Coates delivers resonant address on blackness in America

Ta-Nehisi Coates, known for work such as "The Case for Reparations" and this year's "Between the World and Me," which has been shortlisted for the National Book Award and acclaimed by figures such as Toni Morrison to Jay-Z, visited Lawrence on Thursday, Nov. 5 to deliver a convocation titled "Race in America: A Deeper Black." Coates' writing and what he calls the "Struggle," is not, he emphasizes, the same as "hope" or "the dream." They are altogether different, more pragmatic, more focused on what can be done now and in the future, rather than idealism.

Before speaking to the packed and nearly overflow Ling Lawrence Memorial Chapel, Coates met Lawrence students in a private RSVP-necessary session on Wednesday, Nov. 4 in the Warch Campus Center cinema. Coates jokingly quipped after getting two rounds of applause that he was more than satisfied with the first one.

What Coates said, and what has made him into a figure of such acclaim and attention, is a simple yet deeply uncensored claim: the concept that the bodies of black people in America, since before this nation was even founded, do not belong to black Americans and are constantly at risk for destruction in a variety of forms. As he explained, black people have been enslaved, exploited and discriminated against for much longer than they have been free in this country, and what freedom they have had since the Emancipation of Lincoln's time has been compromised by Jim Crow, sharecropping, segregation and racist policies that range from the drug

Students protest against racism and hate speech in Appleton

"I don't feel safe in Appleton, Wisconsin," said Senior Oumou Cisse, explaining her motivation for organizing the protest that took place in the Appleton City Center plaza and on College Ave. last Saturday, Oct. 31. "We really need to reevaluate our integrity as an institution and as a community if we say we value our students of color and want to retain them," continued Cisse.

"Racism is a real issue that is harming this community and this institution...This is very much an everyday reality for many students here and it is just being swept under the rug like many other social justice issues that continue to be dealt with," said Cisse. Cisse cited an article published by the Root in November of last year titled "The 5 Worst States for Black People," explaining that Wisconsin is one of the worst states for black people to live, due to disproportionate incarceration rates, poor education rates and...
Richard Davidon teaches well-being

Richard Davidon is an internationally recognized neuroscientist and expert on the impact of contemplative practices. Davidon is the William James and Vilas Research Professor of Psychology and Psychiatry and the Director of the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin-Madison. Additionally, he founded the Center for Investigating Healthy Minds at UW Madison. His research investigates “neural bases of emotion and methods to promote human flourishing including meditation and related contemplative practices.”

In addition to being an author of numerous scientific publications and books, Davidon has conducted influential research. He has worked closely with the Dalai Lama, the spiritual leader of Tibet, in studying the effects of meditation on the brains of trained monks. The American Psychological Association awarded him the Distinguished Scientific Contribution Award. Time magazine named him one of the 100 Most Influential People in the World.

Davidson’s lecture explored the question of why people have differences in resilience in the face of adversity. He explained that while the “slings and arrows of life” cannot be avoided, each person can take control over their own mind. The lecture emphasized the importance of studying the effects of kindness and compassion on the mind and body.

Davidson highlighted the important relationship between contemplative practices and scientific studies. He cited neuroplasticity (the ability of the brain to change and adapt), epigenetics (the science of how genes are regulated), communication between the brain and the body, and innate basic goodness (the bias for altruism) as areas that connect contemplative practices and scientific research. An example given of research on innate basic goodness was tracking the response of babies to videos. One video demonstrated a helpful interaction while the other demonstrated a hindering interaction. Infrared lasers tracking the baby’s eye movements showed that babies strongly preferred to look at the helpful videos.

Davidson also demonstrated how contemplative practices can affect the brain. In his studies on Tibetan monks, Davidon showed how meditation-induced brain patterns similar to those seen in deep sleep. Additionally, he explained four elements of well-being connected to the mind. They included resilience (rate of recovery from adversity), outlook (how positively or negatively one sees the world), attention, and generosity. Davidon showed how contemplative practices can help the mind control elements of well-being. He explained a study showing that meditation improved people’s attention and focus. Furthermore, he showed how control over elements of well-being affects individuals. One study demonstrated that children with more self-control at an early age had greater success, better relationships and more happiness as adults than children with less control.

Sophomore and intended neuroscience major Janey Degnan, appreciated the lecture’s modern, scientific perspective reaffirming the benefits of age-old practices. She remarked, “I especially liked how [he showed] his research had scientifically measured the effects of practices like meditation.” She went on to comment how the lecture could generate more awareness of meditation and its benefits. Assistant Professor of Psychology Lari Hilt also recognized potentially beneficial topics for students in the lecture. She commented how she hoped the lecture would “lead to further discussions on campus about neurosciences and what it can help us understand.”

Davidon added, “I also hope that it can lead to discussions about contemplative practices that may help with individual stress regulation and greater interpersonal understanding and compassion.”
I didn't expect this. I write to you today from the inside of an old rusty water container that I managed to clutch into when their backs were turned. I'm not especially optimistic at this particular moment in time. This story started so dimly. I'm trying to write this as lightly as possible so that they don't hear my pen. Why did I just waste my time on that sentence? Or that one for that matter? I'm afraid that whoever finds this now will see this compulsion to constantly write as a less-than-charming eccentricity, but right now I'm more afraid that they'll find me, and no one will ever find my eccentricities either stirring or irritating because I will be dead. I should stop freaking out. I should focus. I should come up with a plan. I can't. I need to concentrate on not breathing too loudly.

The whole place seems to be full of goons. The processing plant, the office, the grounds. I overheard one talking to another about getting his cousin a job at the plant when the plans succeed and the plant expands. That was when I gasped, and they saw me. They chased me, and more and more joined the chase. It was amazing it was made to see the beauty of the plant and into this old equipment yard. His passing by just now forced me to stop writing and look up outside of my hiding place. I noticed how close the fence is. If I time it right, I can climb out of this safety hazard, run to the fence, climb, and I'll be back on campus. It will be the student garden, so my cover will be loved. But maybe there will be some night gardener who will help me. Maybe someone will help me. I have to try.

Another one passed by. Do they know I'm here? Why do they keep searching? Why haven't they given up?

I suppose they haven't given up because when I escape I will ruin their plan. They won't be able to poison our water supply and they won't be able to go control campuses shares they need to build bigger and maybe there will be some night gardener who will help me. I need to do something. I have water balloons. I was going to use them to collect samples but they saw me and chased me before I could get any. I might as well use them for some kind of good.

I'm hoping this works. I'm going to try to catch someone baloon and swallow it so, if I don't survive, there may be a remote chance that someone will find it, uncover it, and discover the truth.

I'm still going to try to run to the fence, but now I'm even less optimistic.

**That Big Paper You Still Have**

Fiona Masterton

Columbus

Dear Fiona,

I have a research paper due at the end of the term for a class I'm in, and I have no idea how to write it. It is supposed to be fifteen pages, and I'm not sure how much more than what I'm used to writing. How do I pick a topic? How do I research my topic once I've found it? I don't even know how to write something that long! I have no idea.

- Worried Writer

Dear Worried Writer,

This is pretty much my area of expertise, so have no fear. Your first research paper is a scary thing, but once you have it under your belt you won't be afraid when you have to write another. Some people will tell you that there is a simple formula for research papers and that they are pretty much all the same. In a certain sense, that is true. There are some guidelines that apply to all research papers, but at the same time it is important to grant yourself the freedom to break from convention if it serves the purposes of your paper.

First things first, let's talk about topics. There is no golden rule for picking a topic. If you are struggling to find one you should probably visit your professor during office hours and thrash some ideas around. When trying to come up with a research topic, I usually take something that piqued my interest but was talked about only briefly in class. That way, it's related to the major themes of your class without just repeating what you've been told in lecture.

So, why do you have a research topic, it's time to do research on it. Everyone has their own methods of research that work best for them, but a good way to start is to make a research appointment with a reference librarian. They can help you scour up secondary and primary sources. Another good way is to take a look around JSTOR or Credo Reference and see if you can find some scholarly articles on your topic. Primary sources are a little trickier to locate, especially if your topic is still a bit vague, but an appointment with a reference librarian should help quite a lot.

So now you have to turn that research into a paper. Some classes that you will take here will actually give you pretty good directions for a research paper, but others will not. Bear in mind that I am a history major, and most of what I say will works very well for history research papers but may not work as well for other types of research papers.

However, this stuff is pretty basic, so you should be able to tweak it so that it works for whatever kind of research paper you are doing. What follows is what I learned from a professor of mine while taking HIST 620. What he told us in that class has been monumentally helpful for everyone research paper I have written since. I had sort of gathered most of the information haphazardly over the previous two years, but I stumbled through research papers, but I had never seen it put so succinctly.

Write your introduction first and then use it to help you lay out the rest of your paper. Your introduction should be a sort of road map of the rest of your paper and should follow the pattern of this inverted triangle:

**that moment marked the commencement of Melina's political career. She is one of the prominent figures of the Greek resistance, she collaborated with Western civilization and philhellene allies. She gave countless interviews, delivered myriad speeches and writings on the subject of the coup. For that reason, she was not allowed to return to Greece. Nevertheless, on July 26, 1974, she returned to her country and celebrated democracy's victory.**

After getting divorced and moving to New York City, she got remarried to the renowned French film-director Jules Dassin. She became his muse and starred in most of his plays and films. On April 23, 1967 she and her husband were told that a military coup had taken place in Greece.

That Big Paper You Still Have

Melina Mercouri was born on Oct. 18, 1920, in Athens. Many of her family members were politicians, and she was the granddaughter of Athens' mayor. She was just five years old when she tried acting for the first time. She would stand in front of a mirror, trying to perfect her ability to squeeze out a few tears so that her parents would buy her whatever she wanted. As years passed, theater became her sole passion in life. As a teenager, she performed poorly in school, but excelled in the performing arts. At the age of 17, she fell in love with and married a wealthy businessman who promised to help her pursue her acting career. For the next three years she participated in big productions and became a worldwide phenomenon in the 60s.

After getting divorced and moving to New York City, she got remarried to the renowned French film-director Jules Dassin. She became his muse and starred in most of his plays and films. On April 23, 1967 she and her husband were told that a military coup had taken place in Greece. She was appointed Greece's Minister of Culture in '81, the first woman to assume that role. As a minister, she implemented a strong policy of cultural exchange by organizing many important exhibitions in museums abroad and meeting with several great figures such as, but not limited to Indira Gandhi, the Pope and François Mitterand. She was a visionary and took actions to ensure the progressive realization of her goals and aspirations. One of her most significant visions was the return of the Parthenon Marbles to Greece. Melina Mercouri first raised this issue in Jul. 1982, at UNESCO's World Conference on Cultural Policies and never stopped fighting for the cause until her death. She once famously said, "You must understand what the Parthenon Marbles mean to us. They are our pride. They are our sacrifices. They are our noblest symbol of excellence. They are our aspirations and our name. They are the essence of Greekness."
Wild knockout rounds dominate MLS playoff conversation

Brady Busha
Staff Writer

Freshman Sierra Polzin, a member of the Lawrence Women’s Cross Country team, recently finished her first regular season. At the Midwest Conference Championship meet at Cornell College, Polzin placed in the top three of the 155 competitors running in the 6 kilometer race. Polzin finished the race with a time of 25:18.2, making her average mile time 6:47.0. She will compete in one more conference meet and ultimately get the winner late in the second half.

What is the mentality like, getting ready for a race? How do you stay focused?

Mentality is a really important part. Running in general is a really mental sport, and you have to be prepared for the worst. Thinking beforehand about the weather or being tired, having a positive attitude, and being focused on finishing (are all very important). I listen to music on the bus and stretch before we get on the bus. I actually have seemed to have some good workouts and great team spirit.

How different does competing at Lawrence feel compared to competing against high school?

It’s a lot different. In high school, I have as many commitments. We didn’t have team meetings, practices weren’t as long and we had no team bonding sessions. But now with all of those things, I do a lot more as a result of being a part of the team, but I also get more out of it.

How have your teammates helped you with your transition into the life of a collegiate student-athlete?

My teammates have been very supportive. They ask, not just me, but all of us, how are we going to perform, to be better, to be better, to be better. They ask, not just me, but all of us, how are we going to do and what do we want to do and how do we want to do it. They are great motivation.

What’s the one thing you’re really looking forward to for the rest of this year as a Lawrence student?

Continuing to grow academically as well as as an athlete. I’m really looking forward to it.

How different does competing at Lawrence feel compared to competing against high school?

It’s a lot different. In high school, I have as many commitments. We didn’t have team meetings, practices weren’t as long and we had no team bonding sessions. But now with all of those things, I do a lot more as a result of being a part of the team, but I also get more out of it.
Dominic Pasquesi described the on goal, while recording seven defense allowed only three shots evidently the story of the season finale. junior and Goalkeeper Joe Krivit. were able to control the ball and (Vikings) Men’s Soccer team took Men’s soccer finishes season on high note, third win

Athlete of the Week
by Gabriel Armistead Chapman

Hayley Cardinal - Swimming

GC: What do you think helped you succeed at the All-Wisconsin Showcase?
HC: I think that meet went really well honestly, because everyone on our team is so confident and knowledgeable. Being a part of this team is really special to me. It was really exciting for everyone. I wanted to go a little bit faster, but we’re getting to that point in the season where everyone is a little bit better. I’m really happy with my times. I would like to go faster—I had some goals in mind, but I was around where I wanted to be. I think the team did so well that there was a lot of good energy, so it was exciting to see everyone do so well.

GC: What’s your best event, and what do you want to improve on the most?
HC: I’ve always done the same three events. Last year, I hit some times that were faster than my dream goal times, so working on those and getting back to where I was time-wise. I do the 200 breaststroke, 200 individual medley and 100 breaststroke; luckily two of those are basically the same; it’s all about improving my endurance. I always need to improve my backstroke for the 200 individual medley. We always have a lot of good backstroke swimmers on the team, so just trying to keep up with them has been good. I also want to improve on staying positive. I can be pretty hard on myself when I don’t improve on my times every meet, which is a totally normal thing to do, but having certain expectations for myself is good. However, I still need to work on staying positive when they are not always met.

GC: How’d you feel about your win against Ripon?
HC: It felt pretty good. There was a girl I swim with in the individual medley who I know is a top finisher in the conference. I’m good to get back in the water and feel it out. Our whole team did so well. I was really excited for everyone. I wanted to go a little bit faster, but we’re getting to that point in the season where everyone is a little bit better. I’m really happy with my times. I would like to go faster—I had some goals in mind, but I was around where I wanted to be. I think the team did so well that there was a lot of good energy, so it was exciting to see everyone do so well.

Men’s soccer finishes season on high note, third win

Wesley Hetcher
Staff Writer

The Lawrence University (Vikings) Men’s soccer team took the field for the final time on Saturday, Oct. 31st, to face the Monmouth Fighting Scots. For the majority of the game, the Vikings were able to control the ball and limit the Scots’ opportunities, leading to another shutout for junior and Goalkeeper Joe Krivit. He made three saves that night to record his fifth shutout of the season.

The defense was undoubt- edly the story of the season finale. in the game, the Lawrence defense allowed only three shots on goal, while recording seven themselves. Junior and Midfielder Dominick Pasquesi described the first half as, “some of the best soccer we’ve played all season.” He added, “It was really special to have a good last game.”

Sophomore Lewis Berger scored the lone goal in the 1-0 contest. In doing so, along with his play at the other end of the pitch, he earned defensive player of the week honors in the Midwest Conference. The goal was scored in the 27th minute, beginning with a free kick by junior Michael Deremo, which was headed by Berger. Pasquesi then found the ball deflected off the hand of the Monmouth goalkeeper and handled it in.

This is a promising finish to what may be gratifyingly described as a disappointing season. The Vikings finish the year ninth in the conference at 7-7, with a 13-13 record overall. However, the team is very excited to move forward into the offseason and next year. Of the 28 members, only 12 will be graduating, leaving a very strong core of experience for the years to come.

“We’re going miss them a lot,” Pasquesi said. “They all were big contributors.” The seniors include Santiago Alvarez, Aaron Sutton and Gabe Warbach. “I’d go through [this season] again,” Alvarez said. “Losing is not as bad with these guys.”

Moving into the offseason, the team is ready to put in what ever work they need to. With 21 players returning, there isn’t a lot of reason to expect much of a change in tactics or mindset. The Vikings have been growing in their defensive personality, and a change by moving some guys who were originally forwards into backfield positions.

“We have a really solid back line that has proven itself against good teams,” freshman Taylor Reifert said. Reifert is one such example of a player outside his typical assignment, having joined the team from a more forward position. Being a little out of place on the field has not changed much of it, however. Being a part of this team, said Reifert, “has definitely been a good experience.”

The Vikings will head into winter break and following terms confident and knowledgeable about ever work they need to. They need to focus on what the team can accomplish, and to look forward to working towards their goals. “We will do better,” said Pasquesi. “I want to be in have four in a row.”

The BLU Crew is the name of the new stu- dent section for home sports events. The next event is Saturday, Nov. 7 at 7 p.m. LU Football takes on Ripon. Wear blue and come support the football team.

LET’S GO, VIKINGS!
Burstein speaks on his experience with open office hours

Mina Seo
For The Lawrentian

A continuation of the termly open office hours offered by President Mark Burstein occurred Tuesday, Nov. 3. During this time, students were able to drop by Sampson House to spend a few minutes talking to the president without any appointment. We had an opportunity to interview President Burstein after this unique event.

Q: What is the original purpose of creating open office hours?
A: One of the important parts of being a president is to be able to keep in touch with what the students are thinking about both individually and as a community. Open office hours is one of the ways that I get to hear from students and what is on their minds. We started open office hours in my first year here.—so, in my first term. I still can remember some of the students who came to see me in my first open office hour.

Q: Do you think you have been achieving what the open office hours are supposed to do?
A: I have achieved more than what I actually expected. Many students really used this time. A lot of people come in to talk to me about their personal journeys at Lawrence as well as issues that are facing the university and giving me insights about them. It was a fantastic opportunity for me to understand the students and what is going on campus.

Q: Would you introduce us to some of the most intriguing experiences you had with open office hours?
A: One of the most impactful conversations I had with the students was about how complicated their financial support was at Lawrence. It was early in my first year. They told me that the financial aid that we provided was not enough for them. So it made them work close to 40 hours a week and take on a significant amount of debt to pay for Lawrence. That conversation as well as a number of other conversations and data started us on this effort to try to become a full-need institution, which is an effort to raise 75 million dollars so we have enough endowment income to support every student to a full-need level. That one conversation set us off on a path as well as other research in major educational issues.

I also had a number of students who came in and talked about sexual misconduct and our policies, which really impacted conversation we had at the end of the last year. There are also students who just come in and talk to me about roommate problems, boyfriend and girlfriend problems, pros and cons of declaring majors and whether they should become RLAs [Residence Life Advisers] or not. Those conversations are also valuable. We had an opportunity to participate in some of the Lawrence experiences.

Q: What are the practical changes the open office hours brought to campus?
A: A number of varsity athletes in different teams have come to talk to me about their own experiences and that has put a higher priority on hiring a full-time athletic director. They had a great fortune of having one of our coaches, Mike Sokolinski, who is a hockey coach and also an athletic director. But given some issues, we realized the need to have a full-time person managing that part of this institution.

A number of students came in to see me in different times for allocation of small group housing. It raised an issue for me, as an important one for LUCC [Lawrence University Community Council]. This is actually a process that LUCC is responsible for, not the president or any members of cabinet. But it made me realize that it is also important for me to sort out and know for the next year’s selection. I think the students from different subgroups of the Lawrence community, and different cultural, ethnic or social groups have come in and helped me understand their diverse role they bring into campus.

Q: Are there other things you might want to talk about?
A: I treasure the interaction. There is nothing more important and energizing for me than interacting with students. That is what we are about, which is the student experience. I just want to thank students for being willing to come in and talk to me about anything.

Morgan Edwards-Fligner is a Junior studying abroad in Chile as a part of the IES Abroad Santiago program. Here is a bit about her experience there.

Laura Leppink
Staff Photographer

Mina Seo interviewed President Mark Burstein. Photo by Hui Liu

Why did you choose your particular program?
I wanted to study Spanish in Latin America, and the idea of Chile really appealed to me because it’s a country with a strong economy and a national identity, and culture that I was completely unfamiliar with. Plus, the program I’m participating in here has a health studies component and university enrollment, which was perfect for me.

What has been your greatest challenge so far?
Chilean Spanish is full of not just unique slang, but also everyday words and expressions that I had never heard before. I was writing lists of words on my forearms for the first couple of weeks after I arrived, changing out “camiñata” for “pulsera” and “abrazo mismo” for al “tiro!”

What is your favorite part of your off-campus program?
This may or may not be specific to the IES office in Santiago, but I think they do a good job of creating a supportive community within the program, and helping students to be inde-

What is a favorite story or experience you have had so far?
It is late spring right now in Santiago, and the níspero tree catty corner from my building is weighed down with bunches of orange fruits. I’ve been dating a University of Chile student for a little while, and last weekend, we were out all night celebrating a friend’s birthday. When we walked me home, we stopped to climb into the níspero tree and ate tart, almost ripe fruit until we could see the sky getting light. I’ll be gone before all the fruit in the city is ripe, but it’s still been so sweet to connect with all of the people I’ve met during my time here.

Morgan Edwards-Fligner is a Junior studying abroad in Chile as a part of the IES Abroad Santiago program. Here is a bit about her experience there.
Preparations for Winter Break During Fall Term

With Fall Term coming to a close, Lawrence students are turning their attention to winter break and all of the joys that go along with it. Although Halloween is still in the rearview, Lawrentians are inevitably starting to think about the fast-approaching holiday season.

No matter which holiday tradition you subscribe to, it can be a stressful time, and it is never too early to start thinking about how you are going to prepare for all of the upcoming merriment.

When asked about what they are doing to get ready for the season, some students were quick to respond. "Oh yeah, Chaimakah, I'm half Jewish," began sophomore Molly Froman. She continued, "Right now, I'm collecting sweaters for the winter weather, you know. I'm also working so that I can pay for gifts for my family, because material items really define how much I love them."

Senior Shannon Grant joined the conversation, also stating that she is working, "not so much so I can buy presents, but so I can brainstorm some, you know, cheap but meaningful gift items. Actually, my family moved this summer, so it's our first Christmas not in the apartment where my mother grew up, so we don't know what it's going to be like."

Other students echoed a similar concern over the material and monetary aspects of the season. "I don't know, I'm going to get a job at The Lawrentian to make money for presents," freshman Lilly Donlon said.

Freshman Maddle Whitehead was more concerned with the potential gift getting, rather than giving. "I'm clearing out my room to make room for all the presents," she said. However, she continued, stating that she is also concerned about the stress levels and mental needs of those around her during the holidays. "I've also got to prepare to take care of my mom because the holidays make her anxious. I have to make sure she's not overworking herself, taking some time off, make sure she's eating, sometimes she forgets to eat. But she's fine, no, she's good."

Yet, some students were a little farther behind in their preparations. Senior Cora Williams, for example, was still thinking about the autumnal season. "I'm limiting my intake of pumpkin spice lattes, not because I'm concerned about my weight, but because I don't want to be a basic white girl. I don't want to fulfill those stereotypes," she said. She continued, "But specifically for Christmas, I don't know. I'm doing that thing where I plan to get my Christmas shopping done really early, but of course it's not going to happen. But how am I preparing? I don't know!"

Regardless of how in-depth their thinking was about the December of 2015 holiday season or which aspect they were thinking about, one thing became clear as students were interviewed—no one really cares about Thanksgiving.

Making a Safe Space at the Rocky Horror Picture Show

The Rocky Horror Picture Show (RHPS) is a highly anticipated annual Halloween tradition that has been playing around the world for a number of years. This year, Rocky Horror was taking place around the world for a number of years. This year, Rocky Horror was taking place around the world for a number of years. This year, Rocky Horror was taking place around the world for a number of years. This year, Rocky Horror was

Every Halloween weekend, the long line outside the Warch Campus Center cinema is a familiar sight. The Rocky Horror Picture Show (RHPS) is a highly anticipated annual Halloween tradition that has been taking place around the world for a number of years. This year, Rocky Horror was back on campus for three showings—one on Friday, Oct. 30 at midnight, and two on Saturday, Oct. 31 at 8 p.m. and midnight respectively.

Rocky Horror is a truly interactive show; as the performers mime along with the cult movie playing in the background, the audience joins in by yelling out call lines, as well as singing and dancing along on cues.

As a first-timer at the show, I was wildly amused by the chaotic and incredibly enthusiastic audience and performers during the Friday night show. The performance’s intense energy and spontaneity would quickly carry you away into the satirical musical horror flick. "The show, however, goes beyond being just light-hearted Halloween entertainment. For the cast, it is not only a chance to have an accepting and safe space for self-expression. The cast hopes to uphold the true spirit of the show to embrace and celebrate everyone for who they are, and to abandon all biases and stereotypes."

"You got to check your heteronormativity at the door," said Stage Manager and senior Sabrina Craven, junior Brett Barnard, who played Eddie in the show, agreed and added, "It is all about having a safe environment to be yourself and to perform."

As such, the show is open for everyone. "Everyone who auditions is in the show," said Craven. "We do not cast based on any feature, gender or experience. We do not turn anyone away basically."

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The preparation for the production only started at the beginning of Fall Term, and over this short period of time, the cast has become more close-knit. According to Craven, it is a fun way to “meet people you would not meet otherwise.”

The show features a mix of veterans and first-time performers. Senior Emily Allen has been a part of the show since her freshman year, as a performer as well as a director. Some of the other members include her co-director, junior Rachel Mumme, as well as first-timers such as freshmen Jude Miller and Rufino Cacho.
When it comes to comedy, there are a few things that can trump a well-written group of idi- ots for getting good laughs. Sure, a single idiot is funny, but there is something about a plot full of them that provides a special cathartic pleasure, especially if we identify with them. It is very easy to misstep, however: an idiot is very easy to dislike, and after a certain point in a farce we can lose our sympathies.

The Lawrence University Department of Theatre Arts therefore must be commended for their workaround regarding prolonged idiot exposure in showcasing two classic French comedies: “The Test” by Marivaux and “Sganarelle, or The Imaginary Cuckold” by Molière. While separately the two plays are uneven in quality, combined they form a delightful evening’s entertainment. The performance I saw Friday, Oct. 30 was a testament to that.

First, let us get the flaws out of the way, the better to focus on what the plays do well. The first and foremost problem was the translations. This was outside the actors’ and the director’s control, but it still must be commented upon in the context of the whole. The Marivaux was sadly hampered upon in the context of the whole. While rhymed verse is not a bad thing to have in a play, English is not always the right language for such a task, and the lapses only made things more awkward. Perhaps it would have been better to eschew this, or embrace it utterly. No matter. I can only talk about the choices the cast and crew had made.

For the most part, they presented themselves well: “The Test,” a brief farce about the hazards of trying to arrange one’s life as a romantic comedy, had an excellent set, costumes and props. Junior Olivia Gregorich provided a standout performance in particular; the wisely chose to underplay her role with amusement as her main emotional state, giving into the silliness but being detached at the same time, a charismatic combination. Though the cast is often funny, there is a sense that they are playing it a bit too close to the chest, and the play is oftentimes so literal in its script and direction that not many laughs can be wrung out of it. All is forgiven, however, with a final scene that shook the theater’s very walls and wrung out of it. All is forgiven, however, with a final scene that shook the theater’s very walls and deserves commemoration.

“Sganarelle,” though it has no moments as unanimously hysterical as the previously mentioned play, is a story of mistaken identity and mistaken courtships in which the jokes fly fast and furious. The performers were given much freer reign to interpret their

When it comes to comedy, there are a few things that can trump a well-written group of idiots for getting good laughs. Sure, a single idiot is funny, but there is something about a plot full of them that provides a special cathartic pleasure, especially if we identify with them. It is very easy to misstep, however: an idiot is very easy to dislike, and after a certain point in a farce we can lose our sympathies.

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Craig and Revill mix flute and electronics

Wendell Leidsfiedt

On Saturday, Oct. 31, visiting artist Andrew Craig and David Revill performed contemporary music for flute and live electronics in the Wilson Concert Hall. The concert was open to all and was attended by students and professors of various disciplines. The duo presented five pieces, each of which demonstrated unique musical ideas.

Assistant Professor of Flute Erin Leslier delivered a welcoming introduction to the beginning of the concert. It included a few notes about the music and instructions from the performers about optimal seating positions. As she left the stage, audience members repositioned themselves in the center of the hall, equidistant from four large speakers. Revill, in charge of the electronics, worked hard to show the benefits of various pieces of software and hardware. Craig’s skillful flute playing left nothing to be desired. Both players were mindful of each other, carefully coordinating each note and phrase.

Their arrangement on stage was unique. All electronic instruments—a central control board and many other small devices—was placed on a table in front of Craig, who required to operate the equipment during the performance. The program consisted of ten music stands that faced the audience. Many of the concert’s musical selections were lengthy; it was helpful to use Craig’s progress from stand to stand as a measure of progress.

The central piece of the program was “Tender Land.” Featuring a total of five pieces, each of which demonstrated the unique musical ideas the duo present. Music for flute and live electronics were each held back by their own expressive lines, contrasting sections of structure we use to orient ourselves when listening to most music. There were few expressive lines, contrasting sections or memorable motifs. This piece, like the entire concert program, forced listeners to leave their assumptions about sound and music behind.

Many people in attendance had never heard how electronics and live music interact. Not one should feel obligated to listen to this music, but exposure to these unfamiliar sounds might change the way you perceive familiar music and other art forms.

The purpose of Craig and Revill’s masterful but esoteric performance was to educate the audience about the potential advantages to be found in performing this kind of music. Ideally, people choose to accept the unfamiliar sounds and expand their perception of beauty. It was left to decide independently.

The remarkable and exciting sounds produced during this concert serve to remind us that there are always musical possibilities and a diversity of structure we use to orient ourselves when listening to most music. Some performances exist for entertainment, to allow the audience and perhaps motivate us to make conscious choices to perceive familiar music and other art forms.

The purpose of Craig and Revill’s performance was to expose the audience to situations involving differences and diversity, and to start a conversation about those situations. More than anything, the program communicated the universal message that no one is alone in their struggle. We all feel left out or scarred or vulnerable to some extent. By bringing these facts to our attention and encouraging us to make conscious choices to accept and include others, especially those who are different, the performers not only posed questions to the audience but gave them the answers that they needed as well, culminating in an event that was as thought-provoking as it was beautiful.

Art’s potential lies in the power of the unexpected. At a time when we are more connected than ever before, the beauty of our uniqueness is to be embraced and celebrated.

In an effort to promote a fairly obscure and genre nowadays, senior Ian Pelton has created Freestyle Fridays, a weekly event in which anyone can come and perform or listen to freestyle rap. After one of the sessions and talking with its founder, I began to develop much more of an appreciation for freestyling, an improvisational art form I knew little about and had never considered myself to be.

Perhaps the aspect that mostly drew me to freestyling was the similarity it has with jazz improvisation, a comparability I never gave much thought to. Obviously, both forms of art have improvisation at their core, but their likeness extends beyond that. Both are community-based, and when I sat in SSL Studios, it was easy to witness how each rapper benefited from the group. Not only could they come together to hear each other, but they could also feed off each other’s ideas, wearing them with their own.

One of the things that I enjoyed about Freestyle Fridays was the similarity it has with jazz improvisation, a comparability I have considered myself to be.

However, the rappers were all very welcoming and grateful to have me cover their budding collective. It was a pleasure to work with Pelton and the group, and to hear their creative outlet. It takes more effort to witness creative outlets outside of my circle, but I have just begun to realize the importance. There is always more going to be an art form you have little about, or have never experienced, so I’m going outside and experience it.

As a member of the Improvisation Group of Lawrence University (IGLU) and a few jazz groups, I often find that I lose touch with outside of my circle, because I have just begun to realize the importance. There is always more going to be an art form you have little about, or have never experienced, so I’m going outside and experience it.

Craig and Revill’s performance was an excellent first course. It was an excellent first course. It was an excellent first course. It was an excellent first course. It was an excellent first course.
Community responses to student activism provide further justification for protest

On Saturday, Oct. 31, several Lawrence University students marched in downtown Appleton in protest of hate speech people of color and the Appleton community experience on a regular basis. They held signs addressing the discriminatory power messages such as “We don’t feel safe.”

While many members of the community supported the protest, there were also outspoken individuals who found fault with it. On the street, students were met with fear and apprehension. Passersby were rarely disruptive, but did pass with closed body language and glowing looks.

Shoppers and business owners were concerned for the children and the potential loss of income. While the protestors’ signs were eye catching, their behavior was not disruptive in the least, only if one interpreted it as such.

More vehement reactions came to light through comments on the Post-Crescent article about the protest that appeared on Saturday. Many Appleton citizens, at least those who expressed such opinions in the comments, do not recognize students’ experiences with discrimination as hate speech.

The article was met with advice to shrug off any hurtful words or suggestions that students are being overly sensitive, a product of Lawrence’s left-wing, victimizing environment. Even the number of students who criticized a small group of students meant the concern is not of much importance. These comments negate any student experience and reveal the true ignorance held by many in the community.

Community members speaking out against the protest, either in person or online, were not attempting to be racist or prejudiced intentionally, but there is clearly a profound misunderstanding about the treatment of people of color and people who identify as members of other minority groups in this city.

The ignorance displayed by these comments and actions exemplifies why protests like these are necessary, and why Lawrence’s drive towards social justice should be wielded to include the Appleton community, a community too frequently considered something separate from Lawrence.

Saturday’s protest clearly evoked a strong reaction, if a mixed one, from the Appleton community, and is a great first step towards increased investment in Lawrence’s home in the city of Appleton. It was the beginning of a conversation that needs to be had.

Letters to the Editor can be sent in to Opinions & Editorials Editor Jessica Morgan at jessica.morgan@lawrence.edu. We review all letters and consider them for publication.

The opinions expressed in The Lawrentian are those of the students, faculty and community members who wrote them. All facts are as provided by the authors. The Lawrentian does not endorse any opinions piece except for the staff editorial, which represents a majority of the editorial board. The Lawrentian welcomes everyone to submit their own opinions using the parameters outlined in the masthead.

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Insufficient Meal Plan Options

Bridget Keenan
Staff Writer

In most cultures, including Western culture, people’s daily food requirements are met through the consumption of three daily meals. Lawrence University does not conform to this standard, as its current meal plan only provides students three meals per day. This quirky plan leaves students hungry, and should be changed. I propose a plan that gives all students the option of eating three meals a day.

Eating three meals a day is important because it allows students to remain focused throughout the day. When someone eats one meal in the morning and does not eat lunch, they will not be able to stay satisfied until their evening meal. However, deciding to eat lunch and a snack leaves one hungry in the morning. Three meals per day is the easiest way to ensure that a student does not find themselves hungry during the day.

Hunger can be a major distraction. Remaining focused through a growing stomach is not easy. For students involved in the rigorous classes Lawrence offers, distractions like hunger limit one’s capacity to stay focused, and thus learn. For this reason, it is important that students get enough food and eat on the right schedule to ensure they do not feel themselves hungry at inconvenient times. For most, this schedule is three meals a day.

Currently, the majority of Lawrence students are required to buy into the $1,600 meal plan, which offers four options. The options are weighed towards either more culinary cash or more meal swipes, depending on the preferences of each individual student. The only people that are in exception to this rule are the minority of students living off campus, super seniors and non-traditional students.

The most meal swipes a Lawrentian can have per term is 150, which comes with $35 in culinary cash. This divides out to 15 meals a week for a 10-week term, providing about two meals a day. Herein lies the problem: 15 meals a week does not allow students to eat three meals a day.

Additionally, 15 meals per week only takes into account 10-week term. In truth, each term at Lawrence is closer to ten-and-a-half weeks, as finals week adds a few extra days onto the schedule.

The other meal plans are not much better. The other plans trade meal swipes for more culinary cash, but the balance is still off. Dividing out the culinary cash per term does not make up the difference of the sacrificed swipes, let alone begin to cover the discrepancy between the Lawrence plan and a standard three meals a day.

Ideally, students would be given the option of a plan offering 21 meals a week, for the 10-week term, and an additional nine meals for the three-day finals week at the end of every term. This would come to 219 meals per term, rather than the maximum of 150 currently available.

The current plan is rationalized by the fact that some students require less food than others. So subjecting the whole school to a meal plan where they receive three meals a day forces some students to spend more for their meal plan than they really need. While this makes sense to a degree, this rational falls to pieces when the concept of a one-size-fits-all meal plan is called into question.

Were Lawrence to switch to a tiered meal plan, it could be better tailored to fit the needs of different groups of students. This would ensure that everyone gets as much food as they need. Rather than subjecting all students to a $1,600 meal plan, plans of varying prices should be introduced. This way, a student that only wants two meals a day could buy into a less expensive plan, while bigger eaters could spend more to get the food they need.

As I previously mentioned, with only a few exceptions, Lawrence students are all forced to buy into Lawrence’s “full” meal plan. Forcing students to buy into a “full” meal plan that does not provide adequate food for everyone is unfair. I have raised this issue with Lawrence’s campus administration and was told there is not sufficient demand on campus to warrant a different meal plan. I respectfully disagree. I believe that more people than just myself are not satisfied with the current available meal plan.

This brings me to a call to action. I hope that in reading this, the hungry people of Lawrence are driven to voice their discontent to campus at large. Were a hungry group on campus to make itself known, it could catalyze the creation of a new and sufficient meal plan.

Nov. 6, 2015

Theodore Kertesz
Staff Writer

Weird fiction tropes include, but are not limited to, dark and mysterious men. These are everywhere in teen and romantic fiction. These unconventional men are popular because they combine socially desirable aspects of a partner with socially undesirable ones.

Some prominent examples of dark and mysterious men include Edward Cullen from “Twilight” and J.D. from “Heathers.” These men are usually conventionally attractive but also they always ruin the life of the main character by seducing them and changing their will. Dark mysterious men mirror Incul’s in this sense.

Surprisingly, dark and mysterious men are not portrayed as villains, but typical people. They go to high school. They have regular jobs and have fulfilling but unexciting sex lives. Many of these men, such as J.D. from “Heathers,” start out as likable characters or love interests, and only after digging deeper do we look at their true personalities. We start siding against them.

This most likely exists as an escape from traditional female love interest. For personal and social reasons, it is reason-
**PHOTO POLL**

**Have you experienced discrimination in Appleton? If so, how?**

- **“Go back to your country, you black squirrel.”**
  —Tierra Matsumura

- **“My experiences have instilled permanent paranoia for when I walk down College Avenue.”**
  —James Gonzalez

- **“Men have physically blocked my path to ask me how old I was.”**
  —Hannah Shyer

- **“I was punched by a stranger in public, and the police didn’t care.”**
  —Neiba Mayaud

- **“White guy in a pickup on College Avenue asked, ‘What’s up, n---a?’”**
  —Samadhi Blaked

- **“Part of my privilege is not having that experience.”**
  —Loui Weasics

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Letters to the editor are encouraged. The editor reserves the right to edit for style and space. Letters must be emailed to lawrentian@lawrence.edu. Submissions by email should be test attachments.

—All submissions to the editorial must be accompanied by a phone number at which the author can be contacted. Articles submitted without a contact number will not be published.

—The Lawrentian reserves the right to print any submissions received after the above deadline and to edit each submission for clarity, decency and grammar.

—Letters to the editor should not be more than 350 words, and will be edited for clarity, decency and grammar.

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