Grossed out? Students should voice their feedback to Aramark

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From the always popular Reuben’s omelets and the pasta bar to bloody meat and bugs in spinach, food in the cafeteria provokes a wide range of student responses.

Aramark Food Service Director Jason Micenko encourages students to voice their feedback about the company’s dining service to make a difference in the food options and quality.

“This semester, I would like to increase our Voice of the Consumer participation, which is our online real-time survey that measures quality, value, and service that can be taken on your smartphone,” Micenko said.

Unfortunately, some students choose to complain about Aramark’s food rather than voicing their suggestions to those who can create the change or address food quality issues.

Student Government Representative Emma Reeser ’18 is responsible for voicing student feedback to Aramark staff members every week to create the change that students want to see.

So far, she and others on Student Government have taken action to address student concerns about vegetarian options in the cafeteria and healthier food options in Boomer’s and the Provisions On Demand store.

“Between our Dining Style Survey, which is administered during the fall semester, and our Voice of the Consumer initiative, we get great student feedback,” Micenko said.

Reeser urges students to be specific about the type of change they would like to see. “The main thing [Aramark] can’t find solutions for is if students are vague with what they want,” Reeser said. “They need specifics.”

Activation of fire alarms brought cops to campus

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Firefighters, police officers, Public Safety, and ambulances appeared all over campus during a frigid February weekend, following the activation of fire alarms and other violations in multiple buildings.

The first fire alarm went off at 3:49 a.m. on Saturday, February 21, in Gregory Hall on South Campus. Confused students filed out of their warm dorm rooms into the cold outdoors, where temperatures were as low as 19°F. While Public Safety investigated the Gregory Hall incident and resident assistants gathered information about what happened, a second fire alarm went off just 15 minutes later in nearby Nollen Hall.

The next day, at 12:43 a.m. on Sunday, February 22, a liquor law violation brought Public Safety to Blackstone Hall, with the security officers’ cars visible on Middle Campus. Approximately an hour later, a second liquor law violation took place on North Campus.

Thirteen minutes later, a fire alarm went off in Nollen Hall on South Campus. More upset than scared, displaced Nollen residents looked for refuge from the wind in neighboring Moore Hall. At the time, there were at least four Lake Forest police cars, firefighters, and ambulances on the roads.

As if this was not enough, a second fire alarm erupted at 2:32 a.m., this time at McClure Hall, also on South Campus. While activation of fire alarms is not uncommon at the College because of routine fire drills, false alarms bring firefighters, ambassadors, and officers from the Lake Forest Police Department to campus. The activation of multiple alarms in a short time period of time increases confusion for those who actually need an ambulance or a police officer.

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Continued on page 3
Aramark
Continued from front page

Complaints should be more specific than “Aramark does not have enough variety in the food,” she said. Instead, students should describe what kind of variety they wish to see. On quality of customer service, Reeser gives Aramark high marks.

“They send out an email to me... about...what the problem is and their solutions to the problem,” she said.

Some students have raised concerns about bugs found in some of the salad bar options and dishes that come out of the wash still dirty with food.

“Every month we complete a thorough food safety and sanitation audit. Every three months an operational team comes and performs an audit looking over food safety and sanitation,” said Micenko.

When students see something unsanitary in any of the dining areas on campus, they should report the finding to Aramark, he said.

Taking a picture of the problem with a smartphone to show Aramark the specific concern may also help to create a clear idea of the situation.

“I think there’s always room to improve,” Reeser said.

“They’ve been trying to increase the quality of their food gradually. They want to keep the food within their budget, but still have good quality.”

To create effective change, students must voice their opinions—both the positive and the negative—to people who can implement solutions, she said.

To voice feedback to Aramark throughout the year, students should use campusdiningvoice.com, talk to Reeser, or email Micenko at micenko@lakeforest.edu. Students can also stop by Aramark’s office, which is located next to the mailroom in the Mohr Student Center.

Decline in attendance affecting clubs and organizations

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A drastic decline in campus involvement was one of the main issues raised during the Cultural Coalition meeting on DATE.

“It is harder for people to commit, because attendance is not mandatory,” International Student Organization Treasurer Adil Hussain ’17 said.

“It can be difficult for students to manage everything at once, he said.

“I wish there was more support from the side of faculty advisors,” Hussain said. “They should encourage students to come to the meetings and check up on the activity of an organization.”

Psychology Club President Sherin Varghese ’16 described student attendance at the club’s meetings and events as “saddening.”

“People come to the elections, and if they do not get an executive position, they stop coming,” Varghese said.

Members of executive boards of several clubs, including major-related clubs like the American Marketing Association and Psychology Club, have highlighted that this year it has been especially difficult to gain the attention of first-year students.

One of the main arguments that students give to explain their low attendance is that they are heavily involved in their academics and have no time for extracurricular activities, which raises the question of whether people have from their college experience.

Eukaryon, the annual science magazine of Lake Forest College, allows students no more than two unexcused absences. As a result, every meeting held in Johnson 200 is a full house.

When it comes to organizing campus-wide events and club meetings, organizations often use food as an incentive.

Student clubs and organizations offer a unique chance to develop leadership skills and meet people who share the same or drastically different views. They create a platform for students to gain knowledge different from what they would learn in the classroom.

Currently, there are more than 70 student organizations on campus addressing a variety of issues that could fit

I.S.O. participated in the Forester Fair to attract more student members.

Club Spotlight: The Computer Science Club

The Computer Science Club is an organization dedicated to providing a platform for students with interests in computer science, math, and other related subjects to work and learn together. Their members range from students who have built their own computers to students who have never coded before.

Interested students only need a strong sense of curiosity to become a part of the organization. Currently, the club is working on several small projects and organizing a guest-lecture series with the Career Advancement Center to have professionals from tech fields speak to and meet with members.

Students with an interest in computers or technology should join the club. The club can be contacted at CScClub@lakeforest.edu or tweeted @CompSciLFC.

Meetings are at 7 p.m. on Mondays in the Pierson Rooms.

ANNA SHCHERBIAK ’17
STAFF WRITER
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Career Advancement Center brings hope to students finding jobs for their future

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The Career Advancement Center hosted the annual GetHired event on February 19, where more than 90 students in attendance had a one-on-one chance to promote their skills and experiences with the hopes of getting an internship or job.

“The event helped me with my interviewing and people skills,” said Drew Norton ‘17.

Many students attended the event so that they could make connections and find opportunities for the upcoming summer. Attending this event allowed students to find out about companies they were unaware of, but could be very beneficial to their individual qualifications.

“GetHired attracts all different types and sizes of organizations that offer internships and have full-time opportunities,” said Alina Guarise, associate director of the Career Advancement Center.

The advantages of attending this event include “face-to-face communication to get to know them on a more personal level,” Norton said.

GetHired also offered the opportunity for “practicing your people skills and networking with professionals, even if you aren’t looking for an internship,” Maria Naumann ’16 said. “It’s great practice.”

Only a fraction of students participated in GetHired event though the event is promoted on campus through emails sent to the student body, as well as marketing in the Mohr Student Center.

“I didn’t attend, because I have been working on my own to get an internship this summer, so I didn’t think I needed to go this year,”’ Elinor Chalmers ‘17 said.

GetHired is one of many ways students can find potential internships and jobs.

“I don’t think I’m missing out on opportunities because I can go to the event my junior and senior years,” Chalmers said.

Most of the students who attended were upperclassmen, but that didn’t stop first- and second-year students from going.

“This event really helped me with my communication with others and taught me what is proper to do and say and what is not,” said Norton.

There isn’t an exact percentage on how many students were offered opportunities after the event, but many companies have hired Lake Forest College students in the past.

Students attending the GetHired event were required to attend a prep session and dress in business attire.

Photo by Medora Sweet ‘17

The event took place in Calvin Durand Lounge.

Fire Alarms

According to Public Safety’s Daily Crime Log, the fire alarm activated in McClure led to the capture of the person who allegedly was “pranking” other students in the building. This unnamed individual was arrested for consumption of alcohol by a minor by the Lake Forest Police Department and will have to appear in an administrative hearing at City Hall in March.

While Lake Forest College is an active campus, the last time that Public Safety had to intervene in events with such frequency was Homecoming Weekend, September 19 and 20, as evidenced by Public Safety’s daily crime logs.

On Homecoming weekend, Public Safety had to intervene in 12 different events, some of which were due to a power outage.

There was also an arrest for a drug law violation.

While attempting to gather more information on the activation of multiple fire alarms on the second to last weekend of February, Public Safety would not disclose further information.
Should you work on-campus or off-campus?

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For students looking to work, there are several job opportunities both at the College and in the city of Lake Forest.

According to Melissa Mendoza ’16, some of the main advantages of having an on-campus job are “being engaged with the campus” and working “with other students and faculty members.”

For some, however, working off-campus is a preferable option. Mendoza is a commuter student who works both on and off campus. For her, working off campus as a nanny is convenient, since she is able to work in the city where she resides.

Besides accessibility, Mendoza finds that working off campus is beneficial because it can potentially lead to employment after college.

But there are drawbacks to working off campus. “You’ll likely be expected to work full shifts and employers are less flexible with schedules,” she said. “This can be unwanted stress during busy school weeks like finals.”

Local restaurants such as The Grille on Laurel and The Lantern of Lake Forest are currently hiring, and several others continually accept applications.

Working on campus is another option for students in search of a job. According to the Lake Forest College Business Office, there are four levels of employment on campus, which are based on experience and skill.

Students without job experience will likely work at either a level one or two position. Working on campus allows students to gain experience and knowledge without many of the disadvantages of off-campus work.

According to Yang Choe, a Business Office payroll assistant, one benefit of working on campus is that students can “pay less withholding taxes in comparison with other employers because [the College] does not withhold FICA during the academic year.”

An additional benefit is that on-campus jobs generally tailor an employee’s work hours around class schedules, and employers are more understanding of a student’s time constraints during exams.

To find available positions on-campus work, Choe advises students to “watch your email for communications from the Business Office and look for [a] list of job postings around campus.”

Often, students also may receive word that a professor of their major is searching for a research assistant or faculty assistant.

For students looking for on-campus work, Choe suggests that students fill out an I-9 form, which can be completed at the Business Office, look for emails from the Business Office as job vacancies occur, and “respond to email job opportunities in a timely manner in order to ensure job placement.”

It is important when searching for a job, either on campus or in the city of Lake Forest, to consider the benefits of each opportunity.

For students that are contemplating working, Mendoza suggests that students “take the time to look at all your options, and remember to manage your time wisely.”

Students who are looking for available positions in the city of Lake Forest can also visit the Lake Forest Chamber of Commerce website, www.lfbchamber.com, for business listings.

Letters to the Editor

Dear Editor,

On behalf of the student athletes on campus, we would like to voice our disappointment with the recent articles regarding athletic involvement in sexual misconduct and the athletic department budget. We believe these articles unfairly judge student athletes’ character and their value to the College.

We believe that student athletes bring significant contributions to the College in the form of community service, advocacy, Forester spirit, and support for various organizations across campus. Student athletes are proud to sponsor campus events such as GLASA Sled Hockey, National Girls and Women in Sports Day, Special Olympics, Ry’s Run, Hero’s Day, Benny Water’s Community Day, Play for a Cure, and countless other campus-wide events. Furthermore, we are honored to be active members and supporters of organizations across campus aside from athletics, such as theater productions, Greek Life philanthropy events, Brain Awareness Week, Relay for Life, Student Symposium, and many more.

We take great pride in the positive impact we feel that we have on our campus and hope that students, administration, and staff can see that as well. We, as student athletes, believe in our Tradition of Excellence and appreciate the fact that our campus is a supportive community for every student.

With much Forester Pride,
Lake Forest College Student Athletic Advisory Committee

Dear Editor,

I just wanted to let you know that there is an error on page 8 of the [February 10 issue] of The Stentor. The title and author of the play mentioned are spelled incorrectly (in both the article and the picture caption). It should read: for colored girls who have considered suicide/when the rainbow is enuf by Ntozake Shange. I know it’s a small thing, but I believe it is especially important to give proper recognition to black female writers, a class of people who are grossly underrepresented in the publishing industry.

Best,
Kayla Huber ’16

Beg your pardon

Please forgive us for the following errors in February 10 2015’s issue of the Stentor.

The “Is it easier to hookup on Tinder but harder to find a relationship” article in the Opinions section was written by Luz Rodriguez ’18 (rodriguezla@lakeforest.edu)

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Students at Lake Forest College ‘bout 60 years ago

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W hen some students from the Lake Forest College Class of 1944 were thinking about their majors, career goals, and weekend plans, others were thinking about the Army Specialized Training Program (ASTP) for active duty. The writings of a few male students that returned to the College after going to ASTP were included in the College’s literary magazine, Tusitala, more than 60 years ago.

Many of the returning soldiers wrote stories, letters, and essays that revealed the common mindset of Americans in the wake of WWII. In his letter “What Kind of Post-War World?,” Pvt. Al fred E. Green wrote, “In order that you will more readily understand the views of the younger generation in this question, I will try to express my opinions and ideas. They are, I believe, those of the average American soldier.”

Pvt. Arthur D. Dubin described his wartime experience in the letter, “Michigan Central Eastbound.”

“We passed through small towns,” he wrote. “In many were army camps and air fields. In others, were colleges training technicians for the armed forces. Some contained small war factories. All were helping to win. Late in the afternoon the train arrived in Ann Arbor. The trip was over. It might have been a trip from any ‘Big City U.S.A.’ to any ‘Middle-town U.S.A.’ The men, the resources, the production—they would all have been the same. That is why we will win the war!”

It is difficult to imagine what it was like to live in the post-war world 60 years ago, but works found in old Tusitala issues provide perspective on these times in American history. Initiated in 1935, Tusitala is the oldest literary publication on campus and reveals many changes in national attitudes, from the post-war world to modernity.

Past editions of Tusitala can be found in the base ment of Lake Forest College library in the Buchanan Family Foundation Special Collection Reading Room. Other Tusitala articles of note written by soldiers include “What I’ve Learned in the Army,” “The American People Do Not Realize…,” and “Lullaby in Red.” More editions of Tusitala, College, and other literary magazines on campus are reserved in this area and are open to the public from 9 a.m. to 5 p.m., Monday through Friday.

Top ten ways to make the most out of your spring break

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S pring break in college is a time when you can have fun with friends, watch movies, stay cozy in bed, and feel carefree. However, time seems to go by quickly, and before you know it, you wish that you had studied a bit more over spring break for your upcoming tests. Here is a list of things you can do during spring break to stay productive while having a good time.

1. Start your spring break with a bucket list of things you truly want to accomplish. Perhaps you want to take this opportunity to watch a movie with friends or work on a scholarship. Make sure you add them to your calendar and check them off the list once you accomplish them.

2. Go off campus. Spring break is about having the liberty to get away from the college environment. If you happen to be staying on campus, then take a walk into downtown Lake Forest or take the Metra to Chicago and explore the city.

3. When you are not exploring, work on any class assignments or applications that you have been postponing.

4. Search for summer internships or job opportunities. Companies are hiring for undergraduate summer positions, which means you need to start applying now.

5. Check out events that are happening near you, such as festivals or farmers markets. These are great opportunities to meet people and engage in your community.

6. Reflect on the academic things that worked or did not work for you last semester. This will help you prepare yourself for the rest of the semester.

7. Find a short-term job. What college student does not want to earn money? You can work in a temporary or odd job and start saving up money for your loans, summer getaway, or a new car.

8. Learn something new. Keep your mind active by going to museums, watching documentaries, and reading for fun.

9. If you are a language major, then watch movies in that language (try to avoid reading the captions) to strengthen that second or third language.

10. Spend some quality time with your family. Watch some of your favorite movies together or visit your favorite places to strengthen family bonds that might have waned during your time at school.

Hopefully this list will help you have an efficient spring break by getting some important things done. Take advantage of this week; remember that the final few months of the school year can be some of the most intense. Be sure to enjoy your spring break and come back well-prepared to finish the semester strong!

Students from the army training program carry books in front of Carnegie Hall.
Eating healthy in the Caf is apparently possible

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We all know how easy it is to grab fries and whatever is laying out in the hot line in the Caf. The hard thing is choosing to eat healthy in the midst of the unhealthy options we are given every day. No matter the season, it is important to stay healthy, so here are some tips on how to eat healthy in the Caf.

Know What’s Available to You:
It’s easy to get into a rut and get the same unhealthy foods every day. Branch out! Check out the salad bar and all the amazing fresh, healthy options there. Always take a lap around the Caf and weigh your options.

Focus on Portion Control:
Look at the nutritional facts that are presented to you; they are there for a reason. An item may appear to be healthy, but when you load your plate full, you’re getting a lot more than what’s intended on the nutritional label.

A Colorful Plate is a Good Plate:
Don’t just focus on one food item! Make sure your plate has lots of greens, colorful fruit, vegetables, and so on. And if you decide to get an unhealthy item, make sure to balance it out with other healthy items on your plate.

Don’t Drink your Calories:
Making just one change in your diet can be huge and letting go of sugary drinks not only helps your body, but you’ll feel great once you’re off them.

Drink Lemon Cucumber Water:
A great thing about our Caf is the fresh options presented to us, my favorite being the freshly sliced cucumber and lemons. Load some of these in your favorite water bottle. Not only is it a delicious combination, it also has many health benefits including clearing skin, boosting energy level, aiding in digestion and weight loss, and so much more.

Remember, A Happy Body is a Healthy Body:
Stressed? Often our first impulse is to reach for the comfort foods, but that could actually end up making you feel worse. If you’re stressed, set aside 20 minutes each day to be active (even doing some sit ups and squats in your room), and remember to keep eating healthy.

Allow Yourself a Cheat Meal:
Healthy eating isn’t a death sentence, and a healthy lifestyle allows for the occasional cheat meal. So go ahead and grab a slice of meat lover’s pizza.

Summer will be here before we know it! As easy as it is to get into the winter blues, remember that summer bodies are made in the winter. Stay healthy, stay happy, and look forward to warmer days!

How Lake Forest College graduates can land their dream job
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One of the most difficult decisions college students must make is choosing the “right” major as it often predicts how much money they will make. But the link between choice of major and salary has been weakened due to factors such as experience and not landing a career in their field immediately after graduation.

While many students want to know which majors will make the most money after graduation, professionals have a hard time providing definitive answers.

Lisa Hinkley, associate vice president for career and professional development, talks about the misconceptions that are often associated with the importance of the skills and experiences that they have developed in school.

“Employers seek candidates based upon the total set of skills and experiences they present,” Hinkley said.

Diverse skills and experiences that students receive through coursework and internships allow them to be valuable prospective employees for many different jobs, no matter what their major, she said.

“If a student can’t articulate the value of their major to an employer, they won’t get hired whether the employer was directly looking for students from that major or not,” Hinkley said.

When applying for jobs after graduation, students should keep in mind the importance of the skills and experiences that they have developed in school, because that’s what will predict how much money you earn—not what’s written on your degree.
Alabama’s ban on same-sex marriage raises strong opinions at LFC

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After issuing a letter notifying probate judges not to “recognize a marriage license that is inconsistent” with Alabama’s Constitution, limiting marriages to a man and a woman, Alabama’s Chief Justice Roy Moore attempted to once again refuse to honor the federal decision to recognize same-sex marriage.

SWAN President, Kayla Huber '16 calls Alabama’s ban on same-sex marriage “unadulterated bullshit,” she said. “All individuals should be given the option to legally marry it shouldn’t be up for debate.”

Martina Bright ’15, former member of Lake Forest College’s PRIDE executive board, agrees. “I hate it,” she said of the ban. “It’s unfair and it sucks. We’re supposed to be the land of the free, but a man and a man or a woman and a woman are not allowed to legally express their love for each other and have the same rights as heterosexual couples? That just doesn’t make any sense to me. I don’t see why it matters what people are in love with each other.”

Lake Forest College markets itself as welcoming to all students and members of the LGBTQ community on campus believe that the school has been making a good effort.

Jyothis James ’16, former president of PRIDE, said “the visibility of queer students is not as expected—considering the initiatives and goals of the school in relation to the queer community—because few students are out. The school has made a good, but not explicit, effort.”

James said it is not the school’s responsibility, however, and “the level of social progress in this country and society in general makes it difficult to come out, regardless of how welcoming the environment is.”

Huber has heard of prejudiced statements being made on anonymous interfaces such as YikYak, which she finds very concerning, she said. Huber also has heard of instances that many people in the community do not feel comfortable coming out or being affectionate with their partners in public.

She finds that the stigma and prejudice that exist in this country also affects this campus.

“One thing that I wish could be changed is the manner in which our campus speaks about sexual assault,” Huber said. “I have heard that some LGBTQ individuals do not wish to come forward about their experiences because they don’t feel as though they will be taken seriously. A greater emphasis must be placed on the fact that any individual can experience sexual assault, regardless of sexual orientation, and those reports will be processed just the same.”

Huber applauds the inclusion of non-heterosexuals in the HAVEN training.

“It is one step in the right direction,” she said.

As future generations become more accepting of differences, people will continue to see more welcoming and understanding environments. In the meantime, any small effort made will be one in the larger stride for equality.

Deah Barakat (from left), Yusor Abu-Salha and Razan Abu-Salha were killed at UNC.
Anonymity turns us into monsters

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Social media has become an ever-present necessity in our lives, and it can even be said that it dictates our generation.

With social media, however, everything is public and there is no anonymity—until recently.

There is a new type of social media taking college campuses by storm, and its name is Yik Yak.

In this application, people can post anonymous comments in their local area. If a comment gets “downed” (disliked by a user) five times, it gets permanently deleted.

Many users seem to be taking advantage of the anonymity factor and use this opportunity to harass people.

Thus, due to its emerging popularity, one has to ask: Is Yik Yak promoting cyber bullying?

A third-year student who wishes to remain anonymous does not feel that this is the case. “Even though it can be mean and sometimes a lie, it’s hilarious and entertaining,” the student said.

Johnathan Vinkavich '15 agrees, to some extent.

“For the most part, I think it’s a good thing, since most of the most highly rated posts are always funny, not mean,” Vinkavich said.

“That’s not to say there’s no potential for abuse, but it shows the vast majority of people would rather see jokes than rudeness.”

To someone viewing Yik Yak on Lake Forest’s campus, it would definitely seem to appear that Yik Yak users utilize the application in order to “hate” on their fellow students.

“Perpetuates gossip and it is a forum for people to trash talk each other passive aggressively,” said Lauren McDermott '17. “There’s nothing entertaining about gossip or people insulting each other.”

As one user wrote on Yik Yak, “How is it that the users of this app can tell people with depression that they can make it and should stay strong and all of these positive things and then slut shame and bully someone else into tears?”

Along with negative comments being made about individuals, Yik Yak also talks about issues pertaining to the school, the community, society, race, etc. Another user wrote: “I’m mixed race. Proud of both. Everyone needs to just calm down about race.”

As mediators of the application, why is it that negative comments get “upped,” while positive comments get “downed?”

People feel comfortable to say whatever they want when they can post anonymously.

“I think it’s funny sometimes, but people take it too seriously when someone posts an offensive remark and people get up in arms about it,” said Paul Dunham '17.

However, Caitlin Hurley '15 believes “it’s uncomfortable because the app is just asking for controversial topics and negative comments,” she said.

Unfortunately, there is not much to be done about the negativity that occurs on Yik Yak. It is its own app and cannot be censored by anyone, aside from those who use it. Yik Yak is a form of free speech, so in that sense, it should not be censored.

I don’t know what does! College is so much more than an education, it’s an experience.

This is my second semester at Lake Forest, and I have already met such a diverse group of people and learned many things about myself. College becomes an experience, and an educated person becomes much more than a diploma.

Opinions

March 3, 2015

Lake Forest College

Is your college degree worth your time and money?

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Our graduation requirements include two courses from each of the following academic fields: humanities, social sciences, natural and mathematical sciences, and cultural diversity, but are all of these requirements really worth our time?

As a first-year student, I am often bombarded with questions about my future, and I tend to question if college is worth all the time and the money. I usually shut my thoughts up with a simple response: yes. Being a Forester is worth it, because, as Kevin Kidney ’17 said, “You are expected to go on and learn more and expand your knowledge.”

A college education is so much more than sitting in a classroom, especially at a liberal arts college. A liberal arts education gives us the opportunity to learn about many different people in and outside of the classroom. It allows us to truly become educated individuals.

An educated individual is not only a person who can sit in a classroom and participate when asked to participate. An educated individual is a person who is “very well-rounded, introspective and engaged with the world,” said Cassia Baker ’15.

An educated person is one who expresses “curiosity about the world around them and the world of ideas,” said Tracy McCabe, senior lecturer in English.

Let’s bring in a hypothetical yet realistic example: group projects, which are the most hated and daunting part of our grades because we are forced to depend on others. Group projects teach us a real-world skill: having to work with people we might not necessarily agree with, but in doing so, we are able to see other people’s point of view.

What does Lake Forest College give to us that makes a Forester degree worth it? There are so many on-campus opportunities to build a sense of community and connections. We also get the opportunity to study abroad and participate in In The Loop, and if that doesn’t scream “great opportunity,”
Many argue that the millennial generation has become more liberal with their bodies and have little regard for the consequences of unprotected sex. After a night of unprotected sex, many people—Lake Forest College students included—turn to Plan B, a form of emergency contraception. According to a study done in 2013, conducted by the Center for Disease Control, 11 percent of women in the United States between the ages of 15 and 44 have used emergency contraception, which have no age requirement.

“It works mainly by stopping the release of an egg from the ovary. It is possible that Plan B One-Step® may also work by preventing fertilization of an egg (the uniting of sperm with the egg) or by preventing attachment (implantation) to the uterus (womb). It should not be used as regular birth control, as it is not as effective,” according to Plan B’s website.

Both Plan B and Ella, the “week-after-pill,” are currently considered contraceptives by the FDA and are covered under health insurance plans. The abortion drug RU486, or Mifeprex, is not. In reference to calling Plan B and Ella “abortion pills,” Susan Wood, professor of health policy at George Washington University and a former assistant commissioner for women’s health at the Food and Drug Administration, said: “It is not only factually incorrect, it is downright misleading. These products are not abortifacients...And their only connection to abortion is that they can prevent the need for one.”

This leads back to the moral issue of abortion. “I want to be allowed to make my own decisions about my body, especially if I were in a situation when I was not prepared to bring new life into this world,” said Martina Bright ’15.

“I am pro-choice in my personal beliefs. I do not feel ready to take care of another person at this point in life, and the idea of giving my child away after carrying it for nine months does not feel right,” said Caterina Frollano ’18. “In case I get pregnant in the next year, I would probably opt for Plan B.”

Frollano knows someone who used Plan B last year. “It was definitely traumatic for her to decide if it was the right thing to do, but the idea of going through the troubles caused by the accidental pregnancy was too much for her,” she said.

Those who are pro-choice seem to think more into the future with a practical eye rather than the more radical pro-life side, which has sought to discredit and destroy abortion clinics and make the process of procuring contraceptives more difficult. Which side will win in this debate of morals and the rights of individuals is unclear, but it is clear that members of both parties are prepared to stand by their guns and argue until there is a last man, or rather woman, standing.
The Joffrey Ballet company’s newest show was split into three acts, each one more unique than the last. The first performance of the night, “Maninys,” combined classical ballet with contemporary choreography. This intense piece contained so many layers and surprises that you never knew what to expect. Ripples were a primary motif in the performance, so everywhere you looked there was something different happening on the stage. The performers relied not only on the steps, but included their costumes as props in the choreography, as well as the large drapes hanging up behind them. The piece exemplified the theme of two or more bodies becoming one. “It’s about falling in love,” choreographer Stanton Welch said. “It examines how in relationships you gradually unlayer yourself and how scary, dark and open it is to reveal yourself to another without protection.” The piece was simplicity at its finest, with talented dancers who embodied that mindset. The second act, “The Man in Black,” still embodying the creativity that is the Joffrey Ballet’s standard, took a complete 180-degree turn from the first act. Set to music by Johnny Cash, this piece provided a new spin on country-western dancing. The three men and single female performers created visual stories that, partnered with Cash’s songs, portrayed powerful, and at times humorous, themes. It was incredible to witness how the bodies could connect and physically bend together, while still remaining linked. The four performers moving together as a cohesive unit is what brought to life the spirit of Cash. This piece brought an elegance to country line dancing. The third and final act, “Tulle,” may be most appreciated by those with an understanding of dance and its terminology. Wildly creative, this work took a look inside the background and experience will understand. “I wanted to create a ballet about which would explain and discuss ballet…a sort of ballet documentary,” choreographer Alexander Ekman said.

For more information on upcoming shows, visit www.joffrey.org. Visit the ballet by taking the Lake Forest Metra into the city and get off at Ogilvie Transportation Center, continue to Madison and Wabash. 

Images courtesy of the Joffrey Ballet.

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Is political satire dying?

SARAH JORDAN ’18

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I

don Stewart recently announced that he was leaving The Daily Show after hosting it for 16 years. Right off the bat that sounds like bad news – and it is. After Stephen Colbert left The Colbert Report in early December of last year to host The Late Show, people were hoping that The Daily Show would continue to be a main source of political satire, a type of entertainment that not only reports the news, but critiques society through a humorous perspective. Unfortunately, that won’t be the case anymore. The Daily Show won’t be gone, but Jon Stewart will be replaced. Who that will be is not yet known, as the news was just announced. A date has not yet been confirmed by Comedy Central or Stewart as to when he will leave. So the big question is: What will happen to political satire now? Who will we watch, now that the two big heads are gone?

Luckily, political satire isn’t completely gone. There are still two other shows currently airing that you can watch. The Nightly Show with Larry Wilmore, while also based on political satire, has a unique format compared to Colbert and Stewart. Host Larry Wilmore (a former correspondent for The Daily Show) chooses a specific topic for each episode. It begins with a monologue, followed by a panel-like debate with several guests ready to give their opinion on the episode’s topic. The last segment of the show, “Keep It 100,” involves both Wilmore and his guest answering a specific question honestly. If they are completely honest, they get a sticker. If they aren’t being completely honest or if the audience thinks not the audience judges the panelist and they get teabags. It’s funny, it’s informative, and it’s entertaining. All episodes can be watched on the Comedy Central website.

John Oliver has his own show on HBO entitled Last Week Tonight with John Oliver. This show is one of the most critically acclaimed shows of 2014. The formula is basic: John Oliver talks about two topics, one long and one short. What makes the show entertaining is Oliver’s accurate commentary on the subjects. Since this is still a satirical show, Last Week Tonight has a good amount of comedy and jokes that help prove his point. All segments can be watched on their YouTube channel on the Last Week Tonight channel.

Visit the No. 1 museum in the nation

— for free

Katelyn Joscson ’16

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As of August 2014, Lake Forest College joined The University Partner’s Program creating a partnership between the College and the Art Institute of Chicago. Lake Forest’s proximity to the city of Chicago is one of the most attractive assets to the college and its students. Yet, the relationship the College has formed with the Institute is not commonly known around campus. Students should be educated on the substantial amount of opportunity to which they are entitled. The University Partner’s Program allows students free admission to the Art Institute of Chicago by presenting their student ID at both the Modern Wing and the Michigan Avenue entrance. In previous years, the College was only able to give students a ticket at a discounted price with a student ID. Now, the free tickets cover all exhibits offered at the Institute.

Through this new relationship, two, Lake Forest College nights at the Art Institute emerged, where students, faculty, staff—as well as friends and family—are able to celebrate with free admission. The first of these nights was held on September 5, 2014, and another on February 5, 2015. The second night hosted an unofficial starting event for Family Weekend and was a huge success. With the visitation number reaching over 150 people, the Institute presented tours and welcome remarks for the celebratory night. “In general, more faculty and staff have taken advantage of the Lake Forest College Nights in Chicago,” said Jennifer Larsen, the assistant director of the Center for Chicago Programs. However, there has been a healthy mix of students, faculty, staff, and friends that has taken full advantage of the Art Institute Nights, she said. “The college really takes advantage of its proximity to Chicago.”

With the new Institute relationship, enrolled students are given opportunities to further expand their knowledge as well as use the free admission to explore the Art Institute of Chicago, ranked the Number 1 museum in the World in 2014. The number of trips to the Institute, both for course-related requirements and students’ own enjoyment, and the college’s proximity makes it a “natural partnership with the Institute,” Larsen said.
### March Events 2015

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**Notes:** Chicago Events Calendar co-sponsored by the Center for Chicago Programs.

Find out what's going on in Windy City each month!

In the meantime, get your Chicago “fix” at the Center for Chicago Programs located in Johnson C on Middle Campus. 8:30 a.m. – 5 p.m. (M – F) or call 847-735-6170

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**Are you a genius? Try solving these Ken Ken puzzles**

**BATTLE KENNEY '18**

**STAFF WRITER**

kenneybr@akeforest.edu

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#### Difficulty: 2/7

**How to play the game:** Fill the grid with digits so as not to repeat a digit in any row or column, and so that the digits within each heavily outlined box will produce the target number shown, by using addition, subtraction, multiplication, or division, as indicated in the box. A full grid will use 1-9.

![Ken Ken Grid 1](image1)

**Difficulty: 6/7**

![Ken Ken Grid 2](image2)
Five more reasons for a television binge

SARAH JORDAN ‘18 STAFF WRITER jordansr@lakeforest.edu

C omic books have introduced a new world of entertainment since Marvel and DC were born, maybe even before then. Some are focused on laughs, like the funny ones we see in newspapers, but the ones we know are mostly about superheroes. Here are a few of them that you might want to watch.

“Arrow” (The CW) Based on the DC comics, “Arrow” follows the story of Oliver Queen and his fight against evil and corruption in Starling City. After his boat gets shipwrecked in the middle of the ocean, Oliver Queen (played by Stephen Amell) becomes stranded on an island for five years, where he learns how to skillfully use a bow and arrow. After he is rescued, Oliver comes back as a changed man: a hero and guardian of Starling City. After his return, he fights against evil and corruption in Starling City. The storyline of “Arrow” has become very popular due to its unique concept and the role of the Green Arrow.

“Supergirl” (CBS) CBS has picked up a new series based on the DC comics called “Supergirl.” The show will focus on Kara Zor-El, the female superhero who has the same powers as Superman. She will be played by Melissa Benoist, who gained fame for her role in “The Flash.” The show will feature a lot of action and will be set in Metropolis, the city where Superman and Supergirl live.

“The Flash” (The CW) The show will introduce a new world of superheroes and villains in the form of Barry Allen, a busboy with super speed powers. The show has gained a lot of popularity due to its fast-paced storyline and the character development of Barry Allen.

What's new in music with WMXM

ANGELENA DALPORTO ‘18 STAFF WRITER dalportoac@lakeforest.edu

K at Dahlia’s new album “My Garden” kicked off the new year with some great new music. While some songs have already been featured singles, this 11 song playlist features the talents of Kat Dahlia, with her uniquely low voice, deep lyrics, and edgy sound. Listeners can really hear her stories come through in her lyrics. It’s fresh, unexpected and no song is like another. She definitely has her own style and her music is worth taking a listen to and seeing if you connect with any of her tracks.

This writer recommends “Crazy,” “Mirror,” “I Think I'm In Love,” “Gangsta” and “Saturday Sunday.” You can gain access to her music through Spotify, YouTube, and Amazon Prime. Other new music you should be listening to is “Our Own House” by MisterWives, “Then Came the Morning” by The Lone Bellow, “Electric Love” by BØRNS and “Geronimo” by Sheppard.

If you want to hear a wide variety of music and discover even more artists make sure to tune in and listen to WMXM radio here at Lake Forest College on 88.9 FM.
Students rally to elect Chef Rueben as President of the College

BERNARDO FACIO ’18
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Several students at Lake Forest College have gathered together and decided to elect Ruben, a member of the staff at the cafeteria, as the president of the college, following a recent increase of criticism on the College’s methods, such as SPARK’s budget use and dysfunctional internet connection on campus.

The student body organized a process in which Ruben held an open space, sort of office hours, to personally address each individual’s concerns and ideas about a possible change on the dynamics of SPARK and internet connection. After developing a one-to-one connection with the people who voted for him, Ruben called for a press release in which he released key information regarding his public policy on omelet and bacon sandwiches. Additionally, he talked about the evidence that support the statement that he is the right candidate, for instance, his leadership skills, his hard-working abilities at the cafeteria, and of course, his fundamental empathy with the students.

As a matter of context, the increasing concern about the way in which the on-campus events department, SPARK, uses its budget has led students at the college to take a further step towards college involvement and change the politics on campus. Arranging meetings, attending conferences, and a variety of open office hours have derived the possible best candidate to the presidency at the college.

“I think this is a great opportunity to implement my proposal ‘omelet’s policy’ during dinner time and hold office hours right now” a Board of Trustee’s chairman said.

“I’ve know Ruben since my freshmen year and I know how nice and charming he is. Even though he might not have the credentials or anything, I think he’d be a very caring president. As a matter of context, the increasing concern about the way in which the on-campus events department, SPARK, uses its budget has led students at the college to take a further step towards college involvement and change the politics on campus. Arranging meetings, attending conferences, and a variety of open office hours have derived the possible best candidate to the presidency at the college. I know how nice and charming he is. Even though he might not have the credentials or anything, I think he’d be a very caring president. As a matter of context, the increasing concern about the way in which the on-campus events department, SPARK, uses its budget has led students at the college to take a further step towards college involvement and change the politics on campus. Arranging meetings, attending conferences, and a variety of open office hours have derived the possible best candidate to the presidency at the college. I think this is a great opportunity to implement my proposal ‘omelet’s policy’ during dinner time and hold office hours right now” a Board of Trustee’s chairman said.

“While I think he is the right candidate, I agree with the concerns on the other side of the political spectrum. Students have shown their disagreement with the Board of Trustees and have decided to wear cafeteria cups as hats as a way of protests against the injustice of a fair, liberal, and democratic process of electing representatives. While this is a time to focus on the college’s academics and athletics life, students have made a social statement by showing genuine interest on the college’s politics. The student body’s voice is very important for us and we have taken into consideration several factors to determine that Ruben is the best candidate for the position. However we cannot afford to have him as a president of the college right now” a Board of Trustee’s chairman said.

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The position at Lake Forest College has had tremendous change over the past decade. In a matter of chronological order, Ruben would be the 14th president at the college. While the past presidents have had specific credentials to lead the school, students expect that Ruben’s interest in the students’ wellbeing.

Disclaimer: All stories in The Chive are works of fiction. People involved in the stories may not have knowledge of their involvement. This section is meant to serve as a humorous break from the daily grind.

10 Steps to dealing with procrastination

MELISSA BODINE ’18
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With many students having midterms this week, procrastination is a major issue across campus. Never fear! Here are some tips to dealing with that never-ending procrastination we all face.

Step One: Before you do ANYTHING, make sure that your workspace is clean. A cluttered workspace will inhibit your thinking process, while a clean one will boost productivity. And while you’re at it, better clean the rest of your room.

Step Two: Make sure you are up to date with all your social networking. If you check Facebook or Twitter in the middle of your project, the distractions will prevent maximum concentration.

Step Three: Don’t start your work until you are ready – procrastination happens when the mind is unwilling to work. So watch an episode of your favorite show on Netflix... or a season... or a web series...

Step Four: Make a snack. The right food is like a warm-up for your brain (and belly)!. Go for something that takes time to make (casserole, apple pie, etc.) so that you can complete step five while waiting.

Step Five: Find the coolest hobby you can on google. The key to being able to avoid procrastination is to know that you have something to look forward to when the work is over.

Step Six: Master said hobby. Be it skydiving, surfing, mountain hiking, or knitting, make it something you enjoy to do!

Step Seven: Call your friends and family to make sure they’re okay. Worrying about them is distracting, and could lead to procrastination. If you have to chat to each one for half an hour, that’s fine.

Step Eight: By now you’re probably hungry again... so head to the café to make sure your brain still has some fuel left to run on.

Step Nine: Take a nap. After all this work dealing with procrastination, you deserve it.

Step Ten: Let’s face it... if you made it all the way to step ten (and the end of this article), you’re definitely procrastinating!
‘Undecided’ becomes the College’s most popular major

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The solution to all undecided College students is here, “Undecided” is becoming the new major offered the next academic year for all students.

Now all you undecided juniors and seniors can go back to partying and Netflix rather than worrying what your future holds and whether you’ll be able to provide for yourself once mommy and daddy cut you off. When declaring yourself an undecided major, you can choose any advisor you want, literally, you can ask a Reuben in the cafeteria to advise you, and it’ll make no difference! You can take any class you want, the highly anticipated route is predicted to be the intro approach. This track advises you to take every available intro course; this allows you to have the basic knowledge of every field of study. What successful business wouldn’t want a college graduate who has no advanced knowledge in anything but moderate knowledge on everything? I predict the top hiring careers for undecided majors will include:

1. Fast Food Professional
2. Janitor (Not even on a “Good Will Hunting” level)
3. Wizard
4. Entrepreneur
5. Professional Meme Generator

So remember, when stressed out on choosing a major that’ll determine your career path, keep in mind the new and improved “Undecided” route. P.S. An alternative route in which to receive a degree as an undecided major, will be to just withdraw admission from the College as a whole. It’ll pretty much hold the exact same weight.

STAFF WRITER
JOSHUA KIM ’17
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In recent weeks, the athletic budget at Lake Forest College has been labeled as $1500/student per year. This number has alarmed many students on campus. Many critics believe the amount allocated to clubs and organizations on campus is unfair. Clubs and organizations are given $60,000 annually, with much of this money going to student events. While there are some clubs and organizations that host highly funded events, there are times where they get little attendance. In contrast, athletic events manage to garner sizeable crowds. For example, the Forester football game against Carroll last fall saw 1650 people in attendance.

Samantha Ryczek ’18 is a player on the women’s tennis team and a member of the Forester POM team. She is a firm believer that the college’s spending on athletics is justified. “I think the spending is justified because all collegiate athletic teams should be given the resources to succeed, not just DI teams,” stated Ryczek.

Forester men’s basketball player and Athletic Council President Matthew McPherson ’17 elaborated on the necessity for Lake Forest College to spend the amount they do on athletics. “The athletic budget is mainly comprised of travel expenses, protective equipment maintenance, and staff salaries. Each of these components are absolutely necessary for the functionality and survival of the athletic department. Furthermore, the budget is comprised of the maintenance of the Sports and Recreation Center, which is available for all students. With the given budget allocated to athletics, student-athletes still are required to cover a variety of expenses on their own,” explained McPherson.

Ryczek, like all other athletes at the College, represent the college by promoting the college’s tradition of excellence as well as the epitome of a Forester. Every time athletes step out to the court or field, they are displaying the leadership, hard-work, and success that is something to celebrate at the College.

Ryczek also believes that clubs and organizations could show more reciprocity in their support for athletics at Lake Forest College. “Teams at LFC do not get much support. It seems that only athletes support other athletes. Maybe if a variety of clubs and organizations showed support for athletics, it would draw a different crowd,” explained Ryczek.

On the other hand, McPherson focused on the positivity that this controversy has caused at the College. McPherson sees it as an opportunity to see the positive benefits it provides. “Division III institutions, such as Lake Forest College, attract students with a high level of academic ability and pure passion for the sport they may participate in. “By building athletics at these institutions, the members of the campus can appreciate growth in the community due to the contributions made by the student athletes. The student athletes at the College give back to the campus community in a variety of ways such as involvement in student organizations and community service,” said McPherson.

McPherson also sees this as an opportunity to continue the conversation and added, “I am welcome to continue the discussion on athletics with any students, staff, or faculty that are interested. My email is mcpersonm@mx.lakeforest.edu.”

While the dollars spent on athletics will inevitably continue to bother many on campus, it is important for all to remember that athletics, in many ways, set the tone and builds a foundation for campus tradition and community.

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Undecided majors can choose from among a wide variety of majors and minors in the natural sciences, social sciences, and the humanities.

Learn more about our departments and areas of study:

- African American Studies
- American Studies
- Area Studies
- Art
- Studio Art
- Art History
- Asian Studies
- Biology
- Business
- Chemistry
- Cinema Studies
- Classical Studies
- Communication
- Computer Science
- Digital Media Design
- Economics
- Education
- Elementary
- Secondary
- Educational Studies
- English
- Literature
- Writing
- Ethics Center
- Entrepreneurship and Innovation
- Environmental Studies
- Finance
- Mathematics
- Medieval and Renaissance Studies
- Modern Languages and Literatures
- Arabic, Chinese, French, German, Italian, Japanese, Spanish
- Music
- Music Education
- Neuroscience
- Philosophy
- Physics
- PoliSci
- Pre-Law
- Pre-Health
- Print and Digital Publishing
- Psychology
- Religion
- Self-Designed Major
- Social Justice
- Sociology and Anthropology
- Spanish
- Theater
- Urban Studies

Student athletes respond to athletic department budget concerns

JOSHUA KIM ’17
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The ultimate goal is to graduate with a degree. However, with the four-years students are given, it is also an opportunity to write a chapter in one’s life with experiences defined by more than just academic components.

College athletics are a necessary component of the college experience. Whether you are an athlete on the field or a student cheering feverishly in the stands, college athletics manages to unite campuses through their unrelenting pride for their school.

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The twelfth man on the Men’s Soccer team

KYRA VIDAS ’18 STAFF WRITER vidask@lakeforest.edu

The Lake Forest College men’s soccer team adopted seven-year-old, Highland Park native, Jonathan Lucas Barragan in June 2014. Jonathan goes by his middle name Lucas. Lucas was diagnosed with Nephrotic Syndrome two weeks before his second birthday. He was in need of a life-saving kidney transplant with a type-O blood match.

“Coach Bergmann [past men’s soccer coach] wanted to give back to the community,” said Will Braubach ’17. Being around the soccer team has only made Lucas forget his struggles. Lucas has his own jersey and locker, so he feels like the 12th man every game.

The soccer team continues to support Lucas, even after their season. The team took him trick-or-treating, celebrated Christmas with him, and went to his birthday party.

“You can tell he gets excited; sometimes being able to go all day. He tires us out,” said Braubach.

“For me personally, it has been amazing. We all struggle with problems. Lucas has been terminally ill his whole life. He is a lot stronger than most kids, and it encourages me,” said Braubach, who has spent more time than anyone on the team with Lucas at the hospital.

The team has only learned more about Lucas through their support, but more about themselves.

“We learned to be less selfish by helping Lucas. By thinking to ourselves ‘our life is not that bad,’ we are able to learn to help people,” said Themis Mourikis ’16.

The team has built a great relationship with Lucas. Lucas can go outside of his comfort zone knowing that he has a team that supports him. He does not have to be that shy boy he was at the beginning.

“It feels pretty awesome. It is a good feeling to make an impact on someone’s life who is going through so much,” said Cesar Sandoval ‘17. Lucas will forever be a Forester on the men’s soccer team. He will continue to be supported by the team and will always be known as their 12th man.

Men’s swim and dive captures 2nd consecutive championship, women finish 2nd

MATTHEW DEMIRS ’18 The Lake Forest College men and women’s swimming and diving team completed with pride at the Midwest Conference Championship, hosted at Grinnell College in Grinnell, Iowa, on February 13th-15th. The men battled for first place, earning their second championship title in a row, while the women placed second for the third straight year.

“We competed hard, and we really overcame some adversity,” said head coach Vadim Tashlitsky, who was awarded the Men’s Coach of the Year at the awards ceremony at the end of the meet. Christina Pekar ’15 was named Women’s Diver of the Meet, Victoria Karker ’18 was named Women’s Swimmer of the Meet, and Sam Freedberg ’17 was named Men’s Swimmer of the Meet.

“Beating the 13 year losing streak last year when we won against Grinnell, and facing those same odds coming into the meet again this year while being able to come out on top is just truly incredible,” said Freedberg.

In addition to winning 15 events and setting 13 program records, the Foresters met the NCAA B-Cut qualifying standard nine times, broke five MWC records, and made 46 new or improved entries onto the list of the top five performances in program history in nearly every event.

Senior Captain Brock Moné attributes a lot of the success of the men and the women to the intensive conditioning and training that the team undergoes.

“Besides our extremely dedicated coaching staff, the opportunity to work with Ty Van Valkenburg in the weight room for the first time this year provided us with a new advantage over the conference,” he said.

Karker and Freedberg achieved highly competitive NCAA B-Cuts and have put themselves in a good position to compete at the NCAA Division III Swimming and Diving Championship in Shenandoah, Texas at the CISD Natatorium March 18th-22nd.

Divers Christina Pekar, Sarah Pekar, and Matthew Demirs earned scores that qualify them for the NCAA Region 1 Diving Meet at the University of Chicago, February 27th-28th, where they will compete for the opportunity to dive at Nationals.

All the Foresters will continue to swim and dive with their respective clubs during the off-season to come back next season ready to train and compete at a high level, both individually and as a team. It is fair to say that the men and women’s swimming and diving team is committed towards a
The Lake Forest College handball team won all three national championship titles, Division I Men’s, Division I Women’s, and Division I Combined, at the United States Handball Association National Collegiate Championships in Portland, Oregon on the weekend of February 21st.

Coach Michael Dau ’58, a graduate of Lake Forest College, has lead the handball team to the national championship every year since he began coaching at the College.

Senior captains Laffey and Craghead credited the win to teamwork, persistence, and Coach Dau’s direction and believe that being a part of the handball team has been a defining part of their college experiences.

“As a senior captain, I personally took away an incredible work ethic and a great group of friends. I had never played handball before coming to college…Handball is not an easy game, and it requires great patience and determination…I owe my success to Coach Dau. It is a remarkable feat to sweep a national tournament and getting to experience that with my fellow teammates is something I will never forget,” said captain Amber (“Bert”) Craghead ’15.

Freshman player Kyra Vidas also expressed her delight for the sport: “It’s been a great first year. I am so happy I decided to play handball. I have met some of the greatest people who I call teammates and have the best coach. We had a tremendous season, and I can’t wait to see what the future has to bring to the program!”

The 49-time national championship winning handball team is looking for freshmen and sophomores to begin learning the sport now in anticipation of next year. Students new to the sport can excel quickly as long as they work hard. The entire women’s team for the 2014-2015 season had never played handball before coming to the College and was still very successful at local tournaments and the national tournament.

Handball season runs from late October to late February. Any fall or spring athletes are welcome. No experience is necessary and practice gear will be provided. Anyone is welcome to e-mail Coach Dau at dau@lakeforest.edu or women’s team member Lisa Ledvora at ledvoralia@lakeforest.edu for more information or for a try-out with Coach Dau at the Sports Center.

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Thursday is LFC Night!

$5 Pitchers
$2 Mystery Shots
Late Night Appetizers
D.J. Ohpis
MUST BE 21