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The Price Of Beauty

How far is too far in the pursuit of beauty? Some women are resorting to removing their little toe to better fit into designer shoes.

page 15

Rollins Gone Greek

It is almost the time of year when eager freshman choose a fraternity or sorority to join. To help you decide which one is right for you, each organization has compiled a bio telling what they are all about.

pages 5 & 6

New Holiday Movies

Billy Bob Thornton's *Bad Santa* and Steve Martin's *Cheaper By The Dozen* are guaranteed to bring laughs this holiday season.

page 10

Avoiding The Finals Frenzy

TJ's offers tips for getting through exams stress free and easy.

by Jessica Estes

photographer

It's that time of year that inspires fear and dread in even the most seasoned college student. Students have worked hard all semester, but it all comes down to one thing...the final exam. Before launching into panic mode, students should consider some of these helpful suggestions courtesy of Mae Fitchett, Coordinator of Academic Enhancement Services at TJ's resource center.

Talk to your professor. According to Fitchett, "the most important thing you can do is communicate with your professor." Make sure you know the format of the exam (essays, multiple choice, short answer), where the material comes from (books, class notes, lectures) and what it covers. There is nothing worse than spending valuable study hours memorizing information that is not even on the test.

Start studying early. Though cramming may seem like an easy way to cover a lot of information, students who spread out their studying are typically much more successful. Instead of caffeine-fueled marathon study sessions, break your studying into short intervals. Most people recall the information they begin and end with best, so taking short frequent breaks is recommended. Also, avoid relying on coffee and soda to keep you awake. If you feel like you're losing focus, try exercising as a

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Light Humor, Heavy Criticism

Edward Albee dropped in on Rollins for renditions of his plays.

by Robert Walker

managing editor

On Friday, November 21, Pulitzer Prize winning playwright Edward Albee paid a visit to the Rollins campus. Albee's two day visit included a private luncheon, a master class in the Annie Russell Theatre, and a viewing of the two Albee plays, *The Zoo Story* and *The Sandbox*, being performed by Rollins students.

"I was enthralled with Mr. Albee and grateful that he was able to spend two days at Rollins," said Thomas Ouellette, Chair of Rollins' Department of Theatre and Dance. "His



photo / ROLLINS THEATRE DEPARTMENT

A DAY AT THE PARK: Albee discusses playwriting on the set of *Zoo Story* at the Annie Russell Theatre.

reputation as a direct and uncompromising provocateur precedes him, so I was not surprised that his visit was at once invigorating, eye-opening, and challenging."

The eye-opening and

invigorating portions of Albee's visit came during the private luncheon and the open master class. The luncheon was held in the Cornell Museum and was designed to give students who had enrolled in a can-

celed Albee course a chance to meet with the famous playwright. Albee was scheduled to teach a month long course this semester, but was forced to cancel do to an illness in the family.

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A New Generation Of Peace Makers

Local students come together to promote peace in their community.

by Brittany Lee

copy editor

This past weekend, November 29 to the 30, Rollins hosted the international education program Peace Jam. Peace Jam was founded in 1996 as a program to bring Nobel Prize Laureates to college campus-

es to work with high school aged students towards creating a new generation of empowered youth.

The founding of Peace Jam has an interesting story; the idea arose from co-founder Ivan Suvanjiëff's

encounter with a group of gun-toting gang members. He found that these troubled youth not only knew of Archbishop Desmond Tutu and his efforts towards non-violent social change, but supported and admired him. From there, the concept of having Nobel Prize winners address and inspire the youth was born.

The Dalai Lama was approached with the idea, and with his help the program grew to consist of 11 Nobel Prize Laureates. These laureates include the Dalai Lama himself, Archbishop Desmond Tutu, Rigoberta Menchu Tum, Dr. Oscar Arias, Adolfo Perez Esquivel, Mairead Corrigan Maguire, Betty Williams, Jose Ramos-Horta, Bishop Carlos Ximenes Belo, Aung San Suu Kyi, and Jody Williams.

Since its launch, the program has had 30,092 participants worldwide. High

CONTINUED ON PAGE 2



photo / MARK BARTSCH

WORKING TOGETHER FOR PEACE: Nobel Peace Prize Laureate Jody Williams poses with a local youth peace activism group in the Warden Arena.

Inspiring Future Community Leaders

CONTINUED FROM PAGE 1

school students across the country and the world are provided with a weekend of inspiration, service, and community building.

Peace Jam's goal is "to inspire a new generation of peacemakers who will transform their local communities, themselves, and the world," and judging from the reactions of the participants and the college students at Rollins, the program is a tremendous success.

Peace Jam brought approximately 200 high school and middle school students to campus last weekend, and about 40 college-aged mentors volunteered as well. This year's visiting laureate was Williams.

The day's activities began with a welcoming ceremony followed by the first of many family group meetings. The family groups were smaller groups of students accompanied by mentors. These groups gave the youth a chance to interact with one another and broke down the barriers that exist when bringing together a group of students with

diverse backgrounds.

Williams followed the meeting with a brief speech and an hour of questions and answers.

For the rest of the day, students chose and implemented a community service project. The project collected clothes, food, toiletries, etc., for the homeless by soliciting the community for donations. Afterwards, students met again with their family groups. The evening was concluded with a presentation of the documentary film created by Peace Jam, which will air at the Global Peace Film Festival to be held in Orlando.

On the second day, Williams again addressed the crowd, and the group played a variety of team building games. Before lunch, the students presented their own projects and service plans for the community. Each group created a poster or story-board with their plan of action to help the community and initiate change.

Lunch was followed by workshops created and led by community members. The day ended with a clos-



JAMMING TOGETHER: Peace Jam participants engage in a team building exercise in the Warden Arena.

ing ceremony, and each student leaving campus with a plan of action. In six months, they will meet again to discuss their progress at the Peace Jam Slam, a one-day conference.

To have Peace Jam come to Rollins is a great honor, as they have only 15 host col-

leges in the US.

Odile Perez, '06, was a mentor for Peace Jam and said of the experience, "Peace Jam is the best opportunity to give back to your community because your empowering our youth to make a difference."

Students walked away

from Peace Jam with a new understanding of their own power to make a difference and the experience benefited all involved.

For more information on Peace Jam or to get involved, visit their website at www.peacejam.org.

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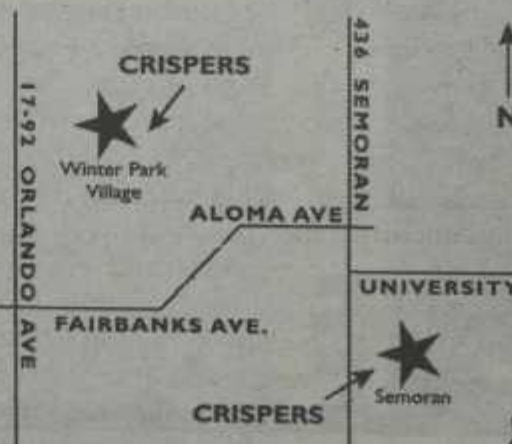
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Iraq In Turmoil

■ The violent conflicts in Iraq continue as the country considers national elections.

by **Cathy McCarthy**
asst. features editor

There were 79 U.S. casualties in Iraq during the month of November, which, according to the Department of Defense, makes for a total of 436 U.S. service members who have lost their lives since the beginning of the war in Iraq.

This statistic does not include the 2,000 wounded service members nor C.I.A. and civilian contractual workers casualties.

At least 25 other coalition troop members have lost their lives during November as well, making for the bloodiest month since the start of the war.

Fifty-four Iraqis died after a fierce three-hour battle between rebels and U.S. soldiers in Samarra, located 60 miles north of Baghdad.

Residents of Samarra say the death toll is much lower, and casualties were mostly civilian. Five soldiers were wounded.

The majority of the rebels were reported to be wearing uniforms of Saddam's Fedayeen paramilitary force.

Residents of Samarra say they are becoming increasingly agitated after witnessing American troops fire tank shells at civilian institutions during the battle, including a hospital that was aiding wounded civilians and a kindergarten school that was evacuated only

minutes before impact.

Days prior to the attacks, President George W. Bush arrived on Thanksgiving to eat a turkey dinner with 600 hungry troops from the First Armored Division and the 82nd Airborne.

Currently, the commander in chief has 130,000 troops in Iraq. He plans to reduce that number to 105,000 by June 2004. Coincidentally, this reduction would come just as the presidential election season heats up.

Iraq will soon be having elections of its own, if plans for the transition of the government to the Iraqi people go smoothly.

The Iraqi Governing Council recently unanimously voted to hold full national elections in June to choose an interim government.

There is, however, concern that organizing such an election would not be possible in time for June due to technical and political difficulties, so a committee is researching the matter, and their findings will be given in two weeks.

The U.S. has said that they would prefer indirect elections instead, and have not given an official response to this recent vote.

The conflict in Iraq continues to escalate, and "weapons of mass destruction" have yet to be found.

Unfortunately, a resolution to this bloody violence of this war has not been found.

For more information, go to The New York Times Online website, www.nytimes.com, the source for this article.

Controversy King

■ New child abuse accusations against Michael Jackson stir up a media frenzy.

by **Karina McCabe**
asst. news editor

The "King of Pop," Michael Jackson is yet again undergoing public scrutiny of his private life with new accusations of child molestation.

The first time, in 1993, he was accused of "sexual misconduct" with a 13-year-old boy. He was never charged—the family dropped the case after Jackson reportedly paid them an out of court multi-million-dollar settlement.

This time, authorities issued the arrest warrant based on "suspicion of child molestation," which Jackson vehemently insists is a "big lie."

The alleged victim is a 12-year-old boy who appeared in a documentary with Jackson entitled "Living with Michael Jackson." Jackson first met the boy after he visited him in hospital as a cancer patient. Later, he allowed the boy to stay overnight in his bedroom at his Neverland Ranch home.

In reference to this incident, Jackson remarked that sleeping with a child is "very right. It's very loving. That's what the world needs now, more love." He also stated, "It's not sexual. We're going to sleep."

According to California law, sleeping with a child without "affirmative, offen-

sive conduct" is not criminal. On the other hand, the California Penal Code Section 288(a) states, "Any person who willfully and lewdly commits any lewd or lascivious act...upon...a child who is under the age of 14 years, with the intent of arousing...or gratifying the lust passions, or sexual desires of that person...is guilty of a felony."

The warrant was issued on Wednesday following a search of Michael Jackson's home, the Neverland Ranch, on Tuesday. Authorities would not disclose specifics on any evidence.

Jackson surrendered himself on Thursday to the Santa Barbara County Police. He was released after posting a \$3 million bond.

The difference between the two cases, according to prosecutor Thomas Sneddon, is that this family is more concerned with "justice than money."

Jackson's camp, however, believes that this is not the situation. One of his spokesmen, Stuart Backerman, states that the case is inherently biased because the opposing lawyer, Sneddon, has a "personal dislike of Michael Jackson and wants to see him destroyed." However, he also remarked that they are prepared for this offensive attack on Jackson's reputation. Sneddon disagrees with Backerman's interpretation of his intent in this case.

For this case, Jackson has hired celebrity attorney Mark Geragos, who has also represented Winona Ryder and is currently also repre-

sented Scott Peterson. He vows to "land like a ton of bricks" on those who threaten to tarnish Jackson's name. Geragos also declared that "Michael Jackson is not going to be abused. Michael Jackson is not going to be slammed, is not going to be a piñata for every person who has financial motives."

In his own defense, Michael Jackson has launched a website (<http://www.MJnews.us>) to counter the charges and as a "source of official communications on my case."

The defense's strategy is to prove that the accuser and his mother lack credibility. This plan came as a result of discovering previous abuse allegations in the family that came up to be false. The father's attorney, Russell Halpern, also suggests that the mother has a "Svengali-like" skill at making her children repeat her lies.

Michael also has a lot of other support.

His brother, Jermaine Jackson, is also defending his reputation to the public as he insists that "He's not a criminal...he's not a child molester," and he compares this case to "a modern-day lynching."

His fans have been holding candlelight vigils. One was held at his star on the Hollywood Walk of Fame and another on the Champs Elysees.

Michael Jackson is expected to be formally charged in mid-December, and his arraignment is scheduled for January 9. If he is charged, he could receive a prison sentence of up to eight years.

Attention Cell Phone Users

■ Consumers can now change cell phone carriers without giving up their numbers.

by **Lara Bueso**
photo editor

Cell phone companies will no longer be allowed to prevent clients from keeping the same number when they switch cell phone services.

On Monday, November 24 a new rule went into effect allowing consumers to switch their cell phone carriers without switching their numbers.

This change will report-

edly take two and a half hours in the United States. In Europe the process will take up to three months.

Consumers are being warned, however. This new rule has cell phone companies in a feeding frenzy—attempting to keep their current clients while at the same time trying to lure new ones from competing companies.

This means new gimmicks, new slogans, new contracts, and consequently new problems.

Millions are expected to change companies due to this new "wireless emancipation".

Consumers will now also be able to move home

landline numbers to a cell phone number.

Customers no longer have to fear losing a new number, or having to deal with the hassles of passing out new ones.

Telecommunications Services Inc. (TSI) has hired 200 new workers to prepare for a smooth transition from one cell phone service to another.

This company serves as the liaison between cellular companies and consumers. They are expecting approximately a million a day to seek new cellular carriers.

Environmental concerns are also being raised due to the new rule. Switching to a

new cell phone carrier mean buying a new phone. Even if the new company sells the same phone, consumers still have to purchase new ones because each company has their own specific encryption code.

Approximately 30 million people a year transferring companies will discard their old phones. Many of these phones will end up in landfills, leaking toxic metals and chemicals found in the circuit board, the liquid crystal display of the screen, and the battery, into the ground.

Recycling is an option, but still a risky one.

Although it may work in

the United States and other industrialized nations, cell phone companies generally donate old and "retired" phones to poorer nations.

These poorer nations often lack recycling systems, and thus will likely be forced to throw the broken phones in the garbage.

As a solution, the European Union (EU) is hoping by 2006 to pass a bill that encourages cellular companies to eliminate the use of brominated flame retardants, lead and mercury in the phones' production.

In the meantime, cellular companies are trying to find ways to expand the lives of handsets and cell phones.

Eye For An Eye

■ John Allen Muhammad was sentenced to death for organizing shootings in 2002.

by **Jessica Combs**
staff reporter

On Monday, November 24, 2003, a jury in Virginia Beach, VA determined that John Allen Muhammad will be executed for organizing the deadly sniper attacks that occurred in the Washington area for three straight weeks during October last year.

The jury sentenced Muhammad to the death penalty on two counts: committing murder as part of a plot to terrorize the public and committing multiple murders within three years.

Peter Greenspun, the defense attorney, believes there are many major issues for appeal of the death penalty issued on Muhammad.

After being arrested on October 24, 2002, Muhammad was sent to Virginia by Attorney General John Ashcroft because of the state's capa-

bility of enforcing the critical authorization of the death penalty.

Muhammad, a veteran of the Gulf War, asked police to call him God throughout his reign of terror and was said to lack any emotion throughout the trial.

"I never saw [remorse] the whole time," said juror Robert Elliott.

Prosecutors told the press that not only were the killings part of a plan to obtain \$10 million from the government, but that Muhammad also had plans to kill his ex-wife in an attempt to gain custody of his three children.

The defense sought to make the jurors overlook Muhammad's crimes by presenting home movies showing him playing with his children and showing letters from his children in which they spoke of the love they have for their father.

Muhammad will be formally sentenced February 12, but Judge Leroy F. Millette Jr. has the choice of reviewing the death sentence and reducing the punishment to life in prison without parole.

Enemy of Mine(s)

■ Nobel Laureate Jody Williams delivers inspiring message to Rollins College.

by **Brittany Lee**
copy editor

On Sunday, November 23 at 3 p.m., Nobel Peace Prize recipient Jody Williams addressed a crowd of students, faculty, and community members in the Bush Auditorium.

Her lecture, entitled, "One Person Can Make a Difference," delivered the message that changing any societal wrong is possible with a vision and perseverance.

Williams was co-recipient of the Nobel Peace Prize in 1997 for her work in the elimination of landmines worldwide.

Williams was the founding coordinator of the International Campaign to Ban Landmines (ICBL) and led the organization to its greatest achievement—the creation of an international treaty banning antipersonnel landmines.

As well as serving as Campaign Ambassador for

the ICBL, Williams has co-authored the book *After the Guns Fall Silent: The Enduring Legacy of Landmines*, and devoted 20 years to lecturing around the world about her cause.

Williams has won numerous other awards for her work, including the Distinguished Leadership Award from the Nuclear Age Peace Foundation and the Fiat Lux Award from Clark University.

During her talk, Williams made it clear to students that they were equally as capable of doing something great as she has. Williams spoke of her undergraduate days and her inability to choose a major or a life path.

She described her early attraction to the issue of banning landmines as stemming from her interest in and disapproval of the Vietnam War, where they were used heavily.

Williams then gave an overview of the creation of the ICBL, which started as a conglomeration of numerous companies who were affected by the use of landmines.

She spoke of the early

opposition faced by the cause, as many governments saw the treaty as a nice idea, but felt eliminating landmines all together was more a utopian ideal than a reality.

Williams shocked many attendees when she stated that, though the majority of countries worldwide have signed the treaty, the U.S. has not signed on.

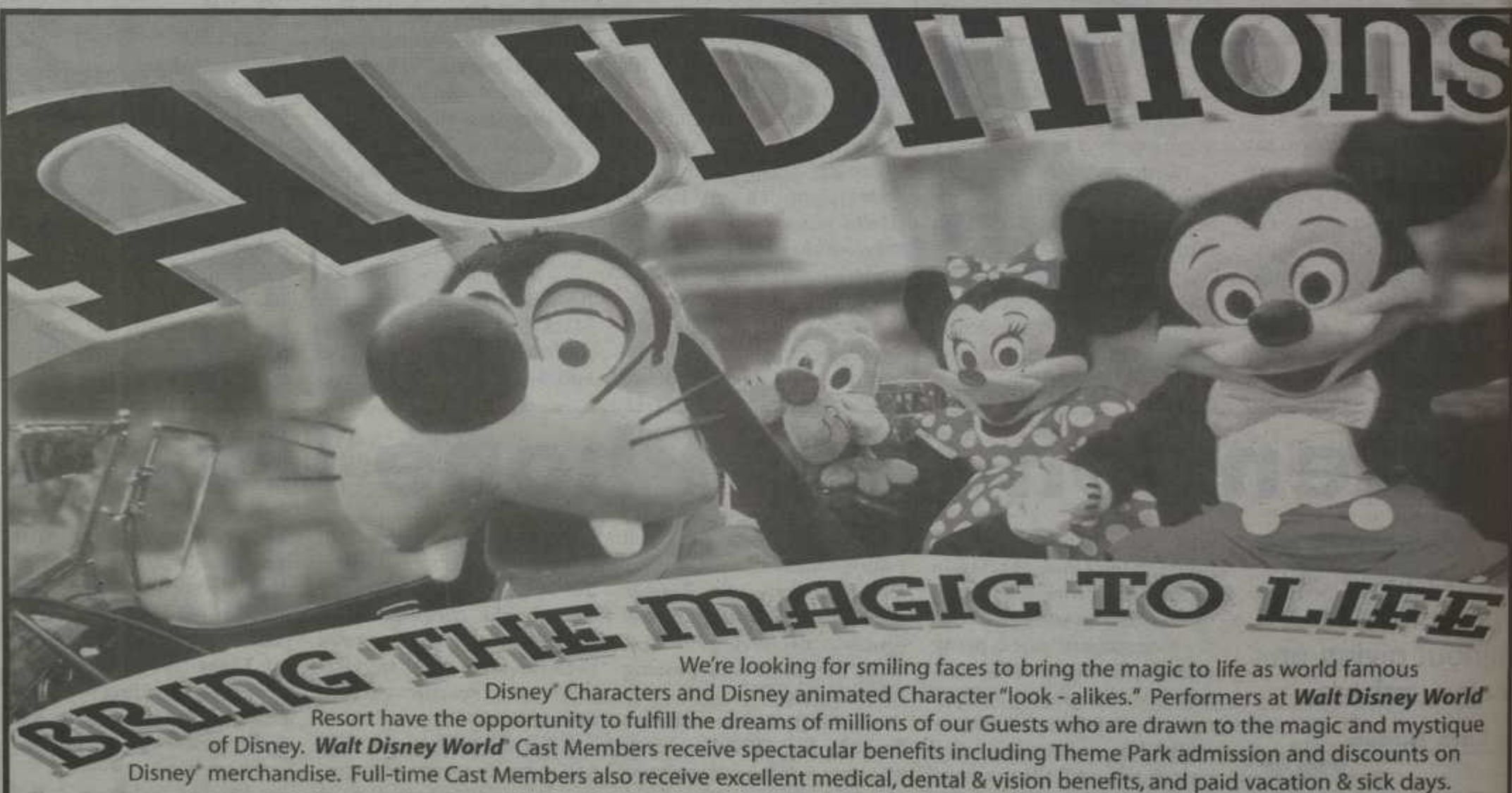
The explanation for this, according to the US government is our duty to defend Korea.

Williams took questions at the end, tackling topics ranging from her opinion on the current Iraqi conflict to the steps for getting involved with a cause.

In her final words, Williams returned to the idea that anyone can make a difference, an empowering and inspiring message transmitted throughout the speech.

When Williams rose to leave, she was greeted by thundering applause.

Williams's visit was held in conjunction with Peace Jam, a national organization that brings Nobel Prize Laureates to college campuses for weekend workshops.



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The Cornell Museum: A Season Of Change

■ The Cornell Fine Arts Museum is about to renovate, and has much in store for everyone.

by **Eliza Osborn**

features editor

The Cornell Fine Arts Museum is in the midst of a massive transformation.

In mid-November the museum closed its doors for a twelve to eighteen month renovation that will prove greatly beneficial to Rollins faculty and students, as well as the rest of the Central Florida community.

"The museum was established in 1941," says Dr. Arthur Blumenthal, the director of the museum, "and there has still never been a permanent gallery dedicated to showing off the outstanding permanent collection of the museum, even though it is one of the oldest and most distinguished in Central Florida. This was the main instigation for the renovation."

Blumenthal also recognizes the opportunities that the museum provides as a resource to Rollins students and faculty.

"This is a teaching museum and a division of the college," he says, "and we had to ask ourselves, 'how can we serve students better?'"

The answer lies in the addition of both an educational gallery and a print study room, where students will be able to work directly with art, both individually and in a classroom setting.

Blumenthal also hopes to open the museum's doors to more of Rollins educational departments.

"We are not designed to serve any one department," he says. "We want to serve all students and faculty; this includes those interested in Philosophy, English, Science, and Languages."

Blumenthal would even like to add classes to the curriculum that are specifically geared to the museum.

"I would like to teach a course of museum studies," he says. "It would be geared towards students interested in directing or curating museums."

In addition to the educational gallery and the print study room, an entirely new building will be built to replace the one that currently houses the museum.

"This building is rather non-descript," says Blumenthal. "It is hard for a lot of people to find."

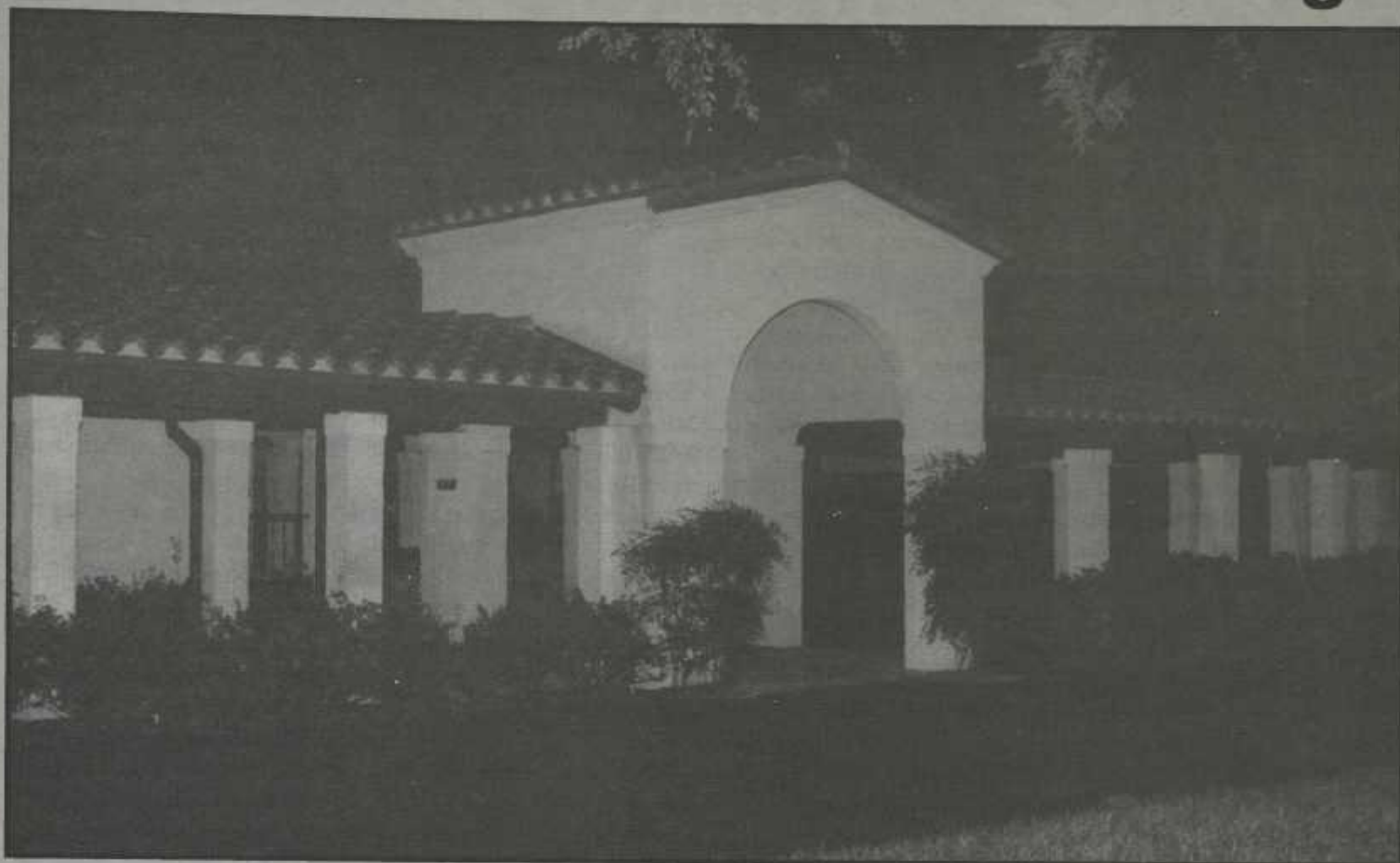


photo / BRAD ABOFF

BEFORE: The current Cornell Fine Arts building has been home to the museum since 1941.

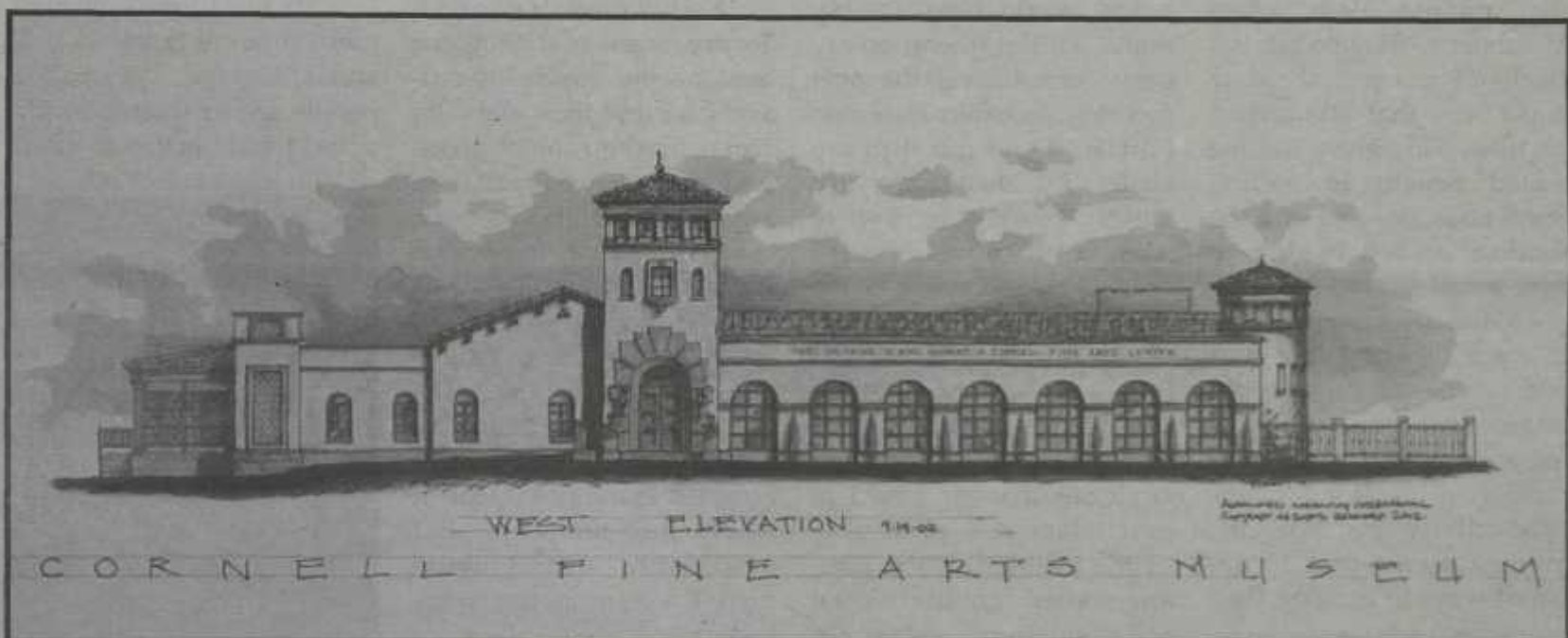


photo / CORNELL FINE ARTS MUSEUM

AFTER: The new building will include a loading dock, six galleries, and a print study room.

Blumenthal believes that the design of the new building will be much more appealing to students.

"It is aesthetically much more interesting, as well as more prominent," he says. "It is easier to spot, which will allow it to be more high-profile. This will help us to serve people better because more people will know where we are."

The new museum will also include six new and larger galleries, including the education gallery. A new loading dock will allow the museum to receive more artwork and will most importantly, provide plenty of space for the permanent collection to be properly and eminently displayed.

With all of these changes taking place, one might assume that, until the reopening of the museum in 2005, Rollins students will have to live without the

many programs that the museum has always provided.

This is far from the truth however. In fact, until February when the artwork is moved into storage facilities and the staff relocates to office space on the first floor of Sutton Place, students will still be able to take advantage of the museum whenever they like.

"Just because our doors are closed," says Blumenthal, "does not mean that no one can use the museum. Any student who calls or knocks can come in. We are also still allowing any class that needs to use the art from the museum to do so."

Blumenthal also stresses the fact that simply because the museum itself is temporarily closing, this does not mean that the programs that have always been offered will cease to exist.

"While the construction crew hammers away," he says "you can continue to look forward to a whole host of museum programs, [like] lectures, films, workshops, courses, and more membership events (trips, talks, etc.)."

The museum has no intention of allowing itself to become distanced from the Rollins community.

"We want to work with the community to integrate ourselves into the lives of the students," says Blumenthal.

The museum is already planning an event to be held in February, when construction is scheduled to begin.

On Thursday, February 12, there will be a student event coordinated by Jane Aherling, '04, to be held from 6 to 8 p.m.

"There will be entertainment, food, drinks, and free stuff," says Blumenthal. "It will allow students not only

to say goodbye to the museum, but to get involved as friends to the museum."

Blumenthal plans to keep students posted on specifics regarding the event.

Blumenthal is most excited about the opportunity of the museum to more effectively showcase its permanent collection.

"The heart of every museum is in its collection," he says. "Our heart has remained in storage."

This will soon change however, and with the many renovations in store at the Cornell Fine Arts Museum, Rollins College and all of Central Florida have much to look forward to.

Any student who wants to take a look at what the museum has to offer before it closes in February should call (407) 646-2526 for more information.

Time: How to Get it on Your Side

■ While time may be in short supply, there are ways for us to gain a little extra.

by **Stephanie Jones**

contributing writer

In a quiet room filled only by the sudden whistles of a recorder, Michelle Ramirez-Matabuena sits studying finger placements and music notation while practicing songs. She greets the professor with a cheerful smile and enthusiastic chatter about being able to play a piece with great efficiency. Matabuena goes back to working on her recorder project that will be due in over a month, while the music professor sets up materials for the class that will begin in approximately 20 minutes.

"I'd rather be somewhere 10 minutes early than two minutes late," says Matabuena, '05, who sets her clocks 15 minutes ahead to make sure that she arrives on time. This gives her the added benefit of getting small tasks finished and the comfort of not having to have someone wait for her.

Matabuena is one person in a sea of many that uses some type of strategy to monitor her time. According to an Internet document published by the Productivity Institute, the average person uses 13 different ways to manage their time effectively.

Time management skills are a set of techniques, or methods, that one uses in order to accomplish short and long-term goals. These methods commonly include making to-do lists, using planners, setting clocks early, or simply goal setting.

In creating a set of time management strategies, a person typically chooses ones that will work for their specific needs and then perfects them until they become part of their daily routine.

Matabuena uses a variety of tools, in addition to clock setting, to manage her busy schedule. Not only is she taking five academic classes, but she also participates in a work-study, Spanish tutoring, and is an active member in both Kappa Delta Pi (a national honor society) and the Latin American Student Association. On top of all this, she works part-time at a Walt Disney World theme park.

"I have a day planner that I keep my plans written in Spanish and in English, because sometimes I'll forget something if I write it in Spanish, so I'll write it in English, and vice versa," she says. "I also leave post-it notes everywhere in my house. I'll put [them] on my cereal that I'll eat the next morning so when I see one I'll take it and put it in my wallet. I'll also use a dry erase board to write reminders to myself, [and] I use my cellphone to leave myself a voicemail."

Behavioral skills such as those exemplified by Matabuena encompass the system of time management strategies that are based in psychological principles. "Time management is actually called environmental self-regulation," says Dr. Giovanni Valiante, a psychologist and professor of education who constantly uses self-regulatory skills to monitor his daily activities. "People have a lot of self-regulatory skills. They set goals, they monitor themselves in relation to those

goals, and they set deadlines."

In an email sent to his students this semester, Valiante recalled that when he was in graduate school the main thing he would do was to cut deadlines in half.

"When a professor gave us a month to do a paper, I had it done in 2 weeks," he says. "As a result, I was rarely left anxious and white-knuckled trying to get something finished at the last minute."

Cori Norton, a senior at Rollins and student of Valiante's, who received the email about time management, uses a calendar to keep track of assignments. "I never wait until the night before a paper is due to write the paper," she says. "I will get it done the weekend before the week that it is due because I have to have it proofread by at least two people and at least five times."

A daily planner or calendar are means of stability for most people, especially students, so that they maintain order in their busy lives. Senior and active member in the Kappa Delta sorority, Elizabeth Garr believes that she would be completely lost without such a device.

"I write down everything in my planner," she says, "and then after I've written down what I've been assigned that day, I'll look at what's due tomorrow and make sure that I write myself a note in the today section."

Despite the fact that most people know ways to manage their time, and use these strategies on a daily basis, they are not fool-proof methods of preventing procrastination. Even though Michelle Ramirez-Matabuena uses a detailed

system of organizing, she still manages to put off tasks.

"When I do procrastinate, I plan how I'm going to do so," she says. "I make out a little schedule and say from this time to this time I'm going to be doing this."

Luckily for the procrastinators of the world, doing so does not mean that one is completely unable to manage their time.

"Procrastination is an avoidance behavior [that] a lot of people have," says Valiante. "I think a lot of times, to a degree, it's [about] immediate gratification... and delaying not necessarily punishment, but something really unpleasant like the writing of a paper, although people typically enjoy it once they're finally into it."

Procrastinators are often labeled as lazy or unmotivated, but in actuality it is a lack of momentum to do certain undesirable tasks.

"It's not a problem about motivation as much as it is about inertia. Very often people are motivated to [do a task] but they just don't

have the skills or the self-regulatory strategies to achieve their goals."

For those who do not already possess the strategies to manage their time effectively, there are a great number of local resources available to help people become better organizers. Resources such as the Internet and the Personal Counseling Center located on the bottom level of McKean Hall have online pamphlets and videos to aid those who wish to learn these strategies.

"Especially around this time of the semester with finals, getting ready for graduation, I feel that I have a lot to do," Elizabeth Garr says, which is one of the reasons why she maintains her planner. "There's just not enough hours in the day."

As a closing reminder to his students, Valiante advises them to remember and to "reflect on what Ben Franklin meant when he wrote, 'Dost thou love life? Then do not squander time, for that is the stuff life is made of.'"

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Losing Sleep, Counting Sheep

■ Think you can live without sleep? It's harder on the body than you might think.

by **Mark Bartschi**

technology manager

In recent years, the United States has seen a significant increase in concern over sleep deprivation, and not without reason. As of late, increased academic and career obligations have kept adolescents and adults up until all hours of the night. But what are the consequences, if any, of losing shut-eye? How many hours does it take before serious health consequences result? Sleep deprivation is a growing problem because more people are experiencing it without any knowledge of the potential consequences.

If sleep is so important, why do people get so little of it? Oftentimes, academic, career, and social priorities bump sleep down on the list of important things to do on any given day. By the time all the parties have been attended, all the papers have been written, and all the work is done, it is easy to find oneself turning in at some unbelievable hour of the early morning. Most sleep-deprived people do not intentionally develop or understand the health consequences of such a pattern, but it can become a vicious cycle with no apparent escape.

Many factors can contribute to loss of sleep. Use of caffeine, alcohol, or nicotine during the day can interfere with one's normal sleep cycle. More commonly, however, psychological stressors can lead to a turbulent night's sleep. Stress causes increased tension and arousal of nervous system functions, so going to bed in a high state of stress will usually result in reduced quality sleep. A cool-down or relaxation period before turning in can help alleviate this problem according to Breus book, *Sleep Do's and Don'ts*.

Built into human physiology is a phenomenon called the circadian rhythm. It functions as a "body clock," maintaining a 24-hour cycle of body activity. The circadian rhythm works best when it can operate on a pattern. If the pattern is broken or altered too frequently, quality and quantity of sleep can suffer tremendously.

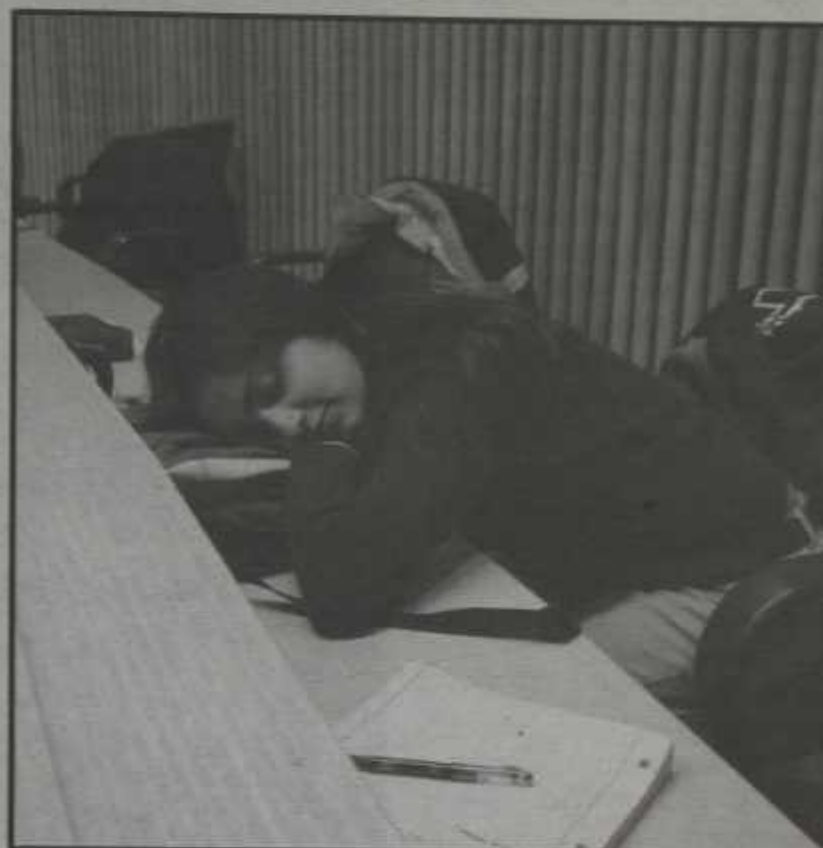


photo / CORNELLEDU

POOR SLEEPING PATTERNS: Low academic performance is just one side effect from a lack of sleep.

Most people believe that the worst thing that can happen as a result of lost sleep is a drowsy feeling the next day. This is only the tip of the iceberg, however. Decreased alertness carries with it a plethora of short-term side effects, including memory degradation, reduced cognitive ability, and increased risk of occupational or vehicular injury. Just 90 minutes of lost sleep can result in a reduction in daytime alertness of 32 percent. Drowsy driving can be nearly as dangerous as drunk driving, since drowsiness has many of the same effects as alcohol on the body's reflexes and alertness.

The National Highway Traffic Safety Administration produced numbers estimating that drowsy driving causes at least 100,000 crashes, 71,000 injuries, and 1,550 fatalities every year.

Adolescents are often the worst offenders when it comes to unhealthy sleep patterns, and they are the group that needs the most sleep. Teens can sleep for up to 9.25 hours on a regular basis, but they need at least 8.25 hours in order to function properly. Any less can lead to mood swings and emotional difficulties. Scientists speculate that much of behavior attributed to Attention Deficit Disorder (ADD) may actually be the result of too little sleep. Contrary to popular belief, those in their mid or late teens need more sleep than younger adolescents. Research shows that of the 20 percent of high school students that tend to fall asleep in class, more of them are in the older age group.

When Minnesota high schools changed the start of classes from 7:30 a.m. to 8:30 a.m., administrators noticed improved academic performance, a reduction in discipline problems, and a decrease in illness.

While the short-term consequences can be dangerous or fatal on occasion, the long-term consequences of sleep deprivation can often be extremely deleterious to one's health. Untreated sleep disorders are linked to high blood pressure, heart attack, strokes, obesity, depression, and mental impairment. Ultimately, the goal of those seeking to improve their sleep patterns is to get the quantity and quality of sleep that they need. The following suggestions may help: beds are for sleeping. Those who associate the bed with TV-watching, eating, or working may find it difficult to shut down for the night there.

A comfortable room temperature is essential to quality sleep. Temperatures in excess of 75 degrees or below 54 degrees can disrupt a good night's sleep.

Drinking fluids less than a few hours before bedtime may result in more bathroom runs.

Contrary to popular belief, naps are usually a bad idea for grown adults. They can disrupt the body's cycle and cause problems getting to sleep when it's really time to turn in for the night.

Bright lights can make it difficult to get back to sleep when one does have to get up at night. Night-lights are a better choice.

Having a smoke before bed may feel relaxing, but it actually introduces the stim-

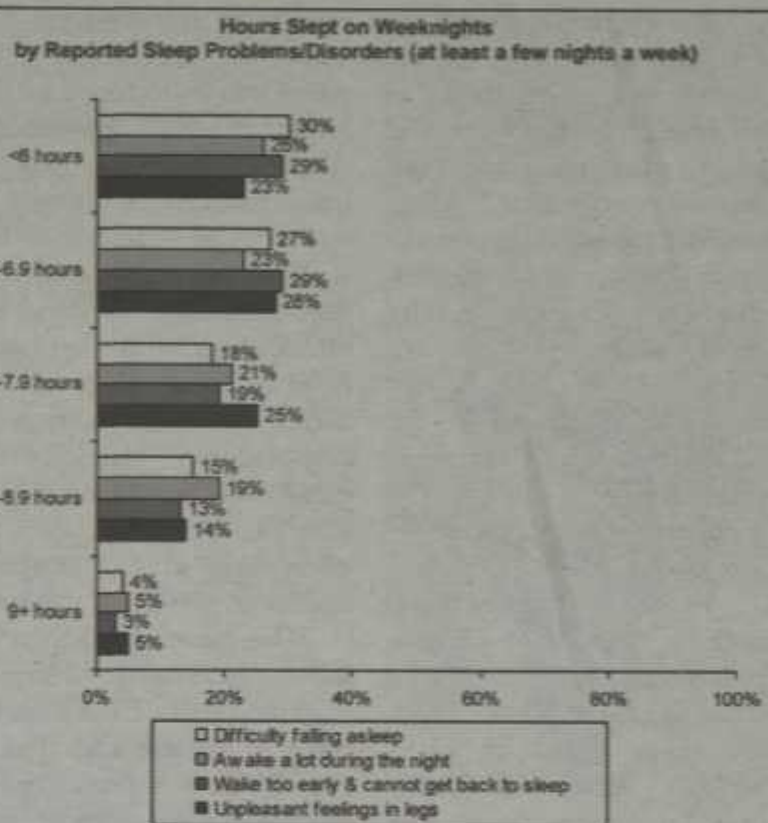


photo / NATIONAL SLEEP FOUNDATION

HOW MUCH SLEEP ARE YOU GETTING?: You are not the only one not getting enough quality sleep.

ulant nicotine into the blood stream, which can impair quality sleep.

Caffeine has the same effect and is found in coffee, soda, tea, chocolate, and some medications. It is usually best to avoid caffeine consumption within four hours of bedtime, but cutting back too quickly can cause withdrawal.

Alcohol, in theory, should have the opposite effect since it is a depressant. This is true, but the metabolic adjustments made by the body to clear alcohol can be just as disruptive after one has already fallen asleep.

Food can have mixed results. A light snack, especially one that includes sleep-inducing amino acids such as milk, can be helpful. A full meal, however, will activate the digestive system, causing more problems than it solves.

Exercise is also a mixed bag. While it does expend excess energy, it can arouse the cardiovascular system and muscles; therefore, it is best not to try an extensive workout too close to bedtime.

Pets can cause allergic reactions or simply squirm around on the bed, causing sleep disruptions; consequently, it may be better for them to sleep on the floor.

Of course, it is important to remember that just because a stimulus fails to wake a person up does not mean that it is not disrupting sleep. Extreme temperatures, metabolic activity, and other agitators do not always wake a person, but they can still impair a person's ability to reach and stay in the deepest levels of sleep where the most good is done.

All these tips may be helpful, but first, a conscious will is required to get the necessary amount of sleep. This boils down to a matter of priorities. Organizing one's life so that high-quality sleep is a priority is well worth the effort. The Better Sleep Council offers this advice: give yourself "permission" to go to bed. As hard as it may be to put away your "to do" list, make sleep a priority. You'll thank yourself in the morning.

Unwind early in the evening. Finish chores and run errands early in the evening so you can clear your mind and relax before bedtime.

Keep regular hours. Go to bed around the same time each night and wake up close to the same time each morning to keep your biological clock in check.

A healthy sleep pattern not only protects the body from the aforementioned dangers, it also provides immeasurable benefits to the body, such as immune system enhancement, energy replacement, weight control, and even learning ability. While there is no established connection between sleep and the ability to recall facts, research has proven that motor skills are enhanced by sleeping. Subjects who were taught new dance routines or even basic finger-tapping exercises showed consistently better performance after a night of sleep. Reasoning and decision-making are also enhanced by the neocortex's extra time to process information during sleep. This makes the idea of "sleeping on it" a valid means of finding answers to difficult questions.

Pulitzer Prize Winner Albee Visits Campus

CONTINUED FROM PAGE 1

During the luncheon, the three-time Pulitzer Prize winner shared his thoughts on being a playwright and what a playwright does. "All serious playwrights," Albee stated, "are holding a mirror up to people and saying look this is how you behave, why don't you change?"

Albee also railed against trends of selling out for the sake of becoming a commercial success. "Change the audience, not the type of theatre you do."

For those afraid of being nothing more than obscure playwrights, Albee offered some degree of hope. "There are three types of playwrights," Albee said. "Lousy ones, mediocre ones, and good ones. The mediocre ones tend to be the most successful."

Albee showed a keen ability to mix humor with insight when he offered various bits of advice for young playwrights trying to make it in the theatre world. "Have the climax somewhat near the end...Have your plays done in a cold theatre...Have your plays done in the morning, because people can't hear in the evenings after life has taken its toll...You should try to do more than you can; Always try to fail."

After the luncheon, which lasted over double the planned hour, Albee took a brief tour of the museum while an anxious audience gathered in the Annie Russell theatre. Around 3:15 in the afternoon, Albee and a

panel of three Rollins faculty members gathered on the stage on the Annie. The panel was introduced by Dr. Nassif, who introduced Albee by reading from a quote from Albee himself, in which Albee describes his work. "An examination of the American Scene, an attack on substitution of artificial for real values in our society, a condemnation of complacency, cruelty, and emasculation and vacuity, a stand against the fiction that everything in this slipping land of ours is peachy-keen."

The panel onstage with Albee included Thomas Oulette, chair of the department of theatre and dance, Peg O'Keef, a professor in the theatre department and director of the two Albee works being produced at Rollins, and Connie May Fowler, a professor in the English department and a noted novelist. The discussion started with a series of questions directed at Albee by the other panelist. The most memorable moment of this forum came when professor Oulette inquired if Albee had purchased the new Brittany Spears record, to which Albee responded, "No, but I hear she is for sale."

Albee's Brittany Spears quip was par for Albee's visit. During the luncheon there were several knocks at the door, which Albee attributed to, "Republican Thought Police."

As many students who attend the master class noted, "He [Albee] is what

you expect. If you read his work you expect a guy with a slightly acidic tongue and a sense of humor and Albee didn't disappoint."

Albee's visit to Rollins did not go off without a snag. On Saturday afternoon, Albee attended the 2 p.m. showing of his two plays, performed by Rollins students in the Annie. Albee's response was less than stellar. Parties who wish to remain anonymous reported that Albee's response included that the production was an "abomination of theatre."

Peg O'Keef, who directed the two plays, offered a "no comment," complete with quote mark finger motions, in response to Albee's critique. "As far as his [Albee's] reaction to our productions of his work," Thomas Ouellette offered, "I'll let his remarks speak for themselves, just as I am happy to have Professor O'Keef's work speak for itself."

This was not Albee's first visit to Rollins. During the year 2000, Albee was invited to Rollins and was given an honorary degree from Rollins. Albee's awards also include three Pulitzer Prizes

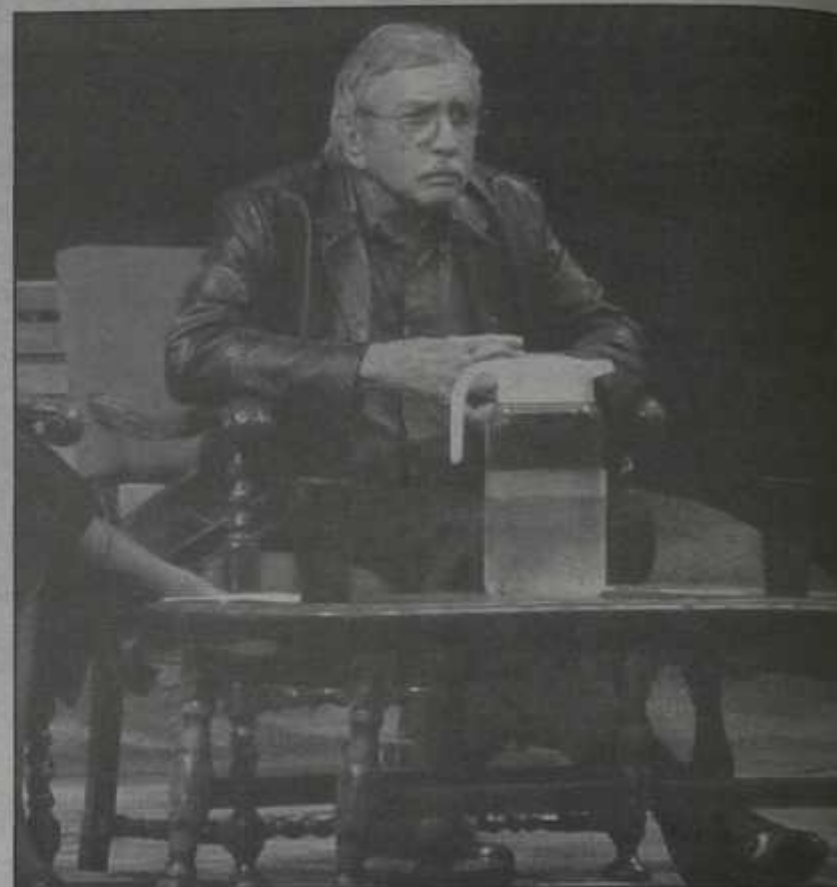


photo / ROLLINS THEATRE DEPARTMENT

WATCHING, LISTENING, AND LEARNING: Award winning playwright Edward Albee offers his insight into the creative arts.

for his plays *A Delicate Balance*, *Seascape*, and *Three Tall Women*. However, he is best known for his 1962 play *Who's Afraid of Virginia Woolf?*, which was nominated for a Pulitzer and created controversy when it was not awarded the prize. On an interesting side note, Albee explained that the title Virginia Woolf came from something he'd seen written

on a mirror in a bar in New York.

Currently Albee is working on a play called *Home Life*, which focuses on the character Peter from Albee's *The Zoo Story*. *Home Life* is intended to serve as a prequel to *The Zoo Story* and will depict Peter at home right before he heads to the park and meets Jerry.

Tackling Tests

CONTINUED FROM PAGE 1

healthy alternative. The endorphin boost will give you the extra energy you need to keep on studying.

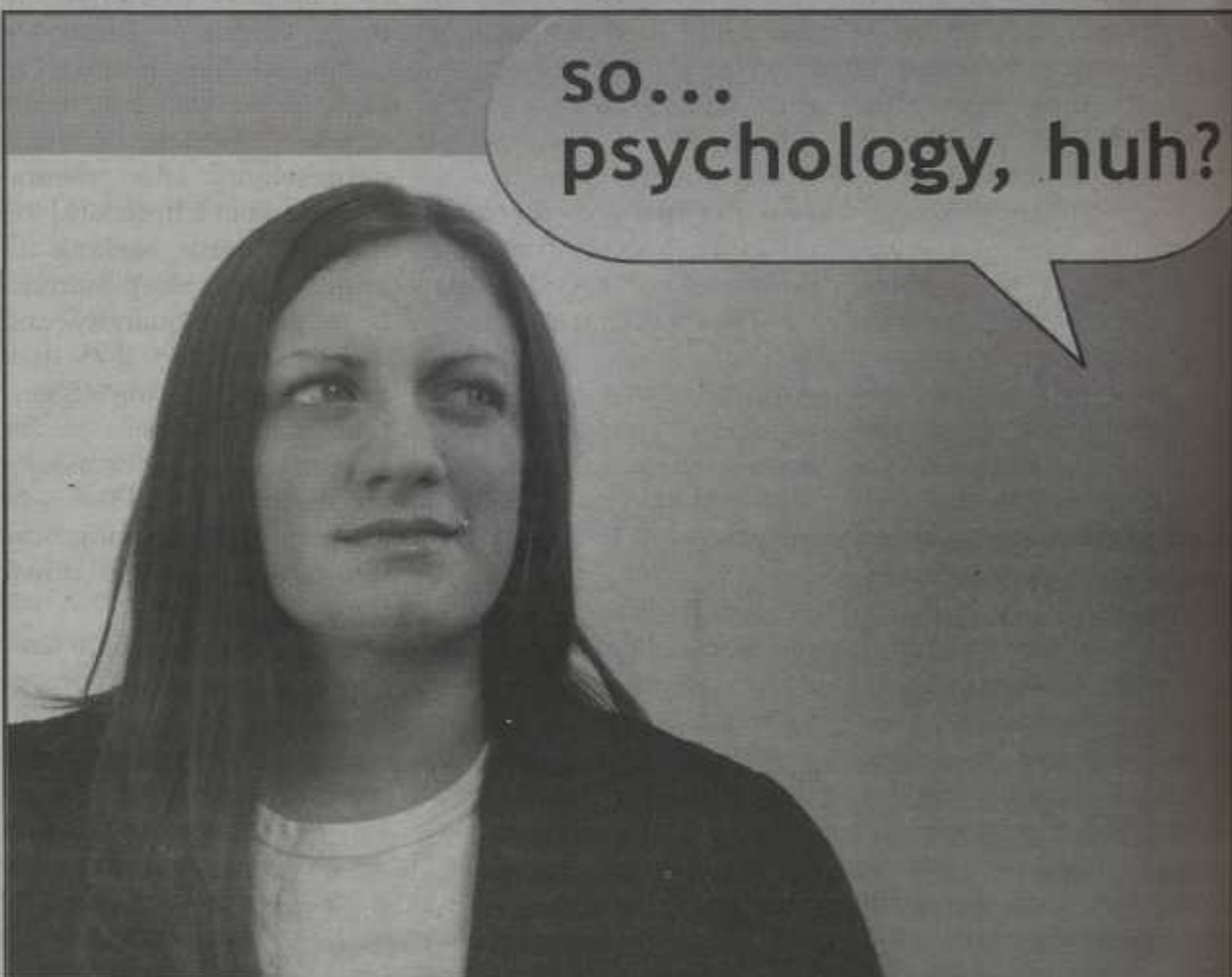
Find a place conducive to studying. Though the library is usually the location of choice, it can get a little crowded this time of year. Look for a secluded place that will be quiet enough for you to concentrate. Study groups can be a beneficial tool too, but Fitchett warns not to try it if it's not your typical method of studying. "Studying in groups can be distracting if you're not used to it."

Study smart. Look at old tests and midterms. It's a good idea to go over any mistakes you made on past exams (chances are those are important points and will

show up again on the final). Also, analyze your professor's grading style and note the grader's comments, it may save you some points on the final.

Prepare well. Make sure to get plenty of sleep the night before the exam and eat something that morning. Expect some anxiety, but try and relax with slow deep breaths. Look over your notes, but don't stress yourself out by trying to cram minutes before your exam.

This is definitely a stressful time for any college student, but hopefully these tips will leave you calm and confident for your finals. If you have further exam concerns, counselors in TJ's are available to guide you to test success. Good luck everyone!



Way to go buddy.

You finally worked up the nerve to talk to that girl from Psych 101, but you still sounded like a doofus with nothing intelligent to say. That's where we come in.



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THE HOT SPOT: AUSTIN COFFEE & FILM

Attention Rollins College students! *The Sandspur* has located Winter Park's very own Friends style coffee house: Austin Coffee & Film, which opened one month ago on Fairbanks Avenue (head left when you leave the front gates of the school).

Manager Laura Freunlich professes one of the reasons that she opened with owner Joe Royall was their shared vision to promote all aspects of the local arts.

Freunlich, who was a theatre major at N.Y.U. understands how difficult it can be for students to get recognition; therefore, she tries to "give people a chance while enjoying kick ass coffee."

This place caters to everyone. One can go to enjoy just about every variety of art, study, make avail of free wireless Internet access for their laptops, watch television, or simply enjoy some of their tantalizing coffee and cuisine in an upbeat atmosphere while surrounded by bright and cheerful décor.

The café is worth a visit, if only to view its eclectic décor. In a couple of weeks, the café will be selling a wide variety of DVD's (hence the name "Coffee and Film"), but until then, one can view the vividly flamboyant furniture and mural adorned walls. One such mural, painted by artist Mindy Matthews, includes the statement, "we are limited only by our imagination;" this seems to sum up the atmosphere of the room.

The furniture is equally impressive. A different artist has designed each chair and table, and so the place looks refreshingly unique. Rollins student Ginele Morales, who is also an employee of the café, says, "It's almost like a refuge...there's no place else like this here."

However, there are better reasons to visit Austin Coffee & Film. They offer free nightly entertainment, and anyone (preferably those with some amount of talent) can participate; the staff even passes a collection hat around for those who perform. The events are as follows:

Monday: Film Night. All amateurs can show their work pertaining to film.

Tuesday (8-11 p.m.): Open Microphone Night. Wednesday (8-11 p.m.): Live (visual) Artist's Night. Thursday (8-11 p.m.): Open Microphone Night hosted by the Hacker's Club. Eventually, Thursday performers will be shown on cable television. Friday and Saturday (8-12 p.m.): Live music of all kinds are performed by local bands. (Come early because the house gets packed.) Sunday (7 p.m.): Writer's group "Nanowrimo." Sunday (8-11 p.m.): Actor's Night, which is directed towards students studying theatre. There is also an Open Mic for poetry, and a "Poetry Slam." This is part of a big competition where the finalists get to compete in New York.

Austin Coffee & Film is located about half a mile down the road. When walking, just think of all the calories one can burn before sampling some homemade items from their tempting menu.

Their bill of fare consists of freshly baked cheesecake with gourmet fruit toppings, cookies, and muffins. In a week or so, they will be supplementing these deserts with some tasty lunch style choices. These will include Panini sandwiches, salads, soup, and even select vegan choices.

The most enticing reason to visit Austin Coffee & Film is for their organic, single-blend, fresh-roasted coffee. This is the only place in Central Florida that possesses a micro-roaster, which means that they can roast coffee beans to the individual's preference. In addition, one can also choose whether to have coffee from Sumatra in Indonesia, Costa Rica, or Nicaragua.

Their coffee selection is comprised of a variety of cold beverages, such as iced teas, coffees, and cappuccinos, as well as frozen coffees. Now that the weather is getting colder, one might prefer their hot lattes, cappuccinos, espressos, hot chocolate, or chai tea. On top of all that, the friendly staff serves the drinks accompanied by a chocolate coin on elegant silver platters. Talk about catering to the consumer!

BY KARINA MCCABE



COFFEE & FILM: Austin is a great place to chill out with a cup of coffee and enjoy some live entertainment or amateur films.

Bowie's Reality

■ Music legend David Bowie's *Reality* marks another worthy album.

by Robert Walker

managing editor

While most elder statesmen of rock have become content to re-issue their past greatness in an endless stream of "Best Of" albums, David Bowie has kept busy re-inventing himself, literally.

Bowie is the true rock chameleon. From the androgynous alien, "Ziggy Stardust," to the clean lined sophisticate, "The Thin White Duke," Bowie has been a bit of everything. No one, with the exception of Madonna, has had more costume changes. Despite his constant reinvention, Bowie has managed to stay relevant, while most rockers from his era have been cast off to the retirement home for aging hipsters.

Reality is Bowie's 28th studio album, excluding countless compilations and live albums. On *Reality*, Bowie once again teamed with producer Tony Visconti, who produced Bowie's last album, the critically hailed *Heathen*. For *Heathen*, Visconti and Bowie drew sonic inspiration from Bowie's 70's era works with Brian Eno on such records as *Low* and *Lodger*. The result was a modern, polished adaptation of those ambient, atmospheric masterpieces. And while *Heathen* wasn't as great as either *Low* or *Lodger*, it was an enjoyable interpretation. For *Reality*, Bowie and Visconti pulled from Bowie's 1979 release *Scary Monsters*; both *Low* and *Scary Monsters* were produced by Visconti.

Anyway, considering that Bowie is a fifty-something-year-old rock veteran, there is a lot of life in this album. On tracks like "New Killer Star" and "Never Get Old," Bowie proves that he still has the pipes to cut loose on a rock number as established on *Scary Monsters*.

The guitar work on *Reality* is more than slightly reminiscent of *Scary Monsters*. This is probably because Visconti added some guitar work to both albums. But don't be mistaken, *Reality* isn't *Scary Monsters* part two, it is its sonic descendant. This is the album that someone who



photo / DAVIDBOWIE.COM

REALITY: With *Reality* Bowie proves he can still rock.

grew up listening to *Scary Monsters* over and over might have arranged, although Bowie made it himself.

The soft moments, like the somewhat self-indulgent, eight plus minute long "Bring Me The Disco King" and "The Loneliest Guy," are the true standout moments of this album. Yes, "Never Get Old" is a great rock song, but these softer bits in fact separate *Reality* from *Scary Monsters*. They are the voice of an aging rock star crooning back at his past self.

Reality won't be identified as one of Bowie's greatest albums (*Earthling* was his last great modern era album), but *Reality* is a good solid front to back record. It won't replace *Scary Monsters* in your disc man, but it'll give you some variation on that theme. If you like Bowie, then go out and snag this one. You'll enjoy it. If you're not sure you like Bowie, then get *Scary Monsters* first. If that pleases the ear, then try giving this a spin.



MOVE OVER MIRACLE ON 34TH STREET...

Baker's Dozen

■ Steve Martin, Bonnie Hunt and Ashton Kutcher headline this fun family film.

by Kim Burdges

entertainment editor

This holiday season there is a new family film invading movie theaters. *Cheaper by the Dozen* is the new entertaining feel good movie of the year. Steve Martin and Bonnie Hunt play Tom and Mary Baker, the loving parents of 12 children, who struggle with growing up and moving to a new city, in this modern day remake of the 1950 original movie by the same name.

Tom and Mary have always wanted a large family, but when both of their career dreams come true (Tom getting his dream football coaching job and Mary's book being published) they struggle to keep the family together and functioning. The movie also has a great supporting cast of child actors, which make up the 12 Baker children including Hillary Duff (Lorraine

Baker), *Smallville's* Tom Whelling (Charlie Baker) and Piper Perabo as the oldest child (Anne Baker). Ashton Kutcher plays Perabo's only child modeling boyfriend, whom all of her young siblings torment in an effort to keep him away from their sister. Kutcher is hilarious playing his stereotypical egotistical self, and he supplies a great foil to Martin's fatherly hijinks.

Comic greats Martin and Hunt steal the show with their own chemistry and great comedic timing. The most appealing quality of *Cheaper by the Dozen* is that it is entertaining for both kids and adults. It also leaves the viewer with a renewed appreciation for families big and small.

For anyone looking to escape their hectic homes and families over the holidays to seek solace in a dark movie theater, *Cheaper by the Dozen* will have you craving a family reunion when it is finished.

Cheaper by the Dozen opens in theaters nationwide on Christmas Day.



photo / HOLLYWOOD.COM

FAMILY BONDING: Join the Baker family in this new entertaining comedy that will surely become a family favorite.



National Lampoon's Christmas Vacation- Kim Burdges
 Nightmare Before Christmas- Matt Moore
 Elf- Caitlin Geoghan
 Emmitt Otter's Jug-Band Christmas- Brian Hernandez
 The Muppet Christmas Carol- Robert Walker
 A Charlie Brown Christmas- Mark Bartschi

Billy's Big Bad Santa

■ Billy Bob Thornton portrays Bad Santa in this hilarious new holiday classic.

by Robert Walker

managing editor

Billy Bob Thornton is best known as the loveable, albeit slow, murderer Carl from the movie *Sling Blade*, and the prison guard who shags Hallie Barry in *Monster's Ball*.

With his portrayal of Willie, a disgruntled shopping mall Santa and thief, Thornton has added another classic character to his resume.

The movie opens with Thornton, in his Santa suit, sitting at a bar. In a voice over, he tells how screwed up his life is. Moments later, we see Santa leaning against the outside of the bar, vomiting; any movie that starts with Santa vomiting on a bar is bound to be good twisted, but good.

Later in the movie, Santa urinates on himself while sitting in his Santa chair at the mall. On one occasion he passes out and is unable to perform his shopping mall Santa duties.

In fact, there are few times in the movie when Santa isn't drinking, having sex, cursing, or some combination of the three; and it is the funniest thing I've seen in a very long time.

The basic premise of the story is that Willie, an angry, drunk, horny shopping mall Santa, played brilliantly by Billy Bob Thornton with his vertically challenged friend Marcus (Tony Cox) infiltrate department stores, crack the safes, and make off with pockets full of cash and a nice collection of merchandise.

The duo gets into the stores by getting jobs as a Santa and his elf. After the first robbery in the movie, Willie takes off to Miami. He drinks up his money, and a year later he and Marcus are back in business. This time they set their sites on Phoenix.

It is in Phoenix that the movie takes an interesting turn. Willie, the degenerate drunk, who poses as Santa and curses at children, befriends a large child with the unfortunate name, Thurman Merman.



photo / HOLLYWOOD.COM

BAD TO THE BONE: Billy Bob Thornton and his partner in Christmas crime, Tony Cox are a hilarious team in *Bad Santa*.

Thurman is the typical tragic character and acts as a catalyst for Willie to find his good side. Thurman is an obese, slow child. His mother has passed away, and his father is in prison, or as Thurman indicates, "exploring the mountains."

He is left in the care of his senile grandmother whose only line is something to the effect of, "I'll make some sandwiches."

Between making love to a fat woman in the "large woman's" dressing room and doing it with a girl who is obsessed with Santa both in his car and a Jacuzzi, Willie finds time to connect with poor Thurman.

The woman explains that she didn't celebrate Christmas as a kid, because her dad is Jewish, so she has a thing for Santa.

Yes, this is a fairly odd movie. One of the most oddly touching moments comes when Willie accepts a handcrafted wooden pickle from Thurman, while wearing his Santa hat and chewing on his girlfriend's panties. This is the type of odd and dark, yet comedic moment that much of the movie is built on.

One of the best scenes occurs when Willie realizes some older "skater" kids have beaten up Thurman. Willie proceeds to find these kids and beat the the living day lights out of them.

Later that day, Willie tells his right hand man, Marcus, that he has turned over a new leaf. "I beat

some kids up," Willie says. "It was for a purpose. It made me feel good about myself."

Despite how screwed up Willie is, in the end, everything turns out hunky dory. That is, an ending that well-suits the film.

Willie is shot by Phoenix police but avoids jail, because everyone agrees shooting an unarmed Santa on Christmas Eve is just plain messed up. Thurman finally stands up to the older boy who has teased him throughout the movie and rides off on his bike, flicking a bird, and sporting a shirt that reads, "S**t happens when you party naked."

While this dark comedy tale may try to offer a moral ending and ultimately reveal the good in everyone, even the most drunken, horny, safe-busting, shopping mall Santa.

A word of warning, this isn't a film for the entire family, nor is it a heartwarming Christmas story. It is a drunken story of redemption or something like that, with more cursing than an entire season of *The Osbournes* (without the bleeps). But this is one of the funniest holiday films since *Christmas Vacation*, which undeniably is the funniest holiday movie ever. So go see it, and laugh your rear off! Oh, and have a Merry Christmas.

Have a Merry Musical Holiday

So, you've been too busy with exams and, (ahem), socializing, to get gifts for your nearest and dearest. Never fear, we've got you covered. These gifts are fool-proof, so just read on to see what to get for loved ones this holiday season.

Your Best Friend

Live 2003 (CD & DVD)
-Coldplay (Capitol)
List Price: \$24.98



*Photo: David Laundy for Rolling Stone

Enhance your sing-along sessions as you wind down after a show by blasting the live CD in the car—much like listening to the studio CDs, but with 10,000 screaming Australians in the background. The DVD makes for an ambient background at any holiday get-together with amazing quality. On the CD and DVD you get two previously unreleased tracks, "One I Love," and "Moses." The latter makes the \$20 bucks worth it alone, and no, I'm not kidding.

Your Hyper-Active Little Sister

A Charlie Brown Christmas: The Original Sound Track Recording Of The CBS Television Special [Soundtrack]
-Vince Guiraldi Trio (Fantasy)
List Price: \$15.98

Listening to this will give anyone the rush of revisiting their childhood. Remember sitting wide-eyed in front of the television, watching your favorite Christmas special, munching on sugar cookies and sipping cocoa. Little sis will be funky moon-walk dancin' with the best of the



Peanuts gang and grooving to Guiraldi's upbeat piano jazz. There's enough soothing tracks as well so she can sit down and stop talking about Hillary Duff for a few minutes. If you don't get it for her, it makes the perfect addition to any holiday music freak's collection.

Your Cubicle-Dwelling Older Brother

In Time: The Best of R.E.M. 1988-2003 (Special Edition)
-R.E.M. (Warner Brothers)
List Price: \$24.98

Help bro remember the good old days with the first non-import, "greatest hits," R.E.M. album. This has two discs, choc full o' alt pop goodness, with all the singles from the past 15 years. The album also includes movie soundtrack hits. There are 33 songs total, singles on the first, and rarities on the second. What more could he ask for? Perhaps a 40 page booklet and poster. (If his overbearing girlfriend lets



him put up the poster.)

For Your Mom

How The West Was Won [Live]
-Led Zeppelin (Atlantic)
List Price: \$26.98

These live tracks are from the legendary live, Long Beach/LA shows of 1972. These are considered to be the peak of Zeppelin's creative and performing

prowess. If you've seen Mom's Zeppelin collection while flipping through your parent's old records, she'll love this. 18 tracks that'll bring her, "Over The Hills And Far Away," back to her



"Dancing Days."

For Your Dad

The Essential Bruce Springsteen [Limited Edition] [Original Recording Remastered]
-Bruce Springsteen (Sony)
List Price: \$24.98

If dear ol' Dad is a Springsteen fan, he's sure to appreciate this three-disc set. The first disc covers his career before he was "The Boss," and the second encompasses the 16 years between 1984's, *Born In The USA*, and 2002's post-9/11 concept album, *The Rising*. The third disc is stuff he may not have in his immediate musical memory bank, but will appreciate nonetheless.



WORD ON THE STREET

by Heather Gennaccaro

word on the street

We've all received them — those less-than-perfect holiday gifts that rank right up there with fruitcake. Not all bad comes from those gifts, though; we also receive fond memories to keep us laughing for years. So what are some of Rollins students' worst gifts?



"A plastic microwave oven instead of an easy bake."

-Kristina Fuller, '05

"Coal."

-Cordelia Wascher, '06,
Justine Giordano, '06,
Emer Dalton, '07, Bit
Humphrey, '07, Emily
Kaitz, '06



"My grandma used to buy me pilgrim dresses, like 1930s looking. Seniors Rule!"

-Missy Curran, '04

"A wooden pig eyeglass holder."

-Emy Cardoza, '06



"Bathtub suction cups shaped like fish."

-Erin Neikirk, '06

"Hillbilly toilet paper."

-Chance Chase, '07



BY CATHY MCCARTHY

Pledge Allegiance To The Frat

CHECK OUT WHAT THE FRATERNITIES AT ROLLINS HAVE BEEN UP TO THIS SEMESTER.

Tau Kappa Epsilon

The brothers of Tau Kappa Epsilon have enjoyed a very successful semester. TKE placed third overall in Greek Week and took first place in the coveted boat race with Chi-Omega. The brothers have completed numerous community service activities and continued to excel academically. TKE had two large registered parties and an alumni party this semester that were also huge successes. The brothers are working on a strong rush schedule and are looking forward to recruiting a great pledge class in the spring. The brothers will return from holiday break ready to tackle a new semester and continue with their noted social and academic strengths.

Chi Psi

Chi Psi has recently introduced seven new committees, consisting of the program committee, social committee, risk management committee, scholarship chairman, lodge improvement committee, an assistant treasurer, and a formal committee in an attempt to distribute responsibilities within the brotherhood. They created an organizational chart to illustrate how our new committees should interact with the brotherhood and organizations on campus, and standardized all our meetings. At Chi Psi we've revitalized our chapter lounge by painting the walls our colors, installing a vinyl floor and carpeting, and purchasing a new T.V. and bar area. We engaged in a risk management program for our house to create an awareness of our actions in and outside the chapter. We engaged in an Alpha Management Retreat (AMR), which is a leadership program administered by our central office to promote community and leadership within and outside the chapter. We attended a time management seminar, administered by the Thomas P. Johnson Student Center on campus, to help our brothers with managing studies and their daily activities. Chi Psi hosted a barbeque, where over 25 faculty members attended along with presidents from other student organizations on campus. We engaged in a Job Search



Workshop program, administered by Mr. Robert Windsor from the central office, a prominent businessman, who advised our graduating seniors with the job search process, constructing their resumes, and job interviewing. Chi Psi took part in Halloween Howl, a free program directed towards the children of Winter Park consisting of games, candy, and haunted houses. This year also marked the release of our first ever edition of *The Lodger*. Chi Psi also contributed a check for \$1,000 dollars to the Conductive Education centers of Florida, Inc., a charitable organization founded by two Rollins Alumni and co-sponsored a 3 on 3-charity basketball tournament, with money raised for multiple sclerosis. On November 24 we are participating in the eighth annual Stories of Light Campaign Kick-off Party. On December fifth, we will be donating donations collected over the semester to Make-A-Wish foundation on 101.1 WJRR radio station. We are looking forward to the upcoming semester when the Greek community holds spring recruitment.

Alpha Tau Omega

ATO has enjoyed a great first semester, and we are looking forward to an even better finish to the year. To keep with tradition, ATO has been heavily involved in the community. It is always a priority at ATO to be consistently contributing to charities around Winter Park. To give the youth of Winter Park a thrill, we once again participated in Halloween Howl. Like past years, our

house has transformed into the scariest haunted house in Winter Park. In early November, ATO hosted the second annual 3-on-3 basketball tournament. As expected, it was a great time and also helped out a local charity. ATO also contributed to the Nappy Roots concert by providing a firewall of security at the event.

ATO salutes the men's soccer team for an outstanding year. Taking second in the conference tournament, the brothers of ATO were supporting the team all season. With seven ATOs on the soccer team, our chapter was there every gut-wrenching step along the way to an outstanding season. ATO is also proud of the Rollins water-ski program after another amazing year. Three brothers are a part of the National Championship winning water-ski team. Our chapter is amazed at the consistently outstanding performances the water-skiers turn in.

At ATO, we are looking forward to a second semester packed with social events. With the Graffiti party being the highlight of the first semester, we will keep the momentum heading toward a strong finish to the year. The ATO Formal is just around the corner, and the fabled Swap party is lurking in the second semester plans.

With a heavy involvement in the community, an outstanding presence in Rollins athletics, and a second semester packed with social events, ATO is proud to reflect upon a first semester past and excited to think

about what awaits in the second half of the year...

Phi Delta Theta

The Fall 2003 campaign has been another successful one for the brothers of Phi Delta Theta, who have returned to Rex Beach Hall after a two year stay in Chase Hall. Phi Delta Theta was founded on the three cardinal principles of friendship, sound learning, and moral rectitude, and the chapter has been seeking to uphold the principles. (Even



during the Yankees-Red Sox series.)

The brothers of Phi Delta Theta pride themselves on giving back to the community, as evidenced by the community service awards they have won each of the past two years. In order to make it a "three-peat" as well as continue the high standard set by those who came before them, the brothers will aid the Salvation Army this winter to help those less fortunate during the holiday season. Phi Delta will also be taking part in the Relay for

Life Walk for the Cure this spring at Winter Park High School.

The brothers of Phi Delta Theta are also active in intramurals, having successful seasons in both flag football and kickball thus far. In both cases though, the good guys came up just short of the title, falling in the semifinals in football and the finals in kickball. The brothers competed hard and had a heck of a time doing it.

As the semester draws to a close, the brothers are looking forward to their annual Winter Formal, which will be held on December sixth on a nearby riverboat and mark the conclusion of another successful semester for Phi Delta Theta.

X-Club

The X-Club had another busy semester this fall. Thanks to their gracious alumni, the brothers came back to a newly furnished house: black leather couches, a big screen TV, a pool table, and more. They then got the year started off right by throwing the Big Kahuna party at the end of Welcome Week. They continue to work with the Central

Florida Blood Bank and had two of their busiest blood drives ever. This semester's Date Night was held at the Downtown Disney House of Blues, with an after party back home at Harmon Hall. In addition, the Clubbers are eagerly anticipating the spring semester. They have already begun to plan fundraisers for defending their Relay for Life title and are expecting a large alumni reunion in April as the X-Club celebrates its 75th anniversary.

**STORIES PROVIDED BY
INDIVIDUAL FRATERNITIES**

Sorority Life, Rollins Style

Check Out Everything Rollins' Sorority Girls Have Been Up To This Semester

Rollins Panhellenic Association has made great strides this year, implementing some changes and bettering traditions. It has become a SAFAC organization this year, meaning it is now a campus-recognized organization. Still to come for Panhellenic is Spring Formal Recruitment for the sororities, which will begin January 25, 2004, with recruitment orientation. If you have not registered or want more information, email Sarah Sedberry, '04, Panhellenic Council's recruitment chair, at ssedberry@rollins.edu.

Chi Upsilon Sigma

You can be sure that when the sisters of Chi Upsilon Sigma were recognized on September 5, 2002, at Rollins College, there was a need for some celebration. Now, in their second year on campus, the founding sisters of the Alpha Gamma chapter of Chi Upsilon Sigma (CUS) wanted to maintain this state of elation and continue making an impact on Rollins College campus. However, because four of the seven founding sisters graduated last spring, this was going to pose a challenge for the remaining three sisters. Not to worry. These three women, which include Ginnelle Morales, '04, Giselle Morales, '04, and Manuela Maculet, '05, were willing to face the challenges ahead of them. In fact the sisters of Chi Upsilon Sigma (also known as the "Cussies") have, indeed, been tenacious with their involvement on campus! Just this year, these women have put on fabulous activities, such as their WEEK OF WISDOM, a week entirely devoted to themed programs.

This year, the week included the following: Mon-Relaxation Session, which taught people how to cope with stress, Tues-Unity Table, an arts and crafts activity which included over 50 Rollins students, Wed-Meet the Cussies, in which a table was displayed in front of the campus center, and Fri-CUS Pool Party. A week later, the Cussies helped co-sponsor LASA's movie night, featuring "REAL WOMEN HAVE CURVES." In addition to all of these great events, CUS also participated in this year's Greek Week, in which they were paired



up with the Chi Omega sorority for all events. With the help of the wonderful sisters of Chi Omega, the CUS/Chi-O team received fourth place over all! Undeniably, fourth is a place worthy of praise and celebration.

Altogether, CUS was deeply proud to be a part of such a great tradition at Rollins. For those of you looking forward to some CUS events, brace yourself, because next semester, the Cussies are bringing in more exciting and memorable events for the Rollins College community. If you have any questions regarding the Alpha Gamma chapter at Rollins College or about Chi Upsilon Sigma sorority in general, please contact Morales at ext. 1986 or visit our national website at www.justbeCUS.org.

Kappa Delta

In September Kappa Delta celebrated National Women's Friendship Day (NWFD) with a weekend's worth of activities. As part of their involvement with the Girl Scouts of America, one of their national philanthropic organizations, the chapter invited four Girl Scouts troops from the local Winter Park community to sing songs, make friendship themed crafts, and eat ice cream with the sisters. The chapter also invited alumni from the local area to celebrate among the sisterhood at the annual Sundae Sunday event. Other philanthropies that the chapter has hosted included: a Teddy Bear Drive for the children of Iraq, cooking a spaghetti dinner for over 40 residents at the Ronald McDonald House, and a clothing drive for Mustard Seed of Central Florida.

The sisters of Kappa Delta proudly took second

place with the invention of the delicious tropical drink, KD Splash, at the annual Mocktail Fiesta. In addition, the chapter decorated the house and manned a game booth at the annual Halloween Howl event for the Winter Park community. They will also be giving a gift and hosting a craft table for this year's Holiday Funfest in December.

But don't forget all the fun these girls are having too! Kappa Delta successfully co-sponsored the cos-



tumed Masquerade Ball at Roxy's, had a great time at the Kidnapped semi-formal, which was at The Lounge in downtown Orlando, and they will be having their formal at the end of November at the Central City Market with lots of food and good music in the company of their sisters and dates.

Alpha Omicron Pi

Fall 2003 has been a wonderful semester for our chapter, with campus involvement and sisterhood activities. We are proud to be a part of the Rollins Greek community and support each group as best we can. This summer our house (Cross Hall) underwent extensive renovations including new additions to our chapter room. We have received a great amount of support from our national

headquarters, helping us grow from our colony status, and leaving us with great ideas for the upcoming year. *Allure* magazine also paid us a visit, giving the sisters makeovers, manicures and fun new hairstyles.

AOT's fall retreat was a huge success again this year, continuing to build our sisterhood. We had a great turn out for our first annual mobster social "Guns and Garters." Building sisterhood and holding socials is not where AOT ends. We had a great time giving back to the community at Halloween Howl as well as with our Philanthropy event collaboration with Bloomingdale's. Look forward to more AOT events in the upcoming semester.

Non Compis Mentis

Non Compis Mentis, also known as NCM, was founded in 1972. We are currently the oldest local sorority in the state of Florida. We pride ourselves on our individuality and tight connec-

extremely involved in campus life and we have members involved in various groups such as ACE, Panhellenic association, Rollins College Choir, Flag Football, Rollins Cheerleading, SGA, Fern Creek Mentoring Program, intramurals, ROC, physics club, LEAD, psychology club and Jazz Ensemble. As well as being involved with various philanthropies and campus wide groups, NCM stays busy with the many social events given each year including Red Light, Green Light, Masquerade Ball, Winter Formal, Crush Party, Pink Flamingo, Spring Formal, and numerous wine tastings. Non Compis Mentis is something you have to experience to understand. We hope that you will be able to join us at one of our many upcoming events to truly understand what we are all about.

Kappa Kappa Gamma

This year in Kappa Kappa Gamma, we have had a great time participating in many different activities. To begin with, the girls of Kappa had a great time setting up a table at the Halloween Howl, entertaining the children of Winter Park. The girls of Kappa were also very excited to be able to experience a day of beauty that our social chair organized for us. We also had our Founders day, where we had a luncheon with the Kappa Kappa Gamma sisters from University of Central Florida. We had an open house, which turned out to be a success. The turn out was great, and it was really exciting to meet all the new girls. We recently had our formal, which was held at the Citrus Club in the Suntrust building in Downtown Orlando. It turned out to be a huge success. As we head into the spring, we look forward to recruitment and meeting all the new girls. So far, we have had an exciting and fun filled start to the year. The Kappa girls this year have put a lot of effort into making Kappa Kappa Gamma a great sorority. Hopefully the rest of the year will continue to go as smoothly as the beginning.

**STORIES PROVIDED BY
INDIVIDUAL SORORITIES**

America's Wait And See Initiative

■ Why the U.S. is struggling to win peace in Iraq.

by **Will Gibbons**

contributing writer

On May 1, 2003, President George W. Bush declared that major combat operations were over in Iraq, while a "Mission Accomplished" banner hung in the background. Now, that banner is under scrutiny, since more American soldiers have died since the war was "declared over," than during the war itself. The mission of taking Saddam Hussein out of power took little more than a month, thanks to the strength and intelligence of the United States military. However, the rebuilding of Iraq is well into its seventh month, with precious few tangible signs of progress, which begs the question: Why is the United States struggling to win the peace with Iraq?

The most obvious answer is a lack of preparation. When the United States decided to invade Iraq, the Army did not fly to the Middle East and wing it from there. Such action

would lead to disaster and cause unnecessary casualties. Unfortunately, the Bush administration seems to be making the reconstruction plan up as they go along. A reconstruction plan needs a budget and a timetable, just as an invasion requires the proper organization and planning. President Bush has yet to present any sort of specific plan to the American people, instead opting to repeatedly say that his administration plans to see the job through. While that's a fine sentiment, the lack of a defined plan leads to the unnecessary amount of money being spent and, more importantly, the rising death toll.

The lack of international support is also a major problem in the mission to rebuild Iraq. While we obviously did not need the United Nations' help to win the war, the Bush administration is starting to realize how desperately we need help from our international partners to win the peace. Rebuilding a country is too tremendous a burden to place on one country, as we are seeing by the amount of American money, effort, and lives being spent in Iraq.

The rebuilding effort would not be so taxing if the responsibilities were divided among many countries. Unfortunately, the Bush administration's decision to invade Iraq without the United Nations' support has alienated our would-be allies, many of whom are now unwilling to aid us when we need them the most. Apologies and humble pie are now in order, so that fellow members of the United Nations will pledge troops and money for Iraq. So far, however, the Bush administration has failed to reach out to our potential allies for help.

Rome was not built in a day, of course, and after World War II it took several years to rebuild both Germany and Japan. The Bush administration is stressing patience with the rebuilding effort, and understandably so. The American people should understand that rebuilding a country takes time, whether it be in Germany and Japan or Afghanistan and Iraq. However, the lack of any timetable is frustrating, and so is the limiting budget. When the administration

says something to the effect of "We'll spend however much money and time is needed," it makes me wonder if anyone in charge has any idea of how long reconstruction will take or how much money will be required.

One could counter that not delivering a plan to the American people gives the administration some flexibility to account for possible changes in the landscape. The problem with that sort of thinking is that it allows a "blank check" mentality, which means that as long as the mission in Iraq is accomplished, it does not matter how many lives are lost or how much money it costs. If someone objects to such strong language, they should consider that President Bush recently received \$87 billion from

Congress for Iraq and that nearly 200 Americans have died since May 1. Who's to say that those numbers won't double or triple in the next year and beyond?

I did not support the invasion of Iraq, but what is done is done, and it is imperative that we rebuild Iraq into a viable democracy, because exchanging tyranny for chaos is not beneficial. However, the current wait-and-see "plan" has been and will continue to be ineffective, especially if the United States remains unable to convince more of our allies to make a meaningful contribution. If the Bush administration continues to operate the reconstruction of Iraq in this manner, someone else will be making the decisions beginning in January of 2005.



Defining What Truly Makes A Hero

■ Is all the hype surrounding Jessica Lynch's recognition justified?

by **Robert Walker**

managing editor

I was recently surfing around the Internet, looking for articles about the war in Iraq, and I stumbled across a web site dedicated to Pfc. Jessica Lynch. The web site proclaimed that the 20-year-old Lynch is an American hero; the first hero of operation Iraqi Freedom. Now looking over this web site, which I believe was constructed by Lynch's mother, I couldn't help but wonder, what is a hero? And what is the big deal with Jessica Lynch?

So, I surfed on over to Dictionary.com and got the following definition for hero, "A person noted for feats of courage or nobility of purpose."

Before I even begin, I would like to throw out the disclaimer that I don't want to take anything away from Jessica Lynch or any other member of the armed service.

es. But labeling Lynch a hero is going too far.

Is it courageous to get lost? If so, yours truly and our editor-in-chief, are two of the biggest heroes in Texas history. I say this because we continually made wrong turns during a visit to Dallas, getting ourselves lost, and that is exactly what Lynch and the other members of the 507th Ordnance Maintenance Company did. They took a wrong turn near the town of Nassiriya, literally driving right into enemy hands.

Now, if you believe the Pentagon report, Lynch fought against the enemy forces until she was out of ammunition and was forced to surrender. Of course, none of the other members of the 507th that were captured with Lynch have attested to any such valiant fight. The Pentagon also released reports that, during her valiant fight, Lynch suffered gunshot and knife wounds. No medical record has ever confirmed the existence of gun shot wounds or stab wounds on Lynch's body. So why is Lynch a hero, with an NBC movie based on her story, and a lucrative book

deal? Honestly, I don't know.

I believe it has something to do with the times we are in. At the time of the rescue of the heroic Lynch, which has also been billed as a heroic affair, anti-war sentiment was beginning to swell. And as for that heroic rescue in which Navy Seals and Army Rangers stormed the hospital at Nassiriya and fought against Iraqi forces, well the truth is that Iraq forces had vacated the hospital a day prior. The only resistance that these highly trained forces encountered were nurses who were glad to see Lynch go.

Anyway, back to the anti-war sentiment. Lynch's rescue couldn't have come at a better time. The Bush administration was starting to feel vulnerable. Washington needed something they could pump through the media machine to get Americans to believe in Bush and his little occupation.

Jessica Lynch just happened to drop into their laps. She isn't a hero; she didn't do anything special. In fact, she is a failure. She failed to do her job and got captured — not very heroic. But, she was

young and pretty, and white, so she became the new poster child for the heroic, patriotic Bush America. And for her cooperation, she will get book deals, movie deals, and a super sized military medical disability benefit. Lynch will receive an 80 percent benefit, meanwhile Spc. Shoshana Johnson, who was captured with Lynch, will only receive a 30 percent benefit.

Unlike Lynch, Johnson was truly shot during the conflict, and currently has limited use of both her legs. Johnson's injury resulted from actual conflict Lynch's resulted from, according to Nassiriya nurses, falling from her vehicle. Don't get me wrong, I realize that Lynch broke her arm, her leg, and has a displaced disk in her back. Personally, I have broken my arm and a leg, which was no pleasurable experience, but neither is the type of injury that will keep you from ever working again. Meanwhile, Johnson will be lucky if she is ever able to walk without using a walker or other type of aid. So, why no movie of the week starring Shoshana Johnson? Because Johnson is

an African-American.

Unfortunately for Johnson, the Republican Party isn't too keen on African-American people. Honestly, comparing the multitude of minority people Clinton had under his administration to those appointed by Bush is a joke, a very sad joke. Let me see there is Condoleezza Rice, Colin Powell, and... I guess that's about it.

To use a phrase from a Nikki Giovanni poem, Jessica Lynch was a "convent hay stack" for the Bush administration.

In Giovanni's poem, hay stacks are convent places to stop to carry on dirty business, and for Bush too, they are a place for dirty business, although it is dirty business of another sort. Lynch was shoved down the throats of Americans as a distraction for the fact that the Iraqi war has accomplished nothing, the economy is in the toilet, and in every possible way the Bush administration has been a failure. And frankly, the distraction worked. What does that say about America?

Cosmetic Surgery Gone Awry

■ The price of physical perfection is growing ever higher.

by **Karina McCabe**
asst. news editor

Here it is ladies, I have the answer to solve the problem of all of your endless Friday nights stuck in front of the television with a pint (or two) of Haagan Dazs: stilettos.

These shoes inspire confidence by creating the visual illusion of long, amazingly taut, legs and, according to Harper's Index, "the average increase in the protrusion of a woman's buttocks when she wears heels is 25 percent," which translates into never needing to exercise to look that way. Repeat, never.

Yes, these amazing contraptions can transform even the most shapeless calves into attractive, firm, strut worthy devices. This, of course, means that you can now start your Friday nights off with some delicious calorie laden Bailey's Ice Cream. Then strap on a pair of sexy stilettos, and once you step outside your door, just wait for the men to flock towards your beautiful self.

In addition, you don't need to lose sleep about baring your ugly, misshapen feet in these shoes (especially considering that high heel designer, Michael Kors, is focusing on "toe cleavage" this season), because I have an answer for that too: cosmetic foot surgery! Woohoo! Doctors must have found the cure for AID's, cancer, and the common cold, now that they have time to create a surgery to make toes look pretty in strappy-heels.

What's that you say? You mean to tell me you've never heard of toe surgery before? Hello! Were you not listeing during story-time in kindergarten? The ugly stepsisters in "Cinderella," taught us that if you chop off part of your feet, then you too could fit in the glass slipper and marry the handsome prince. Okay, that part was in the uncensored version of Cinderella. In the familiar version of the fairy tale, we heard that if you had fat feet, then the prince would pass you by and marry your skinny stepsister instead. Well, not anymore!

Dr. Sherman Nagler,

who has a practice in Houston, says that about 10 percent of his 200 patients a week are there for cosmetic foot surgery. He professes that such an increase is due to a "growing acceptance of plastic surgery and the foot-baring shoes now in fashion."

Now, women can change just about any part of their body, including their feet, and they continue to torture themselves with this self-induced surgery to be accepted. That's all cosmetic surgery is. While many have convinced themselves that our patriarchal dominated society forces them to such drastic measures in order to be attractive, the fact is, they are doing it to themselves.

No man ever forces a woman to get liposuction or breast implants, and especially not cosmetic foot surgery. I doubt most men even know that the latter exists, and if they did force a woman to have such a procedure, then the woman should just take it as a wake up call he is definitely not the man for her.

Women, in general, wear a stiletto to feel and look sexy, or as Madonna professes, "Manolo Blahnik's shoes are as good as sex, and they last longer." Undeniably, this explains why Hugh Hefner chose the shoe as part of his attire for his Playboy Bunnies.

However, since our feet were not built to fit high heels like Barbie's, we can make them look that way by removing parts of bones or by adding fat deposits to the ball of the foot where all the pressure is placed (who would have thought women would ever have fat deposited in their bodies?).

However, surgery is always risky, which is why doctors usually consider it as a last resort in health problems. In this instance, cosmetic foot surgery can cause bleeding and infection. For these reasons, the American Podiatric Medical Association believes that surgery should only be used if the "patient has pain or limited mobility."

There are alternatives to surgery, of course, such as buying the heels a size larger and wearing gel cushions or foam inserts, or you could even do toe exercises (whatever they are), but why would a girl want to do that



when she can have a doctor magically make her feet fit into Manolo Blahnik's latest spiky creation?

Better yet, she can have insurance pay for it too. One confessed high heel fanatic, 31-year-old Kelli Richards, wanted attractive toes. Therefore, she had her second toe shortened, a bunion removed, and a pinkie toe straightened. This surgery came to about \$10,000, which insurance mostly covered so that she can look "more dressed up...more sophisticated and sexy."

Wait a minute; she had her insurance pay for cosmetic foot surgery? What? Most insurance policies don't even cover braces or contact lenses, but it covers cosmetic foot surgery? When did the world become so confused?

My own personal experience with foot beautification wasn't quite so severe. It occurred a few years ago after I had just gotten a French pedicure for a high school dance. A woman behind me in a queue at a 7-11 remarked to her friend that I had totally crossed the line by getting a pedicure, let alone a French pedicure, and so I must be completely conceited. Obviously, she thought that I was so absorbed in admiring my toes that I couldn't hear her.

How, then, in several years has our society gone from thinking that a French pedicure is extreme to thinking that cosmetic foot surgery is normal? There can only be one culprit: Sarah Jessica Parker's stiletto-wearing character on "Sex in the City."

According to the American Podiatric Medical Association, shoes with heels more than two inches high are "biomechanically and orthopedically unsound," but no one is really listening aside from the Femi-Nazi's who profess

their distaste for stilettos by expounding the problems they cause, such as clawed-toes, bunions, corns, twisted feet in old age, and other such trivial matters like deformed spines. Who really pays attention to such things anyway? As Sarah Jessica Parker, a Manolo Blahnik wearer, remarked, "I've destroyed my feet completely, but I don't care. What do you really need your feet for anyway?" Unfortunately, her viewers seem to have taken her comment to heart.

One podiatrist, Dr. Suzanne Levine, reasoned that her job "is to get women back in high heels," as if that is the most inherently important reason for her being. Her practice even provides collagen injections for one's feet and a "foot facial" that involves some scary vacuuming procedure. However, one must give her some credit for drawing the line at toe liposuction.

When a woman walks into a podiatrist's office with a pair of stilettos in hand and, in regards to her feet, says, "I need surgery to correct this," the podiatrist ought to reply, as Illinois doctor Helena Reid does, "No, you need different shoes."

If you can't walk in stilettos, learn to do without them. Sorry I lied earlier, but stilettos won't really get you dates. Moreover, while they may make your legs appear thinner, your feet don't deserve the torture of surgery in order for you to be able to wear them.

Cosmetic surgeons are capitalizing off women's insecurities as they have these procedures to feel more confident about themselves. However, if you can't be confident enough to function in society without stilettos, then you need to see a psychologist, not a podiatrist.

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BRAD S. ABOFF
Editor-in-Chief

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In considering a submission for publication, *The Sandspur* reserves the right to edit letters and articles. Submit all letters and articles to the address below or bring them to our offices 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 Word Document) and must be received in *The Sandspur* offices no later than 5 p.m. on the Monday prior to publication.

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What Men Really Want For The Holidays

■ Still unsure about what to give your man this season?

by **Brian Hernandez**
opinions editor

Ah, the holidays, a time for meandering through malls, gorging on dead poultry or pineapple glazed swine, and exchanging gifts with a drunken cacophony of extended family members "OOHing" and "Ahhing" as the latest in dollar store merchandise is passed to and fro. Yeah, it is certainly my favorite time of year and I know it is yours too.

Now that classes are wrapping up and everyone is headed back home to reacquaint themselves with the lives they've sacrificed to the Rollins Academic Gods, I thought it best to contribute my gift giving advice to all the ladies out there during this season of Yule tide joy—not only to spice up the Holidays, but to make it a year to remember.

Now I recognize that most ladies on campus may already have an idea about what their significant other will ultimately enjoy as a gift. Sure, electronics, CD's, and sporting apparel would be cool, but that's what Santa or Hanukah Harry is picking



up for them—and forget underwear because we really only need a stain free pair, or two (we can always turn them inside-out).

So what does that leave besides fruit cake, plaid sweaters, or a tool set? Well, last week while hanging with my ex-girlfriend, I caught a rebroadcast of Chris Rock's comedy concert *Bigger and Blacker*. There he pointed out exactly what men "really" want from their women: "food, sex, and silence!"

Feed us, sleep with us, and shut up! Sure, you can give us all the fancy gift-wrapped crap you think might win you some points, but when you really break down the true meaning behind the season of giving, well, the best thing we could get from you is a full stomach, some quality bed room action, and at least one night free of nagging and com-

plaining. (that's the gift that keeps on giving)!

Rock's revelation struck me like a moment of pure enlightenment while my ex was bitching in my ear again about how unromantic I was, how we never go out, and how rude it is for me to yell my own name during our one-on-one interludes. Hey, at least I stopped yelling out sports scores or speaking in tongues.

I do not plan on hanging out with her any longer, but just one night of grilled pork chops or lasagna, some filthy role playing, followed by ten blissful minutes without snuggling or relating before I take off to sleep in my own dry comfortable bed, is amazing.

Of course, most men wouldn't mind receiving basketball tickets or even a couple of passes to a great concert, but then we're left feeling obligated to take you with us, and what fun would that be? We'll end up alienating our buddies who have cheap girlfriends, and we'll spend the entire show trying to barter you off to some middle-aged roadie so we can get backstage to hang with all the smoking hot band groupies—which is fine except they whine more than most girlfriends and are usually underage (note to self: look up legal age).

By focusing on providing your man with a few gifts he would really enjoy, you not only reaffirm your unquestionable love and admiration for him, but you'll be saving a few bucks here and there. Hey, that's cash he can use to buy you something frivolous and insincere.

In this season of good cheer to all, isn't it always better to get more than you give away (or something like that)? These gift ideas, which require little out-of-pocket expense, will ultimately provide you with some level of pleasure (albeit maybe only a few minutes worth), and allow you a moment of post coital reflection to ponder your continuing mental checklist of ways to manipulate him into possible marital submission.

Let his parents and his dear Aunt Maggie buy him all the video games, clothing, and DVD's he could ever want. You stay focused on what you do best: objectifying yourself for his salacious appetites—be they of the flesh or food variety. He'll be grateful in more ways than one, and he may even start believing in Santa again.

But don't forget to let the man sleep or relax afterwards; he really doesn't need to know how bad your day

was, what a deal you got on your Manolo Blahnik or Jimmy Choo shoes, or even your ideas about establishing world peace. All he's really going to be thinking about is how he's going to get you back into that crouching donkey position, and whether or not there's still chicken in the fridge.

So call up Grams for that meatloaf recipe, break out the see-through apron, and practice your internal monologue, 'cause it's going to be a holly-jolly holiday season that your man will never forget.

And when he asks how you figured out what he really wanted, just tell him old St. Bri read his letter and that he's been a very good boy this year. But let him know that the whole mistletoe in the jockstrap thing he mentioned (for a quickie Christmas morning) is a bad idea, I've tried it and broke out into a rash last year...but at least it gave me a legitimate reason this time to walk around naked with only my scarf and Santa hat on (another note to self: check on status of restraining order made by neighborhood holiday carolers)!

Happy holidays to all, may you get everything you want and nothing you deserve... HOHOHO!



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Letter To The Editor: Striving For Excellence

Dear Editor:

I work in the Writing Center at Rollins College as a peer consultant.

A student asked me the other day if she still had to "do MLA" even though the assignment she was working on wasn't a "formal paper." My response was instantaneous. "Yeah, you ought to. Every. Single. Time." She didn't get it.

"Do I still have to cite my sources

accurately and present my ideas in a standard format, even when nobody is coercing me to do it?" This is, a variation on the common, central question, "What is the least I can get by with?"

What's troubling about this is that we keep asking that same question over and over again, in different contexts and with different specifics.

Why aren't we instead asking, "How

can I best excel at this task (whatever it is) and use it as a means of seeking excellence, both in my individual life and in moving the society at-large towards greatness?" Why aren't we asking that question?

What if, instead of measuring our efforts against the minimum requirements for compliance, we were to seek the best possible solution to every problem that confronts us,

consistently enough that it became habitual? What if that approach was the societal norm? What effect might that have on vexing social problems like poverty, pollution, illiteracy, injustice, or [fill in the blank with your own pet issue]? Can it happen? Can we, as a population, resist the trend propounded by the mass media, the corporate

culture, and our ever-increasingly far-removed government to turn us into unthinking consumers?

I don't know.

But I for one, am going to try. One person can't change the world, granted. But 300 million people working together certainly could.

Nik Bramblett

Overworked And Underpaid

■ Graduates prepare to enter a world of heavy work loads and little pay.

by **Brad Aboff**

editor-in-chief

Fast forward to June 2004. Graduation has come and gone, and you are left asking yourself, what do I have to look forward to?

"I don't envy college graduates at all," says Bruce Fuller, Director of Human Resources and Recruitment for Newmark Real Estate in New York. "The job market is the worst it's been in over a decade. If you can find a job, the hours are grueling, the pay is bad, and the benefits offered will be minimal."

According to statistics provided by the U.S. Department of Labor, between 1989 and 1997 entry-level wages for college graduates declined 6.5 percent for males and 7.4 percent for females. A new college graduate back in 1973 could have expected to earn \$14.82 per hour (inflation-adjusted to 1997 dollars), which adds up to \$1.17 more per hour than a graduate in 1997.

When our parents' generation was graduating from college in the 70's, the guarantee of benefits, job security, and pension were incentives they were expecting in return for a loyal career with a company. The harsh reality

is, for college graduates, these guarantees are no more. Benefits have been reduced and cut, job security is as extinct as the dinosaurs, and pension saw its demise in the 80's and 90's.

Looking at the job market, prospects for college graduates have not been this bad in over a decade. According to statistics provided by the National Association of Colleges, in 2002, companies hired one-third fewer college graduates than in the previous year. The projections for this year don't look good either. They are predicting another decrease in job placement for graduates in 2003.

But as graduates even if we do find a job, what do we have to look forward to?

Grueling hours? Office workers are working longer hours than ever before. With employee cutbacks, more work is being squeezed out of the individual worker, leading to stress-ridden lives and long-term health problems. According to a Gallup poll survey, 40 percent of workers surveyed said they felt stress in the workplace on a daily basis.

Job security? Office workers are constantly at the whims of company downsizing, layoffs and mergers. In 1998 20 percent of job cuts occurred in the high tech and electronic industry.

Great Benefits? Health care coverage and pension plans are shrinking and shifting more of the costs to

the worker. According to a study done by the Better Business Bureau, in 1997 only one in four workers had full health care coverage. Since 1980, the percentage of employees required to pay part of the costs of insurance has grown from 46 percent to 80 percent in 1997. In 1984, 75 percent of companies offer dental insurance; in 1995, only 57 percent still did.

Will new technology make my job easier and less stressful? E-mail, cell phones, and laptops make it possible to bring work home or on vacation. According to another Gallup poll survey, 25 percent of employees state they are working harder at home without any work reduction in the office. The latest technology is also being used by employers to monitor and control their workers.

"Times have really changed," says Fuller, the human resources director. "The workplace has been revolutionized by technology, but that is not necessarily a good thing. The technological dependence has taken down all boundaries workplaces once had. There is no 9 to 5 workday anymore. People are accessible 24-7 by e-mail, cell phone, and fax. It has become impossible to find a work-leisure balance. Many employees are left wondering, 'Do I work to live? Or live to work?'"

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Rollins Swim Team Suffers Loss

■ Florida Southern defeats Rollins in the lap lanes.

by Caitlin Geoghan
sports editor

Right before going home for Turkey Day, the Rollins swimmers took on Florida Southern. The meet took place on Saturday November 22. Although they are a new team, Florida Southern proved to be successful, taking a victory in both the men and the women's events. Rollins however, had some notable individual victories.

On the women's side, Katie Siegal, '07, had a successful meet, securing victories in the 200-yard freestyle and the 500-yard freestyle. Gretchen Huff, '07, showed off her endurance by win-

ning the 1,650-yard freestyle with a time of 19:47.64.

It doesn't stop there, with Abbey Griffin, '05, winning the 50-yard freestyle, Lianna Nielsen, '07, the 100-yard Backstroke and Maxine Hofman, '07, taking first place in the 100-yard breaststroke.

The women's team was not the only one with winners this weekend. Multi-event was the word for the men's team. Kyle Thompson, '05, showed his versatility by winning the endurance race (1,650-yard freestyle) and the short race (500-yard freestyle).

Trevor Hughes, '07, demonstrated a variety of skills by securing first place in the 100-yard butterfly as well as the 50-yard Freestyle. Paul Wahbe, '07, added his race to the Tars' victories by winning the 200-yard

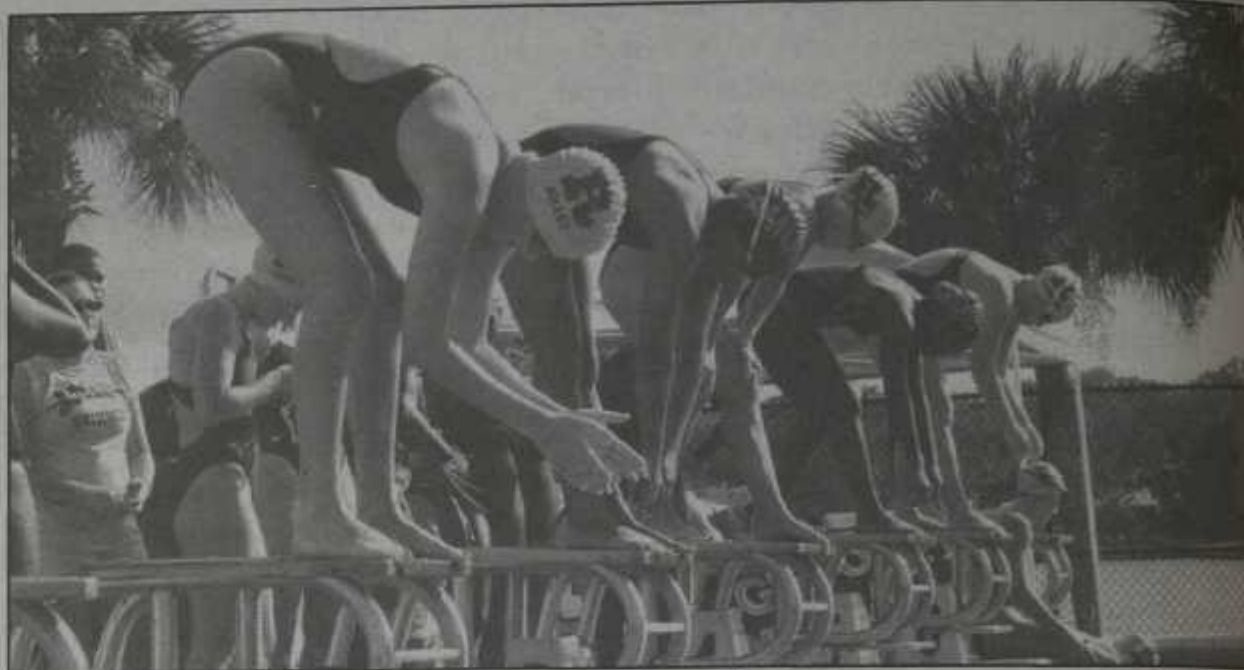


photo / LARAUEBO

TAKE A DIVE: The women's team lost collectively to Florida Southern but did well in the individual events.

Individual Medley event. Ishviyan Desaram, '07, defeated Florida Southern in the 100-yard backstroke, and John Lane, '04, did the same for the 100-yard Freestyle.

The Tars swim against

Carlton College on December 6 at the Swimming Hall of Fame in Ft. Lauderdale. Though it is early in the season, the team looks like it has a promising season ahead of them.

Said Desaram about the team, "It feels great to be a part of a team that's united, hard-working and knows how to have fun all at the same time."

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Giving Thanks for Football

■ A second look at the biggest day for football outside of Super Bowl Sunday.

by **Jesse Thompson**
asst. sports editor

Turkey day football games are unmatched for the anticipation and anticlimactic enjoyment they produce. Most games do live up to the hype. It is however, the turkey induced coma that has most fans more concerned about a spot to lie on the couch rather than the outcome of the games. For those of you who were victorious over the post supper slumber, you caught an eventful day.

Brett Favre's broken finger proved to be more than a subtle speed bump. Favre may not admit it, and critics may not forget it, but either way the injury made Thanksgiving's game turbulent for the star quarterback. Favre threw three interceptions and lost a fumble Thursday. He is well known for his high-risk style of play, however, this time it proved to be rather costly. "I

guessed wrong a couple times and I was just off a couple of times. That's going to happen in this league. They just made the plays," Favre said in regards to his turnovers.

The Lions topped the Packers 22-14. It was Dre' Bly who gave Favre and the Packers the most trouble on the defensive side, picking off two passes and then forcing a pivotal fumble. The fumble set up a 49-yard field goal that put the Lions up 16-14 early in the fourth quarter. Defense most certainly proved to be the key for the Lions victory. Their stellar defense held the NFC's leading rusher Ahman Green (120.5 yards a game) to only 57 yards.

The game's results gave way to two very separate emotions for both teams. Detroit (4-8) matched their past two season's combined win totals with their fourth victory of the season. On the other hand, the Packers (6-6) now find themselves straddling the playoff fence at best with only four games remaining. "At 6-6, with four games left? You think 8-8 is going to get us in the playoffs?" Green Bay's Mike

Wahle asked in frustration.

As always, Favre's gambling style gave way to some good results too. The quarterback threw for 296 yards, completing 23-37 of his passes. Unfortunately for the Packers, the risk reward did not balance out, and most likely the team is out of the playoff hunt this year. Second year quarterback Joey Harrington put together a solid performance, throwing 21-32 and 183 yards.

The other Gobble Day game showcased the new and improved Dallas Cowboys and the Miami Dolphins, both at 8-4. The game ended up being a blowout with the Dolphins trampling the 'Boys 40-21. Miami took the lead first and never relinquished throughout the game.

Jay Fielder put together a good first game back from an injury going 16-20 with 239 yards passing. The offensive load was not his alone to bear with Ricky Williams rushing for 104 yards. The Cowboys' quarterback Quincy Carter threw for 24-40 and 288 yards, which appears to be a impressive performance. On the con-



photo / ASSOCIATED PRESS

A PASS TO BE THANKFUL FOR: Chris Chambers pulls in a touchdown pass in front of Dallas Cowboys' Mario Edwards.

trary, it was his three interceptions that hindered his game. The loss should not be pinned on Carter alone since it was the defense that let Miami basically dominate them. "That we would go out here on Thanksgiving in a national game and play like that, I told the players that and they should be embarrassed too," head coach Bill Parcells said. His remarks are fitting since the Dallas offense only had a

pitiful 10 yards in the first quarter.

The Cowboys' embarrassing game performance is one that will most likely be examined more closely by Parcells since Dallas came in to the game rated one of the best defenses in the league this year. In addition to the Cowboys' defense collapsing, their running game was nonexistent. Carter was the team's leading rusher with 42 yards.

Women's Home Court Trifecta

■ Women's basketball wins three straight games at home.

by **Mark Bartschi**
technology manager

The Rollins women's basketball team extended their winning streak to four games, taking out the University of Puerto Rico's Rio Piedras and Bayamon teams on back-to-back nights last week before picking up a key regional win over the University of West Florida on Monday.

The Tars, now at 6-1 for the season, had three players score in double figures in a 57-47 win over Rio Piedras on Tuesday, November 25. Nicole Warder, '05, led the team with 12 points. Twin sisters Mary Lou and Sally Johnston, '04, each got 10.

The Tars jumped ahead early, leading 7-0 after just three minutes, but the Gamecocks bounced back to take a 17-16 lead with four minutes remaining in the first half. The Tars were able to force a turnover and regain momentum, though, taking a 25-20 halftime lead.

The second half began evenly but soon turned to the Tars' side, thanks to a few steals and long-distance shots. Rollins took its biggest lead with 6:11 on the clock on a Mary Lou Johnston three-pointer to make the score 47-31. The Tars were able to hold on for the 10 point win, shooting seven for eight at the stripe in the final minutes of the game.

Just one evening later, Rollins took on another University of Puerto Rico team, this time from Bayamon. The Tars trailed for most of the game but pulled ahead in the final minutes to win 54-51. Gabrielle Blankenfield, '04, claimed 14 points and six rebounds to lead the team. Joslyn Giles, '06, added 11, and Mary Lou Johnston repeated a 10-point performance.

Neither team was able to find the basket early in the first half, the Tars holding just a 6-5 lead after six minutes of play. The Bayamon offense then took off on a 10-0 run thanks to three steals and back-to-back downtown shots. The Tars were unable to put together a run and

ended the half trailing 21-28.

Rollins got off to a quick start in the second half, posting a three-pointer from Mary Lou Johnston and a jump shot from Blankenfield. Just one basket ahead, the Cowgirls came on strong and extended their lead to nine.

The Tars were then finally able to get a 9-2 run going, tying the game at 37 with 8:36 to play. Scoring was back and forth for the next eight minutes, and Rollins trailed 50-51 with just 37 ticks remaining. Lindsey Woodcock, '04, put the Tars on top on a put-back with eight seconds remaining, and Giles tacked on two more with foul shots just before the buzzer.

After taking the weekend to rest, the women's basketball team geared up for their third and final consecutive home game on Monday against regional opponent West Florida. Mary Lou Johnston led the 62-50 victory with 15 points, four assists, and four steals. Woodcock also ended in double figures, picking up 13 points.

The Tars opened the



photo / MARK BARTSCHI

DRIVING TO VICTORY: Sarah Lancaster, '06, dribbles past a Rio Piedras defender on her way to a Tar victory.

game with a 26-12 drive to enjoy a comfortable early lead with seven minutes to go in the first half. Not to be outdone, however, the Argonauts put on a run of their own, taking away four steals and pulling the game to within seven at halftime.

After a sluggish second half start by both teams, West Florida began chipping away at the Tars' lead, outscoring them 4-13 over a five-minute period to pull within one, 46-45. The score remained close for the remainder of the game, but

the Tars pushed ahead to claim the eight-point victory.

Despite a rather sloppy game with 22 turnovers, head coach Glenn Wilkes, Jr. is pleased with the teams performance. "We can win ugly," he said, crediting the victory to a strong defense. The Argonauts were the victims of 24 turnovers and shot only 37 percent to the Tars' 44 percent.

Coach Wilkes is optimistic about the team's future, stating, "Teams are having to work to beat us. I've got a really gutsy team."

What's Happening? ROLLINS CALENDAR

Friday 12-5

Christmas Vespers
Knowles Memorial Chapel
6:00 - 8:00 p.m.

Saturday 12-6

Christmas Vespers
Knowles Memorial Chapel
6:00 - 8:00 p.m.

Sunday 12-7

Residential Life Holiday
Party
Galloway Room
5:00 - 8:00 p.m.

Monday 12-8

Winter with the Writers
Galloway Room
4:00 - 5:00 p.m.

LASA Hauck 112
5:00 - 6:00 p.m.

Tuesday 12-9

RHA Meeting
Warden Dining Room
4:30 - 5:30 p.m.

Rollins Dancers
Performance
Warden Gym
7:00 - 9:30 p.m.

Wednesday 12-10

Holiday Fun Fest
CCC
4:00 - 7:00 p.m.

Thursday 12-11

OSIL Staff Meeting
CCC Greenroom
10:30 a.m. - 12:00 p.m.

SSC Player of the Week

■ Joslyn Giles was named Sunshine State Conference Player of the Week.

by Caitlin Geoghan
sports editor

Rollins College sophomore Joslyn Giles was named Sunshine State Conference Player of the Week for the week of November 23. Giles plays forward for the Tars women's basketball team, and has become a pivotal player. A transfer from Stetson University, Giles was named Freshman of the Year in the Atlantic Sun Conference last year.

The Sunshine State Conference Player of the Week is an award given to an outstanding collegiate athlete. Schools included in the Sunshine State Conference are Barry, Florida Tech, Florida Southern, Eckerd, Lynn, University of Tampa, Saint Leo, Nova Southeastern and, of course, Rollins.

Thanks to Joslyn Giles'

outstanding play, a Rollins College athlete has once again been recognized with this prestigious award.

Giles' award winning performance included two double-doubles with 17 points and 10 rebounds in a victory over UPR-Rio Piedras. She also scored 17 points and 12 rebounds in the Tars only loss of the season to Northern Michigan.

In the next game, Giles contributed 12 points and seven rebounds, just short of a third double-double, in the Tar victory over Finlandia. Accuracy was key for Giles this week, shooting 65 percent from the field and 71 percent from the free throw line.

Giles is confident about the team this year. The Tars have only one loss thus far, but the team has good chemistry. As a transfer student, Giles stated, "I like it a lot here. I fit better in the program."

When asked about her award, Giles modestly responded that it, "didn't really affect me. I'm not about the individual stuff. I just want to win; we're win-



photo / RC SID

JOSLYN GILES: Congratulations to Joslyn Giles, winner of the SSC Player of the Week and Rollins College Forward.

ning, so I'm happy."

The women's basketball team here at Rollins has a promising season ahead of them with dedicated team players such as Giles. Be sure to support the Women's team against Flagler College on Saturday, December 6, at 2:00 p.m.

Good Week for Men's Basketball

■ Rollins Men's Basketball added two victories over Thanksgiving week.

by Jesse Thompson
asst. sports editor

The men's basketball team balanced out their record at 2-2 last Sunday. The Tars dominated Puerto Rico-Cayey (0-6), finishing the game with an impressive 85-52 victory. Rollins jumped out to a 14-0 run to start the game and held the reigns throughout the game. The

Tars led by as much as 40 points at one point while shooting 52.5 percent from the field.

Placide Muhizi, '05, grabbed seven boards while Lex Brown, '05, led the Tars with 15 points and three steals. Eric Faber, '05, dropped 11 points and dished six assists with Deon Troupe, '07, and Chad Dirks, '04, adding 10 points apiece.

Freshman guard John Thinnies had a season high 22 points as the Tars beat Puerto Rico-Mayaguez 82-72. Dirks added his second double-double this year with 18 points and 11 boards.



photo / RC SID

LOTS OF HUSTLE: Forward Jon Smith, '07, posts up against a defender on the way to scoring a basket.



photo / RC SID

BREAKING ANKLES: Guard Eric Faber, '05, puts the moves on opponent.

Both the Tars and the Tarzans had great shooting nights with shooting 45.1 percent and 50 percent respectively.

Rollins really dominated the Tarzans on the glass, out rebounding them 48-22. The Tars posted a season low number of turnovers with only 13, adding to the team's well-rounded statistical performance.

Rollins led 60-44 with just under 12 minutes to go in the fourth quarter when

Mayaguez put together a 13-point run.

The Tars remained poised and added their own 11-point run to solidify the victory. Eric Faber had 12 points and a game high seven assists in the win.

The Tars (3-2) have a bit of a hiatus until Saturday, December 6, when they take on Bluefield State at home at 4:00 p.m.