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The Sandspur

ROLLINS COLLEGE ■ WINTER PARK, FLORIDA

A Pixie Dusted Promotion!

Meg Crofton, board member of the Hamilton Holt School and former Tar is promoted to the position of President of Walt Disney World.

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The Global Citizen

Dr. Alan Nordstrom instructs campus on how to be global citizens and responsible leaders in today's world in his new weekly column.

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Soccer Stars Start Sensational Season

Read all about the exciting early season victories for Rollins Men's Soccer team and a preview of the road ahead.

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THE STUDENT VOICE OF ROLLINS COLLEGE SINCE 1894

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SEPTEMBER 4, 2006

Number One in the South, Rollins College

Rochelle Siegel
the sandspur

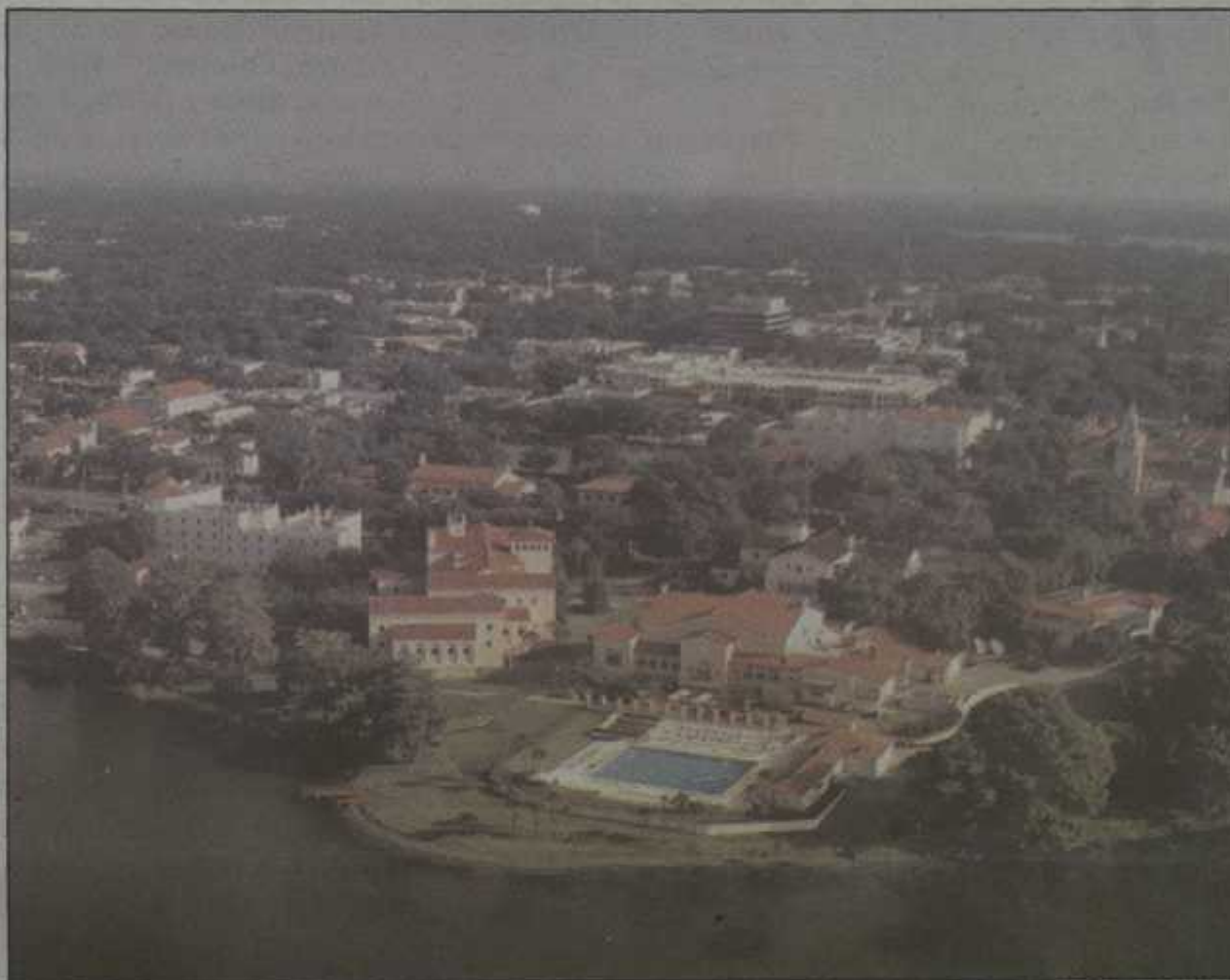
The U.S. News & World Report recently released its annual rankings of "America's Best Colleges," and Rollins College ranked number one in the South.

Rollins College ranked number one in the category of "Best Universities - Master's."

That means that Rollins ranked number one among schools which provide both undergraduate and master's-level programs.

The master's level category often ranks schools based on the programs they provide at the undergraduate and graduate level.

"America's Best Colleges" ranked 248 National Universities with undergraduate, masters and doctoral programs, 217 Liberal Arts Colleges, 557 Masters Universities, which are universities which have masters' degree programs and 320 Comprehensive Colleges which typically award less



COURTESY OF ROLLINS COLLEGE

HEART OF WINTER PARK: Located in the beautiful Winter Park, Rollins College was named the number one college in the South by U.S. News & World Report.

than 50 percent of their degrees in liberal arts.

The Master's Universities, Liberal Arts colleges,

and Comprehensive Colleges are given rankings by region.

Since 1987 Rollins has

been high on the ranking order of the nation's top schools. For the past ten years Rollins has been

ranked second in the South and first in Florida.

This year James Madison university in Virginia was ranked second and Samford University in Alabama was ranked third among the top schools.

Rollins College President Lewis M. Duncan said of the ranking, "This recognition is a testament to our committed faculty, dedicated staff and talented students."

A university is ranked based on peer assessments, graduation and retention rates, faculty and financial resources, selectivity and alumni giving. U.S. News believes the most important way to assess a university is based on peer assessment which is weighted 25 percent of the total ranking.

"The great value of a Rollins education is confirmed by the success of our graduates," said President Duncan.

Rollins was also ranked among the first in the South in the "Great Schools, Great

CONTINUED ON PAGE 2

Rollins College Welcomes Incoming Class

Geoff Anderson
the sandspur

Orientation, as all students should have experienced by now, is the first step in the college lifestyle. Orientation gives incoming Rollins freshmen an ample start to their college year without the burdens of classes or upperclassmen. The main focus is to get everyone acquainted to the campus and fellow freshmen.

This was accomplished by jam-packing our days with silly and interesting activities. Although at times it was hard to see the collegiate value in the foxhunt or the

bunny-bunny game, they both facilitated a smooth transition into life at sunny Rollins College.

Orientation opened with

a bang at the Presidents Welcome with a smattering of riveting speeches by various members of the Rollins College faculty.

Personally, the welcome was bittersweet, for I knew that afterwards my family would be leaving me to return home to New York. But

before a sliver of pining crossed my mind, I was whisked away by my fantastic peer mentors, Natalia Wagner and Kelly Rolfes-Haase.

For our RCC group, it was the first time for us to meet, and it was indeed an enchanting encounter. The implementation of upperclassmen as peer mentors was extremely effective as the peer mentors helped us get our bearing around campus, and it enabled quick-forming friendships with upperclassmen.

Certainly Rollins has made it hard for freshmen to get 'lost in the crowd'.

The Candle Wish Ceremony was monumental for our first night on campus. While it was easy to notice the flickering candlelight on that crisp Tuesday evening, it was quite evident that the true light was beaming from

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COURTESY OF ROLLINS COLLEGE

COLLEGE COMMUNICATES: Orientation opened with the class of 2010 listening to President Lewis Duncan welcome them to the College.

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WORLD NEWS

Iran: The United Nations deadline for Iran to stop the enrichment of Uranium passed with no change in policy from Tehran. The United States and other members of the international community have begun discussions of possible sanctions against Iran as a result.

Lebanon: Israeli troops have begun to deoccupy territory within Lebanon, paving the way for a United Nations peacekeeping force.

Mexico: Hurricane John continues to threaten populations in the resort and fishing villages along the Pacific coast of Mexico. In the sights of its 100 mph plus winds are thousands of residents of the Baja peninsula.

Norway: Police have recovered two Edvard Munch masterpieces that were stolen at gunpoint two years ago. "Modonna" and the expressionist masterpiece "The Scream" were thought to be lost forever due to their fragile composition.

Sudan: The United Nations Security Council voted on a 12-0 decision to place a U.N.

peacekeeping force in the Darfur region in order to bring stability and security to the war-torn region.

NATIONAL NEWS

Florida: While landing at Miami International Airport from Charlotte, North Carolina U.S. Airways Flight 431 blew out two tires and caught on fire. No one was injured.

Wisconsin: Captain Randy Berner got into a tank of

chocolate to unclog it and became trapped, waist deep, for two hours.

North Carolina: Nineteen year old boy was arrested after being accused of killing his father and then opened fire outside his former high-school. He admitted he was obsessed with the Columbine High School attack.

North Carolina: Ernesto, gaining in strength in the Atlantic after traveling through Florida, made landfall in North Carolina. With it comes driving rain and sustained winds in excess of 70 mph.

California: A plan to significantly cut greenhouse-gas emissions has made it through the California Senate and is on its way to being enacted. The bill would require a significant reduction in emissions in an effort to lessen the harmful environmental effects of industrial and automobile emissions.

Montana: Sen. Conrad Burns has been the subject of recent criticism as a result of comments he made about terrorists in the United States. Sen. Burns is quoted as saying that terrorism is a faceless enemy that, "drive taxi cabs in the daytime and kill at night."

Rollins Leads in Ranking Welcoming '10

CONTINUED FROM PAGE 1

offers the best value for academic quality with cost of attendance for a student with an average amount of financial aid.

Schools that were not as happy about their ranking include the University of Arkansas, which was ranked in the third tier of National Universities, a ranking assigned to the lowest of each group.

Third tier universities are not numbered. The University of Arizona fell this year due to low retention and graduation rates.

The top-ranked public university was University of California at Berkeley.



COURTESY OF ROLLINS COLLEGE

Each year U.S. News & World Report sends out a questionnaire to all accredited four-year colleges and universities. The schools then send the information directly back to the publication for ranking.

Crummer Graduate

School of Business has been ranked among the top 25 professional MBA programs in the nation. Forbes magazine has continuously ranked Crummer as one of the best business school for return on investment.

CONTINUED FROM PAGE 1

the hearts and minds of eager freshman.

The next morning commenced bright and early, with a delectable meal in Beans with our RCC class.

However, the calm relaxation would soon be broken by long and arduous work for SPARC. This gave us a wonderful opportunity to give back to the community that has done so much for us.

This was an ingenious opening for our Rollins College experience, as it reminded us that we are here to serve others before ourselves. As Rollins students we can do a lot for the community around us and Rollins wants us to know that.

Perhaps the single most important event of orientation was the historic convocation. Convocation is normally a time where esteemed members of the Rollins community give the incoming freshman a warm welcome to the "#1 school in the south". And a warm welcome was given.

However, this year was special, as it was the first year for the implementation of the long awaited and long awaited and well needed honor code.

Through passing this honor code, students are now responsible to keep a close watch on those around them to make sure they are academically honest.

WE are also now lucky enough to reaffirm our faith in the honor code with every assignment we hand in. After all, you can't trust anyone unless they've signed a paper.

Although orientation ended Monday, August 21 with the start of classes, the spirit of orientation will live on within us. We will forever cherish the valuable life skills and opportunities to get involved on campus and with our peers.

Perhaps next year, many of us will become peer mentors, so that we can pass the torch to a new class of Rollins College, and the spirit of orientation lives on.



Welcome back Rollins Students!

We hope you had a terrific summer and are ready for the coming semester.

During your absence, the City of Winter Park has been considering the adoption of an Ordinance requiring local establishments to close as early as 11 p.m. This has resulted from complaints of noise and other misconduct late at night.

Please remember that your College Quarter neighborhood has been designated a "Quiet Zone" after 10 p.m.

We ask, therefore, when leaving and returning home from Fiddler's, other local establishments and events, that you kindly do so promptly and quietly out of consideration and respect for our neighbors, many of whom are also valued patrons.

Please also remember that we strictly enforce the drinking laws.

Enjoy the Winter Park nightlife responsibly.

Thank you for your cooperation and have a great semester!

From all of us at Fiddler's Green



COURTESY OF ROLLINS COLLEGE

ROLLINS WELCOME: The class of 2010 is welcomed onto campus by both faculty and administration.

Orlando's Best Across the Street from Rollins

Kelly Castino
the sandspur

This past August Orlando Magazine came out with the 2006 list of "Best of Orlando" listing many places at or near Rollins College.

Orlando Magazine was founded in 1946 and is celebrating their 60th anniversary this year. According to the magazine's website they believe that, "[it] reflects the lifestyle and interests of an upscale, educated readership...[and] offers readers compelling local content that is both entertaining and informative, and to provide information that will drive decision making."

With the information that the magazine provides, the readers are able to make informed decisions about the best places to go for instance: bar, bar-

ber one museum in Orlando: the Morse Museum of American Art that was founded by Jeanette Genius McKean in 1942.

There are numerous pieces of artwork centered on Louis Comfort Tiffany and the many mediums he delved in. A lot of other artwork in the museum is from the mid 19th century to the early 20th century.

There are many events for people to stop to see including speakers and special events.

Another place mentioned was Whole Foods Market on Aloma Avenue a short drive from Rollins. I have been there before and my favorite foods at Whole Foods are the specialty cheeses, and the Asian flank steak. It is worth visiting even if you are not looking for something to buy.

I recommend them



MARGO COHN / KRT CAMPUS

FOOD SHOPPING: Whole Foods is the best place to go when looking for fresh and organic foods.

enue. Those are just some of the places mentioned that are convenient to Rollins College students.

Rollins was also mentioned for the best place to get married and the top three theater companies in Orlando.

Trust me, if you want to get married at Rollins College Knowles Chapel, make reservations ahead of time. My brother tried to make reservations for his wedding but was unable to because they were already booked.

The chapel is being used all the time for funerals, weddings, memorial and religious services and other special events. The Chapel was not the only place pointed out.

The Rollins Theater Company was listed on the top three. This season the theatre productions at both the Annie Russell Theatre and Fred Stone Theatre include: Annie Get Your Gun, Mousetrap, This is how it goes, and Riverside Drive. Our theater department works hard on each production to present the best show they can to Rollins and the public.

Many students and professors spend long hours working on the shows and then have to go back to their residence and either finishes their homework or grades papers. Those that are part of the theatre department are very dedicated. As I write this article, I know that a few of my friends are trying out for the play waiting

to get a call back. If you have any questions about any of the places I mentioned at Rollins go to the Rollins College Website and look up the Knowles Chapel and the Annie Russell Theatre.

Next time you are on Park Avenue think of stopping at Siegel's, Jacobson's, Morse Museum of American Art, Locomotion, Carrs or LUMA to get what you need. Or next time you are

near Aloma step into Whole Foods and try some of their assortment of cheeses and flank steak.

If you have free time head on over to a show at the Annie Russell or Fred Stone Theatre or stop in for a service at the charming and exquisite chapel. I wonder what the Magazine will come out next with next year for the 2006 "Best of Orlando." We will just have to wait and see.



COURTESY OF ROLLINS COLLEGE

ACTION! The Annie Russell Theatre on the Rollins College campus is the home of Rollins' talented acting community.

ber shop, bicycle store, health food store and supermarket, movie theater, museum, place to get married and theater company.

Many Rollins students have gone to the places mentioned in the list because some are on Park Avenue or a short distance from Rollins. Park Avenue is very popular among Rollins students.

LUMA on Park Avenue was cited as the best bar, along with Jacobson's and Siegel's as the best Women's and Men's Specialty Stores.

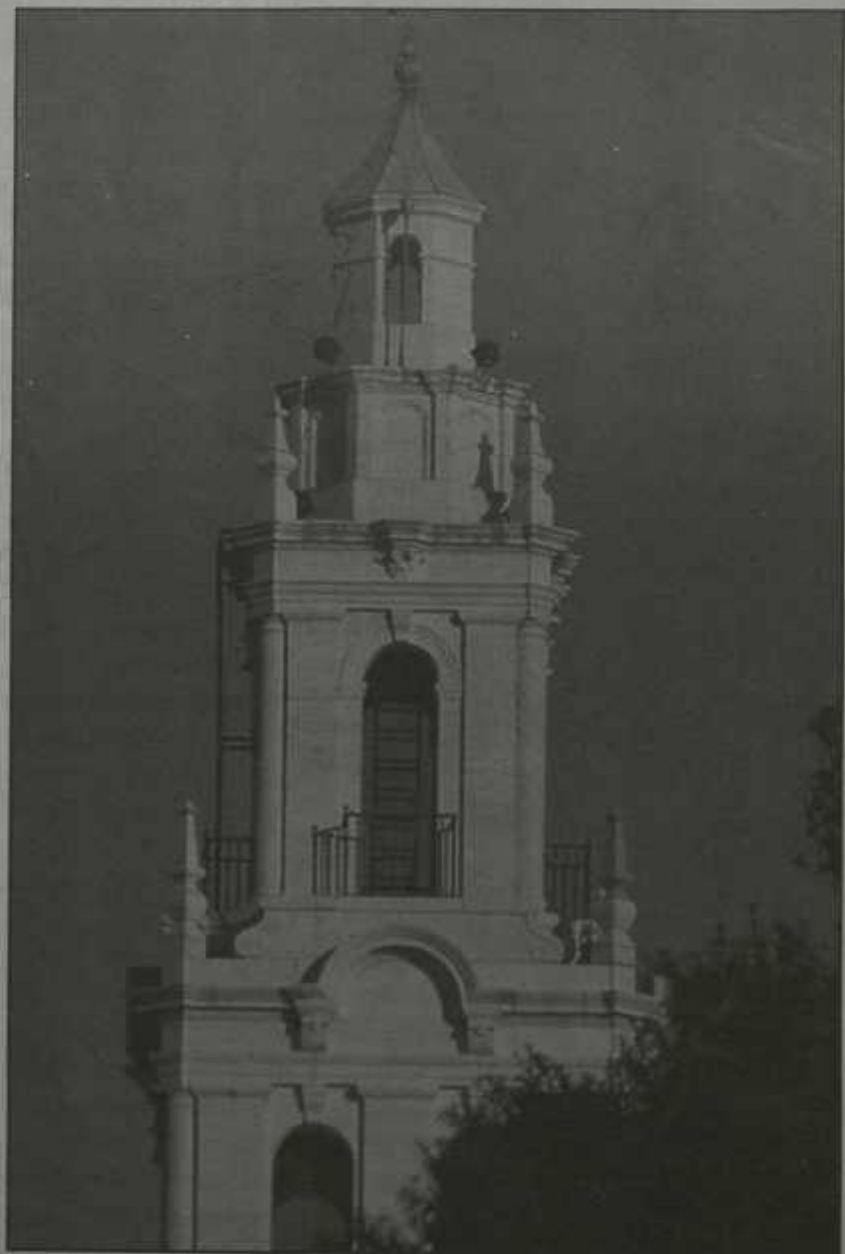
Just a little walk from Rollins College is the num-

ber shop, bicycle store, health food store and supermarket, movie theater, museum, place to get married and theater company.

both and if you love organic foods, it is the place to go. If your parent's are coming into town, or you need a hotel in Winter Park the place to stay is the Park Plaza Hotel located right on Park Avenue. It is in the middle of all the action.

Many people I know who visit Rollins from Minnesota have stayed at the Park Plaza Hotel and have loved it.

But if you are looking for a bike, Locomotion is the place to go and if you need a haircut, head towards Carrs on Park Av-



COURTESY OF ROLLINS COLLEGE

KNOWLES CHAPEL: Located on the campus of Rollins College is the beautiful Knowles Chapel.

Holt School Board Member and Former Tar to Head Walt Disney World

Joshua Benesh
the sandspur

Meg Crofton was recently named President of the Walt Disney World Resort. The announcement came during a recent round

Company for 27 years and was most recently a Human Resources executive for Walt Disney Parks and Resorts.

A relatively unknown face within the entertainment industry, Crofton

background ranging from work as team leader on projects and openings throughout Walt Disney World to her most recent work in the area of Human Resources, Crofton appears to be very much the behind-the-scenes wizard.

Her new role with the Walt Disney Company will be a move directly into the spotlight. As President of Walt Disney World, Crofton's concerns will venture away from implementation and be oriented around large scale decisions for the Resort and brand. She will formulate and apply Disney corporate philosophy as the Resort continues to expand and adapt to meet the needs of consumers.

Regarding her recent promotion, Crofton said, "I look forward to working closely with the talented Walt Disney World Resort leadership team, as well as with our dedicated Cast, as we continue to provide families around the world a fun and memorable experience."

Crofton has strong local ties to the Central Florida, Winter Park, and Rollins communities. In response to the prospect of assuming her new position in Central Florida she said, "I am extremely excited about the opportunity to

lead the Walt Disney World of the Hamilton Holt Resort. Central Florida is School.



COURTESY OF THE WALT DISNEY WORLD COMPANY

PROMOTING MAGIC: As the first female President in Disney's history, Crofton will now be making some large scale decisions.

my home and it's where I spent the majority of my career -- and it has always held a very special place in my heart."

Crofton and much of her family are residents of Winter Park. Prior to joining the Walt Disney Company she was a student at Rollins College, later obtaining a BS in Marketing and MBA from Florida State University. Today, she continues to be actively involved in the Rollins College community through her position on the Board

Crofton, the first female President of Walt Disney World, is only the fourth person to hold the position since Walt Disney World's opening in 1971. She fills the position that was vacated by Al Weiss's promotion to the newly created President of Walt Disney Parks and Resorts Operations position. Weiss, a long-time executive with the Walt Disney Company, also has strong Rollins connections, having received an MBA from the Crummer School of Business.



COURTESY OF THE WALT DISNEY WORLD COMPANY

ROLLINS ALUM RUNS DISNEY: Winter Park native was currently named the new President of Walt Disney World Resort.

of executive personnel changes announced by Jay Rasulo, Chairman of Walt Disney Parks and Resorts Worldwide.

Crofton, a 52-year old Winter Park native, has been with the Walt Disney

brings to the position a history of hands-on leadership. Since her start with the Walt Disney Company she has been charged with the carrying out and physical implementation of the philosophies of the Disney brand. With a diverse

Food & Drink Restriction Lifted in Olin Library

Rochelle Siegel
the sandspur



COURTESY OF ROLLINS COLLEGE

NEW DIRECTOR: Jonathan Miller welcomes all.

Students know how hard it is to pull an all-nighter without that extra boost of caffeine. In the past it would have seemed impossible to pull an all-nighter in the Olin Library

considering food and drinks were not allowed inside the building, however things will be changing this semester.

Jonathan Miller, the new library director, understands what students need and want and has lifted all restrictions regarding food and beverages in the library. Students will no longer have to worry about their studies being interrupted by the growling of their stomachs.

Miller, who often has a cup of tea in his hand while reading, understands that for many it is easier to study with that cup of coffee in hand or a snack by their side. Think back to the last time you were in a bookstore, notice the café? Or did you notice how many people were sitting in Starbucks with a laptop on their lap or a book in one hand

and coffee in the other?

"I want students to feel as though they are always welcome in the library," said Miller, who wants everyone to know he is a friendly person who will say hi to them if he walks by them on campus and do not be afraid to walk into his office at any time if there are any issues, good or bad. Feedback is always welcome.

"The College is the student's home," says Miller and hopes the move from rules to responsibility in the library will make students feel more at home in the library. It is however up to each student to know what is right versus wrong and Miller will rely on students to respect the library as they would their own home. It is important to Miller that students feel that as they walk through the doors of the Olin Library they are walk-

ing into a welcoming environment.

Miller's only had one concern and that was the cleanliness issue but if students are respectful to the library facility and clean up after themselves Miller believes things will all work out. There will still be certain areas within the library in which food and drinks will be restricted. These areas will include the Special Collections and computer labs.

Miller stated, "this is a library; a place for research, contemplation, individual and group study. We expect people to act responsibly and not eat or drink in the library in a way that disrupts the work of other users. But we want to encourage people to use the library and do away with rules that make them go elsewhere."

Miller hopes that the lifting of the food and beverage restrictions will make the library a more popular and welcoming place. Students will no longer have to choose between grabbing a bite to eat or spending a few extra minutes studying before their next class because now they will be able to do both at the same time in the same place.

At the end of the semester Miller and staff will review how things have worked out and decide on where to go from there, but he is always looking for student feedback. "I only have one plan and that's to plan," he said.

Miller does not want to turn policies upside-down or change everything. He wants to keep what is working and change what is not, thus the importance of student opinions.

FRESHMAN 15

Healthy advice for campus living

What's scarier than the thought of failing a class your first semester in college or being paired with an incompatible roommate? That's right, the dreaded Freshman 15 — those pesky pounds you pack on when Mom stops cooking for you and you find yourself eating dining hall pizza three times a week and Chinese food for breakfast.

Staying healthy as you adjust to living on your own for the first time is simply a matter of making the right choices. To help freshmen make informed decisions, we've compiled some suggestions for how to eat right on a meal plan and in the dorm room, stay fit with easy activities, fend off germs and use campus health resources. After all, your mind can't perform at its peak until your body is in the best condition possible.

— Jamie Livingston, McClatchy-Tribune



GET MOVING

Exercising can be such a chore. Who wants to schlep all the way to the gym when you have a nice cozy bed and a new episode of "Lost" waiting for you?

The truth is exercise doesn't just keep you physically fit, said Anna Lutz, a registered dietitian at Duke University who works at the health center. "It's a way of dealing with stress as a first-year student."

The good news is you don't have to plan gym time every day to get in exercise. Simple things like walking to class instead of taking the bus and working out with a buddy to keep you motivated are great ways to sneak in exercise, Lutz said.

You should make exercise "just as important as going to class and doing your homework," she said. — Brianna Bond, McClatchy-Tribune

DETERMINE YOUR BMI:

Your body mass index (BMI) measures body fat based on your height and weight. Here's the formula to calculate your BMI:

$$\frac{\text{weight in pounds}}{\text{height in inches}^2} \times 703$$

BMI	Body type
Below 18.5	underweight
18.5-24.9	normal
25.0-29.9	overweight
30.0 or above	obese

BURN CALORIES:

Information for a 154-pound person (if your weight is higher, you will burn more calories; if lower, fewer):

Activity	Calories
Bandaging for an hour	330
Walking for 15 minutes	76
Playing vigorous basketball for 30 minutes	220
Swimming for 15 minutes	45
Running/jogging (5 mph) for 30 minutes	295

SOURCE: CENTER FOR DISEASE CONTROL AND PREVENTION

PORTABLE EQUIPMENT

With term papers and tests to study for, sometimes your daily workout gets pushed to the last priority. But the benefits to your body and mind are so great it's worth it to fit it in.

Martha Tillman, the director of the campus fitness center at Washington University in St. Louis, offered some simple suggestions for exercises and tools that can be used in a small space.

■ **Stability equipment** (such as balls, discs and a balancing board): These tools are versatile because they work a variety of muscle groups. For the board and disc, the workout is largely based on balance. You can add free weights or resistance bands to simple exercises like leg lifts for an additional challenge.

■ **Resistance band:** Perfect for toning trouble spots like underarms and quadriceps, this simple, effective tool will work wonders for your arms and legs. Because there are so many different ways to use it, Tillman suggests sticking with simple moves to ensure you're safely working your target area. Try placing the band underneath one foot then curl with one or both arms to get killer biceps.

■ **Free weights:** You'll likely use these for endurance training because you can't change the weight, but it's still a great way to work the chest and upper body area. Feel free to get creative and take advantage of items you have lying around your room, like using soup cans to do bicep curls, Tillman said.

Tillman suggests making an appointment with a personal trainer at your university recreation center, a service most universities offer, to help customize your workout. Costs range depending on the school and type of trainer.

You should aim to get 30 minutes of exercise into your schedule every day, Tillman said, but it doesn't matter if you choose to do it all at once or split it up. — Brianna Bond

GYM ETIQUETTE

Exercising at your campus gym is not the same as participating in your high school gym class or after-school basketball practice. Those who use a university's recreation facilities are serious about their workouts and will expect you to follow gym etiquette rules.

"Manners have everything to do with cleanliness and safety," said Mary Mitchell, author of "The Complete Idiot's Guide to Etiquette." "That's why they are especially important at the gym."

Many students use a trip to the gym as a way to relieve stress, so confronting a slob or a weight machine hog is the last thing anyone wants to do. But if you have to, Mitchell recommends keeping a neutral tone and not getting personal. "Offer your criticism in private," she said.

Mitchell offers rules to help you mind your manners:

■ **Don't leave the equipment sweaty.** Most gyms have towels and disinfectant handy; be sure to use them or bring your own to wipe down weight machines and spare others from sitting in a puddle of your sweat.

■ **Gyms are for exercising, not socializing.** If you run into friends, keep chatting to a minimum near machines and aisles.

■ **Keep the locker room neat and tidy.** Don't leave your belongings lying in a pile on the floor or in front of someone else's locker. Be sure to leave the sink and shower clean for the next user.

■ **Keep aisles clear.** While exercising, keep your water bottle, towel and anything else, out of the aisles; they are tripping hazards.

■ **Wait your turn.** You have to wait for equipment and so does everyone else. Don't use a weight bench or equipment to rest between reps. And put away the weights you add to a machine or bar — the next person may not be able to carry that 45-pound plate back to the stand as easily as you. — Jamie Livingston

STAYING HEALTHY

A college dormitory, where up to 50 people share one bathroom and two or three people coexist in a cramped living space, is an ideal environment for germs to spread. Classes, exams and parties will go on without you so learning how to keep yourself healthy is essential.

"For many students, it's the first time in their lives that they are responsible for their health," said Dr. Alan Glass, director of the health center at Washington University in St. Louis.

Practicing basic hygiene can prevent many common bugs. "I always tell students that the best three things they can do is wash their hands, wash their hands and wash their hands," said Michael McNeil, coordinator of Temple University's Health Empowerment Office.

Glass and McNeil had more advice to help avoid an illness:

- Get plenty of sleep, maintain a balanced diet and exercise. This helps keep the immune system healthy.

- Your school may require certain vaccinations. Glass recommends that each student should be inoculated against meningitis. Also think about getting an influenza shot from the health center.

- Stop your room from becoming an incubator for germs. Wash your clothes regularly, don't let dirty dishes pile up and ventilate the room once in a while. — Jamie Livingston

DEALING WITH ILLNESS

If you do get sick during the semester, Mom won't be around to take your temperature, administer cough syrup and make sure you're getting enough fluids. Here are some tips on taking care of yourself:

- Stock up on some basic over-the-counter medications and first aid supplies — fever reducer, pain reliever, decongestant, cough suppressant, antihistamine, hand-aids and antiseptic. Some health centers have sample sizes of medications available in their offices. A thermometer is also useful, but not necessary.

- Don't go to class if you feel too sick. You can't concentrate when you feel poorly anyway, plus you only risk making others sick.

- If you don't get better on your own in five days, it's time to make an appointment at your campus clinic. "It's better to err on the side of seeking health," Glass said, so go as early as you feel you need to.

Health services vary from campus to campus, so check out your clinic's Web site or pamphlets — preferably before you catch a bug. — Jamie Livingston

INSURANCE PLANS

As you make the final preparations to head off to college, you'll want to take a minute to sit down with your parents and discuss health insurance coverage.

While you may plan to continue to get coverage as a dependent on your parent's plan, you may not be eligible as a full-time student, as some employers are lowering the age of coverage to 21, or in some cases 19, according to Susan Barry, marketing director for Student Resources, a marketer of student health insurance.

Also, if you're going to school away from home, particularly outside your home state, your parent's plan may not cover you (PPOs and HMOs have a specific network within which university health centers are rarely recognized as providers).

The majority of four-year institutions offer health insurance plans. There are several advantages to purchasing a health care plan through your school, Barry said.

The health center can act as your place for primary care, which means you won't have to worry about finding doctors.

Also, you won't have to file any claims because most health centers process that information, Barry said.

Regardless of your decision, make sure to sort it out before you leave so you're not left without a safety net. — Brianna Bond



THE DINING HALL

"College dining has changed dramatically over the years," said nutritionist Ann Seligman Litt, author of the book "The College Student's Guide to Eating Right." "The days of 'mystery meat' are over and have been replaced by sushi, stir-fry and brick-oven pizza."

Litt has some tips on how to eat right, even on a meal plan:

- **Use salad bar smarts.** Go easy on extras like croutons, bacon bits and dressing. One licks-full can add up to 350 calories to an otherwise nutritious salad. Side salads can be made into an entrée by adding eggs, chicken or tofu.

- **Ask how food is prepared.** Go for steamed, baked, broiled, roasted or grilled foods rather than fried foods.

- **Schedule your meals.** Leave time for breakfast; it will reduce the urge to graze later in the afternoon. Also, don't feel guilty about nighttime snacking. If you're going to be awake into the wee hours of the morning to cram for a test, a healthy snack like yogurt or cereal can help keep you going.

- **Be aware of portion size.** Dining halls are a bit like restaurants; they might give you more food than you actually need to eat to have energy through the day. Eat until you're satisfied, and resist picking at your leftovers while you're socializing in the dining hall after a meal.

- **It's all about options.** Opt for veggie burgers over beef, baked potatoes over fries, whole grains over white, water over soda, and skim milk over whole. Most dining halls have healthier options if you just ask.

- **Don't drink your calories.** Alcohol, soda and even fruit juice add calories to your diet that you may forget to count. Find more tips in Litt's book or at collegeeatingguide.com.

— Jamie Livingston

DORM FOOD

Hungry but don't want to walk to the dining hall? Why not whip up something healthy and delicious in your dorm room?

Yes, it's possible. Below is a quick and easy recipe for a vegetarian couscous salad that can be easily prepared in a dorm setting. It's a popular dish from in-dorm cooking demonstrations conducted by volunteers from the Davis Food Co-Op in Davis, Calif.

The program sends co-op volunteers to different dorms at the request of the residential advisors to hand out literature on budget shopping and talk about some of the health risks associated with certain foods like those with high levels of trans fats. The presentation is capped off with a cooking demonstration of a simple and healthy meal, right in the dorm.

This recipe is most popular with the college crowd, probably because it's versatile, healthy and delicious. Don't be afraid to get creative and supplement with a favorite ingredient like mushrooms, roasted red peppers or cilantro.

Bon appetit!

Couscous Salad

Servings: 2

1 cup plus 1 Tbsp. water	12 kalamata olives, pitted and chopped
1 tsp. salt	2 Tbsp. crumbled feta cheese
1 cup whole wheat couscous	2 Tbsp. vinegar and oil salad dressing
2 Tbsp. Italian parsley, chopped	
1 small cucumber, chopped	

Bring water to a boil; add salt. Pour over couscous and let stand, covered, 10 minutes while you chop vegetables. Add other ingredients. Toss well. Serve warm or refrigerate to serve later.

— Brianna Bond

Holt News

EDITOR: TANISHA MATHIS
HOLTNEWS@THESANDSPUR.ORG

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Student President Welcomes Holt Students

Kaye Haynes
Holt Student President

Welcome new Holties and welcome back to those oh so familiar faces! It is my pleasure to kickoff our fall term with words of guidance and encouragement.

I implore you to visit your Rollins College Hamilton Holt website at www.rollins.edu/holt.

There, expect to find information regarding the following services and so much more:

Your advising resources are located in the Holt office or you may call (407) 646-2232 to make appointment with your advisor. The great staff of advisors include:

Connie Holt, Terrie Cole, Coleen Palmer, and Matt Sayti along with career advisor, Marian Cacciatore.

The academic internship program website gives an overview of the program and qualifications. You will also find the procedures for applying for an internship and an email link to Marian Cacciatore, the Hamilton Holt career counselor.

So where do you go from here? If you are unsure, it may be a good idea to start finding out what your options are. The sooner the better, don't you think? Through the Hamilton Holt website's Career Services link, you will find areas of employment, employers, strategies, and links to other websites relevant to your major/minor.

There is so much more valuable information at your disposal like the bookstore hours, catalog information, career development, finan-

cial aid, forms and publications, international student information, as well as, your Hamilton Holt Student Government Association (HHSGA) website.

The HHSGA website can be found at <http://www.rollins.edu/holt/hhsga>. HHSGA acts as the liaison between the student body, the Administration, Faculty, and Staff.

We represent you, your needs and concerns and take them to the Hamilton Holt administration if further action needs to be taken. Our organization is only as powerful as our student interest.

We need students who are dedicated and willing to sacrifice an hour a month to get your concerns on the table. The HHSGA wants to encourage you to think about partaking in the re-

warding experience of being a student government representative.

If you simply are not interested and just want to participate in select activities, you are most welcomed. Hamilton Holt is our community. For most of us it is, yet, another home away from home. Participate and make your "home life" exciting and memorable.

New to Rollins College Hamilton Holt is the Academic Honor Code. The Academic Honor Code requires us to be loyal "to a code of behavior that is essential for building an academic community committed to excellence and scholarship with integrity and honor.

Students, faculty, staff, and administration share the responsibility for building and sustaining this commu-

nity."

The Council consists of your peers. If you would like to be on this council or have any questions, please contact the Rollins College Hamilton Holt School Academic Honor Council via Connie Holt at cholt@rollins.edu or 407-646-2232.

HHSGA wishes you a wonderful, productive, and unforgettable year at Rollins College. We are pleased to serve you and help make life a little easier. Please let us know what we can do for you. If you don't communicate it, we can't make it happen. Good Luck!

Non-traditionals Fill College Campuses

Tanisha Mathis
the sandspur

The current undergraduate demographic is significantly different than in previous generations. "Re-entry students," "adult students," "returning students," "adult learners," or the more popular moniker, non-traditional students, are more common on college campuses. In 2000, according to the National Center for Education Statistics (NCES), 73% of higher education students were considered non-traditional students.

There are numerous characteristics of a non-traditional student. The NCES defines non-traditional students as one who has any of the following characteristics: - delayed entry into a post secondary institution, attends school part time, works full time (35 hours or more per week) while enrolled, financially independent, has dependents other than a spouse, a single parent or completed high school with a GED or other high school completion certificate.

According to the NCES study, students are considered to be "minimally non-traditional if they have only one nontraditional characteristic, moderately non-traditional if they have two or three, and highly nontradi-

tional if they have four or more." It is by these definitions that almost three-quarters of undergraduates are deemed to be, in some way, non-traditional.

Financial independence was the most common non-traditional characteristic (51 percent), followed by part-time attendance (48 percent), and then delayed enrollment (46 percent). The characteristics of a non-traditional student have also been

73% of higher education students were considered non-traditional students.

- National Center for Educational Statistics

called risk factors because "they are negatively related to the persistence" needed in earning a degree.

Non-traditional students have needs that differ from those of the traditional student such as refresher courses, time management and knowledge of academic resources available on campus. Research showed female non-traditional students have their own individual concerns such as guilt due to time away from kids, additional child care expenses and diminished personal time.

The same study showed male non-traditional stu-

dents tended to have less worries about child care and school responsibilities and were more stressed about a lack of time and money due to their return to school.

There are numerous reasons for the influx of non-traditional students on college campuses. For some students it is a personal fulfillment, others return to complete the education they started years before and probably the most cited reason is the increasingly competitive job market.

As it becomes increasingly necessary to obtain a college degree it is also becoming increasingly expensive. Evening degree programs and extension schools appeal to the student who needs a job to afford school and living expenses and whose income disqualifies them from financial aid but is not enough for full tuition.

Numerous universities around the country offer programs designed towards non-traditional students and they have varying costs. The University of Washington's Evening Degree Program costs \$1,005 per course. The fee at Harvard Extension School, which is a part of Harvard University, has varying costs per course but the average fee tends to fall below \$600 per course. The Extension School also charges an additional \$50

Did You Know?

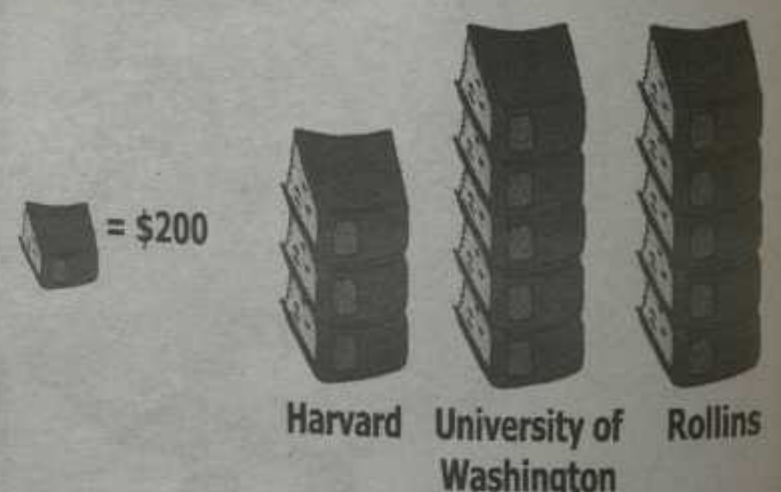
Between 1990 and 2004 college enrollment of students 25 and over rose by 17%.

Between 1994 and 2004, part-time enrollment rose 8%.

From 2004 to 2014, NCES projects a rise of 15% in student enrollment of persons 25 and over.

Source: National Center for Education Statistics

Average Cost Per Course



nonrefundable registration fee for each term.

Although non-traditional student programs may have lower costs and at times less selective admissions standards their stu-

dents must still maintain a minimum grade average to remain academically eligible.

Council Urges Students to "Know the Nine"

Ben Deasy
Honor Council Officer

The Hamilton Holt School Academic Honor Council announces the successful implementation of the Academic Honor Code. The Code, distinguishing nine violations, has been developed to promote a culture of integrity, which ensures the value of a degree from Rollins College.

After three years of careful preparation, the Rollins College faculty and staff completed the final draft of the Academic Honor Code last spring. Two councils were then formed; one for Arts and Sciences and one for the Hamilton Holt School, and representatives from Dartmouth College and the University of Maryland led extensive, combined training for these councils in April. The training successfully unified the two councils' understanding of the Code's purpose, function, and application. After solidifying the foundation of the Code, the distinction was made that the two councils would behave as mutually exclusive entities in all logistical processes.

The goal of both Academic Honor Councils is twofold. First, the councils will serve to increase the awareness of the entire Rollins College community, including the faculty, staff, and student body, providing infor-

mation resources pertaining to the Academic Honor Code. Second, the councils will investigate and hear cases of code violations.

The nine Academic Honor Code Violations are as follows:

1. Plagiarism
2. Cheating
3. Unauthorized Collaboration
4. Submission of Work Prepared For Another Course
5. Fabrication
6. Facilitating Academic Dishonesty
7. Violation of Testing Conditions
8. Lying
9. Failure to Report an Honor Code Violation

Knowing these nine violations, students will add to their work the hand-written statement, "On my honor, I have not given, nor received, nor witnessed any unauthorized assistance on this work." In addition, it is a violation to not sign the pledge on every test, paper, or item submitted for a grade. Complete definitions of these violations, along with the Code in its entirety, can be found at www.rollins.edu/holt/ahc.

The Hamilton Holt School Academic Honor Council (HHAHC) is comprised of student volunteers with diverse backgrounds who know well the importance of diligence and hard work. The HHAHC Execu-

tive Committee consists of four Officers. Psychology major Lori Roth chairs the Council; Organizational Communication major Shelly Goodwin holds the Vice-Chair position; Psychology major Jackie Tornow is a full-time student who serves as the HHAHC Secretary; and Ben Deasy, an Organizational Communication major, handles Honor Code PR as the Communications Coordinator.

Other current HHAHC members include Carolyn Burton, Keisha Delancy, Joanna Marion-Landais, Steven Milling, Carla Rackley, Rebecca Rhodes, Rhonda Shurtleff, Jennifer Hodgetts, Logan Kayne, Sunni Prevatt, and Arzie Stephens, with Dr. Greg Cavanaugh as the Faculty Adviser and Connie Holt as the Staff Adviser.

The Academic Honor Code is particularly important to Holt students, who make ongoing sacrifices, sustaining multiple responsibilities while relentlessly striving for their Rollins College degree.

The HHAHC recognizes that achieving an evening studies degree from Rollins College is not easy; if it were, it would not have any value. We are, therefore, committed to sustaining a culture of academic integrity, protecting those who go the extra mile from the repercussions of corner-cutters.

Holt Unveils New Programs

Dean Sharon Carrier
faculty contributor

I am often asked: What is new at the Holt School? I can say, after a busy summer, that there are many new things happening.

First, we are implementing a new Academic Honor Code this fall. Along with the College of Arts and Sciences, the Holt School has established an Academic Honor Council that will hear cases of plagiarism and other forms of academic dishonesty.

More importantly, the Academic Honor Council will educate students and faculty about the new Code and what it means for them. Students will be urged to "Know the Nine" - which are

the nine possible Honor Code violations. Opportunities to serve on the Academic Honor Council are available to those who meet eligibility requirements.

Second, the Holt School is launching a new Peer Mentoring program. During its pilot phase, this program will train Holt scholarship students to develop effective listening skills and to draw from their own experience and expertise to guide new Holt students during a one-year commitment.

With an initial focus on academic success, mentors and mentees may find areas of common interest that extend beyond academic pursuits. Student Ben Deasy, who designed the Peer Mentoring program as part of his

summer internship project, says, "Peer Mentoring provides an excellent opportunity for current scholarship recipients to become part of a living legacy, innovatively impacting the Holt School Community's student leadership culture."

Eventually, the program will be expanded to all Holt students who wish to be a part of the program.

Third, we are introducing the Holt Engaged Leadership Program (HELP). Students will be able to take a series of courses to earn a "Distinction in Leadership" transcript designation.

The series will start with a "Foundations of Leadership and Citizenship" course being offered as a Holt/A&S cross-listed course this fall.

The CAREER COACH

Marian Cacciatore

Dear Marian,

I am a new Hamilton Holt student and would like to know what kinds of Career Services are available to me?

- New Holt Student

Dear New Holt Student,

The beginning of a new school year is a great time to provide all Hamilton Holt students with an overview of available Career Services. Whether you are a new student who needs to decide on a major or a graduating Senior who is seeking full time employment, there is a host of individualized services available.

An Overview of Services Include:

Choosing a major:

Unsure of the best major to achieve your career goals? Career Services offers several tools to help you choose. Career inventories and other research tools are one way to assist you in selecting a course of study.

Career Transitioning:

Do you want your Rollins degree to assist you in transitioning to a new career path? By working with Career Services you will develop specific strategies...a "career map" to assist you in reaching your goals.

Resume and Cover Letter Preparation:

Whether you are seeking an internship or employment, your resume plays a key role in "first impressions". Tap into Career Services and work on devel-

oping the most effective resume possible.

Interview Preparation:

Does the thought of an interview make you nervous? Group and individual services are available to practice and perfect the art of effective interviewing.

Internships:

For many Holt students, an internship is one way to transition to a new career path. Career Services provides you with resources, leads and advice on ways to leverage the power of an internship experience.

New: Virtual Career Exploration Classroom:

This fall, Career Services will offer various workshops through a Blackboard virtual classroom. All sessions are free of charge. To receive additional details on upcoming sessions email Mcacciatore@rollins.edu, and include your name, R Number, academic major and contact phone number.

Do you have a question; you would like addressed in this column? Simply Email Marian Cacciatore at Mcacciatore@rollins.edu, with your question. In addition to selecting questions for publication, Marian will respond to all inquiries on an individual basis.

Interested in scheduling an appointment with Marian? Scheduling an appointment is easy...simple call the Holt office (407.646.2232 or email Marian directly.

Opportunities for connecting leadership to the student's program of study and for applying leadership theory in community and service-learning activities will be part of this unique program.

Additional information about HELP will be available this fall as plans develop.

Please refer to the Web sites below and talk with the Holt staff if you are interested in these new opportunities available through the Hamilton Holt School. I look forward to an exciting academic year and many opportunities for learning together!

Check out these Web sites:

Academic Honor Code

<http://www.rollins.edu/holt/ahc/>

Peer Mentoring

<http://www.rollins.edu/holt/peermentoring>

Arts & Entertainment

EDITOR: LARA BUESO

AE@THESANDSPUR.ORG

8

Sex Sells and It Sells Well: Aguilera and Hilton Spice Up the Pop Scene

Howard Cohen
krt campus

CHRISTINA AGUILERA "Back to Basics" (RCA)
Christina Aguilera has been called "the best voice of our generation" by former Mouseketeer partner Justin Timberlake, and on the ambitious double album "Back to Basics," Aguilera's first release in four years, she's out to prove she's a voice of ALL generations.

As its title and the va-va-voom Rita Hayworth pin-up '50s-era album art implies, "Back to Basics" eyes an old-school aesthetic by name-checking jazz and R&B greats such as Billie Holiday and Etta James; samples an old Gladys Knight and the Pips B-side ("Window Raising Granny"), and uses the sound effect of a needle scraping the grooves of a dusty, worn record. (Didn't anyone maintain their needles or clean their vinyl back in the day?)

Aguilera splits the 22 tracks onto two discs. The first CD is radio-ready since its old-time samples are mere garnishes to contempo-

rary beat-friendly productions. The best is the infectious "Ain't No Other Man" in which Aguilera pumps up her new hubby — "You got soul, you got class, you got style, you're bada—" — and gives the rest of us a killer hook to sweat to.

Unfortunately, Aguilera's syllable-stretching melismatic style of singing proves wearying over the course of an album, let alone two CDs. Also, her unchecked narcissism outdoes Madonna's on the noxious "Thank You (Dedication to Fans...)," a track featuring voice mails from Claymate-like fans who gush about how great Christina is. Listening to this drivel, it's clear that some celeb-obsessed people have no lives of their own.

Disc two, the throwback to the analog era, is dicier, as Aguilera and producer-songwriter Linda Perry strain to be taken seriously as "artistes" and wind up mostly bewitched, bothered and bewildered. The struggle pays off once. Just as Bette Midler multitracked her voice to become all three Andrews Sisters on her 1972

hit "Boogie Woogie Bugle Boy," so goes Aguilera on the much naughtier but stylistically similar "Candyman" (not the "Beyond the Valley of the Dolls" song) where this boy Aguilera fantasizes over is a "a one-stop shop, makes my panties drop."

The track's fun. The rest, especially the creepy "Enter the Circus" intro, is belabored.

Pod Picks: "Ain't No Other Man," "Candyman."

PARIS HILTON "Paris" (Warner Bros.)

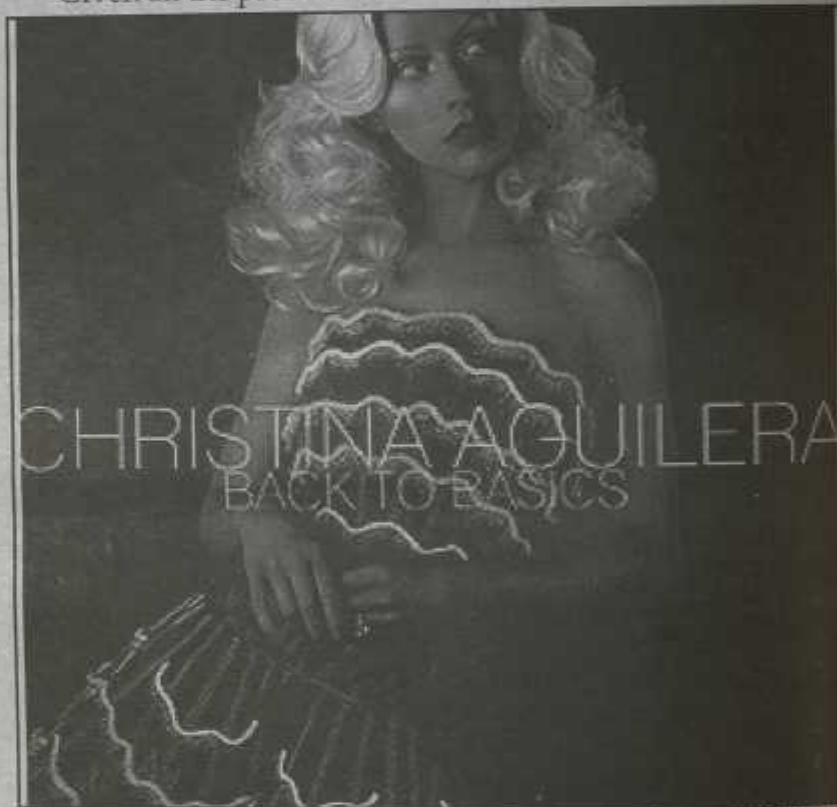
Paris Hilton is not the first blond to gain notoriety for having sex before a camera and she's certainly not the first to parlay her special, um, talents into a recording contract. Porn stars Andrea True and Traci Lords once cut albums and True — her fetching voice a precursor to Deborah Harry's cool, detached tone — even scored a hit single with the terrific "More, More, More."

Alas, Miss Hilton gives us less, less, less on her breathless debut CD. Her flat, toneless, personality-free voice sighs endlessly about how sexy she thinks

she is or how sexy she thinks everyone else thinks she is. Big-name producers Scott Storch, Dr. Luke and Rob Cavallo twist the knobs and provide lite-club beats and the occasional Ashlee Simpson-style pop/rock track, all with simplistic, nondemanding melodies and multitracking of her voice, so as not to tax the starlet and make her do anything difficult like, you know, "sing."

Given all the pros behind

her, it's not surprising that the self-adoring Hilton has a couple of infectious cuts in her clutch bag. "Jealousy," assuredly about her spat with ex-pal Nicole Richie, and "I Want You," cruising on a Barry Gibb sample ("Grease"), are as good as anything on pop radio today. Sexy? Only if you get turned on by a wad of cotton candy. Pod Picks: "Jealousy," "I Want You."



Courtesy of RCA Records

A College Girl Named Joe

by Aaron Warner



The Family Monster by Josh Shalek



Goodnight, for now: www.joshshalek.com kid_shay@joshshalek.com

PAUL



BY BILLY O'KEEFE WWW.MRBILLY.COM

Sudoku By Michael Mepham

			2	5			4
		4	8			9	6
	1	2					
2		7	5				6
	6					2	
3					1	7	5
						3	4
		5	3		8	2	
4			9	2			

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

8	9	9	2	8	6	1	7	4
6	7	2	8	4	1	3	5	9
1	4	3	9	5	7	6	2	8
9	6	7	1	2	9	8	4	3
3	2	8	6	7	4	5	9	1
9	1	4	3	8	5	7	6	2
7	8	9	4	6	3	2	1	5
2	9	6	7	1	8	4	3	5
4	3	1	5	6	2	9	8	7

Beerfest: A Festival of Comedy

JD Casto
the sandspur

Brother's Todd and Jan Wolfhouse stumble upon a secret beer drinking competition when they are sent to Germany to spread the ashes of their dead grandfather during Oktoberfest. This contest makes even the best Oktoberfest drinkers look like wimps.

Todd and Jan meet their German cousins and find out that their grandfather stole the recipe to, "the greatest beer in all the world," and that Great Gam Gam is a whore.

They are humiliated in a beer-drinking contest and are forced back to America. They want revenge and set out to form the first American team to compete in Beerfest.

Beerfest grossed \$6.5 million during its opening weekend compared to Disney's all too familiar underdog movie *Invincible* (starring Mark Wahlberg) which grossed \$17 million topping the box office.

While sitting through this 110 minute movie I couldn't help the urge to stand up and scream, "For Christ's sake a two year old could make a better movie!"

As far as stupid comedies go, Beerfest is about as juvenile as they come.

The movie lacked a plot (which isn't surprising), and contained crude humor that would make anybody laugh. The movie glorifies binge drinking and relied on computer generated (CG) beer in the final act. If you're going to make a movie about beer, use beer, not low grade CG beer!

I enjoyed *Super Troopers* and couldn't wait until Beerfest was released. Papers across America gave Beerfest awful reviews. The Chicago Sun Times' Bill Zwecker comments by saying, "The entire time I watched this film, I felt I was merely observing a bunch of self-absorbed frat boys who got drunk, wrote a 'script,' got some clueless Hollywood suits to cough up the cash to make it, turned on a camera and then forgot to hire an editor to properly finish the whole thing" (suntimes.com).

I'll admit that I wasn't thoroughly impressed by the film, but who is watching the trailer and saying, "Let's go see Beerfest guys. It looks like it's got a great epic plot." No one. People who went to see Beerfest went to be enter-



Courtesy of Warner Brothers

tained by the mindless jokes and beer drinking.

From the opening scene, which states that, the actors are professionals and if anyone tries to drink as much as they do, "You will die" to the hilarious ending with a surprise special guest star, you will be laughing for the better part of the movie. Beerfest creators know the movie is a stupid comedy, but if you go into it knowing that you're watching a film called Beerfest you'll enjoy the cultural comedy.

2/4 Stars



destinationdorm student checklist

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present this coupon for

20% off
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or

\$20 off
any \$100 or more purchase*



*One coupon per customer. Coupon must be surrendered at time of purchase. No resale. Valid in-store only. Excludes sale items. Not valid towards the purchase of Kruze, Cerrano, Al-Cast, J.A. Henchale, Wadell, Netherland Pro Line Series, Sharper Image, Neutria, Tempur-Pedic, May, The Little Giant Ladder, custom window or LIFT-GIT Cards. Cannot be combined with any other coupon or offer. Coupon not valid towards previous purchases and cannot be used with Linens-N-Things credit card for purchase of the. Other restrictions may apply. Please see store or website for details. Coupon expires September 30, 2006.

LINENS-N-THINGS

Crib Comforts

- ☐ 2 Sheet Sets (includes flat & fitted sheets, pillowcase(s)) Check with your college to see if you need X-long sheets.
- ☐ 1 Comforter or Quilt (Choose either poly or down-filled.)
- ☐ 2 Duvet Covers (if you choose a down comforter)
- ☐ 2 Blankets (it's always good to have an extra.)
- ☐ 2 Pillows
- ☐ 4 Pillow Protectors
- ☐ 1 Mattress Pad
- ☐ 1 Fiberbed/Featherbed
- ☐ 1 Inflatable Aero Bed
- ☐ 1 Accent Rug

Hit The Showers

- ☐ 8 Towel Sets
- ☐ 1 Shower Liner
- ☐ 1 Shower Ring Set
- ☐ 1 Electric Toothbrush
- ☐ 1 Over The Door Hook
- ☐ 1 Blow Dryer
- ☐ Shampoo & Conditioners
- ☐ 1 Curling Iron
- ☐ 1 Electric Razor
- ☐ 1 Robe and Slippers
- ☐ 1 Bath Rug
- ☐ 1 Shower Radio
- ☐ 1 Cosmetic Organizer
- ☐ 1 Cotton Swab/Bal Holder
- ☐ 1 Manicure Kit

Clean It

- ☐ 1 Tabletop Ironing Board
- ☐ 1 Hand or Stick Vacuum
- ☐ 1 Cylinder Hamper
- ☐ 1 Compact Iron
- ☐ 1 Drying Rack
- ☐ 2 Laundry Bags

Grass Time

- ☐ 1 Bulletin Board
- ☐ 1 Desk Lamp
- ☐ 1 Floor Lamp
- ☐ 1 Desk Organizer Set
- ☐ 1 Bed Rest
- ☐ 1 Lap Desk
- ☐ 1 Waste Basket
- ☐ 1 Paper Shredder
- ☐ 1 Dry Erase Board
- ☐ 2 Floor Pillows
- ☐ 1 Throw

Must Haves

- ☐ 1 Clock Radio
- ☐ 1 Telephone
- ☐ 1 Fan
- ☐ 2 Albums/Photo Storage Boxes
- ☐ 2 Extension Cords
- ☐ 2 Squid Multi-Outlet Plug Adaptors
- ☐ 1 Door Mirror
- ☐ Batteries
- ☐ Wall Hooks
- ☐ Frames and Posters



"I detect a certain amount of heat coming off you, sir. And like a newborn spider ... I crave it."



Francine's newly installed security dweeb alarm begins to pay for itself.

Hundred Year Storm Rocks Orlando

Nicole Shaffer
the sandspur

It's Saturday night, and another struggling rock band plays the stage at Orlando's BackBooth to a small crowd of stool sitters and beer drinkers, most with their backs turned, facing the bar. On stage: three TV screens spaced neatly between four band mates

nity sites like MySpace and PureVolume, anyone with a microphone and a beat-box can call themselves a musician. Though the Internet can transform an unknown act into the most "friended" group within a week, it's still just a springboard to get noticed by a major label willing

to take their music to the next level. But even label con-

tracts mathematician to count the number of new It bands that disappeared after their debut album. Enter: Hundred Year Storm who've just released their first national album Hello from the Children of Planet Earth. Newly signed to Costa Mesa's Floodgate Records, Planet Earth is now stocked on the shelves of every Best Buy and Tower Records* across the country.

HYS formed in 2003 as an instrumental group, Now Bill, Brandon, Dave, and Shane take the stage at BackBooth, one of their many album promoting tour stops. HYS opens with new track Golden Record, a song laced with a JFK speech on the space race, and continues with 6 other songs off Planet Earth.

It's hard not to compare their futuristic, media-mixed sound to a modern day Pink Floyd with a harder rock guitar and anti-gravity vocals that lift your gaze from the TV screens to lead singer Bill McCharen's face. They're space rock performance fuses minimally changing lyrics with an ambient sound, dialogue clips, and

media images, pushing HYS further into the future of rock, while still recognizing the past. Songs like Crash and Burn exemplifies this effort, by combining old black and white video of a boxcar derby and pleading, urgent sounding vocals.

Their 9 song-set ended with the last album track, Pilot's Last Broadcast, and as the guitar distortion faded

out, a galactic shuttle countdown from ten to blastoff played on screen, leaving the audience still and quiet, as if they were just hypnotized.

Will Hundred Year Storm blast off into rock legend future, or join the rest of the aspiring rock groups in cyberspace? Listen for yourself at www.hundredyearstorm.com



can't promise a new band iconoclastic fame. In today's over-saturated music market, bands need more than clever titles and contracts. They need fans. Real fans that will see their shows and buy their albums.

In a world controlled by emailing, Sidekicking, TiVo watching, and other technological time consumers, bands today must work even harder to catch the public's quickly disappearing attention span. It doesn't take a

HUNDRED YEAR STORM

FALL TOUR

HELLO FROM THE CHILDREN OF PLANET EARTH

Thurs 24	Cornerstone Church	Mandeville, LA
Fri 25	The Belmont	Pensacola, FL
Sat 26	BackBooth	Orlando, FL
Sun 27	The Liquid Cellar	Oviedo, FL
Mon 28	Lillian's Bar and Stage	Lakeland, FL
Tue 29	The Front	Bradenton, FL
Wed 30	Ray's Downtown	West Palm Beach, FL
Thurs 31	Murray Hill Theatre	Jacksonville, FL
SOULMACHINE		
Fri 1	1982 bar	Gainesville, FL
Sat 2	Relevant Concerts	Virginia Beach, VA
Sun 3	The Brewery	Raleigh, NC
Mon 4	Tremont Music Hall	Charlotte, NC
Tues 5	The Fire Escape	Kingsport, TN
Wed 6	Sekyze's	Marietta, GA
Thurs 7	The Basement	Fayetteville, TN
Fri 8	Newby's	Memphis, TN
Sat 9	Powerhouse	Jacksonville, AR
Wed 13	Red Eyed Fly (Official)	Austin, TX

www.floodgaterrecords.com
www.hundredyearstorm.com
www.sandspur.com/falltourdates

© 2006 Floodgate Records
Photo: Peter the Children of Planet Earth
Graphic: Mervyn - N.Y.C. 2006

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overpriced.

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HOROSCOPES

Linda Black
krt campus

Today's Birthday (09-06-06). You're certainly

talented this year, intelligent and good-looking. Team up with a person who's less practical, and has a wild imagination. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) _ Today is a 6 _ New problems appear, but that's OK. You're in no danger of dying of boredom.

Taurus (April 20-May 20) _ Today is an 8 _ You make it look easy, and this time it is, but don't let that go to your head. Make sure you let the others know how much you appreciate them.

Gemini (May 21-June 21) _ Today is a 6 _ There are a couple of old promises to keep, before you advance. Make a list. Checking things off it will propel you forward. It's amazing.

Cancer (June 22-July 22) _ Today is a 9 _ You can solve the difficulties you're facing, one step at a time. It's also good to allow yourself an occasional leap of faith.

Leo (July 23-Aug. 22) _ Today is a 6 _ You're making a lot of money, but it's foolish to assume this will go on forever. It might, but it might not. Don't throw it all away.

Virgo (Aug. 23-Sept. 22) _ Today is a 7 _ You have an extra advantage, just because you're so darned cute! Don't let this go to your head, however. Also use your common sense.

Libra (Sept. 23-Oct. 22) _ Today is a 6 _ Your subconscious mind is working all the time, even when you're sleeping. The trick is to figure out what it's come up with, that might be useful. Practice remembering.

Scorpio (Oct. 23-Nov. 21) _ Today is a 7 _ The less you say or otherwise let on, the greater your advantage. Wear your very best poker face, and listen carefully. Don't tell them what you know, or suspect.

Sagittarius (Nov. 22-Dec. 21) _ Today is a 6 _ You seem like a happy-go-lucky person and, of course, you are. You're also a shrewd negotiator. Don't trust it all to luck.

Capricorn (Dec. 22-Jan. 19) _ Today is a 7 _ You have several ways to make up the difference. You could break out the credit cards, or tap into your savings account. Or you could sell something. Obviously, the latter's better.

Aquarius (Jan. 20-Feb. 18) _ Today is a 6 _ You'll have a lot of ways, during the next few weeks, to meet with fascinating people and share exciting ideas. This game doesn't have to be expensive, but it sure is a lot of fun.

Pisces (Feb. 19-March 20) _ Today is a 7 _ You're very good at expressing your opinions now, so speak up. There's no need to be shy; others will appreciate your input. You'll be doing them a service.

MOVIE OF THE WEEK...

#\$@*&!# Snakes on a #\$@*&!# Plane... Enough Said.

Katie Pederson
the sandspur

Let me first start off another year of my entertainment column mania with a brief message to those new-to-the-Sandspur readers who might not be familiar with my movie review quirks. First of all, I rarely, if ever, give anything my unabashed seal of approval, and instead quite often conclude that most of the current churnings of the Hollywood machine are nothing but sleaze and un inventive garbage. Until—yes, ironic as it may sound—there came *Snakes On A Plane*.

Never beating around the proverbial bush, *Snakes On A Plane* defines its rather simplistic plot in the first ten minutes, saving the rest for its glorious self-titled amphibious action. Young surfer-boy Sean Jones, played the delicious Nathan Phillips (Wolf Creek, Black-out), finds his Hawaiian-countryside motorcycle joyride cut short when he stumbles upon the brutal murder of an American prosecutor by a known criminal assassin, Chen. When the assassin sends his goons to find Sean, here steps in the butt-kicking FBI agent Neville Flynn to save the day, played by our beloved hero-star Samuel L. Jackson (Star Wars Episode I, Coach Carter, Shaft). Flynn's efforts to put the crime lord behind bars and protect the prosecution's new star witness lands himself and Sean in first class seats on an east-bound plane to Los Angeles, never suspecting that the deadly Chen, bent on killing his only remaining witness has released a crate containing over 450 venomous and pheromone-crazed snakes mid-flight onto the same plane. Flynn is forced to team up with the resourcefully brave flight attendants led by Claire Miller, (Juliana Margulies of the television sitcom ER fame), as well as other surviving passengers in a race against time, greed, and yes of course, SNAKES, for their lives.

Snakes On A Plane is the

first-big blockbuster win for writers John Heffernan and Sebastian Gutierrez as well as director David R. Ellis (Cellular, Final Destination 2), better known for his work as a Hollywood stunt coordinator on films such as Days of Thunder and Patriot Games. As if the magnificent Samuel L. wasn't enough to get your blood pumping, *Snakes On A Plane* is rounded out by an incredible supporting cast of recognizable faces completed by the Nickelodeon-turned-SNL antics of Kenan Thompson, the Latina chic of Elsa Pataky, the ever "ditzy blonde" moments of maven Rachel Blanchard, and the dryly sarcastic British wit of Gerard Plunkett.

So, basically, here's the

tain to find a theatre full of anticipating fans ready to scream along with the Jackson and the film's signature tagline—"Enough is enough! I have had it with these #\$@*&!# snakes on this #\$@*&!# plane!"

As I left the theatre last week to the closing credits blaring Cobra Starship's aptly titled tune "Snakes On A Plane (Bring It)" with a hundred-plus happy, smiling customers I realized what that this, simply, is all I can offer you about this movie—it will win no awards, it will break no box office records, and it certainly won't go down as a shining moment in Samuel L. Jackson's best acting repertoire. But believe me this, *Snakes On A Plane* is two straight hours of pure,



honest truth—if you see any movie this summer, it must, I repeat, must be *Snakes On A Plane*. Not a moment passed that I wasn't gripping the armrests or jumping three feet out of my seat in fear, laughing hysterically at a purposefully planted funny line, or gawking in awe at how someone could possibly conceive such tortuously scandalous ways to intertwine sex, scandal, and snakes. And if all of that isn't enough, you can be cer-

adrenaline-pumping, fabulousness. If you're just looking for a low-expectations, "damn good time" I can unabashedly support spending your hard earned money on seeing *Snakes On A Plane*.

Overall Rating: for the best two hours of non-stop entertainment Hollywood has seen in a LONG time

A

Managing the Time Crunch for Success

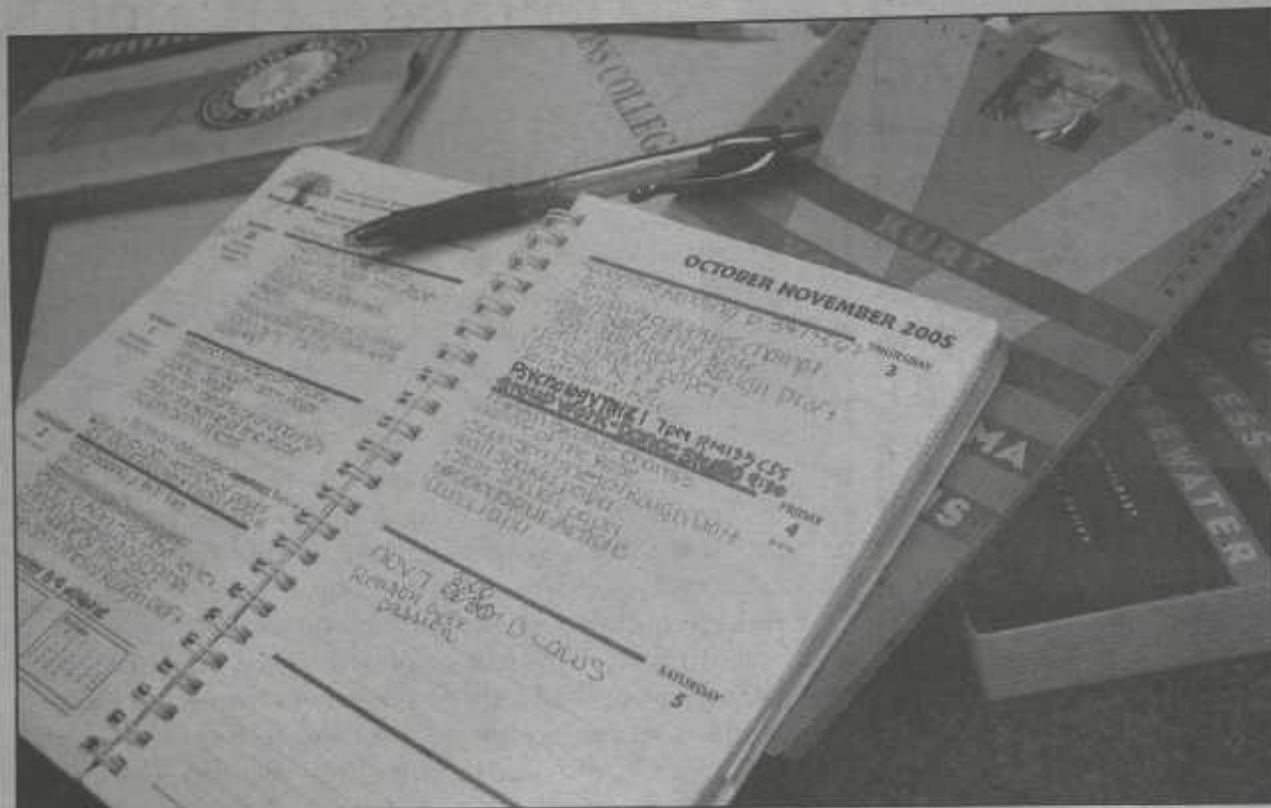
Nancy Aguirre
the sandspur

All of us have been there. We had a list of things to do, and we really wanted to get it all done, but somehow, time just ran out. It happens to everyone.

The truth is many people do not really have a need for time management until they reach college. Suddenly, there is so much to do, so many people to meet, and between going to class, studying, extracurricular activities, and making time for the occasional party, it can become very overwhelming.

Luckily, time management is not something one must be born with. It is a skill that can be practiced and perfected over time, and the better you get at it, the more you will see the results in your day to day life.

Before anything, it is important to know what it is you want to accomplish with your time. Well defined goals are essential in being able to prioritize the different ways you can spend your time. You can divide your goals into three categories: immediate, short-term, and long-term. Once you have these clearly defined objectives, you can begin to plan in a way that will make the most out of every hour.



Sandspur Stock Photo

FRESHMEN BEWARE! Is the clock controlling your life yet? With classes, club, homework, and social life it soon will!

Monthly planners are very important in staying on track, especially when it comes to some of the longer-term goals. They can be used to track any major deadlines, appointments, birthdays or anniversaries, etc. If used correctly, a monthly planner should show you during what time you will be especially busy, or when you have a little more time to work with.

Weekly planners are just as important as monthly planners. Many of us use these already, probably to keep track of our class times,

our extracurricular meetings, and any upcoming appointments. However, many people do not take it any farther. Other activities, such as homework time, are not scheduled. We assume that because it is something we must do, it will get done at some point, but if it is not scheduled, it will easily be put off until suddenly we are looking at our to do list with items still unchecked, completely out of time.

In planning, it is important to realize how much time a certain activity deserves. By prioritizing our

list of activities, and dedicating appropriate amounts of time to each item on our list, we can avoid wasting time unnecessarily. It is advised that for every hour of class time, there should be two to three hours dedicated to work outside of class. This is a big jump for some people, who found that they could breeze their way through many high school courses.

This being said, balance is key. Just as it is imperative to schedule homework time, it is also very important to add "personal time" to your schedule. After all that

DON'T WAIT UNTIL YOU
ARE TOO OVERWHELMED

SEEK TIME-
MANAGEMENT
ASSISTANCE AS SOON AS
IT STARTS TO BECOME
A PROBLEM!

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TJ'S CAN ASSIST WITH
EVERYTHING FROM HOW
TO WRITE A PAPER TO
HOW TO STUDY FOR
YOUR NEXT TEST TO HOW
TO PLAN THE REST OF
YOUR ACADEMIC CAREER
AT ROLLINS.

studying and hard work, it is important for both your physical and mental health to schedule time for yourself, to unwind and enjoy college life. In spite of the hard work homeworks represents, college is also a unique time in your life that should be enjoyed to the fullest.

Warning: More Hurricanes Coming!

Sarah Bool
the sandspur

Hurricane season begins in mid June and can last until the end of November, so August and September are the height of hurricane season. With 50-percent of students hailing from out of state not everyone knows about the precautions that need to be taken when a hurricane is on its way.

Winter park is about 50 miles from the coast so hurricanes usually have worn out a little before they arrive, but a hurricane's strength does not affect how much rain it produces. USA Today says, "Since 1970 the biggest hurricane killer in the USA has been 'fresh-water flooding,' which refers to the floods that a hurricane's heavy rain".

When preparing for a

hurricane many supplies are needed.

Starting with the necessities, it is important to have a first aid kit. In the first kit helpful things include large bandages, scissors, tweezers, ice packs, disinfecting ointments, and simple pain killers, such as Aleve or Tylenol.

Plenty of bottled water is a must, so have enough for at least enough for three days. Also, enough non-perishable food and snacks for at least three days. A lot of canned goods as well as protein and energy filled food, and even vitamins. Finally, matches (in a waterproof pouch), flashlights, fire extinguishers, and whistles are very necessary!

A radio or portable CD player can make the time pass more pleasantly. And don't forget soap, deodorant,



Sandspur Stock Photo

toilet paper and disinfectants, bedding for comfort, and a few extra pairs of clothes.

During the actual hurricane remember not to go outside when winds are over 50 MPH. The wind is much too strong at this point, and

the possibility that something flying around will hit you is too great. It is probably a good idea to stay in your dorm anyway, because, although the power in your dorm may be out, your homework and test are often still due.

During a hurricane, make sure to expect a lot of wind, rain, branches breaking, and power going off. With this in mind, the best advice for a hurricane is be safe, be prepared, and do not go outside.

What? I Need Written Permission Just To Work In A Study Group?

■ It took enough time to implement the code, but does it have any impact?

Kelsey Field
the sandspur

"On my honor, I have not given, nor received, nor witnessed any unauthorized assistance on this work." A short sentence with deep implications for Rollins' staff and students. The honor code, which came into place starting this year, is present in every classroom, on every assignment and on every exam.

The nine violations of the honor code are for the most part obvious cheating. As a student, by college most should know that plagiarism, cheating, violation of testing conditions and lying are the basic school no-no's.

However, there are other major parts of the honor code that are new concepts to many of us, and major gaps have been left unfilled by the Honor Code Committee. Unauthorized collaboration, facilitating academic dishonesty and submission of work prepared for another course, even if prepared by yourself, are all considered violations of the honor code, and can result in an HF

"On my honor, I have not seen, nor received, nor witnessed any unauthorized assistance on this work."
- The New Honor Code Signature

(honors failure) on your transcripts.

More concerning than the honor code itself is the school's implementation of a policy that lacks school wide support and more importantly, understanding.

For the incoming freshman, that meant attending the honor code seminars and signing the honor code, but never receiving a written copy of the honor code, which begs the moral of signing before reading what you are in fact signing.

For the rest of Rollins, it

meant knowing that the honor code was being created, that the honor code had been signed into place by a committee of students and staff, but never knowing what exactly the honor code entailed.

For many, it would be sufficed to say that the honor code meant simply not cheating. Unfortunately, a lack of understanding of the honor code continues today. Many in classes question what exactly unauthorized collaboration entails, and how one can self plagiarize, and why that statement needs to be put on every single piece of paper turned into your professor.

Electronic or written, the pledge needs to be on your homework, an aspect of the code that many find childish and not necessary for college age students. Others claim that it reduces the chances of cheating because it creates guilty feelings for the student.

The mystery of the honor code is one that needs to be addressed by both the committee that created and the administration that is meant to enforce it. In order to find the written honor code, one must Google search for it, where it is found in the Holt section, and no where else. The honor code was put into place in order to prevent cheating.

However, many students feel as though the code was not a campus-wide decision, and should have been voted on by the student body before being pushed onto them.

Many feel the honor code, instead of relieving students, now is placing undue stress upon them for varying reasons, such as forcing them to turn in other students or face an HF themselves and making sure that 15 page essay is not corrected, but that mistakes in it are discussed and options are given to the problem.

Many students are unaware that in fact the honor code can be changed if there is enough student support behind the proposal.

However, for the time being, as a student the best recommendation is to make sure you dot your i's and cross your t's if ever you are unsure about violations to



Alain Blanchard / The Sandspur

ONCE A CHEATER... How effective is the little blue sign at preventing students from cheating during classwork assignments?

the honor code. Ask your professors, email adminis-

Thanks to J.D. Casto, '10, ideas for this article. who helped contribute to the

tration, do whatever you need to do to make sure you do not accidentally break the honor code and find yourself in front of the honor code violations court.

THE NINE ACADEMIC HONOR CODE VIOLATIONS

1. Plagiarism
2. Cheating
3. Unauthorized Collaboration
4. Submission of Work Prepared for Another Course
5. Fabrication
6. Facilitating Academic Dishonesty
7. Violation of Testing Conditions
8. Lying
9. Failure to Report an Honor Code Violation

NEED CASH AND LOVE ROLLINS? JOIN THE FOX CLUB!



Who? All Rollins students

What? Be involved in the important effort to keep alumni connected to Rollins by calling to share Rollins updates, ask for financial support and alert them of nearby alumni functions.

- Starting pay \$6.50/hour
- Monday-Thursday 6-9 p.m.
- No transportation needed
- Cash incentives for top callers
- No experience necessary

When? September 5-November 2

Where? On campus, Crummer building

How? Contact Molly Neznanski for details:
mneznanski@rollins.edu
(407) 646-2243

MuggleCast Mixes Magic and Microprocessors for Potter Fan

Shannon Post
contributing writer

Jeff and Heidi Sims thought their oldest son, Andrew, would become a computer tech. After all, he's taken apart the family computer more times than they can count.

Then they thought the Shawnee High School senior might become a television producer.

"We used to call him Gelman, like on 'Live With) Regis and Kelly,' because he spent so much time at the school's television studio," Heidi Sims said, referring to the show's ever-present producer, Michael Gelman.

But now Andrew Sims is testing a new career possibility: professional podcaster.

Barefoot in his bedroom in Medford, Pa., this 17-year-old, ruddy-faced teen reaches more than 45,000 Harry Potter fans each week with MuggleCast.com, an hourlong podcast in which Sims and six co-hosts chat about theories and story lines surrounding author J.K. Rowling's boy wizard.

The venture has gained

them fame, a little fortune, and a handful of free trips.

"We've been to Las Vegas and New York City this summer, and we are going to England and California next month," Sims said. "It's a lot of fun, and I get paid. Other kids work at restaurants for the summer; I do this."

With 52 episodes under their belts, Sims and "we" — teen co-hosts Ben Schoen in Kansas, Jamie Lawrence in England, Laura Thompson in Georgia, Kevin Steck in Connecticut, Micah Tannenbaum in New York, and Eric Scull in Reading, Pa. — are part of a booming trend in which a group of unknowns can become underground stars.

"It's crazy," Heidi Sims said. "We go to these book signings, and there are these girls screaming at them like they are celebrities, wanting their autographs."

Podcasting seems a natural fit for these Generation Y-ers, but everyone from Gen X-ers to baby boomers has a hand in it, said Ted Demopoulos, a Fortune 500 business and technology consultant.

"There's a podcast for every niche, from Harry Potter

to knitting," said Demopoulos, who also is the author of "What No One Ever Tells You About Blogging and Podcasting" and creates in-house podcasts for businesses. "It can be produced so cheaply and easily, and most anyone can do it. All you need is a microphone, software and access to the Internet."

Chris Cavallari, founder of the fledgling New Jersey Podcasters Association, called podcasting the great equalizer. "Before, if you wanted to get your message out, you needed print or radio or broadcasting mediums," he said. "Most people don't have access to that. With podcasting, people can say what they want. And, yes, there is a lot of junk out there, but it's going to change the way we view the Internet."

Sims came up with the MuggleCast idea and launched it last summer. He pitched it to the founder of MuggleNet.com, where for three years he volunteered as Web-site manager. Emerson Spartz, 19, a University of Notre Dame student who launched MuggleNet when he was 12, told Sims to go for it.

"I can't lie; at first I thought it was a bad idea," Spartz said.

"I just didn't think anyone would want to listen to a bunch of kids talking about Harry Potter. I was dead wrong."

MuggleCast is doing well. While many podcasts earn almost nothing, Demopoulos said, MuggleCast earns revenue. It makes money through T-shirt sales, after a printing group out of Georgia saw how well the podcast was doing and offered to design T-shirts for the show for free. Now, the hosts get \$6 on each \$15 shirt sold.

The site also garners about \$750 a month from reading advertisements for GoDaddy.com, an Internet domain-name broker. Sims and Schoen also earn \$800 a month for maintaining the site.

Visibility is high, too. This month, the show is No. 3 on the Apple iTunes top-100 list of "Arts" podcasts. And it's enjoying an overall rank of 46th out of tens of thousands on the same site.

Podcast Alley, a directory of podcasts nationwide, ranked it No. 2 on its top-10 list. The show also has been nominated for the Nickelodeon Australia's 2006 Kids'

Choice Awards, and is a nominee for the 2006 Podcast Awards People's Choice Award.

The show also is beating its competition. PotterCast, its closest rival, gets 30,000 downloads on average, host Melissa Anelli said. With an older staff of 20- and 30-somethings, PotterCast appeals to an older audience and offers a more news-oriented format with celebrity interviews.

MuggleCast hopes to beef up the latter for its audiences in the future. Sims will do celebrity one-on-ones next month when he and Anelli go on a trip, paid for by Warner Bros., to the England film set of "Harry Potter and the Order of the Phoenix," due out next year.

"Getting interviews is hard," Sims said. "We did one with Warwick Davis (Professor Flitwick in "Harry Potter and the Sorcerer's Stone"), and we are trying to get a couple of others. We do know that Ivanna Lynch, who plays Luna Lovegood (in "Order of the Phoenix"), listens to the podcast. So we hope to get an interview with her when the filming is done."

Ways to Become Globally Aware on Campus!

Carolyn Strickler
the sandspur

Planet Earth has evolved vastly over time. Unfortunately, along with this evolution also comes the progression of pollution. Eco-Rollins, the Environmental Club at Rollins, has made tremendous growth in the past couple years in keeping Rollins current with the latest ways of respecting and conserving mother nature.

Their goal is to educate the campus, motivate others to take action and step up environmental awareness.

"Our biggest accomplishment has been the approving and financing of the Solar panels," Sara Shaw, President of Eco-Rollins, '07, said.

The introduction of this new economical source of power is a milestone for Rollins.

This alternative energy source is more efficient by directly converting sunlight into the form of electricity, without the use of fuel. It is

also easier to maintain.

A two-kilowatt system will be placed on top of Bush Science center. Students will be able to choose the make and model of the solar panels, as well as helping install and construct them.

In the future, a display on the solar panels will be made giving students taking environmental or physics classes in Bush Science Center the opportunity to learn about this new form of energy.

Another progression Eco-Rollins has made already this year is the further organization of making it easier for students to recycle. For example, instead of distributing the blue recycling trash bins at orientation, which caused chaos and confusion, the bins were already placed in the dorm rooms with instructions on how to use them before the freshman got to their rooms.

"I was instantly comforted upon finding the recycling trash can waiting for me in my room," freshman



MOCK-UP: Scott Bitikofer from Facilities Management stands next to a mock-up of the future solar panels soon to be atop the Bush Science Center.

Justin Waldman reports, "I right away felt at home."

"The recycling program has had its ups and downs, but it has really improved," Shaw said, "We have greatly increased our student awareness and involvement." The

student involvement fair was definitely a success, as many freshmen showed their interest.

Meetings will be held on Tuesdays at 12:30 p.m. at the Beal Building, also known as the environmental studies

building, located next to the bookstore. These meetings will be weekly continuing through the school year.

There are many fun activities to look forward to, especially Earth day on April 22nd!

Opinions

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15

The Triumphant Return of the Rollins College Democrats?

Shannon Post
contributing writer

Iraq. The word alone makes you feel something - maybe anger, sadness, hope, or all of the above. We do not agree on our feelings about Iraq, and we certainly do not agree on the reasons our country is in Iraq. But I think a majority of us can agree on one thing: that the War in Iraq (situation, conflict, occupation, and etcetera) needs to be discussed intelligently rather than in partisan ways that are meant to divide the country in an election year or at any time for that matter.

The Rollins College Democrats, Amnesty Interna-

tional, and Eco-Rollins in partnership with the Central Florida branch of Democracy for America, are bringing this important discussion to Rollins in a one-of-a-kind forum that plans to go "beyond the sound bites" to address the Iraq War in an intellectual manner. We hope that our representatives in office will recognize that Iraq is a matter of great public concern and discuss its future in a similar, non-partisan manner.

The forum will feature four speakers from a variety of backgrounds and expertise, including Peter W. Galbraith, former ambassador to Croatia and author of "The End of Iraq" who experienced firsthand the immediate aftermath of the Iraq War; Lawrence J. Korb, co-author of a plan for Iraq called "Strategic Re-deployment," senior fellow at the Center for American Progress, and former Assistant Secretary of Defense under President Reagan; Dr. Ujjayant Chakravorty, professor of economics at the University of Central Florida College of Business Administration and expert on resource and environmental economics, including oil and energy prices; and Dr. Stephen Day, adjunct professor at Rollins College and expert on Middle East politics.

These panelists will offer their unique perspectives on the current situation in Iraq and discuss their different visions for the country. There will be an opportunity for audience members to meet the speakers at a reception following the event, and Peter Galbraith will be available to sign copies of *The End of Iraq*. This book may be pre-ordered by contacting spost@rollins.edu, and all proceeds will help defray the costs of this event.

We are honored that these distinguished guests have chosen to speak at Rollins about such an important topic. This will be the first event of the semester for the new Rollins College Democrats, who are now making their comeback after a

year-long hiatus. The vision of the RCD's is to spark political dialogue on campus, as awareness of politics and current events is a necessary component of global citizenship.

The RCD's hope to assist, along with other politically-oriented student organizations, the development of our fellow students' political consciousness so that we may all become well-rounded global citizens.

The Iraq War Forum is the first step in our political growth this year, and I encourage everyone from the community to attend, as this forum will be the only one of its kind at Rollins and in the state of Florida.

MEETINGS

TUESDAY'S AT 5 PM
IN THE DARDEN LOUNGE
STARTING 9/5/06
EMAIL: SPDST@ROLLINS.EDU
FOR MORE INFORMATION!

What 'East' Germany?

McClatchy-Tribune News
Service

The following editorial appeared in the Fort Worth Star-Telegram on Thursday, Aug. 24:

Every year, a bunch of fresh-faced college students arrive on the nation's campuses, presenting a new set of problems - oops, better make that opportunities - to the men and women who would be their intellectual guides for the next few years.

Veteran teachers learn quickly that they sometimes have to spell out references that their peers take for granted - the Cuban missile crisis, for example.

And since 1998, Beloit College in Beloit, Wis., has been releasing the annual College Mindset List to help faculty and staff recognize the challenges that the new

freshman class poses.

The college's news release says that the list is a creation of Tom McBride, Beloit's Keefer Professor of the Humanities, and public affairs director Ron Nief and that it "looks at the cultural touchstones that have shaped the lives of today's first-year students."

This year's list, which is trademarked and copyrighted, has 75 items. A few are listed below.

"Most 18-year-old students entering the class of 2010 this fall were born in 1988. They grew up with a mouse in one hand and a computer screen as part of their worldview," the release says.

"They learned to surf the Internet as they learned to read. While they were still in their cribs, the 20th century started to close as the Berlin

Wall came down, the Soviet bloc disintegrated, and frequent traditional wars in Latin America gave way to the uncontrolled terrors of the Middle East."

"And the lesson, class, is that if you are older and sometimes think that younger people don't understand what you are talking about, you are probably correct."

From the list, for this year's entering freshmen:

- The Soviet Union has never existed and therefore is about as scary as the student union.

- For most of their lives, major U.S. airlines have been bankrupt.

- There has always been only one Germany.

- They have never heard anyone actually "ring it up" on a cash register.

- A stained blue dress is as famous to their generation

as a third-rate burglary was to their parents'.

- A coffee has always taken longer to make than a milkshake.

- Text messaging is their e-mail.

- Mr. Rogers, not Walter Cronkite, has always been the most trusted man in America.

- Bar codes have always been on everything, from library cards and snail mail to retail items.

- Carbon copies are oddities found in their grandparents' attics.

- Nondenominational megachurches have always been the fastest-growing religious organizations in the United States.

- Reality shows have always been on television.

- Young women's fashions have never been concerned with where the waist

is.

- So (as in "Sooooo New York") has always been a drawn-out adjective modifying a proper noun, which in turn modifies something else.

- They have always been able to watch wars and revolutions live on television.

- Ringo Starr has always been clean and sober.

- Professional athletes have always competed in the Olympics.

The list is fun, but it also is significant social commentary. And the lesson, class, is that if you are older and sometimes think that younger people don't understand what you are talking about, you are probably correct.

Want a copy of the list? For the complete College Mindset List, see: [www.beloit.edu/\(TILDE\)pubaff/mindset/](http://www.beloit.edu/(TILDE)pubaff/mindset/)

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THE GLOBAL CITIZEN

Alan Nordstrom
faculty contributor

"Ours is the first generation of human beings who can choose to be the last." That recognition by systems scholar Ervin Laszlo changes everything about what is important to attend to in these chaotic and critical times when society will either break down globally or break through to a new global civilization more wisely conceived.

To make this breakthrough, humanity must establish itself in a new level of consciousness marked by connectivity, cooperation, and conciliation. To be a Global Citizen today:

- is to be a peace maker and a peace keeper, since war is obsolete because it endangers the whole planet.

- is to owe primary allegiance to the flourishing of life on this precious celestial globe, Planet Earth, knowing deeply that all human beings are one family among families of other creatures, equally dear and requiring our protection.

- is to assume intelligent and compassionate care for this planet that we have been obviously endangering with our reckless exploitations.

- is to inform oneself of the grave challenges our burgeoning species poses to the health of the planetary ecosystem and to rectify our destructive impact by learning to live lightly and sustainably on the Earth, with equitable distribution of resources and benefits to all members of the human family.

The aim of higher education is to enable the evolution of higher consciousness in students. As the universe itself is the manifestation of evolving consciousness, we human beings exhibit that process in our individual development, having the potential and opportunity to do so if we so choose.

Nothing is more worth studying today than what contributes to the evolution of a human consciousness capable of birthing a new era of ecological sustainability and social justice—Earthwide.

We must penetrate the fog of delusion and denial to see the imminent dangers all around us and respond appropriately. Those studies are therefore most imperative that inform us of these dangers and show us their causes, their manifestations, and the changes necessary to avert them. After that, those studies that enable individuals to pursue remedial actions best suited to each one's talents and capacities should be undertaken, yet always in conscious concert with a comprehensive program of transformation at every level: personal, cultural, social, economic, political, and global.

First, comprehend our predicament; then learn how best to address it and how best, personally, to contribute to its resolution. A new age, a new era, a new level of consciousness yearns to be born.

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In the Air, Resolutely

McClatchy-Tribune
News Service

The following editorial appeared in the Chicago Tribune on Monday, Aug. 14:

Under the best of circumstances, a trip to the airport carries a bit of doubt and dread. Will the plane be on time? How long will the security lines be? On Thursday, with news that the British had foiled a massive alleged terror plot to blow up U.S.-bound airliners over the Atlantic Ocean, travelers across the country absorbed an added jolt of uncertainty.

Suddenly there were new rules. These were hurriedly declared because the terrorist suspects arrested in Britain apparently planned to use explosives disguised as common liquids. They'd be detonated by ubiquitous electronic devices, such as MP3 players or disposable cameras. The bombs were to be assembled on the aircraft, law enforcement officials said.

That made every bottle of water, every tube of toothpaste, every container of hand lotion suspect. A little

patience was called for, and by all accounts, airline passengers obliged. With a minimum of griping they tossed their toiletries, including pricey bottles of perfume, with a shrug. Who wants to die for a bottle of hair gel?

Since the Sept. 11, 2001, attacks, we've all had some experience with this, balancing personal freedom and

them.

Flying without the creature comforts - laptops, cell phones, iPods and all the rest - wouldn't be pleasant. Let's face it - long air trips are, if you're lucky, boring. Business travelers want their laptops to do work. Others are rescued by being able to listen to music rather than crying babies.

But you only have to watch the typical airline passenger lugging a bloated carry-on bag down the aisle, cramming it into the overhead bin or attempting to (while blocking the aisle), to imagine the benefits of limiting carry-on luggage.

Boarding planes would be a lot quicker, for one thing. It's a good bet that we'll all be getting accustomed to some new security procedures beyond the shoe removal and bag searches that have become routine.

In most places, the intrusive searches had blended into routine. The lines got shorter as everyone learned to cooperate, to wear shoes that could be slipped off easily, to stop packing nail clippers or pocketknives or all the other things that might set off the scanners.

The same will happen now. Air travel isn't going to be quite as convenient. But it will be safer, which is what counts.

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"If no one's allowed anything, then you'd know, right?"

- British Geologist in London's Heathrow International Airport

comfort with the requirements of tightened security. By Friday, most people had adjusted, wisely stowing toiletries in checked luggage. There were reports of a huge increase in checked luggage and near-empty overhead bins in planes. That's not a disaster. Most people carry far too much onboard anyway.

But how far will passengers go? Should carry-ons be banned, as they were in Britain, at least temporarily?

Some passengers see the wisdom of a no carry-on policy. As one British geologist, who bravely withstood a "long and boring" flight from London's Heathrow International Airport to San Francisco, said: "If no one's allowed anything, then you'd know, right?"

Yes, you would. But there are no foolproof security screenings. Clever and determined terrorists will find the potential weaknesses and attempt to exploit

This column, which will appear frequently in the Sandspur, will be written by various members of the Rollins community and will express various opinions regarding an education for "global citizenship and responsible leadership," one of Rollins' principal academic objectives.

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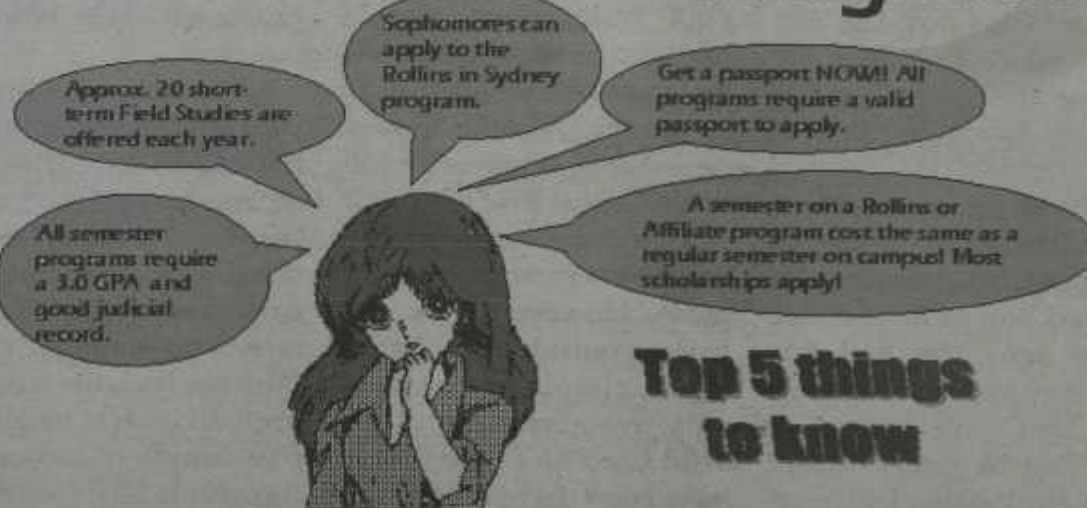
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- Oscar Wilde



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Sports

EDITOR: SAMANTHA MARSH
SPORTS@THESANDSPUR.ORG

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Men's Soccer Opens on a High Note

Juan Bernal
the sandspur

The Rollins Mens' soccer team opened their season with back to back games on Thursday August 24 and 25 at Barker-Finley on the campus of Rollins College. The team came in expected to contend for the Sunshine State Conference Championship after finishing tied for second with Lynn last season, with a 6-2 conference record and a 15-5 record overall.

Rollins comes into Coach Keith Buckley's 16th season at #25 in the nation; however, they are picked to finish fourth in a very strong conference. Lynn, who is ranked third in the nation, comes into the season picked to win the conference. Fellow conference foe St. Leo is ranked 10th nationally and is picked to finish as the runner-up to

Lynn. Barry, who is slated to finish third, is not nationally ranked.

There is no shortage of senior leadership on the Tars this season as they return 11 seniors, six of whom started in the season opener vs. Clayton State. Tres Loch, who was a first team All SSC midfielder, along with SSC second team selections Christopher Chafin and Chris Cerroni, are expected to be the key senior contributors for the Tars this season. Sophomores Dennis Chin, Scott Murell and Junior Leslie Osei are all expected to play key roles if the Tars are going to be successful this season.

On Thursday, August 24 the Tars had a big showdown against the eighth ranked Clayton State Lakers from Georgia. For the first 80 minutes Rollins outshot the Lakers 18-9, but unfortu-

nately none of those shots went into the net.

The Lakers drew first blood when they took advantage netting a free kick courtesy of a Rollins foul just outside their own box in the 83rd minute. However, the Lakers wouldn't be on the winning end of this one for long. In the 88th minute with the Tars pressed for time, a Juan Kusnir shot that bounced off the top of the post found its way to Chris Cerroni and he snuck it past the Clayton State goalkeeper for the 31st goal of his Rollins career to tie the game at 1 and send it into overtime.

In overtime, both teams had good opportunities to seal the deal on a golden goal, but both could not capitalize. In the second overtime, the Tars got just the break they needed when the Lakers were called for a

penalty within the penalty box. Coach Buckley elected Cerroni to take the kick, and he had no problem burying the 32nd goal of his Rollins career into the corner to cap the upset victory. Rollins goalie Frazer Sidall had four saves in a game that included 48 fouls and six yellow cards.

After their dramatic upset victory over Clayton State, the Tars had to turn around the next day and face Briar Cliff out of Iowa. From the fourth minute of the game, in which Jacob DeLoach scored the first Rollins goal, the game was never in doubt. Freshman Michael Aronski followed with back to back goals in the 17th and 18th minute to put the Tars up 3-0. The onslaught would not end there as Chris Cerroni added his third goal of the season and sophomore Dennis Chin was the second

Tar of the game to score back to back goals in two minute periods.

The Tars were up comfortably 6-0 at the half and never looked back. In the second half, Ian Kukulka added two goals and Stokes Smith, Jon Gruenwald and James Taylor each added goals for the Tars. The Chargers got on the board in the 85th minute when a Charger midfielder snuck one past the head of Dana Singer for their lone goal. The Tars ended up cruising to an 11-1 victory and in the process they outshot the Chargers 32-6. Leslie Osei added 3 assists for the Tars.

The Tars will continue a non-conference homestand as they face the Chargers of Alabama-Huntsville on Friday, September 1 and they round out the homestand by hosting Montevallo on Sunday, September 3 at 2:30.

Baseball Season Heads Into Stretch Run

Juan Bernal
the sandspur

Heading into September, the 2006 season has been more competitive than ever. The National League has 13 of its League's 16 teams in contention for a playoff spot. In the American League, eight of its 14 teams have a chance to clinch one of the four available playoff spots.

In the American League, the Twins currently hold a slim ½ game lead over the White Sox for the American League Wild Card. The Yankees hold a 6 ½ game cushion over the Boston Red Sox in the American League East.

The Yankees were able to catapult to such a big lead by sweeping five games from the Red Sox in Boston two weeks ago. The Red Sox have been baseball's coldest team and have lost 18 of their past 26 games. Meanwhile, the Yankees who were down four games at the All-Star break have been one of baseball's hottest teams after the acquisition of Bobby Abreu.

Despite injuries to Hideki Matsui and Gary Sheffield, the Yankees have used players like Melky Cabrera and A.J. Phillips to make sure they make their

13th straight postseason. The Detroit Tigers, who are baseball's best and most surprising team hold a four game lead on the Twins and a four and a half game lead on the defending Major League Baseball champion—Chicago White Sox. In the American League West, the resurgent Oakland Athletics hold a five and a half game lead over the Los Angeles Angels of Anaheim and the Texas Rangers in the AL West.

In the National League, the New York Mets are 14.5 games up on the Philadelphia Phillies and Florida Marlins. In the process, the Mets are set to be ready to break the Atlanta Braves' record of 15 consecutive National League East titles.

The Braves are 61-68 and stand 18 ½ games out of first place. However, they still have an outside shot of making the playoffs as they stand only five games out of the Wild Card race. The Braves have been decimated by injuries and an inconsistent that ranks among the worst in the baseball.

In the Central Division, the St. Louis Cardinals, despite struggling mightily hold a two and half game lead over Wild Card leader Cincinnati. The Cardinals have had injuries as well, losing Albert Pujols for 15

games at the end of May and beginning of June. Also, an overworked bullpen and erratic starting pitching has lead to struggles which could affect them winning games in October.

The Houston Astros, perhaps the most disappointing teams in all of baseball have never been able to put a consistent run together despite Roger Clemens coming out of retirement, a career years by Lance Berkman and Willy Taveras' 30 game hitting streak. The Astros stand at 63-68 and four games out of the Wild Card race.

The resurgent Brewers, who after the All-Star break traded All Star Carlos Lee to the Rangers are having their best season since 1992 and stand only four and a half games out of the Wild Card race. The National League West has been the most wide open division in baseball the past couple of seasons and this year is no different.

The Los Angeles Dodgers, who currently hold a one and a half game lead over the San Diego Padres and a three game lead over the San Francisco Giants have had an up and down season. After they went 1-13 in the 14 games after the All Star Break, they won 17 of their next 18 and acquired



YOU'RE OUT! Derek Jeter continues to win games while others attempt to match his records.

Greg Maddux from the Chicago Cubs. The San Diego Padres, who won last year's NL West title, stand a half game back of the Wild Card leading Reds.

As the season winds down, and the playoff races heat up, so does the MVP debate. In a very close race last season, the Yankees' Alex Rodriguez edged Boston DH David "Big Papi" Ortiz for the MVP. This season Ortiz's name comes to mind when it comes to talking about the MVP as he is having career year with 47 homers and 123 RBIs (through Sunday, August 27).

The only other contender is Yankees' captain Derek Jeter, who despite his four World Series rings and solid numbers throughout his 11 year career has never won an MVP award. However,

er, he is competing against the most clutch hitter in baseball today and possibly in its history.

Ortiz has almost single-handedly kept the Red Sox in striking distance of a playoff berth. Also, Ortiz is counted on more to produce as Jeter hits in a lineup with guys such as Bobby Abreu, Alex Rodriguez and Hideki Matsui (despite his injury). The only other hitter in Boston's lineup that is having a stellar season is Manny Ramirez (.326 34 HR, 100 RBIs).

Jeter makes more of an impact in the field as Ortiz is a designated hitter, but you can't argue that the number of games Jeter has won in the field is remotely close to the number of games that Ortiz has won with his bat.

V for Victory

Samantha Marsh
the sandspur

The Rollins soccer teams were not the only college athletes to experience the joy of victory last weekend. In fact, the agony of defeat was conspicuously absent from the Tar's games last week, and our volleyball squad was no small part of that. The Tars swept the St. Mary Invitational in San Antonio Texas, going undefeated last Friday and Saturday.

Rollins dominated the competition on Friday, winning every game. They beat both the Colorado Mines and Valdosta State 3-0.

This was also true for their game against Alaska Anchorage on Saturday. Their game against the tournament's host, St. Mary's offered a lot more suspense,

but Rollins managed to break to break a 2-2 tie to pull ahead for the win and the tournament championship. Flavia Silveira helped provided excellent defense for the Tars, with an average of 16.25 digs per game. Stephanie Nicols and Lorena Orlandini illustrated the sheer intensity and power of the Tar's offense, combining to produce ninety kills for Rollins during the tournament.

Rollin's own Lacey Malarky was named tournament MVP in honor of the stunning number of assists, in total 149, that she racked up over the weekend. In addition, Orlandini was chosen, along with her teammate Christina Reinders, to play on the St. Mary's Invitational All-Tournament Team.



COURTESY OF ROLLINS SPORTS

NO "I" IN TEAM: Rollins Women's Volleyball huddle together to discuss strategy before cruising to victory.

Personal Trainer

Good moves for walkers

Regular walkers can head off some common overuse problems with these simple exercises:

Foot roll Prevents shin pain

- 1 Standing with your feet almost together, roll up onto your toes, hold for 2 seconds, and roll back down.
- 2 Roll onto the outsides of your feet, hold for 2 seconds, and roll back down.
- 3 Next roll onto your heels with toes off the ground, hold for 2 seconds, and roll back down.

Do this sequence 10 times before every walk.

Straight leg raise Prevents knee pain

Sit up straight with one leg straight, one bent

Raise leg 6-12 in. (15-30 cm), hold 5 seconds

Flex foot, don't point toe

Do 10 on each side, two to four times a week

TARs Scoreboard

MEN'S SOCCER

8/24/06 ROLLINS (#25) VS. CLAYTON STATE (#8) 2-1

Time	Team	Goal Scorer	Assists	Description
82:21	Clayton	Crooks, Kevin (1)	Kalinov, Angel	free kick outside box played into the box, loose ball, put into net
87:41	Rollins	Chris Cerroni (1)	Juan Kusnir	Kusnir shot goes off post, Cerroni scores rebound
101:12	Rollins	Chris Cerroni		Penalty kick

8/25/06 ROLLINS (#25) VS. BRIAR CLIFF 11-1

Time	Team	Goal Scorer	Assists	Description
4:46	Rollins	Jacob Deloach (1)	(unassisted)	low driving shot
16:32	Rollins	Michael Aronski (1)	Jon Gruenewald	cross from Gruenewald
17:52	Rollins	Michael Aronski (2)	Leslie Osei	volley off corner
23:52	Rollins	Chris Cerroni (3)	Leslie Osei	through ball by Osei
29:33	Rollins	Dennis Chin (1)	Michael Aronski	through ball from Aronski
30:43	Rollins	Dennis Chin (2)	Thomas Makin	goalie deflected but still into net
48:11	Rollins	Ian Kukulka (1)	Thomas Makin	header from cross
51:21	Rollins	Stokes Smith (1)	Leslie Osei	breakaway
52:27	Rollins	James Taylor (1)	Ian Kukulka	deflection off defender
76:15	Rollins	Ian Kukulka (2)	(unassisted)	from outside 18
79:19	Rollins	Jon Gruenewald (1)	(unassisted)	breakaway
85:05	Briar Cliff	Joe Florke (1)	(unassisted)	Cross over goalie's head

WOMEN'S SOCCER

8/25/06 ROLLINS VS. BRIAR CLIFF 6-0

Time	Team	Goal Scorer	Assists	Description
2:43	Rollins	Lindsay Taylor (1)	Lindsay Giblin	header off corner kick
8:20	Rollins	Jeri Ostuw (1)	Melissa Saint James	rebound off Saint James' shot
8:25	Rollins	Lindsay Giblin (1)	(unassisted)	30 yards away
8:36	Rollins	Lindsay Giblin (2)	Ericka Mohr	header off cross
25:30	Rollins	Dana Merrill (1)	(unassisted)	free kick from near half line, goes off keeper's hands and in
88:38	Rollins	Lindsay Taylor (2)	Jeri Ostuw	header off corner

8/28/06 ROLLINS VS. FLAGLER 5-1

Time	Team	Goal Scorer	Assists	Description
4:15	Rollins	Ashley Hunsberger (1)	Alison Tradd	header off free kick
28:20	Rollins	Lindsay Giblin (3)	Alison Tradd	Tradd through ball, Giblin breakaway
33:53	Rollins	Lindsay Giblin (4)	(unassisted)	
35:13	Rollins	Melissa Saint James (1)	Lindsay Giblin	volley off corner
46:18	Flagler	Elizabeth Glasgow	Penalty kick	
73:46	Rollins	Melissa Saint James (2)	(unassisted)	collected loose ball and fires from top of box

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Tars Dominate, Outscore Opponents



Samantha Marsh
the sandspur

Not to be outdone by their male counterparts, Rollins women's soccer team went 2-0 for in their impressive season opening weekend. On Friday, the Tars' aggressive offense left their opponent, Briar Cliff, in the dust. Briar Cliff was allowed only two shots on goal and had no corner kicks at all.

The beginning of the game was marked by almost constant pressure by the Tars, who scored five out of nineteen shots on goal in the first half alone. Rollins seemed to be scoring at will; three of the goals in that half

occurred within 16 seconds of each other. In the last five minutes of the second half, Lindsay Taylor added another goal, a header assisted by Jeri Ostuw to bring the final score to 6-0. It was Taylor also scored the first goal of the game, assisted by Lindsay Giblin, who also contributed two goals later on.

Two days, on Monday, the Rollins defeated Flagler, once again taking the offensive early on. Ashley Hunsberger scored the first goal after just four minutes of play, an excellent header assisted by Alison Tradd. Once more, the Tars outshot their opponent, with nearly twice as many shots on goal.

Lindsay Giblin, who transferred to Rollins in spring of 2005, scored two of the goals in the 5-1 victory. Flagler's only goal was a penalty kick called on account of a foul on senior goalkeeper Francesca Nicoloso who, nevertheless, had three other good saves.

The Tars were able to demonstrate technical prowess and ball movement as they maintained an upper hand in both games. They play again at home on Friday, September 1 against Alabama-Huntsville, the same night the men take on that opponent as well.



Women's Soccer Schedule

Aug. 25 - Briar Cliff 6-0 W

Aug. 28 - Flagler 5-1 W

Sept. 1 - Alabama-Huntsville 5 PM

Sept. 3 - Montevallo 12 PM

Sept. 8 - @ West Florida 5 PM

Sept. 10 - @ Thomas U 12 PM

Sept. 14 - @ Emory Riddle 7 PM

Sept. 19 - Florida Southern 7 PM

Sept. 23 - @ Palm Beach 7 PM

Sept. 26 - Saint Leo 7 PM

Sept. 30 - @ Barry 4:30 PM



Photos by Roger French