KATIE EAKER ‘15
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Junior and senior year of college can be a stressful time. Not only are you worried about classes, you now have to start thinking about internships and finding a job. It can seem pretty daunting and a bit overwhelming. The Career Advancement Center here at Lake Forest College holds an event called Speed Networking to try to help ease that process a bit.

“Speed Networking is modeled after speed dating,” Azra Salihovic, Outreach and Employer Relations Coordinator. Students are matched with up to 20 professionals for five-minute networking sessions at the event. Salihovic explains that the computer-based pre-matching process is what makes Lake Forest’s speed networking program unique from other colleges.

Mariani Green ’14, who attended the Speed Networking event, stated “It’s an intense process with a lot of preparation. You have to attend a prep session that lasts an hour and a half. In the prep sessions, they go over procedure and deadlines of a lot of registration processes.”

Salihovic said that the prep sessions are mainly about the registration process and to make sure students know how to access it. During the sessions they talk about how to prepare for the event, what to wear, what to bring, how to build your resume and what to expect when you get there.

So who are the professionals that actually attend Speed Networking?

“Many of the professionals that come are alumni in the Foresters Helping Foresters Network,” Salihovic says. Others are employer partners looking to hire interns, and some are professionals from the community who have asked to attend the event because they want to hire students from Lake Forest College.

“I actually met someone in the theater department from Improv Playhouse at Speed Networking even before it was even held,” Green said. “I had my interview on Monday and was offered the job.”

Salihovic told me that two of the professionals working in government could not attend this year because of the government shutdown.

Some students were not interested in going to Speed Networking for various reasons. How did they hear about it? Did it seem relevant to them? Noika Duhe Mintjens ’14 heard about it from the campus-wide email announcing the event. She has yet to go to Speed Networking because of conflicts, but she hopes to go sometime in the future.

“I think that Speed Networking is one of the events every student in Lake Forest College should go to. It is a great opportunity for you to meet people that might be essential in your future. It is also a great way to see how you work as a person trying to make connections.”

Speed Networking has been a success ever since its start in 2009. “This is the sixth year Lake Forest has done Speed Networking and this year, 127 students registered for the event,” says Salihovic.

Green ’14 agreed that Speed Networking has been very popular with students over the past few years. “It’s really popular for seniors seeking job opportunities and proactive juniors looking to see what’s out there.”

“People get really excited about it,” Noika Duhe Mintjens said. “I saw people dressed to impress at 8 o’clock in the morning! It is good to see such an interest in something the school offers to try help us ease into life after college.”

Speed Networking has been popular for juniors and seniors looking for internships and jobs, however those are not the only people that benefit from attending. Many students find mentors or get really great advice about the fields they are interested in. Green ’14 had this very experience during one of her five-minute sessions.

“Being on a college campus can feel like you are in a bubble at times. The real world seems big and scary and impossible to connect to. Employers can be intimidating and you may feel that they would never be interested in a bright-eyed, fresh out of college graduate. However, Green felt like Speed Networking squashed all those fears and gave her a new perspective on entering the job market.”

“It’s really very exciting. You spend all this time prepping your resume and this is your chance to really shine…”

—Mariani Green ’14

It’s really very exciting. You spend all this time prepping your resume and this is your chance to really shine…

The Career Advancement Center’s annual Speed Networking event drew 127 students to converse with professionals in industries of their interest, many of them alumni.
Students show ‘We are Red and Black’ spirit at Homecoming 2013.

The Bonfire on Friday night

Greek Life in the parade

Pep Rally Skits

TRC sporting their Red and Black

Chillin’ in the stands

Fun with friends
We Are Red and Black
ALEX ALVAREZ-BRIGHT’15
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Thursday night started off the celebration with a pep rally in the athletic center. Each sports team, sorority, and fraternity got a chance to perform a skit for the crowd. Every one was filled with exciting music and crazed dancing. The judges decided who won, and tradition held strong—the basketball team won the skit competition complete with hilarious masks and two players running around in boxers.

The Homecoming royalty was announced soon after. The nominees for Homecoming King were Jerry Wang, Chris Way, and Haider Albassam. The Homecoming Queen nominees were Sarah Jonathan, Sarah Smolyansky, and Kelly Callen. The crowd was in avid support when the Homecoming King and Queen were announced. The Homecoming King was awarded to Haider Albassam and Queen was awarded to Kelly Callen.

Friday night went off with a bang over Young Hall. The area in front of Young was closed off for fireworks and after dark the fantastic display awed the crowd. Tailgating was different this year, and both students and faculty were apprehensive to know how the changes would work. One area was planned for Alumni and parents, while the students were in the other. In the end, most people all ended up in the tailgate meant for parents and alumni, leaving the student section barren.

The Homecoming game turned out to be a success both for fans and for players. The excitement was everywhere. Lake Forest took an early lead, but Carroll College soon caught up to us by 13 points. A stiff game of defense started on both teams, but Lake Forest was able to score a touchdown and took the lead and the game, leaving the football team with a 5-0 record so far.

Although the team was doing wonderfully, the weather wasn’t. The last thirty seconds of the game were called on rain delay, and the stands cleared out fast to avoid the downpour obviously on its’ way, which came in torrents. The cloudburst lasted for a while before gradually subsiding.

During all this excitement was also the Carnival on Middle Campus, which included a petting zoo, free cotton candy, bouncy houses, and a train ride around the quad. The petting zoo featured baby goats, pigs, sheep, and everyone’s favorite—a soft grey bunny as well as food to feed the animals. Cotton candy was also a hit—on a college campus students will never say no to free food.

That night at the Mohr Student Center they had Bongo Ball Mania for Mohr at Midnight. Bongo Ball is a game similar to paintball but played with foam balls. It was a huge success with students—and even drew lines to get in. Bongo Ball Mania was definitely one of the favorites Mohr at Midnight events.

On Saturday you’d be hard pressed to find a student, parent, teacher, or alum, not dressed in red and black. Homecoming is always a success and leaves the campus in high spirits to remind and show everyone who witnesses this time why we take pride in being Foresters.

Photos by Kelly Callen
Q&A: Do you nap?

Stephanie Bura ’14

I don’t take naps during the week. Sometimes during the weekends, when I feel a little bit more energetic and defiantly not as tired I don’t like to take naps during the week just because I don’t like to throw off my sleep schedule for the school week! What has been working for me lately is drinking a coffee before or after my morning classes—If I still feel sleepy around 4 or 5 then I drink another cup of coffee! Nothing too special. I try to sleep about 6 hours MINIMUM a night!

Elena Ramon ’14

I’ve actually been sleeping quite a bit, about 60 hours a week. I nap maybe about ten hours. They are about an hour or two long. I would try to do a game like Candy Crush or read. I don’t feel very refreshed when I nap, sometimes I feel groggy when I do nap in the day.

Kyle Diep

I get about 50 hours of sleep a week. I get about 7 hours of sleep a night and I nap for about 45 minutes. They tend to happen sporadically every day, the time I nap differs. I feel little more energetic after I nap.

Hsa Yamin San ’17

I usually go to bed at 2am and wake at 8am, so I get around six hours. I take one nap once and a while, about an hour or two long. I would try to do a game like Candy Crush or read. I don’t feel very refreshed when I do nap.

Evan Lado ’14

I usually nap every other day; it’s my way to relax and relieve stress. However, sometimes I wake up even more stressed because I have wasted a few hours of valuable homework time. I usually nap for a few hours and they happen from time to time. And I do feel more energetic when I nap.

Sandra de la Riva ’15

I never nap because I don’t have time. I usually sleep around 4-6 [hours] a night during the week. And 6 [hours] for sure on the weekends. When I’m tired I drink tea or coffee to keep me up.

The Lake Forest College Stentor 

Magna est veritas & prevalebit.

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These two seniors have been roommates all throughout college and have become close friends.

The Moore Hall Ribbon Cutting Ceremony took place during Homecoming.

Neel Mehrota, M.A. 
Health and Wellness Counselor

The amount of sleep that any person requires per day is really variable and individual, and generally hinges on how a person feels (effects of too much or too little). The average range would be between 6-9 hours daily, and generally decreases with age. Naps, similar to the first response, are individual in nature. If naps provide a break and allow one to have some sense of relaxation before getting back to whatever they plan to do, then they are effective. It might be a bit of a generalization, but napping close to one’s intended bedtime might not be a great idea (why wake up then and go back to sleep?). Overall, if one is too tired to proceed with the day and desires a nap, it might be helpful. Alternatives to napping are many—some may respond well to caffeine (perhaps temporarily), while others don’t. There are various sleep strategies and supplements/substances that can aid in sleep, but that depends on the nature of one’s sleeplessness and might call for a professional opinion. If one is restless due to anxiety or worry, there may be more effective ways of addressing the issue than taking a substance that covers it up (e.g. support/talking it through). It really depends.

I think that is the major takeaway point when it comes to sleep it is different for everyone and the best sleep practices for one person may not be the best for another. Finding out what works individually through experience and self-attunement would be the most effective, and sometimes that might require additional consultation from others. Let me know if you have additional questions. Also, if I attached a sleep handout if it helps at all.

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Finding out what works individually through experience and self-attunement would be the most effective, and sometimes that might require additional consultation from others. Let me know if you have additional questions. Also, if I attached a sleep handout if it helps at all.
Parking continues to be a challenge for the College

MELISSA CHRISTENSEN ’14
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Being a small campus, Lake Forest has taken important measures to provide enough parking for students. However, due to the size and number of students, it simply just isn’t possible to provide parking for everyone.

Parking on campus is restricted to junior and senior residents and commuters. Freshman and sophomore students are only allowed a car and a space in cases of extreme hardship or for documented medical reasons. These students must fill out an application or submit a medical permit.

There are strict rules about parking on a campus that you are not registered to. Furthermore, students are not allowed to park on the streets of Lake Forest surrounding the College. Each campus has parking hours from 7 a.m. to 5 p.m.

“Faculty & Staff are permitted to use any marked space on campus (other than specifically reserved areas for residents) and they do try to use spaces designated for them first. The nature of varied work schedules for employers makes it impractical to have a 1:1 ratio. If we did there would be far fewer student available spaces,” said Rick Cohen, Director of Public Safety.

Students must park on their assigned campus during this time. After 5 p.m., students are then allowed to park on any campus, but need to move by the next morning. This rule does not apply for Saturday and Sunday, unless there has been a posted parking restriction. Fines as much as $100 could be issued if a student is found in violation of any of the above rules. Naturally, students have expressed their opinions about parking here on campus.

“I received two parking tickets this past month. I have class on South from 2:30-3:50 and have to be at my job off campus at 4:00PM exactly. Public Safety tickets me for parking on south where my class is. My ticket is only valid for middle since that is where I live. However wherever you live you should not always define where someone parks. Everyone should be able to park wherever on campus. Faculty and staff included. Perhaps if they were the only designated parking spots. Students should get the full use of their passes and be able to park where they need to," said Colleen Hoosman ’14.

Some students believe parking in only one lot is very inconvenient and they should have freedom to park in any lot during certain hours.

“Commuters are a big part of this campus and we always have a lot to say on the issue of parking. There are complaints on both sides of the spectrum. Commuters have opinions on where residents should be allowed to park and vice versa. As a commuter who drives at least 45 minutes just to get on campus, it has been a constant struggle of getting through traffic just to find a space when I finally arrive at my destination. I have seen some staff parking in student spaces and of course it makes me angry. I pay $200 every year to wait behind a car who miraculously is leaving as I am arriving, or I finally give up and park on South. Middle Campus is a huge issue for parking congestion and believe me, I give my opinion every chance that I can get. Of course there are some decent spots that I know of after three years of commuting (not revealing them!) yet if you get to campus after 9:00 am, you know it is inevitable that you have to park somewhere else. As for students who cannot find parking on the respective campus that you live on, I have mixed feelings. If you have a car on campus, yet you do not drive it every day, it seems unfair that you park on a highly congested parking area. There are others who drive great distances every day who have to walk to different campuses as well. If you live on south, it is a 5-10 minute walk to middle to get to class. For commuters, it is the same walk on top of the hour that they just spent in traffic. I encourage all to be aware of the parking situation and be respectful. If any commuters or students have questions, they are welcome to contact me (as Commuter Student Senator) or the Commuter Student Organization. – Elizabeth Mecsher ’15

One commuter’s opinion on parking....

“It’s a necessary evil for commuters that can be improved. Yet, The College takes no action. In fact, commuters had spots taken away this year as opposed to being given new ones. If I drive almost an hour to come to school, why shouldn’t I be able to park near my classes?”

Arbella Solusalem ’15

Aramark provides more healthy options, educational resources

BROOKE PERKINS ’15
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As many students may have noticed, some changes have emerged in the Gus & Margie Dining Hall.

This semester, Aramark is working to enhance students’ diets by providing more healthy options in the cafeteria.

In an attempt to help students make more informed decisions about nutrition, Aramark has installed a Healthy Life board by the wrap line. Interaction with this board allows students to discover healthier options for meals, accompanied by nutritional information.

One of the more noticeable changes can be found as soon as you walk into the cafeteria. Aramark has provided healthy dish options located at the food display. This information can be easily accessed once students scan their I.D. cards.

Making more nutritional information more readily available enables students to take a more active stance on what they are putting into their bodies.

Aramark hopes to encourage a culture of healthy lifestyles, with more balanced meals.

The Aramark website states, “We believe that good food is essential to a healthy life. So, our commitment is to help you power your life on campus with good food and a dining program that makes it easy for you to eat right.”

Ninety-five percent of the menu options have information regarding their nutrients. Also, due to popular demand, a larger variety of vegetarian and vegan options have become available.

Additionally, the Aramark website offers a range of other features that students can use to answer various dietary and health-related questions. For example, the page provides tips to adjust to the fall season.

As summer vacation is behind us, fall is accompanied by cooler weather, and often times stress associated with school. Aramark provides some fall tips, to make the transition a bit easier.

They suggest creating a healthy eating plan and remaining on track with it. A number of easy lifestyle tweaks that can result in better wellness include: foods with less calories and fat, eating more whole grain, fruit and vegetables and most importantly, not skipping meals.

The article also mentions to find an exercise routine that can become a part of students’ daily schedules, as this is a critical part to living a healthy lifestyle.

As always, Aramark is always looking to hear feedback from the community. There are comment cards available for those who wish to voice their opinions about Aramark’s new changes and service in the cafeteria.

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Email us as editor@lakeforest.edu for rates and schedule.

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Government reopens, but the mess still remains

LAUREN SANFORD ’15
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The government reopened Thursday morning when Congress agreed on a bill that would raise the debt ceiling and end the 16-day shutdown. This allowed for government services to be back and running, national parks and monuments to reopen, and most importantly, thousands of furloughed employees to return to work.

Throughout those weeks, many concerned citizens voiced their opinions on the shutdown arguing that hardworking voters are funding Congress’ salaries, but representatives aren’t even doing their job in return.

Protesting this shutdown, many World War II veterans broke down the barricades at the memorial in Washington D.C. that was closed because of “lack of funding.” Former Alaskan Governor Sarah Palin because of “lack of funding.” For many veterans, it was a chance to see the memorial.

But this piece of legislation did not solve the problems that ensued calling it “completely unnecessary” and damaging to the country. The GOP’s approval rating, and Congress’ as a whole to be fair, sank to new lows throughout the past two weeks.

All the while, the Affordable Care Act rolled out with it came a variety of problems that were partly overshadowed by the debt ceiling and general partisan politics. A House committee is now investigating the widespread technical problems that plagued the launch of the website after learning that the contractors were paid hundreds of millions of dollars to create it.

The White House is also yet to release the number of applicants for the new Health Care program. But regardless of how ineffective you may think the government is, it’s back and running with both parties at least for now comprising on key issues and moving forward.

Students, would you like to write for the politics section of the Stentor? Contact the CoPolitics Editor, Abram Garcia, at garciaa@mx.lakeforest.edu, or the CoPolitics Editor, Lauren Sanford at sanfordln@mx.lakeforest.edu

Lake Forest College: Crime Log

Date & Time Reported: 10/5/2013 9:43:00 PM
Location: MID CAMPUS PARKING
Offense: VEHICLE ASSISTANCE
Incident: VEHICLE STUCK ON BOULDER
Disposition: CLEARED W/NOTIFICATION

Date & Time Reported: 10/6/2013 7:14:00 PM
Location: ROBERTS HALL
Offense: MISCELLANEOUS INCIDENT
Incident: SUSPICIOUS SUBSTANCE TURNED INTO DPS
Disposition: CLEARED W/NO FURTHER ACTION

You have been declined!

ABRAM GARCIA ’15
POLITICS EDITOR
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On Saturday October 12, many shoppers received quite the surprise when they went to visit their local grocery stores. Food Stamps and Link cards where not working or processing any payments in the state of Illinois and 17 other states. Many people were outraged that they could not buy food for their selves and family. Families and children use food stamps in order to receive food when they cannot afford to purchase these.

Xerox Corporation, who happen to be in charge of the Food Stamps system, stated that their Electronic Benefits Transfer systems were not connecting to their data base and thus why people were unable to use them shop. Illinois Department of Human Services spokesperson is Januari Smith. Smith said that typically when the cards aren’t working retailers can call a backup phone number to find out how much money a customer has available in their account.

But that information was also unavailable because of the outage, so customers weren’t able to use their cards. The United States Department of Agriculture spokesperson, Courtney Rowe said that the outage was not related to the Federal government shutdown and all questions should be sent to Xerox.

They fixed this error on Sunday afternoon, however many people that depend on these stamps were very angry. In Chicago, there were 45 reports of theft at grocery stores on Saturday. Eliza Shook who is a cashier at Aldi in Chicago stated: “It’s been terrible.”

Shook said in a phone interview, “It’s just been some angry folks. That’s what a lot of folks depend on. Most shoppers left their carts in the middle of the aisles because they could not afford to pay.

Many people also protested outside the stores because many people thought that these stamps have been taken away permanently. It also brought the issue up the issue of whether people really need this government aid.

The opinion and thought about this issue was very controversial because there was a mix opinion about the whole issue. On the Fox News webpage where the story was published there was a split opinion on the issue of food stamps that this incident brought up.

Many people posted that food stamps are a right and the government needed to supply with this because they are “entitled” to this help. Many others believed that this benefit should be given to people with extreme cases and people have to work to realize that no one is entitled to it. What do you guys think?
Ashley Walker '14
A&E Editor
walkeraj@LakeForest.edu

Pulkit Dalvi '16 finalized plans to release a photo book, titled The Soft Whispers, through Amazon last week.

The book features images from Lake Forest and the Chicagoland area that Dalvi took for his photography and communications courses at Lake Forest College.

Dalvi originally published The Soft Whispers at the end of the summer with Blurb Books. Dalvi had plans to release the book on a larger scale, should the original edition sell more than 50 copies.

“Blurb, before selling it to other publishers, wanted to make sure that they could sell,” Dalvi said, referring to a new distribution arrangement.

He hit that benchmark last week, selling 60 or more. Amazon picked up the title, with plans for a new edition to be released soon with a couple of minor changes. The new edition is set to feature a new cover, a new arrangement of the images and, finally, a couple of additional photos.

“My original intention was not to sell a bunch of these… I don’t think it’s going to be a U.S. bestseller or something like that. I wanted to make it for myself, in the first place,” Dalvi said.

The Soft Whispers is split into four thematic sections: “Color,” “People,” “Shades” and “Words.” Presenting a variety of images from the Lake Forest College campus, the town and dedicated to Chicago, the photos bring new perspective to objects and locations that students of the College have probably encountered many times before.

Some photographs perfectly represent the perspective of the student while others distort it, making the familiar seem strange. “Here’s one…” Dalvi said, pointing to an image of what appeared to be a plain wooden door to a small shack. “Look at this image [at The Office of Visual Communications], and most students did not recognize it. A lot of students didn’t recognize Reid Hall, either.”

Dalvi didn’t originally intend to create a photo book, but ended up separating the images by theme and seeing the connection between them over time. What started as the growing personal collection of a budding photographer, quickly became an ambitious personal project.

When asked about the theme of the book, he returned to the subject of words, in particular.

“I’ll throw in something that does not need to be said. Not everything needs to be said. Not everything comes in words… Slowly, everything starts to speak. I started working on it and started picking out things from my collection.”

Dalvi said.

Compiling the book took Dalvi about three months total. He spent many nights just editing and re-arranging photographs until the entire collection felt “right” to him.

“During the summer, I assembled it, edited all the photos, talked to Blurb about pricing and stuff,” he said.

Pulkit started with photography only a year and a half ago, when he came to Lake Forest College. Already, he has a book release and might have plans to continue his photography career in the upcoming years. His experience with photography and publishing over the summer showed him that this might be the direction he plans to go in, professionally.

“I actually do plan [to put out other compilations]. My project in the future might be an idea to put together a comic book using real-life photography. It’s still developing. Maybe in the coming

## Student Spotlight:

**The Soft Whispers picked up by Amazon**

**Pulkit Dalvi ’16 releases a photo book full of images that speak for themselves**

**Ashley Walker ’14 A&E Editor**

Pulkit Dalvi '16 recently published a book of his photography containing images of local landmarks and scenes, including this one of the Lily Ried Holt Memorial Chapel on Middle Campus. Amazon recently picked up the second edition of his book and has made it available for purchase.

**Captain Phillips:**

Paul Greengrass directs a movie that is suspenseful and engaging for any one, from the docu-drama lover to the action movie fan

**Kyle Stephens, ’14 Columnist**

The new movie starts with Captain Richard Phillips (Tom Hanks) driving his wife Andrea (Catherine Keener) to work before he departs on a work-long voyage. They have worries about their children and the economy, just like any normal couple. Once Phillips boards the ship and discovers the route the ship is taking, he worries about the possibility of running into pirates, since there have been reports of them around the East African coast.

He has the crew go through a few drills to prepare them, just in case any possible problems arise.

During this time in Somalia, a poverty stricken tribe has sent a team of pirates with radios and guns to overtake the ship and hold its crew for ransom. Abdulli Abdikahir Muse (Barkhad Abdirahman), the weak willed teenager; Najee (Faysal Ahmed), the violent hot head; and Elma (Mahat M. Ali), the hijacker in charge of transportation all head out on a mission to overtake the ship. The pirates are so hopelessly desperate that it is noticeable in their seaworthy, gaunt skeletal bodies, and yellow rotting teeth. It only gets scarier when Phillips sees these men coming and calls it into the Coast Guard only to be mistaken for fishermen deep out at sea. Phillips knows better and orders the crew to put on the hoses (the only defense against the pirates) and orders his crew to hide. Once the pirates make it onto the ship, the suspense never lets up for a second.

This is the newest movie directed by Paul Greengrass (The Bourne Supremacy, Ultimatum; United 93). The movie incorporates his shaky camera, this small crew has to break their back all his life to obtain it and never coming close. Abdil is the smart one, who recognizes when he has the upper hand and takes advantage of it. Abdi is fierce, but realistic in his expectations and knows immediately when he is being lied to by the Navy or distracted by Phillips. The great thing about him is that he makes his character a desperate man who just wants the American Dream and is sick of having to break his back all his life to obtain it and never coming close. Abdi makes his character more of a flawed human being who has made a bad choice rather than a ruthless protagonist. So this film certainly was a hit with me and a suspenseful rollercoaster from start to finish which could have only been improved with 20 minutes being cut. I recommend you go and see it now!

**Final Grade: B+**
A Seventh Heaven for women's tennis team

JOSH KIM ’17

For this season’s homecoming match, the Lake Forest College women’s tennis team faced conference foe, Knox College. There was great anticipation from Forester fans to see the women’s tennis team attempt to keep their perfect season intact.

However, the Forester women’s tennis team would have to wait patiently for their chance at improving their season to 7-0 as weather conditions delayed play. The original start time of 3:30 PM on the Lake Forest College tennis courts would evolve into an 8 p.m. start time on indoor courts in Lake Bluff.

The meet would begin with doubles play and co-captain Aimee Falden ‘14 and sensation Marisa Guggenheim ‘17 would set the tone for the Foresters’ 8-0 routing of the Prairie Fires. Falden and Guggenheim were the first to finish their doubles match with an easy 4-0 victory in doubles.

Grace Dowling ‘16 and Grace Mullin ‘15 would earn a victory courtesy of an 8-2 decision. The Forester’s top doubles duo of Sarah Paulson ‘16 and Christi Valcenc ‘17 did not have a result in their doubles match.

In singles play, Paulson led the way by defaulting her opponent 6-1 and 6-1. Fellow sophomore Emily Rabini ‘16 would follow Paulson’s lead and had an equally impressive victory at 6-0 and 6-1.

However, the Foresters needed one more victory to secure a win over Knox and propel the team to an 8-0 victory in the season record.

Brittany Kuiyet ‘17 clinched the Forester’s seventh consecutive victory of the season by overwhelming her opponent 6-1 and 6-0.

Kuiyet sees the supportive nature of the women’s tennis team as a factor of the season by overwhelming her opponent 6-1 and 6-0.

The team’s goal according to Maurer was Lexi Chionis ‘17 who had no trouble dispatching her opponent early at 6-4 and 6-0.

Despite a score that suggested an easy victory, Elena Shapio ‘14 had the second-longest singles match of the night with a 6-1 and 6-1 win. The final match to be finished was a No. 2 singles match that pitted Christi Valcenc against Knox College’s Dana Pierce. Foresters tennis star Christi Valcenc had the closest contested match of the meet, nevertheless, the talent and mental strengths of Valcenc would triumph over Pierce. Valcenc wrapped up the Forester women’s tennis team’s 8-0 win over Knox with a 6-4 and 6-3 win.

With their success this season, there is no denying the team has high aspirations. Just ask Zoe Maurer ‘17. The team’s goal according to Maurer was, “To definitely win conference.”

A conference victory would assure the Foresters a spot at the NCAA tournament, however, Maurer also points out the amount of pressure that come with being an underdog tennis team as well as carrying over the successes from last season. “There’s definitely a lot of pressure to win, especially since we were runner up in conference last year,” confessed Maurer.

The team still has a tough road ahead. They will travel to play Grinnell, who presented the Foresters from going to NCAA last year at 9:30 a.m. on Saturday, and then they will go to Cornell College for a 3:30 p.m. match later the same day.

The next day they will travel to Monmouth College where they will take on Illinois College at 9:00 a.m. and then Monmouth at noon. The top two teams in the division will advance to the MVC Championship Tournament the following Friday in Rockford, Illinois where NCAA berths will be up for grabs.

PHOTO COURTESY OF MEDIORA SWEET

Marisa Guggenheim ‘17 prepares for the next doubles point as her partner takes time to serve. Guggenheim’s strong performances this season, including her singles and doubles wins against Carroll garnered her Forester Athlete of the Week as well as Midwest Conference Player of the Week honors.

For this season’s homecoming match, the Lake Forest College football team starts strong despite one recent setback. For the first time in Head Coach Jim Catanzaro’s career the team is 5-0 overall and 4-0 in conference.

Forester football has set the foundations for a fantastic season. Coming off of being co-champions last season the team has a lot to live up to. They started with a 45-3 pounding over Concordia in early September followed by a 14-13 victory against Lawrence the next week away.

The Foresters also took down Grinnell 55-7 and Knox 14-0 before October rolled in.

On Homecoming, the team took on Carroll University narrowly defeating the Pioneers 14-13. The Foresters were, however, out gained, out passed and the Forester defense allowed five turnovers, five sacks, and a blocked extra point.

The Lake Forest College football team starts strong despite one recent setback.

DOMINICK SCAFIDI ’17

The Forester football team is well on the way for a historic season after an impressive 8-2 finish last year.

In an impressive win over Grinnell, 55-7, the team had a 27 to nothing lead at the half. There is a new attitude and atmosphere around the team.

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There’s definitely a lot of pressure to win, so we have to work together,” admitted Kuiyet. The next women at the meet was Lexi Chionis ‘17 who had no trouble dispatching her opponent early at 6-4 and 6-0.

Despite a score that suggested an easy victory, Elena Shapio ‘14 had the second-longest singles match of the night with a 6-1 and 6-1 win. The final match to be finished was a No. 2 singles match that pitted Christi Valcenc against Knox College’s Dana Pierce. Foresters tennis star Christi Valcenc had the closest contested match of the meet, nevertheless, the talent and mental strengths of Valcenc would triumph over Pierce. Valcenc wrapped up the Forester women’s tennis team’s 8-0 win over Knox with a 6-4 and 6-3 win.

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