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Rollins College

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# The Sandspur

THE OLDEST COLLEGE NEWSPAPER IN FLORIDA

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## Going To Europe

The producers of *Old School* and *Road Trip* return with *Eurotrip*, a comedic romp through Europe. Is it worth seeing? Check out our review.

page 8

## Reality TV

Reality Television is all the rage. Show like *Survivor*, *The Real World*, and *American Idol* are dominating American television. Read one Sandspur staffer's take on the boom of reality television.

page 11

## The Truth About Atkins



Dr. Atkins' diet revolution may not be all it is advertised to be. Learn the facts about the craze before you diet with Atkins.

page 5

## Writing House

■ Author Silas House visited Rollins as part of the winter with the writers series.

by Cora Hardin

staff photographer

On Thursday, February 12<sup>th</sup> 2004, the established full-time writer Silas House, who has published the two national best-selling novels *Clay's Quilt* and *A Parchment of Leaves*, visited Rollins College as part of the *Winter with the Writers* program. The program is supported by the Thomas P. Johnson Distinguished Visiting Scholar and Artist Fund and the Department of English.

In discussing three short stories written by the Rollins students Ann Salter, Colette Jones and Tonia Boguslawski, the author highlighted what he found to be the most important aspects of writing fiction, beginning with the necessity of revision and determination in pursuing writing effectively.

The large number of aspiring writers amongst the attendees were especially interested in the concept of pin-pointing setting in their short stories. Instead of, in an attempt to appeal to a vast number of individuals, keeping the descriptions of place to a minimum, House emphasized the power of details. He shared his belief that one must be able to experience the setting with all the senses in order to be captured fully.

Famous for his vivid description of daily life in both historical and contemporary Kentucky, House's work has appealed to a wide audience. He describes this

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## Comcast Bids To Buy Disney

■ Cable giant Comcast recently made a bid to purchase the Disney corporation.

by Erika Batey

asst. news editor

Last week Brian Roberts, CEO of Comcast, made a \$54 billion stock offer to Disney chief executive Michael Eisner to merge Disney and Comcast into one company. His aim is "to create a premier entertainment and communication company."

Comcast is currently the nation's biggest cable system operator. This deal would turn it into the world's biggest media company, and Comcast would have the ownership of the ABC television network, Disney film studios, ESPN, and other Disney assets including all the theme parks.

The offer was unsolicited and came as a surprise. It is now turning into the latest challenge facing Eisner. Ex-directors Roy Disney and Stanley Gold have accused Eisner of mismanagement

recently. Along with the pressures of internal criticism, the recent lost partnership with *Pixar* has created an additional pressure.

Since Eisner became the chief executive officer in 1984, Disney has gone through both high and low points. In the first ten years under Eisner's leadership, Disney's stock prices rose. However, in the past ten years stock prices have been inconsistent, and there have been increasing complaints about Eisner's leadership of the company. Comcast's goal is to restore Disney to the level of prominence and profitability that it had a few years ago. "This is a combination that we believe would restore the Disney brand. There is no doubt that these two companies can achieve things together that they would not be able to do alone," Roberts said.

Disney has said that it "will carefully evaluate" the offer. Yet, Eisner believes that branching into cable and satellite delivery would divert Disney from its

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photo illustration / MARK BARTSCH

DREAMS FOR SALE: Cinderella's castle is on the market and cable giant Comcast is looking to buy.

## Rollins Music Scene PERCs Up

■ Interested students gather to have fun in an informal percussion group.

by Jami Furo

staff reporter

Let's say that you like beating things with sticks (in rhythm, of course). Well, now Rollins has an organization for you. Percussion Enthusiasts of Rollins College, or PERC, is a brand new club for those who love percussion.

The group has only been together for a few weeks, but they have already performed



photo / BETH DOWNS

**HARD HITTERS:** Members of PERC, from left, John Culverhouse, Johnathan Paets, Ian Thomas, Luke Thatcher. Paets, percussion major in the Rollins music department, started PERC because he wanted to perform in a

group outside of his ensembles in the music department. The intention of the group is to have fun, get together, and, yes, play percussion. Other members include President John Culverhouse, Vice President Carl Rieken, Treasurer Luke Thatcher, and percussionist Ian Thomas. Though the group is small now, that is mostly due to the short amount of time that they have been in existence. It is not because of a lack of desire for members, and they are willing to welcome new students. Their faculty advisor is Beth Gottlieb, a percussion instructor in the

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# Visiting Author: House Comcast / Disney

**CONTINUED FROM PAGE 1** phenomenon in the following way: "Those that live there want to read about themselves, and those that don't find it exotic."

Following the master class that had, due to an unexpectedly large turn-out at last week's *Winter with the Writers* event featuring Sena Jeter Naslund, been moved to Bush Auditorium, the Kentucky native hosted a reading in a surprisingly cozy Bush Auditorium; converted by a transformation of background through plants, books and an arm-chair flooded in soft light.

Connie May Fowler, Irving Bacheller Visiting Professor of Creative Writing and the director of this year's *Winter with the Writers Festival* of the literary arts, as well as Cora Hardin, one of the interns

enrolled in the college's English 467 class that is being offered as a novelty this semester, gave a short introduction and welcome to both the visitors and the visiting author. House then proceeded to stun the audience with refreshing talent and honesty. House read excerpts from both his nationally best-selling novels, *Enlivened* by the enthusiasm for his field, the author also continuously interacted with the attentive listeners through his humor and passion. At the edge of their seats, the crowd was at last presented with the first chapter of House's third novel, *The Coal Tattoo*, which is being published in September of this year.

The reading was enjoyed greatly, as could be told from the frequent laughter rolling through the auditorium. As

House said, "when you get down to the nitty-gritty, you realize people are the same everywhere." With well over two hundred engrossed faculty, students and community members in attendance, this statement held true.

The Winter with the Writers 2004 Season will continue with master classes and readings conducted by Diana Abu-Jaber, author of *Crescent*, on February 19th, and Kaye Gibbons, who wrote *Ellen Foster* and *Charms for the Easy Life*, on February 26th at four and eight PM respectively. Representatives of *Brushing* literary magazine, the *Florida Review* and the Arts at Rollins College will be present at the author readings. All events are free and open to the public.

**CONTINUED FROM PAGE 1** strengths as a creator of entertainment.

While Comcast has a good track record of running cable systems, its strength does not lie in managing these types of media assets. Despite this, Brian Roberts is very ambitious. Jeff Chester, executive director of the Center for Digital Democracy says that, "It's clear that Brian Roberts knows no limits to his media ownership ambitions."

Integrating Disney would be Comcast's greatest challenge yet, and analysts believe that Comcast will probably have to increase its offer of \$54 billion.

The current proposal is a tax-free stock benefit for Disney shareholders. Comcast would issue 0.78 of a share of its Class Voting common stock for each share of Disney. Disney share-

holders would end up owning approximately 42 percent of the combined company.

Many believe that Disney should not accept the offer. While Disney has said it would consider the deal, it is already mounting a defense and hiring investment bankers. Roberts's view is that this is "a wonderful opportunity to create a company that combines distribution and content in a way that is far stronger and more valuable than either Disney or Comcast can be standing alone."

Whether the deal goes through or not, this offer has the potential to start off other deals among companies.



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## Smart Foxes

■ Healthy Lovin' Week provides excitement, free stuff, and information on a largely ignored topic.

by **Amanda Beck**

copy editor

Last week Rollins students experienced the fun and informative Healthy Lovin' Week sponsored by REACH, Healthy Campus, and Personal Counseling.

The week had the campus talking with the wildly popular free t-shirts, condoms, and pamphlets that were passed out everyday in front of the Campus Center. Especially popular with the students were the t-shirts, which had students walking a little bit faster towards lunch so that they could make sure that their shirt size didn't run out.

The t-shirts featured the catch line "Smart Foxes Play It Safe" accompanied with the Rollins fox on the back fully decked out with condoms on each ear and his tail, happily holding a wrapped condom in his hand. To receive a t-shirt, students had to give ideas for slogans to go on next years t-shirts, and judging from the giggles students produced while writing their responses, next year's slogan will be equally amusing.

Along with the t-shirts, volunteers passed out brown paper bags filled with

pamphlets and free, colored condoms. Inside the Bean's cafeteria and outside on the porch, students could be witnessed swapping different colors of condoms like it was the latest middle school craze.

The pamphlets were also a hit with students. One of the pamphlets, when unfolded, was the size of a full blown wall poster. It described all the different types of effective birth control methods that left even the sexually informed students bug eyed and more knowledgeable.

Another pamphlet, appropriate for the lunch-time reader, featured a "menu" of safer sex ideas that featured over thirty five safe alternatives to sexual intercourse for couples.

Perhaps the biggest highlight of Healthy Lovin' Week was the Rollins College version of the hit MTV show, "Singled Out," in which guys and girls competed to win an all expenses paid date with a member of the opposite sex. Some of the contestants who didn't win even walked away with some great prizes such as vanilla flavored condoms.

All in all, the week was a huge success with students. It was informative without seeming like a high school sex education class and managed to make a topic, which is usually either ignored or ridiculed, interesting and present in conversations on campus.

## Rollins is "Singled Out"

■ Rollins, as part of Healthy Lovin' Week, presents its own version of "Singled Out."

by **Brittany Lee**

news editor

As part of Healthy Lovin' Week, sponsored by Healthy Campus, Personal Counseling, and REACH, Rollins created its own version of the hit MTV show "Singled Out."

Held on the Thursday before Valentines Day, February 12, the event was the focal point of Healthy Lovin' Week, and registration for it started on Monday. The couples that won received a \$50 gift certificate to the popular restaurant Houston's.

Mimicking the popular TV show, Singled Out featured one male and one female contestant that were to choose from a pool of participants vying for a date.

Upon signing up, contestants were asked to answer a questionnaire that determined their body type and personality (matched to well known actresses), as well as hobbies and interests. The main contestants, once chosen, were interviewed and asked to answer a series of questions that determined what they looked for in the opposite sex.

The event was held outside the Campus Center at 12:45, just as students were flocking to lunch. At first



photo / MARK BARTSCH

**BLOWING HARD:** Participants in "Singled Out" compete to see who can inflate a flavored condom most in 10 seconds.

contestants were sparse, but more and more began to sign up at the last minute and a fairly large crowd gathered to watch while they ate between classes.

The men got their chance to win a date first, starting off by delivering their worst pick up lines to the main female contestant. Answers included the well known, "Is that a keg in your pants?" "Cause I wanna tap that ass," and "Did it hurt? When you fell from heaven?" From there, the main female contestant eliminated those with pick up lines she didn't like.

Next came the leg contest and the guys showed off their legs. Contestants then had a dance off with the crowd applauding for those they liked best.

Finally it came down to a question portion where the guys had to answer questions such as, "Would your date prefer a romantic dinner or a walk on the beach?" Those that got the right answer stepped forward and the winner was the person to reach the contestant's chair

first. When the winner was proclaimed, he received the gift certificate and was greeted with applause.

Next the females competed, and their events commenced similarly. This time the male contestant eliminated the girls as they competed in a series of competitions. The most amusing event was a race to blow up the largest condom balloon in 10 seconds. The flavored condoms quickly filled with air and the last to finish were eliminated.

The same final event of questions was conducted and the winning female reached the male contestant. After a quick hug, the winners received their gift certificate and the show was over. Singled Out was a fun event that culminated Healthy Loving Week. It brought out a lot of students to watch the excitement and receive pamphlets on safe sex and free condoms. Overall, it was a great success and thanks goes out to all who worked to coordinate this event.

## Backlash from Jackson's Flash

■ The now infamous Super Bowl Halftime Show creates crisis on network television.

by **Cathy McCarthy**

asst. features editor

Ever since the sun came out, so to speak, during the MTV-produced Super Bowl Halftime Show on February 1, there has been much discussion and sudden aversion to nudity and "indecent" on network television.

Yet another member of the Jackson clan decided to show her freaky side to the world. Janet Jackson revealed her breast and its solar-shaped accoutrement during a song and dance number with Justin Timberlake. Timberlake followed through on his prom-

ise to "have you naked by the end of this song." At least, partially.

Timberlake pulled down one side of Jackson's pleather top, flashing the packed stadium and the largest television viewing audience of the year. It is reported that the stunt was planned, and it does not look like MTV will be producing any more halftime shows in the future.

Suddenly, networks were more concerned than ever with decency during primetime. Producers of the decade-old medical drama ER were forced to cut a scene from last week's episode in which an 80-year-old woman with a whooping cough has a heart attack, and one breast is exposed in the background while doctors try to revive her. When viewed locally, it appeared

that the scene was not cut. Instead, the area was blurred out; however, it is doubtful this would have happened if not for the Super Bowl incident. A repeat episode that aired the previous week showed partial nudity that was in a medical context, and there was no backlash for this.

The Super Bowl incident seemed to push tensions over the edge, resulting in Jackson being un-invited from performing at the 46th Annual Grammy Awards on February 8 unless she would apologize on air. She declined. Timberlake was also given the same ultimatum and accepted. He apologized during the ceremony, when accepting his award for Best Male Pop Vocal.

"I know it's been a rough week on everybody," he said. "What occurred was

unintentional, completely regrettable. And I apologize if you guys were offended. This is officially the greatest moment of my life."

He was also allowed to perform his hit *Senorita*, accompanied by jazz trumpeter Arturo Sandoval.

The Grammy Awards definitely felt more toned-down than previous years; with performers, presenters, and winners told to keep it clean for the kids, with nudity, profanity and disrespectful conduct banned for the evening.

CBS didn't take any chances though, and put the show on a five-minute delay, allowing technicians time to edit out any unexpected profanity or salaciousness before viewers at home could be offended. It seemed as though everyone stuck to their word, and the

most that was revealed was Beyonce Knowles' legs and Christina Aguilera's cleavage. Though by now most of America is numb to these images.

An FCC investigation has been launched over the Super Bowl incident, and censorship such as that of the ER episode is feared to become more commonplace.

"It's terrifying and disturbing," said John Wells, executive producer of ER. "It is one more reason why people are abandoning network television for cable where you can see responsible storytelling."

It is too early to tell if such stringency will fade out quickly, or if these new heightened standards for prime time decency will be long lasting.



## Young Voters Make A Difference

■ More youth are heading to the polls, but apathy still dominates.

by **Lori Aratani**

syndicated writer

Georgy Russell, 27, made headlines across the country in the fall for selling thong underwear to finance her campaign for governor in California's recall contest. She persuaded 2,216 people to support her, but she still can't persuade her younger sister, Sophie, to tune in to politics.

Such is the dilemma of the youth vote. While the potential payoff is immense — about 1 in 5 eligible voters is younger than 30, according to the University of Maryland's Center for Information and Research on Civic Learning and Engagement — getting those voters to turn out can be difficult, even when they're related to the candidate.

Young voters are notoriously hard to turn out at the polls. In presidential election years from 1972 to 2000, the turnout rate declined by 13 percentage points among voters 18-24 years old, according to the University of Maryland. In 2000, 42 percent of voters 18-24 years old voted, while 70 percent of citizens 25 and older did.

If recent surveys are any indication, however, 2004 could be the year that younger voters make an impact. More young people say they plan to vote in this year's presidential contest than four years ago. And a new series of initiatives spearheaded by such diverse players as Hollywood producer Norman Lear to wrestling superstar Bradshaw are focused on making it happen.

A recent MTV poll conducted by Peter D. Hart Research Associates found that 4 out of 10 of the 18- to 24-year-olds surveyed said they will "definitely vote" in the next presidential election — up nearly 30 percent from 2000. A survey by Harvard University's Institute of Politics found two-thirds of college students were registered to vote and 82 percent of those said they planned to vote this year.

"It's clear that there's a lot of young interest this year," said Ara Khachatourian, the media director for MTV's Rock the Vote campaign, which is entering its 14th year. "The

economy and, of course, 9-11 and war in Iraq have really engaged folks. This year they're pausing and looking at issues outside of their immediate realm."

Early signs are promising: Exit polls taken during the Iowa caucuses in mid-January showed voter turnout among those younger than 30 almost doubled to 17 percent, from 9 percent in 2000. The number of voters younger than 30 was higher than that of the 30- to 44-year-old crowd.

Even so, young voters aren't a sure bet.

Former Vermont Gov. Howard Dean was among the first of the 2004 field to use the Internet to reach college students and other

young people. His Web site includes a separate section targeted at younger voters, called Generation Dean. But the early buzz on college campuses hasn't been enough to help him win a primary or caucus.

Other nonpartisan efforts are joining forces to reach out to young voters in 2004.

Producer Lear's initiative, "Declare Yourself," includes tours of 18 different college campuses. The group has also linked with Friendster, the popular Web networking site to launch "voter parties" featuring cast members from MTV's "The Real World."

"We're really trying to reach young people where

they live, work and play using popular culture," said Declare Yourself spokeswoman Christy Salcido. "Research shows it's important to get them early."

World Wide Entertainment's effort — "Smackdown Your Vote" — includes voter registration drives at wrestling events. The drive will culminate at WrestleMania XX in New York next month.

Russell, who's mulling a run for city council in Mountain View, Calif., if she doesn't get into business school, said getting young people's attention can be difficult, but it can be done. The key is talking to them, she said, not at them.

## PERC It Up

CONTINUED FROM PAGE 1  
Rollins music department.

"It's a fun group," says Culverhouse. "Doing drum circles is a great way to relax and have fun. It's a pleasure to lead the group."

Culverhouse, though the leader of the group, is not even a percussion major. In fact, he is not a music major at all. He is a politics major and a beginning percussionist. This group is open to anyone, beginners or more advanced students. The only prerequisite is an interest in percussion. The group practices on Thursday nights.

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# The Crazy World Of U.S. Diet Fads

■ Discover the health benefits and risks of American low carb diets.

by **Karina McCabe**  
features editor

Atkins diet fans beware! The increased consumption of meat, which is the base component of the diet, leads to a higher risk of obtaining mad-cow disease (which, for anyone who's ever taken a statistics class, or exercises his common sense once in a while, would see this as very obvious, but just in case, it was necessary to point out).

Now that I have your attention, welcome to America, the land of the freedom of food choices where capitalists eagerly become "food specialists" that cater to everyone's special dietary needs. Needs may be a strong word in this situation, perhaps dietary wants that are confused as needs is more appropriate. As in, I need to lose weight; therefore, I want the best tasting, most satisfying foods that will help me achieve my weight loss goals quickest.

The latest dietary fads include walking around with a string of garlic around our necks in an effort to ward off the carbohydrate devils, less offbeat approaches are the Atkins or the Good Carb, Bad Carb diet plan. There is of course the ever-predominant low calorie meal plan, but there are just too many negative aspects to that, including perpetual hunger and coldness as well as a diminished libido, for it to be even considered as a viable diet option.

Why the latest craze in carb bashing? Well, I would say that it is because we have the ability, but it's a little deeper than that. Americans note an almost epidemic of obesity spreading throughout the nation, and then look for a cure. The timeless response of "it must have been something I ate," then comes into play. Upon analyzing the diet, one finds that the majority of American calories are derived from carbohydrates; therefore, by using simple reasoning one determines that the cause of obesity is obviously carbohydrates, and the answer: banish them from the diet, of course.

The next step in combating the epidemic is to replace the lost calories with another form: proteins and fats. This,

however, seems rather strange since the object of this diet game is to lose fat and weight (unless of course the fat is converted into lean muscle, which is heavier than fat, and thus would not reduce the numbers on the scale).

Nonetheless, this diet (let's use the Atkins, as it is the most popular low carb diet right now) seems rather restrictive (think depriving). Somewhere during this grain starved diet one's mind may wander to Europe where a lithe Parisian strolls by munching on a stick of

Europeans walk everywhere, Americans do not have the same opportunity for physical activity. As a result, these excess carbs become stored energy, which everyone knows is just a pleasant little euphemism for fat.

In addition, Americans are notorious for their consumption of processed carbohydrates, including chips, soda, and white bread. These have a higher glycemic load than the unprocessed foods that are consumed by their European counterparts. A higher glycemic load means

juice, and Wheat Chex®. For a more extensive list of "good" carbs, check out [health.harvard.edu/newsweek](http://health.harvard.edu/newsweek).

Carbohydrates are a necessary part of a person's diet, but the key is to consume them in moderation. As one Newsweek reporter said, "the body converts all digestible carbohydrates into glucose, the sugar that our cells use as fuel. When glucose molecules pass from the gut into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb it. Muscle, fat and other cells then sponge the excess glucose from the blood, and insulin levels return to normal."

Carbohydrates are also extremely vital to the life of an athlete because they produce glucose. For the best benefits, one should consume a light carb snack prior to working out, and then a bagel or rice cakes afterwards to prepare muscles for next time.

Low carbohydrate diets, on the other hand, do have their good points. Food experts agree that Dr. Robert Atkins wasn't entirely off in his conclusions, considering that in 2003, a test was conducted that shows how low-carb diet subjects fared just as well as low-fat dieters, sometimes even better. The diet also reduces LDL (bad) cholesterol and triglycerides (also, bad), while they increase HDL (good) cholesterol.

The subjects lost weight on the Atkins diet, even though they consumed more fat, because "When fat is the primary fuel source, you metabolize fat instead of storing it, and it poses no health risk," according to the Atkins website. The rapid weight loss, however, seems to result from dehydration that occurs during the first phase of the diet combined with a very reduced calorie plan.

However, the test was only conducted on obese subjects, and so the effects are not known for moderately overweight people. In addition, the diet only reflects short-term benefits, while it appears to have negative long-term effects stemming from the increased fat intake (approximately 59% of the days calories according to a University of Kentucky report in 2000). These include kidney damage, bone loss, atherosclerosis, and heart disease. Atkins challenges that it is "actually

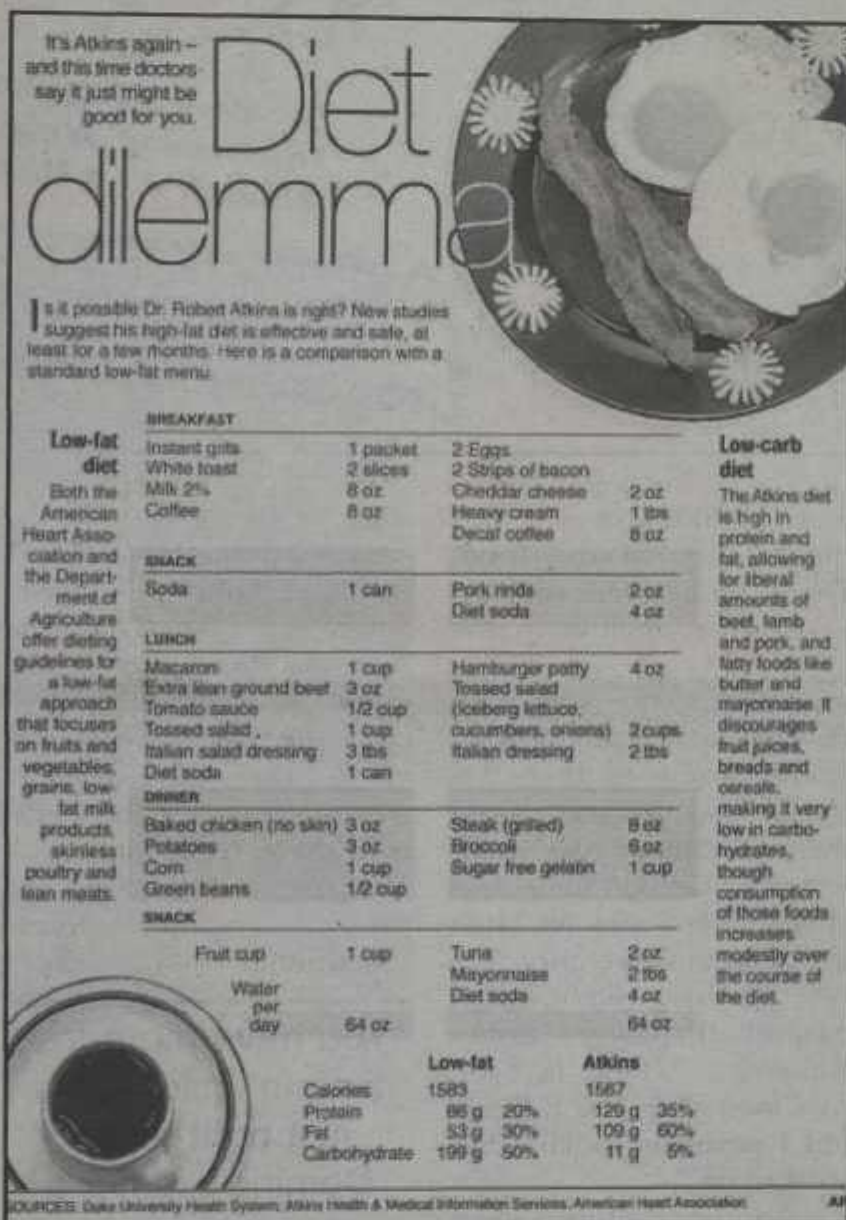
a diet high in sugar and other refined carbohydrates combined with fat that is the real villain. Once you eliminate the white flour, sugar and other nutrient-empty carbohydrates from your diet, the fat you consume in meat or from other sources is burned for fuel (lipolysis) and is not converted into cholesterol or other harmful blood fats."

One other negative aspect of the Atkins diet, albeit superficial in contrast to life threatening diseases, is the fact that it causes bad breath, known as ketone breath, during the first phase of the diet. Atkins says to look on the positive side, however, which says that it is "proof that your body has switched to the alternative metabolic pathway of burning fat for fuel."

Even though the increased intake of fats seem to cause all sorts of health problems, do not ward off all fats altogether. (This was the problem with the carbs, remember?) In fact, Italians enjoy a healthy amount of olive oil, an unsaturated fat, in their diet daily. Other unsaturated fats include those found in fish, nuts, and avocados.

Robert Atkins deserves credit for raising the public's awareness to the hazards of refined carbohydrates, but his diet is dangerous if one continues it past the first few weeks. Unfortunately, when the diet plan is stopped and one returns to eating normally, the weight that has been lost will return, as is the fate of all quick weight loss plans.

However, for the best health benefits, one should not turn to the latest diet craze, but rather adopt a lifestyle of healthiness, including a diet of moderation, this means consume about 50-60% of your calories from carbs, 20-30% from protein, and 10-20% from fat. This entails a moderate intake of fish, beans, nuts, fruit, vegetables, soy, whole grains, and vegetable oil, which should be combined with daily exercise and plenty of sleep. To lose weight, however, one needs to follow the aforementioned basic rules for subsistence, but cut calories. To lose one pound of fat, one must consume 3200 less calories than you must burn. It's hard work, and no quick diet fix will help in the end.



French bread, the scent of fresh baked goods waft over as you wonder why, as an American, you are doomed to a life bereft of the happiness that grains, mills, and ovens create. Whatever will become of us? Why can the French have their bread, the Japanese their rice, and the Danish their pastries and still remain thin, while Americans have resorted to eating protein, vegetables, and fat in an effort to combat the growing obesity rates in this nation?

Dr Atkins suggests that "eating a high fat, high carbohydrate diet, which is the typical American diet, is a recipe for health disaster."

However, the prevailing answer lies in the fact that, in general, when Americans consume carbohydrates, they consume far too many calories without burning them off, so while

that it rapidly releases sugar and spur insulin production, which in turn affects one's long-term health by causing diseases such as type 2 diabetes and hypertension. Processed carbs lead to a rapid changes in blood sugar levels, and when this drops, it is accompanied by an overwhelming feeling of fatigue as well as a lack in concentration (energy and concentration are relatively important for college, so students, take note). The body then demands more calories to replenish its energy store, which leads to a lot of unnecessary snacking, and, eventually, weight gain.

One way to combat this, and still enjoy carbohydrates is to look for whole-grain foods, which have lower glycemic levels. This includes popcorn, oatmeal, whole-wheat bread (yes, bread!), unsweetened apple



# The Plague of the Freshman 15

■ The Freshman 15 – binge eating, odd sleeping hours, and lack of exercise takes its toll on Rollins freshmen.

by **Kate Alexander**  
staff reporter

In the early morning hours in dorms around campus, empty potato chip bags and greasy pizza boxes overflow out of trashcans.

Beer cases pile up in the hallway trash, along with candy wrappers and Coke cans. These sights are particularly common in the underclassmen dorms. Later, cries of disappointment emerge from the mouths of disenchanted freshmen as they step on their scales after waking up at 2 p.m. It's at this moment that they must face the results of their overnight binges.

The weight-gain accrued during a person's freshman year in college, or more simply put, the freshman 15, is not a myth but a reality on college campuses around the nation.

"We've gotten thicker," says freshman Tori Palace. "I'd say for many of us it's more like 5 [pounds]."

She attributes much of the weight gain to habit changes. "There is a change in sleep schedule," says Palace, who is a

Jupiter native. "You get hungry when you're up late studying, and there is not time to exercise. There is such an accessibility of food."

Katie Zelmer, a freshman from Cleveland, Ohio, echoes Palace's sentiment. "We've all noticed that we all put on weight," says Zelmer. "I have friends that go to school up north who say they have put on weight too, so it's everywhere."

Like Palace, Zelmer reasons that the weight gain that many experience their first year in college is due to the availability of food on campus.

"You have more free time in college," she says of the snacking of which college students partake. "It's just right there. Domino's is not a good idea."

While Zelmer concedes that she has gained weight, she says that the majority of her weight is muscle mass because of swim team.

"People should keep the same regimen [as at home]," she says. "You hear more [about the freshman 15] from girls. We complain about it more. Girls that try the hardest not to gain the weight actually do."

Though females seem to be more sensitive about college weight gain, many Rollins males admit to gaining weight too. "Everyone seems to say that they have gained at least 15," says Baltimore

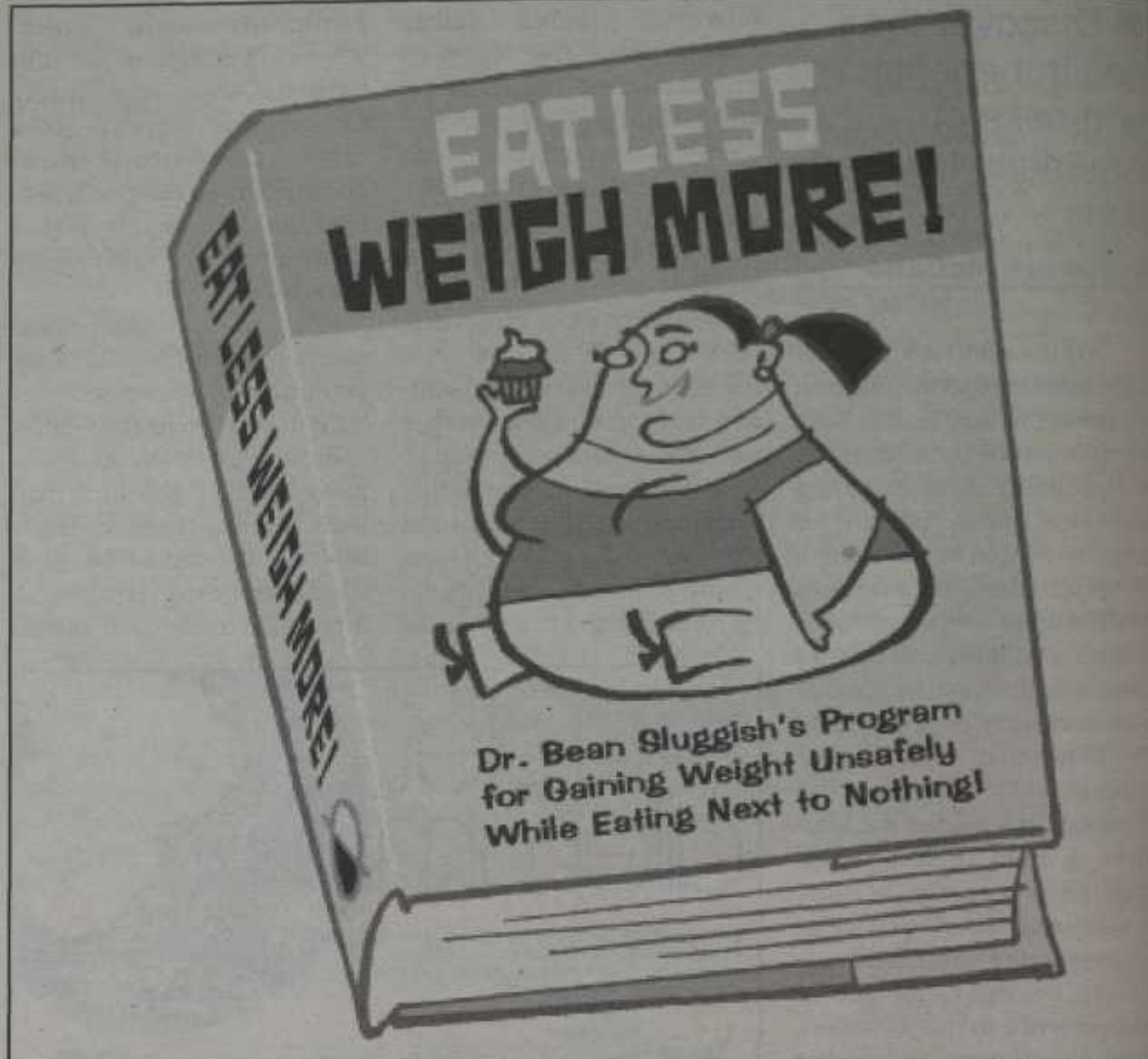


photo / WWW.SUCK.COM

native Mike Corso. "It's the quality of the food. There is junk food, and you tend to eat it later in the night."

Though the freshman 15 does afflict many new college students, there are those that emerge from their freshman year unaffected. Unlike their less sporty peers, athletes often avoid gaining weight.

"I've lost weight," says basketball player Jordan Kolosey. "There is beer, free money on the R-Card, but I have too much other stuff to do."

Another Rollins basketball player, Neon Troupe, shares Kolosey's view. "Nah," he says when asked if he's gained any weight this year. "I don't drink or eat too much. Freshman year people hang out and drink, so they gain weight."

However, you do not have to be a Rollins athlete to avoid weight gain your freshman year. "Negative," says Boca Native Jake Resnick, when asked if he has gained weight his freshman year. "I go to the gym everyday. It's more of a lifestyle change for many people."

For Resnick, the key to avoiding weight gain is living healthy. "Definitely the food isn't the best," he concedes. "I've been brought up in a healthy family. We don't fry anything or put salt on anything. I'm conscious about my [eating] deci-

sions."

Clearly the freshman 15 exists at Rollins and elsewhere, but luckily, the Lakeside Health Center provides resources to help people with weight management. The staff recognizes the concerns that the freshman 15 can raise.

"Yes. It is true for some people," said Nurse Practitioner Sandra

**"You have more free time in college. It's just right there. Domino's is not a good idea."**

**Katie Zelmer**  
Class of 2007

Weisstein. "The reason that I believe we see it is the lifestyle change. The way [freshmen] do things changes. They aren't getting the home-cooked, well-rounded meals anymore."

She is quick to dispel the rumor that much of the freshman weight gain phenomenon is attributed to hormonal changes that result in metabolic imbal-

ance.

"We experience hormonal changes all throughout our lives," she points out. "That's more of an excuse."

She suggests that in order to avoid gaining excessive weight freshman year, young people need to stay active.

"Get involved," she said. "Stay active on and off campus. Take that swing class or Pilates class. All research says that you should get 30 minutes [of cardio exercise] a day. You can cut down to 3 or 4 times a week once that becomes more of a habit."

She also suggests that students watch what and how much they eat.

"It's a matter of looking at portion control," she said. "Also, [students] need to eat a variety of foods and not just one type."

In the end, the freshman 15 seems primarily linked to habit and lifestyle changes. The best way to avoid packing on the pounds is to just eat well and stay active.

"Eat your vegetables," advises Junior Meredith Woods. "Enjoy our beautiful neighborhood. Grab a friend, and go on a walk."



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# Norah Jones Feels Like Home

■ Jazzy Miss Jones: Norah Jones' Sophomore Effort Holds Its Own.

by **Cathy McCarthy**

staff reporter

The highly anticipated sophomore album for Grammy darling Norah Jones was released last week. It should be no surprise that Jones' album feels a little bit more country this time around. Born in New York City, she honed her performing skills in the smoky jazz clubs of Greenwich Village. However, she was raised in Texas by her single mother, attending Booker T.

Washington High School for the Performing and Visual Arts in Dallas and spending two years at the University of North Texas to study jazz before leaving to spend a summer in New York City, and never looking back. No wonder her unique brand of jazz is seamlessly fused with country twang. Her first major tour this past summer had country/folk songstress Gillian Welch opening for Jones and The Handsome Band.

After winning all eight Grammys Jones was nominated for last year and shooting to the top of the charts, the pressure was on to see if her sophomore effort could live up to *Come Away With Me*. And it appears that she

has, without sacrificing her musical sense of self.

*Feels Like Home* is a testament to Jones' versatility and range as a musician. The opener "Sunrise" has a thumping country beat, her signature piano, and angelic vocals. "What Am I To You?" is a beautiful bluesy number she wrote, a longing tribute with electric guitar and Wurlitzer electric piano. "Those Sweet Words" and "Carnival Town" (co-written by Jones and her fiancé and band member Lee Alexander) are reminiscent of the first album, with her band in full swing and string arrangements aplenty.

The real standout of the album is "In The Morning," a sultry, beautiful confession of addiction to a lover. Penned by band member Adam Levy, it jams with Jones' Wurlitzer and aged vocals, mess of guitars, and lyrics like, "Dark like the shady corner / Inside a violin / Hot like to burn my lips / I know I can't win" and "I try to quit you but I'm too weak / Waking up without you / I can hardly speak at all."

"Be Here To Love Me" is a sad, pleading blues country medley, and Alexander's "Creepin' In" has Jones crooning with country legend Dolly Parton over upbeat, jumpy sounds.

The rest of the tracks sway between jazz and country styles. The album's closer, however, is strictly jazz. On "Don't Miss You At All" Jones is alone with her old piano, and she has taken Duke Ellington's



photo / DNR.METROK.COV

**FEELS LIKE HOME:** Norah Jones' new CD hit stores recently.

Melancholia and added her own spin—as well as lyrics to a once purely instrumental song. She seems to be channeling Ellington, as the lyrics fit perfectly with the tone of the song.

Fans of *Come Away With Me* may be disappointed to hear half the tracks on *Feels Like Home* if they were dead-set on her pop-jazz style. Jones shows that she has matured as an artist in two

years, adding new musical genres to her repertoire. The only qualm about this album is that there aren't more songs like "In The Morning" or "Don't Miss You All." True fans will appreciate Jones exploring her options and branching out with help from the Handsome Band. An excellent follow-up to the best album of last year.



photo / AMAZON.COM

**SHE'S GOT COUNTRY:** Norah Jones' new CD consists of several new songs with a country spice rather than her usual blues style.

# A Crow Left of Pop Culture

■ Incubus releases new aggressive CD that sparks controversy with MTV.

by **Angela Gonzalez**

contributing writer

The boys of Incubus are back! After 3 long years, they teamed up with big-time producer Brendan O'Brien (STP, Pearl Jam) in Atlanta to put together their newest CD, *A Crow Left of the Murder*, which finally hit shelves on February 3rd. The title reflects the band's particular genre of music, something different than the mainstream pop music that floods the airwaves. For those of us who just couldn't

wait, the Incubus website ([www.enjoyincubus.com](http://www.enjoyincubus.com)) offered a pre-sale with the added bonus of an early copy of the first single off the album, a DVD, and a code that could be used towards the pre-sale of tickets for the US wing of their tour expected to begin this summer.

With the bittersweet departure of original bassist, Dirk Lance, and the addition of his replacement, Ben Kenney (previously from The Roots), the boys of Incubus were ready to head back into the studio. Like their previous albums, Incubus uses this CD to experiment with new sounds, such as the robot-like entrance to the first single "Megalomaniac". This album definitely sets a more

aggressive tone as compared to 2001's laid back *Morning View* cd with songs like "Beware! Criminal" that proclaim "yeah I'm down / but not out and far from done. / Beware, criminal." In "Megalomaniac" Brandon announces boldly, "hey megalomaniac / you're no Jesus," and demands that he "step down." Some say this song in particular is aimed towards a certain famous Bible thumping Texan with big ears. MTV only shows the video for "Megalomaniac" after-hours because of its depictions of Hitler and strong political overtones. Incubus has returned with something to say. But don't worry, not all the songs are angry. They didn't forget to put a few of

their soothing, "Stellar-esque" ballads in there such as "Here in my Room" and "Southern Girl".

Overall, *A Crow Left of the Murder* encompasses all the ingredients that have brought this band success in past years: the powerful dynamic of

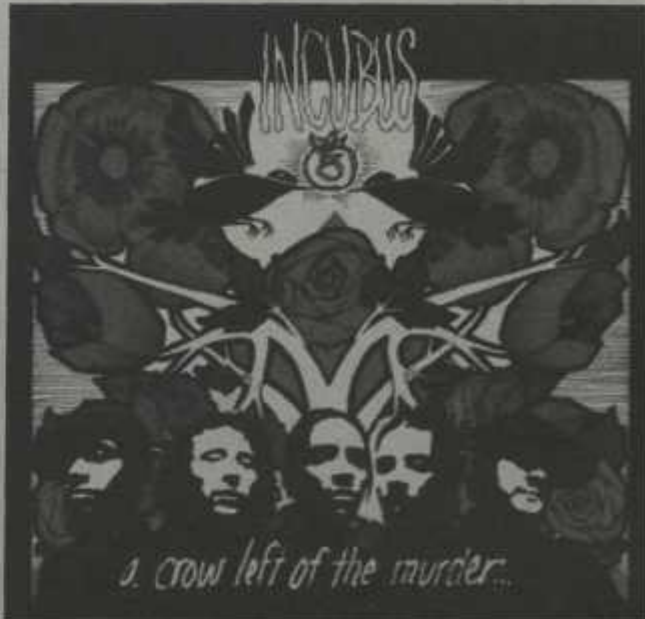


photo / AMAZON.COM

**CONTROVERSIAL CD:** The new Incubus CD has sparked some criticism by viewers.

voking lyrics, and DJ Kilmore's hip-hop influenced beats. It's nice to know that after 13-odd years, these guys can still deliver.



# Stepping It Up To Promote Unity

■ Chi Upsilon Sigma (CUS) hosts the first ever Rollins College Step Show

by **Lara Bueso**

entertainment editor

Students from UCF and Rollins gathered in the gym where the Unity Step Show competition was held, quite possibly the most diversity we have yet to see at Rollins College. "Where my white people at?" MC, Manny Velez asked at the Step Show hosted by Chi Upsilon Sigma (CUS). Rollins students proudly hollered from the crowded bleachers in response. "There must have been at least 500 people there in the stands," Ginelle Morales, President of CUS, said.

The event was warmly welcomed and sponsored by many Rollins clubs including: Council of Leaders, Student Government, Latin American Student Association, Black Student Union, CAC, AOP, ACE, OM, Capoeira Brazilian Pelourinho (a Brazilian martial arts dance group), Rollins Democrats, and X-

Club.

CUS, a relatively small sorority with only three members, took on a large feat by taking on the initiative to bring the Step Show to Rollins College. "I was happy to see the support from the campus. It was something new, and we weren't sure how the campus was going to react to the event. But it was a united event, where we all came together, and where all of Greek life and different cultures were represented," Morales said. CUS hosted the event to inform people about step culture components. They were practically paralyzed from lack of funds, and the success of the event has facilitated the possibility of CUS engaging in more philanthropy projects and events. "We couldn't do anything without funds," Morales said. The show raised over \$1000 that will be dedicated to future projects and shows.

Step teams from UCF and Rollins competed for the Unity Step 2004 first place sorority/fraternity and overall Best of Show titles. Students were rowdy in anticipation, anxiously waiting for the step groups to

begin. As 50 Cent, Nelly and Jay Z were heard in the background, students bobbed their heads in harmony to the beats and occasionally ran out to the gym floor and did a little "crip walk".

Three sororities competed first with Mu Sigma Upsilon taking home the first place trophy after adorning themselves in a jungle theme. Iota Phi Theta took home both the first place for males and Best of Show after everyone in the crowd gave them a standing ovation. From the human jump rope, to the Geico parody, the Owltlaws had the whole crowd on their feet oohing and aahing.

When speaking to Morales, she made it a point to repeat to me several times that we needed to thank "Chris Zarcharda for allowing this show to happen, Corey Ellis for helping with organizing the show, Spencer Kresbach for her help setting up the time and place for the event, including all the little details, Abby Marrero for help with publishing, and Donna Lee (our Greek Advisor) for her tremendous support! Also I want to thank Steve Nielson for his support as well. He



photo / THIERY LECHLER

**ROLLINS TALENT:** Percussion Enthusiasts of Rollins College (PERC) members: Luke Thatcher, Ian Thomas, John Coulverhouse, and Johnathan Pates performed at the Show along with the Capoeira Brazilian Pelourinho Martial Artists.

came to the show!" she said.

It is inspiring to see such a small group plan such a large and successful event. "It was a challenge because this type of event had never been done before. We had the opportunity to inform people about what step was and the culture behind it," Morales said. In the true theme of unity, everyone was involved. The X-Club members voluntarily directed parking for many guests, the Rollins percussion group

had a little show of their own, and our very own Lex Brown rapped, after a brief intermission, with his posse, The Street Scholars. Be sure to look out for his first CD.

Corazones Unidos Siempre, CUS, is always looking for new members to join their sorority. Be sure to look out for an informational Espresso meeting for all women on campus. Also, you can visit their chapter website at [geocities.com/cus\\_ag](http://geocities.com/cus_ag).

# Make a Trip to See Eurotrip

■ Check out Eurotrip in theaters this weekend for some typical teen humor.

by **Lara Bueso**  
and **Jessica Estes**

entertainment editors

If you're a fan of cinematic classics like *Road Trip* and *Old School*, then you're sure to enjoy this movie by the same producers. *Eurotrip*, which premieres this week-

end (February 20th), has all the makings of a blockbuster teen flick: humor, romance, and, of course, nudity. Scott Thomas (Scott Mechlowicz) mistakes his long-time German pen pal, Mieke (Jessica Boehrs), for a man and terminates their relationship when she tries to arrange a meeting. After he realizes Mieke is really the woman of his dreams, he and his three friends embark on a European road trip to find her. Despite many mishaps and misfor-

tunes along the road, they eventually find her in the Vatican and have a heart-felt meeting.

Though this movie kept the audience laughing, most of the humor was trite and unoriginal. It centered around an unrealistic storyline about high school grads who spend their last months together by flying off to Europe on a moments notice (without even telling their parents). Who does that? Going to Europe to search for a person you've never met? A little implausible. The traditional boy chases girl plot was further weakened by extreme predictability. When they finally meet, they instantly fall in love and surprise, surprise, she's attending the same college as him in the fall! There's American Pie *deja vu* with the idea of a beautiful foreigner falling for the dorky, American boy (i.e. Nadia and Jim).

But the movie does have some redeeming qualities. A cute cast of fresh faces and lots of comedy makes it a movie worth seeing. Look for a cameo by Matt Damon



photo / DREAMWORKS FILMS

**ROAD TRIP RETURNS:** Scott, Jenny, Cooper, and Jamie embark on a trip of a lifetime across Europe.

looking slightly different than his usual All-American self. You may also notice Michelle Trachtenberg (Jenny) from her character on the hit series *Buffy the Vampire Slayer*. The *Smallville* hottie Kristin

Kreuk also appears in a couple scenes as Scotty's ex-girlfriend Fiona (who's cheating on him with Damon's character).

If teen movies are your style, then check out *Eurotrip* for some guaranteed laughs.



photo / DREAMWORKS FILMS

**THEY FINALLY MEET:** Scott unites with the girl of his dreams in the streets of Rome.



# Third Phantom CD

■ A newly released self-titled album by Phantom Planet hit the shelves.

by **Cathy McCarthy**  
staff reporter

People are divided into three categories. There are those who knew Phantom Planet as the band whose drummer was "that kid" from the movie *Rushmore*. There are those who knew Phantom Planet as the band that had a poppy hit on the Fox show, *The O.C.* Then there are those of us who knew Phantom Planet as a band with catchy hooks, youthful romanticism, and unique alt-rock sound. After hearing the newly released self-titled album, the music listening world can unite and appreciate Phantom Planet for what they are now: a more edgy, raw, and powerful entity than they ever were before.

We have literally watched the members of Phantom Planet grow up, physically and musically, through the years. Most of the band was in their teens when their first album was released in 1998, titled *The Phantom Planet is Missing*. They began with typical freshman exuberance, utilizing synthesizers and upbeat hooks. Unfortunately, they didn't exactly fit into the cookie-cutter popular genres of the time, and the first album didn't sell as well as hoped.

Their sophomore release, *The Guest*, did better than the first album, boosted by Jason Schwartzman's newfound fame in *Rushmore*,

the progressive upbeat, and clean cut rock sound.

Their latest self-titled release finds the band in a much different place in their lives. Older and more seasoned in the music industry, the band explores grungier, dirtier sounds and harder, faster riffs than the fluffier rock of *The Guest*. In this album, the guitars crunch more, and the drum sounds are more distorted, but this ordered chaos works surprisingly well. The song "Big Brat" was released earlier to radio stations, and uses this newfound bedlam most effectively. While being out of control and extremely dis-

the songs moving and not lagging in the disarray. This makes the songs rock out harder and faster, keeping you at breakneck speeds through the mayhem.

The raw, edgy sounds show signs of maturity in the band, allowing them to be completely unrestrained, while still maintaining the integrity of the sound. It is light years away from the clean, safe riffs of *The Guest* and a breath of fresh air in the scene filled with over produced, cookie-cutter bands, playing for the record executive's tastes and not for themselves. Phantom Planet has always stayed true to



**TWO TO THREE WORDS:** This is where a cut line goes. Make it short and snappy, and fill it up across the picture.

torted, the song is still tight and powerful.

The album also plays around with the meter of songs more than ever before, using quicker, more intricate beats. Invoking thoughts of The Strokes, the song "The Happy Ending" uses robotic drumming and tight meter. The unyielding beat keeps

their unique sound, even when it meant missing out on being ridiculously successful. This honesty comes out in this album full force, throwing the grubby, unpolished sounds in your face whether you like it or not. Don't worry, though, you will.

# Modest Mouse

■ Valentine's Day weekend concert rocked The Social.

by **Cathy McCarthy**  
staff reporter

Portland-based Modest Mouse graced the Sunshine State with their legendary presence for three sold out shows over Valentine's Day weekend at The Social. Band members Issac Brock and Eric Judy brought a group of friends to play old favorites and preview their new album being released April 4th, *Good News For People Who Love Bad News*. Benjamin Wikel has replaced drummer Jeremiah

Green.

Wikel is one half of the harmonica-infused wall noise duo, The Helios Sequence. They opened for Modest Mouse, followed by comedian Eugene Mirman. Mirman first handed out Valentine's to the crowd and showed home videos, including The Eugene Mirman Story, and an educational piece about the effects of marijuana. One audience member shouted that she deserved a valentine because she had given birth a month earlier. Blood was almost shed when an audience member mistook another woman for being the new mother, and a fight almost

broke out in the restroom.

Brock and Judy did not disappoint the audience on Valentine's Day, inspiring mass sing-a-longs and a few fights. The two and a half hours it took for the show to get underway gave the crowd sufficient time to get drunk, sober up, and get drunk again. They incorporated their signature gritty guitars and shouted lyrics with cello and piano, and a few percussion accoutrements, as well as a children's ladybug costume on "Tom the Lovebug."

Members of Helios Sequence and Modest Mouse chatted with fans after the show ended.

## WORD ON THE STREET

by **Jessica Combs and Jessica Estes**

editorial staff

Word on the Street interviewers set out to investigate what students think about food on campus. Should the menu be extended to serve a broader variety of interests?



"I think they should have more vegan options."

Kimberly Hartman '07

"Not only does it anger me, but it really angers me, and on occasion makes me furious."

J.P. Ahlgren, '07



"I'm eating it because I pay for it"

Katie Pederson, '07

"It's monotonous, the same thing over and over."

Brooke Harbaugh, '06



"The fish is good."

Nate Hilliard '06

"We need to get our R-Cards extended to Panera"

Brett Shinnbarger, '07









# Reality TV: The Oxymoron

■ Is it a humorous curiosity or a subconscious obsession?

by **Jesse Thompson**  
opinions editor

I can still recall one of the early seasons of MTV's *The Real World*. It was a mixture of rather dull individuals packed into a snug city apartment, who had chosen to have their daily lives taped. It had the feel of an awkward, yet seemingly amusing science project.

The concept of observing people under the microscope on an everyday basis is a bit intriguing, but I can imagine why it didn't rivet the majority of pop culture. There was little excitement outside of the occasional argument or random roommate hook-up. Overall, it was more just a curious individuals way of getting a slight chuckle. However, there was one individual who broke the mold a bit. He was crude, flashy, and basically just an attention getter. It appeared rather obvious that he was acting a certain way in order to gain cheap fame.

I remember feeling irked by his obnoxiousness and didn't understand why he was on the show. He eventually was kicked out of the house because of the tension caused by his exploitive antics, but leave it to the true leaders of America, major corporations, to capitalize on our naïve society and find a way to suck up some more consumer dollars. So the idea struck them: load a bunch of volatile, attention hungry youngsters into a lush mansion estate loaded with millions of dollars worth of furnishings, in a party city of choice, tape their every move, and watch Americans chase the proverbial dangling carrot on a string.

Chase it they did. In fact, now we don't simply want to watch young adults make drunken fools of themselves but we want to branch out. It spawned a plethora of odd reality shows. Now there are shows that display people feasting on buckets of worms for a few hundred dollars, people picking a wife or husband out of an eclectic litter of supposed love starved individuals, cops chasing down the

world's dumbest criminals, newlywed pop stars going through the first years of marriage, and wannabe celebrities competing for stardom.

Something about it doesn't sit well in my stomach. The idea began as a silly science project and has now grown into an elaborate beanstalk of mindless entertainment, which is progressively diluting the separation between reality and fantasy. However, the concept seems to sit very well with the majority of Americans. But why? Perhaps viewing this type of entertainment allows people to escape their own lives. We are a nation full of unsatisfied people who maintain a romantic mindset encompassed by always wanting more than what we have. Just what our society needs, more brainless activities and opportunities to foster an attitude that infers that our supposedly mundane lives are not good enough. On the more harmless side, these shows scratch that itch to gossip that we Americans most certainly love. This, of course, is not detrimental and bothers no one except the stereotypical

male.

The fact that so many American's seemingly get off on watching others go through heartache, violence, and embarrassment is a standard these days. Our minds sit and rot while other people's lives feed us situations in which we can comfortably watch and criticize, while confidently remarking to ourselves about how we would never do such a thing.

These shows not only feed us a clean conscious but also give us a type of vicarious living through these characters' tacky, flashy lifestyles. We can't get enough of other people's lives. So the television companies keep pumping them out, each one more risqué and ethically infringing than the next.

Perhaps it is the Puritan in us. Those conservative, God fearing values mixed with today's more Protestant-I'll pay attention to my values tomorrow-attitude makes for a curious bunch, who just can't seem to wait to find entertainment and stimulation anywhere but in their own lives. But in reality, we are doing nothing but wasting our time.

## Prof. Perspectives

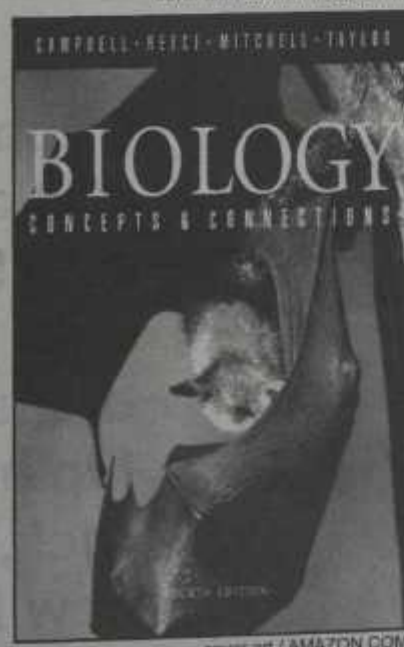
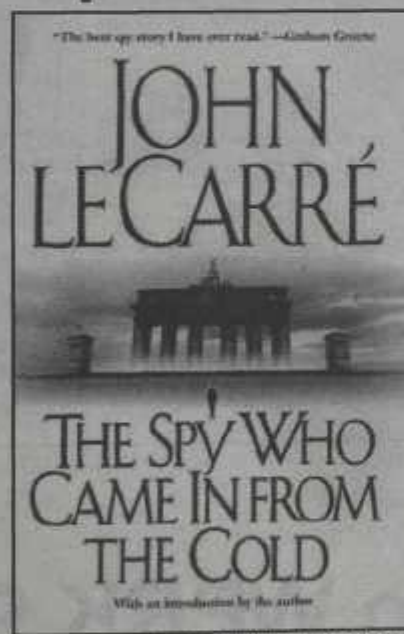
by **Ed Cohen**

There was a time when reasonable people and reasonable nations could agree to disagree. Today, we are so intent on making others see the world as we do that we would rather shout over their words than listen to them.

We have exchange civility for partisanship, individualism for ideology. Before you graduate, then, please read John Le Carre's *The Spy Who Came in from the Cold* (1964), a dark study in international intrigue.

In the novel a British agent finds himself at the center of a daring double cross—or is it a triple cross?—in which he is either the willing or the expendable pawn.

When you come to the end, ponder the hero's defiant choice. And think about the world around you, in which others' views are perceived not as opposing ideas but as threats.



We recently asked Rollins English Professors what book every college student should read before graduation. These are their responses.

by **Steve Phelan**

This is an impossible task because the most moving books are very personal and we all have different needs at different times of our lives. So my first recommendation is to find your own treasures by entering the library lottery as often as you can.

The book with the most profound effect on my life has been Walt Whitman's *Leaves of Grass* and especially the central poem "Song of Myself." The book has such an exceptional vision of democracy, nature, equality, science, and the American promise that even after 150 years of trying, readers have not yet finished the process of discovery about the poem. Our nation has not yet achieved what the poem envisions. I had read this book three different times in my education (high school, college, and graduate school), but the experience I describe here came with a fresh reading at age thirty-seven. Timing is everything.

The book I would have

every student read before graduation would be the textbook in General Biology. They have a different one now, but I used Neil Campbell's *Biology*, 4th edition in 1996. You can't curl up with this thing because it weighs ninety pounds and takes two semesters to teach. It has an overview of everything you might want to know about biology in a detail that would make it possible for you to understand your doctor, if doctors really did explain fully our problems. For me, the stories of the cell, genetics, human development, and ecology are like poetry. They give me great hope. They make me marvel at our good fortune to be born at this end of such a colossal chain of transformations. They set me on a mission of good health for all earthkind.

Both these recommendations have provided me with the groundwork of a profound joy that has sustained me for many years. Good luck in your quest. I hope you find yours.

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# Much Ado About Nothing

■ Less focus on the service records and more about the issues.

by John Ferreira

staff reporter

You know it's an election year when everything detail of a presidential candidate's life is examined and reexamined in the hope of finding dirt, which can hurt their election chances. Barring some cataclysmic event, John Kerry will win the Democratic nomination and he will face off against President Bush in the fall. Enormous amounts of attention have been given lately to the issue of military service. While John Kerry is heralded by the left as a "war-hero" and presented as a "friend of veterans", Bush is being attacked for his lack of service in Vietnam. In case you haven't been following the Democratic primaries and the presidential campaign (which you should be) this is what is happening: The president has been accused of cowardice because he chose to enlist in the National Guard instead of going to Vietnam. Bush was a pilot for the Texas Air National Guard, yet he missed some of his drills in Alabama and others have said that he received an honorable discharge just because he comes from a wealthy and powerful family. This has sparked a debate in all political circles about courage and patriotism. Most importantly however it has started a debate about the candidates themselves, and how these actions reflect on them as citizens.

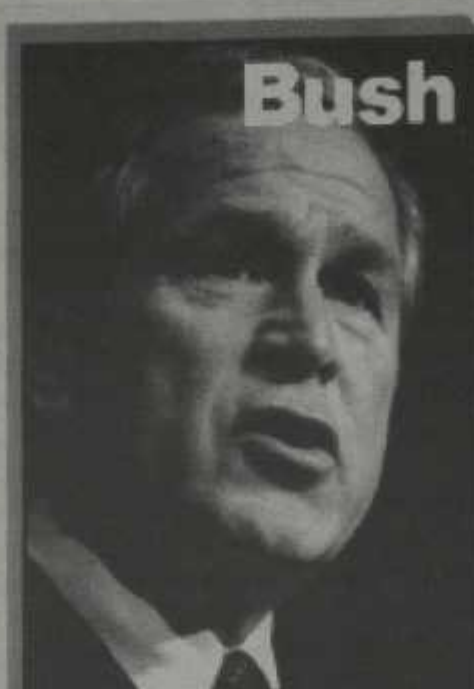
It is time that America reconsidered how it views military service for presidential candidates. My reaction to the fact that Bush didn't go fight in Vietnam is, "So what?" I admire Senator Kerry for being courageous and defending America in war that was questionable at best. The crux of the matter is, *does this change the candidate's policy?* Are Kerry's views better because he served forty years ago? Is Bush suddenly a liberal because he didn't go to war? In case you are wondering the answer to both questions is no. Americans should choose their next president not by what he did forty years ago but what he has done as a politician and where he stands on issues.

Americans should be concerned by the fact that

Bush is raising a historical deficit. Voters need to worry that President Bush has kept an inept CIA director that allowed September 11th to occur and gathered incorrect intelligence on Iraq's weapons programs. On the flip side people should be worried that Kerry voted against the first Gulf War in 1991 that liberated Kuwait from Saddam's occupation. If it were up to him Saddam would still be in power and holding all of Kuwait's oil. People should be concerned by the fact that Kerry waits to roll back Bush's tax cuts and raise taxes in 2005. Those issues are far important than what these candidates did forty years ago.

I am by no means demeaning those brave Americans who give up their life to protect the ideals of freedom that we hold so dear in this country, but service records mean nothing. How does fighting a war make you a better politician? Even though going to war is without a doubt a life changing experience, it by no means makes someone better prepared to think about the issues. Soldiers have to follow orders, while presidents must lead. Experience for the Presidency can come from many different places; it doesn't have to come from the military. Another important point is, people change. Forty years ago John Kerry might have been the greatest soldier in history, but that doesn't make him prepared. Just because he received medals for combat does not mean that he knows how to balance a budget or save America's failing schools. Kerry might have been brave and idealistic when he was young, but he has been in the Senate for a very long time, and youth and idealism are severely lacking in the Kerry campaign. Another dubious fact is that when Kerry returned from Vietnam he protested against the war, and took part in the famed protest in which veterans threw their medals at the Capitol. Kerry used to be ashamed that he served; now he is proud because it gets him votes.

People should put this debate to rest and worry about the issues. The 2004 election is important for it will decide the path that America will trend in the post-September 11th world. Americans should be concerned about where each candidate stands, not what the candidates were doing over forty years ago.



Bush



Kerry

## VS. The issues

How President Bush and Democratic presidential candidate Sen. John Kerry compare on major issues

■ Proposes cutting \$521 billion deficit in half within five years via higher tax revenues from a better economy, cuts in domestic spending

### Deficit

■ Supports school standards, accountability through No Child Left Behind law, which requires states to have plans for student proficiency in math, reading

### Education

■ Opposes, may support constitutional amendment that would define marriage as union between a man and a woman

### Gay marriage

■ Supports plan to help small businesses band together to provide worker coverage; wants refundable tax credits to help poor workers afford health insurance

### Health care

■ Proposes \$40.2 billion for homeland security across all government agencies for 2005, includes \$1.9 billion for port security

### Homeland security

■ Says war was necessary because Iraq was "grave and gathering danger"; war was part of Bush's post-Sept. 11 policy against perceived threats to U.S.

### Iraq

■ Wants Congress to make permanent all tax cuts enacted since 2001, which are scheduled to expire by 2011

### Taxes

■ Advocates open markets, free trade via regional pacts, World Trade Organization; wants trade zone for all Western Hemisphere nations except Cuba

### Trade

■ Use revenue from repealing Bush tax cuts for those with incomes above \$200,000 to pay for education, health care, homeland security initiatives

■ Create National Education Trust Fund to pay federal share of education costs, smaller class sizes, rebuild crumbling schools

■ Believes marriage should be between a man and woman, but advocates civil unions for gays to guarantee gay couples same rights as married couples

■ Tax breaks to employers, tax credits to individuals to ensure access to same health care program available to members of Congress and federal employees

■ More resources for local police, firefighters; revamp domestic intelligence gathering; eliminate Patriot Act provisions that endanger civil rights

■ Voted to authorize war; says Bush should have created a larger coalition; wants to internationalize reconstruction with help of U.N. allies

■ Repeal Bush cuts for those earning more than \$200,000; provide credits for college education, health care; business incentives to create jobs; eliminate some corporate tax breaks

■ Supports trade pacts, would crack down on nations that violate them, order 180-day review of existing treaties to ensure adherence to labor, environmental standards

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Sources: Knight Ridder Washington Bureau, KRT Photo Service. Graphics: Lee Hultberg, Judy Treble

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# The Price Of Health At Rollins

Food prices at Rollins continue to irritate students who are unreasonably charged for the convenience of on-campus food.

by **Kate Alexander**  
staff reporter

As the clock strikes 12:30 pm on any given day of the week, crowds of students descend on the Cornell Campus Center for sustenance. Lines pile up at the sandwich, salad, and main course bars as students shovel food onto their empty plates. The long lines snake around to the cash register as well, where students hand over their R-cards as payment.

Although many students at Rollins fondly call the meal plan money "free money", around this time in the semester they begin to hand their cards over a little more prudently as they watch their R-card money diminish. While I know that meal-plan money is eventually going to disappear whether I spend it or not, the fact that mine is quickly dwindling troubles me. What bothers me the most is not the money's disappearance, but the reason behind my pathetic R-card account. My money is so low not

because I order Dominoes everyday or because I buy mixers for vodka every weekend, but because I eat healthy.

Before I begin my rant on food prices at Rollins, I want to start by saying that I understand that we have great dining facilities. We can place personal orders at the C-Store (hello guacamole) and the staff is friendly and incredibly helpful. All of this aside, the price disparity that exists between healthy and fattening foods on campus is staggering. Granted, I was eating at Dianne's Café an exorbitant amount the first 2 weeks of school. When I noted that my money on my R-card was below average, I vowed to control my gourmet eating habits and started heading over to Beans for my meals. However, my attempts to save money are still completely unsuccessful, even at the dining hall. One only needs to glance at the Grille menu and compare it to the menu for the salad bar at Rollins to notice the difference. A small, fresh salad with grilled chicken cost me \$4.25 the other day, whereas, according to the Grille menu available online, greasy mozzarella sticks only cost \$2.95. With tax, the sticks probably cost no more than \$3.25. When I say that my salad was small, I am referring to the tiny to-go containers. I am not even

going to get into how much a normal sized salad with chicken costs. I have spent upwards of \$8 dollars on just a chicken salad before. That's more than the sushi costs and more than Dianne's salads cost. I simply cannot win. I either have to sacrifice my R-card money or my eating habits.

Admittedly, part of the reason that food at the Grille is so much cheaper than food elsewhere on campus is because it is primarily fast food. The very nature of fast food is that it is speedily prepared and extremely cheap. It's easy and cheap to fry up some potatoes. My point is that you can also see the price disparity when you look at snack food at Rollins. A 3 ounce bag of Doritos costs \$.99, whereas a cup of blackberries costs \$4.95. Is this special fruit? For that price the blackberries better be grown somewhere really exotic and shipped over in climate-controlled boxes. You might say that fresh fruit can go bad, but consider that even low calorie food that lasts a long time like a small 2 ounce bag of carrots costs \$.79. This is considerably pricey when you reflect on the volume of food that you are getting for your money in this example.

I re-iterate, I am not an unappreciative Rollins girl and I do feel thankful for the myriad of food choices that Rollins provides for our eat-

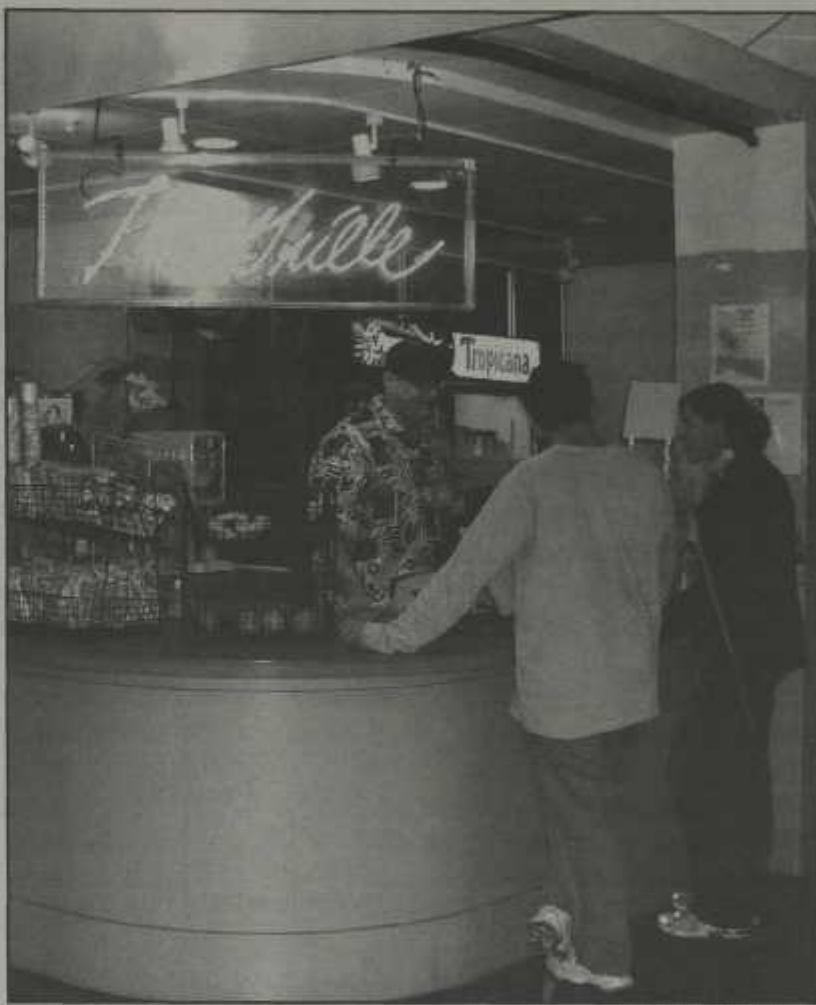


photo / KARINA MCCABE

**WORTH ITS WEIGHT IN FAT:** The Grille offers inexpensive selections at extended hours, but is it worth the health risk?

ing pleasure. It is possible that the prices of healthy food on campus simply reflect the expense in our society of eating healthy. The larger implications of food pricing on campus do not escape me. However, if health food is overpriced off campus, it is insanely overpriced on campus. When it comes down to it, I just wish that a small salad on campus did not cost me one dollar less than a large salad at nearby restaurants. Upon reading this article, people

may suggest that I eat off campus more if I disapprove of the prices on campus so much. I can assure you that I will be a regular at Panera and other local establishments by the end of the semester if my meal plan continues its steady decline. Until then, I will continue to happily eat my salads, but cringe when I go through the payment lines as the little green number on the check-out screen gets lower and lower.

## Letter To The Editor: Student Voices

Dear Editor and the Community of Rollins Students:

Several weeks ago, I wrote a letter to the editor of this newspaper urging students to raise their voices on principles of values and substance. This past Friday I witnessed the power those voices have. What was the issue? Parking? Food? Class scheduling?

No, this past Friday approximately 15-18 students attended a faculty colloquium on the Quality Enhancement Plan (QEP). The purpose of this colloquium was to discuss which of three topics, Rollins might select for review. This review is required by our accrediting body. The topics included 1) Academic Excellence: Building an Intellectual Community, 2) Responsible Citizenship and Ethical Leadership, and 3) Internationalization.

The student voice on this

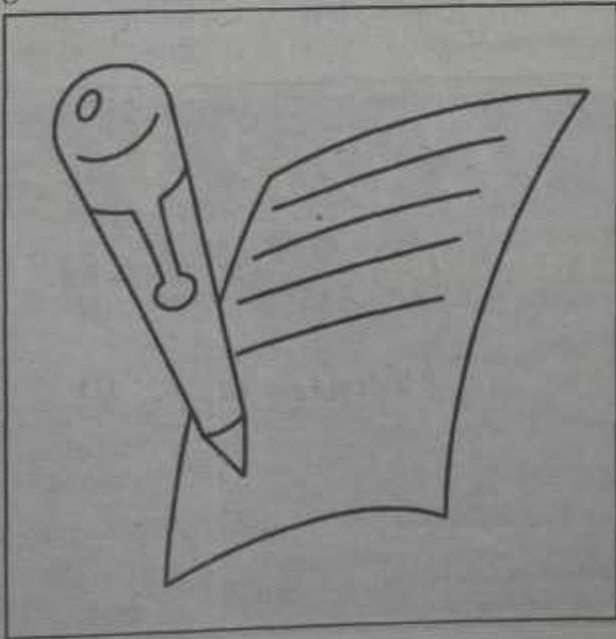
topic was thoughtful, passionate and compelling. Their voice was one that spoke to student needs and to how the College of the future will be shaped. The College has yet to select a QEP, but when it comes time to do so, one can be certain that on Friday afternoon in February, the voices of fifteen or so students made a difference and the future will be changed because their voices were not silent.

Thank each of you. I'm reminded of what Margaret Meade said, "Never doubt that a small group of thoughtful, committed people can change the world."

Indeed, it is the only thing that ever has." Thank you to those who participated in the conversation before and during the colloquium. And thank you to those that will continue to raise your voice. You made a lasting difference.

*Steve Neilson*

Dean of Student Affairs



## THE VAGINA MONOLOGUES



FEBRUARY 24, 2004 - 12:30 P.M.  
DAVE'S DOWNUNDER - CORNELL CAMPUS CENTER



# We're All Born Worthy

by **Alan Nordstrom**  
contributing writer

To have declared, "All men are created equal" was, over 200 years ago, a grand advance in political philosophy rendered into public policy. The idea took root and has grown (if not fully flourished) in this country and elsewhere ever since.

The idea has even outgrown its original phrasing, which proved sexist, and now must be said, "All people are created equal." Yet even with that improvement, problems in the statement remain, mainly the meaning of "equal" in the context of political rights.

Perhaps it's time now for a new rendition entirely, a new rallying cry for a new millennium, though with the same intent of asserting personal and civil rights, through a maxim even more fundamental: "All persons are born worthy."

The term "worthy" would be understood as an unqualifiable absolute invested in every newborn human being. All persons are born equally and entirely worthy, their dignity guaranteed simply by their humanity. No one, therefore, is born to a rank higher or lower than another, for all rankings of people and considerations of lesser or greater are societal fallacies insofar as they diminish the innate dignity of all.

To be "worthy" means to be regarded as precious, priceless, and irreplaceable. It means to be esteemed simply for one's own being, intrinsically and inherently deserving of whatever will foster one's development and lead one to flourish as a fully realized human being.

The aim of governments should therefore be above all to protect human dignity and facilitate human development. Recognizing the inherent worth of every citizen,

governments are rightly instituted to ensure that all citizens be enabled to find opportunities to live in dignity, which means with adequate food, shelter, and clothing, with love, care, and security, with encouragement and guidance, with education and empowerment, and with opportunities to support themselves, to contribute to the welfare of others, and to grow in their own wisdom.

To disrespect another's dignity would be wrongful behavior. To regard another as less than intrinsically precious, priceless, and irreplaceable would be misguided and unenlightened behavior—unless that person had voluntarily devalued himself or herself by behaving undignifiedly towards others, disrespecting their innate worth.

To put this notion in personal terms, only you can "unworthy" yourself by treating others as unworthy, by denying their dignity and violating the rights implicit in that dignity.

Thus the sole exception to the rule of innate dignity occurs when you choose to divest yourself of your own dignity and thereby open yourself to society's sanctions since you have betrayed the cardinal principle of society: the appreciation of everyone's essential worth.

Though "All persons are born worthy" may be a new phrase, the conception is ageless and long has been promoted by enlightened souls, often through religious scriptures. To say we are all "God's beloved children and all equal in God's sight" is to tell ourselves how we ought to behave towards one another to revere all others' dignity as we do our own and as we would have them revere ours. It's a golden rule.

# Not So Deep Thoughts: God Speaks!

by **Eddie Huang**  
humor editor

Well, this week I ran out of ideas. So, I did what all good atheists do when they're in need of help: blame. I blamed God, Adam, Eve, and Noah for three days and four nights. Suddenly, at 11:47 p.m. Sunday night, my phone rang. It was God and she was fed up with my whining.

**God:** Eddie, why are you even trying to write?

**Eddie:** Is this an interview?

**God:** I guess...

**Eddie:** Well, am I the interviewee or the interviewer?

**God:** What do you think, clown shoes?

**Eddie:** I guess I'm the interviewee, but I'd rather be the interviewer.

**God:** Too bad.

**Eddie:** Aw, come on, even cannibals offer quid pro quo!

**God:** Fine, but me first. Why are you trying to write?

**Eddie:** Because no one else wants to write for *The Sandspur* besides Jared.

**God:** Is that the kid that wrote the toilet article?

**Eddie:** Yeah.

**God:** Oh, he's bad.

**Eddie:** Rollins, HO! See, at least you like my articles more than his and if you like them more than his, then you essentially had to have liked them at some point in time, which would make your previous statement null and void.

**God:** Not so fast, my friend...

**Eddie:** Whoa, are you Lee Corso?

**God:** Does that count as your question?

**Eddie:** Does that count as your question?

**God:** Are you mocking me?

**Eddie:** You totally just asked two questions without answering mine.

**God:** Do I look like the Sunshine Kid?

**Eddie:** I don't know. You never reveal yourself to anyone so you might as well look like Lee Corso.

**God:** Take that back!

**Eddie:** Lady, you can't get mad at me for thinking you look like Lee Corso if you're saying things like "Not so fast, my friend." Plus, if it's really offensive, maybe you could grace us with your presence every once in a while.

**God:** I am so gonna kick your @\*s you little punk. Think happy thoughts, God doesn't freak out, God doesn't freak out...

**Eddie:** Are you talking to me you freak?

**God:** Stop making fun of me! I'm not a freak. My analyst told me to breathe into a bag if the criticism gets too heavy.

**Eddie:** You are such a coward. First of all, you never come visit your children, second, you don't have the guts to back gay marriage, and third, your breathing into a bag as we speak.

**God:** Eddie, just cut me some slack... Where's King Tut's Toilet?

**Eddie:** Cornell Campus Center, bottom floor, next to the elevator, holla! Why am I only 5'7"?

**God:** Because everyone's penis size is proportional to their height. If I made you 7'5", you'd look a little funny when you got to heaven.

**Eddie's Note:** This would mean Yao Ming is carrying a party sub in his draws.

**Eddie:** Did you just imply that I'm going to heaven?

**God:** God damn it.

**Eddie:** And you answered two questions in a row!

**God:** Ok, Jodie Foster, what time is *The Sandspur* meeting? I've got a bone to pick with that Nordstrom guy from Mars.

**Eddie:** Whoa, somebody had thug biscuits for breakfast.

*Sandspur* meetings are at 7 p.m. on Thursdays in the workroom, but if you wanna throw down you gotta take it to the mail room. What's your problem with Dr. Nordstrom anyway? He's the nicest dude this side of the *Starship Enterprise*.

**God:** I just think he's been taking those transformative education articles a bit far. Don't you think education should be more career driven?

**Eddie:** Careers are for Republicans. I figure a transformative education that makes you reexamine your life and your world is more important than getting a job.

**God:** How the hell are you going to eat?

**Eddie:** Dude, I can get a job at the Diamond Club any time I want.

**God:** Stage 1?

**Eddie:** Nah, I'm more Stage 3 material, but if I work the sausage cart outside after the show, I can make ends meet.

**God:** So how is Rollins going to make your education life changing?

**Eddie:** Well, probation changed my life.

**God:** They're going to put you all on probation?

**Eddie:** Worked for me...

**God:** Hmm, those professors at Rollins are up to some thing there.

**Eddie:** Are you really a woman?

**God:** Yes

**Eddie:** So, uh, what are your dimensions?

**God:** 35, 28, 37

**Eddie:** Would you like to go out to the Deli Planet for happy hour?

**God:** Are you asking me out on a date?

**Eddie:** Yes.

**God:** No thanks. I don't date guys under 9"

**Eddie:** But I'm 5 feet...ooohhhh

**God:** Yeah, chief....

**Eddie:** Fatal.

## SGA CORNER

### This Week: DIVERSITY CELEBRATION WEEK

**MONDAY:** MOVIE - "KING GIMP"  
12:00 P.M. - 2:00 P.M.  
DAVE'S DOWN UNDER

**TUESDAY:** VAGINA MONOLOGUES  
12:00 P.M. - 2:00 P.M.  
DAVE'S DOWN UNDER

**WEDNESDAY:** "TIAN XIA"  
OR "ALL UNDER THE SKY"  
DISCUSSION  
GUEST SPEAKER DR. GEISZ  
12:00 P.M. - 2:00 P.M.  
BIEBERBACH AND REED  
CONFERENCE ROOM

**THURSDAY:** THAI CHICKEN  
COOKING LESSONS  
6:00 P.M.  
SUTTON REC ROOM

**SATURDAY:** UNITY FEST!  
12:00 P.M. - 4:00 P.M.

### UPCOMING EVENTS

**FEBRUARY 25TH**  
DINING SERVICES MEETING  
COME CHANGE YOUR MENU!  
A DOMINO'S REPRESENTATIVE  
WILL BE THERE!!  
6:30 P.M.  
BIEBERBACH AND REED

**FEBRUARY 26TH**  
SGA LIVE!!!  
COME AND BE HEARD BY  
REPRESENTATIVES FROM ALL  
FACETS OF ROLLINS LIFE!!  
11:00 A.M. - 2:00 P.M.  
CAMPUS CENTER MARKETPLACE



# Swim Team Performs In Ohio

Swimming is ending the season on a strong note and hopes to continue its success next week.

by Amanda Beck

copy editor

Last Sunday, the Rollins Swim Team came home after four victorious days competing in the Bluegrass Mountain Swimming Championships in Ohio. The Championships this year were especially competitive with every District II school from Virginia, West Virginia, North and South Carolina, Georgia, Tennessee and Kentucky represented, making it the strongest field that the Championship has ever seen. Overall, the Tars set eleven new school records and finished in sixth place.

Rollins, despite the fact that it was one of the only schools there without the aid of scholarship, did incredibly well in all the events.

For the women, there was especially tough compe-

tition with Catawba College of North Carolina. At the end of the weekend, there was only a one point difference between the two teams, but Catawba ended up taking the lead in the last event of the meet, the 400 freestyle relay.

The women's team ended up taking sixth place out of twelve teams overall, the result of team work and some impressive individual performances. Junior Abbey Griffen was named All-Conference three times in the 50-freestyle and 100-freestyle and the 100-breaststroke events as well as being a member of two relay teams that established new Rollins records. Maxime Hofman set a team record as well as being a third place medalist in the 200 breaststroke and earning All Conference honors in the 100-breaststroke and the 200-breaststroke. There was also a strong performance by Lianna Nielson who placed seventh place in the 100-backstroke.

Andrea Bartman, a freshman who set a new Rollins record for the 500 freestyle, said that

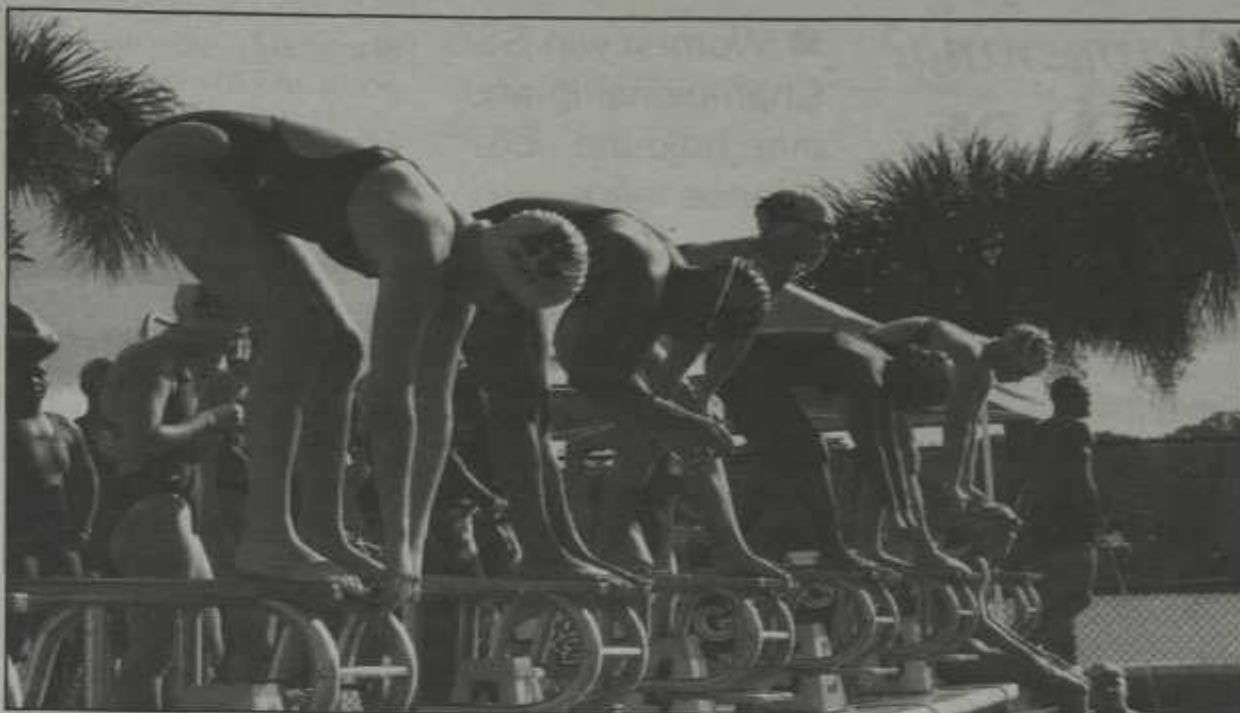


photo / RC SID

**SWIMMING SUCCESS:** The Rollins' Swim Team proved they were great with a strong showing at the Bluegrass mountain Swimming Championships in Ohio.

"Everyone swam really well and stepped up to the plate and did their best. Coach couldn't have asked for more."

The boy's swim team also did very impressively in the Championships. The best swimmers of the weekend were Junior Kyle Thompson, freshman Kyle Gold and freshman Trevor Hughes. Thompson earned All Conference honors in three events as well as establishing three Rollins team

records in long distance freestyle events. Gold also earned three All Conference honors for his performances. Gold also finished in second place in the 100-breaststroke, an event which also set a school record as well as finishing fourth in the 200-IM and reaching the finals in the 100-butterfly.

Trevor Hughes, another earner of the all-conference honors, established three school records after earning two fourth place finishes and a

fifth place finish in butterfly events.

Overall, the boys finished seventh out of twelve schools after a stiff competition, especially from Wheeling Jesuit.

Coach Richard Morris, who has been with Rollins since 1992, was very proud of the efforts that his team made. "The personal and team best times were evidence of the hard work and spirit this team showed all season."

# Brazilian Tennis Star Leads Tars

Carlos Custodio excels on the tennis court and leads the Tars to hopefully another championship.

by John Ferriera

staff reporter

Our athletic spotlight this week shines on a traveler who trekked a long way to come play tennis for Rollins. Now in his third year, Carlos, who is a senior, is undoubtedly the leader of the team. He hopes to lead the Tars to the first national championship since 2001. Custodio says that this is the strongest Rollins team he has played with since he arrived. His voyage is anything but cliché.

Custodio was born 25 years ago in the city of Livramento, in Brazil's southern state of Rio Grande do Sul. Tennis has always been a part of life, in fact he moved away from his family when he was 14 to focus on his tennis in the Rio Grande's capital Porto Alegre.

After he graduated high school he went pro and played for three years on tour. He traveled to every country in South America, except for Venezuela, and played in numerous tournaments in Europe. Custodio grew tired of the pro athlete life and decided to focus on studying. He came to the United States to learn English. He moved in with his brother who played tennis for the University of Oklahoma.

On his way back to

Brazil, he made a stop in Orlando, where he met Rollins head coach Ron Bohrstedt and decided to transfer to Rollins. Carlos said that his adaptation to Rollins was not that bad; he already had learned English and felt at home here in Winter Park. The toughest thing he said was learning to play for the team: "I had been playing for myself for over 10 years, and then I learned that I needed to be a leader and help the other players get better." Custodio also said that he trouble communicating exactly what he wanted, but that it helped him mature.

Carlos says that he has split personalities (no, don't worry, he doesn't need clinical help). Off the court, Carlos is laid back and incredibly friendly, but on the court, he turns in a beast. He is incredibly competitive and admits that he hates losing.

He is famed for his shouting matches and hot temper, which had lead to some fights on the tennis court. But Carlos says that isn't a bad thing, that he motivates himself when he is angry because he always wants to win.

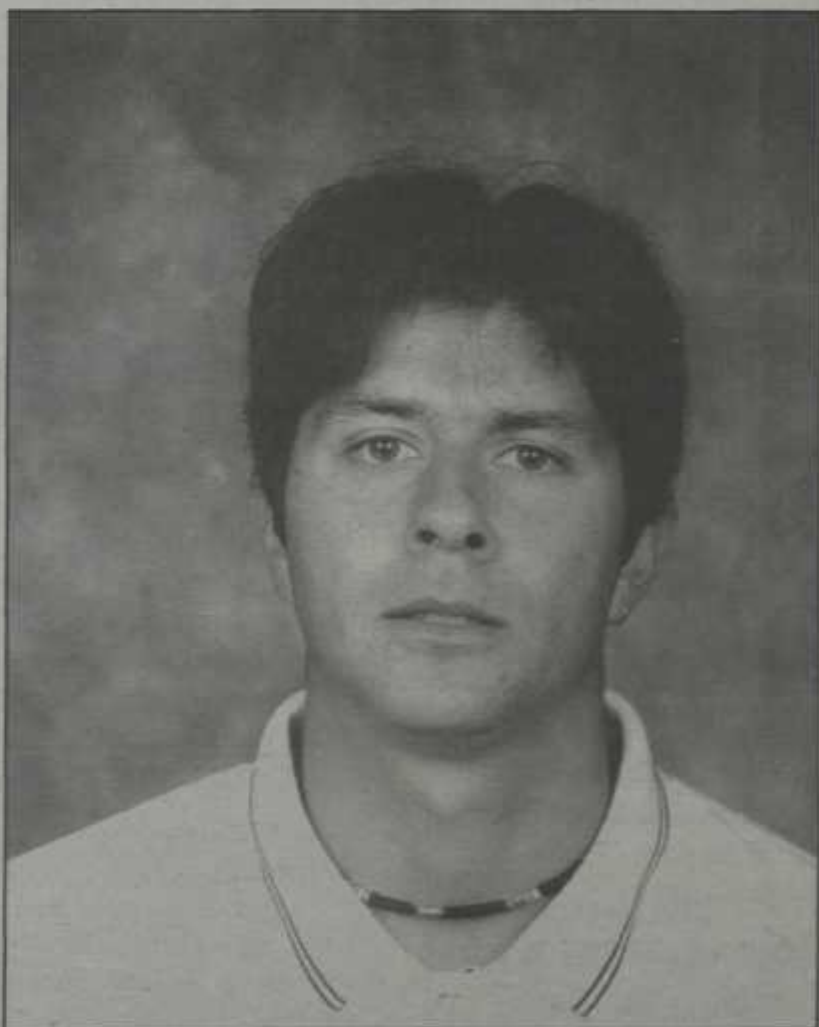


photo / RC SID

**CUSTODIO IS CLUTCH:** Carlos Custodio dominates the tennis courts here at Rollins College.

Custodio said that after Rollins, his tennis days are over. He is an International Business major and is already looking for a job. As for his native Brazil, Carlos says he misses watching his beloved soccer team Internacional play, but other

than that he is well adapted and rarely gets homesick. He doesn't miss Brazilian women either, because he told me what he really likes are the English women.

Congratulations to Carlos Custodio, the Rollins Tars Athlete of the Week!

## CLASSIFIEDS

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## What's Happening? ROLLINS CALENDAR

Friday 2-20

Baseball vs. Lynn  
Alfond Stadium  
7:00 p.m. - 9:00 p.m.

**Mardi Gras Street Party**  
Alfond Sports Center  
7:00 p.m. - 11:00 p.m.

Saturday 2-21

Baseball vs. Lynn  
Alfond Stadium  
1:00 p.m. - 5:00 p.m. (DH)

Folk Tales  
Mills Lawn  
2:00 p.m. - 4:00 p.m.

Sunday 2-22

Czech Nonet Ensemble  
Knowles Memorial Chapel  
3:00 p.m.

Monday 2-23

LASA Meeting  
Hauck 110 - 5:00-6:00 p.m.  
President's List Reception  
Galloway Room  
6:00 p.m. - 7:00 p.m.

Understanding Secularism  
French House - 7:00 p.m.

Tuesday 2-24

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

Rollins Democrats  
Darden Lounge - 7:00 p.m.

ACE Meeting  
Bieberbach/Reed - 7:00-9:00 p.m.

Black Sploitation Films  
Dave's - 7:30-9:00 p.m.

Wednesday 2-25

Winter With The Writers  
Bieberbach/Reed Room  
5:30 p.m. - 7:00 p.m.

SGA Meeting  
Galloway - 6:30-7:30 p.m.

Wikit Wednesday  
Dave's - 7:00-9:30 p.m.

Thursday 2-26

Sandspur Staff Meeting  
Mills 3F - 1:00-1:30 p.m.

Winter With The Writers  
Bush Aud. - 4:00-10:00 p.m.

Cultural Action Committee  
Warden - 5:30-6:30 p.m.

InterVarsity Meeting  
Faculty Club-8:00-9:00 p.m.

# Basketball Rolls Over Tampa

■ Women win SSC Championship and men hold the conference lead.

by John Ferriera

staff writer

The 16th ranked women's basketball team secured the outright Sunshine State Conference regular season championship with an astounding 12-0 record. They clinched the top spot with a 68-57 victory over the University of Tampa, who is 3-8 in SSC play. This was the 13th straight victory for the Tars, who secured their ninth regular season title and their fifth title in the last six years.

Rollins led 29-25 at half-time and held a nine point lead two times in the second half. The tars led by 8 with 12:00 remaining before the Spartans scored nine unanswered points to take the lead by one. The Tars came charging back with a 13-0 run led by Sally Johnston's consecutive three-pointers. Rollins then rolled and led by 17 at one point before Tampa cut the final deficit to nine points.

The Tars shot 51.9 percent from the field and out-rebounded the Spartans 18-12 in the second half. Joslyn Giles, Nicole Warder, and Sally Johnston each scored eight points in the second half. Giles finished with 13 points, while Warder and Johnston finished with 10 points each. Gabrielle

Blankefeld added eight points and 10 rebounds.

As for the men, Eric Faber scored 23 points to lead the Tars to a 69-57 over the Spartans. Rollins outscored Tampa 44-34 in the second half to pull off the win after a slow start. The win was the seventh straight for the Tars.

The start was delayed by 25 minutes due to traffic problems. The Tars had a hard time getting started in the opening minutes. It took Rollins over three minutes to score their first basket, when Tampa had already scored seven. The Spartans lead 14-4, but a lay-up by Faber sparked a 17-1 Rollins run and the Tars surged ahead 21-15. The Spartans managed to rally back and time the game, but a steal and a lay-up by John Thinnies with seven seconds left gave Rollins a 25-23 halftime lead.

In the second half, Rollins again started off slow, but Tampa couldn't muster any offense either. This was the case until the 16:00 mark when the Tars suddenly exploded. Three-pointers by Chard Dircks, Isaac Codrey, Eric Faber, and Deon Troupe sparked a 15-0 run to give Rollins a 46-32 lead. Tampa made a run and cut the lead to seven, but Rollins proved too much. Faber and Troupe answered with three-pointers and Dircks capped it off with a layup, increasing the lead to 15 and securing the win.

The Tars shot nine per-



**DRIVING THE LANE:** Women's basketball just keeps getting better and better as the season progresses.



**EASY TWO POINTS:** Eric Faber drove the lane, finding an easy two points.

cent from three-point land in the first half but came alive in the second half to shoot 57 percent from behind the arc.

The Rollins defense forced 25 Tampa turnovers and out-rebounded the Spartans 43 to 37. Chad Dircks had 13 points and Lex Brown added nine.

Rollins is now alone in first in the SSC with a 10-0 record. Florida Southern trails at 8-2.

# Softball Team Looks Good

■ Rollins softball has great potential this season and started off with a bang.

by Jon Birdsong

sports editor

The Rollins softball team started the season last week with aspirations of their fourth consecutive 30-win season and a Sunshine State Conference championship. Along with these elevated goals, comes Lake Island Park the new ballpark where they will be playing.

Coach Michele Frew said, "They are really excited about the season. With the addition of talented freshmen, an explosive pitching staff, and experienced returnees, we will have a good shot." She also men-

tioned, "We have a lot of offensive power this year so expect to see a good number of homeruns."

They are off to an impressive 4-1 start after shutting out Weber International in both games of a double-header and splitting another double-header last weekend with Nova Southeastern.

Seniors Lindsey Manz (2003 Sunshine State Conference Player of the Year), Kristen Hughes, and Sarah Sedberry lead the Tars with tremendous power at the plate. The Tars pitching will be lead by Jamie Elam, '05, Tiffanie Toner, '05, and Stacy Sanders, '07. Elam will spend most of the time on the mound this year for the Tars. Toner is a hard throwing pitcher who went 9-2 and threw three shutouts in 12 appearances last season.



**SOFTBALL'S SUPERB:** The softball team is ready to go all the way this year.

Sanders is more of a finesse pitcher that will get some vital experience this season.

Along with the depth and promising season that lay ahead for the Tars is the new ballpark. Lake Island Park, on Harper Street, will be the new site for the Tars' home games. Frew's take on the new field was extreme joy and excitement. "The

field is in great condition they are finishing up some of the bleachers and will be ready for our first home game March 8. We've come along way with the new field and are thrilled with its opening."

With the addition of the new field, the talented Tars could be playing late into the season this year.