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Every third Monday of January, the United States spends a day observing the birth and life of someone who forever changed the country. Towns hold parades, children are given the day off from school, and people all over the country celebrate the work of Dr. Martin Luther King Jr. At Lake Forest College, things are no different and a yearly celebration is held to honor King. This year, on Monday, January 18, a program was held in the Lily Reid Chapel to not only recognize King, but two women who also contributed to the Civil Rights Movement.

Carol Barner Seay and Sandra Mansfield told the story of the “Stolen Girls.” They were two of the more than thirty girls, who in 1963 were taken from the streets of Americus, Georgia where they were conducting a non-violent protest and locked in a room for 45 days. They were held without sanitation, water, proper food, or beds. At age eleven Mansfield told her mother she would give her life to help the civil rights movement. She also had a feeling the day of her arrest, that she would be arrested. She didn’t know, though, that it would be more than an arrest. She and others were arrested and held in a bare cell for days, before Barner Seay and others were taken into captivity.

The group of girls Barner Seay was part of was participating in a peaceful march where they were told to continue marching no matter if they were cursed at, spat at, or even hit. “We never made our final destination,” Barner Seay said.

See Stolen Girls on page two
They were mistaken. They were taken to the Leesburg Stockade, the place that would eventually help them get the nickname as the Leesburg Stockade Girls. It is at this point that the women begin to choke up, which they say they always do when they think of the stockade. The conditions the two described were inhumane. Concrete floors to sleep on, raw hamburgers to eat, the summer heat of Georgia, little drinking water, no sanitation, and death threats were the circumstances they were placed under. It was not until a photographer from the Student Nonviolent Coordinating Committee snapped photos of the girls and sent them back to the SNCC that they were released from the stockade. Both girls continued their fight for civil rights despite warnings from judges that they shouldn’t. They are thankful for their experience and grew from it. The women were strong and optimistic through out their speeches, both opening and closing with singing, which the audience members joined in. Their experiences were complemented by the gospel choir Voices of Inner Peace, who come to LFC yearly for the MLK Holiday Program. The choir sang three times during the program, each time doing a great job to connect with the audience, creating a close atmosphere.

All photos of MLK Holiday Program were taken by Missy Sernatinger
**Editorials**

**MADEEHA KHAN**
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At the behest of my dearly beloved editor, I have compiled a few short comments on the subject of our cafeteria cuisine. As well as an opportunity to use countless alliterative fragments, I find this helpful to gather my most poignant pabulum problems and to urge my readers to rally 'round me if they feel similarly.

Meat frequently finds its way into vegetarian pasta plates. This is unacceptable. It seems as though some wild dance occurs on the open grill used to heat the once dormant ingredients, which oftentimes ends in less than savory results: chicken carnage spilling over into unsuspecting meatless servings, or perhaps renegade sausage snippets posing as innocent mushrooms. It is simply too much to bear.

Also, it has come to my attention that some students would largely appreciate a consistent supply of condimentary lemon wedges (*condimentum citrus*), which greatly increases the sophistication, and general yummy-ness, of many cafeteria dishes, including (but of course not limited to) the made to order pasta “creations.” The author will note that today, the cafeteria staff seemed to anticipate the lemon lovers, but in the past they have not been so kind.

Paper cups seem to be a new trend in drink-ware, namely because after some time, the glass begins to smell like under-washed canine. Paper cups might be more expensive, but wastes the water trying to rid the glass of such an odor seems just as costly.

The general quality of cafeteria food is admirable (especially the Baked Salmon, oh my that’s good!); however, what’s startling is the atrocious quality of the salad dressing. It is extremely acidic, so much so that the writer found herself choking in dressing fumes after only three and one half bites. A suggestion would be to provide balsamic vinegar and oil, so that an individual may create her own dressing and once again enjoy a full flavoured salad that won’t corrode the lining of her esophagus.

Finally, my general grievances aired, I would like to provide an amiable nod or perhaps a genial “pat on the figurative back” to the soup of our dear Caf. Here’s to you...

Aside from the occasionally surrealistic soups (Beer and Cheddar? Cheeseburger in Paradise?), this cozy corner of the cafeteria is a wonderful place to fill up on warm. Some personal favourites include the Sundried Tomato Bisque soup, Broccoli and Cheddar soup and Vegetable Minestrone. I especially enjoy the addition of cabbages to most of the vegetable soups; it takes a skilled (or an anosmatic) chef to boil cabbage almost daily, and it adds countless benefits in terms of flavor and nutrition, so thank you Sir or Madam, thank you.

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American prides itself on the First Amendment. If you need an example, watch MTV’s *Jersey Shore*. You could contract an STD just from watching the cast’s morally questionable behavior. This article, though, is not about Pooki or the rest of New Jersey’s finest. This article is about having the freedom to watch a show like *Jersey Shore*. America’s Constitution grants citizens and the media the right to express themselves. Yes, there are abuses; Justin Timberlake and Janet Jackson’s controversial performance at Super Bowl XXXVIII certainly comes to mind.

Yet occurrences like “Nipplegate” are the exception, not the rule. Even in these rare instances there is at least some degree of governmental transparency. Pun intended. Luckily for the citizens of China they don’t have to worry about all of this liberal freedom of information hoopla. The Chinese government kindly filters information as they see fit for their citizens. In order for American websites like Google to be allowed on China’s web servers, they have to agree to censor their content. This agreement became the subject of controversy recently when China decided to go all Swordfish on Google’s Internet server. Google reported that it was the target of an Internet virus created by the Chinese government. The virus stole intellectual property and attempted to hack into the Gmail accounts of Chinese human rights activists. Google responded to the attacks by uncensoring, their Chinese site, Google.cn. While the American media has largely praised the move, it may come with great financial consequences. China is likely to shut down Google.cn preventing the company from cashing in on the emerging Chinese market.

What makes the subject so controversial is the lack of a public response by many of the other U.S. companies hit by the virus. Many of these companies have refused to go public in an effort to ensure future financial prospects in China. While there are no absolutes, I’m pretty sure revealing that your company has been the target of international espionage might be helpful to the U.S. government. In order for the U.S. to protect itself, it needs to know it is in danger. Not to worry now that the U.S. is aware of the situation. Secretary of State Hillary Clinton is on the case. Clinton released a statement to the Chinese raising “very serious concerns and questions.” Although I rarely use the word “weak” to describe anyone with the calves of Hillary Clinton when you consider the implications of China’s offense, weak seems to be a fitting assessment of her statement.

It’s the political equivalent of sending a bully an angry haiku with gratuitous exclamation points. Trust me it only makes things worse. You see much like Hansel in the film *Zoolander*, China is an edgy and powerful outlaw. They do as they please because they know they can. America is like Derek Zoolander, a diminishing global star with a penchant for designer jeans and large national deficits. Obviously, Obama is the character Maury Ballstein (played by Jerry Stiller) in this wonderfully inadequate analogy. Okay, maybe that’s a stretch. My point is that China hacked into American servers because they know their power exempts them from legitimate consequences. China was banking on a weak response and they got one. The Chinese government’s viral sabotage is not only another indication of a struggling American economy, but also an increasingly shortsighted corporate agenda.

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**China vs. Google and Derek Zoolander**

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**Upcoming Events:**

1/21- Yoga Group in Buchanan Hall from 6-7:15 p.m.
1/22- Women’s Basketball vs. Beloit College at 5 p.m. in the Sports Center
1/22- Men’s Basketball vs. Ripon College at 7 p.m. in the Sports Center
1/23- Men’s Hockey vs. Northland College at 2:30 p.m. in the Alumni Memorial Field House
1/23- Men’s Basketball vs. Beloit College at 3 p.m. in the Sports Center
1/23- Nerd ACP from 10 p.m.- 2 a.m. in the Mohr Student Center
1/26- Gates Day of Service Kick Off in the Mohr Student Center from 7-9 p.m.
1/28- Yoga Group in Buchanan Hall from 6-7:15 p.m.
The Stentor chats with Harrison Ford

John Crowley in an effort to save the lives of his children, Dr. Stonehill, and the numerous other scientists and businessmen they encounter. These are the building blocks of a film with nuance and subtlety, which is why Ford cares so much about the project, but it isn’t what audiences expect when they hear Ford and Fraser are starring in a film called Extraordinary Measures.

Whoever designed the trailer for the movie was well aware of expectations. Mixed into a montage of emotional dialogue is a shot of a security guard holding a gun up to Crowley. In the movie, this is an isolated and quickly defused incident. But it’s the only time in the movie that a gun is involved, so of course it winds up in the trailer.

The vibe Ford wants audiences to take away from the film, which he also produced, is the opposite of violence. “You’re participating in the positive experience of this family,” he said. “You may miss the car crashes and the blowing shit up, but you may walk away with a positive feeling about humanity, and be compelled to consider your common humanity rather than your singular existence.”

Although his control over the films he acts in always varies with the circumstances, Ford suggested he’ll be likely to continue developing his own roles, “since I no longer fall into the main vein of media roles, age wise.” For fans who enjoy the satisfying affect of Extraordinary Measures, that’s probably a good thing.

John Crowley joins Harrison Ford in “Extraordinary Measures.”

Photo courtesy of Paramount Pictures

John Crowley (Fraser) leaves his stable job and a new promotion in an attempt to save the lives of his children, who are afflicted with Pompe disease, a fatal and untreatable disorder. After desperately researching the disease online, he reaches out to Stonehill, whose stubborn brilliance may be on the verge of a treatment for Pompe. Frustrated by the lack of funding at his University, Stonehill reluctantly joins Crowley in an effort to build a drug company.

The Stentor was given the opportunity to take part in an interview with Harrison Ford, to discuss the upcoming film and his role. Answering questions in the Four Seasons Hotel in Chicago, Ford acknowledged that his role in the film was different from what people expected of him, but he deemphasized the effect of this shift on his acting. “I’m not about kinetics,” he said. “Some of my films, I think, are unfairly characterized as ‘action movies.’ I’ve always focused on character and emotion and good story telling.”

It may not be the lack of physical action that makes this movie unique, but rather the lack of a distinct “bad guy.” There is no threat of violence or harm by a person, only the more relatable threat of sickness by the natural world. Unlike typical Harrison Ford dramas, every single character in the film has good intentions. The conflict grows solely from the clash of personalities between Crowley, Dr. Stonehill, and the numerous other scientists and businessmen they encounter. These are the building blocks of a film with nuance and subtlety, which is why Ford cares so much about the project, but it isn’t what audiences expect when they hear Ford and Fraser are starring in a film called Extraordinary Measures.

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Features

My final project for last semester’s Senior Seminar in Studio consisted of three unstretched canvas panels.

One panel consisted of autobiographical thoughts concerning dating and sex organized through a mock dance-step diagram. The second panel dealt with autobiographical thoughts dealing with body image arranged around the silhouette of an odalisque. The third panel was hung blank, but over the course of a week became a new sort of diagram made up of others’ personal thoughts on dating, sex and body image.

I’m not sure what initially inspired me to tackle this project, but these issues have always been on my mind, especially being a woman.

What I found most successful about this project was the fact that the people who chose to interact with the project had really interesting thoughts of their own to share. Often their thoughts coincided with similar issues with which I too had struggled. It was rewarding and comforting to both know and physically see that others have the same concerns as I do when it comes to dating and our bodies.

While it was revealing and at times uncomfortable to be completely honest about my own thoughts concerning dating, sex and my body (for example, when my father came to Lake Forest to check out the project for himself and read about my entire dating and sexual history), it was ultimately exhilarating. I felt a sense of confidence and freedom from sharing all of these personal thoughts. A weight was lifted off my shoulders. Often these subjects are pushed aside as too uncomfortable to discuss, but there is no reason for this; we all have the same thoughts and concerns. Why not share them?

I plan on continuing to deal with these subjects as I work on my Thesis in Studio this semester.

This installation was part of the final assignment for the studio art senior seminar taught by Professor Karen Lebergott. The assignment asked for public art that is location specific. With this installation, I examined how institutional policies/laws, in this case attitudes about immigration, have an impact on both the individual and the larger community. I created eight ghosts using wire and handmade aprons. They were hung outside the cafeteria, and they represented the eight ARAMARK workers that are no longer employed at the school. This was my response to the undocumented immigration issue surrounding their leave. I attempted to create an atmosphere where the viewer questions the laws surrounding undocumented employment and realizes it is an issue that affects everyone, regardless of legal status.

I have constructed this installation project to comment on the shift in technology. The use of cell phones has led to once private conversations becoming very public. Everyday, on the go, people are allowing mere strangers to listen in on their trials and tribulations, their good news, their bad news, their typical everyday happenings and their not-so typical everyday happenings.

To address this issue visually, I have created an “open” frame for my phone booth to show the public nature of cell phone use. I have included an old phone and phone books to highlight to the viewer what once was. I hope to draw attention to this issue by having an occasional ringtone go off in the piece. I encourage people to interact with my piece by entering the booth. Also, with the poster labeled “TMI?” I encourage passers-by to write a description in the notebook of a cell phone conversation they had overheard and find ridiculous, funny, etc.

Features

L’Art is the resurrection of a past Stentor column that explores the arts on campus. This week, and for several following weeks, we will be examining the works of students who participated in the Senior Seminar for Studio Art.

Compiled by Zakea Boeger and Irene Ruiz Decal, Features Editors

Photo courtesy of Kathleen O’Mary

Kathleen O’Mary poses with one of her panels.

Photo courtesy of Jaime Pérez Pineda

Jaime Pérez Pineda’s “Eight Ghosts/Ocho Fantasmas.”

Photo Courtesy of Chelsea Yannello

Chelsea Yannello’s “Open.”
The true meaning of support

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The other day, I saw a Facebook post from one of my friends saying, “Copy and paste this into your status if you support the troops. We will no longer be the silent majority,” and underneath it was a heated discussion about politics and the wars in the Middle East. I was confused. When did supporting the troops become the same thing as supporting the war?

Without a doubt, the situations in Iraq and Afghanistan are emotionally charged and divisive issues, but somehow, support for the troops has become entangled in the same political web. The military is made up of people, just like you and me. They have families, loved ones, goals for the future. They drive cars and like to let loose on the weekends. They come from many different backgrounds, they represent a multitude of political ideologies, and each person has their own reasons for enlisting.

Support for the troops has become an extremely relevant issue for me. Last semester, my boyfriend enlisted in the Marine Corps, and over winter break I was able to attend his graduation from boot camp. Not only was this an acknowledgment of the thirteen weeks of hell that the Marines had been through, but it was also a celebration of the sacrifices made by their families and loved ones.

After all, the military does not just consist of those who have enlisted. It also includes parents, siblings, grandparents, friends, husbands, wives, children, boyfriends and girlfriends—people whose lives have been affected by another person’s decision. These are the people who have learned to rely on letter writing to stay in touch, who have accepted that their loved ones will most likely not be home for the holidays and who have begun to cope with pressing fears of separation and loss.

I am only just beginning to understand the commitments and sacrifices that come from being a military girlfriend, but already this situation is like nothing I have ever experienced. I have become dependent on letters in order to stay in touch, and with my boyfriend likely to end up in Afghanistan by the end of the year, communication is expected to drop significantly.

I am no longer certain of the next time I will see him or speak to him, particularly if he is stationed overseas, so every visit and every phone call takes on a new significance. Farewells become increasingly more difficult, since he won’t always be a text message or an e-mail away.

I no longer have a political opinion on the war, save for a desire to see my boyfriend and the rest of the troops return home safely to their families. To say, “I appreciate the sacrifices that the troops have made” is not the same as supporting the war. It is an acknowledgment of the hardships experienced by the soldiers and their families, it is a recognition of those who have died and those who have mourned, and it is a desire to see every soldier return safely. Hopefully these are sentiments that we can agree on.

Words from abroad: Ruminations on effort and points of view

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For no good reason, being a college freshman was the most stressful time of my life. Everyday, I was like a 2nd year law student who was late for his internship and stuck behind minivan moms in the line at Starbucks.

I would sweat when I went to my professor’s office hours. I would have papers done a week early and redone two days later. This stress may have been the motive behind a decent work ethic, but it was not conducive to a social life, a proper heart rhythm or a hairline. My obdurate and (nearly) life threatening addiction to coffee did not help.

Let me give another example. The first essay that I turned in at Lake Forest College was for Introduction to Philosophy. I spent hours writing my first two-page essay, perfecting every word and phrase with the most undergraduate sounding jargon. I got an F. So, I thought that I’d show my professor and do really outstanding on a longer paper. I did all of the reading (and some supplemental). I wrote my essay a week ahead of time, and I had a friend read it over. I think that I got a D+.

I write this article now for no good reason other than the fact that I enjoy writing nonsense. I could write this to remind everyone to chill out, have fun, and read some Aristotle. But I am not doing that.

Let me give another example. The first day I got to London, I had to perform a speech in front of a large audience. I had to receive a flight in which I had my own T.V., waiter and bed (yes, they have beds in first class).

(MARIO BALDASSARI
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Saludos de España! This is your former SG President, Mario, moving on from the President’s Corner and further along the proverbial wall suggested by that title to the map of Spain hanging upon it. I plan to be a regular Opinions columnist upon my return next Fall, so what better way to keep my finger muscles limber than by sending our Opinions editors an article every now and then?

I’ve been thinking a lot lately (i.e. yesterday and this morning) about how important everybody’s point of view is. The world is completely different for each person in it, and those differences are even more vast than usual when you talk about the differences between Americans and Spaniards. I find myself wondering how they stay connected with my world without speaking English and I realized that they don’t see any lack of connection. Just as I previously had no idea how things worked or what happens here, they have little idea of how things are in Chicago. And it doesn’t matter. If your world is in Chicago, Sevilla, Fort Wayne, Moscow, or Toadsock, Arkansas (an actual place) then embrace it.

A huge part of my worldview is focused on something I call my base of operations. It can move, and there can be smaller versions of the main base, which is usually the location of the majority of my stuff is. At the condo in Vernon Hills, it’s my end of the kitchen table, at the Chestnut house in Fort Wayne it was the end of the counter, and at school it’s usually my desk. I set up smaller ones in the library or my bedroom at home or here in Spain.

So, we all, I think, have ninety-nine percent different pictures of the world. Lots of this understanding is coming from thoughts I had after finishing George Carlin’s last book the other night. He wrote it with a guy who released it a few months ago. Some things he thinks are too outlandish for me, but some are definitely not. At the end, he is talking about the plans he had to create a Broadway show that incorporated all the characters from throughout
Haiti: Hope for the present, lessons in the past

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Before this last week, I knew little of Haiti. Pressed, I maybe could recall that it shared an island with the Dominican Republic, that it was the result of a successful slave revolt and that Wyclef Jean, one of my favorite Hip Hop artists, hailed from its shores.

Now, Haiti is on the tip of every tongue, be it in braving proclamations of support or whispered confusion as to just what happened to rend this country apart so violently. Now I read its history; now I care about its people—now that perhaps over a hundred thousand are lost to the earthquake do I finally learn about Haiti.

Such, it seems, is the way of this world. Public attention arises in the aftermath of - not in anticipation for - disaster, be it natural or human. Thus we ride out to help Afghanistan, Iraq, Indonesia, Pakistan, New Orleans, India and Iran. Thus we still tarry at the gates of the Congo, of Sudan, of Venezuela, of North Korea, unsure when the time will come to truly care for the people of these countries.

This we is not simply U.S. Citizens - though they certainly stand as a nice example of a reactive rather than proactive populace - but also the people of the world able to watch as other countries struggle, so few actually do something about it. The U.N., UNICEF, the Red Cross and many more national and international relief groups are these few, and for this they deserve all the gratitude and praise one can levy upon such heroism. They strive to help before disaster strikes. They strive to stabilize and pacify, reducing the risk of outrageous death and desolation if catastrophe occurs.

And I don’t think people really give counting points on purpose. Maybe when the same person gives opposing suggestions, what they are really trying to say is “find a balance that doesn’t weigh you down one way or another.”

I do not mean to paint a cynical portrait of the response of today. It has been overwhelming. We have seen all our new media sources used for the betterment of this devastated nation. We have seen political rivals unite to help. We have seen celebrities and regular people alike rise up in the effort.

Yet Haiti demonstrates that the attention of humanity is a fickle thing indeed. Had the quake not hit in the dead center of Port-au-Prince, had Haiti not been close to our doorstep and native home of hundreds of thousands of Americans, would we care as much? When the tsunami hit Indonesia in 2004, and when an earthquake rocked Kashmir in 2005 - the two other massive disasters of this decade - I remember support groups and news broadcasts, but not to the same extent as Haiti. These places are farther away, more alien.

We were to truly employ our national and international conscience, we would support nations like Haiti, the poorest country in the Western Hemisphere, before disaster struck. We would recognize the potential before we recognized the actuality, what may happen rather than what already did. Continuing the comparison, we would be the social aid that perhaps lifted that person now bound in the emergency room from poverty, from danger, rather than the panicked doctors doing all they can to preserve what is now so tenuous.

So, give now and give often, to Haiti and to places and people that may be just as vulnerable. That list of tumultuous countries above is overwhelming already, but don’t let that doubt your spirits. No country is the steward of the world. But, all humans are stewards of humanity. As individuals, through government or through ourselves, we have power.

We cannot stop these natural disasters, but we can mitigate their effect. Let Haiti be regarded as a movement of now and a lesson for the future. I know I shall also.

Opinions

How to stop stressing about and balance the college experience

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How do I spend my time at college? This question has been running through my head a lot since I returned to campus this past week. And as e-mails bombard my school inbox about upcoming events and opportunities to apply for, I’m realizing how easy it is to feel overwhelmed. It seems there is no possible way to do everything I might like, but at the same time it feels like the four years on campus might just pass me by before I have really learned to enjoy them. So feeling overwhelmed is feeling pretty natural to me right now.

But when I use the word “overwhelmed” I don’t so much mean being bogged down by work as just being bogged down by the whole idea of college in general, especially since the general ideas of college seem to be so contradictory. Half the time students are told to use their college time to prepare themselves for the real world and to figure out just what they want to do with their life. “After all,” the people say, “you only have one life and you don’t want to waste it.” They say to calm down and enjoy it because the real world doesn’t begin until after college. The working adults say that the college years are ones we will miss because afterward life gets hard.

Therefore, my response to these two very different ideas of college is “How do you follow both?” They seem to be opposing viewpoints, even though I have heard the same people speak them both. And the only answer I can seem to come up with at this point is to calm the heck down. I don’t really think there is a perfect way to follow both suggestions that people give. And I don’t think people really give counting points on purpose. Maybe when the same person gives opposing suggestions, what they are really trying to say is “find a balance that doesn’t weigh you down one way or another.”

I’m realizing that this time at college isn’t completely about one spectrum or the other and that there isn’t any way to feel like you have everything figured out. But if we college students could learn how to just set things go and not constantly be worried about an event, class etc. that we could enjoy things a lot more. When they tell me to enjoy college, I realize that they aren’t saying to not work hard, but to enjoy the work I’m doing and to at the same time be willing to let things go every once in a while. College is about hard work and learning your classes, but I think it is also about learning how to handle pressure and to not hate it at the same time. After all, if each college student has to find a balance, then he can’t let himself be too weighed down on one side or the other… otherwise his balance will be thrown off and he’ll fall down.

This realization might seem pretty trivial, but it is one which I know me and many of my friends have been spending the last semester learning. For the first time since I have been at Lake Forest, I am pretty sure I understand that using your time at college wisely doesn’t require too much work or too little and that more importantly it doesn’t require freedom from stress causing incidents. It instead just requires that you deal with the incidents and then move on with life. It requires me and others to just try and when things do or don’t go how we might like, even in the future, to just not stress. It is really pretty simple for how complicated we all make it. So my advice to myself and everyone else at this point is to just let things go. Breathe. Do what you enjoy. Breathe. Enjoy what you do. Breathe. And maybe you’ll manage to keep your balance for awhile… or at least you won’t suffocate.

After all, four years is four years, whether you’re tense all of those years or not. And if in the words of C.S. Lewis, “The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is” why should anyone constantly spend those hours stressed out?
LFC Men and Women’s Basketball Back Into Full Swing After Break

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After the long winter break and weeks of waiting, LFC men and women’s basketball teams are taking the court again. All the pre-league games and tournaments are over and both teams are now focusing strictly on Midwest Conference play.

Having a rough pre-league, the LFC men’s basketball team has rebounded very well since the winter break -- winning their last three conference games against Knox, Beloit, and Lawrence University. They have now improved to 3-3 in the Midwest Conference and 5-8 overall.

In their most recent game against Lawrence, Nate Bateman stepped up and scored the crucial points Lake Forest needed to win. “We played really well as a team and need to keep up this momentum,” said injured junior post Chad Brandenburg. On the other side of the court the women’s basketball team has been doing what they have continually been good at: winning. The Lady Foresters have an undefeated Midwest Conference record of 6-0 and an overall record of 10-3. In their most recent game the Lady Foresters dominated Lawrence University by a score of 95-79. Lisa Nassin, Kate Grunauer, and Claire Schmidt were the top three high scorers in the game against Lawrence. Senior Lisa Nassin said “We have been going really hard in every practice. We ended last season on a sour note by missing the conference tournament so that has inspired everyone involved on the team to go just that much harder at practice. We have a great group of seniors who want to end their last season here for the college on a great note. I know that with the way we are playing that will happen.”

Both teams are on a hot streak right now and with two home games coming up this week they need all the support and encouragement the faculty and students here can give them. Both the men and women’s teams will face Ripon and Beloit this weekend.

The Ripon College game will be on Friday with a 5:00 tip off for the men’s game and the men game to follow. On Saturday the game will be against Beloit.

Success out East for Women’s Hockey

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The women’s hockey team, ranked as high as sixth in the nation this year, traveled out to the east coast over winter break to test their strength against teams in the Boston area.

The Foresters, 11-2-2 (5-1-2 in NCHA) played at The University of Massachusetts’ “Codfish Bowl” in Boston on January 2 and January 3 against U. Mass. Boston, followed by a consolation game against Maine’s Bowdoin College. The Foresters fell to U. Mass. 3-1, the first of just two losses by the team of the season’s goals in a 3-2 overtime triumph, her third hat trick of the season with assists from Lynn Switaj, Courtney Bean, and Jamie Sauer. Goaltender Alyssa Wintermute stopped 41 of the 43 shots taken on her, helping to preserve the victory.

The Foresters wrapped up their Winter Break trip by heading down to Bridgeport, Connecticut where they took on Sacred Heart University on Tuesday, January 5.

Offensive dominance on the part of the Foresters proved to be too much for Sacred Heart to handle as Lake Forest prevailed, 7-5, capping off a successful trip.

For junior Lynn Switaj, the trip out to Boston and Connecticut was a positive experience, noting that it was “fun to challenge ourselves against East Coast teams that we had never played before. It would have been nice if we could have pulled off all three wins though,” she added, giving an indication of just how high the women’s team’s goals are for this season.

Offensive dominance on the part of the Foresters proved to be too much for Sacred Heart to handle as Lake Forest prevailed, 7-5, capping off a successful trip.

The second matchup of the “Codfish Bowl,” a consolation contest against Bowdoin College, of Maine, proved to be a better success. Kim Herring continued to lead the Forester offense, scoring all three of the team’s goals in a 3-2 overtime triumph, her third hat trick of the season with assists from Lynn Switaj, Courtney Bean, and Jamie Sauer. Goaltender Alyssa Wintermute stopped 41 of the 43 shots taken on her, helping to preserve the victory.

The Foresters still have eight games remaining in the season, with their next home matchup coming on Saturday January, 30

Look to the Lake Forest Stentor Sports page for updates on scores and schedules during Spring 2010!