Mens basketball with a 15-2 record this season, Page 12

Sled Hockey returns to Lake Forest College, Page 3

Tribute to Michelle Rosales, Page 6
Health and Wellness Center Monthly Update

FELIESHA SHELTON-WHEELER
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Choosing to attend college can be one of the most life changing experiences. I can remember my undergraduate experience like it was yesterday. I walked on campus not knowing what to expect. I had every intention of being a studious student, who made new friends, and participated in a variety of activities offered on campus. It was an exciting and anxious time. I successfully passed most of my classes and struggled in others, barely earning a “C” in that dreaded statistics class. I started out strong, joined groups, made time to study, and hung out with peers. On Thursday nights, I would have trekked right into the counseling center. If I had known then what I know now, I would have had time to study, and asked to meet with a counselor to gain support during my tenure at the university.

Perhaps it was a combination of poor advertisement by the counseling center or the stigma that can be associated with counseling. Whatever it was, I was uncertain how to tap into and utilize the counseling services that were available to me as they are for students here at Lake Forest College. If you are interested in receiving mental health counseling here at Lake Forest College, here is some helpful information you should know:

Location: The Health and Wellness Counseling Services is located in Buchanan Hall, Room 100 on the south campus across from the Sports and Recreation Center. We are open from 8:30am-5pm, Monday-Friday. There is a psychologist on-call after hours and during the weekend.

Your problem matters: Whatever emotion you are facing matters. We meet individually with students who are struggling with a variety of issues including relationships, grief and loss, homesickness, self-confidence, depression, anxiety, eating disorders, sexual assault and more. Some students feel as though their problem is not important enough to seek counseling or that other students have more important problems. While the severity of a problem or are struggling to fit in with your peers. In addition to individual counseling, we also offer students opportunities (within a group setting) to develop healthy interpersonal skills to improve relationships, address issues of intimacy, establish healthy boundaries, and increase self-awareness. We can also provide couples counseling to students who are both attending Lake Forest College.

Fee for services? Counseling fees are automatically included as part of your student fees so you will not need to provide payment in order to see a counselor.

What you can expect: We care about your well-being. If you are interested in counseling, you can stop by the office to complete an intake form. Once you have completed the intake form, you will be scheduled to meet with one of our counselors. All services are confidential which means that you can expect the information you share with your counselor will remain private.

What if I run into another student while I’m at the center? You may have some apprehensions about seeing another student you know when you come to the center. It is normal to have these concerns. Yes, sometimes students do see one another at the center. It has been my observation that students respect one another’s privacy and make few if any assumptions as to why a student is at the counseling center.

You can find more information on our website at http://www.lakeforest.edu/studentlife/health/counseling/ or call us at 847-735-5240. Remember that it takes courage to embark on something unfamiliar. Even if you have received counseling in the past, it takes courage to admit, “I need help” and to ask for it. While counseling is not the only way to gain support, it can be useful. Susan Taylor, the former editor of Essence magazine, once said, “We are always in the process of becoming.” As a student, each new year and each new class will bring new challenges. Remember that you are in the process of becoming and emerging. Counseling can provide you with support as you progress along your life journey. The doors are always open.

What we’re up to in February
• Interpersonal Processing Group begins February 15th.
• National Eating Disorder Awareness Week February 26-March 3rd
*event schedule available shortly

Weekly calendar

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<td>Zumba toning 7:00pm-8:00pm</td>
<td>Cardio Kickboxing 4:30pm-5:30pm</td>
<td>MeditationGroup 4:00-5:00 pm Yoga 6:00p-7:30pm</td>
<td>Zumba 4:30-5:30pm</td>
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The Sleds are Coming

ELIZABETH BULLEY
STAFF WRITER
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The sleds are coming back to Lake Forest College. The second annual sled hockey event titled “The Sleds Are Coming” is being hosted by the College on Sunday, February 12, 2012. The event will take place in the Alumni Memorial Field House from 4:30-6:30pm and is open to the public.

Teams for the event will be composed of The Great Lakes Adaptive Sports Association’s (GLASA) Falcon sled hockey team members and Lake Forest College students and faculty. The teams will compete in two scrimmages which will be separated by games and raffles.

During the evening, special appearances will be made by Jack O’Callahan, former Chicago Blackhawk and member of 1980 USA “Miracle on Ice” gold medal team, who will sign autographs, and special guest Larry Potash, WGN’s morning anchorman, will conduct the ceremonial puck drop for the drop event.

This event is put on by The Lake Forest College Athletics Department in conjunction GLASA and is proudly sponsored by the First Midwest Bank along with the Gates Center for Personal Growth and Leadership and Residence Life.

Cindy Housner, executive director of GLASA, expressed her hope that the event will raise awareness for GLASA’s programs and athletes as well deepen GLASA’s connection with the College.

“We love partnering with the College, and look forward to the relationship growing even closer in the future,” said Housner.

Don’t worry be happy, introducing group therapy

ASHTON HARTMAN
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Do you relate to one or more of the statements below?
• difficulty trusting others
• lack of intimacy in relationships
• discomfort in social situations, being easily hurt or offended
• loneliness or isolation
• shyness
• excessive dependence in relationships
• superficial relationships
• frequent arguments with people
• needing frequent reassurance from others

“Don’t Worry”! College is a stressful time for many students rather it be from academics, family, or relationships and so on. You are not alone though, the Lake Forest Health and Wellness Center has your back and it is free! The Health and Wellness Center offers several options for you to consider in your wellness process, allowing you to do what you are comfortable with and suitable for your situation. Besides having a one-on-one appointment with a therapist, this year there are two group therapy sessions being offered: Interpersonal Group and Drop-In Meditation Group.

Group therapy is a form of psychotherapy (to solve “psychological distress through talking, rather than drugs” according to medicalnewstoday.com)

That usually involves 4-10 clients and 1 or 2 experienced group therapists. Most therapy groups meet every week at the same time for 1 ½ hours. Though this may seem like a long time, this is beneficial because it allows you to address your current concerns, relate to others with similar concerns to yourself, find the life themes that are interfering with your growth, thus resulting in increasing your self-awareness to improve the aspects of your life that you want to change. Some groups are open membership (members come and go as they please), while others are closed membership (after about 2 weeks from the first day the group has started no new members are added to the group). Groups can also be structured (there are set activates planned), unstructured (the group as a whole decides what to focus on), or semi-structured (there are some planned activates). Now let us get into the nitty gritty.

The Interpersonal Group’s goal is to help members with their interpersonal skills (such as the one listed above), increase emotional expression, understand social dynamics, and gain a greater awareness of one’s self, while giving and receiving feedback from other members. Because this is an unstructured group, each session will be designed around each members’ needs. This group is also a closed group allowing each member to gain trust of each other in order to be open and honest. This group begins February 15th 2012 on Wednesday from 3:00-4:30 in Buchanan Hall Room 109 with Leaders: Rebecca Hansen, Ph.D. and Felisha Shelton-Wheeler, M.S.

The Drop-In Meditation Group’s goal is to learn and practice easy ways to manage ongoing stress. Some management skills that will be covered are: sound, object, visualization, the breath, movement, focusing on the present, relaxation, and to enhance both personal and spiritual growth. For this reason this group is semi-structured and open. This group began January 26th 2012. It meets on Thursdays from 4:00-5:00pm in Buchanan Hall Basement Meditation Room with Rebecca Hansen, Ph.D. To join a group or find out more information if you are a current client at Counseling Services you can talk with your therapist about joining a group. If you are interested in a group and/or have any questions about our groups, please contact Counseling Services (847-735-5240).
The Stentor interviewed the captains of the Men’s Basketball team, Travis Clark’12 and Nathan Bateman’12, to update you on the basketball season thus far through their insight.

**ASHTON HARTMAN**

**MANGING EDITOR**

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**STENTOR:** At the beginning of the season what were your initial thoughts about how the season may turn out?

**CLARK:** “When the season began I had a lot of confidence that we had the tools to be successful we had a big handful of guys returning and added pieces in with all the newcomers that came in. Our group this year has really gotten after it and dedicated a lot of time during the pre-season to put us in the position that we’re in”.

**BATEMAN:** “We have had very high hopes for the team since we did not lose any players from last year because we had no seniors. So coming into the season we felt pretty good about the chemistry this group has together”.

**STENTOR:** Was there any concern about how injuries would affect the success of the team?

**CLARK:** “No, no concerns really. Injuries are unfortunately apart of the game and with the exception of one, all our guys have battled back to recover from their early injuries”.

**BATEMAN:** “We have had several injuries in the beginning of the year including a major injury to Brad in our second exhibition game. We went form a team of about 25 to I think 17 guys.”

**STENTOR:** Were you aware of the historical record of a winning streak before the season? If so what was your reaction then compared to now?

**CLARK:** “I had no clue about the record until a few weeks ago and we haven’t broken it yet. But when I became aware it was something cool to think about us possibly doing it but like I’ve said a bunch of times it’s one game at a time and so we’ll see what happens but we’ll definitely keep playing hard”.

**BATEMAN:** “January 24, 2012 was the first time I had heard about the records, so I had no idea. We have set no goals which leaves our possibilities to achieve limitless”. 

**STENTOR:** Did you expect to hit a winning streak like this?

**BATEMAN:** “Not necessarily, I don’t think any of us focused on going on a winning streak. We’ve been more so focused on playing each game one game at a time. Winning is definitely fun though”.

**BATEMAN:** “Our whole mood has been getting to 1-0. This means that we are taking each day a game at a time. We hardly ever talk about our record. I haven’t been keeping track so most of the time people ask me what are record is and I don’t know the answer”.

**STENTOR:** What do you think are the factors contributed to your (team) success thus far?

**CLARK:** “Just putting in hard work in the gym and in the weight room all year. Our guys have been committed since the end of last season and have put in all the extra work since”.

**BATEMAN:** “I think the most important factor of our success is that we are a veteran team that knows what disappointment feels like. We have 7 seniors that know what regret feels like and don’t want to have any in our final season. We also have had numerous underclassmen step up and become vital members of this team’s success.”

**STENTOR:** Is there anything you believe that make the team “unique”?

**CLARK:** “Personally our team has one of the tightest bonds I’ve ever been apart of. We know each other pretty well and that leads to success on the court. When you have trust and faith in the person your playing next to it makes every go smoothly”.

**BATEMAN:** “I think the number one thing is the bond we have as a team. Also we are also very hungry to do what is needed for success to happen”.

**STENTOR:** What do you think CoachConger has done to contribute to this?

**CLARK:** “Much of our success is due to Coach. He’s our leader and always keeps us focused on our goals and priorities on and off the court. He prepares us to compete at the highest level for every game and he was placed in this position to succeed, as we’ve done so far. A ton of our success attributed to him and our other coaches”.

**BATEMAN:** “Coach Conger has kept the team very focused and well prepared for the tasks at hand. Our whole coaching staff has done an amazing job preparing for each up coming challenge”.

**STENTOR:** When you were a freshman, did you ever expect this to happen?

**CLARK:** “I didn’t think of it much back then. As a freshman, and every year, I’ve just wanted to perform at my best and of course win”.

**BATEMAN:** “We felt like we had a special class but we knew after that first year of a record well below 500 we had a lot of work ahead if we wanted to do something special”.

**STENTOR:** If you could give any piece of advice about how to achieve greatness, what would it be?

**CLARK:** “In order to achieve greatness, I would say to not take your opportunities for granted and always give it your best. You only get so many chances especially when playing sports, don’t let your them slip away because you’ll regret it later”.

**BATEMAN:** “Work, work, work and when you’re tired it’s time to go to practice”.

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**STENTOR:** If you could give any piece of advice about how to achieve greatness, what would it be?
SWAN prepares for Vagina Monologues 2012

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Students for Women’s Awareness Network (SWAN) consists of hard-working and empathetic individuals who work to focus the community’s attention to issues that affect women all over the world. One effective way to draw attention to such issues is by putting on a production of Eve Ensler’s The Vagina Monologues every spring. In this production, women share true stories of incest, rape, domestic abuse, embracing hair down there, and realizing one’s sexual power. While some of these stories are painful to hear, they are balanced with stories of humor and joy that speak for the diversity in women. I performed in the show last year and can attest to the lack of acting skills necessary to perform, but also to the power that getting on stage and saying the word vagina can have on a woman. Unfortunately men cannot perform but are encouraged to come to the show or help out in other ways. All proceeds go to the Zacharias Center and the V-Day campaign to end violence.

If you are interested in learning more about this production, SWAN is holding an information session Wednesday, February 8 at 4:00pm in the Skybox. Contact Mao Medina at medine@mx.lakeforest.edu with any questions. SWAN meets Wednesdays at 4:30pm in the Skybox.

A Comedic Season for Garrick Players

NIKKI VACHTER
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For the academic year of 2011-2012, United Black Association has made a number of long strides, continuing to show and prove that they are a prominent organization at Lake Forest College. During the 2011 Homecoming Celebration, UBA participated, for the first time, in the Prep Rally. Even though, there was a standing ovation from the entire audience, UBA was disqualified. Yet, this setback brought them together, providing motivation for the coming year. Also, this year, UBA has made it a priority to bridge the gap between current members and alumni. They hosted an Early Morning Breakfast on the day of Homecoming, where members were able to come and share their stories, experiences and advice. There was a great turn out. More importantly, this was the first step, of many, towards strengthening these connections.

Today UBA is preparing for Black History Month celebration. With a number of well-planned events, UBA is planning on making this month more spectacular and informative than ever. UBA also plans on further developing relationship with their alumni by inviting them to the Appreciation Dinner and Senior Send-Off. There’s something very special about this organization this year, and I am proud to be one of the people who are working so hard to take our organization to the next level.

UBA gears up for another great semester

TANNER SENTER
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This semester, LEAP (the League for Environmental Awareness and Protection) plans to combine opportunities for students, faculty, and staff to further their knowledge about the latest environmental issues, while having fun and giving back to the Lake Forest Community.

The first of these opportunities will be the Green Caffeine Coffeehouse (February 15th); sponsored by LEAP, SAACS, SNAP, and the Green Roof Committee, the coffeehouse will be a great way for students to relax with their friends to the vocal styling’s of Sons of Pitcher’s, while learning more about the LFC green roof project. The event is BYOM (Bring Your Own Mug). There will be an entrance fee of $3 for all you can drink coffee, with a $2 charge to use a paper cup; all proceeds go towards the green roof project.

LEAP will also host an environmental film festival from February 20th through 24th. The films will include: “The City Dark” (about urban light pollution), “YERT: Your Environmental Road Trip” (an introduction to many environmental landmarks and issues across America), “Bag/It” (about the environmental impact of plastic bags), and “Ghost Bird” (about the roles of science and hope in the alleged sightings of the possibly extinct Ivory-Billed Woodpecker). The February 21st showing of “YERT” will be followed by a question and answer session with Ben Evans, one of the film’s co-directors.

Members of LEAP will also commemorate Earth Week (April 16th through 21st), with events like an upcycling craft session, a CFL light bulb exchange, a themed dinner in the cafeteria, a concert by local bicycle band Schwinntonation and more.

The Garrick Players are the oldest student run theatre troupe in the state of Illinois and one of the oldest organizations on campus. You may know them for their annual haunted house (that started in 2010) or for their work assisting other clubs in all things production. But this year their spring season includes all things comedy. Some of the events on the schedule include a 24 hour Play Festival with the theme of fractured fairy tales. Over the span of 24 hours, teams will work to write, produce, practice and perform some of your favorite fairy tales with a twist, such as Cinderella having OCD. The Garrick Players are also looking at performing All in the Timing by David Ives, a comedic play made of multiple one acts that don’t seem to fit together at first but in the end do. The Garrick Players have also decided to do another showing of Rocky Horror Picture Show, but this time with the added twist of a shadow-cast or actors performing the play at the same time as the movie is occurring. If you are interested in learning about anything theatre, getting involved in anything theatre (backstage, on stage, sitting in the audience or helping to get the word out) or if there is anything you would like to see the Garrick Players do feel free to stop by their meetings Monday nights or email Nicole Vachter (vachtne@mx.lakeforest.edu) for more information.
“Michelle placed a very high priority on her academics, and continued to pursue her studies even when her cancer was at its worst. She was also very committed outside of the classroom, and was involved with a number of co-curricular organizations and activities. Michelle was an absolutely strong, vibrant, and optimistic person. Her spirit, energy, warmth, and ever-present smile will be terribly missed.”

- Dean Flot

**Remembering Michelle Rosales**

*Saturday, April 8th, 1989 - Monday, December 19th, 2011*

Michelle Rosales Ortega, 22, passed away after a long battle with cancer on Monday, December 19, 2011 at Evanston Hospital.

“I beat you once, I beat you twice...Cancer, you better believe I’m beating you this time again. I’m a survivor, I’m not gonna give up....I’m a stubborn girl with many dreams and nothing can stop me. On superwoman mode, ready to take on this battle once more. Thank you God for blessing me with amazing angels called family and friends....Thanks for all those that have been there for me ”

- Michelle Rosales

“I will greatly forever miss you, your memory will forever live in my heart because as you once said “friendship lasts much longer than life lets us”

- Reyna Macias
Travel writer Paul Theroux said, “The two most appalling words a newly arriving traveler can hear are ‘national holiday.’” Arriving in Beijing, floating through Shanghai, and making a pit stop in Guangzhou during the Chinese New Year’s holiday validate Theroux’s words. These cities are deserted during the world’s largest annual mass migration. Millions of people leave China’s cities for home during the Spring Festival. Naturally, Lonely Planet describes the Spring Festival with a bit too much positivity, “Most families feast together on New Year’s Eve, then China goes on a week-long holiday. Expect fireworks, parades, and temple fairs.” I’ve seen sparse clusters of fireworks, heard pops and bangs from afar, watched a Brit nearly blow off his hand drunk and staggering one Shanghai night. But, where are all the festivals and fairs? Truly, I should have listened to Theroux. Regardless of my bitter whining, traveling in China; it is exhilarating.

Besides traveling, what am I doing in China? Along with five other Lake Forest College students, I will be studying Chinese Language and Culture at Peking University (Beida). Many people, Chinese and abroad consider Beida to be the best University in China. Lake Forest College professors Shiwei Chen (the head of the Beijing Semester Program) and Rui Zhu studied and taught at Peking University for some time. Also, I have an internship at a Chinese law firm or NGO; the decision is tentative. One thing that the program does not heavily advertise is the Study-Trip. Students are given a string of Chinese cities to choose from, one of the cities I will be visiting is Lhasa, Tibet. I don’t foresee myself in Tibet for a long time, so this is an opportunity I can’t miss. I encourage everybody to travel or study in China. I do have to say that travel in China is tough; it may be tough enough to be discouraging. However, an old man once said, “The word adventure is overused. It doesn’t mean anything anymore. I believe what is left of adventure lies in the imperfections, the rough and dirty.”

Peking University, Beijing China

Photo courtesy of John Guen-Murray ’13
John at The Bund in Shanghai, China.
Campus Watch

Date Reported 1/14/2012
Location STUDENT CNTR/COMMONS
Offense ACCIDENT - MOTOR VEHICLE
Incident VEHICLE STRUCK FENCE POST
Disposition NFO-REPORT ONLY

Date Reported 1/17/2012
Location BLACKSTONE HALL
Offense BURGLARY
Incident STUDENT REPORTED THEFT OF A COAT
Disposition CLOSED PENDING ADDITIONAL INFORMATION

Date Reported 1/22/2012
Location GREGORY HALL
Offense MISCELLANEOUS INCIDENT
Incident BROKEN GLASS PIPE FOUND IN STAIRWELL
Disposition CLEARED

Date & Reported 1/24/2012
Location HARLAN HALL
Offense CONDUCT VIOLATION
Incident UNAUTHORIZED POSSESSION OF COLLEGE PROPERTY
Disposition CLEARED

Date Reported 1/27/2012
Location NOLLEN HALL
Offense UTILITY INCIDENT
Incident CORRIDOR LIGHT MALFUNCTION
Disposition CLEARED

Date Reported 1/21/2012
Location SOUTH QUAD
Offense TRESPASSING - NO ARREST
Incident OPEN ALCOHOL - UNREGISTERED/UNESCORTED SUBJECT
Disposition CLEARED W/NO FURTHER ACTION

Is your organization planning an event this semester?

Contact editor@lakeforest.edu at

The Stentor
to place an add! Bring people to your event through the campus newspaper!
Journey to Mock Trial

MAXWELL LINKA ‘15
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My interest in Mock Trial first stirred during my first Fall here at LFC. I never did follow up on joining, however. As is often the case with life, things began to pile up, and making friends soon took precedence over my interest in Mock Trial. But, a friend of mine, and the current treasurer for the team, patiently persisted and convinced me to join Mock Trial. I soon realized, however, we were only one week away from a weekend long tournament at the University of Illinois. To get there we would leave in two separate vans to make the three hour drive to U of I. Now, I have done many a more dangerous and foolish thing in my life compared to Mock Trial. This, however, made me more nervous than anything I’ve done prior.

Now, I have done many a more dangerous and foolish thing in my life compared to Mock Trial. This, however, made me more nervous than anything I’ve done prior.

Several hours later, we arrived in Chicago. The traffic was terrible, and I was skeptical of the ability to make it to the University on time. However, the traffic was even worse in Chicago, and we ended up getting lost. Finally, we found the University, but the parking lot was full. We had to park across the street, and then walk to the building. The building itself was large and unassuming, and we had to find our way around. Finally, we found the entrance, and we were able to get inside.

The tournament was in full swing, and we were immediately greeted by our team members. They were all very welcoming, and they made us feel at ease. We were assigned to a room, and we began to prepare for our first case.

The case was about a woman who was killed in a suicide bombing. Her husband was convicted of murder, and he was appealing his conviction. We had to present our case to the judges, and we did our best to convince them that the husband was innocent. The case was intense, and we had to work hard to make our argument compelling.

After the case, we had a break, and we were able to relax and enjoy the city. We visited the Bean, and we enjoyed some good food. We also explored some of the city's attractions, and we had a great time.

The next day, we had another case. This time, the case was about a man who was accused of murder. We had to present our case to the judges, and we did our best to convince them that the man was innocent. The case was very challenging, and we had to work hard to make our argument compelling.

After the case, we had a break, and we were able to relax and enjoy the city. We visited the Bean, and we enjoyed some good food. We also explored some of the city's attractions, and we had a great time.

The tournament ended on the third day, and we returned to LFC. The tournament was a great experience, and we learned a lot. We made several new friends, and we had a lot of fun. We were happy to be back at LFC, and we were looking forward to the next tournament.

The end result was that we did not serve as rules for Student Government to follow in the years to come, but also act as a resource by which organizations can learn of Student Government policies for the budget allocation process and other Student Government functions. If you have suggestions, please send them my way.

I would like to touch on the Aramark issue that plagued the stomachs of students across campus at the beginning of this semester. The changes made to the menus in the Caf were not favorable. As a student body, we responded to the situation by providing feedback of what we thought about the changes. The end result…positive change in the Caf. This event demonstrates just how much weight our voices carry, how we can make a difference here at LFC.

I would like to thank Jason Micenko and the Aramark-Lake Forest team for quickly moving on the concern, and all of you for taking the time to send an email to either Jason or myself. If there are ever any concerns with the Caf, or with another service provided at the College please contact me and let me know what's up. The only way change can happen is if tribulations like the Caf Crisis of 2012 occur in order for us to voice our discontent.

Again, I will stress, email me if you have any concerns or comments. If you are complaining about Student government, don’t email me, please email Jerry Wang…. I am just kidding.

I want to hear your concerns specifically if it is about Student Government. This year is about change and bringing together what already should be one piece. If we’re not doing something right, let us know so that we can do it better.

Lastly, I have not yet finalized office hours, as I am waiting for one more meeting to be scheduled, but I have every hope that when I announce the victorious Senators in the election tomorrow, I will include office hour times and locations. Have a great week and Go Giants!
How well do YOU know your campus?

CLUES

Across
1. Has a side A and B
3. "The greatest mascot on Earth from the greatest college on Earth, if you disagree I will eat you"
5. Was built as a training facility for the Chicago Bears
6. The residents hall closest to Buchanan Hall
12. The residents hall featured in the 1983 movie Class
13. The residents hall between Moore and McClure Halls
14. Originally a horse barn
15. Tallest build in the town of Lake Forest
16. One of the three residents halls that does not allow coed rooming
17. The substance free residents hall
18. Deals and all things Chicago
19. Men had to check in at the front door until the 1960’s.

Down
2. Has a telescope on the roof
4. The animal that creeps in garbage cans
7. Special interest residence hall.
8. The residents hall behind the South Campus Apartments
9. The first gym ever
10. The residents hall on middle campus that does not have a 24/7 quite hour policy
11. One of the two newly renovated residents halls
What Kind of Name is Stentor?

A Stentor is:

n. [L, fr. Gk Stentor, Greek herald in the Trojan War noted for his loud voice.] 1: a person having a loud voice. 2: any widely distributed genus of ciliate protozoan’s that have a trumped shaped body attached to a substrate by the smaller end with the mouth at the larger end.
Foresters take it one day at a time

ASHTON HARTMAN
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hartmanam@mx.lakeforest.edu

With the help of all 17 players on the Lake Forest College Mens Basketball roster, forward Nathan Bateman’s philosophy about limitless possibilities led the team to break its historical winning streak of 14, which was set in the 1914-15 and 1915-16 seasons.

The team beat Illinois College on its turf Jan. 25, 71 to 47. The top three shooters were sophomore guard James Stack, senior post player Travis Clark, and forward Drew Grennell.

The Foresters got off to an inauspicious start to the 2011-12 season when several players were injured, but that didn’t slow down the team.

“Fortunately apart of the game and with the exception of one, all our guys have battled back to recover from their early injuries,” said Clark.

The team’s track record started off the same way as the 1914-15 season by also losing its first game, which was against Edgewood (61-54). The 2011-12 season tied with the winning streak record on Saturday, January 21, 2012 against Ripon College (83-75).

On Wednesday night the team took a five-hour bus ride to Illinois College to overcome the winning streak.

“Yesterday was the first time I had heard about the records, so I had no idea. We have set goals, which leave our possibilities to achieve limitless,” said Bateman.

Stack attempted six shots and succeeded in making five. In Stack’s 23 minutes of total playing time he scored 14 points, of which four of the five shots were three pointers. Stack also had three assists and two steals.

In Clark’s 17 minutes of total playing time he scored a total of 13 points in addition to three assists and one steal.

In Grennell’s 23 minutes of total playing time he scored a total of 11 points and had six rebounds.

“It’s exciting for sure,” said Clark after the game. “It was a good team win for us, but we got to keep rolling through one game at a time.”

What is the key to their success? According to Bateman, “The most important factor is that we are a veteran team that knows what regret feels like. We have seven seniors that know what regret feels like and do not want to have any in our final season. We also have had numerous underclassmen step up and become vital members of this team’s success.”

What Bateman is referring to is the team’s past volatile record from 2008-2011. The 2008-09 season had seven wins and 16 losses, and the team came in seventh for the Midwest Conference with six wins and 10 losses. The 2009-10 season had 14 wins and 10 losses, and it came in second for the Midwest Conference with 12 wins and four losses. The 2010-2011 season had 12 wins and 11 losses, with the Foresters coming in fifth for the Midwest Conference with 10 wins and eight losses.

No matter what their Midwest Conference standing is, there is still an achievement to be reached.

Though the end is in sight, Coach Chris Conger stated: “There is a lot of season left. We need to keep getting better every day. We have also really appreciated all the crowds lately. Hopefully the students can continue to be so great. It really helped propel us this weekend.”

SCOREBOARD

1/31/12

Men’s Basketball
66 Monmouth (Ill.)
79 Lake Forest
Final

Women’s Basketball
82 Monmouth (Ill.)
56 Lake Forest
Final

1/29/12

Handball
Final Jordan YMCA - Indianapolis, Ind.

UPCOMING GAMES

2/3/12

Women’s Basketball
Lake Forest
Lawrence
7:00 PM

Men’s Basketball
Lake Forest
Lawrence
7:00 PM

2/4/12

Swimming & Diving
Illinois Tech
11:00 AM Senior/Paren ts/Alumnae Day

Women’s Basketball
Lake Forest
Carroll (Wis.)
2:30 PM

Men’s Ice Hockey
Adrian
Lake Forest
2:30 PM

Women’s Ice Hockey
Lake Forest
Carroll (Wis.)
4:00 PM

2/5/12

Women’s Ice Hockey
St. Scholastica
Lake Forest
2:00 PM

2/9/12

Handball
I.H.A. Men’s & Wom en’s Doubles
All Day Lattof YMCA - Des Plaines, Ill.