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The Sandspur

The Oldest College Newspaper in Florida • Founded 1894

November 2, 2001

Rollins College Winter Park, Florida

Vol. 108, No. 8

Student Organizations Awarded More Money

Kyle Stedman
The Sandspur

The leaders of Rollins' various organizations recently received an e-mail informing them that \$3,500 had been made available to their clubs for disbursement through the Student Activities Fee Allocation Committee (SAFAC). "This is a good thing," said

Crystal Watson, SAFAC chair. "In the past, because we've only had a set amount of money, rewarding good organizations has always meant taking away money from others. Now we can reward more organizations without hurting others."

SAFAC will allocate this extra \$3,500 by reading the short

proposals made by organizations that feel they have a need for increased funding, by considering their most recent SAFAC packet, and by looking at which organizations have already fulfilled their community service requirements this semester. Fifteen out of Rollins' approximately fifty SAFAC organizations applied for the

money by replying to an email sent to all Council of Leaders representatives.

The committee is made up of five voting members: the chair (appointed by the student government president and vice president), two SGA senators, and two students at large.

The increase in money awarded to organizations comes as the result of a perennial proposal made by Dean of Student Affairs Steve Neilson and Director of Student Activities Rina Tovar, in which they pointed out that the number of students and the activities fees they pay have consistently risen without a corresponding rise in money allocated to student activities.

As a result of this proposal, the Primary Allocations Committee (PAC) was rewarded with \$35,000, of which \$3,500 was awarded to SAFAC organizations through SGA, their parent organization. The remaining funds

will go to the remaining PAC funded organizations: SGA (and through them, the Cultural Action Committee), RHA, ACE, OCSA, and the media organizations.

This mid-semester money will be added to the funds already allocated to organizations last year. At the end of each spring semester, all SAFAC funded organizations submit a packet detailing their plans for the upcoming year. The funding awarded to them depends on that packet, on the SAFAC hearing they must attend, on their community service involvement, on their attendance to Council of Leaders meetings, and on the nature of the spending they did over the past year. For example, organizations planning on holding programs that are only made available to club members instead of the entire campus would receive fewer funds than would more inclusive organizations.



In order to raise money for new recycle bins and for the earth day celebration, the recycling department held a bake sale. Photo taken by Heather Gennaccaro, The Sandspur



Hoping to win "best drink" at the Mocktail Fiesta, students tried their best to make the best drink out of the groups that participated. Photo taken by Heather Gennaccaro, The Sandspur.

Gender Matters: The Working Body as Art

Elizabeth Anne Lukos
The Sandspur

I am art, just the same as you, your neighbor, your friend, your mother, your father, your brother, and your sister. We are all works of art that have been made, created, and developed through the eyes of another. Who is this "other" that I speak of? You are wrong when you guess the almighty God and wrong again when you guess yourself. This "other" is society. Whereas real art has no guidelines to be fully appreciated, "human art" is confined to acceptable gender regulations, created by society and followed by the majority, so that "beauty" becomes unanimous. Nevertheless, we are similar to art in the fact that we represent popular mediums such as paintings, collages, and sculptures. We are a man-made piece of reality.

We, as human beings, represent canvases, or blank slates, to society. Through the teachings of our culture, there is always a need for improvement. In looking at the first medium—that is, paintings—we find that women become "beautiful" paintings when they

wear makeup, for it "enhances their natural features." Men, on the other hand, become symbolic paintings when they tattoo their body with signs and symbols of strength and power, for it "enhances their masculinity." Moving on to the second medium, we find that women and men, essentially the same, become unique collages when they pierce their bodies, accessorize with belts, hats, hairpieces, headbands, jewelry, and watches, and mix and match different pieces of clothing. Last but not least, we, as natural entities, represent soft clay which society believes should be retracted, retreated, pushed, and pulled in every direction possible so that perfection can be found. Therefore, we find that women change the shape and size of their bodies and become "Barbie" sculptures as they diet and exercise, undergo plastic surgery, and get "boob jobs," while men increase their muscle size and become massive "Ken" sculptures as they munch on steroids and lift weights day in and day out.

When I think of art, I think of beauty, I think of peace, and I

think of originality. When I think of the body as art, none of these adjectives come to my mind in describing what I see. Instead of seeing beauty, I see unsightliness; for beauty cannot be found in superficiality, only true nature. Instead of seeing peace, I see slavery, for we all are "working" our bodies in order to find acceptance as a "man" and admiration as a "woman." By altering our appearance, we are inherently fighting the "impossible" which has brought us to war with nature. And, instead of seeing originality, I see a herd of analogous sheep that continue to follow the leader towards mindless imprisonment.

It is said that beauty lies in the eyes of the beholder. What truth, though, does this quote have when the definition for beauty is already bestowed upon us? It seems that beauty lies not in the eyes of the beholder—that is in every individual's eyes—but, rather, in the eyes of society. Society tells us what is "beautiful," society tells us how to "become" beautiful, and society reminds us that we as humans are not beautiful until we put a little work in to ourselves. Society makes the

"working body," it makes humans "art," and it makes us strive to become something we most likely will never become. Society imprisons us and makes our lives subjective to the stereotypes, definitions, and judgments that it creates.

To make it short and simple, society reinvents humans into

objects, which inherently affects the way we perceive ourselves, the way we treat ourselves, and the way we perceive and treat others. Society is the paintbrush, the tool, the glue, and the scissors, and we are the blank pages that need improvement, or so we are made to feel.

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SGA Working with Campus Safety to Better Serve the Rollins Community

Jennifer Williams
The Sandspur

On Thursday, September 27th, the campus safety committee along with Julius Jacobs, operational lieutenant for campus safety, went on a walk-around of campus. They checked the functionality of call boxes and brainstormed for places where new ones could be installed. They found eighteen instances of call boxes not working or missing, as well as lights that needed to be replaced or put up. This was an alarming finding, considering it had only been a little over a

month since the beginning of the school year.

The campus safety committee made a list of all the call box/lighting issues and presented it at the SGA senate meeting on Wednesday, October 3rd. George Herbst, Vice President of Rollins, took the list and said he would make sure that the issues mentioned were taken care of. He immediately e-mailed Rosemary Uman, Business Director for Rollins in charge of the departments of telecommunications and campus safety, with the call box/lighting concerns.

Rosann Bryan, Student Service Chair for SGA, met with George Herbst one week later to discuss the progress. He shared with her an e-mail that he received from Rosemary concerning the call box/lighting issues. All but one of the phones that were reported as not working had already been repaired or a new circuit board had been ordered. The one remaining call box was still out of service but was in the process of being handled. All instances of lights being out or needed were reported to facilities management. It seemed that facilities

management/telecommunications was supposed to do regular monthly checks of all call boxes. The vast number of problems found by the campus safety committee suggested that this was not being done. The responsibility of checking call boxes has now been turned over to campus safety and will be done weekly.

The call box dilemma just goes to show that it helps to have an organized student committee to work in conjunction with campus safety on these kinds of security issues. Future plans for the campus safety committee

include checking response times on campus safety calls, instating fire drills in academic buildings as well as residence halls, monitoring campus safety officer conduct, improving the campus safety web site, and creating an easy and effective way for students to report complaints. The campus safety committee is here to serve the student body. If you have any questions, concerns, or suggestions concerning campus safety issues please feel free to e-mail Rosann Bryan at StdntSchrSGA@aol.com.



Rollins College Receives Surprise \$10 Million Gift

George Cornell Establishes First Endowment of Its Kind

Compiled from the Rollins College website

Guests enjoying the gala celebration held on Friday, October 19, 2001 for the culmination of The Campaign for Rollins received an unexpected surprise when it was announced that philanthropist George D. Cornell had donated a capstone gift of \$10 million. The gift brought the total for the five-year Campaign to \$156.5 million—more than 50 percent over the \$100 million goal set for the Campaign in 1996.

Completely surprised herself, Rollins President Rita Bornstein was clearly touched by the gift, which endows a Chair of Distinguished Leadership for the President. "Oh George, wow," said Dr. Bornstein. "George is just full of surprises. I am completely undone. This is a night I will never forget." From his seat nearby, Mr. Cornell said, "And now we're over \$150 million!" Applause broke out.

Perhaps best known for his family's namesake Cornell University, George Cornell is a 1935 graduate of Rollins College. He and his late wife Harriet Wilkes Cornell have made unprecedented leadership gifts to the College over the years. This is the second \$10 million donation made by Mr. Cornell. The first, made in 1999 to establish a

scholarship fund at Rollins in memory of his late wife, was the single largest gift ever received by the College.

Mr. George Cornell

The George D. and Harriet W. Cornell Fine Arts Center, the Cornell Fine Arts Museum, the Cornell Hall for the Social Sciences, the Cornell Campus Center, and two endowed chairs in Classical Studies have become landmarks of the Cornells' transforming legacy at Rollins.

A resident of Delray Beach, Mr. Cornell has been a Rollins College trustee for 20 years, received an honorary Doctor of Laws from Rollins in 1985, and was bestowed the Rollins Decoration of Honor in 2000 for his distinguished and eminent service to the College.

"George Cornell is a wise man, and he is as humble as he is generous," said Dr. Anne Kerr, Rollins' vice president for Institutional Advancement. "He gave this gift in recognition of Rita Bornstein's stellar leadership, and his \$10 million gift is the first of its kind anywhere in the nation."

Dr. Anne Kerr

The Cornell Chair of Distinguished Leadership for the President will provide for presidential housing, office operating costs, and a discretionary fund.

Launched on October 19, 1996, The Campaign For Rollins was a five-year comprehensive fund-raising effort. The Campaign raised funds to build the endowment for student scholarships, faculty chairs, and academic programs; build and expand facilities;

upgrade technology; and increase the College's base of operating support.

The number of endowed professors' chairs more than doubled—from nine to 22—since the launch of the Campaign.

The Campaign resulted in the biggest building boom since the 1960s, which changed the face of the campus with a bookstore renovation, a new campus center, executive education center and sports complex, and a monumental campus gateway which is currently under construction. More than 15,000 donors provided 53,000 gifts throughout the Campaign including an extraordinary total of forty-three \$1-million gifts. Barbara Lawrence Alford, a 1968 graduate of Rollins who now resides in Weston, Massachusetts, served as Chair of the Campaign.



Mr. George Cornell



Dr. Anne Kerr

Second Stage: The Laramie Project

Rachel Tyner
The Sandspur

The Fred Stone Theater second show of the year will be *The Laramie Project*, by Moises Kaufman. An intense play that looks at a small town in Wyoming after a young gay male was murdered, *The Laramie Project* will be directed by Nick Bazo, a junior here at Rollins.



The students in the play are:

Marisa Carroll
Jill Franklin
Wayne Fowks
Matt Haslett
Rebecca Johnson
Jessica Karansky
Ryan Miller
Laura Moss
Travis Pasternak
Colin Sabin

The show will open on Thursday, November 15th. No tickets are required, but setting is first come, first serve.



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The Oldest College Newspaper
in Florida
• Founded 1894 •

November 2, 2001
Volume 108, Number 8

Established in 1894 with the following editorial:
"Unassuming yet almighty, sharp and pointed, well rounded yet many-sided, assiduously tenacious, victorious in single combat and therefore without a peer, wonderfully attractive and extensive in circulation; all these will be found upon investigation to be among the extraordinary qualities of *The Sandspur*."

Ruth Carlet Ford
The Sandspur, Volume I,
Number 1, December 20, 1894

Editorial

Elyssa Rokicki
Editor-in-Chief

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The Sandspur, in its 107th year of publication, is published weekly on Thursdays and maintains a circulation of 1,500.

The Editorial Board of *The Sandspur*, extends an invitation to our readers to submit signed letters and articles to *The Sandspur*. In order for a letter to be considered for publication, it must include the name and telephone number of the author. With just Cause, names will be withheld by request of author.

All letters and articles which are submitted must bear the handwritten signature of the author. In considering a submission for publication, *The Sandspur* reserves the right to edit all letters and articles for length, grammar, style, and label.

Submit all letters and articles to *The Sandspur*, Campus Box 2742, or bring them to our office on the third floor of the Mills Memorial Center. All submissions must include a printed copy with a saved copy on disk (saved as a TEXT document: Courier 12), and must be received in *The Sandspur* offices no later than 5:00 p.m. on the Friday prior to publication.

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Letter from the Editor

Has anyone ever wondered how *The Sandspur* received its name? Well, this is how it started.

Rollins archives state that in the fall of 1894, five girls and five boys with a faculty "critic," Miss Eva Root, met to discuss the need for a college magazine. Both literary and social, it would record the news of Rollins College and the Winter Park community, which had no newspaper at the

time. Many names were considered until, at one meeting, Miss Root suggested the "sandspur," as it was both unique and indigenous to Florida. The name was unanimously accepted.

A sandspur, according to Merriam-Webster, is "any of a genus of grasses producing spikelets enclosed in ovoid spiny involucres that form burs." This plant was plentiful on the shores

of Lake Virginia, and the burs would get caught on people's legs.

The magazine plans eventually turned into the current weekly newspaper, although the staff now focuses on stories about Rollins College and those outside influences that directly affect the school. Our goal is to let the Rollins College community know what happens behind-the-scenes here at school, things that

students may not be aware of otherwise.

We are currently looking for a calendar editor and a distribution person. If you are interested, please contact *The Sandspur*.

Sincerely,
Elyssa Rokicki
Editor-in-Chief

Letters to the Editor

Florida Zero Population Growth

A recent article in the *St. Pete Times* outlines Jeb Bush's most recent action on growth management. He has, unilaterally, directed the head of the state growth management agency, to stop enforcing the law so much. Since Mr. Siebert was appointed by Mr. Bush, we can assume he will do what he is told.

Bush's memo to the Department of Community Affairs tells them to cut down drastically on reviews of local government comprehensive plans. This appears to be part of the governor's initiative to trust developers and replace planning law with something called "voluntary compliance".

There is hardly a community in Florida that does not suffer from higher taxes, growing traffic problems and dirty water because of poorly managed growth.

Most newcomers look around at the mess and presume it couldn't get any worse. Bush and his developer allies play to this reaction with the message that "Growth management has failed."

Growth management in Florida has not succeeded in curbing greed. It has succeeded in giving citizens a fighting chance to protect their homes and their environment.

Bush's action on growth management makes the Department of Community

Affairs a paper tiger and will leave communities defenseless.

The action wasn't wise and it wasn't fair. Stealth destruction of the mechanism of growth management by executive order will hurt every community in Florida.

Sincerely,
Tom Tomlinson
President, Florida Zero Population Growth, Inc.

UltimateCoupons.com Gives Shoppers All the Online Coupons

FARMINGTON, Conn., Oct. 25 — Starting today, shoppers need only remember one name to search for online and offline coupons: UltimateCoupons.com. (<http://www.UltimateCoupons.com>) The site, which announced its launch today, is a valuable tool to help shoppers find all the available coupons for any online store. UltimateCoupons is fast, easy to use, and can save shoppers significant money.

Unlike other coupon sites that offer an incomplete selection of coupons for a limited number of online stores, UltimateCoupons uses the power of the Internet's best coupon sites to deliver nearly every existing coupon to online shoppers.

"UltimateCoupons.com takes the hassle out of finding all of the best coupons on the Web," said Jeff Grossman, the site's founder. "We created Ultimate-

Coupons to make it easy for people to compare available coupons at all the top coupon sites and pick out the very best ones."

Shoppers looking for offline coupons are in luck as well. UltimateCoupons also guides consumers to the very best Websites providing local coupons for a number of events, places and activities including restaurants, groceries and even a night at the movies.

UltimateCoupons.com is an online shopping portal created to help people save money. In addition to coupons and other money-saving deals, the site also offers shopping advice, safety tips, site reviews, online travel resources and more.

The One Behind the Lighter

Sarah Payton, *Indiana Daily Student*, Indiana University
BLOOMINGTON, IN — I remember the first time I lit one up. I was sitting behind the wheel of my fire-red Ford Explorer. Sitting beside and behind me were a hoard of guys I was desperately trying to impress. The victim of my ridiculous huffing and puffing: a Marlboro Light.

Failing to inhale, I embarked on my journey of nicotine addiction that more than 30,000 Marlboro miles later has led me to seemingly 59-year-old lungs and a habit I just can't seem to break.

I have always argued with

nonsmokers concerned for my health that I am not and could not be addicted to smoking. Only in recent days when I have for the first time truly tried to quit realized how addicting this nicotine has become.

Even without Joe Camel and with lawsuits that have amounted to billions when big wigs in companies like R.J. Reynolds and Philip Morris have finally been forced to admit that nicotine is in fact addicting, cigarette smoking in teenagers and twenty-somethings increases yearly, according to the Health section on the Yahoo! Web site.

Always able to rationalize my smoking as merely a "college thing," a grandmother ridden with cancer who will soon not be able to recognize my face has forced me to begin to quit the drug that has invaded the interior of my car, the lungs in my body, and the intelligence in my brain.

Cigarettes became a thing to do when the nervousness of life set in; a crutch during times of weakness or sadness. The day a guy I adored this summer moved back to the East Coast, I smoked three packs in two hours. The minute I find out I bombed a test I yearn for my best friend Camel Turkish Jade, the newest of my menthol companions.

Graduating from regular to menthol years ago, what initially started as an attempt to look cool has become something that I can't get rid of, the devil on my shoulder that slowly eats at the lungs that I need to survive.

Only recently have I met people disgusted by my habit who don't pity someone who chooses to fill their body with nicotine pollutants. Smoking is a choice, I am constantly reminded, and I am going to have to choose not to be addicted.

While I agree that it is no one's fault but my own, I have become trapped in a haze of smoke that even the highly rotated "Truth" ads that explain the dangers of tobacco can't seem to get through.

Some suggest trying the patch, others suggest that anyone can quit with enough willpower and desire.

— continued on page 6

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The Best Biking in Florida: Lakeland's Carter Park

Roger Drouin

The Sandspur

Carter Park is located thirty miles north of Tampa. Here, some of the most technically demanding trails await riders up for the challenge.

At the core of these trails is a chain of man-made lakes that were once phosphate mines. The earth that was removed from these mines was piled up around the dugout pits, forming rows of stacked-dirt hills. These mounds of dirt have long since grown over with trees and other vegetation. The Ridge Riders, a Lakeland mountain biking club, cleared miles of single-track trails through the man-made hill-sides.

Now, nine miles of single-track—which cut through the looping phosphate mine dirt mounds—await riders. Throughout the park there are additional, less challenging trails. These trails provide great open space for warm-up riding or riding in groups.

Once ready for the nitty-gritty, riders can explore the dirt mound single-tracks that run beside the lake-mines.

A Day in the Park

My first impression of Carter Park was one of primeval bewilderment. As I pedaled down the single-track, getting a feel for

the trail conditions, I couldn't help but let out a few primitive yelps. The park was desolate, so I felt comfortable opening it up on the tough, twisty single-tracks around the lake-mines. These trail loops are as good as they get in Florida.

Riding the single-tracks that cut through Carter Park will surely lead to a fun-filled, dirt-covered Sunday, but these challenging trails demand that you exercise caution. On a couple of instances, I noticed that the trail abruptly disappeared over a steep drop-off or into a thick forest. If you ride fast, don't let your fingers wander from the brake hook.

Bring lots of water to this amusement park. On my ride, I went through two water bottles and still thirsted for more H₂O. Although the mercury is sinking this time of year, it's still a good idea to down lots of liquids when embarking on an intense bike ride.

After about an hour and a half of riding, I'd thought that I had ridden all of the trails in the park when, to my surprise, I found a dozen well-hidden single-track trailheads. These challenging, twisty trails all eventually lead to a larger loop, making it difficult to get lost in the woods.

Exhausted and content after a hard day's ride, I loaded my bike on the roof rack amidst the din of chatter and cracking bats as a little

league team practiced on the baseball field in the park. I said a silent Buddhist prayer for the breeze, the sky, the trails, then hopped in my car and drove away, ready for my next visit.

A Perfect Autumn Ride

Now that autumn's refreshing breeze is here, finally providing relief from the hot Florida sun, it is a perfect time to load the bike on the rack and head for the trails. This season, check out the trails at Carter Park for a ride through an amazing network of trails. Next Saturday, take a break from the real world and begin a journey into this dirt paradise.

In the park, there are also several boat launches where you can dump a kayak for a lazy ride around the lake-mines. For those of us that like to get more than their bike muddy, most of the bike trails and kayak launches are accessible by jeep-trail.

Directions

From Rollins: Take a right onto Fairbanks. Take Fairbanks to I-4 West, then I-4 West to Lakeland (exit 18). Go south on US 98 and continue south on N. Florida Ave., which becomes SR 37, for a distance of 11 miles. Turn left on Carter Rd. and enter park at Carter Road Park Entrance.



Students celebrate "mole day" in hopes of "making students realize that there is a reason to celebrate chemistry." Photo by Heather Gennaccaro, The Sandspur



WORD ON

By James Meniates

I, the Word editor, constantly have my ear to the ground listening for potential points of interest to ask the community about. And sometimes the people upstairs just hand me an assignment. Try and guess which one this is. Anyway, it's not that I've ever had a problem with the Health Center, but apparently some people have because they had plenty to say about it. This week's question: What do you think about the Lake Side Health Center?



"I have nothing to say. They're kinda fuzzy about their diagnoses... I went in once, and they said I had either a pulled muscle or appendicitis."

Paige Linkins '02



"Their history of misdiagnoses is discomfoting. It kinda invalidates their medical credibility."

Lara May '02



"I dunno. I don't have an opinion: I've never been there."

Laura Bassett '04

"I don't know anything about this health center. I don't know about it, and I don't care."

Suzana Earle '04



The Next -Ism

Alan Nordstrom

The Sandspur

I've often wondered if there's another -ism out there, lurking in the shadows of our collective minds that we have not yet identified and labeled, another toxic -ism like fascism, nazism, racism, or sexism. It's curious how insidious such -isms are, at first alluring, then beguiling, yet

finally revealed as spiritually corrosive.

In the light (or darkness) of what we're now learning about the Taliban and what we already know about fundamentalist sects of all sorts who are absolutely certain of their respective (though conflicting) Right Ways - I'm coming to think that what I'll call religism is the next emerg-

ing -ism.

Why is it so common these days to hear someone protesting, "No, I'm not religious, but I'm spiritual. I have my own way of celebrating the divine, but I don't belong to any religious organization"? Is it not because religions in general, as much as they may preach love and goodness, are often tainted with narrowness and intolerance and sometimes with violence? I've heard that most wars are fought in the name of religions, such as those presently between Israelis and Palestinians, or even between sects of one religion, as in Ireland. And if you widen your definition of "religion" to mean any deeply held belief system or inculcated ideology, such as nationalism, communism or capitalism, then maybe all wars can be explained and plenty of interpersonal strife.

Religism then would mean an obdurate adherence to a fundamental belief system that shuts off one's receptivity to variant viewpoints or convictions and that insists on the absolute rightness of one's own beliefs and the waywardness of contrary perspectives. "Pluralism" would be the antonym and antidote of religism or religious absolutism. Pluralism, a beneficial -ism, supposes that in many if not all matters, human intelligence is imperfect, tentative,

provisional and ought not presume to certain knowledge of the truth - even though, emotionally, we may crave absolute certainty, especially in the Ultimate Questions that religions aim to answer.

"Religion" derives from a root word meaning "to be bound." The cure for religism then would entail loosening the bonds or shackles on the minds of true believers enough to permit some mental flexibility, some margin of movement so as to conceive that, hypothetically, another's way of answering those Ultimate Questions might be valid, might make sense, might at least be tolerable and inoffensive. Even those who claim to be spiritual but not religious would need to make allowances for those who say they are not spiritual but secular.

I was greatly heartened shortly after the Attacks to see memorial platforms filled with clergy of every stripe rising one after another to condemn the inhumanity of terrorism and profess a solidarity with other faiths in recognizing the divinity of loving kindness, charity, and self-sacrifice in preserving the precious lives of others. Jews, Muslims, Sikhs, Baptists, Catholics, Hindus and many other representatives of traditional faiths joined hands, embraced and found common ground in their compassionate

concern for human dignity and the sanctity of life.

Maybe religions should be regarded as languages devised to speak about the human experience of "spirit," an essentially wordless apprehension of something sacred at work in the world. And just as we readily accept the fact of French, Swahili, Japanese, and English, along with hundreds of other human tongues, so should we appreciate the variousness of religious tongues, each able to articulate particular aspects of spiritual experience, yet none able to comprehend the whole of it or represent it perfectly. A religious attitude like that would end religism.

.....
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Sad?
Excited?
Angry?
Frustrated?

Write about it
for the 'Spur!

We'll take your word
for it every week!

Submit stories or articles of 500-750 words to The Sandspur offices, Mill Building, Student Media, level three. Articles must be typed, must show an author's name, and should be submitted as both printed copy and as an electronic file (save to a disk that we will return). Articles received by Friday, 5 p.m., will be considered for publication the following week.

THE STREET



"We have a health center?"

Chris Cimafranca '03



"The Health Center is horrible. Any time I've gone in there, I've never felt like I've gotten the service I needed. I've gone in there practically dying and been told to make an appointment and come back later."

Jeff Tabatabai '02



"I went in to get my ankle taped, and she said they didn't know how to tape ankles. One would guess that's about all they'd know how to do."

Jeff Friedman '04



"They provide helpful information, and they're there when we need them."

Hannah Ames '04



Many of the children that came to Rollins College's Halloween Howl were delighted at the many activities that were there. Photo taken by Heather Gennaccaro, The Sandspur.

Health Habit of the Week

Jordan Steffan

The Sandspur

Did you know that chocolate protects against heart disease? Chocolate contains a healthful nutrient known as flavonoid that appears to have moderate protective benefits for blood vessels. Cocoa and dark chocolate slow down the oxidation of low-density lipoprotein, also known as bad

cholesterol, while helping to prevent the buildup of plaques that can block blood vessels. So go ahead, eat some cocoa. Your heart will thank you for it!



Rollins' Very Own Family Practice

Jordan Steffan

The Sandspur

Injuries and illnesses happen: that's a given. But without Mom and Dad around to take care of us, where are we, as students, supposed to turn? The next time an acute illness or injury tries to slow you down, check in to Rollins' health care center. Lakeside Health Center, located on the lower level of Elizabeth Hall, treats patients for minor conditions and handles student concerns by appointment (Mon.-Wed., 8 a.m.-4 p.m.; Thurs., 9 a.m.-5:30 p.m.; Fri., 8 a.m.-2:30 p.m.). Patients here are treated by nurse practitioners — registered nurses who are trained to work side by side with doctors in medical diagnoses and treatments that do not surpass their protocol.

Lakeside, run under Director Sandy Weissstein, prescribes prescriptions, orders tests, and does procedures appropriate for college health. The college physician, Dr. James Schauss, is available to take patients on Wednesdays only. Nurse Practitioners Lynn Slyvinski and Karen Littleton are available to take patients during the hours stated above. However, their work does not stop there. Outside of being available for patient care, follow-ups, stock inventory, and administrative duties are being done in order to support their patients even better. All visits and medical information remains strictly confidential and is discussed only on a professional basis. When the center is closed, students should either notify their RA or receive care at Centra Care, located at 2540 Lee Road. Emergencies that involve bleeding, shortness of breath, severe pain, high fever, or heart problems should be evaluated by the emergency room.

So why are students treated by appointment only? "Appointments are necessary because we like to give students

the best care possible within our protocol," says Nurse Practitioner Karen Littleton. "We hate to rush people and don't want regular scheduled appointments to be disrupted." More often than not, students seeking treatment on any given day will most likely be able to schedule an appointment on that same day or sometime the following day. The nurses could not remember an instance where a student had to wait more than 2 days to be seen. As in most clinics, these rules apply under case-to-case circumstances. If the symptoms a student has can safely wait, the appointment is followed through with. But, if in any way the condition could bring harm to the student, the center would be more than willing to give the patient the necessary treatment. Any life-threatening conditions are treated until it is out of a clinical setting's control. "A lot of students want to be seen right away, which is understandable, but it would throw everyone else off, which really isn't fair," says Littleton. "It would be nice to be able to see everyone immediately, but some things such as PAP smears and other tests tend to take quite a while." The center revealed that if there were a true emergency, they would stop everything and treat the victim without a doubt.

The center would like to see more students come in. They feel that they would be able to accommodate students better if people who knew they would not be able to make an appointment would call and cancel and also by students making sure they're on time for their appointment. That way, any openings between appointments would leave room for another student seeking medical attention, providing more effective care for everyone. Littleton comments, "We live for patients; treating them is what we love to do. It's just difficult to run an appropriate schedule."

Food for Thought

Jordan Steffan

The Sandspur

The next time that chocolate chip cookies call your name or the craving for pizza hits, do your mind favor: go ahead and help yourself. Studies are now showing that different foods can affect a person's mood, intellect, and energy level when eaten in moderation throughout the course of a day. Food can get you going in the morning, keep you alert at midday, and lull you to sleep at night.

Take, for example, carbohydrates. They're linked to the brain chemical serotonin, which is responsible for giving us feelings of calm and well being and for controlling appetite. That may explain why high-carb foods, such as chicken potpie, mashed potatoes, pudding, and macaroni and cheese, are at the top of the list of comfort foods. A little too much serotonin, however, can make you drowsy. Serotonin levels tend to run low when we're under stress, say researchers. The result: we crave sweet and starchy (and usually high calorie) foods, foods that have the potential to replenish serotonin.

By now, you're probably a little bit skeptical. "Sure eating foods I crave will make me feel good! Until I weigh in on the scale, that is!" However, by eating the right foods in moderation, researchers agree that raising

serotonin levels can actually help us eat less. Think about the last time you sank your teeth into a rich, moist brownie fresh out of the oven. For some, a few bites can induce euphoria.

According to Elizabeth Somer, a registered dietician and author of *Food and Mood: The Complete Guide to Eating Well and Feeling Your Best*, "Many people ignore the profound effects food can have on mood, intellect, and energy. When you make the right food choices, you're providing fuel for a healthy body, a good mood, an active mind, and a high energy level." The key to it all is moderation. To keep your mood stable throughout the day, keep meals and snacks small while focusing on complex carbohydrates, such as whole grains, starchy vegetables, or legumes.

So which foods do what? Well, if it's alertness and concentration you're looking for, take in some tyrosine, an amino acid that is found in protein foods. Tyrosine boosts chemicals dopamine and norepinephrine, which stimulate the central nervous system, causing energy levels to increase and concentration levels to improve. Chicken, eggs, fish, and beef are all high proteins food to choose when sharpness counts. You'll reap benefits from a 3- to 4-ounce serving in two to three hours. Steer clear of sweet snacks such as candy bars and sodas: they'll

quickly raise your blood sugar giving you a boost of energy followed with a sharp crash.

Selenium, or fatty acids, along with calcium may also impact a mood. People who lack fatty acids show signs of anxiety, irritability, and depression. The recommended allowance of selenium is 55 micrograms, the amount in just four ounces of lean meat, and researchers say an adequate intake of essential fatty acids may prevent depression. Calcium eases mood swings, depression, irritability, and nervousness in women suffering from premenstrual syndrome (PMS).

Stressed out? Stay away from fatty unprocessed snacks like doughnuts, cookies, and fries; they lack vitamins and minerals when your nutritional needs are at an all time high. Scarf down baked tortilla chips with salsa. The carbs help boost serotonin, while the vitamins and minerals balance cortisol levels. Brownies will help you battle the blues. Chocolate is filled with phenylethylamine, a brain chemical released when two people fall in love, along with magnesium, which makes the brain function better, too.

A well-balanced diet including fruit, whole grains, lean proteins, and low-fat dairy products eaten regularly throughout the day is probably the best mood regulator of all. Just remember: moderation is the key.

Behind the Lighter

— continued from page 3

And that is just it, I feel that even though I know it is killing me and it finally disgusts me, I still have a desire I can't seem to erase. The cigarette has been my best friend through long road trips through three states to get home and through tough times.

I don't blame the tobacco industry, just as I don't blame the young boys I was trying so hard

to impress. So what if Philip Morris knew it was addicting. As a smoker, I chose to take part knowing I could become dependent.

So now at what has to be the end of a career as a smoker, I find it ironic how many of my smoking buddies want to blame someone else. The mentality that it is big tobacco or anyone else's fault is one that can't be right. My two hands held that first cigarette and

my lungs inhaled that first drag. So now it will be my mind that tells my lungs they have become important enough to quit.



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MARK PARISI

MarkParisi@aol.com

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Eagles Nip Tars in Five

DAYTONA BEACH, FL – The Embry-Riddle volleyball team (15-18) pulled out a five-game marathon victory over Rollins (15-12, 1-6 SSC) by a score of 30-21, 27-30, 30-25, 27-30, 15-12. Susan Delahanty had 20 kills and 13 digs for the Eagles. Noelle Moore paced the Tars with 18 kills and six blocks.

The first game was close until the Eagles gained the first significant lead of the frame at 17-13. From that point, they reeled off a 7-1 run to extend the lead to 24-14 and cruised to the opening victory. Play was tight throughout much of the second game, with Rollins taking several leads that it could not maintain. Such was the case when the Tars gained a late 26-22

advantage, only to see ERAU fight back to pull within one point. With the scoreboard showing a 28-27 Tar advantage, Rollins staved off the Eagles for the win. The Tars also held a slight upper hand throughout much of the third game until the Eagles tied the contest at 20-20. From there, Embry-Riddle took charge and pulled out the victory. The fourth game was a seesaw affair as the teams exchanged leads from the opening serve. Late in the game with the score knotted at 27-27, the Tars held serve for the final three points to fight off match point.

As was the common theme for the contest, the final game was tight from the outset. With the

score deadlocked at 12-12, ERAU cranked up the pressure and won the final three points and the match. Sarah Kocak posted 17 kills and 18 digs for the victorious Eagles, while Brooke Geiger dished out 58 assists. Tammara Sanchez contributed 15 kills and 23 digs for the Tars, and Lane Tougaw had 48 assists. Kate Ferris slammed down nine blocks on the evening. Rollins will look to halt a six-game losing skid and pick up an important Sunshine State Conference win when it travels to Eckerd on Friday, Oct. 26th. The match is set to begin at 7 p.m.

Men's Golf Finishes Third at Rio Pinar

ORLANDO, FL – The Rollins College men's golf team fired a final round score of 290 to finish third among 15 teams at the Rio Pinar Intercollegiate Tournament in Orlando. Campbell University claimed the tournament title with a final round 280 and team score of 848. Furman University was second at 851, with Rollins third at 866. Defending Division II National Champion West Florida was fourth at 867. Stetson

University tied for 11th, while Central Florida finished 13th.

Rob Oppenheim of Rollins fired a final round 68 to finish the tournament tied for third with a three round score of 211 (75-68-68). Alex Smith had a final round two-under par 70 to finish tied for 12th with a 215 (72-73-70). Derek Smith tied for 27th with a three-round score of 218 (69-71-78). Lee Stroever had a final round 74 to finish at 222 (77-71-74).



"Them Again" Repeats With 29-28 Overtime Win

This year's flag football championship game was an overtime thriller! When the dust settled, "Them Again" pulled out a 29-28 victory over Phi Delta Theta.

With the score knotted at 22, Phi Delta Theta struck on the first play of overtime as Jake Karstens completed a 20-yard touchdown pass to Jake Hermans in the corner of the endzone. The point after attempt failed. "Them Again"

had to score to keep their hopes of a repeat alive. On a third down play, QB Jeff Imming scrambled for some time before finding Andrew Grant cutting across the middle for a game-tying touchdown. The game ended when the Imming to Grant combination worked "again" on the one-point conversion to make the final score 29-28.



Upcoming Intramural Program News

There will be a team bowling tournament on Wednesday, November 14th, at the nearby Winter Park Bowl America. The event begins at 3:00 p.m. Teams wishing to participate MUST register by 5:00 p.m. on

November 13th. For more information on this and other IM programs, please call 691-1275, e-mail sfrew@rollins.edu, or visit the IM website.



Odebrecht Named SSC Defensive Player of the Week



WINTER PARK, FL – Rollins College junior goalkeeper Jen Odebrecht has been named Sunshine State Conference Defensive Player of the Week for her efforts in the Tars' two shutout victories last week. Odebrecht, a native of Worthington, Ohio, recorded five saves in Rollins' 2-0 victory over Covenant College, then stopped both shots she faced in the Tars' 3-0 win over St. Thomas. Odebrecht has recorded two individual shutouts on the season,

while starting in each of Rollins' seven shutout victories. She has registered 51 saves while allowing only 17 goals in nearly 1200 minutes, good enough for a 1.30 goals against average. She and the Tars have won a school record six straight games, shutting out their opponents in five of those contests. Odebrecht and the Tars (11-3, 2-3 SSC) will next take the field Friday, October 26th on the road at Tampa. The match will begin at 7:00 p.m.

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Classified Ads

Calendar

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FRATERINITES • SORORITIES • CLUBS Earn \$1,000-\$2,000 this semester with the easy Campusfundraiser.com three hour fundraising event. Does not involve credit card applications. Fundraising dates are filling quickly, so call today! Contact Campusfundraiser.com at (888) 923-3238, or visit www.campusfundraiser.com

P/T CHILDCARE Altamonte Springs family seeking P/T childcare for 1 1/2 year old. Flexible hours. Experience and references required. Please call 407-522-9803.

NEW CAR BICYCLE RACK \$25. CALL 407-678-8659.

* If you would like to have any of your classes, class events, meetings, social events, or any other event published in the Calendar, please contact mbarney@rollins.edu or let down your information on the whiteboard located in the Downunder. (Note: The Calendar is done a week in advance.)

* **YOUR HELP IS NEEDED!** The Red Cross is asking for monetary donations to support their efforts. You can call 1-800-HELPS-NOW to give directly to the Red Cross. IF YOU CAN'T GIVE MONEY, GIVE BLOOD. You can help those in need by donating at your nearest blood donation center. There is a blood bank located at the VA Hospital here in Winter Park. To find out other locations call the Red Cross @ 1-800-GIVE-LIFE.

* Interested in publishing your literary or artistic creation? *Brushing*, Rollins College's art magazine, is accepting submissions. You can submit literature via email to chacon@rollins.edu or via disk to BOX 2536. Please contact *Brushing* for art submissions. All submissions are due by the end of Fall semester (December 13, 2001) for consideration in the 2002 edition.

* **ARE YOU A PART OF A GROUP THAT YOU WOULD LIKE FOR THE PEOPLE AT ROLLINS TO KNOW ABOUT?** Every week on Thursday from 10am-1pm Pinchurst Perks meets on the front porch of Pinchurst to present issues and ideas to the people of Rollins College. The setting is informal and the conversation is stimulating. If you are interested in sponsoring Perks for a day and would like more info call Jane Wurzelbacher at 646-2070 or email her at jwurzelbacher@rollins.edu.

* Upcoming films at Enzian (info@enz-ian.org): *Improvise* (Nov. 2), *Bread & Tulips* (Nov. 9), *Amelie* (Nov. 16), *Focus* (Dec. 7).

WPER 91.5 FM- Rollins College radio... contact tbla@wper@rollins.edu to get any word about student events on air.

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

4

Campus/Family Weekend: Juice 'n Jazz, Cornell Campus Center 10am-11:30am.

Sports: Women's Tennis, Florida Women's Intercollegiate @ St. Augustine, TBA. Rowing, Head of the Chathamhooshee @ Gainesville, GA, TBA. Men's Golf, Rollins Invitational @ Forest Lake C.C., TBA.

Art: Oriental Room Vignette @ The Charles Hosmer Morse Museum of American Art, featuring furnishings and objects from the collection by Jeannette Genius McKean (1909-1989).

Concerts: Taurie, Oleander, Beautiful People @ Hard Rock Live, \$13-\$15, 7pm (407) 351-5483. Bonobus @ Borders Books & Music, Winter Park, 5pm no cover (407) 647-3300. Open Jam for musicians @ Wing Shack on University Blvd. 6pm no cover (407) 677-1004.

5

Campus: Basic Computer Competencies Class, 2-4pm, Olin 260, ESOL Class, 2-3:30pm, Hawk 110, Star Trek Rollins Meeting, 7-9pm, CCC Level 1 Conference Room.

Sports: Women's Golf, Pine Needles Invitational @ Southern Pines, NC, TBA. Men's Golf, Rollins Invitational @ Forest Lake C.C., TBA.

Art: "Orlando" @ Panoramic Photography Gallery, open 9am-5pm, free admission. Photographs of downtown buildings, people, and life by local artist Steve Vaughn (407) 898-4499.

6

Campus: Krispy Kreme donuts for sale in front of beams from 11am-1pm... \$1 each, sponsored by the International Marketing class.

Sports: Women's Golf, Pine Needles Invitational @ Southern Pines, NC, TBA. Men's Golf, Rollins Invitational @ Forest Lake C.C., TBA. Volleyball @ Forest Lake C.C., TBA.

Center, 7pm (On Campus Radio Night).

To Do: Dennis Hoag hosts "Open Mic" a night of free expression @ Chef Aurthur's Nicole St. Pierre's, 8:30pm-12am, no cover (407) 647-7575.

7

Campus: Grant Professional Network Meeting, SunTrust Audit/Lobby, 8:30-11:15am. Rollins Leadership Team Meeting, Olin Bib Lab, 10-11:30am.

ESOL Class, Hawk 110, 2-3:30pm.

Student Ambassadors Meeting, Bieberbach/Reed Room, 5:30-6:30pm.

SGA Meeting, Galloway Room, 6:30-8pm.

Concerts: Alice Cooper, Lennon @ Hard Rock Live, 8pm, \$35 (407) 351-5483.

To Do: Roxanne Faye hosts an open mike @ Schaffer's Caffehaus (407) 740-7782, 8-11pm no cover.

8

Campus: All Campus Table Tennis Tournament, 3 v 3 Team Play, begins at 4:30 in ROC Lounge.

Immunizations available at Health Services, \$20 for flu shot, \$85 for meningococcal vaccine (can bill to student account or pay by credit card).

SAC Meeting, Olin Bib Lab, 10am-12pm. Communique Meeting, CSS 121, 5:30-6:30pm. Interviewing Meeting, Bieberbach/Reed Room, 6-9pm. BACCHUS Meeting, Warden Dining Room, 6:30-8:30pm.

9

Campus: Quills Poetry, 4pm in Sullivan House.

Sports: Volleyball vs. Lynn @ Alford Sports Center, 7pm (Autograph Night).

Theater: Streetcar Named Desire @ Annie Russell Theatre through Nov. 17.

Concerts: Little River Band (soft rock) @ House of Blues, 7:30pm, \$17.50 or \$19.50 (407) 934-2583. DJ Chuck (house) @ Roxy, 740 Bennett Road, 9pm no cover (407) 898-4004.

News at Noon... Every day at noon WPER gives the News at Noon in hopes that we'll listen and become aware of interesting things happening around campus. If you think the campus should hear about something, email gsolley@rollins.edu or drop a letter in the WPER mailbox, 2745.

The Toilet Paper... get the word out about your club on campus while we sit on the toilet! Email amarkin@rollins.edu

Need a laprope? Contact abourgeois@rollins.edu

* Rollins Intramural All Sports Trophy Competition (Coed) is all year long. submit a team name and roster of up to 20 people.

* Golf Tournament- An individual and team event. Teams of four compete in the team event with top three scores counting. entry fee has yet to be determined. Event Date: 11/2 & 11/9. Registration Deadline: 5pm on 10/30.

* Bowling Tournament (Coed)- Teams of four (2 men and 2 women) compete at a local alley. entry fee TBA. Event Date: 11/13-11/14. Registration Deadline: 5pm on 11/9.

* Midnight Madness Hoop Fest, 3 on 3 b-ball tournament for men and women w/ the champions to be crowned at midnight! Event Date: 11/17 (an hour after men's & women's b-ball games). Registration Deadline: early or on-site.

2

Campus: Rollins College Family Weekend, November 2-4. President Rita Bornstein and the faculty and administration of Rollins College invite your family to participate in an exciting weekend designed to better acquaint you with all Rollins has to offer. Visit www.rollins.edu/pv/family-weekend for a complete list of activities and events. 6pm Rollins Family and Faculty Barbeque @ the Cornell Fine Arts Museum Patio.

Quills Poetry Meeting, 4pm in Sullivan House. Open House at Sutton Place South, 9am-3pm (free cookies and refreshments)

Sports: Volleyball vs. Saint Leo @ Alford Sports Center, 7pm (Family Night). Women's Soccer vs. Embury-Riddle @ Daytona Beach, 7pm.

Women's Tennis, Florida Women's Intercollegiate @ St. Augustine, TBA.

Concerts: Brad Paisley (country) @ House of Blues, \$27.50-30, 8:30pm.

Art: Cornell Fine Arts Museum Open House, 5pm-6pm.

3

Campus: MACCT Breakfast, CSS 160, 8:30-10:30am. Seniors - Interested about teaching English in Japan after graduation? Contact Jim Daniel of International Programs for more info, www.rollins.edu/int-programs or call 646-2466. Family Weekend-Conversation with the President, 9:30-10:15 am, Galloway Room. Parent/Student Doubles Round Robin Tennis @ Martin Tennis Complex, 2:30pm. ACE presents an interactive, comedic hypnosis show w/intentionally acclaimed performer Steve Atwood in Dave's Downunder, 9pm.

Sports: Cross Country, NCAA Southeast Regional @ Atlanta, GA, 7:30am. Volleyball vs. Florida Southern @ Alford Sports Center, 4pm (Great Outdoors Night). Men's Soccer vs. Barry @ Sandspur Field, 7pm (Family/Senior Night). Rowing, Head of the Chathamhooshee @ Gainesville, GA, TBA. Women's Tennis, Florida Women's Intercollegiate @ St. Augustine, TBA.

* Upcoming Events

* Brothaba Film and Video Showcase, Nov. 10-11. This annual 2-day festival showcases the work of independent, Florida based filmmakers and film students, admission is free-\$5. For more info call (407) 629-0054.

* "Naughty Poetry Night" @ Sapphire November 12. Broken Speech Poetry Slam presents 10 invited poets in pajamas to raise funds and awareness for local HIV/AIDS charities by mixing poetry, multi-media and music with a celebrity silent auction. 7pm, \$10. (407) 384-8857.

* Aids Day Benefit Concert on Mills Lawn, December 1st. A day full of bands and food. If you know of any good bands, please get in contact with ACE (x2081).



WHAT MATTERS NEXT?

VISIT

ROLLINS COLLEGE

www.rollins.edu/gendermattersyear