The Kenneth L. Weik Undergraduate Life Sciences Research Symposium was a brand new event this year, and proved to be very interesting. Put on by the national biological society Beta Beta Beta, President Clare Conlisk said it was a major success. “We definitely see this event as being a major annual contribution to the college,” she said. The symposium showcased “19 research projects that were being undertaken by a total of 35 current students and recent alums” were shown, she added. The presentations from the symposium were also presented to Argonne National Laboratory the Friday following the symposium.

According to Conlisk, the event was thought of in response to all the incredible undergraduate research that so many students had been conducting and the need for an outlet to share it with the public. This symposium also corresponded with the first year that Lake Forest College students had been able to participate in a Summer Fellows Program at Rosalind Franklin University of Medicine and Science. There were a total of 15 students who performed research there this summer, with access to high tech labs and some truly astounding mentors. Some of the other posters presented came from students who participated in the Richtor Scholar program last summer.

Though the symposium was geared more towards biology students, the event was open to the public, and in fact many people from the community came to show support. “We had higher attendance than we ever expected,” Conlisk said. “In attendance were science students, faculty from all disciplines, parents and friends of the presenters, the College administration, as well as many of the mentors from Rosalind Franklin University of Medicine and Science and the Field Museum, as well as President Schutt and Dr. Ken Weik,” she added.

One of the highlights for many students was seeing and hearing what Dr. Ken Weik had to say about the symposium. Dr. Ken Weik taught Biology at the college for 34 years and was the advisor for tri-beta for almost two decades. “He was truly touched and honored to have this event named in recognition of his contributions to the College, and the participants loved presenting their research to such an influential figure in the biology department.

Of the event, Conlisk said, “It was amazing to see the variety of people who attended and yet all were able to walk away having learned something from the presenters.” Conlisk also said she hopes many people were able to walk away from the symposium realizing the “many research opportunities are available to them not only on-campus, but also off-campus at institutions like Rosalind Franklin and the Field Museum.”

Tri Beta is really looking forward to expanding the symposium and having it grow year after year. This symposium could not have happened if it were not for the amazing executive board on Tri-Beta. Conlisk says they worked with much focus and momentum to get it organized and it went smoothly and without any glitches. According to Conlisk, “TriBeta gets no funding from the College, yet were able to sponsor this by the Admissions Office generously funding the printing of our abstracts book, which they will now use as promotional material for prospective science students, and cash funding from Dr. Erik Rickart from the Utah Museum of Natural History who donated his lecture honorarium from the College back to TriBeta following his lecture on campus on October 22nd.”
Candidates for Student Government Elections

SG President

Chase Cook

My freshman year, I represented Cleveland-Young in the now-extinct General Assembly. Months later, during the transition into my first term as Student Government Treasurer, I, along with other incoming and outgoing Executive Board members, drafted a new constitution to better serve the student body. As a result, I have a comparative understanding of what Student Government was, what Student Government is, and what Student Government should be.

Student Government should be validating. I have mighty procedural understandings of Student Government and Lake Forest College that are paired perfectly with an approachable demeanor. This makes me an ideal administrator because I empathize with students’ needs and assemble support among relevant contingents in the College community in order to create results.

Within Student Government, I will continue to educate and empower Student Senators. The two most recent meetings were the most exciting and productive ones in recent history. I value and support the individuals who make Student Government what it is. Electing me Student Government President will continue to improve Student Government because those who represent you can thrive in environment I create.

Outside of Student Government, my goal is to headline initiatives that validate students’ programming and the College’s traditions. Programming is not just about what we do—it’s how and why we do it. This attitude adds value to students’ college experiences. I am already active in forums addressing Homecoming 2010, and I look forward to contributing to a better sense of community through conversations like these.

John Chwarynski

I am a junior, and I am running for school President, respectively. When asked to write a platform, it was hard to think of one that would appeal to all my fellow students, and promote some sort of change within the LFC community. So I thought it would be a great idea to have an “open” platform. Open as in, I am open to hearing all of you to voice your concerns and suggestions on how to make this a better year than 2009.

I decided to run for President because my leadership qualities will allow me to act as a liaison for all students’ voices to reach the school administration. Lake Forest is a great place, but there is always room for improvement, and by electing me as President, all your voices will be heard. My goal is to shorten the gap between the Student Assembly and the Administration, and also promoting the increase of fraternity and sorority life on campus.

Alex Gilbert

Lake Forest kicks ass. The community that we have, the friendships we develop, the people we meet. We have a personal aspect, which allows one student to affect the school. This personal aspect is why I want to be Student Government President.

I have been on Student Government since I was a freshman. First semester I worked on the FAAC (treasury) Committee. I was elected to chair the Grounds Committee last semester and the Campus Affairs Committee this semester. These experiences, which would serve me well working as President, give me a detailed knowledge of the school. Simply put, I know how things work.

Armed with this knowledge, I have three goals that I would pursue as President: Community, Pride, and Voice. First, we must recognize our established community. We don’t realize that we have a strong community when it is in fact thriving. In fact, people are so active, that it is hard to attend campus events. I would be a leader encouraging collaboration and camaraderie.

We must also take pride in our college. As President, I would develop our Forester family, starting with freshman, making them feel welcome and aiding them in that rough transition we all faced. Finally, we must develop our collective voice. I am an open person, one who is noticeable on campus. I would move beyond the isolation people often see in Student Government. I would make my presence known on campus. Basically, I would provide an open invitation for discussion with any member of our college.

SG Vice President

Rebecca Leland

I am running for Vice President of Student Government because I want to help the class of 2012 transition into leadership roles on campus. The classes before us have done a great job and have shown us how to lead, so I would like to step up to the plate and take charge. In stepping up to the plate, I want to represent everyone at Lake Forest. I have the ability to do so because of my experiences with divergent interests. I have served on Cultural Coalition since the beginning of my freshman year. In Cultural Coalition, groups who are only united by the fact that the groups they represent are culturally focused are brought together. These organizations represent a wide variety of interests, but work well together. I not only started working with the leadership of several organizations, but I garnered an active leadership role in PRIDE starting from day one at Lake Forest. I believe my experiences make me a valid and strong candidate for Vice President.

Elizabeth “Zibba” Patten

As Vice President, my goals would include bridging the gap between students and campus. Students need an incentive and a reason to want to stay on campus. It seems as though as soon as class is over, students are out of here as fast as possible. As VP, I would try to draw in new and more incentives for people to love the community in which they go to school in. I would also focus on the beautification of campus that pays close attention to being “Green”, as well as campus wide safety. Currently lighting here on campus has become an issue, as part of the Grounds and Development Committee under Student Government we are trying to get allocations that will improve the overall appearance and feel of LFC. In addition, some of the current dorm study lounges are less than desirable to study in because they lack an inviting touch. I would work to make these places more of a comfortable learning environment. Students need comes first and I would make Lake Forest student input a priority. I will aim at reaching a broad spectrum of students and doing my best to make those suggestions a reality. Finally I would encourage an increase in community service on campus. With the economy in shambles people are hurting everywhere. The little things we can do as a campus can change an entire organization and change lives of people and animals.

The Lake Forest College
STENTOR
Magna est veritas & prævalēbit.
CONTACT INFORMATION
(847) 735-5215
stentor@lfc.edu
advertising@lfc.edu

STAFF
ANNE COOPER - EDITOR-IN-CHIEF - EDITOR@LFC.EDU
NATE BUTALA - MANAGING EDITOR - MANAGER@LFC.EDU
MARGARET COHN - NEWS EDITOR - NEWS@LFC.EDU
SONIA AXELROD - COPY EDITOR - COPY@LFC.EDU
ZAKEA BOEGER - FEATURES EDITOR - FEATURES@LFC.EDU
IRENE RUIZ DACAL - FEATURES EDITOR - FEATURES@LFC.EDU
ANDREW VAN HERIK - OPINIONS EDITOR - OPINIONS@LFC.EDU
NICK CANTOR - SPORTS EDITOR - SPORTS@LFC.EDU
HEATHER BROWN - ADVISOR

Page compiled by Margaret Cohn
SG Secretary

Niharika Jain

I have been part of SG since spring of '09. I have served as a Hall Senator for Lois hall, and am currently the Moore Hall Senator. One of the goals I have accomplished as a Student Senator is the sanctioning of printers to be placed on both North and South Campus. They have been approved, and now I am continuing to talk with LIT to determine the locations.I have helped students with various odd jobs such as calling Fac-Man regarding the hot water in the first floor bathrooms of Moore to advising potential campus organizations on how to apply and to be recognized as an official group on campus.I serve as a representative of LFC at the Coalition of Chicago Colleges, and I am an elected member of the Exec. Board there (Public Relations officer) and I am trying to build connections for our students with those of the colleges in the Chicagoland area. I function as a liaison between the Exec. Boards of organizations such as Collage and ISO and Student Government and offer my knowledge about the rules and procedures that take place, for instance, when comes to applying for funds. I wish to continue my services to the student body of LFC as a catalyst and help take their ideas ahead. By becoming part of the Exec Board I will be able to partake in the meetings which will give me more opportunity to run their ideas with the board and speed up the process of helping the students get what they wish to be done.

I would like to be Student Government Secretary. I also feel that being an RA and being involved in many student activities on campus makes me very visible and accessible to all students who need to address any concerns they feel are important and necessary. As Secretary of Student Government I think it is vital to create a stronger communication between Student Government, students and faculty to create a strong community. I would be the best candidate because I identify with many groups on campus due to my diverse interests and background. A Ghanaian and Venezuelan upbringing has always taught me to listen to others on order to improve the community. This life lesson has helped me a lot. From starting an organization Umoja, being a student ambassador, and being an RA these are positions that enabled me to showcase my ability to listen to others and make sure that their needs are met. My hope is to get students more interested and excited about the vast opportunities offered at Lake Forest College. By encouraging students to participate in school activities and school spirit is the only way to improve campus life. The easiest way to participate is to vote. It is extremely important for the voices of the student body to be heard and by electing me as Secretary of Student Government I will bridge the gap between student government faculty members and students alike to make the Lake Forest College experience the best that they ever had.

Milana Mensah

SG Treasurer

Riley Hutchinson

Throughout my time at Lake Forest, I have spread my involvement in Student Ambassadors, Greek Life, Residence Life, Intercultural Relations, Student Activities and even Homecoming Royalty. And now, I hope to extend my tenure to Student Body Treasurer.

I am confident in my networking abilities and in my visibility on campus to be a force for clubs and organizations at LFC. I know that I am approachable and the fact that people feel comfortable coming to me with issues not only of fiscal importance, but other issues that may arise in a student organization. My involvement in a variety of campus activities assures that I am aware of the inner workings, and procedures on this campus. More importantly, I have worked to build relationships with the students and faculty here that would affirm my ability to communicate effectively and efficiently and to guarantee that people will respond well to what I have to say.

A good Treasurer should serve as a bridge between student organizations and the Exec. Board. More than a liaison, as Treasurer, I would serve as an advocate for students I’m involved and I’m visible. This makes me an excellent representative for students in Exec. Board decisions as someone trustworthy and honest who fosters change as well as someone who directs Student Government. Additionally, I hope to extend my responsibilities throughout the Exec. Board further than just budgeting concerns. While my duties as Treasurer of course come first, I am excited at the prospect of serving the Student Body in other walks of life.

I am so proud to be a member of this community, but with that pride, I am also compelled to make it a better place. I am passionate about leading students here, and I know that sentiment would be reflective and exemplified in my role as Student Body Treasurer.

Jenna Moorehead

As a qualified candidate for Student Body Treasurer with two years of experience in Student Government, a member of the Financial Advisory and Assistance Committee, a member of the Budget and Audit Committee that meets twice a year, and a major in Business, I promise to:
1. Increase communication with student organizations to better improve the budget request process so that money will be dispersed in an efficient and fair manner.
2. Strengthen the relations between Student Government and the Business Office, Dean of Students, Dean of Faculty, Board of Trustees, and Administration.
3. Fairly review and allocate money between student organizations that benefit our school.

My familiarity with the Student Senate and finance will allow me to accomplish this, as well as the bill that I wrote that recently passed to improve the Budget Allocation Process that will make the Budget Request Process smoother and easier for everyone, while allowing more money to be dispersed in an a fair and prompt manner among organizations.

e.Team President

Lorena Kennedy

As President of e.Team, I hope to get more student input on events put on throughout the year. Spring Concert is important; however, I want to get more students involved in our on/off-campus events and movies as well as publicize these events more. In regards to Spring Concert, my hope is to get more student input about the concert so that the maximum number of people will be happy with the outcome.

I have been on e.Team for my entire college career and have been off-campus chair, movies chair, and vice-president. I want to try to make this organization great and I would like to get as many students as possible involved in it.

One of the main problems about e.Team is the lack of connection between it and the student body. I believe students should be more involved in the activities that are put forth on this campus for our enjoyment. There should be a survey that allows students to rate the events on campus and the ones that aren’t liked, should be gotten rid of and replaced. There should be a suggestion box that allows students to voice their opinions. It shouldn’t be hard to figure out who is on e.Team. I have asked many people who the president of e.Team was and some were puzzled. This bothers me because as the President of events on campus, people should know who that person is so they can approach them to voice their opinion. Another problem with e.Team is the lack of diversity amongst it’s members. We need people with different points of views and suggestions. Someone that can relate to many different groups of people that exist on campus. Someone that people feel comfortable talking to. Someone that is not afraid to say, “Hey what do the students want?” and “How can we make this happen?” e.Team should be about making the students happy. Students shouldn’t feel like there is nothing to do, so they feel the need to throw a party in their room. I am a student who is tired of sitting back and saying how much I dislike the school and how boring it is. I want to step up and make some change, sometimes in order to see change we must be change.

Kristina Gonzalez

Jenna Moorehead

As a qualified candidate for Student Body Treasurer with two years of experience in Student Government, a member of the Financial Advisory and Assistance Committee, a member of the Budget and Audit Committee that meets twice a year, and a major in Business, I promise to:
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**Features**

**You’re Latin?: The Latino/a Images Symposium**

IRENE RUIZ DACAL
FEATURES CO-EDITOR
ruizdie@lakeforest.edu

On Saturday, November 14th, Lake Forest College students and faculty gathered at the Meyer Auditorium for Latinos Unidos’ Fall symposium, titled Latino/a Images. With a focus on the construction of Latino/a identity and its representation in media and society, speakers dealt with current issues facing both Latinos/as and non-Latinos/as.

The first speaker, Clara Herrera, Lecturer of Modern Languages and Literature at LFC, gave the audience her views on the problems facing the Latino community in the United States. Now the fastest growing racial minority, Latinos/as are more likely to underperform non-Latino/a students in standardized tests, and have a high dropout rate. For those who do finish high school, though, a low 13% are likely to obtain a bachelor’s degree. Professor Herrera spoke of the challenges facing educators: the need to train certified LEP (Limited English Proficiency) teachers, enrich programs, and assess the causes behind underperformance in standardized tests.

As she looked over the audience, Professor Herrera stated the importance of fostering a “continuous appreciation of ethnic differences” and establishing a dialogue between Latin and non-Latin students at LFC. Quoting one of her students, she expressed concern over statements like, “This is the first time I have had a meaningful conversation with a non-Latin student.” With a 2% Latin student body at LFC, non-Latino/a students have an opportunity to learn about other cultures and explore the similarities beneath the differences.

Professor Gizella Meneses, Assistant Professor of Modern Languages and Literature at LFC, played her 20-minute documentary, titled Latino Identities in Chicago: Second Generation Stories on Self Identification, Language, and Latinidad. The documentary asks significant questions regarding the construction and perception of Latinos/as in United States society, even with regards to the term “Latino/a” itself. Some of the people interviewed expressed a conflicted identity, where what they feel is their identity is not often reflected.

In answering the question, “What do people think about you?”, many participants reported a discrepancy between who they are and what the world perceives. In fact, most reported being identified as Middle Eastern, White, or African American, rather than Latino/a. Student Miguelangel Gonzalez explained that non-Latins are often unaware of the inter-ethnic fusion that results in varying “shades” of Latino men and women. As a white Latina, I know exactly what Miguelangel means.

After the group enjoyed refreshments, Cecelia N. Hayes, a member of the Department of Sociology and Anthropology at LFC, carried out a presentation titled The “Negro” of the Family: Color Hierarchies, Racismo, and Latino Narratives of “Belonging” in the Age of American Identity Politics. Finally, Sharonda Pugh, Program Director in the Office of Intercultural Relations at LFC, spoke about race and media in her presentation entitled, Our Identities: You Can’t Tell Me Who I Am. Although I wasn’t able to attend these presentations, I am sure they were as informative an beneficial as their predecessors. Jaime Perez, president of Latinos Unidos, said of the event, “We hope that by this event, Latinos Unidos, and the growing Latino population on campus feel like they are supported and that the issues relevant to this community are brought up. I think attendance for a Saturday day event was alright, but even if no one had shown up, I’d be happy that at least events like these are taking place, and it is unfortunate that not everyone is taking advantage of them.”

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**Gentleperson’s Gourmand**

**TAYLOR BALL**
CONTRIBUTER
balltm@lafeforest.edu

Day in and day out, the cafeteria offers a wide assortment of tastes for every palate. In my opinion, the champion of these dishes is none other than the fried chicken. The fried chicken served by the chefs in the cafeteria makes every other selection pale in comparison, and while it may not live up to the fried chicken back home in Oklahoma, its very appearance is enough to make me comically excited to eat.

In my opinion, the fried chicken is best served on the nights with the “Soul food” theme, when the cafeteria has cornbread and mashed potatoes. The mixture of the flavors and textures of the fried chicken, warm flaky cornbread, and the soft potatoes are enough to make anybody’s mouth watered. The combination creates the perfect meal for a cold night on campus in the winter, warming not only the body, but also the soul. The meat is always tender and just juicy enough to compliment the spices on the skin.

The only part of the chicken that doesn’t live up to the golden standard is the skin. The chefs that prepare the chicken rarely seem to get the skin crispy enough to make a truly great piece of fried chicken. It is usually slightly soggy, and sometimes falls off the chicken, causing an integral part of the flavor to be lost. This is not a deal-breaker though, as the chicken is still delicious, and occasionally the Aramark staff does get the crispy skin perfectly right. Unfortunately, this delicious dish only makes an appearance once every few weeks, and more often than not, the wrapping isn’t up to par with the rest of the dish. This half-fried wrapper for the chicken may not fully satisfy a craving for fried chicken, but when they make it right, it makes every thought of heading over to KFC disappear. While it may not be perfect, the fried chicken is enough to bring back memories of home-cooked food, and settle my longing for something fried.

Overall, I’d give the chicken four stars out of five.
“The Antichrist” generates mixed responses, reflection

CARL LAMARK
FILM CRITIC
lamarcj@lakeforest.edu

When Lars van Trier’s film “The Antichrist” premiered at the Cannes Film Festival some months back, the bottom seemed to fall out in the blogosphere.

You could hear critics digging deep for their best exclamations: “Outrageous!” “Disgusting!” “Repulsive!” “Brilliant!” This is precisely the reaction Van Trier wants, of course. The Danish director has been the mainstay provocateur of the independent film industry for nearly twenty years now, with films such as, “Breaking the Waves,” “Dogville,” and “Dancer in the Dark” leaving a trail of fulminating audiences and reams upon reams of analysis from both critics and fan boys alike. There is, of course, something to be said against a director whose sole goal seems to be to jar his audience with, at times, over thought, deliberate pieces of work (David Lynch has made a career of it...). But, I stand in the camp that admires such a work that, though you may feel the need to look away from or even gag in response to its methods, you cannot but help thinking about it for days on end.

For all the build-up I’ve provided for this endurance test of a film, the plot is nothing much to speak of. It is almost parable-like in its sparseness. A married couple, played with some of the greatest courage I have ever witnessed on screen, named are mid-coitus. There are no tears in heaven for these two. The mother is particularly disturbed by the event. She is forced into hospitalization for crippling depression and subjected to her husband’s brand of personal therapy. They retreat to a cabin in the woods named Eden (feel free to read into that as much as you wish), a place She fears greatly since she last spent time working there with her child on her thesis, whose topic was witchcraft.

From here we witness the couple slowly disintegrate to near desolation at each other’s hands, punctuated by encounters with beautiful yet preternaturally disturbing animals (a fox, a crow, a deer). These scenes that take place in the third act (clearly marked off by title cards) are, there is no other word for it, sadomasochistic, and you will squirm, jerk, writhe, and automatically cross your legs in horror (this goes for both men and women). The question this raises is what makes this cruel display any different from the “Saw” or “Hostel” films? The only answer I can give is that, in this instance, we have a film meant to illicit a reaction that has not been tempered by any, say from the likes of a studio, which allows much of that “torture porn” to pass because it is what the audience demands. This is van Trier getting a reaction because it is what he wants—not any audience, or anyone. Now, that is what I call an individualistic integrity.

But, do I recommend it? Obviously, seeing this film is only going to appeal to a very small faction of the

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Taking on the reigns of leadership

ALEX GILBERT
COLUMNIST
gilbeaq@lakeforest.edu

Lake Forest has an extremely active community of clubs and organizations. When giving tours, I always take pride in talking about how, even with our small size, we have many ways for students to become involved, express themselves, and have fun. Most students participate in at least one, if not more clubs. The key to those clubs: leadership.

At the base of any successful club or activity are dedicated, knowledgeable, and (hopefully) competent leaders. These are the people who get budgets, reserve spaces, and manage many of the events we have on campus. While clubs certainly need members, leaders are the backbone of our campus’ energy.

Response: Being realistic about sexual assault

KATIE MCLAINE
COLUMNIST
mclaike@lakeforest.edu

In the November 12th issue of The Stentor, one of the letters to the editor criticized Paul Henne’s editorial on the “Girls Fight Back” seminar, a presentation on women’s self-defense. As a young woman, I would like to defend Henne’s opinion that the fear tactics utilized by Girls Fight Back are not at all the appropriate response to violence and sexual assault.

I grew up in an area of Illinois where crime was prevalent, and, by the age of 14, I had learned the basic rules of female survival: don’t talk to strange men, keep your car keys in hand in case of attack, and don’t go to the sketchy Walgreens after dark. And despite growing up in this unsafe environment, I do not live in constant fear of being raped.

Henne made an astute point when he mentioned that the media has exaggerated our perception of the frequency of sexual assault. According to Henne’s article, approximately 100 out of 100,000 women are victims of rape and other violent crimes. The people who lead are the very people who shape and affect the college. Traditionally, leaders are upperclassmen who have learned the ropes for navigating this campus. That said, I call on the class of 2012 to step up and take on that mantle of leadership.

We are going to have to do it eventually. Sophomores now, we will be the juniors of next year and seniors of the year after that. We will eventually become the core of those campus leaders. Now is the time to begin leading.

As we approach the end of Fall Semester, many organizations will be holding officer elections. Run! Even if it is for a position like treasurer or secretary, doing that job will give you experience working with others, prompting you to do things that will allow you to keep your organization strong.

So, Class of 2012, it is time to step up. Lake Forest is our school and we should be the ones who shape it. Who cares if you don’t think you’ll win. I certainly doubt I will. But I’m running. Your move.

Faces passing me by: Every life has a story

SHAWNA HITE
COLUMNIST
hitesda@lakeforest.edu

Maybe it’s because I’m still new to the Chicago area, and have only been to the actual city five times now, but the whole concept of so many people being in one place at the same time astounds me. I don’t mean that it surprises me in the basic sense of, “Oh my gosh; there are so many people.” (Although that in itself is pretty awesome to contemplate.) But what gets me thinking as I am walking down a sidewalk amid hundreds of strangers is noticing, but not really seeing, all the faces going by me.

Strolling through downtown Chicago, I could probably perceive about a hundred different people in five minutes. And in those hundred different faces, there were a hundred different stories as well. Each person I passed by on that pavement may have had one of the best days of his life or one of his worst. The sales attendant who said goodbye as my friends and I left a clothing shop, and the bus driver who just gave us directions each had their own problems and their own struggles that they dealt with that day—just like me. The man in the business suit and the other in the t-shirt didn’t seem to have any more in common with each other than they did with me, except for the fact that we had each been living in our own little worlds.

But in that day and for that moment in time, our worlds hit and, as we did or didn’t speak, just like that, our worlds would separate again. I won’t ever know either of their stories and they won’t know mine. Of course, they probably won’t think about how they don’t know mine either. But then that’s my point.

If each person I meet has their own story, their own past, which has brought them to the point where we meet, why shouldn’t I think about it? I have my own embarrassing or funny stories I like to tell people, but then so does the complete stranger who just cut me in line. I won’t ever get to hear his anecdotes, but if each of us has experienced different things in different places, then I want to hear as many stories as I can.

We all have our own tales and sometimes for seconds, sometimes for hours, sometimes for years, we have the chance to be a part of someone else’s narrative and to have them be a part of our own.

In that case then, no matter how much time I end up spending with a certain person, I think I want to be able to be a positive part of it. Hopefully, I can be one of those characters that they’ll laugh at or smile at, looking back. After all, every person has enough pages filled with tears in their book.

I realize I can’t befriend everyone everywhere, and that I will ever come close to reading even a hundred other people’s life stories. But that’s why I’m thinking we should all focus on ourselves a little less, and others a little bit more. No one can know everyone else’s story, but that’s why I should maybe spend a little less time reading my own.

After all, I already know my story up to this point; I wrote it. So the part of my own that isn’t written yet, I would like to really be about more than just me, encompassing multiple characters, who have impacted my life and whom I’ve impacted in return.

And especially since I only have one life, I would like the stories other people have that include some part of my life to do so in a positive way. That might be in a long friendship with the person, a few weeks that I spent with them, or a simple conversation I had with a clerk at the department store.
Health on campus, of successes and stumbles

NATE BUTALA
MANAGING EDITOR
butalane@lakeforest.edu

“Tis the season,” as the saying goes, and everyone has something to share. No, I am not talking about Yuletide cheer and gifts here; rather, I speak of flu season, and it would appear that on this campus, the one thing presently found in great abundance would not be students, but all sorts of germs and viruses. As I am sure other students across campus have noticed, for the past few weeks, classes across campus have had a marked emergerence.

Upon consultation with Nurse Kathy Salinger of Health Services, I learned that in the past few weeks, over one hundred students have come through their doors with “flu-like symptoms,” and I am certain that this number will only grow from now until the Christmas Holidays.

Health Services, and Lake Forest College in general, cannot be blamed for the apparent epidemic of sickness on campus, be it “flu-like symptoms” or anything else. In fact, campus services have taken many measures this year that ought to be applauded: There have been numerous examples of signage across campus reminding students about proper hand washing, recognizing the symptoms of flu, and getting a flu shot. ARAMARK recently installed hand sanitizer dispensers in the dining hall and at their cafes (an action very much appreciated by the germophobes among us). And ARAMARK has developed, in conjunction with health services, a system for delivering meals to sick students.

However, in the midst of this seeming epidemic, it has become apparent to myself, and to others, that our campus Health Services are severely lacking, and that some change needs to be effected to better ensure the health of our campus community.

I have had the unfortunate experience of being slammed with three consecutive illnesses over the past month: sinus infection, followed by the flu, and currently a massive ear infection. Additionally, I have seen multiple friends and classmates fall victim to this season’s epidemics. And while I am sure that not many readers really care about my plight, I can assure you that the anecdote of my sickly nature is indeed relevant to us all, for it has granted me the opportunity to experience first-hand the medical care at our disposal on campus, and to observe some trends that I have noted. It is on this that I shall opine.

The first hurdle one experiences when visiting our campus clinic is the challenge of getting an appointment. (And yes, it is, indeed, a challenge.) One dial extension 5050, typically to discover that by noon all slots for the day have been booked, and that they must instead arrange to visit the next day. Mind you, dear reader, that there are no hours available in the evenings or on the weekends.

Depending on the severity of one’s illness, and their coping ability, this could be difficult for the faint of heart among us. If you are lucky, you may have a good PPO plan at your disposal, and the means you get to see a doctor off-campus. Some of us, however (as I am sure the current national health debate has made us all well aware), do not have the privilege of affordable coverage or any in-network physicians within driving distance, amplifying the need for decent care on campus. The sickly student enters the health center at the appointed time, usually to face a wait. Though the actual visit itself with the nurse practitioner usually proves quite helpful.

However, one could face “medical isolation”, a mere euphemism for solitary confinement in one’s room. When the flu epidemic began, health services was generally very good about checking on students throughout the duration of their illness. However, as the epidemic spread across campus, this changed, and while I was ill, Nurse Salinger was generally only able to call me on the phone. And while this, along with her giving me her personal mobile phone number, is very much appreciated, there is something to be said about this, too.

Students determined to be ill enough to require medical isolation really ought to have the option of semi-continuous, physical contact with their healthcare provider. And when my friends and I needed to be cleared to return to class, this, too, had to be done over the phone, without the benefit of an actual visit to Buchanan Hall. This, in my opinion, is wholly unacceptable.

To reiterate an important point here: I really do think that Health Services and our Nurse Practitioner do try their best to accommodate us all and to help us through our maladies. However, my major gripe remains: the size and scope of the healthcare offered to us here at Lake Forest College, or rather, the lack thereof. Why is it, that at a school of approximately 1,400 students, we have only one nurse practitioner at our disposal? Why do we not have night hours? And why is Health Services closed on the weekends, not even open for a few hours?

Despite the many complaints and issues that students may have with the various offices and establishments across campus, I think we can generally agree that Lake Forest College genuinely cares for its students, and given its small size, provides us with a relative wealth and abundance of resources. And so our undersized health resources really does do a lot more than just take care of the campus. Why should Lake Forest College truly go above and beyond in so many ways, yet leave her students’ health as an ancillary concern? This truly strikes me as an anomaly.

I think it very important that this deficiency is fixed, sooner rather than later. And so, if anybody in the right offices on campus is reading this, I implore you to look into this matter further and work on effecting some change and expansion to our clinic in Buchanan Hall, in the hopes that in the future we will have a much improved system of health resources available here on campus.

The ARAMARK situation: Dispelling rumor, correcting focus

VICKY ANO
CONTRIBUTOR
anoa@lakeforest.edu

I would like to write a response to the recent issues surround both the ARAMARK situation and the Undocumented Employment forum that was held a few weeks ago. Being at the forefront of the ARAMARK situation, along with Miguelangel Gonzalez, Justin Messmore, and Alex Monahov, I would like to say that there is still an unnecessary amount of rumors surround this issue.

I think this is ridiculous! People can read about the absolute truth on MyForester, the Stentor, or they can ask one of the aforementioned students who are involved. Additionally, this problem has spread throughout some of our faculty and staff as well. Everyone needs to only discuss the straight facts as perpetuating anything else is only adding more fuel to the fire.

“Let’s be the adults we presume to be and reach out to help these people.”

Also, speaking to the issue of rumors, I read the same piece by Stuart Pearlman as everyone else did and no where did he insinuate that College Republicans were responsible of the audience who were either unfamiliar with the article and/or the situation.

Also, their commentary was another perfect example of people who are still lacking the true facts as they said the employees were “fired” when in reality they were forced to resign based on the situation at hand. It may seem like a trivial point to make, but being at the head of it all I find it extremely important to talk about only the facts.

I don’t mean to belabor any of the recent events or make anyone feel uncomfortable, but that is my whole point. People need to focus on the eight individuals who were affected. This situation and the accompanying forum are about these people and yet everyone seems to forget where this all started.

This is NOT a platform for College Republicans, College Liberals, or anyone else to begin a debate with one another. We need to not be selfish and focus on those who are affected.

Instead of acting upon this situation, please make your efforts useful and donate to the fundraiser that is being held. If you do not agree or do not wish to support any sort of progress or aid that is fine too. Everyone is entitled to their opinion, but let’s be the adults that we presume to be and reach out to help these people who did nothing but work hard to keep us comfortable every day.
The 2009/2010 season marks the beginning of a new era for the Men’s Hockey team as they join the Midwest Collegiate Hockey Association. The Foresters had a tough first game against St. Norbert College, falling 8-1, but quickly rebounded with back-to-back victories at Finlandia University.

The team played its home opener on Friday, November 13 against Lawrence University in front of a packed crowd filled with energy. Emotions ran high throughout the night, resulting in numerous penalties for both teams at critical points throughout the game. Despite a late surge, the Foresters fell to Lawrence, 4-3, evening their overall record out to 2-2. The next home contest will not be until Friday, November 27 when the Foresters host St. Olaf College. The team has back to back games at Adrian College beforehand.

As it has been with the other sports this season, the hockey season has begun with great excitement on the fan-base level. Perhaps it was the refurnished hockey rink, or maybe the soon-to-be completed athletic center right next door, but the overall interest in sports in the Lake Forest community has resulted in greater turnouts at games, matches, etc. Although the home fans were not rewarded last Friday, there is no question that if the level of support continues to be at what it is, that this year’s hockey season could turn out to be quite successful.

For hockey player, Nick Ghidina, it’s about doing the right thing. The senior from Perkin, Illinois who has three varsity letters under his belt sees hockey not just as a sport, but as an opportunity to help a noble cause. Ever since Relay for Life came onto this campus three years ago, Ghidina has captained a team and served on a committee for each of the past two years. The Relay for Life organization is the main fundraiser for the American Cancer Society. Ghidina, who signs the varsity hockey team up each year for Relay for Life decided this year to combine his desire to raise money for cancer research, with his love for hockey and his team on an entirely new level. “This year, I want to take my fundraising efforts to the next Level,” he said. “The idea I have is to issue stall fines and give the proceeds to Relay. This means that if you leave your stall unclean or unorganized, which is not up to team standards, the team fines you and you pay $2 for every infraction. This money goes directly to the team’s overall collection pot for Relay for Life and will be pooled together when we turn in the rest of our money. I like to call it: ‘Keeping Clean for Cancer Awareness.’”

Ghidina recognizes the fact that as a student athlete, his words and actions can go a long way. “This is a lesson for all athletes, that we are in a position to do great things, and raising money and awareness for cancer patients and their families is just the beginning.”

He went on to say that he hopes that his efforts to raise money for Relay will inspire not only other teams and athletes to take part in it, but anyone in the community for that matter. Next time you’re debating whether or not to donate that extra dollar to Relay for Life, let Nick Ghidina serve as a source of inspiration.