Lake Forest College hosts second annual Consulate Conference on International Trade

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On Wednesday November 10th, Lake Forest College hosted their second annual Consulate Conference on International Trade. Consular representatives Lila Georgieva of Bulgaria, Valentina Tomov of South Africa, Asad Hayauddin of Pakistan; Bridget Lee of Hong Kong, China; and Gabriel Dutu of Romania were among the special guests.

Over 50 Lake Forest students gathered together for the event. The conference began at 4:00 pm, and lasted until 6:00 pm. The event was an extremely useful event to international relations, economics, and business.

The students were given the opportunity to interact with the visitors and ask them questions before listening to the keynote speaker. There were 45 minutes allotted for the small groups, 20 minutes per session with a five-minute break in between.

Each small group had approximately eight to ten students per consulate representative and the students were able to ask the representatives questions about trading with their countries among other things.

In fact, many of the discussions had very little to do with trade and more to do with other forms of business in their countries. Bridget Lee, the consular representative from Hong Kong, provided information about opening a business in China while Lila Georgieva, the consular representative from Bulgaria, talked about the benefits of investing in Bulgaria.

The Keynote speaker was Maria Velez de Berliner president of the Latin Intelligence Corporation and a member of the Lake Forest Class of ’87. The topic she discussed was “Countries, Companies, and Consumers: International Trade Challenges and Opportunities.”

The panel discussions were centered around questions from the audience. The questions asked were very good ways to get the consulate representatives to interact with each other through discussions. Professor Dlabay, who organized the conference, extends his thanks to the conference sponsors: the International Relations program, the Mojekwu Fund, the Center for Chicago Programs, the Department of Economics and Business; and the Latin American Studies and Asian Studies programs as well as his Student Consulate Conference Committee: Deepika Ramachandran, Kjerstin Besser, Farida Gadzhimirzaeva, Safina Lavji, Daysi Vargas Gonzalez, and Pratibha Shrestha.

Deal or No Deal comes to campus

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Last Tuesday, the Business Club hosted its first annual “Deal or No Deal” event, co-sponsored by the American Marketing Association. The Business Club attempted to keep the stylistic basics of the game show, but with a Lake Forest spin. The bankers, business professors Kent Grote and Darlene Jaffke, sat illuminated by red lights in the Skybox.

The models holding the briefcases were representatives from various clubs, including Tri-Delta, College Republicans, Women’s Hockey, and Poms.

The contestants were chosen by entering their names into a raffle, the money from which went to support Oxfam International. The Business Club had prepared some fabulous prizes including: $100 in cash, Starbucks gift packages, free manicures, tans, and haircuts, and various gift certificates.

Shasha Liu participated both as United Asia’s model representative and a contestant. Liu stuck to “No Deal” until the end, finally winning a Vera Bradely bag worth $60.

“I enjoyed it very much. I took the risk to play the game and keep it going, and I got what I wanted!” said Liu.

Business Club hopes that this event will bring attention to the club. “I think that with this event Business Club has really gotten its name out there. We were struggling last year to find membership, but the club is growing already,” said Sarah Spoto, Co-President of the club.

“Deal or No Deal” was a success, raising over $200 for Oxfam International. “Next year,” said Vice President Jenna Moorhead, “It’s going to be even better!”

(DISCLOSURE: Angela Spoto is the Co-President of the Business Club.)
Brain Awareness Week brings learning and fun together

Presentations for Brain Awareness Week line the halls of Johnson Science Center.

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Only students living under a rock in the last week would have missed Brain Awareness Week. The activities associated with this annual event seemed to take over the campus; from keynote speakers in Meyer Auditorium, to presenters standing outside the cafeteria, they were everywhere.

The week began with a keynote address by Dr. Ellen Harbener, an Assistant Professor of Psychiatry from the University of Illinois-Chicago. Harbener spoke to an audience of about thirty students and staff on the “Negative Symptoms and Functional Deficits in Schizophrenia.” Robert Henderson, an Evolutionary Biology major, said he really appreciated the way she outlined the works of scientists from many disciplines that are coming together to collaboratively study schizophrenia.

Harbener’s multi-disciplinary approach to her work well frames the interdisciplinary nature of Brain Awareness Week, which was a collaboration between the First Year Studies Program, Biology Department, Neuroscience Department, the Psychology Department, and SYNAPSE. In addition to those mentioned, unexpected groups sponsored many of the programs, truly making this a campus-wide effort. Beta Beta Beta, Psi Chi, E-team, and the Mohr Student Center Committee were just a few of these unexpected groups. The panels also reflected diverse backgrounds. Thursday and Friday night’s panels featured faculty from the Chemistry, Philosophy, Modern Languages & Literature, Psychology, Biology, Neuroscience, and Art departments.

Dr. Jim Wand, a renowned hypnosit, rounded out the week of diverse activities with his program titled, “Mind Mysteries of Jim Wand,” where he placed a small group of volunteers into a hypnotic state. Garrett Pluhar-Schaeffer, one of the volunteers, said, “Being hypnotized was like nothing I had ever experienced before. It felt like any inhibition I had just disappeared and I could do anything.”

Dr. Jeffrey Kordower of Rush Medical College gave the second keynote address. His lecture was titled, “Cell and Gene Therapy for Parkinson’s Disease.”

Professor Cynthia Hahn, Chair of Modern Languages & Literature, was featured in the panels that took place on Thursday and Friday. The panel on Thursday was titled “Brain, Mind, and Behavior.” It featured six faculty members sharing their own personal experiences and scholarship related to neuroscience and the need for interdisciplinary study. Hahn said, “I was pleased to have been asked to speak about my experience in caring for my parents with Alzheimer’s, to describe the disease, and read from my new book of poetry, ‘Outside-In-Sideout’ (finishing linepress.com) which gives voice to the caregiver’s experience.”

To demonstrate the prevalence of Alzheimer’s in our society, she asked the audience to raise their hand if they or someone they knew had Alzheimer’s disease or were caring for someone with Alzheimer’s disease, and “almost every hand in the room went up.”

Hahn also spoke briefly about the Friday night screening of “Diving Bell and Butterfly” and the accompanying faculty panel. She said, “The film, “Le scaphandre et le papillon” (“Diving Bell and Butterfly”) on Friday night was well-attended by science and French students and the panel I was on with Shubhik Deburman and Tracy Taylor discussed the film’s biographical depiction, the main character’s “Locked-In Syndrome,” cinematic and symbolic aspects, as well as the director and painter Julian Schnabel’s artistic contributions. There were many questions and a lively discussion ensued.”

Throughout the week, students in FYIS06: Neuroscience in Chicago and BIO362: Mechanisms of Brain Dysfunction led Teach-Ins, Brain Outreach, and Brain Anatomy Labs. The Brain Outreach topics included Sex and Sleep, Thinking and Learning, and Language and Hearing. The Teach-Ins each featured the research of students on the medical mysteries of a number of neurological diseases. Junior Shabana Yusufishag presented on the Mysteries of Lou Gehrig’s disease. She said the following of her experience: “It was great seeing our final products, the hard work really paid off. And, it was even satisfying when I saw people react with a “that’s cool!” look.” In addition to the above-mentioned activities, some students were able to share their original research in biology, psychology, and neuroscience during a poster session preceding the Wednesday keynote.

When asked what his favorite part of Brain Awareness Week was, Henderson said that he really couldn’t pick a favorite part, but that he was just grateful that so many people were willing to come out and share their knowledge with others. He said that their hard work was to be commended.

Upcoming Events

11/19- Business Ethics Discussion: Green Initiatives, 9 am, Durand 209
11/19-Zumba! 4:30-5:25 pm, LFC Sports & Recreation Center Dance Studio
11/19-Safe Sex Toy Party, 7-9 pm, Mohr Student Center
11/19-Women’s Basketball vs. Adrian, 7:30 pm, LFC Ice Rink
11/19-e.Team Movie: “The Expendables”, 8 pm, McCormick Auditorium
11/20-Hoop It Up, 10 am, LFC Sports & Recreation Center
11/20-Men’s Hockey vs. Adrian, 2:30 pm, LFC Ice Rink
11/20-Women’s Basketball vs. Rockford, 3 pm, LFC Sports & Recreation Center
11/20-My Spirit Sang All Day, 7:30 pm, Lily Reid Holt Memorial Chapel
11/23-Yoga, 6-7:15 pm, Buchanan Hall
11/23-Men’s Basketball vs. Chicago, 7 pm, LFC Sports & Recreation Center
11/23-Student Voice Recital, 7:30 pm, Lily Reid Holt Memorial Chapel
11/23-Men’s Hockey vs. St. Norbert, 7:30 pm, LFC Ice Rink
11/24-Mindfulness Meditation, 12:15-12:50 pm, Skybox
11/24-Women’s Basketball vs. Milwaukee Engineering, 7 pm, LFC Sports & Recreation Center

NOTE-Only home games are listed.
Student Government Executive Board Platforms

**PRESIDENT**  
Elise Beckman ’13

After being an active member in Student Senate as the representative for Blackstone Hall and then serving on the Executive Board for a full term as the Mohr Student Center Chair, I am running for Student Government President to strengthen the organization and develop meaningful relationships between Lake Forest College’s administrative factions and its students.

While I love Student Government and have invested much of my college career, thus far, in its success, I am not immune to the problems that currently exist. During my year serving the student body as Student Government President, I plan to make Student Government transparent to the student body as Student Government President to its students.

As the governing body that has the power to approve and deny organizations, to allocate over three hundred thousand dollars (yes, your yearly student activity fees) and communicate students’ concerns directly to the administration through a variety of committees and councils, I understand the importance of strengthening the weakening faction that Student Government has become.

I promise to be open-minded and thoughtful when making decisions and representing the student body of this wonderful institution. I vow to open lines of communication between the student body and those who serve both on the Executive Board and in Student Senate.

It’s quite simple. You will see changes. You will see action. And most importantly, you will see an Executive Board that cares about students’ concerns and the condition of the campus, in general. We are all Foresters, and what we contribute to the College is what we leave for future generations to discover, benefit from, and change.

My motto for this year is the following: Your money. Your representatives. Your Forester Student Government.

You matter, but you must make your voice heard. Throw a comment, complaint, or idea our way. This year, we will listen.

My involvement with College Life Committee and with individuals of the student body have forced me to take note of student’s increasing concern with the role of Public Safety. I’ve heard a number of complaints this year, whether Foresters feel officers are too strict or too lax, and think it is essential to form a positive bond between Public Safety and students. As the “safe guards” of our campus, Public Safety ensures our security and well-being. Starting lines of open communication is a primary need to beginning this beneficial connection.

While I am not a member of any Greek organization, I understand the value each chapter has in the Lake Forest student life setting. I’ve been in touch with many sorority and fraternity presidents and the staff at the Gates Center to see that Greek organizations will have a more active voice in Student Government to address their needs and wants.

I will devote my efforts to students, including non-Greeks, as well. Participation from the student body in Government affairs has been very limited, and I want to see an increase in involvement so that people at LFC can witness changes they want.

I’ve had issues from a better shuttle schedule, to changes in parking, to a second chocolate-milk dispenser in the caf brought to my attention. I want students to know that they can come to me with any issue involving student life as their Vice President.

If elected, I will work diligently to serve as a voice for you. The Vice President has traditionally been a “pulse on student affairs.” I have been elected as a student senator for the class of 2013, Blackstone hall senator, and chair of the Clubs and Organizations Committee. My work with many different kinds of constituents has given me a great perspective on the breadth of students at our school. I think that the wide range of personalities and ideas represented by our students is what makes Lake Forest College so unique, and I want nothing more than to preserve that quality. I hope to improve the way student government serves you in the following ways, to name just a few:

-A weekly-updated student government blog on my.lakeforest, with sections for comments by students to the respective committees posting the entries. This would allow student concerns to weigh in on what is being discussed each week in student government meetings. Because this is an idea that was brought up by student senators, I think it would have a substantial amount of participation.

-A review of budget allocations made through the discretionary fund.

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**VICE PRESIDENT**  
Alexandra Andorfer ’13

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**VICE PRESIDENT**  
Sarah Brune ’13

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Continued on next page

See Elections on page 3
Elections

Continuation of Sarah Brune’s platform:

We have begun the process of moving around funds already this year, and I plan to maintain this scrutiny. To all of you that have been talking to me about this over the course of this year, I have been listening. To those of you who still have concerns, I want to hear them.

-In keeping the tradition of monthly one-on-one meetings with Dean Flot and Rick Cohen of public safety.

With the establishment of the my.lakeforest comments page, I would be able to bring numerous specific student issues to these meetings, rather than just hearsay or general comments I have heard from peers.

I would be honored to serve as your Vice President, and I respectfully ask you to consider my platform when casting your ballot this weekend. Thanks so much for reading!

My Platform includes:

I would like to form a strong relationship with each organization’s treasurer in order to help develop and aid in each organizations endeavors. I feel as though communication is a key point in helping to run an effective operation. I will be implementing a 48 rule regarding emails, if you email me with a question I will respond within 48 hours. By creating a strong relationship with each organizations treasurers it will help them feel more comfortable asking questions and moving their organizations to new levels.

I plan on working hard for a more transparent student government. Currently I feel as though Student Government does not have a very transparent atmosphere. As an example while trying to find information regarding the election as well as new bills/amendments I could not find a location where this information is readily available online. I would like to have an open Student Government mylakeforest page where this information, and more, can be readily available. I will also be holding the normal office hours as well as appointment based meetings on the weekends if need be.

If given the opportunity to be the treasurer I would like to start to implement an online budget request system. This will help to speed up the budget request process in the spring allow organizations to plan better for their upcoming year.

I want to connect more to the students. I want our campus to feel as though the events that e.Team brings are ones that they feel show who they are. I also want students to be aware of all the things that e.Team does. I want to be know for more than just the organization that puts on Spring Concert. We do multiple events on and off campus, as well as spring concert, but it’s a lot more than just that. e.Team is always willing to hear what the students have to say and what they want to see. I want the student body to feel like in electing me as president, their voice will be shown through the activities planned for on and off campus.

SECRETARY
Brianna Lemond ‘13

My platform includes:

- Continued high quality and better publicized minutes
- Improved Student body and Student Government communication, via increased Student body attendance at our weekly meetings
Professor David Park discusses shoes, bird watching

2: The Swan Label recordings of Link Wray. Instrumental guitar rock from the 50s and 60s is a great passion of mine. This is the best of that genre.

3: John Fahey, America. Always makes me sad, and that’s something.


5: Can, Soundtracks. Always on in the soundtrack in my head.

What is the most you’ve ever spent on shoes?
For one pair? Oh. Probably about $170. [cackles] Give or take. Do you think that I have cheap shoes? Is that what this is about? Do you think I have cheap shoes?
You always comment on having difficulty finding shoes.
It’s because I have size 15 double AA feet.

What newspapers do you read on a daily basis?

We have heard that you like bird watching. What is your rarest find and where did you find it?
No matter what answer I provide, I will be mocked by other campus birders who are much better than I am. Oriental Pied Hornbill. I saw it in an island off of Singapore this summer.

What is the weirdest job you have ever had?
Hospital janitor. It was awful. I had to take out the bags of discarded syringes. I had to clean a lot of bathrooms. I had to sanitize floors and surfaces. Everybody I worked with was crazy. I learned a lot about how to get along with people and how things are cleaned. It’s easy to forget as a college professor that I don’t have it made but I’ve got it pretty good.

If you could travel anywhere in the world, where would you go?
I love going to American cities that I’ve never been to and exploring them. Some American cities, Baltimore, Philadelphia, New Orleans, Milwaukee, are for me just utterly fascinating. I like the life of American cities; it really interests me. If I could travel everywhere: New Orleans.

What is your favorite book?
Fiction? Notes from Underground by Dostoyevsky.
Film?
Andrei Rublev by Tarkovsky. It is the best movie that has ever been made. Period.
TV Show?
The Wire, which is very standard, early 21st-century college professor favourite TV show. But I love it.

What is your favorite colour?
It’s sad that I have an answer to this, and it is Forest Green. I find it calming.

What is your favorite Chicago restaurant?
I have a lot of favourite Chicago restaurants, as my waistband will attest. I am a huge fan of Hot Doug’s, the hot dog emporium at

“ It’s easy to forget as a college professor that I don’t have it made, but I’ve got it pretty good.”

If you could have afternoon tea with any person living or dead, who would it be?
You would want that person to be fun to talk to and really smart, because you don’t want to have afternoon tea with somebody who is smart and boring. I could hook that up today at Lake Forest College. I’d have tea with myself. I would say John Waters. That would be ideal. Fun, creative, smart… I just love that guy.

If you could have an accent, what accent would you choose?
I can’t do accents of any kind, at all. It’s a real problem for me. If I could have any accent in the world it would be a Baltimore accent. I just find it funny. It’s a particular way of pronouncing things. It’s not the most beautiful accent in America. The most beautiful, of course, is the North Carolina accent, such as you’ll find in people like Chad McCracken. He’s just got the sweetest accent.

If you could be a one-man travelling band, what would you call yourself?
Chock-full-o’-notes. Which is a borrowed joke, but I will use it.

What does a normal day look like for you?
That’s easy. I wake up, and then I teach, and then I grade, and then I try to write, and then I fall asleep.
Pretty Lights thrills with energetic electronic concert

NIKKI YEOMANS
CO-FEATURES EDITOR
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I spent a week of my summer toiling away with the decision of whether or not to spend $150 for tickets to see Pretty Lights back home in Colorado, calling out of work for two days, and traveling over 100 miles to get to the show. All I have to say is that I’m ecstatic about the fact that not that many people in the Midwest seem to know anything about Pretty Lights and that I didn’t pay that absurd fee this summer, because I’ve seen him twice in the past two months for $80. The most recent show was this past Saturday at The Rave Eagles Club in Milwaukee, and I have a brand new obsession with the out-of-this-world opening act Michal Menert.

Hopelessly spreading the word about Pretty Lights won’t mean increased ticket prices the next time he plays in Chicago. Pretty Lights is comprised of Colorado native Derik Smith, who uses music production software Ableton to generate a style of electronic that is distinctively his own. One unique aspect to his dynamic mixes and remarkable live performances is drummer Adam Deitch who unfortunately did not accompany him at the show in Milwaukee. His unique mixes of glitchy hip-hop beats, horns, old time soul samples, and interpretation of famous songs like “All Along the Watch Tower” has made him one of my favorite artists, and his talent has not gone unnoticed by others.

Menert opened the show on a high note and continued heightening the mood of the crowd until he had played nearly all the songs on his album. During the Pretty Lights set, he walked around giving hugs and dancing with the fans. His sound includes string instruments and a Middle Eastern influence, and was more laid back than the Pretty Lights show. Although

LFC students impress future employers with table manners

KATIE McLAiN
CO-FEATURES EDITOR
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On Thursday, November 11, a small group of LFC juniors and seniors were trained in an art often overlooked by college students: the art of dining etiquette.

About 75 students congregated in the Calvin Durand Lounge for the Career Advancement Center’s annual Etiquette Dinner, a function that was normally reserved for seniors until this year. Students were assigned to one of ten tables headed by either a LFC alumnus or a CAC faculty member, and received basic etiquette training over the course of the meal.

At the beginning of the event, students received hands-on etiquette training by attempting to set a proper table. This experience was particularly helpful to junior Zakea Boeger, who said, “The best tip given was the use of the “b” and “d” hand signals indicating where we should put our bread plates and our drinks. It was a simple, but an easy way to remember how to properly set a table.”

Other students said that they would have benefited from more tips on conversation etiquette. “I would have liked a little more time spent on appropriate conversation for the table,” said Boeger. “I know common sense rules usually apply, but it would have been nice to hear some fail-proof suggestions as well.”

Some of the hands-on skills, however, proved to be just as difficult, particularly the continental style of dining, which requires that the knife and fork remain in the right and left hands, respectively, throughout the course of the meal. Junior Alex Gibert found the continental style to be particularly helpful, saying, “It seems like it can make a big difference in certain situations.”

Many of the students also enjoyed speaking with the alumni. “The chance to speak with Lake Forest alumni about their real-life work experiences was a fantastic opportunity,” said Davis. “Sometimes the only way you’re going to learn about how the world works is through personal experience, and I was glad that they were willing to share those experiences with us.”

By the end of the event, students left with a new sense of confidence in their future professional endeavors. “I think the dinner will give me a little extra confidence if I’m ever out to dinner with a potential employer,” said Boeger. “I won’t have to worry about whether I’m eating correctly, which will allow me to focus on the conversation at hand instead.”

Quick etiquette rules

Make an “okay” sign with the thumb and forefinger of each hand so that you see a “b” and a “d.” This will remind you to keep your bread plate on your left and your drink on your right.

Go from the outside in when using silverware for the different courses. The salad fork, for example, will be to the left of your entrée.

The person closest to the bread basket should offer it first to the person to their left, and then to the person on their right. The basket is then passed to the right around the table.

All other food should be passed to the right only.

When eating bread, break off a small piece and butter it, as opposed to biting off chunks.

When eating soup, remember “south to north” — move your soup spoon from the edge of the bowl away from your body. This eliminates spills.

Put your napkin in your lap and fold the top third towards your body. This creates a small, discrete place to hide dropped food.

When dining in a fancy restaurant or in Europe, make sure to use the continental style of dining. Place the fork facedown in your right hand, the knife in your right, and press your forefinger along the length of the handle. Do not switch the fork to your right hand to eat.

Pace yourself while eating. Keep an eye on how quickly the other people at the table are eating.

If someone asks you to pass the salt, give them the salt AND the pepper.

And remember — during a business dinner, the food is second to the conversation and the connections you’ll be making.
Health & Wellness:  
A few tips for a healthy holiday season

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+ Nothing’s better than being able to spend quality time with your family during the holidays. But although these times are full of enjoyment and care-free afternoons, with every holiday comes the unfortunate side effects of eating too much, not enough exercise and the usual cold and flu. Not to spoil all of the fun but be aware that holidays can bring a regretful New Years if you’re not careful. There are ways to manage your eating habits and time so that you can ensure yourself a healthy and happy holiday while at the same time enjoying your time off from school, your family and friends. One way in which to do this is to stick to your current fitness plan (or start one now before the upcoming months). Continue to be active not only during Thanksgiving but for the entire season. Try to find a local gym and bring a family member or friend along with you – they will be grateful you did.

+ Don’t cause more stress to your life that you need to. There are only a few times in the year when you are allowed and encouraged to pig out until it hurts. Be aware that you are going to have a few “cheat days” and embrace them; don’t fear them! Don’t think you have to stay away from everything “unhealthy,” because, if your family is anything like mine, there is nothing to choose from that is anywhere near the word healthy. Don’t beat yourself up for not eating a salad while the rest of the family is enjoying their famous dishes.

+ Try to mix it up and be aware that if your next meal is going to contain nothing but fat and sugar, you should probably have a healthy breakfast or start your day with a multivitamin. We are especially susceptible to sickness this time of year, so make sure you keep up on your sleep while away at school. And make sure not to share your dishes with family members- no matter how much you love them. Be conscious of washing your hands, and always bring the hand sanitizer to your relatives’ house. Keep your immune system in check and slow down on the desserts if you start feeling like you might be getting sick. Another way of playing it safe is to avoid excessive drinking; you should be able to tell by now the difference between an adequate amount at dinner with the family and taking it too far – know your limits.

+ As long as you are smart about your decisions, there is nothing to worry about. Feel free to pig out for the entire time as long as you are willing to hit the gym and have an occasional vegetable. Don’t let the holiday drama get you stressed out. Come to realize that it happens every year- take a deep breath and move on. Cherish the moments you spend with those closest to you. For those who are not able to be with your families, tag along with a friend or keep yourself busy on campus.

Remember the holidays are time for family, friends and relaxation. Exams will be over and you will finally be able to make time for yourself and relax – it’s called vacation for a reason.

UNCOVERED ARTISTRY’S TOP “GREEN” SPOTS TO VISIT IN CHICAGO

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Chicago is a great city for environment-lovers. It is full of fantastic “green” events and sites. We’ve compiled a list of what we believe is the top 8 green spots to visit in Chicago. Most of our list includes free or nearly free events downtown.

1. Chicago Botanic Garden  
2. Bike rentals in Millennium Park, Navy Pier, or North Ave. Beach  
3. Free garden tours at Millennium Park  
4. Garfield Park and Lincoln Park conservatories  
5. Thrift and vintage store shopping downtown and in Evanston  
6. Chicago Green Research Center  
7. Vegetarian restaurants  
8. Lincoln Park Zoo

Visit the Center for Chicago Programs for more information about and directions to these green sites. Want to read about more ways to go green? Visit our blog at UncoveredArtistry.blogspot.com for fashion tips, shopping guides, product reviews, and updates about our own green project.
On November 11th, the Student Senate approved a resolution to change the library printer default to Eco-print. This resolution provided that the printers in the Donnelley and Lee Library will be set to the Eco-print double sided page setting. The current default is one sided printing with the option to change the property of the print job and the tray in order to print double sided pages. Students will, however, retain the right to print single sided if they so choose. This can be done by changing the properties of the print job just as students previously did if they wanted to print double sided.

Student Government is excited to have worked with LEAP and the LIT staff to bring about this important transition in helping to make Lake Forest College a greener campus. Not only should this new policy cut down paper consumption by the college considerably, but it will save our students money. In order to print two pages a student would have a ten cent charge. Under the new Eco-print policy a two page print job will only cost students five cents. While a savings of 50% seems trivial with a two page print job, over the course of a semester students will reap the benefits of now having the ability of printing twice the amount for the same cost. This translates from the 300 pages students are able to print with the $15 printing balance supplied through tuition to 600 pages. If you have any questions, Jim Cubit and the library staff will be more than happy to assist you.

Student Government urges you to come to the debate tonight between the candidates for the 2011 Executive Board. Voting for the positions of president, vice president, treasurer, and secretary will take place from Friday, November 19th through Tuesday, November 23rd.
Our “cool” attitudes and Thanksgiving

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I have been trying to be more judicious with my use of the word “cool.” Too often is that word used as a filler. Anything and everything has been described as “cool.” It has been used in response to hearing what one has done in a day. (As in, “Hey, what’d you do today?” “Nothing.” “Oh, cool.”) It has been used as something people say when they are not really listening. (As in, “Hey, I’m taking the unicorn out for a walk, I’ll pick you up a filet at McDonald’s on my way home.” “Yeah, that’s cool.”) “Cool” has really lost its meaning.

That being said, I think it is really cool the way people get excited about the holidays this time of year.

I think it would be very easy to make the case that 21st century America is the most cynical time in history. Americans don’t seem to like or trust anyone. President Obama has an approval rating in the 40s and Congress has one in the low 20s. We hate almost all our most famous celebrities. We’re fairly certain wall street wants to screw main street. And we have an absurdly high divorce rate.

So, yeah, I think it’s safe to say Americans are generally a glass half-empty bunch. However, we seem to undergo a dramatic change from November through December.

During these months, we are enveloped with the holiday spirit. Despite darker days, people are happier. People get genuinely excited for Thanksgiving. A check of Facebook will show many statuses or wall posts relating to Christmas music or Thanksgiving break.

It seems contradictory. Given our level of cynicism, one would think we would have grown to hate Thanksgiving. After all, the day’s existence rests on the belief that Pilgrims and Indians sat down and enjoyed a meal together and gave thanks.

As much as we love to tear things down, we have not attempted to tear down Thanksgiving. Of course, from an intellectual standpoint when it comes to colonist-Indian relations, there is little to celebrate.

The history is overwhelmingly ugly. And yet, there is little discussion of that this time of year. There’s been grumbling about sports teams with Native American mascots and Columbus Day, but any proposition to drastically change Thanksgiving hasn’t found traction. Something makes Thanksgiving different.

Maybe the reason we have preserved Thanksgiving is tied to our desire to destroy. Maybe we have kept the idea of Thanksgiving because we may be cynical, but we are dying to believe in something. We can’t stand politicians, bankers, or each other. But we also can’t stand not hoping that there was a time when people could stand each other.

As Thanksgiving draws near, we are happy because we are celebrating something noble. We are celebrating what we wish we could be. Underneath our snarky outer layers are people longing for goodness. We want to find ways to feel carefree. By protecting Thanksgiving from our cynicism, we are protecting ourselves. We need Thanksgiving as a reminder.

In a world filled to the brim with apathy and hate, this time of year is different. And that, I think, is pretty cool.

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A democracy is only as good as its citizenry, right? So, it only follows that when the first democracy (our lovely little experiment) is floundering under a massive federal deficit, it should fall on the citizenry to figure it out.

Well, in reality, it falls on congress, which has been floundering itself for some time now and which is the least trusted institution in our governmental structure. But what if we peons could change everything? What if we could eliminate wasteful spending and execute just taxation with the touch of a button? We can…

… On the New York Times website! In a virtual experiment that the Times calls a “puzzle,” anyone can attempt to balance the budget. Using predictions and data from nonpartisan economists, services, and the Congressional Budget Office, they have nicely laid out a simple list of potential deficit reducing measures from all sides of the spectrum. Though perhaps a bit simplistic, the puzzle at http://www.nytimes.com/interactive/2010/11/13/weekinreview/deficits-graphic.html is a phenomenal representation not just of the economy, but of how politics restrict economic reform.

To set the scene, two empty graph boxes occupy the top of the screen, one for the projected deficit in 2015, the other for 2030. My task, and yours if you choose to try it out, is to fill these graphs with savings to balance the budget. Below is a vertical list of many options, with their projected savings for 2015 and 2030 listed on the right.

The puzzle gave me an astounding combination of empowerment and concern. At first, it is remarkably easy to check boxes that no politician would check. I transformed sacred cows (politically untouchable for decades) like defense spending and the ages of eligibility for Social Security and Medicare, cutting much of the former and increasing the latter to 68. And I moved on.

Look, ye mortals, as I bring tax rates back to Clinton levels! Watch the deficit melt away as I place the rich back into a higher rate! No calls of class warfare can block me! No opponent can call me communist, no voting demographic can storm my home! In mere minutes, the helpful graph at the top of the screen has transitioned from gray to blue, and a yellow bar shouts, “You solved the deficit.” I rest.

This display of power is invigorating. All that frustration I feel when I watch people bickering over the choices I know to be best and right dissipates. I feel pride at how I’ve managed to fix a massive problem without sacrificing my beliefs or hurting people. But is this true?

While each category in this little puzzle has a brief explanation and reference, I admit checking some boxes that sound good, that I may even think good, though I do not know them to be. I checked the boxes to return the estate, capital gains, and dividends taxes to Clinton-era levels.

The estate tax, which essentially gives the government a cut of your remaining funds and property after death, does not exist in 2010, but will return to Clinton’s version (only those with an estate of over 1 million dollars would be taxed) in 2011 if no law is passed. I kind of knew that when I checked the box, but not really. Knowing the details, I would still have made that choice, although 1 million is becoming awfully common as the dollar inflates. The point is, I made choices without much deep and reduce spending on new weapons programs, I also reduced the size of military to pre-Iraq war size and reduced our presence in Asia and Europe. That’s 25 billion saved by 2015 and 49 billion by 2030, but it’s also many people ousted from sustainable jobs. So, the exercise itself forced me to confront ethical issues, even if I only did so after filling up those blue bars.

And here’s the other thing. Purely conservative choices—cutting federal jobs and funds, keeping tax cuts, cutting foreign aid, medical malpractice reform, etc.—also cut the deficit, if a bit less. If I allow them to change Social Security and Medicare as many would like (and as I did), then they fill the bars just as well. It seems, then, that both ideologies can balance the budget.

I choose my approach because I think it more ethical, just as conservatives would choose theirs. This little flash-based puzzle shows me this shattering truth.

It seems, then, that both ideologies can balance the budget. I choose my approach because I think it more ethical, just as conservatives would choose theirs. This little flash-based puzzle shows me this shattering truth.
What makes an exceptionally great music album—like *Swim*

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There is a sentiment, contiguous to the larger hipster movement, that only the very new or obviously antiquated is worth praise. It is propagated by a simultaneous need for irony and spontaneity and facilitated by the shear speed at which information moves in the digital age. This sentiment has been referred to as “indie flavor of the month,” and it explains why throes of college kids and the total residency of Logan Sq. and Williamsburg Brooklyn float from up-and-coming band to brilliant new LP (with an occasional pit stop at the 10-for-a-dollar Cassette bin) at the exact pace of Pitchfork Media’s best new music.

This is the sentiment that makes something really, really cool as long as other people don’t know it yet. Then it feels scornfully mainstream as soon as it gains popular opinion, and then really, really cool again, after it has faded into relative obscurity. Just think of “Oracular Spectacular” in ‘07, or “Teen Dream” last winter. I dare you to play “My Girls” or “Time to Pretend” at the corner of Milwaukee and Logan Blvd and not get laughed at.

Caribou, a delicately polished and infinitely cerebral DJ came out with a piece of semi-danceable indie/electronic/gold last April, with his album *Swim*. By all calculations, this album should be long forgotten, being almost 8 months old. It should be put on the (digital) shelf until someone remixes it. But the album is great, and deserves attention precisely because of its “maturity”. Here are the five reasons why *Swim* is the best album ever made (at least since Veckatimest or *Physical Chasms* anyway).

The nostalgia. Every time I listen to this album, I tenderly remember when I first illegally downloaded it. It was April 2010, and I was in India. I listened to this album more or less daily. I listened to it while I fell asleep on overnight trains, staring out the window at some immense foreign landscape.

When I hear the first few lines of Odessa, I can’t help but be back in that world, ascending into the Himalayas or watching the sun rise over the Rajasthani Desert. This means nothing to you and would not entice you to listen to this album. But since I’m the one writing the review, I get to make it reason Number One.

Number Two: The density of sound. Music, especially popular music, is shallow. There is a baseline and if you’re lucky, maybe some catchy melody. *Swim* is deep without being convoluted. It allows listeners to experience something new every time. This level of complexity is rarely seen, appearing only in the really great albums, for example Radiohead’s Kid A. Every cut off in *Swim* creates a web of sound, meticulously crafted and beautifully orchestrated.

Number Three: The lyrical density. *Swim*, like *Oracular Spectacular* in its own way, is comprised of multiple songs. Artists that painstakingly produce the musical elements of every song often overlook lyrics. This becomes more true in the realm of electronic dance or semi-dance. House music legends, such Daft Punk, are masters of the musical element. But they often completely ignore the lyrical aspect. This is not the case with Caribou. Whille the whole album is thematically about separation and the reflection on loss, and is skillfully articulated as both a juxtaposition and synergistic enterprise, in no song is this handled better than Odessa.

Number Four: The repetition and rhythm in Leave House. While at no point is *Swim* danceable, it consistently reaches a point where physical movement is aurally emulated and transferred to the listener. The sensation of movement is climactic at Leave House, leaving a residual emotional conflict between freedom and restriction (mirrored by the same tension in the lyrical component of the album/song) by the end of the song.

Number Five: The concept. Great concept albums (Deloused in the Comatorium, Domestica, The Wall, Come On Feel the Illinoise) are few and far between. Generally, the concept behind any concept album takes the front seat to individuality of songs (think Arcade Fires newest, The Suburbs, which could have been WLOG reduced to the titular song and its haunting reprise), creating a bland collection of songs that are more or less indistinguishable. To make a great concept album, the artist must work assiduously to approach the theme from different angles, creating variations on the theme, rather than mere reproduction.

*Swim*, the first few times you hear it, doesn’t sound much like a concept album. This is because it takes a while to unravel the various levels of musical density and focus on the feel and the lyrics. But the more you listen, the more it becomes obvious that there is something very powerful stringing these songs together.

So those are the top five reasons to get out there and download *Swim*.

**A continuing opinion against the Girls Fight Back seminar**

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Last year, I wrote a controversial article that criticized the Girls Fight Back seminar, a class in which a self-defense instructor discussed the prescriptive methods for obviating male violence toward women. It taught violent self-defense techniques.

I argued that the class, as opposed to reducing the amount of sexually violent crimes, actually encouraged violence among women.

I also noted the flaws in hosting such a class and the class’s ascription of sexual aggression to all men. I also provided statistics that debunked a lot of the class’ outlandish claims.

If you really care that much about an idealistic, utilitarian argument, you can read it on the Stentor’s website.

I encourage everyone reading this article to protest this event. The seminar will encourage violence in general. It will put the burden of violence against women on women. And it will ignore prescriptive methods for diminishing male violence toward women.

Let me elucidate:

I have now attended two of these classes, and, in each one, the instructor encouraged people to use household objects, heels, and keys to destroy and mutilate male body parts.

I have seen instructors pretend to stab men in the eyes with pens and heels. I have seen instructors build excitement by suggesting that women wiggle their heel around in a man’s eye socket after they stab him. I have seen women cheer for this exaggerated support of violence.

Not only do these classes encourage violence, but they also put the burden of sexual violence on women. Sexual violence, however, is a problem with males being overly aggressive. The burden, thus, should not be put on women to protect themselves. We, instead, should diminish the sexual aggression of men toward women by educating men. Educational programs for colleges, high schools, and prisons. And they focus on prescriptive measures for diminishing sexual violence.

I encourage you – reader – to go to this gruesome event if you have never seen one of these. But please consider protesting the event for its gross and nearly hyperbolic support of violence.
MEN AND WOMEN’S BASKETBALL:
A brief prelude to the 2010-2011 season

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This Men and Women’s Basketball seasons get underway this week with the Men starting on the road at Lakeland College on Thursday evening and the Women beginning play on Friday night at home against Dominican, as part of the “Forester Tip-Off Classic.”

Both teams enter the season with high hopes for success, with the Men’s team coming off a second place finish in the conference last season. Despite the Midwest Conference Coaches Poll picking the 2010/11 Men’s team to finish third in the conference this year, Head Coach Chris Conger, now entering his 15th season as coach of the Foresters, is determined not to let any outside predictions dictate how his team performs. “We can’t worry about what others predict for our season,” he said. “We have enough talent to determine our own destiny.” The Men’s team will be lead by Captain Travis Clark, but Conger emphasized the importance of all the upperclassmen playing an important role in the success of the team. “With the graduation of three great leaders from last year’s squad, this is going to be critical for our success. Travis Clark is our Captain, but we need great leadership from all of our upperclassmen.” The other upperclassmen include: Drew Grennell, Nate Batemen, Chris Roets, David Pilalis, Vernard Roberson, Don Duncan, and Dayton Young, all of whom are juniors.

In terms of how to specifically repeat, if not improve on last year’s finish, Conger points to rebounding and defense as “crucial for our success.” The team led the conference in both categories last season and look to do the same again this year. With only one home game this semester on Tuesday November 23 against the University of Chicago, Conger along with the entire team encourages everyone to come out and display their support for the team. For the Women’s team, there also exists a wide range of talent, ranging from freshmen to seniors. The team is predicted to finish 5th by the MWC Coaches Poll, which Head Coach Tamlyn Tills feels is a “fair” prediction. “We lost five key players (from last year), which equals a ton of experience,” Tills noted. “That being said we return three starters at times from last season and a ton of young talent.”

Sherrie Dubinski, Tabytha Harvey, Emily Weber, and Aimee Lockwood make up the five seniors on this year’s team. Coach Tills is confident that the work the team has put in during practice up to this point will pay off in games. “The team has worked hard to prepare for competition,” she said. “I feel we will be deep in our rotation regarding playing time which will make us stronger down the road when we play the MWC Double-header schedule.” The team will also be taking a trip to Hawaii in December to take part in the “Hoop ’N Surf Classic,” which they also look forward to.

A promising season lies ahead for the women’s basketball squad, with home games against Dominican, Rockford, and Milwaukee Engineering all taking place before the semester’s end, giving fans a chance to come out and support them before the holidays.

Correction: In last week’s swimming article, it was stated that the swimmer in one of the photographs was JJ Conoscenti, when in fact it was Matt Perry. JJ is a distance swimmer, not a diver.

Upcoming Events:
11/18/10
Men’s Basketball
Lake Forest
7:30 PM

11/19/10
Handball
Illinois Handball Association Women’s Singles
Lake Forest, Ill.

Women’s Ice Hockey
Lake Forest
Wis.-River Falls
7:05 PM

Men’s Ice Hockey
Adrian
Lake Forest
7:30 PM

Women’s Basketball
Dominican (Ill.)
Lake Forest
7:30 PM

Forester Tip-Off Classic

SCOREBOARD

11/13/10

Men’s Ice Hockey
Lawrence 4
Lake Forest 2

Women’s Ice Hockey
Lake Forest 1
St. Scholastica 1
Final - OT

Cross Country
W: 28th, M: 37th
NCAA Div. III Midwest Regional (Augustana)
Credit Island Golf Course - Davenport, Iowa

Swimming & Diving
W: 1st, M: 2nd
Monmouth Invitational 11/12/10

Men’s Ice Hockey
Lake Forest 1
Lawrence 4

Women’s Ice Hockey
Lake Forest 3
St. Scholastica 0

PHOTO CREDIT:
This year’s Captain, Travis Clark, takes a shot during a game last year.

Photo courtesy of the Forester Athletic Website

Lake Forest College Stentor
November 18, 2010

Sports