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The Sandspur



THE OLDEST COLLEGE NEWSPAPER IN FLORIDA

OCTOBER 14, 2005

FOUNDED IN 1894

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IN BRIEF

Flu Shots Available

The DuBois Student Health Center will be giving flu shots on Wednesday afternoons. Flu shots will be provided on a first-come, first-served basis and cost \$18 (check or cash). As per the Center for Disease Control, those with chronic illness will be given preference, but we anticipate having plenty of immunization on-hand to cover Rollins faculty and staff who wish to be immunized. Appointments: x2355.

Rose Garden Renovation

A postcard of the Rollins campus, the rose garden is undergoing a massive renovation. The Rollins groundskeepers have begun the work on the garden located next to the Warner Administration building. The changes include removing all the old rose bushes, replacing them with new ones, and replacing the dirt that has been there for some time.

Golf Tourney Honoring Cheadle Announced

The First Ro Cheadle Memorial Golf event will be held on Saturday, October 22 at 1 p.m. at the Sabal Point Country Club in memory of John "Ro" Cheadle, III. Ro would have entered his sophomore year at Rollins this fall, but died in a flying accident over the summer.

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Read about the controversial nomination of Harriet Miers to the Supreme Court.

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Tragedy in Pakistan

■ Earthquake kills thousands in one of the worse natural disasters in history.

by Brittany Lee

the sandspur

On Saturday, October 8, a 7.6 magnitude earthquake shook much of South Asia, felt from Central Afghanistan to western Bangladesh. The epicenter of the massive quake was in Muzaffarabad, the capital of Pakistan's portion of the divided Kashmir, located near the Himalayas.

Currently, the United Nations believes that over 2.5 million people were left homeless after the quake. Initial death toll estimates

were at 20,000 to 30,000, but as of Monday, October 10, Pakistan alone was found to have 30,000 dead. An additional 999 dead were reported in India and 1 in Afghanistan. Most officials estimate the death toll will continue to climb, as additional bodies are found and additional citizens succumb to disease and exposure to the elements if relief efforts are not improved.

Efforts to save survivors continue vigilantly, and on Monday, two days after the quake, rescuers were still find trapped sufferers. In Islamabad, rescuers continued to pull survivors from an 11 story apartment building in an upscale section of the city. A two year old girl and her mother were both miracu-



lously found alive after spending two days in the collapsed building. In total, as of Monday, an amazing 25

survivors were recovered by rescue workers in the building. However, another 35

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Discussion of Haitian Politics

Haynes leads discussion on humanitarian concerns on island.

by Sophia Koshmer

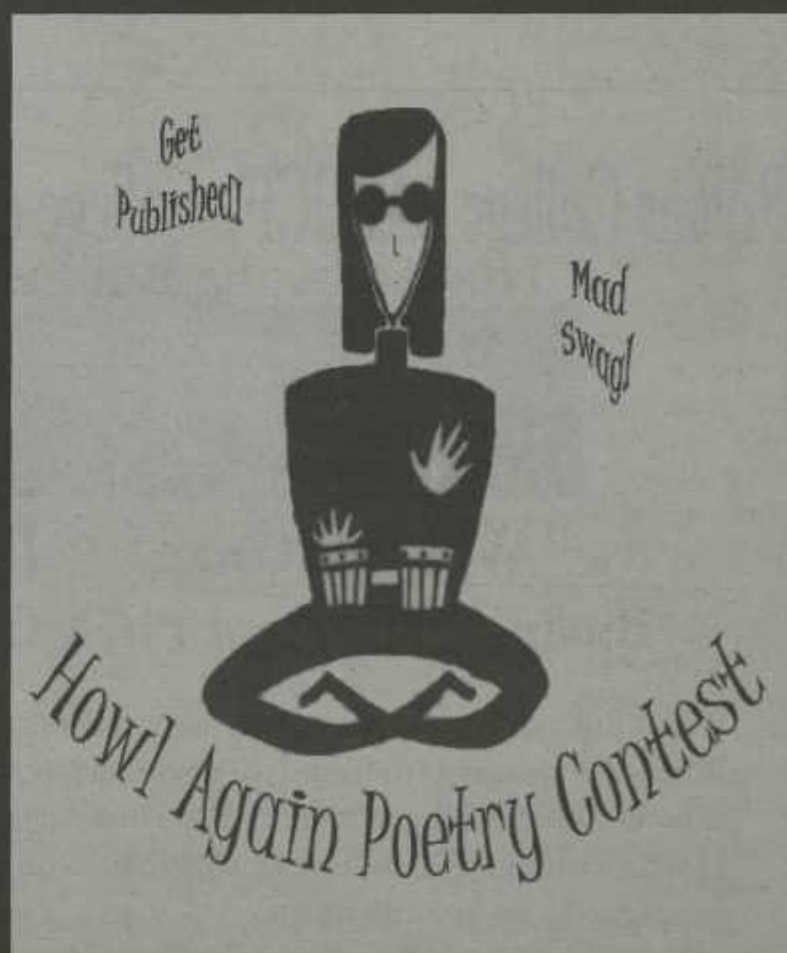
the sandspur

On Monday, October 10, a discussion was held concerning the politics of Haiti in the Bib Lab of the Olin Library. This discussion was led by Ambassador Ulric Haynes, former ambassador to Algeria and now Holt student professor, and Refugee Coordinator for Amnesty international and senior, Maritza Rodriguez, a student of the Hamilton Holt school. The discussion began with a brief overview of the conditions in Haiti by Maritza, specifically on human rights abuses in Haiti, with special reference to the refugee situation and how the United States is handling it. In summation, she explained the basic criteria a person must fit to be considered for refugee status and asylum in another country. A refugee is a person seeking asylum in another country when their own is torn by conflict, which would include such disasters as war or genocide and the person has been in

some cases either harmed (an example of this could be rape or torture) or fear for their safety in their own countries because of group affiliation (race, sex, political, etc.). By international law, a country where such people seek asylum is required to help them, either by taking them in or by informing them that they may seek asylum elsewhere, but by no means to send them back to a situation of unstable government and possible torture. Both Maritza and Ambassador Haynes proceeded to point out that thus far, the United States has succeeded in stopping Haitians at sea with coast guards who are given an eight hour training session on determining whether a person qualifies for refugee status. Maritza explained that it is very important to keep in mind that people who have been kidnapped, raped, or tortured are not going to simply open up and

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Celebrating Ginsberg



DANI PICARD / The Sandspur

ATTENTION POETS AND THE SOCIALLY CONSCIOUS:
In celebration of the fiftieth anniversary of Allen Ginsberg's reading of *Howl*, a poem that served as a catalyst for social change in the 1950s & '60s, *The Sandspur* and Austin Coffee and Film are teaming up to bring you a Rollins College first: The Howl Again Poetry Contest! Jump to the Opinions section and read The Official Ombudsman's take on the effects of Ginsberg's poem, how it all relates to our world today, and get the scoop on the contest guidelines. Good Luck!

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Harriet Miers Nominated to Supreme Court

■ White House Counsel Harriet E. Miers nominated to Supreme Court.

by Lori Lipkin

the sandspur

On October 3rd President Bush nominated Harriet E. Miers to the Supreme Court as the nation's 110th justice.

Bush believes that Harriet will bring a distinctive perspective to the high court and that the law and the Constitution will guide her judicial values. "It is the responsibility of every generation to be true to the Founders' vision of the proper role of the courts in our society," Miers said. "If confirmed, I recognize that I will have a tremendous responsibility to keep our judicial system strong, and to help ensure that the courts meet their obligations to strictly apply the laws and the Constitution."

Recent polls indicate that most people do not know enough about Miers to develop an opinion. Most know that Miers has never served as a judge and has never argued a case before the Supreme Court. Her views on current issues and on Constitutional law are largely unknown.

Bush argued that Miers' lack of judicial experience was a positive trait, allowing her to bring a new perspective to the court and is asking the Senate to confirm the appointment by Thanksgiving. But Senate Democrats were calling for a thorough examination of her views and for a release of her records as White House counsel, which she has served since Feb. 2005. "The record we have so far is simply insufficient to assess the qualifications of this nominee," said Senator Kennedy.

Present and past colleagues and friends believe that she will not allow personal beliefs to sway her judgments in the high court, that her experience and professionalism will remain steadfast.

Judge Nathan Hecht of the Texas Supreme Court, who has known Miers for 30 years, shared his thoughts, on NBC's *The Early Show*. "Harriet is very committed to her faith," he said, and from that he believes, "she will be equally committed to the oath taken as judge." Hecht continued with, "She is going to judge cases fairly and is not going to let personal or religious views or any other kind of view influence the decisions in the actual cases." He went on to say that he was confident

that Miers is "pro-life" but cannot predict whether she would vote to overturn the *Roe v. Wade* decision that legalized abortion.

Miers came to Washington, D.C., in 2001 after a long and prosperous career in law and serving several diverse posts within the Texas community. Bush praised Miers during his weekly radio address calling her "a remarkable woman and an accomplished attorney" who would be "a good conservative judge" on the nation's Supreme Court.

James Francis who introduced Miers to Bush in 1993 said, "One of the things that I believe the president admires about Harriet is that she has spent her entire career breaking through glass ceilings."

According to many who know her, if Miers encountered any gender bias along the way, she is not one to talk about it. "She is one of those people who just decides, 'I'm going to do a good job and good work and good results will win out over any biases people may have,'" said Clements, a fellow female lawyer who also regards Miers as a trailblazer. "She just overcame any obstacles with hard work and dedication and being a very good trial lawyer."

In 1985 she was selected

as the first woman to become president of the Dallas Bar Association. In 1992, she became the first woman elected president of the State Bar of Texas, and in 1996 her colleagues elected her the first woman president of Locke, Purnell, Rain & Harrell, a law firm she worked at for twenty-seven years serving upwards of 400 lawyers.

In 2001 she was appointed assistant to the President and staff secretary, the person who screens all the documents that cross the President's desk. She was promoted to assistant to the President and deputy chief of staff in 2003. She has served as counsel to the President since February 2005.

And now Miers will become not only the first

Supreme Court justice in more than three decades with no experience as a judge at any level but also the first woman in that position.

Manuel Miranda, chairman of the Third Branch Conference believes that "The nomination of a nominee with no judicial record is a significant failure however, the president deserves the benefit of a doubt, the nominee deserves the benefit of hearings, and every nominee deserves an up-or-down vote."

Miers' nomination to the Supreme Court will hinge on her performance before the Senate Judiciary Committee at hearings due to open in November.



photo / CHUCK KENNEDY / KRT CAMPUS

HARRIET MIERS: White House counsel and nominee to the Supreme Court, Harriet E. Miers, meets with Senator Sam Brownback (R-KS) on Capitol Hill.

Rollins College and UCF's College of Business present Hosted by the Rollins CEO



"What's the Big Idea?!" Business Concept Pitch Competition

Who: Rollins alumni, faculty, staff and students

When: November 11th from 1:30 pm to 5:00 pm

Where: Rollins College Campus - SunTrust Auditorium

How: Visit the CFE website at www.rollins.edu/entrepreneurship and complete the on-line entry form.

Registration deadline is October 28th @ 5:00 pm.

Need help getting your idea ready to pitch? Then don't miss "What's the Big Idea?!" free training session on October 22nd.

When: October 22nd at 9AM

Where: National Entrepreneurship Center, 315 E. Robinson Street, 32801

How: No registration is necessary.

1000 Holt Avenue - 2722 WP, FL 32789 (407) 691-1125 www.rollins.edu/entrepreneurship

Get Ready for Homecoming Week 2005

Rollins will host its second annual Homecoming Week from October 17-23. Homecoming 2005 features numerous student organized events to raise school spirit and support our alumni. Be sure to attend all the fun events to come this week!

Homecoming Schedule:

Monday

Homecoming Ice Cream Social, 11:30 a.m. to 1 p.m., Cornell Campus Center

Tuesday

Alumni Tailgate Party, 6 to 7 p.m., Alumni House

Men's Soccer v. Tampa, 7 p.m., Cahall-Sandspur Field

Rollins Concert Choir Performance, 7:30 p.m., Tiedtke Concert Hall

Thursday

Volleyball v. Tampa, 7 p.m., Warden Arena

Big Band Concert, 7:30 p.m., Tiedtke Concert Hall

Friday

Barker House Dedication, 1:30 p.m., Barker House

Saturday

Homecoming BBQ, 11:30 a.m. to 2:30 p.m., Alumni House Lawn

Men's and Women's Swimming v. Team Orlando (exhibition meet), 1 p.m., Alford Pool

Sunday

Women's Soccer v. Newberry, Noon, Cahall-Sandspur Field

Hurricane Stan Hits Central America and Mexico

■ Hurricane Stan results in devastation throughout Central America and Mexico.

by **Kelsey Field**

the sandspur

As the season of devastating hurricanes is nearing its end, those ravaged by the natural disasters have only begun the long and hard process of rebuilding. Hurricane Stan was the 20th tropical depression this season, and it formed in the western Caribbean Sea on Saturday Oct. 1st. Mexico was the first to issue tropical storm warnings to the Yucatan Peninsula, a warning which stretched from the northwestern coast of the peninsula to the west of Campeche. On Tuesday, October 4, Stan

turned into a category 1 hurricane and slammed into Mexico's Gulf Coast, generating several related storms which caused death and devastation throughout Central America and Southern Mexico. But in these impoverished countries, hurricane Stan was just the beginning for these countries that simply cannot afford to protect their people from the onslaught of rain, mudslides and landslides that are proving to take the most lives.

Even after Stan weakened back down to a tropical storm, the flooding and mudslides continued to rage at full force, sweeping away with ferocity the ramshackle houses of wood and metal. In the wake of Stan, 16,700 Salvadorans fled to the 167 shelters that El Salvador provided nationwide, an escape that all those in countries af-

ected by Stan endured. Nicaragua, Ecuador, Costa Rica, and Honduras also all felt the death brought on by Stan, with roads and bridges swept away with the mud. By the 7th, food and water start to run out all over the area, and governments start to scramble to reach those in the isolated areas where panic was becoming widespread. Of all the countries, Guatemala was the hardest hit by Stan, leaving the government with a death toll has been steadily climbing as time slowly ticks by.

Guatemala, despite their search efforts, declared on Sunday that search and rescue efforts in towns buried by the landslides would be called off and instead labeled as mass graves. Mayor Diego Esquina declared that "Panabaj will no longer exist", the Mayan hamlet on

the shores of Lake Atitlan that was covered by a half mile wide mudflow, up to 15-20 feet deep. "We are asking that it be declared a cemetery. We are tired; we no longer know where to dig." The Mayans in Panabaj dug with shovels and picks, trying to find survivors, only to discover body after body, totally over 70 in all. According to Reuters news service, a fire brigade official estimates that 1,400 had died in Panabaj. So far the death toll in Guatemala alone is at 652, with 384 missing still. Those found dead were buried in mass graves because there is simply not time to give all of them proper burial.

As aid floods Guatemala, both international and domestic, Panabaj has proven the most difficult to save because of long held government distrust. Sur-

vivors in the village refused the help of the army because of a massacre that occurred in the 1990's during the 36 year civil war. In addition, aid was unable to reach most because of a low cloud cover and continuing downpour that prevented helicopter rescue. But because most roads were swept away with the flooding and mud, helicopter rescue is one of the only ways to reach those waiting being saved. Helicopters that are now landing in Guatemala are being swarmed by thousands who haven't eaten or had water in five days. In a country that can ill afford such destruction, the category 1 hurricane left 130,000 homeless and 3 million without electricity, water and other basic services, waiting for a salvation to resuscitate the dying nation.

Depression & Suicide Awareness Week

■ Rollins College Personal Counseling Center recognizes National Depression Week.

by **Pascale Proctor**

the sandspur

Last week, Rollins College recognized the National Depression Screening Day. Depression/Suicide Week was organized by the Personal Counseling center which is located on the first floor of McKean Hall. Starting last Monday, students were able to take depression tests to determine whether they suffer from depression.

Becky Eades, Assistant Director of personal counseling and the coordinator of Depression/Suicide week, was very fervent about the screening that took place in order to help students. She and two Rollins students, Marc Zalana and Savanna Stevenson, administered the screening on Thursday at the Campus Center from 11:00 - 1:00.

Eades states that students may be depressed and not even know it. Symptoms could include lack of motivation, sadness, loneliness, poor concentration, fatigue, irregular sleep patterns, or even just feeling like you have an excessive amount of stress. This is why taking the depression screening is such an important opportunity.

Everyone who took the depression screening was

also entered into a drawing to win a \$25.00 gift certificate. Screenings may be done online by going to the personal counseling webpage and clicking on "Online Mental Health Screening".

There are many ways to get help if you feel you may be depressed or have anxiety. You may visit or call the counseling center at 407-646-6340. It is also important to have social support. Being around people such as friends and family helps to diminish feelings of depression and anxiety.

Often times people will ignore their feelings of angst and unease, but this merely makes situations worse. Perhaps another way to help control your feelings of depression would be to make a list of the problems, concerns, or negative feelings that you have. Once you have a list of the things that bother you, figure out how some may relate to one another and tackle the problems in a smaller more manageable way instead of fighting the troubles all at once.

Be sure to do things that make you happy and avoid doing things that make you uncomfortable. Often times all some needs is someone to talk to and the Personal Counseling Center wants Rollins students to know that that is why they are there. So do yourself a favor and help yourself have a stress-free week!

Bison Hunting Legalized

■ For the first time in fifteen years it is legal to hunt bison in Montana.

by **Kelly McNoldy**

the sandspur

For the first time in 15 years, it is legal to hunt bison in Montana. Since the state announced that it will be giving out 24 licenses last month to hunt for bison, more than 6,000 people applied, most of them residents of Montana.

Tom Palmer, a spokesman for the Montana Department of Fish, Wildlife and Parks said that a drawing would be held sometime this week to give away those 24 licenses.

"It's a real hunt. I think hunters recognize that and are interested in participating," Palmer said.

Besides the 24 public licenses, 16 have been given to American Indian tribes in Montana and 10 have been given to people who were selected earlier this year to go hunting that was cancelled.

The hunt will be broken into two periods: Nov. 15-Jan. 15 and Jan. 16-Feb. 15. As many as 25 bison could be killed during each period.

Bison hunting has been illegal since 1990 after many protests and tourist boycotts.

Yellowstone National Park has the highest population of these once near-extinct animals, with over 4,900 roaming the lands of the nation's most famous park.

During the winter, many bison leave Yellowstone to forage, which causes many people in Montana to worry because a few of the bison from Yellowstone are infected with brucellosis, a disease that if passed onto cows, could cause them to abort.



Under the federal-state management plan, bison that leave the park are subject to hazing, or capture and testing for brucellosis. Bison testing positive are sent to slaughter.

"We have done quite a lot in five years," said Karen Cooper, a spokeswoman for the Montana Department of Livestock, one of the five agencies involved in the bison management plan. The plan is in its first of the three phases.

However, a review of the five agencies involved in the

bison managing plan on Sept. 29 said that this plan was not ready to go to the next phase. It has not met five of the 14 goals, including inoculating bison against the disease brucellosis by administering vaccine using means such as darts fired from rifles.

But Mike Mease of the bison-advocacy group Buffalo Field Campaign called the plan a waste of time and money. "Even before it was in place, there had not been a documented case of bison transmitting brucellosis to cattle in the wild," he said.

"This is just a ridiculous thing that's going on out here," Mease said, "attention should focus instead on improving the brucellosis vaccine."

Steve Pilcher, executive vice president of the Montana Stockgrowers Association, said most ranchers in the region do vaccinate to protect their herds. But they also expect the agencies and specifically the National Park Service to do their part as well, said Pilcher.

Pilcher mentioned that while the plan has worked so far, there has been a lack of "true progress" toward eliminating brucellosis from the greater Yellowstone area and wiping out the threat of transmission.

2005 Nobel Prizes In Medicine, Physics, Chemistry, Peace, and Economics Are Awarded

■ The annual Nobel Prizes are awarded to distinguished individuals in their field.

by Kim Lyon

the sandspur

The 2005 Nobel Prizes are under way. So far the winners of five of the prizes have been announced. Even though the prestige of being a Nobel Prize winner is more than sufficient, the winning laureates of each prize share a total of Ten Million Swedish kronor. This makes the fifth consecutive year in which that amount has been awarded as the prize.

On October 3, 2005, the Nobel Prize in Medicine was awarded to Barry J. Marshall and J. Robin Warren of Australia for their discovery of a new bacterium and its role in gastritis and peptic ulcer disease.

The next day, the Royal Swedish Academy of Sciences announced its decision to name Roy J. Glauber of the USA, John L. Hall also of the USA, and Theodore W. Hänsch of Germany the recipients of the 2005 Nobel Prize in Physics. Glauber is to receive one half of the prize "for his contribution to the quantum theory of optical conference." Hall and Hänsch will split the other half for their work in the de-

velopment of laser-based precision spectroscopy.

On October 5, the Academy also announced three winners for the Nobel Prize in Chemistry: Yves Chauvin of France; Robert H. Grubbs and Richard R. Schrock of the USA. The awardees each received one-third of the prize "for the development of the metathesis method in organic synthesis."

The most famous of the prize series followed two days later. The Nobel Peace Prize, its former winners including Woodrow Wilson, Mother Theresa, Mikhail Gorbachev and the 14th Dalai Lama, was shared between the International Atomic Energy Agency in

Vienna and its General Director Mohamed ElBaradei of Egypt. The prize was allocated "for their efforts to prevent nuclear energy from being used for military purposes and to ensure that nuclear energy for peaceful purposes is used in the safest possible way."

The latest prize announcement took place on October 10. The Bank of Sweden Prize in Economic Sciences in Memory of Alfred Nobel 2005 was given to Thomas C. Schelling of the USA and Robert J. Aumann of Israel and the USA. They were chosen as the victors because of their game-theory approach to the question of why some groups of individ-

uals and countries succeed in advancing cooperation while others undergo conflict. There have been 57 winners of the Economics prize since its first addition to the list of Nobel Prizes in 1969.

The Swedish Academy was scheduled to make its last announcement - the winner of Nobel Prize in Literature - yesterday, October 13. So far 155 individuals and 18 organizations have been awarded a Nobel Prize. The nominees who do not win this year will not be revealed until 2055 because the Nobel Foundation keeps all investigation and nomination information secret for 50 years.

Haitian Politics

CONTINUED FROM PAGE 1

tell their whole painful experience to a complete stranger, especially when they fear being turned away and that any confessions may cause them more harm upon their return to their own country.

International Law and human rights is a complicated subject to explain, especially to a Haitian who does not speak English by a coast guard who does not speak Creole. Therefore, Haitians are forced to return to their own country where an unstable, or rather non-existent government has caused a ratio of 71 deaths to every thousand Haitians, and a per capita income of 460 dollars a year. This is a dire situation, without the addition of human rights abuses such as massacre and kidnapping that are common occurrences in Haiti today. According to some, as has been seen in many past situations



HAYNES

(U.N.T.A.B) of which he was affiliated with during his political career. This program was created to collect experts who could alongside someone local, build stability in governments for countries, such as Haiti who are in need of stable government. But due to this outstanding debt, the United Nations is unable to do its job, in this and many other areas of importance.

Some other very important points touched on in this discussion included the conditions for

refugees seeking asylum in the U.S., if they in fact succeed in doing so. Haitian refugees are kept in detention centers, which are not unlike prisons.

More information on the situation in Haiti and other pressing issues can be found at www.amnesty.org

Ambassador Haynes went on to add that U.S. debt to the United Nations (now in excess of 25 billion) has caused the cutting of such valuable programs as the United Nations Technical Assistance Bureau

Earthquake Rocks South Asian Citizens

CONTINUED FROM PAGE 1

bodies were also dug from the rubble.

Aid groups and rescue response teams have reacted quickly in an effort to save the lives of as many survivors as possible. The area is not easily accessible, though, and due to mountains of rubble, bad weather, and flooding in some areas, help has been slow. Continued relief effort led to the reopening of roads thus far, and rescuers are now venturing into areas with the most damage, where they previously could not reach.

People trapped in the worst hit regions have been forced to excavate through mounds of debris in search of food and water. Time is crucial if these victims are to survive, as the U.N. warns that soon disease will set in. Islamic Relief spokesman Waseem Yaqhoob told CNN he thought the deaths would reach "80,000, maybe more... This could get very close to tsunami levels," he said. "It's horrific. It really is terrible." In addition, so far an estimated 43,000 are reported injured.

The event is certainly catastrophic to this region that is already filled with tension due to the continued turmoil between India and Pakistan. Mass burials have begun in the heart of the disaster, Muzaffarabad, where 11,000 people perished. Looting in the region is causing severe problems as well. Shopkeepers resorted to using sticks and stones to

ward off desperate civilians willing to steal supplies to survive. Deserted homes are also being ransacked for essential items. The city is in turmoil and bodies are said to be scattered nearly everywhere.

Balakot, in the North-West frontier province, is also among the most devastated areas. The tourist town of about 250,000 was virtually leveled. Roads are entirely wiped out, making recovery efforts nearly impossible. Citizens have resorted to combing the land rubble with axes and their bare hands in an attempt to recover missing loved ones and friends. Military spokesman Brig. Shah Jahan stated that rescue workers have yet to reach 30 to 40 percent of the affected areas.

In Pakistan, survivors are camping out in the streets, fearful of returning home least additional aftershocks should hit. Already the aftershocks have caused further damage, with one measuring a 6.2 magnitude. Cars, soccer fields, and outdoor areas have become the last places of resort for many Pakistanis.

Officials are begging for survivors of the tragedy to be patient and calm. Many are angered by the fact that so many are perishing due to a lack of food and water. Pakistani President Gen. Pervez Musharraf has appealed to his people, "For heaven's sake bear with us. There are certain limitations. We are trying our best." President

Musharraf stated that this quake was the country's worst on record, and urgently requested help from other nations.

In this time of great tragedy, the rest of the world has indeed stepped up to offer aid. Pakistan, setting aside its decades-old rivalry with India, agreed to accept aid from the nation and reportedly rebel leaders have agreed to halt violence in earthquake damaged areas. For these two nations, which have fought three wars, two over Kashmir, since gaining independence from British rule, this step is monumental.

United States helicopters loaded with supplies arrived Sunday, flying out of Afghanistan, and the U.S. has pledged an initial 50 million for reconstruction and relief efforts in Pakistan. U.N. relief teams have been dispatched to the area throughout the weekend. Using fire brigades and search dogs, they have been responsible for pulling many survivors from the rubble.

Other international aid has poured in from Turkey, Japan, and the United Arab Emirates. Germany, Russia, and China have also pledged their support. There is a great need for support, as time is crucial for the many suffering survivors of this natural disaster. As the death toll continues to rise, the world must pull together to ease the pain of those who have already lost so much in this catastrophic earthquake.

Rollins Food, American Culture

by **Lindsey Chang**

the sandspur

Having boarded at school in America for the past five years, I will illustrate how the American culture affects eating at school, particularly at Rollins. Five years ago, I ate home cooked food regularly and rarely visited fast food restaurants. Attending the American high school, I began to eat as most people did, indulging in french fries, pizza, and chicken tenders. Nobody believed I would ever gain weight, but I gained ten pounds, which is a lot considering my four foot nine inch frame. I went back home to Jamaica after my senior year of high school and reconstructed my diet. I have lost the extra ten pounds since then, but now, as I attend Rollins, I again struggle to eat healthy and find it especially hard to resist what American culture has made most available to me: large quantities of fattening foods.

Food is almost always available at Rollins, especially the enticing fried foods containing many calories and high saturated/trans fats. In the dining hall, under the sign "Main Course", there is always a selection of more than two fried food dishes accom-

panied with fried potato slices or bread biscuits, emphasizing how central fried foods and carbohydrates are in our diet. When the dining hall is not open, The Grille and the C-Store are open. At the C-Store, the majority of students buy microwavable foods and cereals, quick and easy made food, typical of the fast paced but lazy American. Then, when The Grille is closed after two o'clock in the morning or when students are too lazy to walk to The Grille, they have to "order in."

When ordering, hardly any students think of getting healthy foods, mainly because there are no healthy restaurants that deliver or are even open past ten o'clock. Here, Dominoes Pizza is on the top of "The Most Ordered Food" list. Looking at the dorm trash cans, I usually see at least one pizza box and cinnamon sticks box at the top of the heap. At Rollins, junk food is not only the most eaten food because of their availability but also because American culture has tagged junk food as leisure food. Different types of foods are eaten depending on the event. For example, caviar and lobster is generally known to be "fancy" food and appear at formal dinners where people

behave more reserved and sophisticated. Junk foods, such as cookies and fried foods specifically offered at The Grill, tend to connote a casual atmosphere where the people feel free to be themselves and have fun.

Working the night shift in the Campus Center, I was amazed to find people still filling in at two o'clock in the morning to have chicken tenders and fries. The Grill being open till 2 am in the morning is a reflection of the common late-night fast food restaurants, such as Steak and Shake, which not only take our money and fatten us, but also shape our behavior by just being open. If America were not solely driven by profit, maybe fast food restaurants would not open late at night to tempt many of us weak-willed human beings. Rollins' clubs also try to attain a relaxed setting by serving junk food. Many announce "free pizza and ice cream" as an incentive to get people to come to their meetings. Mc Kean, even has a "Sundae Sundays," a way to gather people in the dorm by giving out free ice cream.

In addition to always frequently eating junk foods, most Rollins students eat in large amounts, as do most

Americans. I often observe that Rollins students, fill their trays with an appetizer, main meal, and dessert, probably the effect of a buffet-like dining hall. Having food constantly available in large servings and variety is characteristic of the American culture that is exemplified in college, explaining why first year students usually suffer from the "freshmen fifteen" after coming to college.

Finally, America's eating culture clashes severely with America's ideal image of the body. This clash is clearly illustrated at Rollins, especially with girls. America's image of the ideal female body is one that is tan, slim and toned. Many Rollins' girls spend hours at the pool tanning as well as overindulging on fried foods. Soon, they get depressed about the cellulite that starts to appear on their legs and about how much weight they are putting on. American culture has been based on the wrong values, causing many children, teenagers and adults to suffer from its consequences of not only cardiovascular disease and obesity, but also eating disorders and low self esteem. Reinforcing the American food culture in college is a disgrace to education.

Global Concern: Changing the Context of U.S. Foreign Policy

by **John Ferreira**

the sandspur

In order to win the War on Terror we, the United States, must win over the hearts and minds of those in the Middle East and the Third World. So far, we have failed miserably at winning hearts and minds. Some Americans are perplexed as to why third world nations hate us. Those Americans think America is a nation of freedom and prosperity and we are far better off than all those other countries.

The reason why world hates America is because of our nonsensical hypocritical myopic foreign policy which has us fighting the wrong battle more times that not. Since America has risen to prominence on the world stage, America has followed a realist dictum of pursuing narrow self interest that has not served us well. If one follows their self-interest for

too long they end up alone with no friends. American is quickly burning bridges by becoming a tool of oppression to many nations throughout the world.

I suggest something that might seem heretical to those foreign policies wizards in Washington: we must change the context of American foreign policy from seeking out our own narrow self-interest to aiding other nations around the world pursue their interests. Contrary to popular belief those two things are not necessarily visceral enemies. Helping nations around the world fulfill their interests will actually help America in the long run. The United States must seek to rebuild friendships in a reasonable and principled manner.

While Americans view themselves and righteous and a benevolent force in the world, many view us as an

imperialist power out to line our pockets. American bestrides the world as a colossus, the world's hyper power if you will. Under the American tenure the world has not improved all that much. Thirty or more conflicts continue to wage, Islamic fundamentalism has changed from a vaporous specter to a concrete force challenging America, ethnic cleansing in Rwanda and Bosnia, and a war of biblical proportions has been fought in Zaire/Congo. The United States supports democracy for some, but not for all. America cares about freedom and self-determination but only when it helps our interests. If you were a citizen in a nation that was oppressed by a brutal regime supported by America how would you view the US?

Our policy does nothing but antagonize those that could be our friends and fur-

ther polarizes our enemies. America must aid struggling economies throughout the world because stability will ensue with a more economically vibrant world. America must stop flip-flopping (I haven't used that word in a while) on how it views leaders and nations. Flip-flopping hurts our long term interests and leads to more anti-American feelings. America must also respect the self-determination and sovereignty of other nations. I find that there is an inherent prejudice that suggests that other peoples are not capable of running viable states.

As the world's only hyperpower America has the unique the chance to be a force for good in the world, but it seems to be throwing that chance away by being selfish and blind to what other nations need.

The Sandspur
The Oldest College
Newspaper in Florida

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

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Submit all letters and articles to the campus box or e-mail address below, or bring them to our offices on the third floor of Mills Memorial Hall. Digital copies are preferred. All submissions must be received no later than 2 p.m. on the Monday prior to publication.

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THE RIGHT LEFT



by Joshua L. Benesh

political columnist

MIERS: CRONYISM AND THE DEATH OF MERITOCRACY

President Bush, with the announcement of Harriet Miers as his nominee to fill the Supreme Court vacancy left by Sandra Day O'Connor, has managed to do something rarely seen during his tenure as chief executive, foster bipartisanship. In this case, conservative and liberal alike, be they senator, pundit or person on the street are equally skeptical of the recent nomination to the highest court and the questions it fosters. A construct emerges in which this nomination can be thought of as nothing but cronyism and a demonstration of personal loyalty to the fault of the system at large.

What has emerged is a political climate in which Democrats don't know what to say, having no knowledge of who Ms. Miers is or what she stands for, hoping for the specter of a Souter to plague another Bush. Republicans on the other hand are furious, turning their collective back on the president and propelling him further into his second term slump as a result of what is perceived as a blown chance to build a legacy and stabilize the conservative revolution with what can be argued as one of the executive's most important and lasting contributions to the federal government.

Ms. Miers, White House Counsel, in other words, the personal attorney for the president can do nothing but foster images of cronyism. In a White House climate where loyalty is known to garner reward above all else, even competency at times, the nation's guard is instantly up when a name comes from nowhere to the top of the list for the highest court in the land. This idea of close personal connections to President Bush outweighing all other qualifications, already treading on dangerous ground, is made all the worse by the lifetime appointment that hangs in the balance. What President Bush has endeavored to do is place a dark horse, an entirely unknown and unproven individual, in the powerful position of Associate Justice of the Supreme Court.

To add insult to injury, Ms. Miers has little if anything along the lines of qualifications. Miers has never been a judge, while it can be argued that many justices came from positions outside the jurist pool, it simply cannot be denied that attaining the position of Supreme Court Justice without the paper trail that is inherent with

previous experience as a jurist establishes a dangerous precedent. This precedent allows the confirmation of a candidate without a past, without any idea of personal doctrine and legal theory. If the confirmation hearings are anything like those of Chief Justice John Roberts it will simply be another display of circular testimony that will result in a blind "up or down" vote by the Senate without the privilege of past decisions and a lifetime of writing.

Ms. Miers has been a corporate and later a personal lawyer to George W. Bush. As a result of this link to the president she was appointed the head of the Texas Lottery Commission. From corporate lawyer, to personal counsel, to appointed positions within the state and federal government nothing about Ms. Miers past demonstrates her role in society as a legal scholar, a necessity for work on any court. Ms. Miers has a limited body of works that have appeared in legal publications and aside from her position as head of the Texas Bar Association her involvement with the legal community at large has been limited.

This lack of scholarship and involvement in the legal field yields the ultimate rejection of the meritocracy that should exist in all positions of government. Ms. Miers has managed to transcend the ideals of merit and scholarship that result in appointments to the Supreme Court and a variety of other positions. The actions of the Bush administration in nominating her have demonstrated that the fate of societal actors is not based on merit alone but on the politics of a sleazy cabal, the luck of being in the right place at the right time, in the right person's camp in their moment of triumph.

As a result of this, a dangerous precedent will be set if Ms. Miers is confirmed by the Senate. It casts a new America, one in which merit takes a second seat to luck and loyalty in the sphere of advancement. It disregards the past or lack of past when considering positions of power, allowing the dark horse and the unknown to seize power with "wild card" status. Most of all, it propagates a construct in which cronyism replaces the long-term goals of government institutions, undermining the stability and justice of a system on the most fundamental of levels.

THE "RIGHT" ANSWER



by Jami Furo

political columnist



MIERS VS. THE NATION: IS IT A FAIR FIGHT?

Here comes another exciting round of the Supreme Court boxing match. Only this time, no one is putting his or her money on the new fighter.

President Bush appointed Harriet Miers to replace Sandra Day O'Connor's place in the Supreme Court, and liberals and conservatives alike are complaining about her lack of experience. She has never served as a judge and this is troublesome to many.

Many Democrats complain that she has never been a judge. They are the same ones that complained about John Roberts for being too conservative even though they were very much in approval of him before President Bush nominated him to the position of Supreme Court Justice.

The issue of partisanship is actually disconcerting to Republicans because they do not consider Harriet Miers conservative enough. Because she has never been a judge, her record of partisanship voting is not all that extensive. However, her record does not identify her as a strong conservative. As a Republican, I am shocked and disappointed with the members of my party because they forget that it is the responsibility of Supreme Court justices to be unbiased. Their job is to interpret the Constitution, not to create new laws or policies. They interpret the amendments that have already been created, and they are supposed to do so in a manner that leaves their own personal vendettas at the door.

What many also forget is that Judge William Rehnquist also has never served as a judge before being confirmed as a Supreme Court justice. In fact, 10 of the 34 justices appointed since 1933 went to these judicial positions directly from executive branch positions.

Miers is certainly not new to the courtroom, anyway. She witnessed the scene from the other side of the bench when she was a corporate attorney for 28 years. She knows the law. She knows how to argue it. She knows how others will argue it.

In 1972, Miers was the first woman ever to be hired by the Dallas firm Locke Purnell, and in the 1980s, she even became the president of the Dallas bar. She has, therefore, proven herself to be a formidable attorney in her Texas roles.

Possibly the most important element of Miers' resume is her direct work with the president. Many criticize the president's choice of someone with whom he works so closely. However, Miers' knowledge of and comfort with federal policy and law strengthen her position as a possible candidate for the Supreme Court. Her position as White House Counsel continuously forces Miers to deal with intricate issues of constitutional law. She may have never evaluated these issues from the bench. However, she is more than familiar with constitutional law and how to address it.

Miers' lack of a strong conservative stance, while unpopular with many Republicans, does speak well of her. She has not shown a great degree of strong conservative opinions and she even used to be a Texas Democrat.

And President Bush nominated her anyway.

That tells me that he did not choose Miers as a political move (especially since he is in his last term and his vice president is not going to run for president). It tells me that he chose Harriet Miers because he thought she would be the best person for the job. You may or may not agree. You are entitled to your opinion.

However, for those of you who have decided based on your intense knowledge of White House strategy that the president based his nomination on political gain; what political gain? Let me ask you that. What political gain does Miers have? She is unpopular with both major parties. What gain could that have? The match has only just begun, and I am not sure if Miers will finish victoriously. But she may hope to be the Cinderella story that the empty seat on the Supreme Court bench needs.

Study Abroad Revisited: More Than Just a Language and Life Lesson

■ A response to "Study Abroad, Study in Chaos: International Programs at Rollins" by Shellie Ponce

contributing writer

Upon reading this article in the Sandspur, I was surprised to read such a scathing review of the performance of International Programs at Rollins. I just returned from a six-month study abroad through Rollins International Programs and I was more or less pleased with their reactions to our struggles abroad.

One thing that Angela and Kelsey failed to realize is that when you go abroad, things don't always go as planned and it's not always someone else's fault. Sometimes things just happen. Examples would be keeping current with their flight plans and developing flexible eating patterns when a guest in someone else's home.

My experience in Germany started out a little rough; I take the blame for missing my train, taking too much baggage, and not making an appointment to get my key to my dorm. These are not things that I would expect International Programs to be responsible for, nor did I expect them to "take care of me."

I won't say everything went perfectly with the program. To be fair, I also felt that the Crossing Cultures class was aiming at the wrong aspects of traveling abroad. Rather than talking about our "comfort zones," and analyzing them to death, I would have rather discussed how to establish phone service in a foreign country, how the weather would be, not just in March (quite cold) but as the semester rolled on into the summer (quite hot).

Complaining about sleeping in the airport is just silly. On the contrary, it's an adventure; it's a losing of the traveler's virginity! I've slept in enough train stations/airports to write a guide on the most and least comfortable benches to sleep on, where to get the least amount of gum stuck in your hair, how to not get robbed while sleeping, and how to get to the London-Stansted airport at 2 am after the Tube has closed for the night.

I learned so much on my study abroad trip, and not just language skills. Living in Germany taught me how to live without a car (something I now prefer!), how to commu-

nicate with German dentists after falling flat on my face and losing my two front teeth, how to deal with the suicide of a fellow American study abroad student, and how easy it is to simply hop on a train and go somewhere for the weekend with no prior planning (see paragraph above about sleeping in train stations).

Thanks to Dr. Alexander Boguslawski, I was able to extend my study abroad to include a three-week intensive language course in Moscow, Russia. My first full day in Moscow consisted of meeting my host family, whom I later rarely saw again, walking around for four hours trying to find my apartment building among hundreds of buildings that all looked exactly the same, and not being fed because my host family decided that they don't feed their guests the requisite two meals per day. I'm sorry, Kelsey, if you don't like meat, but being fed a piece of chicken or beef would have been a godsend that day, considering I went to bed without having *anything* to eat.

When I finally found a grocery store a week later, I ended up cooking for myself, a novel idea that could have helped these girls out in Spain. I was finally able to locate my building based on the spray-painted "White Russian Pride" graffiti on the wall. Only after enduring these problematic situations did I really realize that the goal of International Programs is not only to teach us about foreign cultures, but to teach us to be adults in the real world and to rely on ourselves and our friends who are close by instead of on institutions that are thousands of miles away and cannot adequately help us from afar. International Programs does all it can to ensure we have a *safe* and *educational* trip, not necessarily a comfortable one. That part is up to the traveler.

THE OFFICIOUS



OMBUDSMAN

by Issac Stolzenbach

When was the last time a poem changed the face of a nation?

Arguably, that accolade goes to Allen Ginsberg's reading of his poem *Howl* the night of October 6, 1955 at the Six Gallery on Fillmore Street in San Francisco, which for some marked the birth of the Beat Generation.

The Beats brought about a revolution of sorts, where "the few" influenced "the many" rather than the many influencing the few (like pop culture is today). This small group of intellectuals fought for civil rights (*viz.* equality, freedom of religion, gay rights) through literature, poetry, music, and philosophy. They became the seminal influence on the Baby Boomer's counter-culture movement in the '60s. Generation X and the Millennials are comparable in size to the Beats and Boomers respectively. Before history has the chance to repeat itself, we must answer one salient question: What example/philosophy is Generation X providing to the Millennials, if any? The world is ripe for change, but can mere words shake our foundations anymore?

Would we even notice? Even if the message hit us square between the eyes? Ginsberg had an enlightened sense of social consciousness, like a sadist surgeon he spread the pulp to expose a nerve, swollen from decades of dichotomy, and stitched in a graft of social change that grew into the sixties. "I saw the best minds of my generation destroyed by madness, starving hysterical naked... angelheaded hipsters burning for the ancient heavenly connection to the starry dynamo in the machinery of night." Jack Kerouac, author of *On the Road* (another sacred Beat text), was present for this first reading, cheering a teary-eyed Ginsberg on, "Yes! That's right! Go!"

After that fateful night, Ginsberg received a telegram

from Lawrence Ferlinghetti, owner of City Lights bookstore. The message contained Ginsberg's future: "I greet you at the beginning of a great career." Two years later, his book *Howl and Other Poems* was confiscated and labeled as obscene; then Ferlinghetti was arrested for "publishing and selling obscene material" when he published and sold a second printing. The American Civil Liberties Union contested the seizure, the Red Scare stomped and the media frenzy ensued, but eventually censorship lost and now *Howl* stands testament to the power of free speech.

Open to All!

Enter the "Howl Again Poetry Contest"

HowlAgain
@thesandspur.org

Deadline: October 31st

Fifty years ago, when *Howl* was written, America suffered from the repetitive pangs of transparent omnipresent enemies lurking everywhere behind *evil* red mushroom-clouds with hammer and sickle in hands of fear and suspicion. As the beast, the *Red Scare*, trounced through shattered lives and careers in Hollywood, Sen. Joseph McCarthy cheered it on... feeding it peanuts and nuclear families as the beast lumbered on from coast to coast. America, shielding herself in paranoid dementia, wrapped chains 'round Liberty and thrust all headlong onto *The Great Chessboard* called Vietnam.

Thus was the climate of our nation when Ginsberg wrote *Howl*. McCarthyism gripped the nation in a communist witch-hunt, much like the bleeding of our civil liberties today for our beloved terrorist-hunt. Our Greatest Generation returned from WWII and taught our parents, the Baby Boomers, if they went to college they'd get a good job, then a good wife, then the 3B/2B with white picket fence and 2.5 children. But some cats didn't dig that bag.

Like Ginsberg, who graduated from the University of Columbia and went to work for an advertising agency. He soon developed a deep contempt for materialism, quit his job, and devoted his life to writing; he believed America deserved better than the rampant commercialism and gadget-fetishes consuming his country whole.

Ginsberg's work is relevant

today because there is a similar poop-storm churning above us; the same putrid clouds puckered and oozed over Ginsberg when he wrote *Howl* in the '50s. History is repeating itself with every idle and constricted breath we take. Ginsberg and the other Beats, like Ferlinghetti, Kerouac, Neal Cassady, and William Burroughs called out for social change. Ginsberg drew emotion from every patriot with his poignant observations, "The stakes are too great—an America gone mad with materialism, a police-state America, a sexless and soulless America prepared to battle the world in defense of a false image of its authority." He asked questions we cannot even ask ourselves like, "How many hypocrites are there in America?" and "What fiends determine our wars?"

I argue that there are similarities between the cultural tides and generational relationships of Ginsberg's time (the Beats planted the seeds of social change for the 56-million strong Baby Boomers) and the relationship between our own pessimistic Generation X and the 100-million strong Millennial Generation. Both sets feel their government all around them (*viz.* Red Scare and USA PATRIOT Act & that noun sodomy: the war on terror) both sets are relational in size, both sets witnessed stark divisions in class, wealth, and power (*viz.* Americans starving Americans in the Gulf region after *and well before* the devastation of Hurricane Katrina). But the real question is: Are Americans ready for another Beat Generation yet?

Here is a challenge for the bold or meek: Who is going to write the next poem to change the face of this country? If you think you've got the grapes, submit your entry to howlagain@thesandspur.org by October 31 to enter the contest. The winner will receive mad swag! A \$50 gift certificate to enjoy at Austin Coffee and Film, lavish in the spotlight to read your poem (or have someone else read it for you) at a gathering in your honor, have your entry published here in *The Sandspur* (anything short of vulgarity), and depending on the weight your piece carries, we will try to get you published enough for you to get into trouble! What are you doing reading this? Get out there and speak for your generation! Go, do it now, write the Masterpiece that will turn us all on our heads! "Howl Again Poetry Contest" is open to all within reach, Good Luck!

-Tschüß!

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Student Insights & Reflections

■ How a Holt school internship allowed me to become my own hero.

by **Lori Lipkin**

the sandspur

I am a student going to the college I have dreamed of attending for the last 15 years. I have completed my bachelor's through the Holt School and am currently attending classes for a master's degree through the Holt School.

If you've ever had a dream and been lucky enough to have it come true, then you can imagine how I'm feeling. But what has made the journey so successful is that Rollins has not let me down, but instead exceeded my expectations on a continual basis.

As a final class credit, during my undergraduate degree I decided to do an internship this past summer. I took this endeavor very seriously, for beginning the masters program is a great commitment and privilege.

I wanted to be able to use the internship as a gauge for my chosen career path. I searched and did interviews and really looked inside of myself for what would be my calling and how I could be an asset to society. The Girl Scouts came to mind with my major being psychology and my masters to be attained in school counseling. I got online and found the local web site for this particular organization. Everything offered seemed empowering and exciting.

For some reason I had forgotten about this organization, as I often do until that time of the year when their delicious cookies come out. I had forgotten about this incredible group and what a great possibility it would be to intern with them. With the complete support of the Holt School, I made contact with the Girl Scouts of Citrus Council. I felt this would be an awesome match where I could really find out and make sure that I would benefit younger people in my field through observing, learning, and interacting. They were so welcoming and sup-

portive on the phone, I wasn't sure I was speaking to someone in Florida.

Frankly, my Rollins dream was the last chance I was giving Florida. My plan had been to move the moment I received my masters degree in the hopes of finding some place where I felt I belonged, where I felt significant, and that I was making a difference in this world, which has been lacking in many job arenas in my central Florida experiences.



COURTESY OF LORI LIPKIN

GIRL SCOUT FOREVER: Lori turned an internship opportunity with the Girl Scouts of Citrus Council into a life enhancing journey serving as a mentor for young women.

This welcoming began and has never ended, and I am convinced it never will. This organization, recognized globally, is creating miracles in our back yards. It is as if they are a miracle-making machine, collectively. The Girl Scouts of Citrus Council is all about young women and helping girls grow strong. It is about service to the community and each other. It is about going above and beyond every moment of every day. It is about support, unconditional love, and limitless opportunities to be a better person.

I went to be an intern as a representative of the Holt School. I felt proud and stood tall and felt I could conquer anything from the support I have received and continue to receive from staff, students, academic advisors, professors and the dynamic learning environment. I knew that I would behave in my best light with that on my side. And then I became a Girl Scout intern.

I thought I had it all with Rollins. I thought that I had hit the payload of Florida and there would be nowhere else to go except to another state entirely. I have been proved completely wrong. I have been stumped, dazed, stunned,

shocked, bewildered, transformed and bowled over and over and over again and again.

My first interview took place with Zandra Washington, volunteer coordinator—over the phone, my initial welcome into the organization. I was then to meet with Suzi Harris, Outdoor Education Marketing Manager who, I kid you not, came to my home for the interview!

She brought mountains of information, opportunities, and enthusiasm. If there were ever to be a poster child for the Girl Scouts, Suzi would be on walls everywhere. Her energy and enthusiasm was infectious. She explained to me that the Girl Scouts was for girls, about girls, and created by girls holding true the mission statement: helping girls grow strong, which you will find on the back of each and every Girl Scout business card with a bold green background.

Along with a multitude of choices, I was asked to become a Unit Leader for the summer day camp under the direction of Miss Nancy White. I am pretty sure that this woman was sent from heaven to create the most incredible camp of pixie dusted activities, crafts, learning endeavors, and so much more. Along with Miss Kathy, Miss Stephanie and a multitude of Girl Scout helpers, I felt as though I was a part of making magic that border lined on the side of holiness rather than Disney-ness. The entire environment was positive, unconditional in support and care, and swollen with genuine compassion and selfless enthusiasm. Never in my wildest dreams could I have envisioned such a challenging, growth enhanced, and supportive environment with so many opportunities for me to become a better person, as I was given the chance to help girls become better individuals themselves.

I am writing this the day after my last class of my bachelors degree, the degree I began in 1985 and always dreamt of completing at Rollins College. Through the Holt School and the partnership I was able to create with the Girl Scouts, I



The
**CAREER
COACH**
Marian Cacciatore

WHETHER OR NOT TO PURSUE GRADUATE SCHOOL

Dear Marian:

I am going to graduate in May and am thinking about going to graduate school. Do you have any advice for me?

Dear Juan:

Since you asked me for "advice" I need to let you know that "advice" is one thing that I do not offer in this column! Instead, let's examine some of the questionable reasons that I have heard for attending graduate school. You can decide if any of these reasons reflects your own feelings and motivations.

"Since I do not know what I want to 'do' I think graduate school is a good option."

Are you considering graduate school as a way to postpone the inevitable? (Meaning having to find "gainful employment") If your answer is, "Yes!" I want to strongly encourage you to conduct some research before jumping into the graduate school application process. It's important to obtain clarity on your career direction before moving forward with plans for graduate school.

Once the research is complete, you need to ask, "Is an advanced degree really necessary for the roles that I have identified?" It is possible that your time would be better spent obtaining professional experience rather than a Master's degree?

Possible activities in this category might include volunteer work, community involvement and professional associations. Any of these activities can serve as a catalyst in obtaining clarity and career direction.

"My _____ expects me to go to graduate school."

Can you see the yellow caution light flashing over

this one? Graduate school requires a huge investment of time, energy and resources. This commitment requires you to be motivated internally. The external forces just aren't effective in the long run.

"Graduate School will improve my job prospects."

Whether or not this is true depends on your field of interest. For example, if you want to be an attorney or a college professor an advanced degree is a requirement. For other fields, a graduate degree may not be the "preferred credential."

Only extensive research will give you the answers. I strongly recommend that you take the time to conduct research and interview professionals in your field. What are the educational requirements for the industry? Ask them about their own education.

What advice or recommendation would they give a recent graduate just starting in the field? As you conduct these interviews, you may discover that you are better off waiting for graduate school until you obtain some practical hands-on experience.

Juan, I want to encourage you to take the time and reflect on why you are considering graduate school. I promise that the time you spend in research now will pay off in huge dividends.

As I typically tell students, "Conducting career research is potentially the most life altering research project that you will undertake." Stand by for details how to apply to graduate school in next week's column.

Do you have a question for Marian? E-mail her at mcacciatore@rollins.edu. She guarantees that all questions will be responded to individually or in this column.

have become my own hero. I never thought in my wildest dreams, goals, or accomplishments that I would be exceeding myself - but I am, through them.

I owe it all to the supportive environments of the Hamilton Holt School and the Girl Scouts of Citrus

Council. If there were ever two organizations deserving of donations and attention, these would be the two I would highly recommend with all of my heart and soul and the better person I have become as a result of their influence in my life.

HOLT SPOTLIGHT Interview

by **Jean Bernard Chery**
the sandspur

Thomas DiBacco, Ph.D. could not make Rollins College any prouder. He started his college career at Rollins in 1955 and graduated with the highest distinction in 1959.

During his four years here, he was a very active student. He was involved in so many student organizations to the point he can't remember them all this day. Among the few he remembers are sports editor and editor-in-chief of *The Sandspur*, the chapel choir, many honor societies, and of course, the theater where he was president of the Rollins Players and most importantly the place where he met his beloved wife, Mallie Z. Rowe, Ph.D.

Unsurprisingly, the two met on stage at Annie Russell Theatre where Rowe was Sister Angelica in Puccini's one-act opera by the same name, and DiBacco was Caesar in George Bernard Shaw's "Androcles & The Lion," a one-act presentation playing at the same time. DiBacco was a senior, and Rowe was a freshman. They met in February, 1959, and got married in August. They then went to Washington where they lived for nearly 40 years. Rowe's education was interrupted by the birth of her two children, but when they reached high school, she went on to complete her Ph.D.

Respectively, DiBacco earned his Master's degree and Ph.D. in 1962 and 1965 at the American University in Washington, D. C., where he afterward taught from 1965 to 1999. He specializes in

American history. He is currently enjoying the title of Professor Emeritus. DiBacco was named Rollins Distinguished Alumnus in 1983, and he was asked to teach a class at Rollins this year, which he considers to be an honor.

He was also named Best Professor in 1971 by the senior class of The American University.

In 2000, his high school text book, "History of the United States (1992 to 1997)," which he co-authored with Mason and Appy, was selected among the three distinguished texts by American Textbook Council.

DiBacco never conceals his Rollins background, "To me and my wife, Rollins is home. Whenever I have the opportunity in my writings and speeches to tout my Rollins experience and degree, I do it."

During his years in Washington, he regularly appeared on radio and TV programs, including "Good Morning America," "NBC Nightly News," CNBC, and "The Today Show". DiBacco authored four books. Publishers Weekly refers to his latest, "Made in the USA," as "provocative and informative and no student of U.S. history should miss it."

DiBacco had published more than 2,000 articles in scholarly and newspaper publications: *The Washington Post*, *Wall Street Journal*, *New York Times*, *USA Today*, *The*

Orlando Sentinel, *Los Angeles Times*, *San Francisco Chronicle* and *Chicago Tribune*, to name just a few.

DiBacco also produced two television programs for

small classes and individual attention he got outside the classroom.

He went further to add, "Most of all, the Rollins experience was so open and free that you had to discipline yourself to do all the work you had to do and do it well." And DiBacco couldn't overlook the beauty of our campus and weather. "The campus and weather were so beautiful that their lure competed with the difficult chore of getting your studies done. The discipline that I learned at Rollins would serve me well in subsequent years," said DiBacco.

DiBacco says, "The best advice I can give to Rollins students is the same given to me by my instructors nearly 50 years ago: discipline yourself. Ninety-nine percent of life is not only showing up, but showing up well-prepared and ready to give each class, each paper, each exam your best shot."

DiBacco supports all his praises for Rollins with deed when he warmly responded positively to the request of Professor John Bersia and the Hamilton Holt International Affairs Program to speak to Rollins students and faculties on Sept. 27 about American Business and the World. Many students claimed that the event was like no other. For instance, Oksana Baker, a contributor to this article, said, "The lecture was very informative with historical

facts. It is always educational to hear a conservative point of view. Thomas V. DiBacco was very optimistic about US economy and the business in the USA."

Monica Sawdaye, who also contributed to this article, said, "Mr. DiBacco took his audience into his personal pursuits of researching the probabilities and outcomes of US business expansion in other countries," and she went on to add, "this speech was thought provoking in many ways. If we as students have holes in our understanding, we are bound to patch them up."

DiBacco explained the long way America has come in terms of thinking globally by illustrating his faculty advisor's rejection of his doctoral dissertation topic in 1964. The topic dealt with American business reaction to the US government's program of economic aid to foreign nations in the 1950s, a topic that his advisor viewed with skepticism because it was too recent a topic in history, filled with much emotion.

DiBacco ultimately prevailed and got approval, however, and his research suggested that American business wanted to spread capitalism abroad to other nations.

American business believed that capitalism would be more attractive to foreign nations than government assistance. In the years since 1964, American-style capitalism has spread abroad—capturing the attention of nations ranging from China to Vietnam.



COURTESY OF Thomas DiBacco, Ph.D.

PBS: one for Dallas County Community College system, the other for the University of Notre Dame.

Adding to DiBacco's credentials is a series of consultant positions: the American Council on Education, the Foreign Service Institute, the National Endowment for the Humanities, the National Geographic Society, the National Science Foundation, the U. S. Information Agency, and many Fortune 500 companies.

When asked to speak of the kind of influence the Rollins education had on his writings, DiBacco said, "Rollins opened my eyes to the world and honed my skills as a researcher, speaker, and writer." He went on to point out the advantage of

Check out graduate study at the Rollins College Hamilton Holt School

The Hamilton Holt School will offer a series of information sessions in October to introduce students to Rollins graduate programs in mental health counseling, human resources, elementary education, or liberal studies. Faculty, staff, and students will be available to answer questions about the programs and help you with the application process.

If you would like to reserve a space or receive more information, call a graduate studies coordinator at the number below.

Calendar

October 24: Graduate Studies in Education Information Session, 7:00 pm, Holt School Auditorium. Call (407) 646-1568 for more information.

October 25: Master of Liberal Studies Information Session, 6:00 pm, Thomas P. Johnson Center. Call (407) 646-2653 for more information.

October 26: Master of Human Resources Information Session, 6:00 pm, Holt School Auditorium. Call (407) 646-2653 for more information.

October 27: Master of Arts in Mental Health Counseling Information Session, 6:00 pm, Holt School Auditorium. Call (407) 646-1568 for more information.

PULL FOR THE KIDS!



Holt SGA reminds you to deposit your beverage tabs in the Ronald McDonald House receptacles located throughout campus!



Universal's Halloween Horror Nights 2005

by **Sophia Koshmer**

the sandspur

"Once upon a time..." are the innocent, familiar words that flash across the screen of the Universal Studios promotional website for Halloween Horror Nights. The childhood comfort of this phrase is lost in the dark and twisted bloodbath that follows where a sweet old lady becomes your worst nightmare. The tag line reads, "No one will live happily ever after."

It is certain many have seen the senseless torture of a man laid across a bed of spikes while his gruesome death hovers above him as he is read a fairy tale by an old lady who is assumed to be his mother. From this, one

would expect the themes of the haunted houses to follow suite as they have in years past since the beginning of this Florida Halloween ritual.

The Grimm fairy tales come to mind and the excitement and anticipation of those drawn to the dark allure of the gruesome and terrifying grows as October approaches.

The difficulty with this year's theme, however, is that it seems none existent once you reach the park. With haunted houses entitled such unrecognizable names as the Terror Mines, the Skool, Blood Ruins and Where Evil Hides. These are not dark fairy tales of the familiar sort. They are based

upon more of a series of created legends about different parts of a completely different "fairy tale" world, that is more reminiscent of a barbarian age theme. A time when a ruler known as the "Terra Queen," reigns, hell and terror over the lands.

This is slightly disappointing, perhaps because it seemed the perfect opportunity to play with the sick and twisted elements that are the true nature of fairy tales. As far back as childhood goes, there have been rhymes and riddle and tales whose underlying themes are terrifying and by no means suitable for children and yet they are the basis of our youth.

The envious queen who longed for the organs of the beautiful Snow White to consume as her supper and chants of Ring around the Rosy, the theme song for the plague that swept through Europe killing everything in its path. Unfortunately, this is not the theme it appears to be, which is not quite as frustrating as it seems.

One of the highlights for those compelled by the purity of fear is Cold Blind Terror, whose description reads, "Bone-chilling cold and blind terror numb the senses

as one can not see, one can not hear...and one cannot escape. In and out of total darkness, mankind find themselves shivering from both fear and the icy cold black-



Copyright Universal Orlando 2005

ness.

Strange sounds split the blackness but one cannot be sure of the source...one cannot be sure of what lurks behind...one cannot be sure of what lies ahead. One cannot be sure if they'll ever see light again." Self-explanatory and probably the most frightening and exciting house in this event.

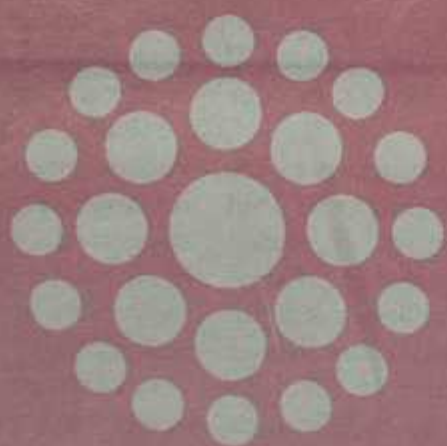
Aside from the multitude of haunted houses and scare zones (parts of the park blanketed in mist so thick you can barely recognize

yourself, where anything could lurk within inches of you), there is also the traditional Bill and Ted's Excellent Halloween Adventure, a spoof on events of the year so far including but not at all limited to films and political errors. This is by far the most fun of all of the events at Halloween Horror Nights where there is something terrifying and exciting at every corner.

Tickets can be purchased at Universal Studios on the day of, for the slightly higher price of \$59.75 + tax with a frequent fear pass offered at the same price of \$59.75 but allows you unlimited access to Halloween Horror Nights Sundays through Thursdays plus admission on the first Friday and Saturday and on Halloween Night.

If you are a Florida resident you can also purchase tickets online at <http://themeparks.universalstudios.com/orlando/hhn/tickets.html> for the advance ticket price of \$52.75 + tax. Admission to clubs at Universal City Walk is also included in the Halloween Horror Nights ticket price. Additional locations selling tickets to this event include Spencer's in the Florida and Fashion Square.

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WEEKLY



Aries (March 21-April 19): It's time to act on something that you've been putting off for a while. Stop tossing it around and just go for it. Aries is a fighter, and whatever the challenge is, you can handle it. If you put it off for too much longer, it could pass you by, and you may never have the chance to do it again. Don't delay a second longer.



Taurus (April 20-May 20): This is not going to be an easy week. You may have to force a lot of situations that you would just plain rather not face. Keep your head high, though, and you can deal. Don't let your problems get the best of you because that will only make them worse.



Gemini (May 21-June 21): You will be confronted by a major decision this week. It may be a difficult decision, so

don't make the choice lightly. Put some serious thought into it. Weigh the pros and cons. In the end, you will only make the correct decision if you carefully weigh all of the options. It could be a life-altering choice, though, so be careful.



Cancer (June 22-July 22) This is a good week for you and love to finally find each other. You may meet that special someone you've been looking for all your life. Or if you already have a sweetheart, you may rediscover that person and see them for all of their inner beauty. Either way, love will find you this week, and it will find you well.



Leo (July 23-Aug. 22): You may want to avoid serious confrontations this week because there is a good chance that you'll lose. You're a little tired and a little down this week from all of your academic struggles, so

your guard is down and your mind is not as sharp as usual. Lay low this week. It's better that way. There is less chance of supreme embarrassment.



Virgo (Aug. 23-Sept. 22): You are going to run into someone you have not seen in a long time this week. It may be an old friend. It may be a relative that you have not seen in a long time. Regardless, keep your eyes open because you may see them when you least expect. Enjoy your time with your long lost friend.



Libra (Sept. 23-Oct. 22): Your future is somewhat difficult to predict this week. It could hold anything in the world. It may be good or bad. It may be life-changing or completely unimportant in the course of your life. However, there is one element that is absolutely certain: it will involve mayonnaise.

Foster's "Flight Plan" Soars

by **Sophia Koshmer**

the sandspur

What would you do if one moment your child was sleeping right next to you on an airplane and the next, miles above the ground, she is nowhere to be found? A heart-pounding thriller, there is much more to "Flightplan" than meets the eye.

Throughout the film one is faced with many questions including, "Is the protagonist insane?" or "Are there terrorists aboard the flight?" and most importantly, "Who can you trust?" This film does a commendable job of keeping these questions unanswered throughout the majority of its running time.

Starring Jodie Foster ("Silence of the Lambs," "Panic Room"), Peter Sarsgaard ("Garden State," "The Skeleton Key") and Sean Bean ("National Treasure," "The Lord of the Rings") this film tells the story of Kyle Pratt, (Jodie Foster) an airplane engineer who has just experienced the death of her husband and has decided to relocate from their home in Germany to New York with her five-year-old daughter, Julia aboard a massive airplane of her own design.

After falling asleep, when the plane has taken off, with her daughter stretched across the seats right next to her and many people seated around them, Pratt wakes up to find her daughter missing.



Copyright Touchstone Pictures

Upon searching all of the bathrooms and the quarters available to passengers, she demands there be a search of all of the areas on the plane. However, soon the captain (Sean Bean) finds out that there are no records of Pratt's daughter ever being aboard at the airport of departure and her boarding pass cannot be accounted for nor can her ticket be found.

These findings are then discussed with Pratt who reveals the tragedy that she has recently endured and the medication she has been on for its effect on her. Unsure whether or not her sanity is intact, the captain orders a search of the plane as a safety

precaution only to find that the girl in fact cannot be found. When the search is called off, Pratt is not convinced that her daughter is not aboard and proceeds to cause a disturbance on her own in order to find the whereabouts of her daughter.

Foster gives a passionate and note-worthy performance in this psychological thriller alongside her co-star, Peter Sarsgaard who plays undercover air marshal Carson, who remains unsure of Pratt's lucidity and is assigned the task of keeping her contained in order to calm the disturbance among the other passengers that Pratt has caused.

From the contents of the previews, this looked to be a blow-off film, another "Panic Room." But this is very far from the truth. "Flightplan" is in fact a very well written and thought inspiring movie. It is entertainment at its best and a far cry from the obvious in its genre.

Aside from its action-packed suspense, it lightly explores such subjects as terrorism and the prejudice that it has caused among people since the 9-11 attacks. Interestingly, the film also leaves a few questions unanswered. In all, Flightplan is an excellent film.

THE HOT SPOT 310 PARK SOUTH

As Rollins' students, many of us have spent a fair amount of time strolling through the chic strip of little shops and restaurants along the famous Winter Park street referred to as Park Avenue.

Right in the heart of this charming area is one of those stylish and hip "seen-and-be-seen" hot spots known as 310 Park South. I am sure by now many of you like myself, have either walked by this trendy eatery or have experienced it for yourself by now. I myself had only seen this week's latest hot spot in passing, however instantly felt drawn to its dim lighting and intimate café like setting.



BRETT HEINEY / The Sandspur

The restaurant's glass doors remain open at all times, and right outside of them lies a half a dozen small tables alongside Park Avenue's sidewalk. The fact that it is so open with café tables outside makes it an ideal spot to meet up with friends that may be strolling down Park Avenue or just simply take part in some innocent people watching while you get a quick bite to eat. It also has a very romantic setting making it ideal for the most special dates.

The chic restaurant is unique given the fact that it isn't obnoxiously loud like many bars and restaurants. (Making it a perfect place to get cocktails and enjoy great conversation with close friends.) The menu is fairly extensive and provides an American cuisine. As my eyes scanned up and down the menu I knew it would be one of those places where I couldn't go wrong with whatever I ordered. The menu includes delightful and savory pasta, chicken, beef, and pork dishes.

For those in the mood for a lighter entrée the menu has an extensive list of appetizers, sandwiches, burgers, and 310 Park South's signature salads. Most of the dishes ranged anywhere from 8-26 dollars (however most of dishes are only about 9-14 dollars). I was in the mood for a light evening dish and so I immediately asked the sociable and attentive server what they would recommend. Before I knew it I ended up with the most delicious Ahi tuna filet, which was seared to perfection and came with a bed of mixed garden greens, and extremely reasonably priced might I add. My dinner date had a little heartier of an appetite than I did that evening and ordered the filet mignon which was served with rice and mixed veggies.

Even though my appetite wasn't very big that night I will admit I tried quite a bit of my friend's dish while he wasn't looking and quickly discovered that it was cooked to perfection much like my Ahi Tuna. As if the cuisine isn't enough to get you to come try this gem of Winter Park, but the restaurant also has a full bar to the immediate left when you walk in for the 21 and up crowd to enjoy. I was also informed that the restaurant has local musicians add to the ambience during most evenings.

The reasonably priced restaurant has something on the menu for even the pickiest of eaters and also promotes an extensive brunch menu which is available every Sunday from 10 a.m.-2 p.m.. 310 Park South is the type of place that will make any evening spent there a memorable experience. 310 Park South serves lunch and dinner daily seven days out of the week. Mon-Wed it is open from 11 a.m.-10 p.m., Thurs-Sat 11 a.m.-11 p.m., and Sunday 10 a.m.-10 p.m. (don't forget about Sunday Brunch!).

Its relaxed setting and attentive staff never make you feel rushed at any given point, making it a great place to simply enjoy great food, take part in stimulating conversation, and peer out through the glass doors and take in the beauty of our very own Park Avenue. Enjoy!

By **VANESSA EVES**

OROSCOPES

Scorpio (Oct. 23-Nov. 21): This is a good week to just stay in bed for the whole week.

forecast is not good. You have a mountain of work staring you in the face. Assignments will abound this week, you will hardly have the time to breathe. Your love life is looking all that good, either you may have a fight with your honey, or you may blow your opportunity to meet your mate. Either way, you will just want to close your eyes and wake up when its another week.

Sagittarius (Nov. 22-Dec. 21): Your academic career is going to take a serious upward this week. You suddenly have the time to catch up and make up for the time this semester you've been slacking off. The trial will finally make sense to you, and your grades are going to improve immensely.

ly. About time, too, because you are more than halfway through the semester, and time is running out for you to get your academics in line.



Capricorn (Dec. 22-Jan. 19): It is good to be a Capricorn this week. All is well, and life is beautiful. Your social life is fantastic, and you finally have time from your busy schedule to relax and enjoy it. Your midterm grades will amaze you as they come back with letters on them that are shockingly close to the beginning of the alphabet. You will meet an amazing person that could turn out to be the love of your life. If you have already found the love of your life, good for you. Your relationship will only become that much sweeter this week.



Aquarius (Jan. 20-Feb. 18): Take the time to learn something new this week. Read a book that was not assigned to you for class. Or

maybe start reading the book that was assigned to you for class, if you have not been already. Absorb new information, and use your new found wisdom in your daily life. If the information you find is trivia, use it to impress your friends. They might not care, but tell them anyway. They may never know when they'll need to know where the world's second-largest non-stick frying pan is located.



Pisces (Feb. 19-March 20): This is a good week to leave you comfort zone and do something you would not normally do. Talk to someone you have never talked to before. Who knows? They may become your new best friend. Sit at a new table in the cafeteria. You just might like it. Just make sure you do not do anything too dangerous. If you try something dangerous, and you like it, it could become a habit and hurt you in the end.

"Tiger Woods 2006" Par For The Course!

■ EA Sports' 2006 version of Tiger's video game yields solid gameplay for fans of the brand.

by John Ferreira
the sandspur

"Tiger Woods 2006" from EA Sports is a successful continuation of the flourishing golf franchise, but it will hardly set the heart of those not familiar with golf or the franchise aflutter. I must admit I only started playing this game because a friend who loves golf nudged me to it. This game is not action packed like other EA Sports games and

is far more cerebral than "Outlaw Golf." The only eye-candy in this game is hitting a three hundred tee shot, or Vijay Singh, whichever is your preference.

The 2006 version of the game has some new features that will have fans of the series pumped up. There is an all new "Rivals Mode" in which you create your own golfer and attempt to become the world's greatest golfer. This feature is interesting and is the best way to learn how to play the game.

If you are a Tiger Woods veteran, this mode might be like child's play, for the beginner is an adequate challenge. Despite helping the

player to learn the tricks, Rivals mode can be annoying, for there are stupid characters like a Shakespearean actor who vocalizes jewels like "Oh fairway, oh fairway, where for art thou fairway?" What they call a "trust fund brat" actually looks more like Mr. Fagin from "Oliver Twist" than a wealthy man.

Another childish feature of the game which I found unnecessary is that you go back in time with Tiger Woods. It felt too much like a PBS Saturday morning cartoon for my taste. Tiger goes back in time and you follow him, playing with the old time equipment and frequenting an old style clubhouse. It is only after you

have defeated all the challenges from other rivals that you can move on to next time period, meaning that it can take you months of playing time (if you are normal) to get to the modern era.

For the first time in the series, both analog sticks control each shot from tee to green. The left analog stick controls your swing, and the right analog dictates ball trajectory and putt strength. Now this is where the game gets too complex for non-golfer fans (which happens to be most of the world.) If you are a golf fan you'll know which hole needs to have a different swing, if you're not you'll just want to hit the ball as hard as you

can and hope for the best.

The other changes the game has made are mostly peripheral; there have been new golfers added, and you can call your shots for money. The PGA season tour is still enacted and is the bread and butter of this game. The only problem is that you have to go through the Rivals Mode to increase your skill sufficiently to play with the big boys. There is also the real time calendar events that can be humorous, but are too difficult most of the time.

"Tiger Woods 2006" is a different type of game; it is for golf fans and video game lovers, but those who do not know golf will be left out.

Abdel Wright Writes Hope For Jamaica

by Jami Furo
the sandspur

It is the pain that only one who has felt it can express; it is the pain that that person can only express through the power of music.

Abdel Wright, in his self-titled first album, tells the heart-breaking story of his life in Jamaica through calming melodies, powerful lyrics and American folk instruments, all fused with Jamaican rhythms.

Wright was placed in government custody at the ripe old age of nine months. After that, he moved from one orphanage to the next before finally landing in one in Montego Bay that was partially funded by Johnny Cash, who owned a house nearby. Cash performed for the children every Christ-

mas at Rose Hall, providing an early yet strong musical influence for Wright and explaining why his music contains an American folk feel.

At the age of 12, Wright was given a guitar by the school superintendent who noticed the boy's interest in the guitar in the school office. Wright taught himself to play it, and then proceeded to teach himself to play piano and flute by stealing to afford books.

At the age of 18, the same age that he began writing songs, Wright was no longer allowed to stay at the orphanage. He stole to survive, and when caught with a firearm, he was sentenced to eight years in prison. In prison, he wrote several of the songs on his new album release, and he was even allowed to teach music to the other inmates.

His sentence was shortened to five years based on the trust that he had built up among the prison guards and the warden.

When he got out of prison, he played in many of the island's clubs. By chance, he ran into producer Brian Jobson, who led Wright to Dave Stewart. Stewart is the founder of The Eurythmics, and he agreed to produce Wright's album. From there, Wright's career sky-rocketed, and his music is now being heard on a global scale.

Wright's lyrics address the gamut of issues that he has faced. His songs cover topics ranging from injustice in the government (as in "Quicksand"), to inadequate healthcare (as in "Human Behaviour"), to hypocrisy (as in "Paul Bogle"), to poverty (as in

"Strange World"), to his own incarceration (as in "Ruffest Times").

His lyrics are blunt. They are not sugar-coated by analogies, metaphors or poetry. They are straight and honest.

The songs do not vary much from one to the next. Most contain a catchy, melodic refrain with several voices in harmony with verses that are more spoken—almost like a kind of soft rap. The instruments are those of a folk rock band: an acoustic guitar, a bass, percussion and even a harmonica. However, the rhythms have an island feel that reflects Wright's Jamaican heritage.

Variety of music is not a strong point of this album. However, the variety of socioeconomic issues covered by the text makes up for it.

The music is relaxing and calming in its folk style. The album even has that "recorded in someone's basement" kind of sound. The recording job is far from perfect, which adds to the homemade, heartfelt feel of the album. It is the kind of music that you can picture a group playing in a circle in someone's living room or around a campfire.

However, the lyrics are raw and deal with serious topics. When combining the style of the music with the content of the lyrics, the product is a painful expression that holds hope within its chords and rhythms.

"Abdel Wright" is available in stores, and I would recommend it to anyone who enjoys socially conscious music—especially from a young man as talented as this one.

Concert Highlights Local Musicians

by Joseph Rubel
contributing writer

It was just a very short time ago, in fact, on Sept. 23, that three of our area's finest musicians joined forces for a performance of chamber music at the dazzling new John M. Tiedtke Concert Hall on the Rollins College campus. Alvaro Gomez, violin; Carolyn Blice, horn; and Dr. Gary Wolf, piano, collaborated in performing St. Saens' Romance for Horn and Piano, Mozart's Sonata in B-flat Major for Violin and Piano, and finally, after a 5 minute "musical pause," all three performed Brahms' Trio in E-flat Major for Piano, Violin and Horn.

All three musicians were trained all over the world and you could definitely discern their highly-accomplished abilities to perform with other musicians. The superior acoustics at the new Tiedtke Hall enhanced the audience's enjoyment of the performance markedly. I suspect that it also greatly enhanced the three musicians' enjoyment as they performed these three works.

When asked after the performance what his experience was performing on one of Rollins' "D" (9 foot) Steinway concert grand pianos, Dr. Gary Wolf, who teaches piano at Rollins after a very long teaching

career at UCF, said, "When you have a fine instrument to play, why naturally you're more comfortable. You know before you play what sound you're going to give and it makes a world of difference, of course." Wolf, whose performance and teaching careers have spanned the globe, said that it is one of the delights of his life to be here at Rollins. He also complimented the acoustics of Tiedtke Hall, referring to them as "amazing."

Alvaro Gomez said after the performance that it was a pleasure to play and be able to perform in this new hall we have here in Rollins. He said, "I wanted to do

one of the last sonatas by Mozart, K.454. I loved it a long time ago when I performed it in China."

When asked about the hall, Gomez said, "I have to say it is impossible to find a hall (in Central Florida) with these kinds of acoustics." He said that with the characteristics of the hall, "You can do chamber music, very intimate chamber music in a hall that will allow you to play from the more sensitive."

French horn player Carolyn Blice, also a teacher at Rollins College where she directs the Rollins Horn Ensemble, was the perfect match for the outstanding piano and violin perform-

ances. Her tonalities seemed to hit the correct resonance to fuse with the other musicians and the three of them together were just plain glorious. There is a full schedule of upcoming music performances at Tiedtke Hall.

For further information, call the college at (407) 646-2000, ask for the music department, and then request to be placed on the upcoming music performance announce list. A web site is in the works for the future. You can call the very same number to request information about the Bach Festival performances, and its very fine Visiting Artists Series.

New Moon Discovered Orbiting 10th Planet

by **Rochelle Siegel**

the sandspur

While in Hawaii, last month, and using a 10-meter telescope at the W.M. Keck Observatory, astronomers discovered a new planet, the tenth planet in our solar system. Those same astronomers also discovered that this new planet has a moon moving along side it. The planet has been nicknamed Xena and its moon has been named Gabrielle.

Xena, known formally as 2003 UB313, is nicknamed after the warrior princess of television series and Gabrielle orbit the sun out beyond Pluto in a band known as the Kuiper Belt, a region of comets, asteroids and other space rocks.

The fact that a moon was discovered is important in determining what the mass of the new planet consists of and also determining if it is actually a planet. The discovery of the moon Gabrielle

means that Xena has at least enough mass to keep a satellite. The faster a moon travels around a planet, the more massive a planet usually is. Gabrielle is estimated to orbit very close to Xena, making its full course around about fourteen days.

This new moon that was discovered orbiting this new planet is in fact the farthest-known object in the solar system. It is about nine billion miles away from the sun, which is about three times Pluto's current distance from the sun. Astronomers believe that the tenth planet is completely frozen, covered with methane ice, and "it's definitely bigger than Pluto," said Mike Brown, a professor of planetary astronomy at Caltech. Mike Brown has estimated that the new planet is about 2,100 miles wide, about one and a half times the diameter of Pluto. Diameter is detected by recording

heat in the form of infrared light. Due to the fact that no heat from infrared light was able to be detected from this new object scientist believe it is less than twice the size of Pluto. Scientists are able to estimate the new objects size by its brightness and distance.

Seventy-five years ago Pluto was discovered and that was the last time something so large has been found in our solar system. The possible tenth planet moves in a very strange orbit, tilted 45 degrees about the orbital plane of others and that is one reason it took so long for astronomers to discover it, because they were not looking in that area. It takes 560 Earth years for Xena to complete one trip around the Sun, whereas it takes Pluto only 250 earth years.

There have been some arguments about whether this new object in outer

space is actually the tenth planet in our solar system. Some astronomers believe that it is just part of the Kuiper Belt; Pluto is even sometimes viewed as an object in the Kuiper Belt by many astronomers. Some do not believe that Pluto should be classified as a planet due to its small size compared to the other planets. Mike Brown believes though that "anything bigger than Pluto and farther out is a planet." If people can call Pluto a planet then why can't this new object be a planet?

Alan Boss, a planet-formation theorist at the Carnegie Institution of Washington would not classify this new object found as the tenth planet, but he said, "Pluto and other small objects beyond Neptune should be called, at best, Kuiper Belt planets."

What is a planet? Astronomers have never really had a definition for the word

"planet," because the nine that were in our solar system seemed very obvious and there was no need to explain why they were planets. The definition of "planet" is actually now being debated and no one can seem to reach a consensus.

It has been predicted that within the next few decades Mars-sized objects will be discovered in our solar system. Alan Stern of the Southwest research Institute, believes that based on computer modeling there should be Mars-sized objects hidden in the far corners of our solar system and even possibly other worlds as large as Earth. Now that we have better technology we are able to see things we had never seen before and Alan Stern believes "we're just barely scratching the surface." There could be hundreds of planets out in our solar system that we have no idea even exist.

Thomas P. Johnson Tutors to the Rescue

by **Pascale Proctor**

the sandspur

Has there ever been a time where you have been so overwhelmed with school-work you become completely beside yourself? Has there ever been a time where your workload becomes so burdensome it is almost impossible to even concentrate on the task at hand? Or perhaps there has been a time where even when it seems like you have all the time in the world to do one assignment, the assignment consumes your life because it is so difficult. If

you answered yes to any of these scenarios you have been in the same situation as hundreds of other students. This is precisely why we have the Thomas P. Johnson Student Resource Center, or "TJ's" as it is usually called, to help us. TJ's is an academic advising center located in the Mills Memorial Center, above the post office, designed to tutor students in different subjects from math to English and from science to foreign languages. The writing consultants and tutors at TJ's are students right

from the Rollins community; students who have troubles in different academic areas just like the peers they help.

Kiersten Bakowski is a writing consultant at TJ's. She has only been a writing tutor for two weeks but she says it has so far been very rewarding. "Even though I have been a consultant for a short amount of time," Kiersten says, "I feel like I've been doing it forever. I love knowing that I have helped one of my peers in an assignment that had been stressing them out." In the writing

center, Kiersten helps facilitate the writing process with the students she tutors by brainstorming writing topics, making outlines, perfecting citations, and revising drafts. Not only does she help other students, but she sometimes goes to TJ's as well to get tutoring for her own classes.

TJ's also helps with finding scholarships, aiding international students, and students with learning disabilities. Special accommodations for students with learning disabilities can be

made at TJ's. Perhaps you have test anxiety or have problems taking notes; TJ's can help with that as well.

Additionally, TJ's is always looking for new faces to help tutor, so if you feel you would like to alleviate some of the stress of your peers by tutoring in a subject such as calculus, economics, or French, set up an interview today!

So when you think all is lost and you are want to give up on one of your classes, visit TJ's, and let your fellow Rollins students help you!

Crossing Over to the Second Half of the Term

by **Jami Furo**

the sandspur

Fall break has officially passed. That perilous peak that we call midterm is now behind us, and there is no turning back.

Until this point, you have been testing the waters. You have been summing up your professors and your workload. You have been evaluating how hard your professors are when they grade your papers. You have been analyzing how strict they are on lateness and absence. You have been seeing how much work you can not do and still get away with it.

You may have felt a little lost in a few classes, but that was expected of you. You

were new to the class. You might have been new to the material. It was expected that you needed some time to settle in.

But now here you are. You are on the other side of the middle of the term.

The good news is that you should be getting a better grip on what is expected of you in your classes. You are probably starting to understand the material a little better. You are starting to understand what your professors want from you. You are starting to know the workload and how to balance it in your busy schedule.

Unfortunately, it all goes downhill from here. This is the time that professors look at the syllabus and realize

that we are way behind and if they are to cover everything that is going to be on your final, they need to pick up the pace.

This realization causes panic for everyone. It panics the professors because they have a lot of material to cover. It panics students because they have a lot of material to learn. Within the next few weeks, the conditions degrade further. You get a paper assignment in all of your classes, and all of the papers are due within a week or two of each other. You have to write them all at the same time. You cannot remember whether or not you are writing your biology paper or your philosophy paper.

Shortly thereafter, you get study guides for your exams. This serves to remind you that you need to actually study for all of your exams.

And that just makes you sad and somewhat nervous.

You go through your notes, your books, the Internet, and your old tests, and you try to cram your mind full of information that you hardly remember learning the first time.

It is unbelievably tempting to put it off. "I don't want to study now," you say. "I'll wait until it's closer to the exam."

Then it is the night before the exam. There you are, in a mountain of books, and you cannot even begin to

know what to do with them.

Finally, you cram all of the information that you possibly can into your head. You take the exam, and you immediately forget everything that you learned to make room for the cramming that you need to do for tomorrow's final.

It does not need to be like this. You are on the other side of the midterm now. Be advised that things are going to get busy. Maybe you should do what millions of college students around the world have good intentions of doing: start early. Start now. Get ahead of the game now because you will not have time later.

Fall break does not need to be frightening.

Be Willing To Move On and Give Up the Grudge

by **Kelsey Field**
the sandspur

Everyone holds grudges, whether it is the kid who actually bumped into you in class without saying sorry or your friend who ruined your favorite CD.

Not only does everyone hold grudges, but everyone holds them in their own way, whether it means forgetting all about it in five minutes or still fuming about that one little thing three weeks later.

According to Marjorie Rosen, the reason that grudges are kept for so long is because although holding them may make you feel down, confronting the person that made you so angry in the first place is simply not an answer to resolving their anger.

Grudges are bad for your emotions, because it is a buildup of negativity, but more so than that, experts are discovering that grudges also

affect your physical well being. In fact, according to PhD Dr. Charlotte VanOyen Witvliet, people who held grudges had greater physical stress, "including higher blood pressure, heart rate, sweat and muscle tension levels."

The experts also divided the population into hot responders and cold responders. Those who are hot responders are quick to get angry, with pounding hearts and sweaty palms. The cold reactors are those who probably will not even show the slightest hint of anger, no matter how much you yell at them.

So to help those who just can't get past their grudges, but really don't need that extra stress, Dr. Frederic Luskin, director of the Stanford University Forgiveness Program, has come up with a method of nipping that

grudge in the bud.

1) Acknowledge the fact that yes, you were hurt instead of pretending that you don't care at all.

2) Put a stop to the resentment before it harbors into a full fledged grudge by taking a few deep breaths and remember someone you love or a time you felt love. This way you are not focusing on the negativity that often arises with the grudge holding process.

3) Confront that person who made you so angry in the first place. Maybe they didn't realize that they said something that was offensive, and by telling them they may be more careful of what they say in the future. Also, dealing with the anger when it happens won't allow it to fester and grow into something more angry and hateful.

4) Check your anger level and look at the situation from

an outside view. By giving yourself this perspective, the circumstances are less painful, and therefore easier to cope with. Also, instead of stressing about it, go for a run or talk to someone about it. In order to get on past the grudge, ask yourself "What stress was I under at the time?" and "Is this person like this with other people and not just me?"

5) Challenge your own personal rules and realize that in life sometimes you get what you want and sometimes you just may not.

In addition to busting the grudge, bust the myths that go with them: Forgiving doesn't entail that you won't get angry, because everyone gets mad once in a while, but how mad do you really need to be? Forgiving does not mean that you forget the situation, but remember it in a less hateful fashion. Instead of the friend who forgot to meet you for

lunch, think of him or her as the friend who just became too overwhelmed with everything going on in her life and simply forgot. Forgiving does not mean you're a pushover because it puts you in a position of strength because it takes courage to respond in a different manner that is outside your comfort box.

Lastly, forgiveness does not always mean reconciliation, it means making the decisions that are right for you at the moment. Maybe that broken friendship needs to be salvaged, or maybe it really doesn't. The important fact of the matter is that you were able to make decisions outside of your angry and hurt perspective that might lead you to make rash and regretful decisions. You may be able to finally move on from the situation and the circumstances. You have decided what is best for you.

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10 Things That Age

by **Nancy Aguirre**
the sandspur

Though many of us are still too young to be worrying about aging - and the problems that come along with it - it might be a good idea to take a look at some of the things mentioned most often by anti-aging experts.

These include changes in your behavior that are relatively easy to adjust and they can help you maintain a young, healthy look and feel.

We have known for a long time now that excess stress lowers immunity and raises the risk of heart disease. There is now proof that too much stress triggers premature aging of the immune system. This was proven by Elissa S. Epel, PhD, a professor of psychiatry at the University of California at San Francisco, who has cell level proof of this fact. Mothers of terminally ill children who were most stressed showed the most extreme early aging of these cells.

Though there are some quick ways to manage your stress, such as breathing deeply, real stress control takes time and energy. The long term solution for stress in your life is to find time in your life for activities that reduce stress.

Intake of alcohol can either increase or reduce your stress levels, depending on the amount. Surprisingly, one or two drinks a day can actually lower the risk of dying from heart disease by a third or so. Women are advised to limit themselves to one drink a day,

men to two. Any more than that raise the risks of ill health, including strokes and cancers of the liver, throat, and breast.

Inactivity is an increasing problem in people's lives. The smallest amount of activity can extend your life, lower your chance of becoming obese, lessen your chances of acquiring Alzheimer's disease, and lower your stress levels. You can and should start small, depending on your current fitness level, and work your way up to the recommended levels of exercise.

Another unhealthy-yet popular habit is not getting enough sleep. Sleep deprivation has been linked to obesity, diabetes, high blood pressure and memory problems, even in young adults.

Believe it or not, 64 percent of Americans weigh in at more than their recommended weight. There are serious health risks associated with obesity, such as heart disease, diabetes, and even cancer. The key to losing unhealthy weight, and keeping the weight off, is to choose a healthy diet and stick with it.

In spite of all the information out there clearly outlining the dangers of smoking, more than one fifth of United States adults, or 46 million, still smoke, according to the Center for Disease Control.

All of these issues will eventually make a difference in how you age, and how long you live. It is never too soon to begin a healthier lifestyle, and the smallest improvement can make a huge difference.

The Hawaiian Nation's Dance Sensation, Hula

by Lisa Eisenhauer

St. Louis Post-Dispatch

Vickie Knobbe says she fell in love with hula while visiting Hawaii. The quiet and soothing dance style intrigued her so much that she joined a couple of friends for a course at a local community college.

After her second session, Knobbe admitted, "It's harder than it looks." As classmate Martha Muehlenfeld, 82, put it: "It's more than just making a grass skirt sway."

Staying with the flow of the moves and keeping in sync with the other dancers requires not only physical exertion, but also balance, concentration and coordination.

Knobbe also was surprised to discover that once hula moves are perfected and choreographed, they become a sort of language of their own. "I didn't know about that part," said Knobbe, 52.

Instructor Dori Neumeier says she's heard that before. Students come to her classes looking for a workout and end up getting an education on Hawaiian traditions as well.

"Although this is an exercise class, it's also an exercise in culture," Neumeier says.

As she leads students through basic hula moves, Neumeier tells them that when set to Hawaiian music, those same steps, hip sways and hand gestures tell tales about love, about waterfalls, about monarchies.

The key is bringing the moves together with precision and grace and understanding what each tiny part is meant to convey. "That's what hula is," says Neumeier. "It's a feeling. It's an expression."

Neumeier's student Ernie Joy knew that when he signed up. A native of Hawaii, Joy says he was well aware of the traditional and spiritual underpinnings of the dance form from his childhood. But he'd gotten away from hula when he moved to the mainland and took up less tradition-bound hobbies, such as baseball and golf.

It was his non-Hawaiian wife, Dawn, who saw the community college course and suggested it might be a cultural connection for her, her husband and his two daughters.

Joy, 49, is glad his wife reconnected him with hula. "For me, it's something to perpetu-

ate my Hawaiian culture."

In Neumeier's classes, while female students follow the instructor's sometimes-delicate moves, Joy does masculine variations with quick kicks and punchlike hand gestures.

Joy says polishing hula moves, whether masculine or feminine, to the point where they become expressive is a workout. "You use a lot of your lower body, your leg muscles and stuff," he says.

He also points out that unlike some other forms of exercise, hula lets its practitioners "look good doing it."

When Dawn Joy, 47, and a fellow hula veteran demonstrated a dance at one of Neumeier's recent classes, hula novice Doris Giesmann came over afterward to compliment her gracefulness. "You're beautiful," Giesmann told her.

Giesmann, 56, became fascinated with hula after a couple of visits to Hawaii. She found the serenity of the dance style to be in keeping with that of the islands where it took root.

Nevertheless, even after just two sessions, Giesmann was aware that that serenity doesn't come without effort. "It's so smooth and so graceful, it's made to look easy," Giesmann said.

In hula fitness courses, instructors say they focus on the physical aspects of the dance style. They teach students how to keep their knees bent and their torsos erect as their hips and feet and arms move.

The series of steps and gestures provides a low-impact aerobic workout that woos people with all levels of coordination and mobility. In addition, most instructors say they include Tahitian and other Polynesian dances that, while similar to hula, are set to a faster pace and appeal to students looking for a more strenuous workout.

Neumeier says one of the biggest benefits of hula is that it tones the body by isolating and strengthening muscles. "It gets rid of things that you don't normally want," she says. "It tones muscles that you don't normally use."

Just to give hula a whirl, instructors say, nothing but a desire to learn is required. Hula is done barefoot, so even basic workout gear such as footwear is unnecessary.

ADHD, Disabilities, and Help: Lisa Marsh's Mission at Rollins

by Nicole Fluet

the sandspur

The Thomas P. Johnson Resource Center in Mills holds the Tutoring Center and the Writing Center. It also holds Disability Services, a program run this year by the new coordinator Lisa Marsh. However, this is not just a place to make-up tests.

The Disability Services Center helps students with various disabilities be able to have accommodations made for testing, note taking, and other learned techniques that may be difficult for them. Disability Services is part of TJs and is available to any student with disabilities in Arts and Sciences, Crummer, or Holt schools.

Examples of accommodations include assistive technologies for those with learning disabilities, hearing problems, and low vision. Lisa Marsh, the coordinator of Disability Services, can grant, if needed, extended test time, hire a student note taker, loan out tape recorders, or secure preferential seating in classrooms.

ADD and ADHD students make up about 75% of disability cases

addressed to Marsh, she says. In the case of someone with one of these disabilities, they would come up to her office in TJs and make an appointment with her.

Later they would discuss the disability, which is kept completely confidential and the accommodations that

need to be made for the student.

In order to prove the student has the disability they claim to have, a psychological evaluation is presented and examined, usually stating the problem and the means suggest-

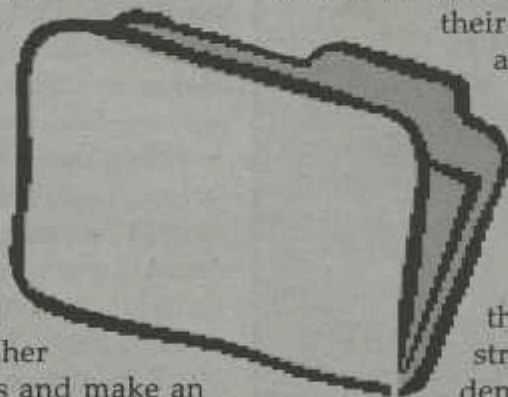


ed to help the student in the best way.

Usually, students with disabilities already have documented paperwork from high

school and can bring it to her when asked. The professor is sent the list of accommodations that may suit the student's needs but the disability is never men-

tioned. Each student with a disability must register with her at the beginning of every semester since they will be taking new classes and working with new professors who are unaware of their needed accommodations.



Marsh then instructs students to talk with their professor, since it is the professor's decision whether or not to grant accommodations to the student. "There has to be some

dialogue between the student and the professor," Marsh says.

Marsh has been working with individuals with disabilities for fifteen years. She is a certified rehabilitation counselor, shortened to CRC, and has a Masters in Science based on Learning Disabilities. She previously worked as a director at an institution and moved back to Florida from West Virginia after fifteen years up there.

Marsh has only been working at Rollins for a couple of months but already has so much on her agenda to get accomplished. Right now she is working on getting more signage up around campus to allow students with disabilities to find their way around campus, and to find her. The ramp to TJs, for example, is so hidden that not many people know about it. With more signage, that won't be a problem in coming years.

So, with the push for more recognition of disability students and the formation of Disability Services as an extension of TJs, Rollins is moving toward more diversity and help for more students. The Rollins community will likely grow and change in years to come.

"This is just the beginning of where Rollins is going to go to help people with disabilities," she said.

Some Symptoms of ADD/ADHD

Courtesy of the Office of Multicultural Affairs and TJs

- Cannot remain seated without fidgeting or squirming
- Has trouble waiting their turn in sports or games
- Has trouble following directions
- Involved in dangerous activities without thinking about the outcome
- Has trouble maintaining attention during tasks, games, or class
- Often makes careless mistakes
- Easily Distracted
- Has trouble waiting their turn in class
- Talks excessively
- Does not listen to what is being said to them
- Constantly shifting among different unfinished activities
- Interrupting others while they are speaking

Ask The Fox!



Dear Fox,

My boyfriend and I broke up about a month ago. At first it was really hard but I've just started moving on. My birthday is in a couple of days and he dropped a card off for me at my dorm without knocking or telling me he was there. Inside the card it said that he loved me and always would. I called to ask what he meant and he was short with me, saying something like I could figure it out on my own. I don't know what to think of this. I was just starting to move on with my life, and now I miss him. It's like we're breaking up all over again. What do I do? I don't know how to handle this. My roommate suggested that I just cut off all contact from him but I just can't do that. It would be too hard. Any advice?

~Birthday Girl

Dear Birthday Girl,

I'm sorry you have to go through this. Breaking up is really hard to do, no matter how much you love or hate the person. It sounds to me like you may still be in love with this guy, so getting over him is going to be difficult.

Here's my advice: listen to your roommate. The best way to get over someone, in my opinion, is to get them as far away from your mind as possible. Put everything that makes you think of them in a box and hide the box from yourself. Then, after about a month,

find the box and see how it makes you feel. If it's sad or too hard to look through your old stuff, then you're not ready to move on. Put the box back away and check again in another month or so. Eventually, looking in the box will bring up fond memories, but you won't want to go back.

It has been my experience that there is always a reason for a break-up. Obviously something didn't work out between the two of you. No matter how much you miss him, you have to remember what that thing was. Are you better off without him? Deep down, you know the answer to this and you need to remind yourself of it every time you feel like you want to go back.

The card was a nice gesture, but if he doesn't want to come out and say what it means, then don't let him play games with you. Don't let him keep you from moving on with your life. If he truly wanted you back, he would tell you.

It sounds like your roommate really cares about you, so talk to her about it. Lean on her; that's what friends are for. And remember, sometimes crying is a good thing: it lets out the pain.

For now, focus on yourself and what you need to do to be happy again. That's what is really important. Good luck and have a happy birthday.

~Daisy Fox

The Fox returns to answer this weeks social and relationship questions from Rollins students. If you have any questions that you would like The Fox to answer, then send an email to fox@thesandspur.org

How to Sleep Soundly

■ Trouble getting to sleep at night? No worries: help and advice are on the way!

by Lori Lipkin

the sandspur

You've been borrowing from your sleep bank and it's time to pay up.

How can you tell? Some great indicators are fatigue, memory loss, irritability and reduced capacity to concentrate.

Scientists and researchers want to remind you how important those sleep deposits can be, especially as college students – at any age.

With our present life schedules, sleep is one of those time make-ups that should never be considered an available resource.

Sleep is one of the most important health necessities to include in your daily schedule.

It has been debated for decades now on how much sleep do we each need exactly?

It used to be eight hours, and then we evolved into massive technologies (and wonderful new coffee delights!), so seven was acceptable.

And then we believed if seven was good than six would be okay... before we knew it our health and psychological well being came under attack.

Recent studies indicate that failing to get enough sleep or sleeping at odd hours heightens the risk for a variety of major illnesses, including cancer, heart disease, diabetes and obesity.

Some research groups have found clues from sleep disruption affecting crucial hormones to proteins playing vital roles in these diseases.

"We're shifting to a 24-hour-a-day, seven-day-a-week society, and as a result we're increasingly not sleeping like we used to," said Najib T. Ayas of the University of British Columbia.

"We're really only now starting to understand how that is affecting health, and

it appears to be significant."

Scientists are starting to piece together an important connection between sleep deficits and an array of health problems.

Other researchers acknowledge that much more research is needed to fully understand how sleep deprivation and sleep disruptions may affect our health.

Both sides argue that



the case is rapidly getting stronger: sleep is an important factor in many of our biggest health killers.

If none of this research information seems to relate to you or even interest you remember this: a good night's sleep aids in memory consolidation, according to Robert J. Steinberg, author of "Cognitive Psychology."

Some researchers who focus on studying the influences of sleep on memory have found that learning is influenced by the amount of REM sleep – a particular stage of sleep characterized by rapid-eye-movement, dreaming, and rapid brain waves – a person gets in the night following a learning session.

Disruptions in REM



sleep patterns reduced the amount of improvement on a visual discrimination task that occurred with normal sleep from one day to the next.

"Lack of sleep disrupts every physiologic function in the body," said Eve Van Cauter of the University of Chicago.

"We have nothing in our biology that allows us to adapt to this behavior."

Experts believe that although the amount of sleep varies from person to person, most people need between about seven and nine hours, with studies indicating that an increased risk for disease starts to kick in when people get less than six or seven.

But you have trouble getting sleep? Well here are a few tips to keep your sleep bank earning interest:

- Establish a bedtime that stays somewhat regular and ideally a consistent wake-up time too – including weekends. This aids in keeping your inner clock on some sort of regularity that our fast paced lives and gadgets often push to the side.
- Avoid large meals before bedtime because the process of digesting the food can cause disturbances in bodily functions and disrupt REM time; try to dream about the food instead!
- Turn off as much electricity as possible in the room where you sleep.
- According to theories in quantum physics, electrical charges fill the air and can disturb your sleep.
- Try not to sleep on your stomach if possible. The best sleeping positions are on your back or lying on one side with knees slightly bent. These positions put the least stress on joints and organs and give the spine and body proper alignment.
- Stop stimulants like coffee or over the counter products for colds, sinus, etc. at least a few hours before sleep, you don't want to confuse your entire system. Pretty much any kind of unregulated usage can affect sleep (if you know what I mean) including alcohol.

One great piece of advice I learned from a previous professor at the Hamilton Holt School was when you have finished studying for your exams don't do anything else before sleep that requires complex thought.

For example if you like to watch television or read don't engage in anything too complicated. For best results she said to sleep soon after you've finished going over your notes.

Week Five: The Australian Snow Trip

Regardless of how exciting a trip to the snowfields sounds, the prospect of waking at five in the morning for any compulsory field trip seems extremely daunting. Particularly, the prospect of spending four entire days on an 'educational' trip with a strong focus on group bonding is not the most appealing way to begin a weekend. However, on one of the first Friday's in Australia, the entire bleary-eyed group crowded onto two busses, facing a fifteen-hour trek to the Thredbo Mountains.

Hopefully all of these early starts will work to make us all morning people by the end of the semester—that would definitely be a useful souvenir to take home! Thankfully, though, the program director, Dr. Boardman, is very understanding and handed us all cheery itineraries of the day listing plenty of "tea breaks" in little towns along the way. This is definitely an aspect of Australian culture worth getting used to!

The focus of the first day, however, was a stop at the nation's capital, Canberra. Now, from what I know of capital cities, they are generally the nation's highlight of nightlife and a hubbub of activity. Well, that is until I saw Canberra, which is possibly the world's most planned city, ever. The design of the city revolves around a pattern of concentric circles radiating around the government buildings in the center, with the suburbs occupying the outer rings. There is an eerie, Pleasantville seeming vibe to the obviously planned tree and shrubbery selection overhanging the empty sidewalks that are, apparently, never in use.

Once the driver seemed satisfied with our mystified gazes out the window, we pulled into the High Court of Australia for a tour. As I explained in an earlier article, the Australians divide their political structure into the same three segments of separated powers as those of the United States, so the High Court here is their version of the Supreme Court where the judgments of the federal court supersede those of the state courts. Here, we were able to visit, where the seven judges sit to hear cases and, interestingly, we learned that three of the judges are female.

Following this, we explored the uniquely designed Australian Parliament building. The structure for the building was planned entirely by an American to symbolize the Australian political mentality that an ordinary person is just as important as the government. Therefore, it is built in a grassy mound construction where it is possible for a person to walk up the side of the building and literally stand on top of the government. Parliament is relatively the same as Congress with a Senate and a House of Representatives; however, unlike the United States, voting for all Australian citizens is mandatory. Those who do not vote are fined a considerable sum, so it is helpful that citizens receive time off work in this country to vote.

Continuing with our educational experience day, we took a trip to the National

Gallery of Australia where we were all left to explore by ourselves. Apparently, the museum is famous for housing Sidney Nolan's "Ned Kelly" art series, one of the most famous in Australia. Unfortunately, the only artist I knew was



Monet but, as uneducated about art as I am, I am quite sure that Monet is not an Australian artist. Confusingly, his painting had no barriers or any guards watching over it; whereas, the Australian artists I had never heard of had security guards nearby and red-rope barriers to keep viewers back.

Finally, we left Canberra and arrived at our lodgings at nearly eleven o'clock all utterly exhausted following several traffic jams and dirt-road detours. Then, several hours later, we all crawled out of bed at 6:30 a.m. to skip the long lines for our snow gear, but this meant that we all had to make the big decision of the weekend way too early in the morning: snowboarding, skiing, or horse riding? Only a few people

chose the latter option. I, however, had this dare-devil image in my head of the torch-guy from *Fantastic Four* jumping from an airplane and snowboarding down the side of the mountain...so, I decided that looked considerably more fun than skiing with funny-looking poles and sticks on my feet.

Of course, jumping from an airplane appears to take practice. Actually, moving around at all with a board stuck to my feet was a problem. So, most of us spent the first day trying to survive the lessons and the ski-lift! Sara Shaw, '07, explains of her snowboarding experience, "I've never had as much fun falling in my life!"

Thankfully, after a delicious meal and long sleep, most of us magically seemed to finally gather the knack of making it down the hill without falling by the next day, and so everyone regretted that we had to leave after our second day at the snowfields.

On Monday, we went to visit the National Museum of Australia for an hour, where we were left to explore by ourselves for an hour, and so I ended up playing in the children's technology room making a "house of the future" complete with a rugby pitch out back. After realizing that the trip to the museum was probably for some educational purpose though, I eventually left and went exploring through rooms with

gross kangaroo embryos in tubes...a little bit too educational for me.

Afterwards, we went to visit an important aspect of rural Australian life, a sheep-farm. According to Australian history, the majority of the characteristics of Australian people as well as the nation's initial wealth growth prior to the gold rush stem from sheep shearing.

Here, the farmer showed us the sheep shearing sheds and explained the difference in the quality of wool as well as how the industry had taken a substantial downturn in recent years. Following his explanation, he proceeded to shear a sheep in front of us...warning: do not watch this before lunch. Andrea Williamson, '07, explains though that she thought this was "really cool...he cut the wool all up into one piece, and when he tossed it up in the air it appeared all golden with the light reflecting through the roof...it was so good seeing it because it is so engrained in Australian culture and history. It helps us see firsthand how the Australian legends evolved and how the nation became so prosperous through this rugged enterprise."

Remarkably, even after watching the poor sheep be cut, no one refused the delicious, traditional Aussie barbecue lunch provided afterwards—a perfect ending to a considerably Australian weekend.

The trip also proved to be a very successful experience for the group, as Williamson explains, "I got to get to know more people on the trip, whether it was for better or for worse..."

Study Abroad? Save Some Cash and Take an Academic Leave!

by **Christina Jeffrey**
contributing writer

The Rollins study abroad programs are growing at an exponential rate. It seems like new programs are being added every semester.

But did you know that Rollins charges regular tuition to study at these overseas locations? It may not sound like a big deal, but you could be saving heaps of money by simply filling out some extra paperwork and taking an academic leave of absence.

Most of the international universities charge far

less if you apply directly to their schools rather than going through an international program. Besides, who wants to go away with a handfull of kids you see every day at Rollins anyway?

For example, I saved nearly \$10,000 by applying directly to the National University of Ireland in Galway. The only difference was that I had to get my classes pre-approved and that I had to fill out a short form to take an academic leave.

I think the extra 30 minutes or so to fill out the forms is probably worth the

extra 10,000 bucks(which you could probably get a slice of to spend abroad if you make a good "I'm sav-



ing YOU money" case to your parents). I also loved the experience because I wasn't a part of an international study abroad group.

I wasn't placed in a dorm with a bunch of Americans, which I've found to be one of the complaints most kids have about studying abroad. Don't you want to meet people that actually live in these places?

One other difference in studying outside of Rollins affiliated programs is that you don't get grades. Now, if you're looking to boost your GPA, this might not be the best idea. But if you're happy with your GPA and you wouldn't mind a semester that won't affect your GPA and the only way to not be given credit is to get below a C-, then studying

outside of Rollins might be something to look into.

No matter what type of program you're looking for, what country you'd most like to visit and what types of people you'd like to meet, you might want to look into taking a leave of absence.

You may find a Rollins program that is perfect for you. But if you're looking for more options, the possibility of saving a significant chunk of change, and the full experience of being a part of a foreign university rather than a part of an American study abroad group, this could be your best bet.

Fantasy Football: NFL Fans Find Fun, Friends and Foes in Fantastic Fantasy

■ Fantasy Football allows Americans to own and manage their own NFL team.

by **Juan Bernal**

the sandspur

In the weeks and months leading up to the football season, the focus isn't necessarily on what team has the best shot at getting to the Super Bowl or whether your favorite team has a good defense or not.

Rather, the focus is on whether LaDainian Tomlinson of the San Diego Chargers can rush for 2,000 yards or if Peyton Manning can pass for 60 touchdowns. You may call it an anomaly. I simply refer to it as a conflict of interest, or in other words: Fantasy Football.

So what exactly is Fantasy Football? It's an online "sport" in which an average football fan manages their own imaginary team of NFL players based on the statistics they generate in the games.

Fantasy Football works in different ways depending on which league you join. There are free leagues, in which most casual users and some competitive users use. The most popular ones can be found on CBS Sportsline.com, Yahoo! and

ESPN.

Many die-hards and competitive users join pay-leagues that can also be found on the following websites. To purchase a team costs \$24.99 and a league is about \$124.99, which can include up to 20 teams.

It is estimated that \$154 per user is spent on fantasy football each year from subscription to maintenance fees. The average player owns two or three teams, which aren't really that hard to keep up with.

All leagues have drafts in which the draft order is selected by the order in which you joined the league or random order. An average fantasy football team has 12 players: one Quarterback,

three wide receivers, two running backs, a tight end, a kicker and a defensive team.

Running backs typically generate the most points because they are mostly associated with touchdowns, which are worth the most points in fantasy football. Quarterbacks come next followed by wide receivers, defenses, tight ends and kickers. But it all depends on what player you are, what team you play on, and what kind of offense

CAN HE DO IT?: Many Fantasy Football teams depend on Peyton Manning maintaining his record number of touchdown passes from last year.

your team runs.

About 17% of American males, age 18-39 play Fantasy Football. The average male spends four hours per week dedicated to each of his fantasy football teams.

Many use time during work to think profusely if their quarterback will be effective against the league's best defense or what backup wide receiver to put in, because their start wide receiver has a bye week. The consensus #1 pick in most

leagues this year was LaDainian Tomlinson.

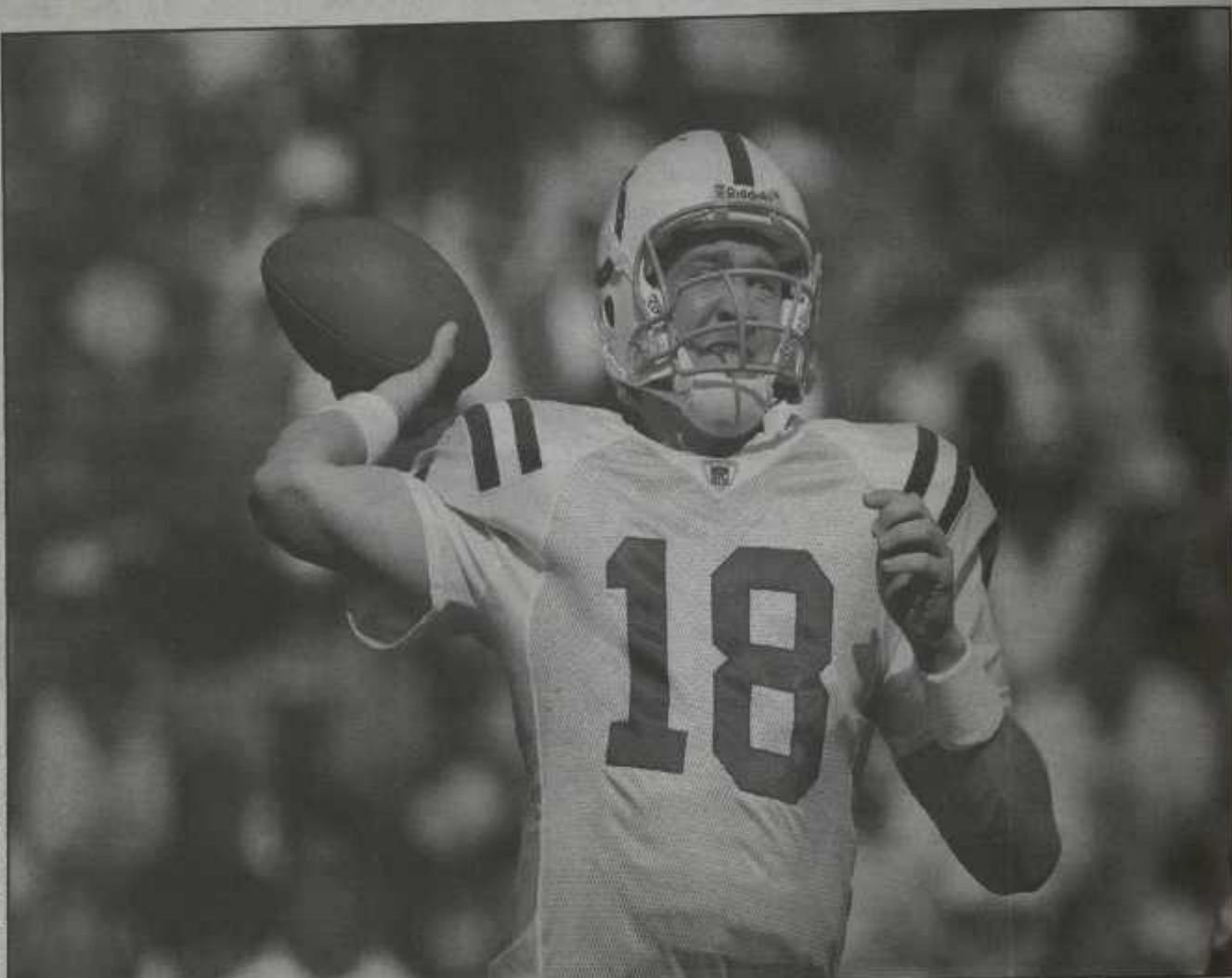
There are television and radio shows dedicated to fantasy football. There are syndicated fantasy football columnists who get paid to tell you which running back or quarterback you should draft in the first round.

Many football leagues start drafting in June, and go on throughout July and August; which is plenty of time in advance of the NFL

season, which typically begins in September.

A stereotype that is associated with fantasy football is that it is a bad time to be a woman because if you are married or in a relationship with a man that plays, it takes away from their time as a couple.

So if you are an avid football fan, and worrying about how your team will do this Sunday is not enough, fantasy football is the sport for you.



Sam Riche/KRT Campus

NBA Preps Players for a Rigorous Season

■ NBA training camp opens among a flurry of other national sporting events.

by **Juan Bernal**

the sandspur

In the beginning of October, if you are a sports fan, chances are that you are following the magic of the baseball playoffs, the intense rivalries on the college football gridiron or spending your Sundays on the couch watching the NFL Action.

But in case your football teams are already out of championship picture before midseason or if your baseball team is already out of postseason contention, you can turn your attention to the start of NBA Training

Camp.

NBA's training camp is the least rigorous of the four major sports. There is no two months of preseason games, endless conditioning drills and fugazy drama that nobody really pays attention to.

NBA Training Camp is only one week before the first preseason games. It is typically held in an obscure location such as Jacksonville (Orlando Magic) or Hilton Head, South Carolina (New York Knicks).

The first day is media day, in which players get their pictures taken, do commercials and other activities that pertain to the media and public relations.

The next five days are for basketball activities that range from scrimmages to wind sprints to ball handling

drills. Day Two is exclusively for players that have less than three years experience in the league, or players that are trying to make the team. Training camp concludes on the sixth day where there is a special intrasquad scrimmage that is open to the public.

The NBA Training Camp is not as notorious for cuts as the NFL or Major League Baseball may be. If you are a San Antonio Spurs fan, you can rest assured that Tim Duncan will be your starting power forward next season.

For superstars such as Kobe Bryant, Tracy McGrady or Kevin Garnett, training camp is about displaying how you improved your game over the off-season or just four of five days to prove to their coaches and teammates that they run the

show. There are no cuts in training camp.

Typically a training camp roster carries between 18 and 20 players. Between five and eight of those will get cut prior to the regular season, which kicks off in November.

At Training camp, many questions that involve the world's most played sport are answered. For example, many speculated whether Philadelphia 76ers star guard Allen Iverson and new coach Maurice Cheeks could have gotten along. Iverson has had a history of having disagreements with coaches. Word has it that they are doing just fine, and that Iverson looks forward to a great season.

If your team is having a position conflict, often times the starter gets named on

their preseason performance. For instance, many Magic fans such as myself have debated whether Miami Heat free agent signee Keyon Dooling should start at point guard over Jameer Nelson.

Chances are that if you check out Training camp or the preseason to check out how good your team is going to do during the upcoming season, preseason is not the most judging way to look at things.

In the eight preseason games, most of the playing time is consumed by players who are trying to get a roster spot. Guys like the aforementioned Garnett and Duncan will not be in there a whole lot so that they can avoid injuries and save their energy for the long grind of the NBA season.

Soccer Teams Face a Stormy Week of Playing

by **Angela Gonzalez**
the sandspur

It must have been the weather that set Rollins on such a losing streak this past week. The women's team lost their two games against Tampa and Northwood, while the men's team lost to Baker University.

The women's team was pitted against the 12th ranked Tampa Spartans on Wednesday night. With the rain coming down, the women struggled to compete against the Lady Spartans.

Tampa managed to get five of their overall six goals in during the last 34 minutes of the first half. The Rollins girls were able to come up with one goal when Allison Tradd put a penalty kick in the possession of Jacquelyn Parsons, who tapped it in past Tampa's keeper.

But the Spartans just weren't having it and managed to put in their sixth and last goal only a couple minutes into the second half. Overall the Spartans out-shot the Tars 21-10 and their keeper managed to save seven of those 10 shots. This victory put the Spartans at a season record of 9-1-1 (SSC 3-0-0).

The men's soccer team didn't have any better luck than the women's team when they faced up against the Wildcats from Baker University on another wet evening. The Wildcats scored their first goal shortly

into the first half. Then, not too long after, the Wildcats struck again and took a 2-0 lead against the Tars.

Both teams battled into the second half, but no goals were scored until there was about 10 minutes left in the game and Chris Cerroni sent the ball in past Baker's goalie. Ryan Dodds and David Dwyer were both credited on the assist for Cerroni's goal. The men fought hard to bring the game to a tie but were unable to succeed and gathered up another loss at the end of the match. Baker now has a record of 8-3 for the season.

Then again on a rainy Saturday evening, the women's team played at home against the Northwood Seahawks. This game saw five yellow cards overall and one red card. The Seahawks claimed the first goal with less than 10 minutes left in the first half when the Tars loose ball found its way to a Seahawk forward and who then fired it in past Francesca Nicoloso and took the lead 1-0.

The Seahawks kept their lead until 15 minutes into the second half when Allison Tradd sent a pass into Lindsay Taylor who scored on Northwood's goalie. The match went on without any more goals sending the game into overtime.

But the Seahawks were awarded a penalty kick in the 97th minute after the Tars took down their forward. The game ended with

Northwood up 2-1 and sent the women's season record to 6-7-0 (SSC 1-4-0). Northwood advanced to 6-4-1 overall.

Finally, with a break in the stormy weather, the men's team found victory on Monday night. Faced against the Berry College Vikings, the Tars came out strong with Tres Loch heading in the first goal of the game in the 26th minute.

The Vikings answered back in the 35th minute when senior Jon Mastrangelo collected a goal from the right side of the box. Rollins forward Chris Cerroni came in and earned Rollins' next goal with five minutes left in the first half, assisted by Scott Murrell. The half ended with Rollins up 2-1.

In the second half junior Chris Chafin scored two goals within the first 10 minutes and was assisted by Jon Gruenewald on one.

Tempers flared as the Vikings tried to regain ground and put the win back in reach. They scored their second goal shortly after putting the score at 4-2. Then Mastrangelo came back with another goal in the 70th minute on a breakaway.

However, their fight wasn't enough to take the lead and the Rollins men walked away victorious, with a 4-3 score at the end of the game. They are now 7-4-0 for the season and will face Eckerd next at home. The women's next match is against Eckerd at home as well.

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WEAR YOUR LETTERS!

Volleyball Hammers Out Two Conference Wins

by **Juan Bernal**

the sandspur

When you're struggling in any way as a team, you'd do just about anything for your team to grind out a win. The highly accomplished Rollins Tars volleyball team found themselves in that kind of situation as they entered October's first week with a 1-4 conference mark.

The Sunshine Conference part of the schedule had been tarnished with defeats at the hands a couple of nationally ranked opponents (Florida Southern and Tampa) and a couple of gut-wrenching heartbreakers (St. Leo and Eckerd). But the Tars hoped to use October to put it behind them and see if they could improve their mark.

On Wednesday night the Tars sixth game homestand kicked off as the Tars hosted the Nova Southeastern Lions. The Lions came into the match winless in conference and had just a 3-11 mark on the season.

The Tars started the match strong, and got out to a comfortable lead that the Lions would never seriously threaten and took the first set easily, 30-20.

In the second set, the Lions took their first lead of the match, 8-5. Then the Tars reverted to the dominance they had displayed in the first set, and forced the Lions into 8 of their 21 errors, and went on to take the second set 30-19. In the third set, the Tars struggled for the first few points of the set, but as the set went on, they displayed the consistency and the good teamwork that was evident throughout the match.

Using the aforementioned intangibles, the Tars were able to clinch their second conference win by closing out the set and match 30-24. Amy Barlow, who had 15 kills, led the Tars. Julia Caner and Christina Reinders added 12 kills. Kim Cline led the effort for the Tars defensively with 16 digs.

Two nights later, the Tars hosted the Lynn Fighting Knights, who were among one of the conference's best teams. Rollins started the match strong, going up 18-7. Lynn went on a little run of their own, but the Tars took the set 30-24. In the second set, the teams traded points until late in the set.

However, it was Lynn who was able to come through in the clutch, and



Courtesy of RCSID

LET'S CELEBRATE! The Tars congratulate each other after winning some key conference games.

they edged the Tars 30-28 to tie the match at one set apiece. The third set was a mirror image of the second. This time the Tars were able to come out on the winning end with a few clutch shots and some outstanding defensive plays.

Using the momentum from winning the third set, the Tars opened up the pivotal 4th set with a 12-9 lead. Then the Tars defensive prowess that they had dis-

played throughout the match allowed them to have good offensive opportunities to close out the match.

The Tars went on a 10-3 run to take a 22-12 lead, and the Knights weren't seriously able to threaten their lead, as the Tars took the set and match for their second straight conference victory. The Tars defense especially stood out as the Tars totaled 70 digs.

Kim Cline had 25 digs and Julia Caner and Amy Barlow contributed 17 and 15 respectively. Offensively for the Tars, Lorena Orlandini led the Tars with 15 kills. Barlow and Caner each added 14 kills.

Rollins would try to use the momentum from the previous two victories to try to upset the defending Division II National champion Barry Buccaneers.

The Buccaneers had struggled this season coming into the Rollins game, and had just an 11-7 record, but despite their standing were ranked 25th nationally. But Barry looked in championship form on Saturday afternoon, taking advantage of a Tars team that looked fatigued just 19 hours earlier.

Barry opened the set strong, but the Tars would

not back down easily, possessing the resiliency and perseverance that they have possessed throughout the season. But contrary to the Nova Southeastern game, the Tars could not get by on those two intangibles alone.

Barry won the first set 30-25. In the second set, the Tars took an early lead 13-8. After a Barry timeout, the Bucs went on an 8-1 run, and used that momentum to take the set 30-23.

With the Tars once again trailing by two sets, they tried to muster some energy to come back, but the Bucs were simply too much. Barry took a 20-13 lead. The Tars were able to get it within two points, but it wasn't enough. Barry took the set and match 30-27.

Amy Barlow led the Tars with 16 kills, her third straight double-digit output. Stephanie Nichols added 13 kills. Defensively Kim Cline had 17 digs, and Julia Caner added 11 digs.

Next up the Tars host the South Region Tournament on October 14 and 15th, in which many teams from around the South Region will converge on the Alford Sports Center for two days of intense volleyball action.

C.L Varner Memorial Tennis Tournament Recap

by **Kim Lyon**

the sandspur

Last weekend's C.L. Varner Memorial Invitational did not go quite as planned due to a number of team withdrawals. The tennis tournament was scheduled to begin on Friday and conclude on Sunday at the Rollins College Tiedtke and Bert Martin courts along with the use of some nearby Winter Park tennis facilities, which the organizers of the tournament gave up the use for. This later proved to be problematic.

The start of the tournament was ultimately postponed until Saturday because of Friday's storms. As soon as the courts began to dry, another heavy shower fell.

The organizer's were forced to alter the format of the tournament by canceling the doubles back draw, and deciding the singles back draw with pro sets. With players from Barry, Florida Southern, Jacksonville, Nova Southeastern, Stetson, North Florida, UCF, Saint Leo and Rollins all competing in the condensed version of the tournament, it is no surprise that the two sets of Rollins courts were not enough.

Many of Saturday's matches began late due to the shortage of tennis courts. Nevertheless, Rollins had a strong presence in the men's and women's draws with 8 women and 12 men in the singles draws and the equivalent 4 and 6 teams in the doubles draw. Valiant efforts were made by Rollins varsity tennis team members Tasi Purcell and Marnie Mahler, the number 6 and 8 seeds respectively.

In the end, however, it was Barry University's Greta Trotman and Ildiko Csordas that made it to the Flight A final which was to be played

on Monday at Barry. In the Flight B singles draw, Becky Gordon and Anna Yakimchenkova, both of UCF, were declared co-champions.

In the women's doubles A draw, the Purcell/Mahler team played well and lost in the semifinals to Stetson's Milovanovic/Levin team which went on to win the draw by default. Similarly, in the B draw, Stetson performed well with its Canady/Leonenko team coming out on top.

In the men's doubles draw A, the Soltane/Sackey team from UCF came out of the tournament victorious. This

was expected as they were the top seeded team in the draw. The final match, however, never actually took place. Due to inclement weather conditions, the Gomes/Escalon team, the number 2 seeds from North Florida, defaulted the match to give the UCF duo the win.

Rollins performed better in the men's singles draw than in the doubles draw. Our own Carlos Custodio, the number 4 seed in the tournament, made it to the finals where he faced off against Florida Southern's Miles Koprova on Monday afternoon.

ROLLINS COLLEGE - CAMPUS CALENDAR

Friday 10-14	Saturday 10-15	Sunday 10-16	Monday 10-17	Tuesday 10-18	Wednesday 10-19	Thursday 10-20
"Duck Soup" Sullivan House 7pm	Darkness Visible Radio Show Dave's Down Under 8pm	Men's Tennis ITA National Small College Ft. Myers 8am to 6pm	Ice Cream Social Darden Lounge 11am to 1pm	National Chemistry Week Movie Night Dave's Down Under 9pm	Hanson Trivia Dave's Down Under 6pm	Volleyball vs. Tampa Alford Gym 7pm
Salsa Night Dave's Down Under 8pm	Volleyball vs. Carson Newman Alford Gym 8am to 8pm		Grad School Decisions: When, Where, and Why To Attend Olin Bib Lab 4pm	Getting Into Medical School and Health Programs Olin Bib Lab 12:30pm	Alternative Energy Day CCC 11am to 2pm	
Garba Mills Lawn 6pm						

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