Let’s talk about sex, baby

October 21st through the 23rd played host to Lake Forest’s first “Fat Talk Free Week,” and the week was a huge success thanks to the fantastic efforts of Tri-Delta, the Wellness Center, and Students for Women’s Awareness or S.W.A.N. On October 22nd, S.W.A.N. hosted “Not Just Girl Talk” in the Skybox, the kick-off panel in a series of panels to come highlighting women’s issues. The panel was a discussion of women and body image in honor of Tri-Delta’s Fat Talk Free Week and proved a success. S.W.A.N. member Lettie Minor even commented, “sometimes the student body can be apathetic, but so many people showed up, it was really great!” The panel featured History Professor Jones, ladies of the Health Center: Nancy Salinger, Charity Roffles, and

See Body Image on page five.
Linklater film festival comes to campus

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Any movie in which a character says, “It’s okay. Time doesn’t exist,” is a movie worth watching. This quotation is from Richard Linklater’s Slacker, and if you haven’t heard it, he is coming to campus in January 2010.

The Academy Award nominated Linklater directed such classics as Slacker, Dazed and Confused, A Scanner Darkly, and Waking Life. He is known for his rotoscoping technique, an animation practice in which artists trace over live action, and his ability to accurately display the life of a philosophically interested, collage aged person.

Professor Janet McCracken, who will publicly interview him when he comes, is responsible for bringing Linklater to Lake Forest College. “I’ve been trying to bring him to campus for the whole time I’ve been in the Dean’s office,” said Professor McCracken, who, along with her husband Chad, is mutual friends with Linklater. While attending philosophy graduate school at the University of Texas - Austin, several professors who sit on the McCracken dissertation committees also appeared in Linklater’s movies. When Professor Janet McCracken recently ran into Linklater, she took up the task of harassing him by email and phone until he agreed to come to Lake Forest College.

For his artistic techniques, his fascinating eye for film, and the exceptional entertainment quality of his films, Professor McCracken pursued Linklater and proposed his upcoming visit to Lake Forest. Placing Linklater above Robert Rodriguez and Quentin Tarantino on the hierarchy of independent film directors, she considers Linklater to be the “leader of the indie film makers of the 1990’s.”

In our interview, McCracken honored Linklater’s talent in rotoscoping. She considered A Scanner Darkly, Linklater’s movie based on Philip Dick’s novel of the same title, to be “not cinematic, [but rather] literary,” making it a difficult project for any director. The film uses a “Sci-fi conceit” and deals with unrealistic representations of an identity crisis. Linklater’s rotoscoping technique, however, pulls it off. Although some people, like junior Maris Benz, believe the rotoscoping technique “got in the way of the plot and distracted the viewer from the themes of that book presented,” the pioneering cinematic endeavor is a testament to Linklater’s genius.

“Not only does Linklater have an interesting eye, but he is interested in human issues,” claimed McCracken. Linklater’s films, she asserts, examine philosophy and people’s innocent search for meaning. For instance, Slacker provides the audience with a plotless day in the life of a number of graduate students and philosophically interested outcasts. The film strays from commenting of any major archetypal or metaphorical issue and lacks any physical action, but it engages its audience with outlandish and unique dialog.

Some viewers, however, dislike Linklater’s obsession with the nuisances and banality of the daily life of a student. Buzz Beeaker, a junior, stated that he is annoyed with the lack of structure and purposeless style of Linklater’s work — particularly in his career defining film, Dazed and Confused. Other students praise his style, and some younger viewers consider his films a necessary aspect to getting high.

Janet McCracken concluded, “Anything can be studied,” and pointed to Stanley Cavell’s Pursuits of Happiness, in which he stated, “To take interest in an object is to take interest in one’s own experience of the object.” Hence, like Cavell, to “defend [Linklater’s] interest in these films is to… defend [her] interest in [her] own experience.” Similarly, David Foster Wallace once wrote, “Fiction is about what it is to be a human being.” Wallace, a fanatical of television and David Lynch, wasn’t just talking about novels — but movies and other forms of entertainment and art as well.

Linklater’s films force us to hold a mirror to our own lives, reflect on ourselves, and find amusement in the ordinary. But sometimes it’s important that we just chill out and watch some cool movies about what it means to be human. Fortunately, Lake Forest now has that opportunity.

Panel on illegal employment offers differing views

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As the topic of illegal employment looms over the heads of the Lake Forest College community, the Office of International Relations decided to sponsor a panel discussion last Tuesday, November 3rd. The discussion, entitled Undocumented Employment: Issues and Implications, was held in the McCormick Auditorium and was very well attended by both faculty and students alike.

Director of Intercultural Relations, Erin Hoffman was approached by a student who was upset by the recent ARAMARK departures and was interested in learning more about the issue of illegal employment in the United States.

“The Office of Intercultural Relations’ goal is to raise awareness about issues like this and educate people about them,” Hoffman said. “We looked at this as an opportunity to raise awareness. If we didn’t do something, it would have been a missed opportunity.”

She was given input from different staff members on who should make up the panel and then set about in contacting them. Documentary filmmaker and LFC student Alba at 8 pm in Hixon Hall

Look for PANEL on page 3
Student Government offers up amendment: New budget process up for debate

A Bill to Amend the Budget Allocation Process
Lake Forest College Student Senate
Authored by: Jenna Moorehead

1. Be it enacted by the Student Senate of Lake Forest College that the following be added to the Student Government By-Laws:

2. Section I: In order for an organization’s annual budget request to be considered during the Spring Budget Allocation, an organization must:

3. A. Be represented at the SOAP Budget Tutorial, preferably by their current Treasurer.

4. B. Attend the Student Government Treasurer’s office hours at least once prior to the deadline.

5. Section II: If an organization is not represented at the SOAP Budget Tutorial and the Student Government Treasurer’s office hours, the organization will not be eligible for a budget until the Fall Budget Allocation.

6. Section III: This bill will take effect immediately upon passage.

MAP grants restored for spring semester

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“Congrats, we did it.” wrote Student Government President Mario Baldassari ’11 in an e-mail sent to the student body on October 16th. He wasn’t talking about making it to Fall Break or about surviving mid-terms. Instead, he was referring to the successful campaign to help restore funding to the Illinois Monetary Award Program Grant, also known as the MAP Grant.

When the Illinois State Legislature met for the last time in 2009, there was a lot in a question. However, with the passing of Senate Bill 1180, MAP Grant funding was fully restored. The grant is used to help pay for spring semester tuition for over 138,000 students across the state of Illinois, and 300 of those students can be found on the Lake Forest College campus.

Hoffman opened the floor to questions. Both students and faculty asked questions about how to get involved or how to help. Martinez encouraged writing to state representatives, and even President Barack Obama. Hoffman also opened herself up to helping to connect anyone interested with Martinez or Tuttle or any other informative resource.

When asked after the conclusion of the evening whether the program accomplished all she hoped it would, Hoffman replied: “certainly about raising awareness. I hope it inspired people to dig deeper and become active in the issue.”
CINDERELLA MEETS CABARET: LOVE AT FIRST SIGHT

By Wallace Acton

However, Gaines’ production played up the humor hidden in the subtext. Richard III’s deeply buried, and perverted charisma exhibited itself through witty comments, slapstick antics, and comical facial expressions, much of which were echoed by other cast members, like Marc Grapcey, the Lord Mayor, and his very droopy mustache, which drooped to unimaginably droopy proportions. Also worth mentioning were excellent performances by Jennifer Harmon, once beloved Queen Margaret, now dirty prophetess complete of the play were to be found the souls of Lake Forest students among the audience while at the same time scuttling across the stage, wreaking his murderous havoc among the House of York, even stopping to kill a couple of adorable children (Joshua Heinlein, Samuel L. Johnston) along the way. Dickie’s slimy attempts to woo Lady Anne by using her late husband (whom he killed) as an angle to get her late husband (whom he killed) as an angle to get into her corset, his dastardly dealings with Lord Buckingham, and the disgusting way he treats his brother Abel (I mean, Clarence) makes for one cheerless play.

As Lake Forest students sat on either side of the three-quarter-thrust stage, Neil Patel’s glassy black floors provided the illusion that the actors were walking on mercurial liquid rather than solid stage material. Many students sitting in the first row were frequently engulfed in cold swatches of fog, forcing them to focus on the voices of the actors. The use of vast swatches of backlit red cloth instilled a morbid fascination with the color red among the audience members, womble and indicative of blood, the scrim was sublime and emotional, and extremely simple. The much-discussed original “rock” score by Lindsay Jones injected an unexpected quality into the sometimes tedious History play. The music was slightly too loud, almost painful, and highlighted the dark qualities of the play, implicitly implying violence and rebellion.

By far, the most entertaining and innovative scenes of the play were to be found in Act 5 in which all aspects of the production came to a climactic convergence. The ghost scene was a frightening display of dead characters rising from the jet floors amidst copious amounts of fog, the “ghost elevator” seemed almost to slide out of the floor like a drawer in a morgue, complete with surgical white lighting and supernatural reverb. Then, an ingenious descent of a two way wall of mirrors displayed all the ghosts leading into the final bow all set to a wondrously epic melody replete with electric guitars, drums, and many cymbals. In short, the play was a success.

Recalling the chilly events of the evening, as students rode the bus back home to Campus they reviewed the horrors of the evening manifested in Richard III, and called to the bus driver to turn up the heat. Overall the trip was a delightful use of Lake Forest College’s close proximity to Chicago, and allowed students to enjoy a work of art from an educated and scholarly angle, while also enjoying a good show. Such sophisticated field trips deserve mentioning, and encourage students to explore Chicago on their own.

Anon dear readers, anon.

Features

Hark! Attend Thine Ear, Gentle Reader!

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September 29th saw a sophisticated band of students from Distinguished Professor Richard Mallette’s Shakespeare and English Literature I classes file into a classic yellow school bus and make the 30 mile journey to Chicago’s Navy Pier, where violence, unimaginable evil, and downright rude behavior awaited them eagerly at the Chicago Shakespeare Theater.

William Shakespeare’s Richard III, directed by Barbara Gaines, tells the classic tale of an oily malcontent making things difficult for the people of England. Indeed, Richard III, played by Wallace Acton, didn’t disappoint in terms of de-ranged attempts to stare into the souls of Lake Forest students among the audience while at the same time scuttling across the stage, wreaking his murderous havoc among the House of York, even stopping to kill a couple of adorable children (Joshua Heinlein, Samuel L. Johnston) along the way. Dickie’s slimy attempts to woo Lady Anne by using her late husband (whom he killed) as an angle to get into her corset, his dastardly dealings with Lord Buckingham, and the disgusting way he treats his brother Abel (I mean, Clarence) makes for one cheerless play.

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Anon dear readers, anon.

Features

CINDERELLA MEETS CABARET: LOVE AT FIRST SIGHT

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On Friday, October 30, the Calvin Durand Lounge housed the Lake Forest College Concert Choir and Opera Theater Company’s Cabaret Concert,” featuring an adaptation of the popular Cinderella and performances from the school choir. In an evening dedicated to the performance arts, the Lake Forest College community witnessed the incredible talent and dedication of its students.

Mario Mazzetti and Kathleen Van de Graaf’s adaptation of Cinderella marked the beginning of the night’s events. The classic tale of love at first sight and a misplaced slipper retained its traditional plotline, but not without a few additions. The short musical began with a duet from the Prince’s parents, played by Ryan Meadors ’12 and Kristin Ayers ’10. The prince, played by Mario Mazzetti ’10, initially displays a comical reluctance to believe in their love, but is soon enchanted by Cinderella, Sonia Axelrod ‘11, who attended the royal ball with the help of a charmingly quirky Fairy Godmother, Eli Becker ’12.

Most of the comedy, however, derives from the troublesome trio composed of Medea, Medusa, and the Stepmother, played by Meg Golembiewski ’10, Alaina Carlson ’11, and Kjerstin Besser, ’12, respectively. Dressed in what appears to be the wardrobe equivalent of the offspring of a flamingo and a kaleidoscope, they sing of the frustrations that come along with being the ugly step-sisters. The final result of the musical: absolutely charming.

The evening continued with solo and group performances from the Concert Choir. The songs ranged from the mysteriously beautiful “My Funny Valentine”, performed by the women of the Concert Choir, to the absolutely hilarious rendering of “Taylor the Latte Boy” by Martha Cordeniz. The mixture of theater and song was evident in songs like “Unforgettable” (Lauren Ferrell and Jon Sricharoen) and “Angel of Music” (Mariana Garcigadodoy, Meg Golembiewski, and Ryan Meadors), where the student performers threw a little acting skills in with their beautiful singing voices. One of the performances which drew the most applause was “Mack the Knife,” sung by international-student-turned-jazz-superstar Prudencio Cabral, who vivaciously narrated the story of “old Macheath” to the audience. The remarkable repertoire came to a close with “They Can’t Take That Away From Me,” performed by the Concert Choir.
Chris Moon shines light on ghosts in the night

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On Saturday, October 24th, ghost hunter Chris Moon came to Lake Forest to educate students and investigate the mysterious happenings of the campus’ own Glen Rowan House. Moon brought with him a plethora of creepy pictures, sound clips, and tales of encounters with both pleasant and demonic entities.

Moon says he had his first encounter with a ghost at age seven, describing it as “probably one of the most frightening experiences of [his] life.” Awaking to find a 3-D shadow of a little boy at the bottom of his bed, Moon noticed “how real he looked” and went to his father a devout Catholic, who replied, “The only ghost is the Holy Ghost.” From that point on, Moon says he had “numerous experiences,” and after moving into a new house at age 16, “had more paranormal experiences than [he] ever had before.” As the experiences kept happening, Moon said he knew it was something he “couldn’t run away from,” and then decided to “use various forms of media to prove to [his] father that [his] experiences were real.”

Moon then spent several years touring in a heavy metal band, where he would go out and explore various haunted sites while on the road. Moon also put together a Ghost Hunter magazine online, which quickly received international interest. Soon, Moon approached his Dad with the proposal for going into business together on Haunted Times, a magazine that provided a forum for paranormal experiences of all kinds. As to how his father agreed to be partners? “We wanted to prove one another wrong.”

Moon leads students on a ghost hunt in Glen Rowan

Moon said, laughing. Moon describes the magazine as focusing on “hauntings, but including everything…from UFO’s…to vampires,” of which some articles Moon experienced include Thomas Edison’s “Telephone to the Dead,” of which Moon has been the first to successfully operate. Having been in contact with Frank Sumpson, Moon says he’s had “millions of frightening of experiences” which include being “burned, strangled, and slapped” as well as “[being] possessed three times.” One of Moon’s most frightening tales came during the part of his presentation where he focused on the infamous Lizzie Borden case. Having reached Lizzie’s murdered father, Andrew, via the Telephone to the Dead, Moon and Borden proceeded argue, which escalated later that night when Andrew tried to strangle Moon in his sleep.

Moon described the basis of his ghost hunting technique as “going in with as little information as possible,” showing “ultimate respect,” and trying to “come out with pure evidence.” Moon has various Ghost Hunter University sessions throughout the year, and interested readers can check him and Haunted Times out at http://www.hauntedtimes.com/.

Body Image

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Whitney Tschan, and Politics Professor Nordlund. The three panelists lead a 60 minute discussion of women’s body image from the Middle Ages until the present day and provided students with a unique perspective on the issue. The panel topics ranged from the history of women’s body image to the affect of the media today on how women perceive themselves. The panel highlighted many topics within the realm of body image, but most importantly the panel highlighted the role each of us plays in this issue. All three panelists talked about how we each perpetuate the impossible standards of body image by negatively commenting on each others bodies, and how we each can all help each other by staying positive.

On October 23rd S.W.A.N. rounded up the week holding the fifth annual Safe Sex Toy Party, to promote safe sex practices and a healthy dialogue about sex, as discussion about pregnancy and STD’s is often strangely absent, that is until a problem arises. In fact, S.W.A.N hosts the Safe Sex Toy Party because people often feel uncomfortable about talking about the important details of sex, or asking necessary, crucial questions. “The fact is most people don’t even think about how they can get STD’s when they have sex, they only worry about pregnancy, which is kind of scary” said President Emily Snowberg. Snowberg also mentioned that “people are sometimes uncomfortable talking about their sex lives” which is why S.W.A.N. aims to create a fun and comfortable setting for this discussion. The discussion was lead by some of the ladies of the Health Center: Nancy Salinger, Charity Roffles, and Whitney Tschan, and addressed the serious issues of sex, while trying to keep a light and fun atmosphere. At one notable point the women even whipped out a fake wooden penis to show how to properly put on a condom. The mood of the party was also lightened by the raffle of the sex toys for men and women. The prizes ranged from a man’s edible thong to waterproof vibrators. The grand prize was a Shunga Massage Kit featuring massage oils, desensitizing gel, and chocolate body paint. While this prize only went to one lucky lady at the end of the night, everyone walked away with a consolation prize – free condoms.
**President’s Corner**

**LFC hockey is emblem for cooperative community**

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It’s that time of year. The wonderful smells of Zamboni fumes, sweat, and optimism signify it. The boys (and girls) lace up and we know that hockey season has begun.

I waited since the Blackhawks got knocked out last year in the semi-finals for them to start things up this year. I went with the ups and downs of the off-season (losing a couple big guys, gaining others, having our star punch out a 60-year-old cabbie), and I’m more than ready to watch some hockey.

This article really is coming a couple weeks late, but I realized that it was crazy for me to not have already written about the beginning of the season. It’s actually two-fold, because the season means I can watch it on TV again, and that I get to play. Lake Forest is a cool enough place that we have our own ice rink and a Varsity Reserve hockey team where guys like me who aren’t that great but still love the game have the opportunity.

The thing I’ve always loved most about hockey is that anybody can win. If you have that much more will than the other team, you can do it. We’ve all seen nobodies take out behemoths, and that’s what gives us all hope each night we step on the ice. No matter how much more talented one player or a whole team is, they can always be beat by grit, will, and determination.

If that possibility is the thing I love most, the thing I love second-most is the dynamic of the team. I’m probably biased, but I’ve always thought that hockey players are the most fun and genuine group of guys in sports. You’ll run into some characters (especially goalies), but they’ll tell you what they think and you’ll always have fun hanging out with them.

Within the team, players all ways form strong bonds. They have to form some to just play together, but they always have way more to say in the locker room than, “Nice pass, buddy.” Each guy knows that he couldn’t be where he is without the guys all around him. Win or lose, those guys are just as responsible as you are. It really forces everyone to take a step back and appreciate the larger banner they’re under, that of the team. I could quote a movie right now, but you were probably already thinking it (“Mike Eruzione, United States of America!!”). When the boys all come together under that single banner, they are achieving at their highest potential.

I actually just had a class where we discussed this topic, sometimes called the Prisoner’s Dilemma. What you learn in the end is that the results would be best for everyone if we all just worked together. Most often, however, we don’t do that. People always come to the realization that the other guy will probably try to screw you over. So why bother protecting him? We need a higher power to govern us in order for us to sit back and trust each other.

At Lake Forest College, we have no such higher power. Therefore, there is a certain level of self-protection going on here. It is, of course, totally rational for us to make those choices, but I’d like to challenge everyone to go against your rational mind.

When it comes to LFC, we’re all under that same banner. We’re all Foresters (and so are all our alumni). I’m not asking anyone to sacrifice themselves for the greater good, but next time you could screw a fellow Forester over and get a little better for yourself, think about making a tiny compromise and making the situation better for both of you. If we’re going to get anything worthwhile done in class, Student Government, athletics, any of our clubs, or after we graduate, we have to think more about the team. Because once we are all working together, we can all reach our highest potentials individually and collectively.

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**The cabbie and the hockey star: Forgiving fame**

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As I was watching the Blackhawks game the other night, my friend and I got into a discussion about Patrick Kane (who, by the way, is 20 years old) and his taxi driver “incident” this past summer. For those of you who don’t keep up with the Blackhawks, or hockey in general, here’s what went down.

On August 9, Kane and his cousin, James Kane, grabbed a taxi to head to their home in Buffalo, New York after a rather long— and probably inebriated—night on the town. When they arrived, Kane gave cab driver Jan Radecki $15 to pay for the $13.80 cab fare. He allegedly began beating Radecki when he did not immediately give him the correct change (Radecki kept the twenty cents), grabbing his throat, breaking his glasses, and generally wreaking havoc. James grabbed some money from him (a $5 bill), and the two of them took off. Kane was arrested and charged with second-degree robbery, criminal mischief, and theft of services, to which he (of course) pleaded not guilty.

Now I really could have cared less about this whole ordeal, except for the fact that this kind of thing rarely happens in the NHL, until I read more about the case a month or two later.

Originally (and I can’t tell you where I read this, but if you Google it I’m sure you can find it), Radecki made a huge deal about the incident, and who would blame him? He’s 60 years old and has been driving cabs for about 30 years. If there were a hockey player beating the living hell out of me dispute over a cab fee, and unfortunately Mr. Radecki didn’t recognize Mr. Kane and just thought they were a couple of college kids,” he said. “We should be able to work things out.”

Here’s my problem: the phrase “didn’t recognize Mr. Kane”. First of all, although Kane is from Buffalo, that cab driver has no real reason to have recognized him. For all we know, he doesn’t like hockey (and after this, I wouldn’t doubt it) and has never watched a game in his life. Secondly, even if Radecki had recognized Kane, does anyone think he would have offered up the twenty cents? I certainly don’t. Personally, I would have been expecting a larger tip. Oops.

Now this is definitely not the first time things like this have happened, and I know I’m not the first person to complain about celebrities getting off on charges when the average man would either be stuck in jail for a while, given community service, or the like (let your imagination wander), but does anyone really stop and think about the “other guy”?

How many 60 year olds get their noses and glasses broken, their cabs trashed, and their throats seized on a day-to-day basis? If you live in the Bronx then maybe this is normal (feel free to let me know one way or the other). I’m from Nashville, and we have approximately five cabs for the entire city to share. My guess, however, is that even if that does happen every day, most of the guys who go out of their way to get their twenty cents get in more trouble than Kane.

What happened to Kane? He pleaded not guilty and they let him go. I don’t even think they fined him…. The Chicago Breaking News website says that he had to write Radecki an apology. That’s it. Oh, and stay out of trouble. I’m no law student, but I have a sneaking suspicion that most people can’t just beat someone up, steal their money, and damage their property without some kind of compensation.

So Patty apologized and the world (mainly Chicago) is happy, but I still wonder about Jan and his cab. I would be he’s still driving people around happily, making money and stealing their tips, because getting a letter from your assailant saying “Yeah… didn’t mean to do that…” always makes you feel better.

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Response: On false public allegations of lies and slander

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On Tuesday, November 3rd, during the "Undocumented Employment: Issues and Implications" panel's question section, representatives from the College Republicans made a statement regarding their group's treatment following the publishing of last week's Stentor, which contained an opinion from Stuart Pearlman resigning from the group, and my support for his respect of the fired workers.

According to the College Republicans, their members have received glares and had someone spit at their feet due, in their opinion, to these published pieces. To this I say without qualification that no one should be treated this way for any reason. My piece last week focused on respect for each other, and acting in this way is the opposite of what I advocate.

The group went on in their statement to criticize Pearlman and myself personally. As they see it, Pearlman implied that it was a College Republican who made the anonymous phone call to ARA-MARK, an implication that they called explicitly a "lie." They made clear that no member of the group made that call. They then went on to accuse me, in publishing Pearlman's piece and in supporting it in my response, of "slanderous" activity.

I would not feel the need to respond to these allegations were they not made during a public panel, and if they did not attack the very foundation of what the Opinions page stands for. I will here defend Pearlman and myself.

Pearlman’s article, “A response to the ARA-MARK ‘departures,’” asserts no claim that any College Republican made that call. Indeed, he never names the group. Pearlman speaks of “a select few individuals” who are “party-line political radicals.” That this letter tenders his resignation from the College Republicans certainly implies members of that group fit his description, but his focus is on the attitude of individuals, not condemning a group. Pearlman sees the group’s failure in a “retort… without a heart,” in their response to the call, not the call itself.

These are Pearlman’s opinions. Neither The Stentor, nor I, make them true by printing them. Pearlman clearly disagreed with the reactions of some individuals, wrote about it, and left the group that he felt supported these views. His opinion being published gives no credibility to this view, simply an outlet for it. I publish opinions sent to me without prejudice.

I neither wrote nor published “slander.” Libel is to print “anything injurious to the good name or reputation of another, or which tends to bring him disrepute,” according to our AP Stylebook. Slander is spoken libel. Asserting that a group contains “radicals” as an opinion is not libel. It is a charged description. It can be offensive. But it must be understood as one person’s perspective, not an objective truth. Objectivity is reserved for the News, Features, and Sports sections.

The paper is a public forum. The Opinions section is where any student can air his or her grievances, share thoughts, and, best of all, respond to others. If the College Republicans wanted to give their side, they should have sent a response to the Stentor. I would have, and still will, run it. That is my job.

Again, no one should spit on or near anyone. No one should treat anyone disrespectfully. But if the College Republicans want to make their position clear, if they want to assuage criticism, then they should focus on what they believe, not on attacking others. Their statement Tuesday afternoon made clear that none of them made the call. Beyond that, we know nothing.

I welcome, nay, encourage, the College Republicans to write to the Stentor. This issue is hugely divisive, and, clearly, emotionally charged. This debate can take place on this page, rather than as an interruption of a public panel that probably confused most of the panel and the audience.

This paper gives Stuart Pearlman, the College Republicans, and any other member of Lake Forest College the ability to have their voice heard. I hope people continue to use this avenue.

Ruminating on distraction, focusing on one piece at a time

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Sometimes I feel so distracted. My mind can’t focus on the research paper I’m writing, one of the three books I am required to be reading, or the simple tasks of my work. In the latter case, a second person now sets the library alarm off because I forgot to desensitize his book.

Doing homework, I pull up a chair just uncomfortable enough to not let me fall asleep; I am tired. But then, when I lay down in my bed it’s just too hot in my dorm to fall asleep. I throw off my covers, but the sweat on my forehead isn’t really keeping me awake; that’s just an excuse for the thoughts which won’t slow down.

In the morning, I remember waking up because of a bad dream I had at four o’clock, not a nightmare in the normal sense of the word—but it seemed like a nightmare. I can’t remember what exactly the dream was about, but the two things I remember about it are things I don’t like.

It may as well have been a nightmare then; it woke me up and now it’s running through my head in the middle of my eight o’clock class. That constitutes as a nightmare in my book.

My attention snaps back to the professor, but through the next class I think I’m checking the clock more than the notes on the chalkboard. I go back to more library work….

Someone asks me if I’m drunk. “What?” I reply, surprised. “Okay so I just tripped over my own chair I was getting out of, but still….” “No.”

I laugh a little. But maybe there’s less truth to my answer than I’d like to admit; I have a strong enough headache for a hangover.

Eventually I pause and ask “What’s wrong with me?” But then iTunes shuffle starts a song I can’t stand to hear at that moment. I hit skip and begin thinking about the lyrics in the next randomly selected song for about three minutes and thirty seconds. Well, at least I was focused on one thing for that long….

But now I’m just wondering how much is randomly selected for my own life. In fact, I might be surprised if I finish this very sentence with a clear thought in my mind. “My head feels so cluttered. Maybe I should try to do a spring cleaning in the middle of the fall….”

I don’t know if anyone can really describe how being distracted feels. I can’t seem to find the words I’d like to use. But then maybe that’s just because I can’t stay focused on any thought or feeling I’m having long enough to lay it out for even myself to completely understand. But it’s not a good feeling, I’m sure of that….

“Except of course for a couple hours yesterday….” And there I go again.

I doubt I could see myself clearly if I was looking into a mirror right now. Maybe the best way I can describe this restlessness is staring into a mirror which has cracks running in every direction throughout it, seeming to make a dozen different little mirrors. But it’s still all connected, no piece is missing, and yet each mini-mirror gives a different view of me.

There. I found the words I wanted to say.

But, depending on the reflection I focus on, the words still might seem out of place.

If it comes down to the fact that there isn’t a piece missing— it’s all still in place—then where is my focus? No one can really stare at a cracked mirror and get a clear picture. And please, don’t make me comment on the bad luck cracked mirrors supposedly bring. But it’s not good or bad luck that is making me feel like this.

Some people call it feeling overwhelmed, others call it stressed, and still others say confused. But I don’t think any one of those words truly fits being distracted. For when you’re distracted even remaining confused about the same thing isn’t possible.

I think what I am learning is that overcoming distraction isn’t so much about finding a piece that isn’t really missing, but about finding the piece you need to focus on at that moment in time.

I used to laugh when my parents or boss would say, “I just have a lot on my mind,” as they did something thoughtless. Now, I think I understand from where such a fractured thought-process comes. I don’t know if I want to believe it’s just a part of growing up because that means I will have to deal with my lack of dealing with things again and again. But then if I’m not the only one who has experienced distraction (which at this moment in time I am sure I’m not), I suppose I will eventually think through it all and get the fall cleaning done.

My lack of focus proves that nothing lasts forever, so I am quite sure this epidemic of what someone might call sober drunkenness will pass by quickly enough. And then, until the distraction comes around again, I will get to deal with something else just as time consuming.

I can’t say I had a clear point in my mind when I was writing this, but now I am quite sure it was just to get down the thoughts I can’t focus on in a more focused way. And maybe if you reading this are feeling as unfocused as me, you can feel good about the fact that you just stayed focused through someone else’s scattered ideas. Now, if you’ll excuse me, I think I am going to go read one of those three books. Or maybe I’ll check my phone….
It takes a unique type of person to find the beauty in running. When most of us think of running, we envision long hours of running up and down the soccer field and the basketball court with no clear end in sight. We dread the idea of running, and find it almost impossible to believe that there are in fact people out there who can not only tolerate the art of running, but actually live for it. Hadley Skeffington-Vos and Martina Kolb, both seniors on the cross country team, are two people who fall into that category.

Their love for running extends beyond the hills, paths, and fields of cross country courses out onto the roads of Chicago where both of them participated in the most recent Chicago Marathon. Where does someone find the motivation to push themselves beyond the already demanding requirements of collegiate cross country to train for a 26.2 miles race? For Kolb and Skeffington-Vos it is the love of running and what it has done for them in life. “My father was a runner and I grew up going to my brother’s cross country meets,” Skeffington-Vos said. “It (running) is my number one stress release and it is a great time to just think. I run to stay healthy and happy, and to enjoy the weather and nature.” Kolb finds similar benefits in running as well. “I think it’s weird when people do not run,” Kolb said. “It is the best thing you can do for yourself. It is great for your body physically and it is mental more than anything else. I love it because it is the one time I can really just be alone and have one on one time with myself. When I am stressed or worried I run. It is a great time to think.”

Both Kolb and Skeffington-Vos had to apply serious training in preparation for the marathon. A 26.2 mile race is not something one can just simply go out and do. It requires a long training process of slowly building your way up. Kolb said she had trained since last March for the race. She ran in the previous Chicago Marathon, which helped give her a better sense of how to prepare for it this year. Kolb was unable to run for a month and a half due to a foot injury. She used that time to stay in shape by swimming, biking, and weight lifting. “I usually ran about ten to twelve miles” Kolb said, referring to her workout routines. “I would pretty much just run until I got tired then turn around. I was like Forest Gump,” she added jokingly. Skeffington-Vos put in a solid five months of training, beginning at the end of May of 2009. She noted that she runs almost every day, so “the only difference in my marathon training was going on long runs of over ten miles.” Skeffington-Vos’ training schedule consisted of her running six days a week, while varying the distances each time. “On an average week, I ran about six miles every day, with one or two ten mile runs, followed by a much longer run once a week, varying anywhere between 13 and 22 miles. I also ran two half-marathons during my training period.”

The Chicago Marathon is a widely appreciated race across the globe, attracting thousands of runners from all over. This year marked the 32

The Chicago Marathon is a widely appreciated race across the globe, attracting thousands of runners from all over. This year marked the 32nd anniversary of the race. I asked both Kolb and Skeffington-Vos how it felt to run in such a prominent race, and what it felt like as they crossed the finish line. “It was the most memorable experience of my running career,” Skeffington-Vos said. There were people lining the entire route, cheering on the runners. I finished in a time of 3 hours and 27 minutes, beating my goal time. There were some very creative and encouraging posters along the way. My favorite one read: ‘Chuck Norris didn’t run a Marathon, but you did.’” Kolb shared similar feelings about the experience. “To run in the Chicago Marathon is a surreal experience,” she said. Kolb, who finished in a time of 3:52:28, said she “never even felt like she was running 26.2 miles. I was just so happy (when I crossed the finish line).

While both share a love for running, Kolb and Skeffington-Vos have different plans for life after college. Kolb, a “prout” member of Delta Gamma is an Art History major. She says she still has plans to continue running after college. “I will run more for sure,” she said. “I also hope to have two Iron Man Marathons under my belt as well.” Skeffington-Vos is an International Relations and French double major with a minor in economics. She is a member of Delta Delta Delta and Habitat for Humanity, along with being an RA in Blackstone Hall. “I will always be a runner” she said. Skeffington-Vos has qualified for the Boston Marathon, which takes place in April. I would love to coach or assist in coaching cross country in the future,” she added.

Running is not a sport that receives nearly the same attention as others such as football, basketball, and baseball, yet in some ways it is fitting that way. People who run marathons, such as Kolb and Skeffington-Vos do so for one simple reason: Love. They love to push themselves as far as they can and experience the thrill of crossing the finish line in a world-class marathon. No, they will most likely not go on to be professional runners, but running will remain a part of their lives for years and years. They have a special gift, and both of them hope to hold on to it as long as they can.