one of the benefits of Zumba—it’s not unusual to burn 500+ calories during the class, depending on how much effort you put into the routines.

As I mentioned, Astorino’s instruction is one of the biggest crowd-drawers for Zumba. After 5 years of studying Zumba, and 20 years of teaching under her belt, Astorino definitely knows what she is doing and knows how to keep you motivated and moving the whole time, all while having fun with friends. My friends and I were constantly laughing with each other during the class. In addition to teaching Zumba, Astorino also teaches kickboxing here at Lake Forest, which also received positive feedback from the students who participated. For those skeptics out there, Astorino recommends you come and try Zumba. Keep an open mind, she says, and come ready to work out. She recommends wearing good workout shoes, some shorts and a shirt that you don’t mind sweating in--because you will sweat!

Zumba is a fun and upbeat class with a great instructor. Another plus is it’s free to Lake Forest students. I recommend that you take advantage of this great class and all the other classes offered here. Grab a friend or two and go try something new.

Milana leads a full court Zumba routine. Those with a keen eye will spot The Stentor’s own Shawna and Zakea.

FORESTER FITNESS SCHEDULE

ZUMBA

Meets two times weekly in the Sports Center:
Tuesdays from 4:15 to 5:15pm
Fridays from 4:30 to 5:30pm

KICKBOXING

Meets weekly on Wednesdays from 4:30 to 5:30pm in the Sports Center Dance Studio (in the Weight room)

YOGA

Meets weekly on Thursdays from 6-7:30pm in the Sports Center Dance Studio

All of the above classes are free to LFC students.
Forester Athlete of the Week

On September 1st, women’s tennis player Nonie Carson was named Forester Athlete of the Week after winning in both doubles and singles play during the team’s 6-3 victory at Wisconsin Lutheran College on Monday.

Carson, a senior, teamed with sophomore Lucy Cooper for an 8-5 triumph at #2 doubles. Wisconsin Lutheran won the other two doubles matches.

The match was tied 3-3 when Carson completed her 6-0, 6-1 victory at #2 singles. The visitors then closed out the contest with two more singles wins.

It was the 20th time in Carson’s career that she won in both doubles and singles play during a dual match.

Forester Athletes of the Week are selected by the Athletic Department on Thursdays. Carson also earned the award once last season.

(Reprinted as announced on the Lake Forest Athletics website, GoForesters.com.)

Research Study!!!

Are you a female college student?
Do you consider yourself to be chubby, fluffy, large, heavy, big and beautiful, or fat?

Then I want to learn about your experiences as a student!

Join my dissertation research study on the experiences of women learners size 12 and above. Participate in two interviews and one focus group and be entered for a chance to win one of three Visa gift cards worth $50 each.

Contact Heather Brown at hbrown@niu.edu or at 224-622-1307.

Interviews begin immediately!