Hollywood comes to Lake Forest and Homecoming is a hit!

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It’s a week filled with red and black, friendly competition, and the desire for Saturday to hit more than any other Saturday of the year; it’s Homecoming Week. Homecoming 2010 was a success beyond any of the years past and now that it is over, one of the most commonly heard phrases amongst students on campus is “I wish we could go back to Homecoming.”

Events such as the annual Cheer Off on Tuesday, a surprise on Wednesday evening, and the bonfire and concert on Friday evening lead up to the most popular occasion of Homecoming, tailgating on Saturday. What it was that made this year so successful is up in the air, but the momentum and power behind it is still going strong.

Beginning as early as November of 2009, plans were beginning to form for this year’s week of festivities. Recently appointed Homecoming Chair, Riley Hutchinson met with representatives of all parties that would that would be involved, including Athletics, Alumni, and the Gates Center. Homecoming is one of the events on campus that incorporates all parts of the Lake Forest College community and meeting with them from the beginning is the best way to start off with everyone on the same page. It can also be amongst the most difficult, according to Hutchinson.

One of most important parts in planning a Homecoming is choosing a theme to tie the whole week together.

“The theme needs to be something general enough that it can be applied to numerous departments, events, and really any other aspect of the event. It also needs to be easily recognizable and fun enough that all parts of the community can enjoy it,” she commented. “Hollywood was great because of all of the different genres that could be assigned to various organizations to represent things like their window paintings, cheers, or floats.”

organizations were assigned different genres of movies to represent.

The first element of Homecoming where the representation of genres came into play was the Window Painting in the Simpson Balcony and Corridor of the Student Center on Tuesday afternoon. Representatives from each team or organization gathered to paint a section of window according to their genre, keeping in mind the necessity to exhibit Forester pride. Winner of the window painting was Alpha Phi and second place winner Alpha Delta Gamma and e. Team. Winner of the Alumni Window Painting in the Student Center on Tuesday afternoon was Alpha Phi.

The Breakfast Club. Second place winner Alpha Phi incorporated their genre, Animation, by depicting the three Phi’s nominated for Homecoming Royalty: seniors Kate Appelhans and Whitney Hales and sophomore Kristen Braun. Delta Chi, with a depiction of Jaws for their Horror film theme came in third. Later that evening was one of the most anticipated parts of Homecoming: the annual Pep Rally and Cheer Off. The Cheer Off is known for guys dressing as girls, girls dressing like guys, and a lot dancing to songs of the 90’s. While most of the competitors didn’t represent the film genre they were assigned, they did do a great job of getting the crowd to cheer and scream. Boy’s Basketball won with their ability to dress teammates as pop icons such as Katy Perry and Justin Bieber. Delta Gamma and e. Team, in second and third place, respectively, utilized the arts of satire and rap song medleys to gain their titles.

Students were all abuzz as to what the elusive surprise could be that was set to take place on Wednesday evening. The Facebook event created for the occasion instructed students to head to the field behind the ice rink at 8:30 pm. With the allure of a mystery and a message sent out to students informing that the first 200 students to arrive would get a gift, students flooded the scene.

“I’ve been hearing a lot of great feedback regarding the fireworks. Students really seemed to be excited by them. Even people in night classes could hear them and wanted to be there,” noted Hutchinson. “Maybe we’ll look into moving it to Friday evening to help build up the hype for Saturday.”

Thursday evening’s Barbeque and Car Show on the lawn of the Glen Rowan House was a wonderful way to bring students, faculty, and the community together. With perfect weather, nice cars, great food, and a healthy prank, Thursday evening was a nice way to get students excited to spend Saturday together.

For those looking for a way to spend Friday night with friends, good food, great music, and a cozy atmosphere, Hutchinson and committee got Friday night’s concert and bonfire right. Katy Todd and Ellis returned to LFC to preform their singer/songwriter type music whilst students sat

Photo courtesy of Riley Hutchinson

Homecoming royalty from left to right: King: Ezra Goldberg ‘12, Prince: Chris Anderson ’13, Queens: Kate Applehans ‘11 and Whitney Hales ‘11, and Princess: Kristen Braun ’13.

With Hollywood chosen as the theme out of other possibilities such as Dr. Suess and Around the World, students would be greeted in the Student Center come Monday morning by a long red carpet and other Hollywood style decorations indicated the beginning of Homecoming weeks. Previous to the start of the week, student teams and competition, the Swimming and Diving team, interpreted their 80’s/brat pack movies theme in depicting various components of a typical LFC breakfast: Tony the Tiger, Lucky the Leprechaun, Boomer the Bear, a football player, and everyone’s favorite ARAMAK employee, Reuben are all present in for guys dressing as girls, girls dressing like guys, and a lot dancing to songs of the 90’s. While most of the competitors didn’t represent the film genre they were assigned, they did do a great job of getting the crowd to cheer and scream. Boy’s Basketball won with their ability to dress teammates as pop icons such as Katy Perry and Justin Bieber. Delta Gamma and e. Team, in second and third place, respectively, utilized the arts of satire and rap song medleys to gain their titles.

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## Upcoming Events

<table>
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<tr>
<th>Date</th>
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<tr>
<td>10/14</td>
<td>Develop Your Brand Workshop, 12 pm, Pierson Rooms A &amp; B</td>
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<td>10/14</td>
<td>Lecture: Stress and the Brain, 4 pm, Meyer Auditorium</td>
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<td>10/16</td>
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<tr>
<td>10/16</td>
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<td>10/17</td>
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<td>10/19</td>
<td>Volleyball vs. Carroll College, 7 pm, LFC Sports &amp; Recreation Center</td>
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<tr>
<td>10/20</td>
<td>Mindfulness Meditation, 12:15-12:50 pm, Skybox</td>
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<tr>
<td>10/21</td>
<td>Religion Department, Ethics Center, and Interfaith Ice Cream Social, 4 pm, Skybox</td>
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<tr>
<td>10/21</td>
<td>Opening of Fefu and Her Friends, a play Maria Irene Fornes, 8 pm, Glen Rowan House</td>
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<tr>
<td>10/22</td>
<td>Zumba!, 4:30-5:25 pm, LFC Sports &amp; Recreation Center Dance Studio</td>
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<tr>
<td>10/22-Fefu</td>
<td>Fefu and Her Friends, a play Maria Irene Fornes, 8 pm, Glen Rowan House</td>
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NOTE: Only home games are listed.
**Homecoming**

on blankets in front of the stage or around the bonfire that was going on. Students were kept full and satisfied with treats such as funnel cake, cotton candy, caramel popcorn, hot chocolate, and hot apple cider.

Saturday’s celebrations started early at 9:30 on North Campus with students turning cars into floats for the annual parade. With a palpable feeling of excitement in the air, the parade was more successful than any of the years past. Visiting families, alumni, and community members lined the streets, cheering, waiting for the floats to come by. Numerous floats gave candy out to kids standing by, others cheered until their throats were sore, but in the end it was the TRC/SAACS that won the float competition. Following in second and third were Men’s Basketball and Lambda Chi Alpha, respectively.

Tailgating was a scene, as it always is. Couches, lawn chairs, portable barbecues, flying beer cans, and a roast pig are amongst the spectacles seen annually and this year was no different. This year attendance within the tailgating area seemed to be higher than years past, though, according to Public Safety’s Daily Crime Log, there were fourteen students written up for underage consumption, as opposed to seventeen students last year.

One of the biggest surprises of Homecoming 2010 was the tie between seniors Kate Appelhans and Whitney Hales in the race to be crowned Homecoming Queen. When Hutchinson found out that there was a tie between the two, she called for two extra hours of tabling, in hopes that more votes would break the tie. When it didn’t, she went to various faculty and staff around campus to seek out advice for the ethical thing to do. All agreed that a tie was what the student body wanted and as a former Homecoming Princess herself, she knew that the more, the merrier.

Appelhans reflects on the experience: “When I found out I was nominated for Homecoming Royalty, I was thrilled... When I was standing on the 50 yard line, waiting for the Homecoming Queen announcement, I had Mandi Mulliner and my best friend Lorena Kennedy on my left, and my Alpha Phi sister, Whitney Hales to my right. I was so nervous, and didn’t think that I’d possibly win something like this. When Derek Lambert announced that Whitney and I tied, I felt immediately joyful. It was a great outcome. I couldn’t stop smiling. And who doesn’t love getting a crown and roses?”

Other named royalty include junior Ezra Goldberg, named King; sophomore Chris Anderson, named Prince; and sophomore Kristen Braun, who was named Princess.

Students, faculty, and staff alike agree that Homecoming week was successful beyond expectations and Hutchinson hopes to carry this good feeling into planning next year’s celebrations. As she looks toward next year, she is open to help from passionate students who are interested in bringing the school community together.

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**Heard on Campus:**

What was your favorite thing about Homecoming Week?

-“The Petting Zoo...a duck attacked me.”
  -Juan Pablo Esquivel ’14

-“Tailgating and the ACP.”
  -Christina Bear ’14

-“Tailgating was a fun & interactive event for me.”
  -Haider Albassam ’14

-“I wish I could have played in the moon bounce.”
  -Jade Perkins ’14

-“The very intense football game & the e.Team bonfire.”
  -Kimberly Blanchard ’14
“Nothing like a win”: Palin debate stirs political opinions on the nature of feminism

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Last Friday, national politics entered our Lake Forest bubble, if only for an hour, when a panel on Sarah Palin was held in Meyer Auditorium. Organized in the form of a British parliamentary debate, the prompt for the debate was “Resolved: Sarah Palin is good for feminism”. Representing the government was Liz Pimper ’11, who acted as the Prime Minister, and Jessica Kuchinski ’12. The opposition was composed of two alumni: Brian Claus ’86, who acted as Leader of the Opposition, and Jared Fox ’09. Mr. Claus spent over ten years as an Assistant State’s Attorney for Cook County; he currently has his own dispute resolution practice and is the Executive Director of the Veterans Legal Support Center at the John Marshall Law School in Chicago. Mr. Fox is in his second year with Teach for America, working as an English Language Arts teacher for the New Orleans public school system.

Paul Henne ’11 assisted with research and debate preparation, former Dean of Students Beth Tyler returned to campus to serve as the moderator and House Speaker, Professor Rachel Whidden of the Department of Communication organized the debate and introduced the participants, and Professor Linda Horwitz served as the timekeeper.

The debate started with the Government’s answer to Beth Tyler’s question, “Is Sarah Palin good for government?” Ms. Pimper made the requisite Tina Fey joke that all Palin watchers have gobbled up to and went on to define good as “that which furthers progress”. She made clear that this debate was not about the “Palin accent, her style of dress, or Bristol’s comments” but about “Palin’s impact on feminism as a pop culture icon.” Ms. Pimpersought to list Sarah Palin’s positives: her “appeal to a broad group of women”, her addressing the stereotype of feminists as stuffy and academic, Mrs. Palin’s self-identification as a feminist, and her ability to build her political career “without family connections, or her husband’s money” and without minimizing her devotion to her family. In the interest of fairness, Ms. Pimper did acknowledge the perception of inconsistency between Mrs. Palin’s policies, lifestyle, and feminism but said that the ascension of this “hockey mom has lead to discussions about feminism around the country.”

Mr. Claus, stepping to the front of the Opposition table for his response, started by saying, “She freaked out the left and intrigued the right when she said that she was [a feminist] at the Susan B. Anthony Dinner on May 24. We accept she’s a feminist, heralding conservative and liberal feminism, and in the attempt to use her in the Midwest to take it out of the ivory tower, to drive home that point.

Despite the seasoned argumentative skills of Mr. Claus, it was the "Government" that won the debate in the eyes of the audience, fulfilling Professor Whidden’s goal of “highlight[ing] what’s going on in the Communication Department for parents with argumentation, presentation skills, and critical thinking”.

There’s nothing like a win to drive home that point.
Dear Isaac,

How the hell do I stop caring about an ass**e who dumped me twice in one week even after he knew I loved him and went to see him this summer? Then he decides that he doesn't want to be friends after I made him promise that he wouldn't take our friendship away?

Sincerely,

Can't let you go

Well, first of all, let's just say that not all guys are the same. The expression, “there are a lot of fishes in the sea” is true. Both women and men need to realize that, although we may seem like adults whole live independently from home, go to college, work full-time etc., most of us have to realize that pain is part of growing up. I’m not saying that what this guy did was right, but we men can be immature (still) and still want to be part of a relationship. It sounds like this guy has serious commitment issues, and if communication between both you does not work, then move on. It's about time people realize that moving along and if communication does not work, then move on. Otherwise, dwelling on something that might or might not make you happy will just eventually wear you down. So, Can’t, be strong and long your chin up all the time; things will begin to turn around. Just be patient.

The best way to get involved in campus is to join the mailing list of all organizations. This secret, possibly frowned upon, method is sometimes all you need— a reminder in your email to actually go to events. If you couldn’t make it to the involvement fair, talk to friends, talk to people and find out what’s going on, what organizations are they going to and see what you like. On top of that, there are always bulletin everywhere that can lead you to various meetings and events from all sorts of clubs. Find them by the cafeteria hallway, find them at the library entrances and soon enough you'll be more than just involved in.

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Weekly Horoscopes*:

Aries (21 March-20 April): Look out for the 15th moon of Venus, it’s moving into your third house, and it saw how you behaved on homecoming, I’m going to be purposely vague so that you sweat this one out and over-analyze your every move.

Taurus (21 April-21 May): Hang in there tonight – just a few more pages until that final paper is finished. Celebrate your completion of the first half of the semester with something “legal,” yet fun.

Gemini (21 May-21 June): You’re in store for an interesting weekend. Watch out for your doppelgänger on Saturday. He or she will probably be looking to off you, so be sure to brush up on your self-defense and/or ninja skills in tip-top shape.

Cancer (22 June-22 July): Fall break is upon us, and you’re in for a good’un. If you’re staying on campus, head downtown and be prepared to meet a hot-tay on the Metra. If you’re heading back to your hometown, get ready to meet up with your grade school crush.

Leo (23 July-22 August): Rawr! Let the Lion out over break, Leos. The moon is shifting into your third house, meaning your dancing skills will temporarily be exponentially improved for the next week. Impress others, or just yourself in front of the mirror.

Virgo (23 August-21 September): Watch out for mysterious Scorpios over break. They’re feeling frisky, and might leave you high and dry if you’re looking for a little something more. On the bright side, an honest and entertaining Capricorn will enter into your life on the 19th.

Libra (22 September-22 October): I have a hunch that you will have excellent checkers skills this week. The crystal ball is looking a little fuzzy, so it may be chess in which you excel. Actually, it might be Hungry, Hungry Hippos...

Scorpio (23 October-21 November): There’s potential for an encounter with a giant, ravenous scorpion, perhaps with the body of said scorpion and the upper torso and head of Dwayne “The Rock” Johnson. Or, you might meet an attractive Virgo and mess with their minds a little bit.

Sagittarius (22 November-21 December): Were you among those who tipped over the trashcans on North last Saturday? Let’s hope not, because the third house of Neptune is moving into your sign -- and kicking a** and taking names.

Capricorn (22 December-20 January): It’d be wise to avoid any extremely illegal activities over fall break. Blackmail, embezzeling, etc. – just say no. You’ll thank me next week when your 10th house moves into the third rotation of the moon, and not only does an extra $100 fall into your lap (by illegal or legal means), but you find out you did better than expected on the exam you took before break.

Aquarius (21 January-19 February): It’s officially the last time you can dip your toes into the lake without fear of frostbite and/or freezing to death. Take advantage of this on Monday, before any potentially decision-impairing mechanisms are employed.

Pisces (20 February-20 March): If you haven’t watched “Dinotopia” yet, you should over break. If this doesn’t tickle your fancy, check out “Swamp People” on the History Channel. Lots o’ gators and lots o’ danger. Lack o’ teeth (and potentially limbs). Trust me, it will probably be worth it.

* Madame Helvetica Hatbroth and Isaac Acosta wish to gently remind their readers that their horoscopes and his advisements are written merely for entertainment purposes, and no decisions should be made based upon them.
Professorial Profile:

Psychological musings with Professor Guglielmi

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Most students don’t take many classes outside of their majors, thereby missing out on some of the funniest, kindest, and most unique professors at Lake Forest College. Who are the professors of the biology department? What about music? Women’s Studies? They must do more than teach, right? Who would you like to see highlighted in this section? Please let us know! Send his or her name and department to davisca@lakeforest.edu, and we will contact them for an interview.

Anyone who has taken psychology with Sergio “Googs” Guglielmi may be surprised to learn that he is not quite the man they think he is. He is from Rome, he looks like a white-haired Mario from Super Mario Bros, his classes are challenging, and he’s funny, but there is a lot more to this man than meets the eye.

For instance, did you know that he did not major (or even minor) in psychology? That he has an eye for witty poetry about Rome? That he has taught with his wife, Nancy Brekke, for 25 years? Guglielmi was kind enough to have an interview with The Stentor and provided some valuable insight into his position as a psychology professor.

What do you do on campus, both in class and research? Guglielmi teaches psychology, but “started doing clinical psychology research,” where he researched “phobic-like conditions, and the effectiveness of psychological interventions.” Health psychology is his favorite area, but, he said, “I’ve taken a direction I’ve never suspected I would: whether bilingual education is effective for educating language minority kids.” Language acquisition is nothing new to Guglielmi, who learned English after coming to the US. “My intuition has always been immersing these kids, because that’s the way I learned,” he explained. “So I started to test the assumptions of bilingual education.” He was surprised to find that the “research evidence doesn’t support my intuition: You’ve got to instruct in their native language” before the students are moved into English-only classrooms; immersion just doesn’t do it.

He also didn’t take undergraduate psychology. “I was trained in the classics, humanities,” he said, “so I’ve done Latin and Greek ad nauseam.” He had so few biology and math (never mind psychology) classes, that “getting to this area has been quite a surprise.”

Is saw that you and your wife, Professor Brekke, are working on a book. “Yes, Stereotype, Prejudice and Discrimination.” Brekke taught this course when we started this book… and there was really not a good textbook… So our motivation was triggered by a need.” Writing takes time, his biggest foe: “I have to admit,” he said. “I’m not doing my part anymore; my research time has been shifted to my projects, and [Brekke’s] still working on it, but I’m not sure when it’s coming out.”

So, how is it being able to work with your wife in the department? “Oh, it’s a blast! It’s been great… we’ve been doing it now for 25 years, I have to admit.” They met in Minnesota, when Guglielmi had finished his Ph.D. and Brekke was starting hers. “I moved back to Italy for a while, after I was done with my Ph.D.” he said. “I caught up with her after she was done.” He “taught a couple years at the University of Minnesota” before they both moved to Virginia for new jobs in a new department. “It was fun then, and it’s even more fun now,” he said.

With their different surnames, however, students are not always aware of their marriage. “Sometimes we fool students about it,” Guglielmi laughed. “I’ll go do her course evaluations and I say, ‘Well, some of you have been talking about that Professor Brekke and I are having a torrid affair… and that is true!’” He said, “We get along so well, in and outside of work. All the time we spend together is great.”

Of all the “sub-topics” within psychology you’ve researched, do you have a favorite? “I would like to shift the focus… more in the direction that is of interest to me,” Guglielmi said. “Health psychology, stress [and teacher burn-out], and particularly substance abuse.” He isn’t sure when he’ll get the chance to pursue these topics, but maybe “when I’m 105!”

How did you come to Lake Forest? “There was a job open for two positions in the same department here,” he said. “We love teaching.” Institutions that focus only on research “frustrate a good teacher. They say that they care about [teaching], but they don’t.” Guglielmi prefers Lake Forest because of “the better balance between the research and the teaching.”

Lake Forest is what Guglielmi called “a cozier department that valued teaching.” He and Brekke decided to take the leap, and they are very happy. “Never worked harder in our lives,” he said. “We work every day of the week, including the weekend. We like it, [so] it’s a lot more rewarding.”

After teaching personality psychology, how would you describe your personality? “Very different from the way students perceive me,” he said, which is “probably [as] enthusiastic… but perhaps much more extroverted than I am.” He is actually “kind of shy, kind of reserved, [and has] always been that way.” “I shy away from social contact quite a bit,” he said. “[Brekke and I]… keep each other company quite well.”

Do you ever self-diagnose in abnormal psy? Do students ever self-diagnose? “Myself? No. I know myself well enough,” Guglielmi laughed. He tells his abnormal psy students, “Don’t believe everything you read. Several of the symptoms we all have, and remember, abnormality falls on a continuum; it’s not a yes or no… it depends on how much of this trait you have.”

Students have self-diagnosed, but not often. “Sometimes I see students who do have real difficulties,” he said. He does not address this with them, but “I do listen to them.” He continued, “If a student… [has] legitimate complaints that lead me to believe that there is something there, then I either bring them… to Buchanan, or urge them to go, depending on how critical the situation is.” This is critical to his teaching philosophy; teachers are therapists, not “pals” or therapists. “I don’t mind students calling me Googs,” he said, “but they cannot call me Sergio.” After graduation, “I urge them to call me Sergio, because they’re out of here,” he said.

Where could we find Googs on a typical Saturday night? “Probably at home, reading, or… watching [politics],” he said. “I am, I guess, super-duper liberal and… very interested in… both American politics and also Italian politics.” Saturday night may include research, “or we may go out,” he said. “[We may] have dinner with a friend or two, [psychology Professor] Naomi Wentworth… She’s awesome. She is a very good friend.”

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Googs: Psychological musings

(Continued from page 8)

You are stranded on a desert island with one item. It is: “A laptop with two things in it: a large data set, and my structural equation modeling software!”

If you could talk to anyone, living or dead, who would it be? “My mom. She was so proud of me [sic]. We came from a very poor background… I am the first in my whole extended family to not just get a Ph.D., but even a college education.”

Belli wrote his poetry in Roman “slang” so others would not understand it. He accurately portrays “lives of the poor people… with parodies, barbs, and sarcasm, and satire, of the Pope, and the Bishops and the priests… [Belli’s poems] hit home for me,” Guglielmi said.

Are you the most interesting man in the world? (Or do you think you are?)

“[Laughing] I hope not! The world would be a very sad place if that was true… a year or so ago, I probably would have said Obama… Who else is interesting…” he mused. “I’ll pass.”

Playing my violin in the Lake Forest Chamber Orchestra concert on Sunday, October 10, (which also just happened to be on the 10th day of the 10th month of 2010) I got more than a front-row seat view. I got the perspective of a second-year orchestra participant, who could compare last year’s much smaller size and sound to the improved interest and numbers of this year. And it was an improvement of which every player in the chamber orchestra should be proud.

Playing any instrument is a very difficult thing to do. The orchestra concert in the Reid Chapel at 7:30 p.m. and were out the doors, enjoying cookies and punch in the adjoining building, by 8:30.

The orchestra concert was short, only forty-five minutes. Many viewers from the audience said they appreciated the length, which, compared to the normal hour and a half concert of an orchestra, was pretty concise. This of course, had many obvious benefits for those watching (it doesn’t require as much time to be taken out of their days, etc.) But Assistant Professor of music (and chamber orchestra conductor) Nicholas Wallin explained that his giving shorter concerts was for the benefit of the actual orchestra, than anything else.

Professor Wallin’s goal is to continue the expanding of the orchestra and scope of its ability by performing more concerts throughout this current semester. Last year, our chamber orchestra had played one concert by the end of the semester. This year, ten rehearsals into the school year, we have performed our first concert and will have performed three more by the end of December. By giving us fewer pieces to learn at once, we were able to be prepared for our first concert earlier in the semester—and to play it well. The concert was shorter than an average orchestra performance, with four songs (one fifteen minute movement by Shubert included), but it gave all of us playing a tangible outcome from our work and a chance to become excited for the rest of the semester.

The Concert was put together in 10 rehearsals and we are now already planning for our future performances this coming winter. But w h a t took me most, as a sophomore in the Orchestra, was the comparison to only last year. When I entered the chamber orchestra as a freshman, all I could think was “this is so small.” I had come from an orchestra back in Ohio made up of hundreds of high school kids, with only the very best getting any sort of principle chairs. That my freshman college orchestra had four violin players in the whole first violin section surprised me. Likewise, the small number of people that came to actually watch the college performances was a bit of a disappointment. But, that isn’t the case this year.

Professor Wallin worked on increasing the number of instruments within the orchestra, and he largely succeeded. This year, there are more winds, bass, lower and upper strings, enough to make a much fuller sound.

Likewise, the audience was much more encouraging this October. Reid chapel was filled with parents, other musical students, and some visitors from around the area. Therefore, as I sat down in my chair at the beginning of the concert, it was much more exhilarating than it had been before.

The audience was genuinely interested in what we were about to play and they seemed to enjoy listening to it as much as we did playing it.

We played Jean Sibelius’ Andante Festivo, Percy Grainger’s Irish Tune from County Derry, Aaron Copland’s Outdoor Overture and the first movement of Franz Schubert’s Symphony No. 9. It was a mix of music from four different countries and composers. But it was, even more, a mix of four very different styles. We went from the extremes of slow and melodious in the Irish Tune, to hyper and excited in Schubert’s Symphony. The mix of music kept not only the audience interested, but us playing the songs enthusiastic as well.

Every time I sit down to play in a concert, I get a little bit nervous and wonder how things will go. But this concert that kicked off the chamber orchestra year was no disappointment to even us playing. We had a greater attendance and support from the audience and also a greater participation and backing within the orchestra itself. It was a perfect concert to occur on the perfect date of 10/10/10.

For those of you who didn’t attend, really consider watching the upcoming holiday performances. It will be a chance for you to see just how good the Lake Forest Chamber Orchestra is, and to listen to the music everyone enjoys: Christmas music.

This is looking like a promising year for the orchestra, with the enthusiasm from those within it and without growing. Thanks to everyone who came, to Professor Wallin, and to all the players for making our first concert a success.
Uncoveredartistry.blogspot.com presents:
Top 6 reasons to buy Fair Trade, why buying ethically is best

SARAH SPOTO
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Fair Trade goods of all kind are all around you, and they aren’t expensive either. Have you ever given Fair Trade a try? Below are six reasons to buy Fair Trade today.

1. The Fair Trade system benefits over 800,000 farmers organized into cooperatives and unions in 48 countries. Fair Trade provides workers with a livable wage so that they can support their families and develop their communities.

2. Fair Trade engages in **environmentally sustainable practices** and is often linked with organic goods, such as Equal Exchange Coffee, a certified Fair Trade and organic coffee.

An organic cocoa nursery is one of many Fair Trade farming sources.

3. **You don’t have to travel far to find Fair Trade goods**... In fact, you don’t have to travel at all! Java City in the campus library offers Fair Trade coffee and tea options. Next time you are there, make an effort to try them out. If you want to spread awareness for Fair Trade on campus consider organizing a Fair Trade event, TransfairUSA.com offers a complete section for students who want to get involved.

You can shop online at sites like globalexchangestore.com, but you can just as easily buy locally. Your local grocery or convenience store might offer Fair Trade goods. Whole Foods and Jewel offer a wide selection. Look for this Fair Trade certification symbol when shopping:

4. There are a **wide variety of Fair Trade goods available**, including: coffee, chocolate, jewelry, handbags, soccer balls, clothing, and more. For a detailed list of Fair Trade products, visit TransfairUSA.org.

5. **Fair Trade goods are NOT more expensive than other goods**. Because the middle man costs are eliminated, the cost of Fair Trade goods are relatively similar to traditionally traded goods. Sometimes, goods like Fair Trade coffee will be priced at gourmet coffee prices in order to provide the producers with a significantly higher wage, but the quality of Fair Trade coffee can easily be compared to gourmet brands, according to globalexchangestore.org.

6. **October is Fair Trade month!** Make it a goal to try new Fair Trade products this month or even host an event in your community.

Websites to Look For:
www.transfairusa.org
www.globalexchangestore.org
www.fairtradesportsretail.org

Above left: Photo Courtesy of Fairtrade Foundation, 2003
Lower Left and Above Middle: Photo Courtesy of TransFair USA
Above Right: Photo Courtesy of Fairtradesportsretail.org
Saving television (and our environment) for shows worth watching

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Supposedly CBS is the most watched television network. The show Two and a Half Men is, supposedly, their most watched show. The Big Bang Theory is supposedly widely watched too. The same holds true for NCIS, CSI, Miami, Criminal Minds, and a score of other shows that are featured prominently by the network.

However, I use the qualifier “supposedly” because neither I, nor anyone I know under the age of 80, watch any television shows on CBS. I say this not to offer a critique of their programming; I understand that people have varying tastes in entertainment, but to offer a potential solution to a very serious problem.

The world is getting warmer and, as any scientists will tell you, this could eventually cause huge problems. Many people have offered solutions to this problem. Some advocate tougher environmental restrictions on corporations. Others suggest stricter regulation of vehicle emissions. I am proposing a change in a great deal of electricity.

Considering our country’s tendency to over consume, certainly there are better uses for our resources than producing mediocre television shows.

The statistics may indicate that there are a number of people who enjoy watching Two and a Half Men (According to last week’s Nielsen ratings over 14 million people watched it) would anyone miss that much? Would there be rioting in the streets? Or, to grossly misrepresent the situation, is Two and Half Men worth the degradation of our environment?

Here’s what I propose: Let’s restrict the number of new television shows produced a year. Let’s arbitrarily pick the number four. Every television producer would pitch his ideas to someone appointed to the newly created position of Television Czar. (Ideally, this position would be filled by me, since I believe I have impeccable judgment in quality)

The four winners would be able to produce a year’s worth of television, one for each major network. If after one year I was satisfied with each show’s quality, they would be invited to return for a second season.

If not, a new competition would be held to determine replacements. Obviously, this would leave a great deal of time for which stations will have no programming. To fill this void, stations would be required to air reruns of one of the following shows: Seinfeld, The Wire, Scrubs, and Jordan-era Chicago Bulls’ games.

Not only would this system help save the environment, it would also dramatically increase television’s quality.

Clearly, this would force a dramatic shift in our current system. But I think it’s a risk worth taking. Our pollution output levels are still unacceptable, so a dramatic shift is indeed necessary. I like Charlie Sheen as much as the next guy, but I like our planet even more.

80’s haters can, like, gag me with a spoon...

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Because of a family function, I was unable to attend the 80’s themed dance at the end of homecoming weekend. Never before have I been so disappointed to miss a school-sponsored event. Why? Because I love 80’s cheese.

There. I said it. I love the 1980’s in all of its overindulgent, synthesizer-enhanced glory. It is my life’s goal to re-enact Ferris Bueller’s famous day off. I secretly rock out to the electronic keyboards of Asia and A Flock of Seagulls. And yes, there is a part of me that wishes it was still socially appropriate to use an entire can of hairspray and wear those mindboggling prom dresses with the floppy sleeves.

I’m going to guess that those of you reading this article fall into one of two mindsets: I should either be institutionalized for the next decade for having such a stand on this issue. But here’s the question — since when did liking the 80’s become such a bad thing?

Take my family, for example. We have a strict rule in my house – no hair metal on the radio. That means no Poison, no Quiet Riot, and definitely no Bon Jovi. Synthesizer music should be kept to a minimum. (Journey is an exception.) If anyone (aka me) macrophages and buries our collective heads in the sand. But we have been given so many pressing issues to worry about that we feel guilty for turning towards an escapist culture, even if it’s just for a short time.

For better or worse, the 80’s was a time of escapism and material possessions, as the yuppie population clearly demonstrated. I don’t believe we should turn back to this philosophy, but in terms of entertainment, why not allow ourselves a little reprieve every now and then?

In an age where good movies are expected to demonstrate global awareness and a sense of gritty realism, it’s refreshing to remember a time when the outsider girl could win the heart of the Homecoming king, the nerds occasionally took revenge, and not even the principal could stop you from taking a day off.

These themes have become a bit formulaic over the years. But with the grim news surrounding us on a daily basis, it doesn’t hurt to step away and immerse ourselves in an escapist fairy tale.

As my hero, Ferris Bueller, said, “Life moves pretty fast. If you don’t stop and look around once in awhile, you could miss it.” Word up, Ferris. You’re a righteous dude.

Photos courtesy of IMDB.com
Inception: thoughts on the blockbuster hit and other beginnings

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Inception is a funny concept to me when I think about it. The movie Inception was one of only two movies that I saw this summer, and, perhaps, it’s a bit of a random time to write thoughts that stem from a movie I saw almost two months ago now. But I haven’t stopped thinking about the concept since I visited the movie theater back in August.

For those of you haven’t seen the movie, the premise is that a team of highly skilled and trained agents can cause someone to fall asleep inside an agent’s dream world and, thereby, steal information from that person’s head. When the infected person wakes up, he won’t have any idea that any knowledge he held was copied, because he will blame the nightmare on the salami sandwich he had for lunch.

Yet, the movie doesn’t just stop there. (If you haven’t seen the movie you might want to quit reading because I’m afraid I’ll ruin it for you). But the movie takes the notion of using someone’s dreams and thoughts even further by the concept of “inception” …as the characters call it.

The Merriam-Webster Online Dictionary defines inception as “an act, process, or instance of beginning.” In the movie, the characters aren’t just referring to the beginning of anything, though. They are referring to the origination of ideas. The main characters seek to find a way in the movie to, not just steal ideas from someone else. But to actually implant ideas into someone else’s head.

After all, if they can plant an idea in another, and do it in such a way that the person thinks the idea is his own, then that idea can grow into something that will cause the patient to act in ways he otherwise wouldn’t.

In short, the agents can control the patient, just by infecting his head once. They can cause the beginning of an idea, which will grow into hundreds of other thoughts and eventual actions. In the end, by implanting an idea, they will control the person’s future actions.

It’s this form of “inception” that I’ve been pondering over the last few months. More definitively, I’ve been thinking about the beginning of ideas in each of our own heads.

We all have ideas both secret and well-known about who we are, what the world around us is, where we are going, what we believe is important, and what we think about most of the relationships we have with others.

And these ideas, of course, control how we act in every situation we face in life. For example, someone who has an exam coming up will either study for it or not study for it. Whether or not that person decides to study for the test will be dependent on the ideas he is holding about the exam, the class, the college, and life at large.

If he considers the class hard, he’ll study. If he considers it easy, he might not. If he doesn’t think having a good GPA is important, than he probably won’t study. If he thinks he needs a great GPA because he wants to eventually get into medical school, then he’ll study. Etc. etc. etc.

The list of influencing ideas could go on and on for why someone would or wouldn’t “hit the books.”

But in the end, what really determines whether or not someone reviews their homework is their ideas—what is important to them—not the fact that there was a party or that they took a trip to Chicago over the weekend.

Obviously, that’s a simple example. But it is this reasoning that each of us goes through every day in just about every choice we make—be the choice big or small. I decided to have a bowl of Frosted Shredded Mini Wheats instead of Lucky Charms today.

At the moment, I weighed my options and chose the Mini Wheats because growing up, I had learned they were good for you. My mom always taught me they were a healthy cereal that helped your digestive system. Therefore, by age eleven, I had the idea that Frosted Shredded Mini Wheats was a good choice. Even today, I still largely hold onto that same idea.

I like Lucky Charms just as much as Frosted Mini Wheats. But in the end, I chose the wheats because I was taught that was best. My belief that staying fit and healthy is important and that what you eat has an effect on it, began from what my mom taught me. And now I still use those same values to make as small of a decision as picking a cereal.

Deciding to pour out the mini wheats seemed fairly simple at the cafeteria earlier. But if I really think about it, I considered what mattered to me before I chose my cereal, and what mattered to me was based off of years of what I had been taught was important…. My choice was based off of the ideas I’ve held for years. Every choice I make now, just like everyone else’s, is based off of years of learned ideas.

But where did these ideas come from? In this case they came from my mom. But often I can’t remember where or how the ideas began… And that’s my biggest concern…

Sometimes, we can pinpoint the exact moment that we began to believe a certain way about something. Or we can name an event that caused us to look at the world the way we do, be it cynically, optimistically, or the somewhere in between that we pretend is realism. But other times, we can’t.

For example, my friend Nico told me that everyone expects her to have a perfect fist-bump because she’s from New Jersey. “But” she explained, “I have never seen someone from New Jersey actually just randomly do a fist-bump.” Yet, it’s a stereotype that off of ideas built on faulty logic or no logic at all.

In Inception, Leonardo DeCaprio said that it was “ideas that changed everything.” I think he’s right. Whether or not someone stays depressed or is joyful, has to do with their outlook on life, which is made up of thousands of different ideas about thousands of different things.

Whether or not someone goes to college is based off of what they think is important, which is built on their ideas about the world. Every decision is caused by hundreds of ideas that interplay in our own lives everyday.

And usually, I think we each have a few significant ideas that hugely influence much of what we do— even if sometimes we don’t want to admit that these few ideas are certain prejudices, heartaches, or lies that we have experienced, been hurt by, or believed.

In the end, what I guess I’m trying to say is that ideas, more than almost anything else, impact who we are, by defining what we believe and do.

“Ideas, more than almost anything else, impact who we are, by defining what we believe and do.”
Despite recent downturn, Women’s Soccer team and coach proud of effort, hopeful for season

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After the Women’s Soccer team blew out Concordia 7-0 on Opening Day on September 1, a score more reminiscent of a baseball game than a soccer match, expectations were high for the 2010 season. The victory was the team’s 11th in their last 12 Season Openers.

For the most part the team has lived up to the standard they have set for themselves at the beginning of the season, but have run into some trouble recently. The team followed up their romp over Concordia by winning their next four matches getting off to an impressive 5-0 mark, but have dropped five of their last seven matches since.

For Head Coach T.R. Bell (’96), currently in his 14th year at the helm, it is the increased difficulty in competition, not a lack of effort or urgency, that has seen the team slow up as of late. “Starting out 5-0 and going 2-5 since then is a direct result of our schedule,” he said. “Plain and simply, we have played better teams.”

The Foresters suffered a tough defeat at the hands (or feet) of Carroll University, losing 2-1 on the Friday of Homecoming Weekend, providing motivation for revenge down the road. The match last Friday was the team’s only regular season meeting with Carroll, meaning that if they are to face them again it would be in the Midwest Conference Tournament, less than a month away.

Bell has high hopes for the team as they make their march towards a Conference Title. “My hopes for this team are to win out in conference play which will most likely put us as the #2 seed going into the Midwest Conference Tournament. Going to that tournament, winning in the semifinals, and having a chance to play Carroll University again, who we just lost to, is on everyone’s list of things to do.”

There is much work to be completed up until then, including 6 more regular season matches. Despite the recent setback the team has experienced, their record within the conference has remained strong at 4-1, with their only loss coming to the aforementioned Carroll University.

What has made this season special is that there hasn’t been one particular player who stands out from the rest, but rather a collection of talent, highlighted by different players each match. “We have had different people step up every game,” Bell said. “We have been tinkering with the lineup lately in our non-conference matches and will continue to do so in our next two matches until we settle on something for the remainder of the season.”

Individual accomplishments, while differing from match to match, have been prominent throughout the season. Sophomore Goalkeeper Bri Schleibinger recorded her sixth career shutout on September 4 when the team defeated Knox College 5-0 in the season’s conference opener. Senior Emily Weber was named MWC Defensive Player of the Week in addition to sophomore Lisa Sorensen being named MWC Offensive Player of the Week in early September.

The overwhelming contribution of different players to the team was evident on September 28, when freshman Suzana Milic became the 13th different player to score a goal for the team this season, in a 2-1 loss to North Central College.

With a potential shot at redemption against Carroll University serving as a motivation for the team down the stretch, and a wide range of depth and talent the Foresters look to end their current losing skid and enter the Midwest Conference on a high note and finish up on top.
In one of the most successful Homecomings games in recent years, one that saw unseasonably warm weather and countless alums return to their alma mater, the football team came as close as they have come all year to capturing their first win of the season. 1,467 fans packed Farwell field to watch the Foresters take on Beloit College, with the hopes that their support would lead the team to victory.

Last year’s Homecoming marked the first victory of the season for the football team, adding another source of hope for this year’s crowd. Unfortunately, the Foresters came up short of their first victory, falling 33-27 in overtime. The loss was a tough one for Head Coach Jim Catanzaro who knew how hard his players had worked for a win. “That was a heartbreaking loss,” he said, adding that he “wanted that win for our players.”

For a team that is still searching for its first win, with just four games remaining in the season, the hard work put in each week by the players on the team has begun to take form. The team’s last two games against Carroll and Beloit were both single digit defeats, compared to the previous four games in which the team never came within twenty points of beating their opponents, a clear sign that the Foresters are more competitive than they were at the beginning of September.

“There has been a lot of improvement this season,” Catanzaro said. “As I look at where we were at the beginning of the season compared to where we are now, it is light years apart. There are 6 different starters on the field now compared to Week 1. I am excited to see what kind of momentum we can build down the stretch of the conference schedule.”

With Saturday’s defeat, it is now official that the 2010 Foresters will finish the season with a losing record, but that hasn’t kept the team from striving for improvement or coming out with a clean slate mentality each Saturday.

Football, for numerous reasons, can be a frustrating sport, but perhaps most so due to the fact that an entire week’s worth of work can be summed up in a three hour long football game. All of the hours put in are either won or lost in a short period of time, with an entire week standing between a loss and the following game. To have six weeks full of hard work and dedication end in disappointing fashion can undoubtedly take a toll on a team, making it all the more difficult to “re-charge” their energy and devotion for each game. For Catanzaro it is the concept of the team playing for the entire sixty minutes of the game, without letting up no matter the score that has him feeling positive with the passing of each week.

“I have talked to our players about the fact that each week, no matter what the outcome or score, we play for sixty minutes, or whatever it takes (to win).” With the progress the team has shown with each passing week, and the mindset Catanzaro has instilled in his players, it is only logical to predict a victory in the near future.

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Photos Courtesy of Scott Sanford