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The Stentor

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March 31, 2011

Publishing since 1887



*This week, The Stentor
explores 'Water,'
in multiple senses
of the word...*

News

Ever wondered how you got into college? The admissions process unveiled

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There is a very careful process that goes with admitting each student here at Lake Forest College. The system called the APPLIS system, short for Applicant's Leading Indicators of Success, was implemented five years ago and has proven to be very effective. The ratings are intended to complement other demographic qualities of successful students. The qualities in the APPLIS system are identified as important for retention. When the system was first started there were five qualities that a student was rated on. However, now that number has risen to 13 different characteristics. Students are rated on a one to five scale, one being the lowest score and five being

the highest. The thirteen different characteristics are the following: Academic Program of High School, Senior Curriculum, Grade Point Average, Adjusted Grade Point Average, College Placement, Recommendations, Community Engagement, Potential to Benefit and Contribute, English Initiative, Writing Evaluation (graded paper), Mathematical Evaluation, Standardized Test Scores (if submitted since Lake Forest College operates as a test-optional institution), and level of non-English language study.

The interview process is broken down into four elements. The four elements are Academic Values, Personal Values, Community Values, and Appreciation of Opportunities. Three examples of academic values include the student's GPA, his/her level of small classroom experience, and the rigor of their

high school curriculum.

A few examples of personal values include the student's appreciation of diversity, life goals, and unique qualities. However, a very important aspect of personal values is "Why Lake Forest?". This is one of the perks of going to a small liberal arts college: the admissions officers are not only interested about grades and test scores, but also who the applicant is as a person and what they want to do with their life. If a student is enthusiastic about the College, it does not go unnoted.

Community Values include but are not limited to extra curricular activities while in high school, athletic involvement, and any part-time jobs the student may have.

Finally, the fourth aspect looked at in the interview is appreciation of opportunities since having

Chicago a 55-minute train ride away is a great thing for research and internship opportunities. Some things that are looked for during the interview as far as appreciation of opportunities goes are plans for internships in Chicago as well as any plans the student has to study abroad.

After the interview, the notes are evaluated and a score for potential benefit and contribution to the college is given. This process is designed to be used past the student's admission to the college. "The ratings are starting to be used by academic advisors in order to steer students towards success, we are trying to use these variables to improve the academic advising process," said Vice President of Admissions and Career Services Bill Motzer.

There is a correlation present between the student's success in certain

areas of study and the ratings they had at the time of admission to the college. An example of an academic programming decision that these ratings had an effect on is the formation of the class Chemistry 114. The science department was working on a way to address the problem of students not being prepared for Chem 115. After taking a natural science placement test, it is then determined if a student is ready to go to Chem 115, or if they need to start out in Chem 114. If it is determined extra help is needed, the student starts out in Chem 114, then is ready for Chem 115 and then is on track to proceed with their Pre-Med track or Chemistry major.

Once the application and rating process are finished the ratings are thoroughly evaluated. "This process is intended to be as objective as possible," add-

ed Motzer. The student's strengths and weaknesses are looked at to determine if the student would succeed at the college. The major benefit to this system is the fact that the applicant is looked at from all aspects and evaluated on their performance inside and outside of the classroom. Teacher recommendations are also very important because they speak to the student's character.

The newest aspect of the system was just added in 2011 and it is level of non-English language study. Knowing a foreign language is becoming increasingly more important in the world today and therefore academic institutions are starting to encourage students to study foreign languages.

Characteristic	Description
Academic Program	The student's curriculum is assessed by the honors, AP/IB or community college courses completed.
Senior Curriculum	The number of core academic courses taken during the senior year is assessed. Accounting, business math or health science are not counted.
Grade Point Average	Academic achievement as measured by the grade point average is the variable that best predicts success at Lake Forest College. The GPA is converted to a 4.0 Scale.
Adjusted Grade Point Average	Admissions decisions will be based on an Adjusted GPA (AGPA). The AGPA weights the High School GPA based on the Academic Program score.
College Placement	A high school rating will be assigned to gauge a school's success in placing graduates in four-year colleges or universities.
Recommendations	A counselor recommendation will talk broadly about a student, while teacher recommendation goes deeper.
Community Engagement	The student level of involvement in a non-academic setting, such as school clubs, athletics, extra-curricular volunteer organizations, or self initiated activities.
Potential to benefit and contribute	The interview rating prioritizes students who have a clear understanding of why they have applied to the college, who are engaged in the admissions process; and who will positively contribute to the college community.
English initiative	This is an indicator of overall all, level of English course work and performance.
Writing Evaluation	Evaluation of a writing sample submitted as part of the admissions process.
Mathematical initiative	The cumulative grade point average of the student's math courses is also a component in the assigned rating. Note- Applied mathematics courses such as accounting and business math do not meet the LFC admissions math requirements.
Level of non-English language study (added in 2011)	The average student enrolls with at least two year of non-English language study.

Above are the characteristics and descriptions of the 13 characteristics that are looked at during the admissions process of Lake Forest College.

News

Lake Forest College Writer in Residence: Jose Beduya

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For any student considering an English major at Lake Forest College, a question they often ask is “What can the English Department at Lake Forest College offer me that will help me develop my voice or pursue a career in writing, publication etc.?” In the case of Jose Beduya, the 2011 recipient of the Madeline P. Plonsker Emerging Writer’s Residency Prize, what the College offers students and emerging writers around the United States is one and the same, an opportunity for both parties to develop their voice.

The Madeline P. Plonsker Emerging Writer’s Residency Prize is awarded each spring to any writer under the age of forty years of age and previously unpublished. The prize includes a ten thousand dollar stipend as well as housing for two months on site at Lake Forest College. Recipients of the prize will work on completing their manuscript while they stay on campus and speak at the Lake Forest College Literary Festival. The final manuscript will be published and printed by &Now Books and distributed by Northwestern University Press. Jose Beduya’s manuscript is a book of poetry entitled *Throng*.

Although there are no teaching requirements for the Emerging Writer-in-Residence, many students at Lake Forest College have already benefited from this year’s recipient’s passion at connecting to the Student Body and acting as an influential piece of their liberal arts education. He can be seen near the Library Café during his office hours on Wednesdays and Thursdays from 4:00-5:30pm working individually with students on their writing, and he has already visited several classes. The Plonsker Prize is a wonderful way that Lake Forest College

contributes to the writing world at large, but as Beduya has demonstrated, it also provides another layer of education for students. It provides writers all over campus a chance to discuss their individual pieces with an actual working author. Beduya brings an alternative perspective to students as he is not a professor, or a fellow



photo courtesy of lakeforest.edu

Jose Beduya, writer in residence.

student, but something of a peer author, someone willing to discuss the concepts between writing as an art form as well as the technique that goes into the actual task of writing. These conversations prove to be enlightening as well as beneficial for they illuminate the world of writing outside of college. Beduya will unfortunately only be on campus until the end of March, but for those of you who have been wondering about Jose Beduya and would like suggestions for your writing, English Major or not, you are strongly encouraged to join Beduya for his office hours, or simply read the following interview with the writer, who is best understood through his own words:

How did you start writing poetry? And

since you’ve come from the Philippines where English is considered a “second language,” why have you chosen to write in English?

I was drawn to the music. Something about the rhythm of the language was compelling to me. One of my earliest memories is of sitting on a tree stump and making up non-sensical lyrics to a song I had heard on the radio. I think some of that incantory babble is still in my work.

In college, I gravitated towards the arts, eventually getting a degree in painting, but I was always also interested in words. A turning point in my wanting to pursue poetry

more seriously was when I encountered Rainier Maria Rilke’s work and saw how poems could engage with large philosophical questions.

During those years, growing up in a pretty much bilingual country, I was moved most by writers whom I had read through English translations: Rilke and also Neruda. I guess that otherness, that encounter with poetry that was already removed from the “original” has remained a part of me. I’ve grown to trust and operate in that remove. I now see language as homeless or migratory, beyond territorialization and possession. I’ve always been suspicious of the notion of a “mother tongue.” Language could (and should) circulate outside of boundaries.

After college, wanting to

devote my energies to poetry, I applied to creative writing MFA programs. When I got accepted at Cornell, my wife and I moved from Manila to Ithaca, New York. We’ve lived there ever since.

What are your motivations for writing Throne?

I’ve been moved by a wanting to grapple with the wonder and bewilderment of being in the world with others. The best way I could preface the book is to say that it asks questions about what it means to be a collective, or a community, especially in the face of strife and catastrophe. The book is wary about this tendency to totalize or to unify, especially in opposition to a vilified Other as a fear-response to crises. The manuscript manifests a network of other concerns, but that is one strong current.

What does one do with writing?

That’s an interesting question. I think that one of the most vital uses of writing is as a way of thinking, of examining one’s ideas. It’s a path towards clarity. Also, it could be a means to explore and experiment with thoughts and sensations. As such, it could be its own exciting experience. Another use of writing, and writing poetry specifically, is to contribute to discourse—to engage with a singing and cacophonous community. I am very excited about how the lyric carries a sense of privacy/intimacy in its entry into the public. For me, it’s always been a place of negotiation between the individual and the collective. Writing can be this venue for an encounter with others and the self as an other.

On a more practical level, knowing how to write well is a very useful skill. A strong writing background can open doors to a career in teaching, for example. And there are other fields. Writing could be used for a day job, a concession to shore up the inner life. In my case, I’ve done freelance work for different publications

and I’ve tutored for a community college. After this residency, I will start a new job at Cornell’s Alumni Affairs and Development division where I will be writing a lot of “thank you” letters to donors. It might not be the most exciting day job, but I think that it’s good karma and only right, since I’ve benefitted so much from fellowships and scholarships in the past, including this incredible prize and residency. Always, the hope is that I will be able to make a living to sustain my writing—and my sanity—outside of the 9-to-5 arrangement. We’ll see how long I can keep this up

How has the award helped you?

I m m e a s u r a b l y . Nowhere else can anyone find a very generous monetary award, two months of writing, the comfort and quiet of an old mansion on campus, the opportunity to engage with the smartest and most passionate students and professors, and the tremendous sense of trust in one’s work that culminates in publication. This residency inspires and challenges. I will always be indebted to Madeleine Plonsker for her generosity. With a few weeks still left, I already miss being here.

What advice do you have for young writers at Lake Forest?

Write and experience. Play and experiment. Read a lot and read your own work closely from an engaged distance. Take advantage of the creative writing classes taught here by your incredible writing faculty. Build a sense of readership and an immediate support community. Speaking of which, participating in Lake Forest College’s Writing Club (<http://lfccoffeehousewriteclub.blogspot.com/>) would be a good way to start.

Upcoming Events

- 3/31 4:15am Alpha Phi Omega’s Alzheimer’s Awareness Day Coffeehouse
- 3/31 12:00pm Assessing the Senior Thesis: What Does “Distinction” Really Mean?
- 3/31 2:30pm Weekly NCCP Volunteer Opportunity
- 3/31 4:00pm Reading and Performance by Lidia Yuknavitch and Andy Mingo
- 3/31 6:00pm YOGA Group
- 3/31 Garrick Players meeting 6:00pm
- 3/31 7:00pm Interviewing Tips for You
- 3/31 7:00pm Student Senate
- 3/31 7:30pm Three Sisters Performance
- 4/1 12:00pm Off-Campus Study Photo Contest Deadline
- 4/1 4:30pm Weekly ZUMBA!
- 4/1 5:00pm Student Organization Budget Requests Due
- 4/1 7:30pm Three Sisters Performance
- 4/2 1:30pm Three Sisters Performance
- 4/2 7:30pm Three Sisters Performance
- 4/2 10:00pm S.N.A.P and Garrick Wily Wonka and the Chocolate Factory
- 4/2 11:00pm Caribe ACP
- 4/3 3:00pm James Baur, classical guitar
- 4/3 7:00pm Weekly Delta Gamma weekly meeting
- 4/3 9:00pm Capture the Flag Rematch
- 4/4 12:00pm Hillel meeting
- 4/4 2:00pm LiveWhale office hours
- 4/4 4:00pm Student Symposium Kick-off
- 4/4 4:15pm Weekly LEAP meeting
- 4/4 4:30pm MSA meeting
- 4/4 5:30pm SAACS meeting

News

Club Profile: LEAP

ANA DE LA TORRE
CONTRIBUTOR
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V.P.: Alex Gilbert
Secretary: Jen Kurtz
Treasurer: Kaila Stephens
SOAP Rep: Hilary Wind

The League for Environmental Awareness and Protection (LEAP) is devoted to the development of an environmentally conscious Lake Forest College student body. Through local restoration efforts, fieldtrips, on-campus activities, and fundraisers, we are working to promote sustainability on campus and to create environmental awareness and concern for the world around us.

On campus, LEAP coordinates with the Environmental Studies Department, the Campus Sustainability Committee, as well as a variety of student organizations to host and promote events. LEAP members volunteer their time to help clean the environment, whether doing an on-campus Ravine Clean

or working at the Lake Forest Open Lands Association on prairie restoration work.

Our biggest event for this year has been the Nature Photography Contest which was held in the fall. In this event, Lake Forest College students were able to submit up to two photos that are nature related.

This semester, LEAP will be collaborating with the City of Lake Forest to have an eventful Earth Week! A few events include a window painting contests, guest speaker Michael Ableman, Stargazing, Upcycling, a Green Jobs panel and more!

LEAP meets every Monday at 4:15pm in the Senior 25 Lounge.

If anyone has questions about LEAP, contact Ana De la Torre at *delatam@lakeforest.edu*.

John Waters comes to Lake Forest College

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On Thursday March 24, after a semester and a half's worth of campus-wide anticipation, advertising, and discussion, legendary filmmaker John Waters made his appearance at the Groton Center in front of an audience of greater than 300 people to give a talk entitled "This Disgusting World We Live In."

After a formal introduction by Professor Davis Schneiderman, thanking those who were responsible for helping to set up the event, senior John Fosdick, a student in Professor Elizabeth Benacka's class on Waters introduced the man, known also as the "Pope of Trash" and the "Prince of Puke." Welcomed by a rousing applause, Waters, with his trademark pencil thin mustache, appeared on stage in a multi-design suit, symbolic of his revolutionary and rebellious nature. From there he began a public discussion that it likely to remain in the minds of those who heard for some time to come.

While Waters and his anti-establishment demeanor may not have appeared to be

the first choice candidate by some for a group of college students looking for words of encouragement regarding future endeavors, his speech about following your own path and dreams was just that. "I think everyone should have a person that provides a negative influence on them" Waters remarked at one point. While Waters' childhood and adult life has been far from ordinary, his point about finding someone who embodies similar ideals and beliefs as you was a valid one. Taken into context, the comment could be applied to nearly everyone, with the word "negative" being replaced by some and not by others.

Waters went on to give a semi-chronological account of his career and the different films he has made throughout them, while adding brief anecdotes and jokes in between. Growing up in Baltimore during the 1950s, Waters has had all of his films set in his hometown, despite their subject content. Waters may be most well known for his 1972 film *Pink Flamingoes* known for being one of his particularly trashy, disgusting films, but is also known for others such as his 1988 film *Hairspray* which went onto become a hit show on Broadway, and his 1994 film *Serial Mom*

starring Kathleen Turner. Waters wove in stories about his relationships with those he worked with and how he, like many prominent filmmakers, started off small, in his case using a pigpen on a couple's farm to film a particular scene without their consent for one of his films. He discussed his early developed distaste for the American educational system, which he did note he feels has come a long way, due in part to the fact that he would be a figure welcomed onto a college campus. "There would never have been a class taught on someone like me in my day," he remarked at one point during his discussion.

At the conclusion of his hour and a half long speech, Waters took time to answer a handful of questions, before signing copies of his books and posing for photographs.

In partial preparation for his arrival on campus, Professor Elizabeth Benacka has taught a course on Waters, taking an analytical look at his lifelong work of film and literature. Benacka had the opportunity to meet with Waters prior to his speech and found him to be "really engaging." She went on to express her overall pleasure with the success of Waters' visit by stating "I thought his performance

was a great success and enjoyed how much the crowd responded to his humorous anecdotes." As someone who had studied Waters even before teaching a course of him, Benacka had grown familiar with many of his stories, films, and appearances on television, and found that a lot of his anecdotes were ones he had previously used in the past. At the same time, she noted that he did incorporate a lot of new examples and stories which helped make his presentation "fresh." "Waters is a remarkably consistent public figure and I respect that a great deal," she commented.

For the 300 hundred people who were in attendance to see Waters speak, most would agree that his visit to campus was one worth anticipating.

Discussions of his speech could be heard in the days to follow from the cafeteria to the classroom to the sports center. Waters' humorous, and at times inappropriate style of humor was the perfect remedy for a student body about to enter the stressful times of exams and end-of-the-year papers.

Campus Watch



Date & Time Reported
3/25/2011 3:07:59 PM
Location CARNEGIE HALL
Offense LARCENY / THEFT
OFFENSE
Incident THEFT OF FRAMED
PICTURES REPORTED

Date & Time Reported
3/27/2011 1:11:15 AM
Location NOLLEN HALL
Offense ASSIST OTHER AGEN-
CY
Incident SUSPICIOUS ACTIV-
ITY REPORTED

Date & Time Reported
3/27/2011 11:29:16 PM
Location HARLAN HALL
Offense DRUG LAW VIOLA-
TION - REFERRAL
Incident MARIJUANA & PARA-
PHERNALIA POSSESSION

Date & Time Reported
3/28/2011 9:50:01 AM
Location STUDENT CNTR
Offense LARCENY / THEFT OF-
FENSE
Incident STUDENT TIME
CARDS REPORTED STOLEN

Date & Time Reported
3/28/2011 12:03:37 AM
Location GREGORY HALL
Offense INJ/SICK PERSON -
REPORT ONLY
Incident INTOXICATED SUB-
JECT

Date & Time Reported 3/28/2011
4:11:15 PM
Location YOUNG HALL
Offense LARCENY / THEFT
Disposition CLOSED PENDING
ADDITIONAL INFORMATION

News

ResLife: Peter Rivera-Gonzalez addresses concerns and previews plans

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Days before we all departed for Spring Break, I was accompanied by Heather Brown, the advisor for *The Stentor*, to a meeting with Peter Rivera-Gonzalez, the Director of Residence Life. What followed was a long, informative conversation that shed light on some aspects of an office that affects Lake Forest students and provided a peek at the future. Since this conversation was motivated by the rumors and uncertainty about ResLife's plans, I started by asking Peter about the changes that ResLife is pursuing this year.

According to Mr. Rivera, ResLife is conducting a "review of how [they were] best utilizing [bed] spaces [on campus]". One goal was to make the room selection process "more simple [and] provide more options" as part of an overhaul of how ResLife runs. If you've already read your Room Selection Guide, the you'll see the results of this review manifest in a new policy: the South Camps Apartments and Deerpath Suites are now a part of the general lottery. Although this is a major change, juniors and seniors will still have "first dibs" on the apartments and suites and this change is meant to create "more options...no strings attached" because there is no application or theme required to be considered for this "premium space" which consists of eleven suites and four apartments in total. Plans for how to conduct the lottery for apartments and suites that meet these goals were in development at the time of the interview.

Mr. Rivera was also happy to announce that "there will be a new residence hall" which is in the "planning stages". In response to a question about where this new hall would go, Mr. Rivera did admit that the new hall could replace Moore, which he said has "outlived his endurance". While he imagines that the new residence hall would utilize the existing footprint,

there is currently a working group that is deliberating on plans for a proposed hall. This group is composed of "major stakeholders" such as President Schutt, Vice President for Business Affairs Leslie Chapman, and representatives from FacMan and ResLife.

When I ask about what the role of students will be in the planning process, Rivera responds, "there will be a time [for] broadening the scope of players". This expanded group of players

in these efforts, Mr. Rivera has acquired some facts about how the residential community could adjust to enrollment growth: we own eight acres of land behind Glen Rowan House and were we to tear Lois down we could never build on that spot again since current building codes prohibit us from building near a ravine. This incorporation of local policies and norms influences our planning process in other ways because "if we build along



Photo courtesy of Lake Forest College Website
Peter Rivera-Gonzalez, Director of Residence Life

would also include faculty if for example a classroom was a part of the design for the new building. For now, the reason for lack of student participation in the working group can be attributed to a desire to not want to disillusion students and establish a clear line between "what we think versus what we know".

This development will be progressing parallel to other efforts, one of which is improving the quality of life in existing Residence Halls. This effort involves "utilizing current existing bed space" and reclassifying rooms that are either bigger than expected or smaller than necessary so that an appropriate number of people are housed. ResLife would also be relying on the new off-campus study program in the Loop and an expansion of study abroad programs that free up bed space on campus. In addition to participating

Sheridan, the building would have a unique look" to blend as seamlessly as possible into the surrounding homes.

The issue of student involvement in the planning process is also present in other areas of ResLife's work. Students were invited to participate in a survey last fall that solicited input on what residents would like to see in their halls and ResLife is "really looking at the back of the house" at issues that "don't really affect the students", like the number of forms students have to fill out and the use of technology in the office with the goal of "engaging in best practices". Mr. Rivera, saying that ResLife is actually "trying to find a way to simplify things for students", wants the department to "be more flexible, provide more options". In order to make that goal better known to students, Mr. Rivera is taking steps to combat

rumors since "no one takes time to talk to ResLife" by communicating with Elise Beckman '11, President of Student Government, and sending out newsletters for each campus. This model for a "communication tool" could be applied to the faculty so that they are aware of residential issues such as drinking. Mr. Rivera has also been making frequent visits to College Life Committee (CLC) meetings, which he describes as "fantastic" and "wonderful". "If Sarah wants to contact us, we're receptive" to the "opportunity to connect with students", Rivera said. There is also an RD tabling two hours a week outside the Gates Center, with "possibly more tabling" to come. The fall survey also provided some insight that ResLife will be using and student forums are being discussed (NOTE: there is a Rumor Forum on Thursday in the Mohr Student Center).

We then moved on to the Residential Assistants (RAs), who serve as a bridge-of-sorts between the residents and the Office of Residence Life. They "develop community in Residence Halls" and serve myriad roles: they refer students to campus resources such as the Writing Center, are "active programmers",

and serve as a "sense of support". Of course, they also "enforce policies" and ensure "community standards are maintained, but "contrary to popular belief, that's not their #1 role" since the "enforcement piece should be minimal" if RAs are building a strong community. Rivera expanded on this train of thought by emphasizing that RAs are "community builders" and not "fun busters". Mr. Rivera meets with the RAs every week

and meets regularly with the RA Council, which is like a "mini-UN for RAs".

When it comes to student involvement in planning, "at the end of the day, [the ResLife staff kicks] around so many ideas, we would overwhelm people" with the information, Rivera says. He emphasizes the role of the RA Council, who represent RAs from every hall; each Residence Hall's RAs also meet weekly with their Residence Directors (RDs), so there are meant to be outlets for students to channel their concerns, especially since many of the ideas that come up in RD meetings "get shut down before budget [and] time considerations". For students who desire more insight into what ResLife is doing, Rivera had this to say: "when we don't have info" it's hard to communicate what's going on and "we don't want it to become Telephone". Rivera continues, saying, "I don't want to say we don't want to share ideas with students, but like Congress, 95% of things die in committee".

A lot of the themes that have been covered in the interview- student involvement, enrollment growth-related plans, and general ResLife plans- come together for Mr. Rivera

when he is discussing potential changes to laundry service. Although laundry is a mundane aspect of our resident experiences, the transition from coin-operated machines to machines that accept Flex Dollars requires that our laundry provider be amenable to the idea, then negotiation with the laundry provider, which would lead to a likely increase in the room rate that has to be approved by the Board of Trustees. Working this out before announcing final plans to students is how Mr. Rivera perceives a process of communication where feedback is solicited after things have been worked out so that when he wants to go CLC or College Council he can say "Here's the plan, what do you think?".

Proposed changes to the ResLife like a new Residence Hall or improved laundry service are part of "how to best make the residential experience" composed of "responsible fun" and "accountability". This is meant to be consistent with Mr. Rivera's task when he was hired: "help ResLife create a vision". Let's see where it takes us.

Editors' Note: Peter Rivera-Gonzalez and the Residence Directors can be reached at 847-735-6232.

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This week's cover illustration by Nate Butala.

Features

Visiting author's memoir stuns with accounts of tragedy & triumph

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I am in a rather privileged position, as I am probably one of the first people to review Lidia Yuknavitch's memoir, *The Chronology of Water*. Several English classes, including Professor McCabe's course on "Contemporary Memoir as Literature," have been given a d v a n c e d copies of *The Chronology of Water* in preparation for Yuknavitch's reading on Thursday, March 31st. I consider this a privileged opportunity, as Yuknavitch's memoir represents

what a memoir should be: well-crafted, evocative, original, honest, and without narcissism. And we are some of the first people to experience it.

Take a minute to think about what the word "memoir" means to you. Maybe it suggests memories, or life stories, or sob stories, or celebrities trying to cash in on their fifteen minutes of fame. (Yes, Justin Bieber – I'm talking about you.) After all, one of the biggest critiques of the memoir genre has been one of undiluted narcissism. Who honestly thinks that

other people care about our stories?

Yuknavitch apparently thinks so, and for good reason. Her story is one of incest, alcoholism, drug use, failed marriages, a failed swimming career, the stillbirth of her first child, and a penchant for S&M sexual exploits, yet even in the face of adversity, *The Chronology of Water* establishes hope

“Yuknavitch creates an extraordinary work of art that steps beyond memoir and into the realm of pure inspiration. This is a book that deserves to be devoured over and over again.”

and optimism. Yuknavitch has accepted her story as her own, and she forces her readers to accept it as well.

“Force” is probably an accurate word for some readers, as much of Yuknavitch's prose is erotic and almost pornographic in its detail: a threesome with two other women, a sexual whipping, an S&M party. However, not one of these scenes feels unnecessary, and so Yuknavitch separates herself from the crowd of people hell-bent on creating shock value.

Yuknavitch takes

intriguing liberties with the English language, creating words such as “screamsong,” “manboy,” and “lifedeath,” and creating a sense of fluidity not often found in literature. If I have any complaints about *The Chronology of Water*, it would be that sometimes the language takes precedence over the emotion and the story, but this is a minor complaint;

the majority of the memoir flows through the brain like water, carrying us through Yuknavitch's life.

And just like she does not conform to traditional language, Yuknavitch does not conform to a traditional narrative structure either, although the memoir follows a basic chronology. As she states in the book, “I thought about starting this book with my childhood, the beginning of my life. But that's not how I remember it. I remember things in retinal flashes. Without order. Your life doesn't happen in any kind of order.

Events don't have cause and effect relationships the way you wish they did. It's all a series of fragments and repetitions and pattern formations. Language and water have this in common.”

And by showing us her life in “retinal flashes,” Yuknavitch recreates the experience of human life in literary form, showing us its order and chaos, its highs and lows, its failures and triumphs. Life, as she implies in the title, is a fluid experience not meant to be constrained to a prescribed formula. And so, Yuknavitch creates an extraordinary work of art that steps beyond memoir and

into the realm of pure inspiration. This is a book that deserves to be devoured over and over again.

Rating: 9.5/10

A brief bio: Lidia Yuknavitch, in her own words

The following excerpt has been taken from Lidia Yuknavitch's website, lidiayuknavitch.net.

In 1986 my daughter died the day she was born. From her I became a writer.



Photo courtesy of ebay.com

My writing is informed, deformed, and reformed by these things:

1. I think gender and sexuality are territories of possibility. Never mind what we've been told or what the choices appear to be. Inside artistic practice the possibilities open back up.

2. I think narrative is quantum.

3. I think the writer is a locus through which intensities pass.

4. I think literature is that which fights back against the oppressive scripts of socialization and good citizenship.

5. I think the space of making art is freedom of being.

6. I think things that happen to us are true.

Writing is a whole other body.

7. I believe in art the way other people believe in god.

I have had lots of jobs. Some of my favorites were being on an all male house painting crew, because you could see and touch your labor and it had concrete meaning and I could drink beer, pee standing up, and fart anytime I wanted; seasonal farm work like picking basil and fruit because I got to be outside and meet cool people; working on the road crew with Mexicans two of the times I was arrested.

In the more recent past all my jobs have been bourgeois teaching gigs. I don't know what I think about teaching. Mostly I show up and beg people to have a dialogue with me about ideas. I do feel lucky to have a job and health insurance. It's just hard to be an isolate and do something so public every day.

In Eugene I invented a magazine called *Two Girls Review*. In Portland my husband and I made a press called *Chiasmus* (www.chiasmusmedia.net). Both are the result of radical collaborations.

Oh. And I am a very, very good swimmer. Which must be why, as my friend Mia says, I have not drowned. When pulled under, kick.

Features

Club Profile: The United Left represents a wide variety of politically left-leaning LFC students

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Last year it was called "College Progressives," before that it was called "College Liberals," and before that it was referred to as "College Democrats." I'm speaking of Lake Forest College's political organization serving our many students whose political leanings are left of the center. Though LFC is known for its rather progressive and liberal student body, there have been issues with student involvement with the organization in the past. In fact, for the entirety of last semester there was no student organization representing the left of center. Because of the work of myself and our current executive board, however, I'm proud to announce that The United Left, a new and more inclusive political organization, has been formed.

To those who are

well read in American politics, our name is pretty self-explanatory. In American politics, Republicans are right of center and Democrats are left of center. You might be asking yourself, though, "Why the 'United' Left?" Although America is seen as a two party country, there are many more political parties to choose from; many of them left of center like the Democratic Party. When going around campus, it's surprising just how many students are left of center, but not Democrats. We have greens, social democrats, left leaning independents, and international students that are members of left leaning parties in their home countries. Though slightly different, we all share the same major ideologies that separate the left from the right. When trying to recreate College Progressives last year, I thought to myself, "Why limit ourselves to only Democrats? Lake

Forest prides itself on its diverse student body not take advantage of that. Why divide when we can unite?" So, with an executive board consisting

international students. The Democratic, Green, and Social Democratic Parties are American parties for American voters that aim to deal with American

of Democrats, Greens, Greens and members of the Indian Congress Party are extremely similar. We fight for workers rights, an egalitarian society, better education for children, better and cheaper healthcare for all, and a world in peace. Our international students are guests in our country, but that doesn't mean their drive for a better world has changed. So, we aim to include our international friends in the causes of our fight for center left issues in the U.S. as well as allow them to share their views and experiences from abroad with our members to open the minds of the American left of center further.

Currently we're gearing up for an exciting 2011/2012 academic year. Right now, we're looking at hosting numerous themed debates with College Republicans throughout the fall semester, bringing

in various politicians from the Chicagoland area to speak on issues important to the center left, taking active students to demonstrations in Chicago, volunteer work, as well as collaborating with our various cultural organizations to help advertise issues important to them and our parties. We will be looking for student input throughout the rest of the semester to see what our center left students want out of the organization, so please, if you have any ideas for what you would like the United Left to do, let us know. We're eager to get student input. Also, if you're interested in politics, identify as democrat, social democrat, green, or are a member of a left leaning party abroad then attend our general meetings. Time and location for our first general meeting will be advertised soon.



Illustration courtesy of Matthew Heywood-Cunliffe

of representatives from all parties, we created an organization that does so: The United Left.

One thing I pride our new organization on is its goal of including

issues. The Congress Party is an Indian party for Indian voters that aims to deal with Indian issues. Though the issues of America might differ from those in India, the views

Club Profile: A new way to experience writing on campus

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There are a lot of writing groups on campus, but there has not been a group that gives weekly time for students to write creatively and get feedback from others about their own writing. Now there is: the Writing Club has been established, which meets at noon every Thursday in the Skybox.

"Writing Club is around in order to enhance writing opportunities at the

school as well as encourage authors to share, and offer constructive criticism to their fellows," said Sammie Clifford, junior and coordinator of the club.

Students who wish to have peers read and critique their work, or just wish to write can come and participate. Generally, the club writes using two prompts per meeting, spending seven minutes writing each one, and then sharing. The end of the meetings are reserved to read student work and

give feedback. There is no requirement to join the club. Members must simply enjoy writing.

"It is really nice to have a time allotted into my day to be able to sit down and just write," said Sumara Baig, freshman.

The club prides itself on its relaxed atmosphere and how comfortable its members feel sharing work of varying emotional levels. Student club members enjoy their time in the club and find it a great escape from the trials of the real world.

Students take turns providing prompts for the club to write. Some favorites of the members are; "Write something based on a music video that is provided," "You wake up as a centaur, write about what happens afterwards," and "Write a letter to someone you think you will never see again." The club has also done things like writing based on images provided, as well as reading articles, and then writing based on them.

The club attempts to write on prompts that very

from funny to emotional. There have been a variety of genres such as science fiction, fantasy, nonfiction, as well as prompts left up to the writers' interpretation.

"Writing Club is a fun and relaxed club to participate in. I like writing creatively and trying out new approaches to my writing," said Lana Panitch, freshman.

The club is looking for more participants who are looking to expand their writing in a fun and comfortable environment.

Members are generally passionate about creative writing and are eager to explore different avenues for writing. Overall the group is simply eager to learn and practice different types of writing, as well as learn about the ways different people approach writing.

"I think Writing Club is unique because it allows you to develop and explore language in different ways in a social environment," said Sydney Sailor, freshman.

Forester Focus

Ask Isaac and Eileen, with Isaac Acosta and Eileen Newcomer*



I feel like Japan and Libya and all these other places are thousands of miles away, like I can't do anything. How can I help? Does giving ten bucks really mean I care?

-Out of sight but not out of mind

Eileen: It does. Every little bit helps. The fact that you're looking for ways to care shows that you do.

Issac: I feel the same way, but what you can do is what many others do: research about it, get to know the situation, donate to those parties that are actually helping. Yes, 10 dollars does go a long way.

The end of the year is basically upon me. All the work is piling up. But I am spending far too much time not doing that work. What should I do?

-Power to Procrastinate

Eileen: The simple answer is to do your homework. It's way easier said than done, I know. I'm falling into the same trap. Try to re-organize and prioritize your work then get to it!

Issac: Focus. It's bound to happen; the summer is just around the corner. Why bother? Just put this thought in your mind as you do the next assignment or the paper that's due the following morning: "One more month until summer vacation, and for you seniors, one more month and off to the real world."

First date! Ah! What's a good location or activity to keep us both interested and help the romance flow?

-Curious Cupid

Eileen: First I want to open with what not to do: Do not go to dinner and a movie as a first date! It shows no creativity and you spend the entire time in the dark not paying any attention to each other. Go do something active and fun. I've heard whirly ball is a blast, or do something dorky like laser tag. Competition makes it easy to flirt and have something to talk about. Then end it by going out to get ice cream or something. Have fun!

Issac: That's tough. Some Dinner and Movie date is probably a bit cliched. Change it up. Why don't you both make dinner and pick a movie from Netflix or a DVD collection you might have laying around? Nothing says more romantic than both of you getting to know more about each other.

Why do I like drinking but hate smoking? Why do I see bodacious babes selling me booze, but if a camel sold me cigarettes I'd be infuriated? Why do I feel like drinkers and non drinkers can hang out while there's a weird divide between smokers and non smokers? What's going on here?

-Tequila or Tobacco

Eileen: I'm not sure why there is a double standard like this between the two. It might be because its more well known that smoking is addictive. I'm not sure; I do feel like they are both social activities though. I feel like because smoking becomes more of a habit smokers identify them-

selves as smokers in a way that drinkers do not. However, I am a non-smoker with smoker friends so I don't necessarily share your opinion.

Issac: Let's see. Drinking in college is meant for parties and celebrations. Smoking in college is meant for socializing with other fellow smokers and sharing a bond that either one day you guys will meet each other in the hospital for lung cancer, or for you drinkers, liver damage. Either way, who's to judge, both can be only so different.

Everyone needs some mindless entertainment to cool down their brains in between study sessions. What sorta shows, music, or games are you guys into? How do you make sure the chill out time doesn't overtake the work time?

-The Wonder Years

Eileen: Lately I've looking up Lonely Island videos in my spare time, I know most people have probably already seen them all but they're so funny. Other than

that i've also re-discovered the hilarity of South Park. Honestly I'm more distracted by my roommates and friends who constantly interrupt me during my work. Its hard to find a balance, but I believe in you!

Issac: Sudoku! Great game if you want a quick exercise to ready the mind. Listen to Jango, pick a station and relax. If you're with a bunch of friends, tell jokes and brain teasers - good times for sure.

My roommate makes guttural and frightening noises during the night. How can I bring this up with him without being rude? Will talking about it just make his inner demons louder?

-Shuddering under the Sheets

Eileen: Snorers can't help it. I would know: It's embarrassing but my roommates last year had to wear ear plugs to sleep-- granted they're light sleepers, but still. Some people can get defensive about their snoring (and deny the fact that they do even do it) but I'm

sure if you approach it in a nice way you're conversation should go fine. Maybe he can get some nasal strips to help him breath at night.

Issac: Ironic. Someone once told me to gently move the person sideways and if that doesn't work, wear headphones. Either way your going to have to deal with it.

Have a pressing question you want to ask Isaac and Eileen? They can help! Academic problems? Relationship advice needed? Just want to express yourself about the world around you? They would love to hear from you! Send them an e-mail at acostic@lakeforest.edu and newcoet@lakeforest.edu.

* Isaac Acosta, and Eileen Newcomer wish to gently remind their readers that her horoscopes and their advisements are written merely for entertainment purposes, and no decisions should be made based upon them.

Forester Focus



HEALTH & FITNESS: NUTRITION AND YOU



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Eating right can be tough. Whether you have a hectic schedule or just a lack of knowledge of nutrition, we are usually not putting the right kinds of food into our bodies. Everyone has their own myths about certain food, although in many cases they tend to be inaccurate. When it comes to passing down information on nutrition we should leave that to the experts.

Last week, Katie Murtha, a sports dietitian from Michigan State University, came to LFC to talk about nutrition. As a runner, snowboarder and triathlete, she is the perfect spokesperson to promote nutritional values and rules to follow. Although this presentation was mainly focused towards athletes, she was kind enough to make it available to the entire student body.

1 Firstly, eating in the cafeteria: “Eat Lean and Clean”

Eat green light performance foods at every meal for long lasting energy – support your immune system!

- Colorful fresh fruits and vegetables
- Lean proteins – chicken, turkey, ham, pork and eggs
- Skim and 1% milk, fat-free/low fat yogurt
- Wholegrain bread and bagels
- Brown and white rice
- Baked or boiled potatoes
- Nuts, dried fruit
- Water, 100% juice

2 Limit your “yellow foods” to once a day: these are usually more refined, higher in fats and sugars, and can often have a lower nutritional value.

- Crackers
- Waffles, French toast, pancakes
- Hash browns, fried rice
- Sugary cereals
- Burgers, hot dogs, pork chops
- Cream-based salad dressing and mayo
- Syrup, honey, jam, and jelly

Fried foods, cookies, donuts, potato chips, bacon, butter, cream cheese, ice cream, and regular/diet soda should be considered treats. Only consume these on off-days or “cheat” days.

3 Here is a fool-proof plan to lose body fat and increase mobility:

- Eat breakfast
- Include protein with every meal and snack
- Eat every 3-4 hours
- Limit alcohol
- Increase cardio
- Reduce portion
- Get your sleep! 7-9 hours every night
- Remember to stay hydrated before and after your workout.

Eat consistently, at the same times during the day – roughly every 3-4 hours. This should provide you with 3 hearty meals and 2-3 healthy snacks. Remember your fruits and vegetables! They are extremely easy to come by, simple, and there is no limit to the amount you should be eating. The cafeteria is able to provide us with everything listed previously so there is no excuse for not following these simple guidelines.

“In order to be a healthy individual, never underestimate the importance of hydration and sleep,” Murtha said.

Last minute tips: Do not eat too fast – it takes the brain about 15 minutes to sense you are getting full. Ask yourself if you’re really hungry or are you just bored or stressed. Focus on eating – no TV during meal time.

Murtha is planning to finish up her masters in nutrition at Michigan State in May. After graduation, she hopes to move into the Chicago area and focus her work on collegiate athletics. Murtha is an RD, MS Candidate, and Sports Dietitian at Michigan State University. She can be reached at murthala@msu.edu.



Photo courtesy of Katie Murtha

From left to right: LFC Head Athletic Trainer Mike Gilboe, MSU dietitian Katie Murtha, and LFC Assistant Athletic Trainer Amie Kern. Murtha’s nutrition tips are above.

Opinions

A senior's meta-thoughts contemplating his last four years, learned lessons, and rewarding relationship with Lake Forest College

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One of my dominating character traits is a tendency to think very thoroughly, usually to the point of over-analysis. I recently learned that there is actually a psychological term for what I do. It's not a disorder or anything; it's called meta-cognition, or having meta-thoughts. With my love of all things meta (i.e. Community's homage episodes), I was naturally very excited to learn that I, too, have my meta moments.

Meta-thoughts are the technical name for anytime you think about thinking, which explains a critical part of how I try to behave and present myself to others. There is rarely a thought I make public that I haven't thought through first. In this spirit, I'm striving today to write a meta-article, because I've been thinking a lot lately about the general theme across my articles in the last two years or so.

Before I got involved in student government (SG) at LFC and decided on a psychology major, I wrote for the Stentor from time to time. See, I edited the yearbook at my high school, which I figured could parlay into writing for The Stentor and maybe editing, especially if I decided to pursue journalism as a career. So I wrote the odd sports story here and there, but could never actually get up the courage and enthusiasm to go to the event and take notes for a story. I stopped writing be-

cause it wasn't very fair to my editor.

My articles started appearing in The Stentor weekly when I took up the post as SG president and began the tradition that Elise is keeping (and I hope her successors will continue as well) of writing a weekly Opinions column. I began to really enjoy writing in such a public forum, and I reveled in letting people in to see my inner thoughts. I tried to not write overtly about student governance every week, but to write about what I was thinking and then relate it back to SG if

“I saw in a crappy movie once that you like someone in spite of their flaws and you love someone because of them. I think this is why I love LFC. I just wish every single other student here could love it like I do.”

possible. It was really the beginning of a search for my written voice. Anyone can start with those articles and move through to more current ones and see major changes in the voice.

At first, my articles dealt with growing up and having more than only a few responsibilities at once. I always tried to end them with positivity and suggestions on how to solve problems that I knew almost everyone was going through with me. They were philosophical ramblings that showed the development of a young college student.

Then there was Spain.

I took another step outward in the publicity of my writings without adding much editing. I've always said that I edit as I write and, therefore, don't often edit later. I write the same way I speak, slowly and carefully, so as to not say anything too stupid.

I started a web log of my thoughts because I thought it would be both a good way to keep in touch with home and a nice documentation of my trip and feelings throughout it. I enjoyed blogging so much that I established one to use upon my arrival home. It sat dormant for a while,

as did my Stentor contributions, but I came back with a vengeance, part of the way through last fall.

Last semester, I started writing furiously again, and with more passion than I ever had before. My topics started personal as always, but have gotten more Lake Forest College focused as of late. After a conversation I had with Dean Flot, I discovered a few things about why this has been happening. He helped me realize that I sincerely love everything about Lake Forest College, and I'm running out of time to show others how much I love it and convince them

to love it too. And this is a pure kind of love. I saw in a crappy movie once that you like someone in spite of their flaws and you love someone because of them. I think this is why I love LFC.

I just wish every single other student here could love it like I do. I realize that isn't going to happen, but maybe that is part of the reason I love it here, too. The beauty of the way everything is constructed and works is like a live performance of a great symphony for me, with just enough imperfection to show it as a real place,

filled with real people, trying to have real experiences.

Because of this torrid love affair, my articles have become more passionate and more focused on campus politics, as I stated above. I have begun to toe the line between the carefully constructed sentences of my last few years and some more dangerous and spur-of-the-moment language. I am placing more value in gut reactions, especially since I could have gotten three more questions right on my last Cognitive Psych exam if I had trusted them.

These meta-thoughts

are coming from an article I posted on my blog a few weeks ago entitled "Trustee Meetings" that was printed in the subsequent Stentor issue. The article contains some strong language and is a clear display of the bit of desperation I've been feeling (until now, subconsciously) with regard to the lessening of my ability to show others my love for LFC after I graduate in May.

I make a couple of sweeping conclusions in the article that are not quite warranted by the facts. It was received with differing reviews, prompting one administrator to say, "Love it!" and another to basically say, "what were you thinking here?" More than anything else, I confused some of my supporters, mentors, and friends in the administration with immediate and public criticism, rather than my normally carefully thought out one-on-one questions and criticisms.

Why am I acting like this? In short, I am acting like this because two values I hold very important are the education of every student on campus issues and a complete disclosure of all facts. A slightly overzealous attempt at this goal after the Trustee meeting left me embarrassed. I guess I still have stuff to learn. Good thing I am surrounded by great educators in both school and life, one who expertly led me to learn all this while still letting me figure it out for myself.

It's very helpful when great people take advantage of teachable moments without making you feel like a child. I just have to

hope that I haven't irreparably damaged any of my aforementioned relationships by publishing these articles, and that nobody thinks I've become a crazy zealot who won't be satisfied until our entire system is overhauled. All I want to do is take something that we already do quite well and find out how we can do it even better.

I can't explain why this opening of channels is important to me without referencing a project I completed last fall for a class on Community Psychology. We worked all semester on an intervention project for our community here at LFC, and I pondered how to make my intervention so meta that it could solve multiple issues at once.

I eventually realized that one thing I always had questions about was our method of communication here, and I specifically wondered why there was no main hub of information. Through a process of research and interviews of stakeholders in the system, I think I've found a way we can actually communicate better, and I was able to make a couple of interesting conclusions that I'd love to share with every student at our college.

I can't, but I can encourage anyone who's not already busy next Tuesday at 10 a.m. to check out my presentation at the Student Symposium entitled "Understanding Lake Forest College's Flow of Information" in Meyer Auditorium. I promise it will be both interesting and a little fun.

Opinions

The antithetical nature of the relationship existing between democracy and capitalism

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America is the land of opportunity! For hundreds of years, men and women have left behind everything, risked life and limb, to travel the world and settle here in the United States. The reason is of course the illustrious American Dream: that pesky ideal that with enough hard work and a little luck anyone can make it big in America.

The bastard child of Horatio Alger and Andrew Carnegie, the American Dream is a permission slip to fantasize, to truly believe that no matter how low you begin there

is no limit to how high you can reach. As it turns out, the American dream is also one of the most destructive forces in American society, and has been the most integral part of keeping the poor poor.

Capitalism and democracy are in many ways antithetical: democracy proposes all people are created equal, whereas capitalism purports exactly the opposite; citizens are worth only their weight in human capital (i.e. intelligence, strength, ingenuity). America is founded, paradoxically, on both these principles, simultaneously valuing every individual and every dollar.

To reconcile this ideological oxymoron, we employ the American Dream. That is to say, every woman (and forgive my lack of gender-neutrality, but to

scatter “he/she” all over the place will dramatically reduce the concision, and subsequently the effect, of this piece. Therefore, whenever there is a nondescript female pronoun, feel free to interpret it as the appropriate gender-neutral pronoun) is created equal, but the extent to which she utilizes her equality is a matter of personal choice. Yes, you might have been born poor, but with enough hard work and a little luck you can be the next Bill Gates. Well, this has the nasty implication

“By telling the class of twenty third graders that they can all grow up to be anything that they want, we are effectively lying to them; we should say, ‘One of you can do whatever she wants, at the expense of the economic subjugation of the other nineteen.’”

that any residual inequality left after you turn, say, forty is your own fault.

The first subtly to the argument is the difference between anyone and everyone. While it is true that *anyone* can make it in America, it is simply not possible for *everyone* to make it. If everyone was an Andrew Carnegie, then who would work in all those steel mills?

By telling the class of twenty third graders that they can all grow up to be anything that they want, we are effectively lying to them; we should say, “One of you can do whatever she wants, at the expense of the economic subjugation of the other nineteen.” Okay, we should not actually say that, but the point is that for every Andrew Carnegie there were 5000 destitute workers in debt to U.S. Steel.

The real problem with the American Dream is not that it is impossible for everyone to succeed. Instead, the problem is the conception that those who failed to succeed did so because of personal ineptitude. Because if *anyone* can succeed, then those who failed must have failed because they did not try hard enough (since their goals were indeed possible).

This line of thinking allows us to pardon almost any social ill. It is also the cornerstone of capitalist thought and, by extension,

fight to give the poor (who would still remain poor) health insurance.

In America, we do not have to fight to ensure equality through provisions, standards of living, education, or anything else, because equality is axiomatically guaranteed by the declaration of independence. I can walk right by the illiterate, schizophrenic, homeless man with no guilt because, all in all, we are equals.

The last point is that the American Dream is much more diabolical than

plain authoritarian measures because it placates the disadvantaged. The public falls victim to its own desires; I believe, no matter how unlikely,

that I really could be the next Bill Gates. We could band together as a society and demand some higher level of real equality.

But instead, we see our escape as a personal one. I will make money and ensure my own security, rather than ask that security be considered an aspect of equality. We must as a society, decide to reject the American Dream: to decide that real progress is not measured by our most successful citizens, but by our least.



Photo courtesy of
wikimedia commons

President's Corner

LFC students and the E-mail Breakdown of 2011

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It was a calm Sunday morning. As I sat on the train on my way back from Midway station, I decided that it was time to jump back into reality after attempting to disconnect and enjoy a relaxing weekend with my best friend in Texas. I typed in the password for my phone and touched the beautiful blue Mail icon on the bottom of the screen. Instead of being greeted by my inbox, a small message appeared. “Connection to the server is unavailable.” ...WHAT?!

“Bring on the E-mail Breakdown of 2011. As it turns out, students survive because of their email accounts.”

Before the E-mail Breakdown of 2011 (yes, it has been given a name), many people were beginning to think that students were not utilizing their e-mail accounts on a regular basis. With facebook and twitter available for instant communication (and tech-savvy professors who use said social networking outlets), it appeared that e-mail was beginning to fall by the wayside. Sure, some students (like me) still check it religiously, but others simply let days pass without logging into their web-mail accounts. Or, so some thought...

Bring on the e-mail Breakdown of 2011. As it turns out, students survive because of their e-mail accounts. We need the sweet

satisfaction of being able to e-mail anyone within the Lake Forest network with one easy click. We depend on the reliability of the Outlook calendar to mark all meetings and classes. Mostly, we just need to know that it works and can serve as a filer for all of our Lake Forest College-related business. Foresters, as seen by the reaction to the breakdown, e-mail is alive and well.

By 3:30 on Monday afternoon, we had it back. Streams of emails came through, though some were lost. While that first hour of attempting to catch up on Sunday and Monday's e-mails was rough, I was still absolutely thankful to have

it back. Take that, “Connection to the server is unavailable” message.

I would like to thank Jim Cubit and the Library and Information Technology team for working throughout the night to fix the problem. I also want to thank my fellow students for proving that email is essential to our success. Have a wonderful weekend, Foresters!



Sports

Rugby team hopes to bring trophy back to campus

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The 2011 Men's Rugby Season is underway and has thus far been a success for the 2009 "Tournament of Champions" winners, who have posted a 3-0 record to this point with victories over The Chicago Griffins, UIC, and Loyola University. The team will get ready for this weekend's Chicago Area Rugby Formal Union (CARFU) Tournament, in which they still have the memory of a disappointing loss from last year's tournament against Iowa.

Much like many of the other teams on Campus, the Rugby team has benefited from the wide mixture of players it has ranging from freshmen to seniors, but all sharing an equal competitive desire towards success. The not so

distant memory of winning a championship two years ago in 2009 has many players, particularly juniors and seniors who were on the team in 2009, all the more motivated to bring a championship trophy back to its rightful home in Lake Forest.

The team is lead by its group of seniors: Karl Lathus, Steve Yena, Marty Labelle, Dan Steck, and Scott Coleman. Labelle is currently dealing with a shoulder injury, but is still in attendance for games and practices to offer his moral support.

The return of Kayrus Unwala this semester from the Indian National team has also been "a major boost" according to junior Ari Lifschutz.

Along with its range in

school year, certain individual players have stepped up and provided key roles for the team in their quest for another title.



Photo Credit of Lake Forest Men's Rugby Website
The team goes through their ritual pre-match pump-up.

Lifschutz cites Junior Justin Crawford as "one of the best leaders on the team this year with his play on the field." Sophomore Dillon Knoll has established himself as an effective player in the wing

position, and fellow sophomore players Aiden Price and Jake Rotkvich have been "bruisers out on the field" as stated by Lifschutz.

While the sport of Rugby is often known for its brutality, the Lake Forest team, as stated on their website, places an emphasis on the safety of the game while maintaining its competitive nature.

Last weekend's match was played in near freezing temperatures, with the rock hard tundra of the playing field serving as yet another

reminder that just because it is spring in Illinois, doesn't mean the weather is going to be pleasant. The fans in attendance, though small, were clear in their dedication to the team as made evident by their

vocal support and presence throughout the match.

Rugby, no matter what conditions it is played under, is a violent sport and will undoubtedly result in certain injuries. With the exception of a broken nose by Karl Lathus, a hurt shoulder by Marty Labelle, and a whole lot of bruises by the rest of the team who competes without any significant padding, there have yet to be any truly costly injuries, which the team hopes will remain the case for the rest of the year.

The Rugby team is one full of pride for both the sport they play and the name written on their uniforms, made evident by the tremendous success they have had in years past and hope to have once again this year.



Photo Courtesy of Lake Forest Men's Rugby Website
The Foresters go in for a score against UIC.



Photo Courtesy of Lake Forest Men's Rugby Website
The team 'drives' the ball during a match against Loyola.

UPCOMING EVENTS

4/2/11
Men's Tennis
Lake Forest at Grinnell 9:00 am
Lake Forest vs. Illinois College (at Illinois College) 12:30 pm

4/2/11
Softball
Lake Forest vs. Chicago 1:00 pm
Lake Forest vs. Chicago 3:00 pm

4/3/11
Softball
Lake Forest vs. Robert Morris Chicago 1:00pm
Lake Forest vs. Robert Morris Chicago 3:00pm

4/6/11
Men's Tennis
Lake Forest vs. Illinois Wesleyan 4:00pm