Inside:
• Exploring alcohol on campus
• Review extravaganza!
• Natya Dance performance
• Overview of Provost candidates
CPC considers major schedule changes for 2011-2012

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Recent minutes from meetings of the Curricular Policies Committee (CPC) reveal plans to initiate major changes to the current Lake Forest College academic schedule. CPC has a major role in the planning process for our enrollment growth initiatives, and they characterize that in three ways. From their minutes, they aim to make sure that the process helps or does not affect classes and advising, helps solve the specific curricular challenges involved with the process, and looks for ways academics can help move good growth forward. These responsibilities have all been taken on in addition to their usual responsibilities of answering questions and fielding new course requests and all kinds of change requests every week.

One of the three important changes CPC is investigating is the addition of several new core slots to our current schedule. The most pressing problem in scheduling is that there are not enough lab slots to accommodate all the students in the natural sciences. The committee’s minutes provided some valuable insight into plans under consideration for next year. The first was to allow departments to schedule courses during the previously reserved 4:00-7:00 p.m. time slot, but only when scheduling the lab portion of courses that have multiple lab sections.

For example, as long as there were other sections of the exact same lab offered during the regular, designated lab slots (G1 and H1), one or more lab sections of a course could begin before 7:00 p.m. This change would allow labs to begin before or more lab sections of a regular, designated lab offered during the next day. The final exam slot would be the Friday of exam week, 7:00 – 10:00 p.m.

For a little added perspective, under the current system, faculty members are required to perform a certain amount of service to the College in addition to their teaching and advising roles, although those with heavy advisee loads are sometimes permitted to not participate in aspects of the additional responsibilities. These additional responsibilities include chairing their respective departments, serving on or chairing governance committees, and (occasionally) helping out with co-curricular or extracurricular activities.

Because CPC’s responsibilities are so many and so wide-ranging, they freely welcome student input for important decisions made by the committee, as do other governance committees. Furthermore, the Shared Governance Policy in effect at Lake Forest College directs that students be involved in these kinds of major decisions. The Student Government Association, for example, has been fighting recently to get students involved in even more campus conversations than we were already (recent victories include the non-speaking presence of Student Government President David Drey at general faculty meetings and increased involvement on the Major Speakers and Honorands Committee).

Recent CPC minutes also include the following statement:

“As conflicts emerge overuse of campus spaces, classes must take priority over all other activities. In the event that there are clear pedagogical reasons that necessitate holding a class in a particular space (e.g., a need for specific equipment or facilities), and the course instructor makes those needs known in a timely manner, that class has priority over other curricular and co-curricular activities.”

This situation is one in which the opinion of Lake Forest College students is being requested. Student CPC members Minxu Zhang and Vanessa Flores have been voicing their concerns, but they have found it difficult to elicit opinions from others on this topic. If you have an opinion, please send it to your Student Senator or straight to Vanessa or Minxu. You can contact Brianna Lemond, Student Government Secretary, for your Senator’s contact information if you’re not sure who they are; Ms. Zhang and Ms. Flores’ e-mail addresses are available in the directory.

The members of the Curricular Policies Committee for the 2010-2011 academic year are:

- Professor Nancy Brekke (Chair)
- Professor Eli Robb
- Professor Rachel Whidden
- Dean Rob Flot
- Dean Janet McCracken
- Minxu Zhang ‘12
- Vanessa Flores ‘12

Natyas dancers perform for students during Super Bowl XLV

On February 6th, as students gathered in their dorm rooms and the Student Center to watch the Packers prevail over the Steelers in a game better received than its Halftime Show, approximately 120 students and members of the public crowded the Lily Reid Holt Memorial Chapel to observe performances by four dancers from Natya Dance Theatre (NDT), a company that specializes in a form of classical Indian dance known as Bharata Natyam.

According to the company’s website, “NDT’s contemporary interpretations of Bharata Natyam incorporate dynamic body movement, rhythmic footwork, hand gestures, and facial expressions to convey meaning and emotion that create rasa, aesthetic experiences that spiritually transform audiences worldwide.”

This event, organized by Professors Shubhik DebBurman, Catherine Benton (who courteously provided the photos), and Fatima Imani and conducted under the supervision of the company’s Artistic Director, Hema Rajagopalan, provided what some might say was a more cultured alternative to the most highly-rated sporting event of the year.

- Nelson Igunma, Co-News Editor
An overview of the Provost and Dean of the Faculty search process: one student's perspective

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An article on our three different candidates for the Krebs Provost and Dean of the Faculty position being left by Janet McCracken’s imminent return to teaching next fall could take two different directions. One would be a technical review of each candidate’s cover letter and curriculum vitae; the other would focus on opinions and first impressions gained from the opportunity the student body had to meet each candidate. I plan to take both paths, but not without starting by saying that attendance at the meetings was woefully low, which will be addressed at the end. This article should by no means have been your only way of knowing the candidates; please skim their cover letters and CVs (resumes for academics) on Moodle.

The first candidate to visit campus was Dr. Michael Orr, an Art History professor from Lawrence University (an ACM member). He’s a well-educated man with years of experience doing administrative tasks at Lawrence and had a recent yearlong residency at Macalester. He believes in liberal arts education and, in his cover letter, vowed to a well-educated man with 4 years of experience doing administrative tasks at St. Olaf College (also an ACM member). Dr. Richey’s letter conveys strong enthusiasm for the liberal arts model and his experience in leadership positions within the higher education structure at St. Olaf. He is currently the chair of his department there as well as the Director of their natural sciences division, in addition to teaching, advising, and scholarly work. One important aspect of his philosophy is helping normally underprivileged groups to have access to college and especially the natural sciences once in college. He also lists student-faculty research as a high value topic for himself, and led a group that created a program at St. Olaf called the Undergraduate Research and Inquiry in which faculty and undergraduate students work together on research across disciplines.

His student forum (which was the best-attended of the three) was full of great give and take between him and the students. He seemed to be a person who did really well working with students and he answered all questions as fully as he could. My only question upon the conclusion of the session was whether he might not be enough of a commandeerling person to take over a bigger position such as Provost.

The next candidate we met was Dr. Matthew Richhey, Professor of Mathematics at St. Olaf College (also an ACM member). Dr. Richey’s letter conveys strong enthusiasm for the liberal arts model and his experience in leadership positions within the higher education structure at St. Olaf. He is currently the chair of his department there as well as the Director of their natural sciences division, in addition to teaching, advising, and scholarly work. One important aspect of his philosophy is helping normally underprivileged groups to have access to college and especially the natural sciences once in college. He also lists student-faculty research as a high value topic for himself, and led a group that created a program at St. Olaf called the Undergraduate Research and Inquiry in which faculty and undergraduate students work together on research across disciplines.

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The last candidate we met was Dr. Bridget Gourley, who is currently a chemist at DePauw University in Greencastle, Indiana. My first impression (written before the hire was made, but I can say now that Dr. Orr is a great choice, and he is one who will do a great job with the administrative portions of being a Provost and Dean of the Faculty. He was the most experienced candidate by far and is on his way to probably being a college president someday soon. My choice was Dr. Gourley, who was without a doubt the candidate most enthusiastic and prepared for the interview and was also the clear student advocate of the group. I do however fully understand and support the choice of Dr. Orr.

We (and I) complained in the past that “the administration” (read: the MAN) doesn’t always listen to what we, the students, have to say. This judgment has seemed especially true for larger decisions. However, we only add fuel to the fire of those who devalue our opinions when we fail to attend something like a student interview session during the hiring process of someone who will have a major role in our academic lives for years. Even seniors, who probably found it easiest to avoid the sessions, will be affected by this person’s work because the value of your degree will forever depend initially on the the current value of a Lake Forest College education. Imagine going to a job interview right now totaling a Barat College graduation date on your resume. “But it was a great school at the time!” Yeah, but it has to be rough to explain to people that your alma mater no longer exists. I don’t mean to suggest that the wrong person in the Dean of the Faculty position would run Lake Forest into the ground within 4 years, but I am saying that the quality of your degree could go up or down substantially within the time in which you’re still searching for a career.

In the end, President Schutt went with Dr. Orr. This article was originally written before the hire was made, but I can say now that Dr. Orr is a great choice, and he is one who will do a great job with the administrative portions of being a Provost and Dean of the Faculty. He was the most experienced candidate by far and is on his way to probably being a college president someday soon. My choice was Dr. Gourley, who was without a doubt the candidate most enthusiastic and prepared for the interview and was also the clear student advocate of the group. I do however fully understand and support the choice of Dr. Orr.

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Results of CORE Assessment indicate major changes in alcohol use from 2004 to 2010

In an interview with Dean Robert Flot, he reported, “In the most recent CORE Assessment (2010) there were over 71,000 students who took the assessment nationwide. Lake Forest College students showed significant improvement in their use of alcohol and other drugs in the most recent assessment, while the national average did not show much of a difference. In 2010 the average amount of drinks consumed by a Lake Forest College students per week was 4.4 drinks. The national average was 6.1 drinks consumed per student per week; this put Lake Forest College students’ 2.5 drinks above average. When it came to binge drinking, the results were just as alarming, if not more so: 67.6% of students surveyed at Lake Forest College reported having participated in the past week. (Note: the survey defines “binge drinking” as five or more drinks in an evening).

“However it is clear that alcohol and drugs are still a problem at Lake Forest College, as they are at virtually every college and university nationwide. However, the 2010 CORE survey results seem to suggest that alcohol and drug use is no more a problem at Lake Forest College than at any other college or university,” Flot continued. “Although we’ve made improvements since 2004, we need to keep improving,” he added. “The survey results are very good news; they mean that Lake Forest College students are becoming healthier. In circumstances where unhealthy or risky alcohol or drugs are used, I’d like students to strive to make better choices,” Flot said. One more thing that Flot would like to make clear is this: “I am not all interested in having a dry campus. I am a proponent of healthy, safe and legal uses of alcohol. - Dean Flot”
The recent heat wave of above freezing temperatures reminded me that spring break is closing in fast. With bikini season in sight, many students are feeling the pressure of getting that bronzed beach body before heading off on vacation. Don’t despair, it’s not too late to get that spring break body you’ve always dreamed of, but you'll need to start soon!

Before getting started, set a goal date - 3 weeks - a lot can happen in 3 weeks and soon we won’t be able to hide behind our winter clothes. Don’t worry about a long-term goal (after spring break you can start to worry about summer), just focus on the first day of spring break and the first day at the beach. Beaches mean swimsuits and so we need a quick fix to target the most common problem areas: butt, thighs, abs and arms. Mike Gilboe, LFC’s own athletic trainer has helped come up with the best workouts to help out these problem areas and to see the best results. Here are some suggested exercises that will help get you in shape and lose those extra pounds.

Butt/thighs:
• Squats – start with your own body weight and then move on to extra weights.
• Lunges with dumbbells (see photo)
• Wall sits – place a ball between your back and the wall. (see photo)
• Running – great cardio workout

Abs/tummy:
• Bicycle
• Plank - Elbows and toes (see photo)
• Crunches – Use a ball (see photo)

Arms:
• Bicep curls
• Triceps extensions

Some helpful tips:
• Create a calendar (4 weeks) and check off the days as you go.
• Keep a journal – keep track of what you are eating, time spent at the gym, what exercises you did, etc. This will also keep you organized.
• Get some rest – your body needs time to recover and build up muscle.
• “Eat right with colors” – Stick to colorful fruits and leafy green vegetables
• Less is more when it comes to alcohol – put down the beer and get to work on those sit-ups.
• Have a before/after photo to see your results
• Be willing to put in the work if you want to see results.

Now that you have the tools, you need to put them to work with the right exercise plan:

Eating healthy is never easy, especially with the occasional chocolate fountain in the cafeteria, but we always need to start with a reformed diet. Don’t believe that less is more but focus on quality over quantity. In order to see any results, you need to make sure you are providing your body with the right energy and nutrition that it needs. During the day, try to go for more fruits and vegetables for snacks and try to avoid the fats and sugars. Try and keep track of what you are eating throughout the day. Don’t become compulsive with counting calories but try to keep a general (and accurate) idea of where you are at. “Calories in should be less than calories out” –Gilboe says.

Now that we’ve discussed meals, we need to create a schedule for the gym:

The more you go to the gym, the more results you’ll get. You should go at least 4 times a week, and 7 would be ideal. Start out each workout with 5-10 minutes of stretching to avoid injury and to loosen up your muscles. Begin your workout with 20 minutes of cardio (running, elliptical, swimming, etc ) and 10 minutes of abs. Then try to rotate the days between arm and leg/butt workouts and try to spend an additional 20 minutes on those.

The most important thing to remember is that getting in shape will not only boost your metabolism but it will also boost your confidence.
Survival movie poses tough questions for audience

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Survival movies captivate the moviegoer in ways that no other genre can. At one moment, life can’t get any worse than our over-salted popcorn, and in the next moment we’re empathizing with the fact that Tom Hanks will spend years talking to the walls of the morgue. But a great survival film tells us as much about ourselves as it does the human spirit.

Yet not all such films are created equal. The all too familiar ‘man versus beast’ movies are often reduced to God-awful clichés and supposedly epic conflicts, while ‘man versus nature’ stories rely on dazzling special effects to distract us from the plot. But the story that we’re really seeking is ‘man versus self’ and a struggle that all of us can relate to.

Based faithfully on a true story, 127 Hours is no exception. Weaving a harrowing, graphic tale of survival interspersed with narrative and flashbacks, the film depicts the five-day long ordeal of Aron Ralston, a young outdoor enthusiast whose passion for exploration leaves him literally trapped between a rock and a hard place.

Realizing his chances of survival are dwindling with each passing day, Ralston prolongs the inevitable by diligently rationing his supplies, hoping to survive until a rescue party arrives. However, as he’s left trapped between the rocks, he’s forced to consume his own urine and, in a hallucinogenic trance, he stabs his trapped arm and laps up the coagulated blood. Sliced into the raw survival footage are Ralston’s recollections, often told candidly to a video camera that he hopes his parents will see after his passing. Some memories are milestones, such as a memorable romantic encounter, while others are upsetting, such as being left by his girlfriend. Yet none are random, as each gives us added insight into how Ralston became entombed in a canyon, and what gives him the strength to survive.

After days of being in the canyon, Ralston’s hallucinations become vivid and interactive. Choosing action over certain death, he snaps both bones in his forearm, and proceeds to lacerate the flesh and sinew to free himself. The most memorable moment comes when Ralston, fishing around inside the wound, pulls up a bloodied yellow strand of nerve fiber. Begging himself not to pass out, he yanks up under the nerve with his dull knife to meet some resistance, until finally a small snap sends him into a catatonic stupor with half of his arm still to go.

Finally free, Ralston descends a small ledge and walks through the wilderness to meet up with other hikers. From there he returns to civilization as an amputee “armed” with a new perspective on life.

What’s appealing about 127 Hours is its ability to make do without survival film generics. There’s no lengthy contemplation of suicide. There’s no sappy closing scene of Ralston walking up to his ex’s door on a rainy night trying to rekindle lost love. No mention of an impossible readjustment into his old life. 127 Hours puts an ordinary person in incredible circumstances, and forces the viewer to ask and answer the question, “What would I do”.

Rating: 8/10
JOHNNY FLYNN REJUVENATES FOLK MUSIC WITH LATEST THOUGHT-PROVOKING ALBUM

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Contemporary British folk music has been garnering the public’s attention as of late, and thanks to this surge, Johnny Flynn, a musician/actor/poet who has been closely associated with the Mumford and Sons crowd is starting to get some recognition. Flynn, who released his second full-length album, *Been Listening*, in September of 2010, has been noted for his compelling lyrics and his quirky approach to traditional British folk music. Yet, if I had reviewed this album a month earlier, I probably wouldn’t have given it the rating that it deserves.

I enjoyed Flynn’s debut album, *A Larum*, immensely, but I was only mildly interested in *Been Listening* after the first few listens. There was nothing that immediately piqued my interest, the way that soulful resonance that makes Flynn seem much wiser than his 27 years. Not many young musicians today have the awareness or even the ability to sing “to the passing and temporal / the eons gone by” with conviction, but Flynn carries it off perfectly.

And according to the liner notes, Flynn essentially operates as a one-man band playing the mandolin, the trumpet, the guitar, the violin, the banjo, the fiddle, the manjo, the piano, the organ, the ukulele, and the “jingle bloody jingle” (whatever the hell that is). His back-up band, the Sussex Wit, performs with him on the album, but it’s Flynn’s instrumental prowess that takes precedence.

What makes *Been Listening* so intriguing is the way that it gently plucks at the listeners’ curiosity while gradually accumulating meaning the more times it’s played. “Kentucky Pill,” for example, features harmonious vocals over a melody reminiscent of old maritime tunes, and both music and lyrics combine to create a soaring chorus that sings of “the fighter’s refrain.”

As is the case with *A Larum*, many of the songs on *Been Listening* have a narrative on *Been Listening* is probably “Barnacled Warship,” which tells the story of a naïve soldier: “Think I’ll fight a war, I don’t know what for / But I’ll learn when I get my gun.” The music creates an active and staccato soundscape behind Flynn’s lyrics, using a violin, a cello, and an organ to craft a melody reminiscent of old maritime tunes, and both music and lyrics combine to create a soaring chorus that sings of “the fighter’s refrain.”

The stand-out track, however, is “The Water,” a duet with fellow folk singer, Laura Marling. The exotic instruments have been stripped away, leaving nothing but a couple guitars, a mandolin, and the most beautifully sung lyrics on the album. The melody is the simplest on the album, reminiscent (once again) of the British folk tradition that Flynn so deeply admires.

Not all of the tracks on *Been Listening* have evolved into gems; the chorus of the title track follows an aimless melody (although the ringing electric guitar interludes add a soulful touch) and “Amazon Love” never develops into anything other than a tuneless, plodding number. These songs, however, are the exception and overall Flynn has established himself as a skilled musician worthy of more recognition and acclaim than he’s received.

For those unfamiliar with Flynn’s work, I would recommend *A Larum* first, as its songs are more immediately engaging. However, *Been Listening* is not exclusively for the musical connoisseurs who like to savor their music; it’s also for those looking for an intellectual exercise in their music. *Been Listening* is an extremely quirky and well-made album, more than worthy of the listener who will give it its full attention.

Rating: 9/10
The Grammys’ need for talent

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Surprisingly, the Grammys did not completely disappoint me. An interesting artist (Arcade Fire) won “Album of the Year,” Lady Antebellum did not sweep the categories, and Justin Bieber went home empty handed. The Grammy website proclaims a Grammy is awarded to “honor excellence in the recording arts and sciences. It is truly a peer honor, awarded... for artistic or technical achievement, not sales or chart positions.” If this is true, what was Katy Perry doing on the list of “Album of the Year” nominees?

Now, just because an artist is popular does not mean it has nothing to offer. And I don’t have a problem listening to fluffy music, like Ke$ha or the Black Eyed Peas. But nominating Perry and Teenage Dream for “Album of the Year” is like nominating Twilight for “Best Picture” at the Oscars.

Thankfully, Perry did not win. But let’s take a look at some of the performances Sunday night to illustrate how the Grammys, and music, has begun their slow spiral down the toilet. Lady Gaga’s performance of her new single, “Born This Way,” was only moderately catchy, and her routine was stale, with her semi-kooky costume, been-there-done-that grand entrance, and enormous number of backup dancers.

Perry didn’t offer anything special either. She sat on a mechanical swing while clips from her wedding video flashed on a screen, making me wonder if she was performing a publicity stunt. Her second song followed in the footsteps of Lady Gaga, with fancy stage decorations, another troupe of backup dancers, and avg.

Justin Bieber proved that he was nothing more than a baby-faced boy. Granted, the kid can dance. But the last time I checked, I was watching the Grammys, not America’s Got Talent. Usher may be Bieber’s mentor, but all that tells me is that Usher can recognize marketability—not talent.

Am I being too harsh? Perhaps. There were a few decent performances. B.O.B., Bruno Mars, and Janelle Monae demonstrated a good blend of pop sensibility with strong vocals, and Cee-Lo’s performance with Gwyneth Paltrow and the Muppets was pure fun. Also, judging by the number of Tweets following the show, Mumford and Sons gained a new crowd of admirers.

But did artists like Perry and Lady Antebellum deserve to be nominated for “Album of the Year”? If Katy Perry had won “Pop Album of the Year,” I probably wouldn’t have been upset, although if I hear “California Girls” one more time I’m chugging my radio out the window. Lady Antebellum did indeed create a solid country album, and consequently, they took home the award for “Country Album of the Year” with Need You Now. But it solid enough to warrant recognition for “Album of the Year”?

I will admit that I have never listened to Need You Now, so maybe my opinion is unjustified. But from what I know of Lady Antebellum, they perform country music that can cross to the pop charts. Fantastic. So have a lot of other country artists. Give Lady Antebellum a CMA, but save the top spots for someone else.

I had hope a couple years ago when Robert Plant and Alison Krauss won “Album of the Year” for Raising Sand in 2009, which combined the soul of the blues with the melancholy of bluegrass. It was a beautiful album that focused its attention on the music. But then, the Grammys gave the same award to Taylor Swift in 2010. Were the nominees really that weak in 2010, or did Taylor Swift suddenly start performing up to the caliber of Robert Plant?

Thank goodness, at least, that Arcade Fire won the award this year. I don’t know much of their music. But at least they’re different. The same can be said for Esperanza Spalding, who won “Best New Artist.” I was ticked that she beat Mumford and Sons. But thank God the award went to someone unusual, and not Justin Bieber.

The simplest performance this year were the ones that caught my attention the most. I thoroughly enjoyed watching Mick Jagger strut around the stage, and even though Bob Dylan sounded like he was gargling, I loved watching him sing with Mumford and Sons and the Avett Brothers. Why? Because no one on stage hid behind a flashy pyrotechnics show. Maybe Perry and Bieber missed the memo, but music should be about just that – the music.

It’s hard to tell which is to blame more – the music industry for providing us with crappy music, or the Grammys for celebrating it. My musical tastes (which tend to follow classic rock) have obviously biased me… But come on, Katy Perry may have her place in the music business, but how much more musical sweetness can we take before we make ourselves sick? Let the platinum records determine who’s popular, and let the Grammys take care of the rest.

Is philosophy totally dead?

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Nearly once a week, someone asks me what exactly I do in my philosophy courses. He usually sits across from me at a meal and wonders if I’m locating my personal philosophies and beliefs. He also thinks that philosophers are talking about existence and meaning until they’re blue in the face. At every holiday event, a relative asks me if I’m going into law school after I “finish studying philosophy.” He typically calls me Mr. Philosopher. He also thinks that philosophers only go into law or teaching.

When people ask me about my post-undergraduate plans as a philosophy major, I mock the suggestion. I tell them that I’m looking to make a lot of money someday, so I’m going to try to be a philosophy professor. They have the proclivity to giggle and then ask me what I’m really going to do.

Never before in my life has it been so apparent that something I love – philosophy – is not taken seriously. The conversations with friends and family, the funding cuts in philosophy graduate programs, and the negative media attention show I’m not a part of the most alluring field of study.

But this derision is not due to the science. Philosophy’s most alluring field of study is surely doing something. In this image, philosophy has a goal – to ask questions about stuff – and philosophers know what their goals are. Philosophy, however, is difficult to pin down. To ascribe this image to philosophy is to assume knowledge of the discipline that no one has. Philosophy doesn’t have a point. And if it does have one, no one really knows about it or cares much for it.

Philosophy’s tenacity to its epistemological roots is resilient (philos meaning loving and sophia meaning wisdom). The discipline thrives as the love of wisdom. It does not intend to answer a problem or set goals of knowledge or de-sign a belief or a theory. The goal is the act: loving wisdom. Philosophy is about working on problems, without philosophically getting anywhere. Of course, a lot comes out of philosophy – e.g. literary theory, psychology, or the scientific method. But philosophy remains pretty stagnant in continuing to fuss over the same issues for thousands of years. There does seem to be some goals in philosophy. Some philosophers purport a purpose; that is, some wisdom-lovers define art or law, or determine how ethics work pragmatically.

This brings me to the second argument against Hawking: Unlike science, philosophy is fragmented. I have no idea what some philosophers do, why they do it, or why the approach is the way it is. In philosophy, everything is game. Science has rules and regulations. It has order and contingency – everything philosophy lacks. Just when I think I’ve figured philosophy out, I suddenly feel I’ve been taken back to Pythagoras’ coterie for reinforcement.

What I mean by this second point is that Hawking probably does not want to subsume philosophy under science. Philosophy, love, and thinking – sometimes wildly – will inhibit science’s rapid, conform progress. Noting that, then, philosophy has no goal and is not one universal vector of thinking, I contend that Hawking’s claim is ridiculous because he falsely assumes that he understands what philosophy does.

Honestly, it’s fine that scientists ask more interesting questions – I hope they do! But to say science assumes the complete role of philosophy is ridiculous. Philosophy is not dead, and this monster will not kill its creator.
Speaking for LFC and its future impact

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I’ve developed two principles upon which to base the remainder of my Lake Forest College Student Government and general student behavior career. The first of these principles is that we must continue to fight to get students involved in EVERY campus conversation that affects us because we are the only people who know what it’s like to be LFC students, here and now.

The second is that we need to fight right now for the rights and privileges of the future LFC students who aren’t even in high school yet.

It’s our responsibility to fight for the rights and privileges of future LFC students who aren’t even in high school yet.

President’s Corner

RELYING ON EACH OTHER LIKE WE DO OUR LAPTOPS

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On Sunday evening, I lived out every college student’s technology nightmare—I killed my computer. A self-described “technology moron,” I had been attempting to reset my password and I ended up installing new (and old) software onto my computer. On Monday morning, I awoke to a computer that would not turn on and to a hard-drive that I was sure I had wiped.

Enter Jared—my savior! I walked into the Apple Store at the Old Orchard Mall for my Genius Bar appointment, and I met just that—a genius. Jared calmly walked me through the downfall of my precious MacBook. He explained everything in a tone that masked any “you’re a complete idiot” feelings that he may have been harboring. He patiently explained how to “back up” my computer (now you all know just how far behind the times I really am) and he brought my computer back to life.

It amazes me how much we rely on technology. For those sixteen hours that I went without a functioning computer, I acted as if my world was going to fall apart.

While I don’t consider myself to be a drama queen, a small cut turned into a life-altering gash, a missed question on an exam turned into instant failure, and my very purpose in life was put into question.

With my computer’s function regained, however, I act as if everything will be okay. I may not know how to use every function on my computer, but I certainly know that it holds a considerable amount of power.

As I sit here and type this on my restored computer, I have to wonder what might happen on this campus if we relied on each other as much as we do on the technological devices that seem to hold our lives together.

The collective voice of students is incredibly powerful, especially on this campus. However, if we want that power, we have to use our voices. If you see something that you hate to see take place and you speak out.

Student Government is now hosting “Out of Office Hours” that will be taking place outside of the Caf at lunch and dinner on select days. Feel free to stop by the table and write down (or talk about) a complaint, concern, or comment that you may have.

If you just want to stop by and chat, I will be holding office hours on Friday from 2:00 p.m. until 4:00 p.m. in the Student Government Office (and yes, my precious computer will be there too).
Isaac: You obviously are addicted to the game. I remember when Snake came out on the Nokia cell phones back in the old days. I never wanted to put the phone down; the idea of having the snake become so large was pretty cool. My advice is it’s kind of tricky, but don’t charge your phone so you can only use it to make calls or for emergencies, so that you can discipline yourself into not playing the game. Or, just get over it by doing something else—anything else.

Eileen: Why back off something that stimulates such moral and intellectual growth? I mean, who needs to waste time in other capacities such as interacting with other humans, keeping up with obligations, and let’s not forget homework? Put the game down for two days and I promise you will not want to go back to it.

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

Isaac: This is a tough one. I have a yorkie back at home, and it is the “CUT-EST” dog. So my advice is get a stuffed animal of it, as a temporary solution. If that doesn’t work, try to keep yourself busy; don’t think about it: You’re independent now.

Eileen: In a lot of families, pets become members of the family, so I understand your dilemma. There’s always that something missing when they’re away. Put pictures of your pets up around your room; spend as much quality time as you can with them while you are at home; and I’m not sure if you know this, but as of this year students are allowed to have fish as pets in the dorms.

Next week is my significant other’s birthday. We’ve been dating for almost a year now, and I want to get her something that will really surprise her. I’ve already promised it’s nothing tacky or cliche. Where do I go from here? ‘Scratchin’ my head, sweetie’

Isaac: 20 years old… been together for about a year… Get her a collage or digital picture frame that shows all the pictures you guys had together the whole year.

Eileen: It sounds to me like she already seems to think you’ve gotten it for her since you already promised that it isn’t anything tacky or cliche. Handmade options are always appreciated; it shows you were willing to put in the time and effort to give something special. Plan out a special date, something totally new and exciting, yet romantic. And a little jewelry never hurts anybody.

Mme. Helvetica Hatbroth’s Weekly Horoscopes

Aries (March 21 – April 19): Welcome to the best week of your life. 1) A personal triumph which has been dashed away by all the gleaming loneliness that burst forth from my crystal ball. I predict an easy week, fueled by combinations of the sun and moon that has long come and gone. Yes, it still has an effect. You will also find your favorite dish in the cold. This week, whether it be the Big Forester or the Popcorn Chicken plow. 2) The week off with some physically and emotionally spontaneous Friday night plans, whether with friends or a lover. Perhaps you may indulge in an epic.

Taurus (April 20 – May 20): I’m happy to see you took my advice from last time, Taurus. Hope you’re enjoying the good life that comes with having your priorities back in order. Reward yourself by going out for a stroll and picking up a treat at Jewel, all the while enjoying the recent lovely weather.

Gemini (May 21 – June 20): I have a premonition that this week you will find yourself faced with a monster-sized amount of homework – all assigned on Friday, of course. Start it after class on Friday, otherwise you will regret not doing so, and come Monday will find that all the assignments due dates have been pushed up. But here’s an option: Friday, however, is the deadline for the admissions essay; get that pushed back, leaving open a weekend with the possibility of steamy romance. I’m just as confused as you are.

Cancer (June 21 – July 22): No room for you this week, Cancer. Sorry. Best of luck.

Leo (July 23 – August 22): Your Law, Venus! I saw you shakin’ yo groove thing on the Student Center floor last weekend, and I hope you’re ready to do the same this weekend, as well. I predict in your future the following situations: 1) A homecoming theme weekend (Sorry, Gemini). 2) A potential reunion with Public Safety. 3) A new phone app that begins to take over your life, starting Monday.

Virgo (August 23 – September 22): This week, Virgo, I recommend that you go out and buy yourself some tea, then head over to the local tea reader. I, for reasons I do not care to discuss at the moment, am unable to make a crystal ball prediction for this week. A polar reader, however, seems like the place where you should go for an accurate reading.

Libra (September 23 – October 22): Your symbol will really come into play this week, Libra. You’ll find yourself emerged quite simultaneously into a debate with friends, and will have to make your move – all assignments due days, included in it for the first time. Perhaps you may indulge in a travel adventure this week. Perhaps this indicates you will perform some heroic act this week, one that will benefit man and mankind alike. Good for you.

Sagittarius (November 22 – December 21): For some reason, all that goes into the crystal ball when I look for you, Sagittarius, is a picture of Lucius. Perhaps this indicates you will perform some heroic act this week, one that will benefit man and mankind alike. Good for you.

Capricorn (December 22 – January 19): I’m getting rather sleepy, Capricorns, which is making it awkwardly difficult for me to try and predict your future. I suppose I could say that you will find this upcoming week one of happiness and success. That’s right, success. Enjoy the pushing ups you’ll choose to stay on Wednesday.

Aquarius (January 20 – February 18): Is it cruel for a water sign to add it? Tell you what, Aquarians: Madame Violetbroth says no, but her old pal, Madame Yickenese, still observes this old rule and avoids seafood at all cost. It is up to you to solve this dilemma that has plagued the world for centuries in the next week.

Pisces (February 19 – March 20): Don’t tell Aquarius that I ESd their horoscope, okay Pisces? I only tell your friends and acquaintances what I have figured it out on my own, anyway. Be sure to take full advantage of your crystal ball, while you can. Potentially acting as a great world peace. Others can just hit up your Netflix account and use your newfound divinuance to guess the endings of all movies and TV shows you watch...

* Madame Helvetica Hatbroth, 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.
Intramural Sports Update

Basketball

Updates at press time, Tuesday night:
Team PBS defeats Team LFCH 61-43
Team Flight Skool defeats Team Butts 78-57
Team Shaka defeats Team Handball 94-62
Team Sobey defeats Team Miller 90-76

Other updates and leading scorers:
Team Flight Skool defeats Team Frederick 77-27
Mercy Rule. Final to their game: 112-47 Leading Scorer: Molly R. McCloskey 38 points
Team Sobey defeats Team Butts 80-53. Leading Scorer: Alex Kalinowski 23 points
Team Miller defeats Team The Unknown’s 65-54
Leading Scorer: Paul Miller 20 points
Team Shaka defeats Team PBS 57-48 Leading Scorer: Kaneja Muganda 23 points
Team Handball defeats Team Skeez 63-50 Leading Scorer: Victor Perez 18 points

Overall season updates:

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<th>Team</th>
<th>Wins</th>
<th>Losses</th>
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Volleyball

The results are as follows:

In first place with a record of 5-0 is team Cepeda
In second place with a record of 4-1 is team Bresemen
In second place with a record of 4-1 is team FS United
In third place with a record of 1-4 is team Golovich-Keie

Men’s Tennis visits Wisconsin’s bouncy indoor courts

Left: Seniors Chris Paterakos (foreground) and Jon Flaksman await a serve. Right: Sophomore John Adams, Junior Elliot Muth and Coach Jason Box have a brief meeting on the court.

Photos courtesy of Nick Cantor.
Men’s Tennis begins the year in “Packer Country”

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The Lake Forest College Men’s Tennis team’s season got underway last weekend with road matches on Friday and Saturday in Whitewater (WI) and Appleton (WI).

The team opened their season against the nationally ranked Wisconsin Whitewater Warhawks, one of the toughest teams they are likely to face all season. With the match being played indoors due to the wintry weather, the fast-paced, rubbery surface of the multi-purpose courts made it all the more difficult for the Foresters to settle in comfortably.

When all was said and done, Lake Forest found themselves on the losing end of an 8-1 score with sophomore John Adams representing the team’s lone point at #3 Singles, but left the match feeling motivated more so than discouraged. Head Coach Jason Box, in his first year with the program, had wanted the team to face a difficult opponent from the start of the season to get a sense of the level they will need to play at in order to reach their ultimate goal of winning the Midwest Conference and taking down longtime rival Grinnell College.

With the season less than 24 hours old, and the loss to Wisconsin Whitewater already in the rearview mirror, the Foresters found themselves confident bunch on Saturday afternoon.

“We’re going to win today,” senior Co-Captain Chris Paterakos said shortly before the start of the match, referring at the time to his doubles match win teammate Kevin Lasky, but he may have well said it for the entire team. Granted, Lawrence University is not the toughest match of the season for the Foresters, but it is a Conference one no less.

The determination and focus of the six players in the starting lineup in addition to motivational coaching and support from teammates, left the Foresters heading back home 8-1 victors this time around. Freshman Ryan Kreis won his first collegiate match of his career at #1 singles in a decisive 6-3, 6-3 manner. He and doubles partner Jon Flaksman also prevailed in a match at # 4,5,6 singles, each earning their first singles victories of the season.

With over two and a half months remaining in the 2011 Men’s Tennis season, and a trip to Texas not far off in the future, a lot remains to be seen about this year’s squad. Injuries have plagued this team even before they set foot on the tennis court for their first match against Wisconsin-Whitewater.

No doubt the return of certain key players to the lineup somewhere down the road will change the overall chemistry and makeup of the team, but last weekend’s matches help give them a good sense of where they are and what they need to work on. Most of the teams the Foresters will face over the course of the next two and a half months will most likely fall somewhere in between the talent level of Wisconsin-Whitewater and Lawrence University, but some will be tougher and some less so. With practices six days a week this year accompanied by thirty minute workout sessions prior to them, there is no doubt this year’s tennis team will be one of the most physically fit ones in a long time.

The question remains as to whether or not the team will embrace Coach Box’s “Love the Journey” message and allow it to take them to new levels.