Relay For Life raises $42,404

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On April 5, students filled into the ice rink to participate in Lake Forest College’s annual Relay For Life event. Through the work of the Relay executive team and Relay participants, Lake Forest College was able to raise $42,404.96 for the American Cancer Society, exceeding the $41,000 goal. For Relay executive team members Haider Albassam ’14 and Anya Moran ’14, Relay For Life is a time for the campus community to come together to fight for a common cause. “Relay is one of the most unique events on campus,” Moran said.

Active Minds t-shirt display represents suicides on college campuses across America

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The reactions to the large display of t-shirts acted as a “trigger” for students, who either thought of themselves or someone they know who has struggled with mental illness, according to Scan Walsh, PsyD and the assistant director of Counseling Services and advisor to Active Minds. He believes that “thoughts of suicide or death are much more common than we think or talk about” and by “normalizing” the topic of suicide in everyday conversation, the community will be more open to discussing suicide, currently a rather hushed up topic, and thereby encourage those who need help to reach out and feel more comfortable to talk about their problems.

At George Washington University, three students, all living in the same residence hall, committed suicide just this semester. Two of the suicides were committed within the same week. While the residence hall, called the West Hall, is described as a close-knit community, it can still be incredibly difficult to discuss a topic such as suicide. Active Minds’ campaign aims to “initiate more open and honest conversations about depression, suicide, and mental illness,” noted Dr. Jennifer Fast, director of Health and Wellness, in an e-mail to the Lake Forest community.

Relay For Life raises $42,404

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Oppenheimer

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Internationally acclaimed neuroscientist, futurist, and physicist Dr. Michio Kaku is headed to Lake Forest College in Sept. 18 as this year’s Oppenheimer speaker. Inviting Dr. Kaku to come to Lake Forest for this Homecoming Weekend kick-off event is a huge deal as the college continues graduating students though the growing neuroscience program.

Within minutes of the announcement being made, the Lake Forest Weekly News last Wednesday, students started posting their excitement to social media. Grayson Martin ’16 posted to his Facebook wall: “One of the most intelligent and interesting people IN THE OBSERVABLE UNIVERSE, Dr. Michio Kaku, will be visiting our school next fall to speak. Am I excited? More than you could ever imagine.”

Jacob Gilman ’17 commented on the post with a resolve, “This is possibly one of the greatest things that has ever happen at this school.”

Many people are wondering how Lake Forest was able to secure such an esteemed scientific speaker. Liz Libby, associate vice president of communications and marketing, has the answer.

“The Oppenheimer Foundation was communicating with the College about selecting this year’s speakers and they made the connection with Michio’s publicist. From there, with a little discussion, we were able to get him to come to campus this September to speak.”

Libby also keyed in on some exciting news for students in the sciences: “Professors in neuroscience and physics are going to be selecting students to welcome Michio onto campus and those same students are also going to create an open dialogue with him on the topics of their study.”

Dr. Kaku has been one of the foremost members of the scientific community for decades. He has been a professor at the City University of New York for 30 years and holds the...
Relay For Life—Continued from Page 1

“Since cancer affects nearly everyone in some way, shape or form everyone in the Lake Forest community can relate to the effort and rally behind it. Relay brings together Greek organizations, athletic teams, cultural organizations and other student clubs in a way that no other event does.”

A reported 37 student groups registered for the event, with a total of 499 registered participants. Each group was allotted a space to set up an area where group members could hang out as well as sell a product to help raise money throughout the event. Additionally, each hour of the event included an entertainment activity that often called for group members’ participation.

This year as the entertainment chair I wanted the committee to work on bringing back many of the classic events that made past Relays so successful,” Albassam explained.

“Some events such as musical items and the limbo contest still made an appearance, but the new events such as the hypnotist, pub trivia and balloon stomp were all incredibly successful. I hope the next chair of entertainment decides to implement these and similar events in future Relays.”

The entertainment events were not the only aspects of Relay to experience some change during this year’s event. According to executive team member, Lexie Zaas ‘14, one of the most noticeable changes was made to the Lumanaria ceremony.

“Lumanaria is the ceremony to honor those who have lost their battle to cancer, support those who are currently battling the disease and to celebrate those who have won their battle.” Zaas said. “We have always had a committee member speak briefly at Lumanaria. However, [this year] we also had two students, who were also committee members, who lost a parent to cancer, speak about their experience. In addition we had a slideshow to honor survivors and loved ones lost to cancer as well as the choir singing songs. I would say this is the part of the night that we changed the most this year.”

The Lumanaria ceremony is a time that many participants spend reflecting on the role cancer has played in their life, as well as a time for them to reflect on what they are raising money for. Students such as Albassam attribute their participation in Relay to loved ones that they have lost. “My uncle died a few years ago, but I was born,” Albassam said. “His name was Haider Alshamian. He died at the age of 16, so when I was born my family decided to name me in honor of him. Since then, I have tried to live up to his memory and ideals by serving in organizations that fight against cancer. That’s what makes Relay so great. The entire community comes together within the ice rink for that common goal. It shows people outside of our community that Lake Forest College makes it a priority, when it comes to fighting cancer.”

Active Minds—Continued from Page 1

College community.

To put the 1,100 number of college student suicides into the perspective of Lake Forest College’s total student enrollment of 1,575, this would mean that 70 percent of the College’s population would be dead. There would merely be three out of every 10 students still alive.

As Galina Lipkin mentions: “Many were shocked by the sheer number of students that suicide affects, especially when realizing that it is almost our entire campus community.”

Suicide is the second leading cause of death among college students. Suicides generally occur because of untreated depression, which can slowly begin to form as college students go through a difficult transitioning period in their lives. Some warning signals of suicide to watch for are those students who are rather quiet, isolate themselves from others, and have a limited and unhappy social life.

Active Minds is a national organization and conducts a project similar to the Lake Forest College chapter’s idea of 1,100 t-shirts. Active Minds has a “Send Silence Packing” display of 1,100 backpacks strewed across a high-traffic area to provide a visual representation of the number of suicides committed by college students each year. The College’s Active Minds chapter ultimately chose the t-shirt display in order to encourage community involvement. The group placed donation boxes in each residence hall to collect unused t-shirts from students. After the event, Active Minds donated many of the t-shirts to local charities.

If you, or someone you know, suffer from depression or a mental illness, reach out to the College’s counseling Services to get help. Counselors are available Mondays through Fridays from 8:30 a.m. – 5 p.m., a counselor-on-call is available after hours, to be connected to the counselor on call, call Public Safety.
Students take hit with tuition increases, but Lake Forest’s hike not as hefty compared to other ACM schools

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As Lake Forest College students ring in the new academic year of 2014-2015, the College’s tuition will increase to a grand total of $50,652 a year, a 3.09 percent increase from last year. The main adjustments to the increase in tuition will come from a 3.27 percent increase in room and board, and a 20.83 percent hike in the student activity fee.

The latest annual inflation rate, as published by the U.S. government, is 1.1 percent. The College’s tuition will increase at more than three times the inflation rate.

President Stephen Schutt noted that “all of the tuition paid by all of our students covers less than two-thirds of the College’s operating costs. Every year, at least $15 million has to come from other sources to pay for the rest of the College’s budget.”

In comparison to the other Associated Colleges of the Midwest, Lake Forest College’s tuition will not increase for the next academic year as much as the other colleges. Most of the other ACM colleges’ websites show that they will be increasing their tuition by 5 percent or more. The tuitions of the other ACM colleges are comparatively similar to Lake Forest College’s.

In addition to this information, the College is generally well-known for its fairness in creating financial aid packages for its students. Ninety-six percent of students receive some sort of financial aid or sponsorship money from the College.

However, financial aid packages for current students will not increase with the rising tuition, as students have signed to accept their financial aid packages as is for their entire time at the Lake Forest College. Jerry Cebrynski, director of the Financial Aid Office, did not respond to an email question asking him to further explain this policy.

According to the College Council minutes emailed to the College community, key budget assumptions for the next academic year, which will likely be covered by the rise in tuition, are a 3 percent salary pool for professors, faculty, and staff, as well as a 5 percent increase in their health care costs that will be covered by the College. The College also needs to budget funding for courses and a few faculty and staff members’ payroll, as these were previously, and evidently no longer, covered by grants. The minutes also state that there are no plans to hire additional professors for next year or increase the number of students who may study abroad.

Some of the tuition revenue will also go toward repairs and upgrades around campus. The College Council minutes listed some capital budget projects, such as repairing the Young Hall roof, Donnelly and Lee Library plumbing repairs, purchasing new products to protect books in the library, repairing the handball courts, as well as a few other projects.

Rebecca Howell ’17 sees both sides of the reasons to increasing tuition: “I can understand why we need to increase tuition, but does it need to go up every year? I’ve heard of some colleges ‘freezing’ tuition for a year or two, as opposed to increasing each and every year.”

Sintayehu Regassa ’17 was, at first, adamant against the tuition increase, commenting that the College is already expensive as it is. However, after hearing that tuition only covers two-thirds of the College’s operating costs, he said he could see the reasoning behind why tuition may have to increase. As freshmen, they both hope to see more scholarship opportunities to cover increasing tuition costs.

Economists at the Federal Reserve Bank believe that federal funding, such as Pell Grants, can be a factor in increasing college tuition. Interestingly enough, they believe that when students receive grants to attend college from the government, based on financial need, colleges and universities often simply raise their tuition costs by this amount, thereby canceling out the grants’ effects on a student’s wallet.

Many college students will be debt-ridden with student loans by the time they graduate: student loan debt for a four-year degree averages $29,000 per student. Colleges and universities usually defend their reasoning behind increasing costs by pointing to inflation. However, while inflation generally doubles the cost of a regular product in the economy every 32 years, the cost of college doubles every 12 to 18 years. This may be due to the fact that colleges need to replace and keep up with more modern technology faster than an average family. Also, in this day and age, many students are growing up in a mindset that they must have a college degree to find a job, especially in the increasingly competitive workforce. The saying “better to be an unemployed college graduate than an unemployed high school graduate” has become quite popular. Therefore, the demand for college degrees has been increasing.

According to the College Board, tuition costs in 2025 are projected to be nearly $82,000 for a four-year private university or college and close to $42,000 for a public university. Time to start saving up for the next generation of college graduates.

Administrators respond to student concerns about room searches, other issues at recent open forum

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Student Government hosted an open forum on Tuesday, April 22 for students to address concerns with three College officials. These concerns ranged from the need for more quiet study spaces to requests for specific building renovations to a recent issue surrounding alleged police searches of residence hall rooms for students’ fake IDs.

The room searches followed the arrest of one Lake Forest College student who was charged with possession of false identification in late March. According to the Lake Forest police blotter, the discovery of the false identification resulted from the investigation of a false fire alarm at the College. While speaking with the student about the fire alarm investigation, the officer “observed him in possession of a counterfeit driver’s license,” according to the blotter.

Shortly after the arrest, rumors began to circulate among students that the Lake Forest police, in concert with Public Safety, were conducting fake identification searches in residence hall rooms inhabited by student-athletes.

One student voiced her concerns to Dean of Students Rob Floot, President Stephen Schutt, and Director of Public Safety Rick Cohen over these alleged targeted searches at the open forum. She took the opportunity to ask whether the questioning by police of athletes, specifically, had arisen from conscious targeting or whether it had arisen naturally from the naming of other students by the lake forest police officers outside her dormitory room at 4 a.m.

All three speakers responded with an assurance that the College did not provide the Lake Forest Police Department with the names of any students.

Floot said, “I am confident no particular group was targeted. I do suspect students within the same social network were in possession of IDs. This might have given the appearance of targeting a single group, but there was none.”

This student was not the only one to voice concern over the identification investigation at the forum.

Alex Alvarez ’17 took the floor to describe her experience with the Lake Forest police during the course of the false identification investigation. Alvarez recalled a sense of fear and confusion when she discovered four police officers outside her dormitory room at 4 a.m. When the officers requested to speak with her roommate, she feared the worst.

President Schutt spoke in response to Alvarez’s statement: “Showing up at the room at four (a.m.) wasn’t our call. It was the Lake Forest police. They said, ‘We’re going to these rooms. Tell us where they are.’ We can’t say no. That may be a surprise, but understand me, that’s the law.”

Floot added that he even had “contacted the Lake Forest police to ask if they would not come at that time.”

At the conclusion of the forum, Director of Public Safety Rick Cohen answered several questions regarding the investigation. In particular, he sought to emphasize Public Safety’s role.

“...This entire investigation—from start to finish—is the Lake Forest Police Department’s. This was not Public Safety’s investigation. If the police requested assistance from us, then we became involved,” he said.

The Lake Forest Police Department has not yet responded to inquiries concerning the alleged searches and the accuracy of Public Safety’s report.

The most important piece of advice imparted upon students by the administrators was to familiarize themselves with their rights. When it comes to situations such as these, they said it is important, after identifying who is in command of the investigation, to become acquainted with their rights and responsibilities.
Why get mad at Grandpa Joe?
The detrimental nature of Internet outrage

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I experienced a shortage of opinions this week; a shortage that will never be found on the Internet. So, in a true testament to the mindset of my generation, that is the place I turned to in my time of need.

As I expected, there were a multitude of opinions to be found online; however, none of them spoke to me in the way that inappropriately advertised children’s toys had. This is not to say that there weren’t issues of importance being reported, such as Sea World and the film BlackFish; rather that I ran into difficulties with discussing such issues, particularly since I haven’t actually seen BlackFish yet.

Eventually, I found one of my multiple browser tabs on The New York Times article “My So-Called Life” by Zachary Fine. In his article, Fine attempts to correct the misconception that millennials are innately apathetic creatures. He instead argues that the pluralistic nature of modern society has forced us into a struggle which, if we choose to decisively avow our most basic convictions.

The second article that struck me in my bout of proactive procrastination was a Time article titled “The Art of Optional Outrage” by Jeffrey Kluger. In the article, Kluger explores the various forms of outrage expressed in contemporary society, such as optional and real urbane. He defines optional urbane as outrage “reserved for things that almost nobody really gets upset about until somebody posts them or publishes them with the sole intent of pointing to them in horror.”

While both of these articles offer exceptional material for deliberation, there are societal issues of equal, if not greater, importance to be found in their combination.

Why in such a pluralistic world, do we choose to form our opinions on comparatively trivial matters? Why, when it comes to both issues of profound and minute importance, do we choose the unhelpful emotions of faux or forced outrage instead of genuine emotions that might foster open and honest discourse? Nowhere do these issues take more extreme shape than in Internet forums. Naturally, this line of questioning prompted me into further web browsing.

After spending an inordinate amount of time witnessing the joy that is a baby elephant’s trunk exploratory phase (in GIF form), I found myself on a list explicating the numerous reasons why Willy Wonka and the Chocolate Factory is superior to Burton’s Charlie and the Chocolate Factory. With “Pure Imagination” stuck in my head, and a dread that my new haircut resembled Dapper as Wonka’s bowl cut in my heart, I scrolled down to the comments section of the article.

An Internet article comments section is both an appealing and fascinating event. One can’t help but be dumbstruck by the mass of inexplicable “outrage” induced by such trivial matters.

One commenter wrote, “Always found grandpa Joe an insufferable freeloader!! Even as a child I was appalled that he lay in bed for years unable to work. Then suddenly there is a golden ticket to a chocolate factory and he miraculously finds the will to walk? God forbid that the mother (annoying she may be) gets a day off!”

Admittedly, it might be unrealistic to jump from the deathbed to a dance number, but let’s remember that this is a children’s movie in which a girl blows up into a giant blueberry and a boy burps his way down from a ceiling; months of therapeutic recovery may not have been a viable plot device. Are we expected to believe that this commenter sustained such a profound sense of disdain for Grandpa Joe from childhood on?

This was followed by more comments stating that all who were pro-Willy Wonka “should be gassed,” and that Burton’s remake “viciously defaced” those who were able to view Willy Wonka and the Chocolate Factory in their formative years.

Recalling Mr. Kluger’s article, it is difficult to imagine that these commenters are experiencing what he refers to as “real urbane.” While a comparison of classic children’s movies and their remakes might be interesting fodder for a film analysis, what does it say about an individual when, in response to such a comparison, they can unabashedly denounce a fictitious character for their misleading ambulatory capabilities, or even worse, when one can, without LOL or HAHA, pronounce that all those who profess a particular preference should be gassed? Why are these individuals spending time commenting on topics of minimal importance? One can posit that the multitude of distractions available on the Internet steals energy from matters of importance to easier trivialities.

However, even when discussing topics of true exigency, such as recent acts of mass violence or environmental issues, commenters remain fixed in a state of rage and outrage. Instead of attempting to elucidate their position, they choose instead to attack their perceived opponents. Opportunities for compelling conversation descend into playground skirmishes.

Upon a closer observation of Internet comments, it becomes clear that not only does the multitude of information available lead to the abandonment of important discourse in favor of the easier “troll,” but the culture of rage and outrage propagated within Internet forums may be preventing its participants from becoming opiniolated on a deeper and more meaningful level. Perhaps most importantly, however, is how the ease of expressing outrage over the Internet is leading to the substitution of outrage for action. Whereas the quelling of our guilt or discomfort over contemporary issues once required action, even if as small as signing petitions, now an expression of outrage, faux or otherwise, in the comments section of an article on such a topic suppresses that discomfort with far greater ease.

Blue line—Continued from Page 8

I didn’t crumble, but I was crushed. But, I’m not alone in feeling that way.

According to a November 2013 Sports Illustrated article featuring a panel of six women sports journalist, every single one of them confessed to witnessing or being personally affected by sexual discrimination or harassment. That is one too many. The double standard of a male being able to make a mistake, but a female who makes a mistake suddenly doesn’t know anything is unacceptable.

Michelle Beadle from NBC Sports gave some encouraging advice: “I like the idea that we continue to keep this line of dialogue open. There’s a way to fight the good fight and avoid the ‘playing the victim’ card that turns everyone off. I will continue to support my female colleagues in any way I can…It’s ridiculous that as sports fans, we still worry about the fender of the person delivering our information. Doing the work and having a passion about the gig is what matters, not whether or not I see sitting down.”

I’m not discouraged by this event, but inspired to keep the dialogue going so that eventually we can close the gap between males and females in the workplace of the world of sports.

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The deadline for submission will be one week before the publication date. Please submit letters to editor@lakeforest.edu.
Confused about Ukraine and Russia? Here’s the story.

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Crimea is a hotbed of political debate and turmoil right now, ever since Vladimir Putin, the president of Russia, decided to invade Crimea last March. For those who do not know, Crimea is a region of Ukraine which has been a part of Russia since the USSR, until Khrushchev gave it away. Khrushchev was a Premier of the USSR in the late 50s and early 60s, gave Crimea as a peace offering to Ukraine since they were allies. Crimea used to be part of Russian territory, until Khruschev gave it away. Khrushchev obviously thought that Ukraine would never become its own autonomous state!

Going decades forward, Putin has invaded Crimea with the Russian military. But why is this significant? Why does it matter that a small territory has been seized?

First, let us explore why no one has taken military action against the Russians. Taking military action would be a foolhardy option for the smaller country of Ukraine as the Russian military has over 900,000 more troops at hand, not even on reserves, and about 15 times the amount of military spending.

So, engaging Russia would essentially be a foolhardy option for the US; it is a different story: we simply do not have the interest to invade Crimea and the significance of Russia taking Crimea is too small.

That, and the European Union does not have the will to invade either, even though Russia is blatantly violating the UN Charter of Human Rights. However, the US has engaged economic sanctions on Russia as well as the EU. But this has not deterred Putin as the US is not even on Russia’s top ten trading partner’s list.

And, the EU simply depends on Russia’s oil too much to sanction them heavily, over 40 percent of energy used in the EU comes from Russia’s natural gas and oil. Any sanctions the EU can place can have massive consequences.

The EU can also receive oil from Scandinavia and the Middle East but oil in Norway is steadily decreasing and is too expensive to import from the Middle East. Second, let us discuss why Putin invaded Crimea in the first place. First off, Crimea used to belong to the Soviet Union, so Putin must have had a nationalist interest in the region. Putin is known for being a bully and someone who disregards laws and treaties, so this behavior is not uncommon.

We saw him invade Georgia in 2008 which was successfully halted by the US. Secondly, Crimea would offer advantage to Ukraine. Crimea, which is located on the Black Sea, would be important for Russia to annex, because that would be the only body of water that touches Russian borders that is ice-free all year.

This means that not only commercial ships but naval ships can have free access to Crimea’s ports - a military advantage. This is why Russia is interested in Crimea, but is Crimea interested in Russia?

A few weeks ago, there was a referendum in Crimea, not in standing with the Ukrainian constitution and international law that discussed whether Crimea would be annexed to Russia or become its own autonomous state. The referendum was a traditional ballot system and all voters were Crimeans.

Most Crimeans are, in fact, of Russian ethnicity, but the result was resounding. There was an overwhelming victory of over 97 percent to annex Crimea to Russia. Some wonder if the ballot system was legitimate, but whether or not the US and EU are not recognizing this annexation as constitutional or valid.

And just recently, Putin wrote into Russian law that Crimea was annexed officially. There have been no political moves subsequently to this last one, but one thing is certain: this will not be the end of what we hear about Crimea.

School stabbing in PA grabs attention

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Students stood in the halls on Wednesday morning waiting for classes to begin as they normally do, only this morning those things would change everything they knew about their world. A 16-year-old student walked into the halls of a suburban Pittsburgh high school early Wednesday morning before classes and began wielding two large knives, slashing students left and right.

The biggest question on the minds of local authorities is why? There seems to be no clear motive behind this attack, so why did a teenage boy commit such a vicious act? There has been discussion that the student who committed the crime may have been bullied, but nothing has been confirmed just yet. The student’s attorney, Patrick Thomassey, appeared on Good Morning America (of all places) Thursday morning to explain what his client was feeling at the time. He stated that he may not be able to comprehend the gravity of the situation at the time he did.

This 16 year-old’s home life is said to be perfect, being all too reminiscent of the beloved sitcom icon The Brady Brunch. Although, his home life may have very well been what ultimately lead to him committing this deplorable act. “They could not have predicted that this was going to happen,” Thomassey said. “They don’t understand how this occurred.”

The student had stabbed 20 other people in the building by the time he was tackled and stopped by the Assistant Principal of the school. He left at least four students with serious injuries from the attack, while other students fled the premises for their own safety. The 16 year-old has been charged with 21 counts of aggravated assault and one count for possessing a weapon on school grounds. He is currently held in a juvenile detention center in Westmoreland County without bail.

One stabbing victim has been released from the hospital and three are still at Forbes Regional Hospital in Monroeville. Two of those are in fair condition while the other still remains in critical condition.

As with any tragedy, what really needs to be addressed as a result of incidents similar to this is how to prevent these events from occurring in the first place and what kind of help is needed to give students affected by these tragic events. Additionally, schools need resources for children affected to reach out to in cases like this.

As expected, Twitter erupted as news of this broke, much of it directed toward current legislation on gun control and mental health in the States. What this shows, though, is that the weapon is never the crime itself. And if tragedies like these are not preventable, how we react is vital.
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When the movie All Is Lost came out, I thought it looked very interesting. An unnamed man (Robert Redford) is alone; 1,700 miles away from land somewhere in the Indian Ocean when his ship has an accident and communication is cut. More problems arise when a vicious storm attacks and food starts to run low and the man has no idea where he is. The movie has basically no dialogue and we learn nothing about the man (he is effort into it. Every role he is in is the same—the bored-looking, put-out actor does not care at all. I mean he makes the wrong choice nearly every time he can. When the movie starts out, his ship collides into an abandoned shipping container, creating a huge hole in his boat where water quickly begins to fill it up. As soon as this happens, he gets up very slowly, really taking his time, and he saves his books before going to the top of his boat to see what happened. I would be getting my radio and other communications away from the water as fast as I could, basic sailing skills or not. Instead, he wastes what precious time he has and his radio ends up getting damaged. So what does “Our Man” do? He dumps more water on them. This makes no sense. Why didn’t you just try drying them out in the sun? Now he has destroyed whatever hope of communication he had out the window.

I could really go on about how idiotic “Our Man” is, but I would end up writing about the whole movie and this review would read more like a list. So my point is that when your character does not have even the most basic acting skills or reading any knowledge whatsoever, it gets hard to care about him. And when the audience knows absolutely nothing about him besides that he may have a family (he sends a message in a bottle out later in the film) it does not help create sympathy. By the end of All Is Lost, you will most likely root for this simbolton to die, because he deserve to due to all of basic and numerous errors he makes.

The good thing about this movie is that it is nicely made in a technical aspect. I just wish the writer-director J.C. Chandor did not make his main character such an imbecile. The storm sequence is very scary (even though Redford is not phased), the sound is so realistic you almost feel as if you were right on the boat, and the story is a tricky, but interesting one.

Chandor made his mark in cinema with his realistic and suspenseful first film MarginCall. That film dealt with the collapse of the stock market and the investors’ reaction and desperate decisions on what to do. This film is basically the opposite of that movie, with one character and basically no dialogue. In fact, the script was only 31 pages, according to Redford.

However, Chandor will come back from this horrid atrocity of a film with A Most Violent Year set during the winter of 1981 in New York City, one of the most violent years on record in the city’s history. Plus, he learned the beginning of the recital. De Silva and Perlman, who is sitting on an electric scooter, arrive on stage.

The musicians open the concert with the Sonata No. 8 in G Major for Violin and Piano, Op. 30, No.3 composed by Ludwig Van Beethoven. The sonata is divided into three parts: Allegro assai, Tempo do minuto, ma molto moderato e grazioso, and Allegro vivace.

Perlman begins Allegro assai by playing it lightly, without any notable pressure. His fingers slide quietly over the strings. The music piece includes several call and response patterns as well as repeated patterns. Perlman frequently stops playing while De Silva goes on.

Tempo do minuto, ma molto moderato e grazioso contains repetitive rhythmic patterns, known as ostinato, played by the piano. Perlman and De Silva frequently switch playing the main melody, while De Silva plays a part of the melody, Perlman plays long notes. Both of them vary their loudness, however, they both get louder or silent together and never drown each other.

The last piece of the first sonata, Allegro vivace, is faster than the two previous pieces. Perlman has again a happy facial expression and moves his upper body while playing. De Silva plays the piano with accents and includes several oscillations.

Immediately, after both musician finish playing the piece, the audience gives an applause. After a short break, Perlman and De Silva appear on stage again, welcomed by the applauding audience. Perlman begins the Sonata in D Flat Major for Violin and Piano, Op. 18 composed by Richard Strauss, by playing Allegro ma non troppo.

Perlman and De Silva play with dynamics, however, they again never cover each other’s sound. Allegro ma non troppo contains soft and slow patterns and different chords. Before beginning the second part of the sonata, Improvisation, Adante cantabile, Perlman takes something small out of his pocket and touches the strings near the bridge of the violin, probably to wipe off the strings.

He starts the piece by playing it soft and quietly. The tempo is much slower than the one before and contains no longer notes. Other than the pieces before, Improvisation: Adante cantabile has a light ending that phases out.

The beginning of the last piece of the second sonata, Finale: Andante - Allegro is again played by Perlman. The beginning is soft and quiet. To me it sounds sad and expresses melancholy. However, as the piece moves on, it becomes happier. The piece contains call and response as well as repeated patterns.

After an intermission, Perlman and De Silva play the Sonata in G Minor for Violin and Piano, Op. 19 composed by Claude Debussy, a piece composed by Fritz Kreisler named Tempo di Menuetto in the style of Paganini, a composition by Falla named Spanish Dance, Joseph-Hector Fiocco’s Allegro, Dance of the Goblins composed by Antonio Bazzini.

The concert ends and after the musicians bow and leave the stage, a standing ovation occurs.
What will seniors miss most about Lake Forest College?
Commencement will take place the morning of Saturday, May 10 at Ravinia Park.

ALEXI SPIRATOS ‘14
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In today’s world, we constantly hear about Twitter and Facebook taking over as the hottest way to get news. However, other social media has by no means taken a back seat to this new pattern. With new apps coming out every day, creating new and innovative ways to receive news, there is no doubt that mobile technology is the most rapidly changing factor in the news game.

Although news is still accessed from the television sets, and news stations sustain life by finding out ways to keep airing shows, radio seems to have lost a bit of its dominance in the news realm.

Tommy Dale ‘14 begs to differ. Dale, a communication major, is part of the Lake Forest College radio team WMXM and believes that the show does really well for the amount of resources it has.

Dale explained that for a small liberal arts school, the College has some serious advantages from the broadcasting perspectives.

“At some big schools that I’ve visited, their radio station has a lot of money poured into it but it never really takes off,” he said. “For a small liberal arts college like Lake Forest, we’ve done some incredible things like throwing concerts from Uncle Kracker to the Plain White T’ee’s, and still get kids to sign up for time slots.”

When asked about what he feels is the most enjoyable experience he’s had at the radio station, he said that it is the “freedom” that got him hooked.

“The freedom of being able to play whatever suits you is amazing,” he said. “At other places you have to stick to a specific genre and you may only get a 30-minute slot. But here, you can hear country music for a good hour and then tune in to some indie rock, mixed with some house or electro. The diversity of our radio station is insane and I think that is a huge part of what makes us so appealing to the student body.”

When asked if he ever listens to some of his fellow deejays’ shows, he admitted that he tries to whenever he can but sometimes it’s not possible.

“I try to whenever I can, especially when I have free time or if I’m doing some homework but sometimes I’m just not by a radio set to tune into the other shows,” he said. “Now phones are getting apps that allow you to stream radio right of your phone. That would be cool if Lake Forest College radio had an app, wouldn’t it? And I think most people here would agree with me that it is a must!”

Dale concludes that although radio has fallen behind in terms of popularity, he still believes that social media and advances in technology will absorb the radio and other forms of media and we will all benefit from one complete source of news. Some people may disagree, but Dale stands by his opinion full-heartedly. WMXM has evolved and adapted to the new forms of technology and music being produced.

What is your favorite Lake Forest College memory?

My favorite LFC memory is going on Spring Break tour (2014) with the Advanced Women's Chorale! We had a blast singing and being an influence to young singers and audiences across the states. This was our conductor's (Emilie Amrein) last tour at LFC and we will miss her greatly!

What's next for you?

I brag about! Since I live close to the community, I will continue to come back and support future singers and college events.

What will you miss the most?

Studying abroad in London and Florence, especially when a group of us adventured in Interlaken, Switzerland (Pictured above. I’m on the left).

What will you miss the most?

Europe, the Writing Center, and the theatre department.

Biz Hyzy
What is your favorite Lake Forest College memory?

My favorite LFC memory is canoeing down the Mississippi River with my favorite professor (Glenn Adelson) and good friends for my Environmental Studies senior seminar. I will miss the friends that I have, I will miss LEAP meetings and hanging out in Cleveland Young & Ravine Lodge the most.

What is your favorite Lake Forest College memory?

A canoeing trip down the Mississippi River with my favorite professor.

What will you miss the most?

The diversity of our radio station is insane and I think that is a huge part of what makes us so appealing to the student body.
Good sports
Forester athletics announced the members of the 2013-2014 All-Sportsmanship Team

CrossFit takeover
CrossFit becomes the new fitness trend

Alex Sibley '15
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CrossFit is the workout regimen that brings together multiple fitness ideologies in order to allow even the most average of people meet their personal fitness goals.

Greg Glassman is the mastermind behind this grueling workout blending Olympic level lifting and high intensity training. This form of training focuses on diverse methods of conditioning while putting emphasis on multiple joint and full body exercises. The benefit of CrossFit allows people to improve work on multiple training facets, such as preparing for a marathon and hitting that goal of a 225-pound bench press.

"CrossFit is something that anyone can do because anything can be modified. Any of the exercises can be changed in order to benefit each individual person," stated Andi Brown of CrossFit, Lake Forest.

Atypical class consists of an hour of group warm-up, followed by a strength training using Olympic style lifting, which is typically for people who are looking to improve in certain areas of muscle development. The classes finish with a high intensity session that varies each class.

At CrossFit in Lake Forest, beginners are scheduled for four private classes that are carefully planned around their individual skill level.

Students who are interested in participating in CrossFit are eligible for a free class and a 20 percent discount for all other classes.

Men's tennis qualifies for championships

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The Lake Forest College men’s tennis team is now two victories away from the NCAA season, capping off one of their strongest regular seasons in years.

Last year, the men’s team finished fourth in their division and placed sixth at the Midwest Conference Championships. This year, the Foresters were able to come back in the Midwest Conference men’s tennis. Lake Forest will now be vying for their first MWC title since 1999.

A title at the Midwest Conference Championships would assure them a coveted spot at the NCAA Championships. It is also the first time the Foresters have qualified for the team portion of the Conference Championships since Coach Michael Raymond took over the program.