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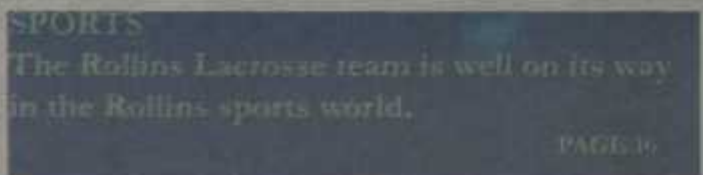
The Sandspur

ROLLINS COLLEGE ■ WINTER PARK, FLORIDA

ARTS & ENTERTAINMENT

Out of the latest releases at the box office, which ones are worth seeing?

pages 6-7



SPORTS

The Rollins Lacrosse team is well on its way in the Rollins sports world.

PAGE 10

THE STUDENT VOICE OF ROLLINS COLLEGE SINCE 1894

VOL. 113 ISSUE 27

www.thesandspur.org

April 30, 2007

New Admissions Procedures for Fall 2008

Daniel Paulling
the sandspur

Standardized tests -- better known by their cold, three-letter acronyms of ACT or SAT -- have long been a part of the lives of high school seniors. Every student attending Rollins College has spent a Saturday morning trying to boost their score into a higher percentile, in hopes that an acceptance letter or academic scholarship would be their reward. Students applying for the Class of 2012 will no longer have to worry about that.

Like Bates and Bedoin College, both small liberal arts institutions that pride themselves on strong academic reputations, Rollins has chosen to end the requirement of applicants sending in standardized test scores. (The college also did this in the early 1990's.) Administrators believe giving students the option of not sending in test scores will help the college grow as an academic institution.

"We can measure students without having to use test scores," says David Erdmann, the Dean of Admission and Enrollment. "In the past, we have overlooked good candidates because of low test scores. [The low test scores] were just too distracting."

Mr. Erdmann believes that even though these tests are called standardized, they really aren't fair to all high school se-

niors.

"One student may not have had the opportunity or resources to take a SAT prep class, while the girl next to her did," says Mr. Erdmann. "Also, some students just aren't good test takers."

Applicants who choose not to send in their standardized test scores must include a graded paper from a core academic course they took in their junior or senior year and a portfolio within their application. The latter may include art work, poetry, or even a DVD of their golf swing.

"In the past, we've had people come sing for us. Someone even played the bagpipes," says Mr. Erdmann. "This paints a big picture of a student. What they send in can be anything."

Current Rollins students have come to praise the merits of this concept.

"I'm not a great test taker," says Michael Eppich, a sophomore at Rollins. "So if I were a high school senior right now, I'd be really happy about this."

The change in the admissions process came after studies were done to determine the correlation between SAT scores and students' GPAs at Rollins. One study compared the GPA of a student whose SAT math score was over 600 to those who weren't, and the other compared SAT verbal score over 600 to those who weren't. While there was some positive correlation af-

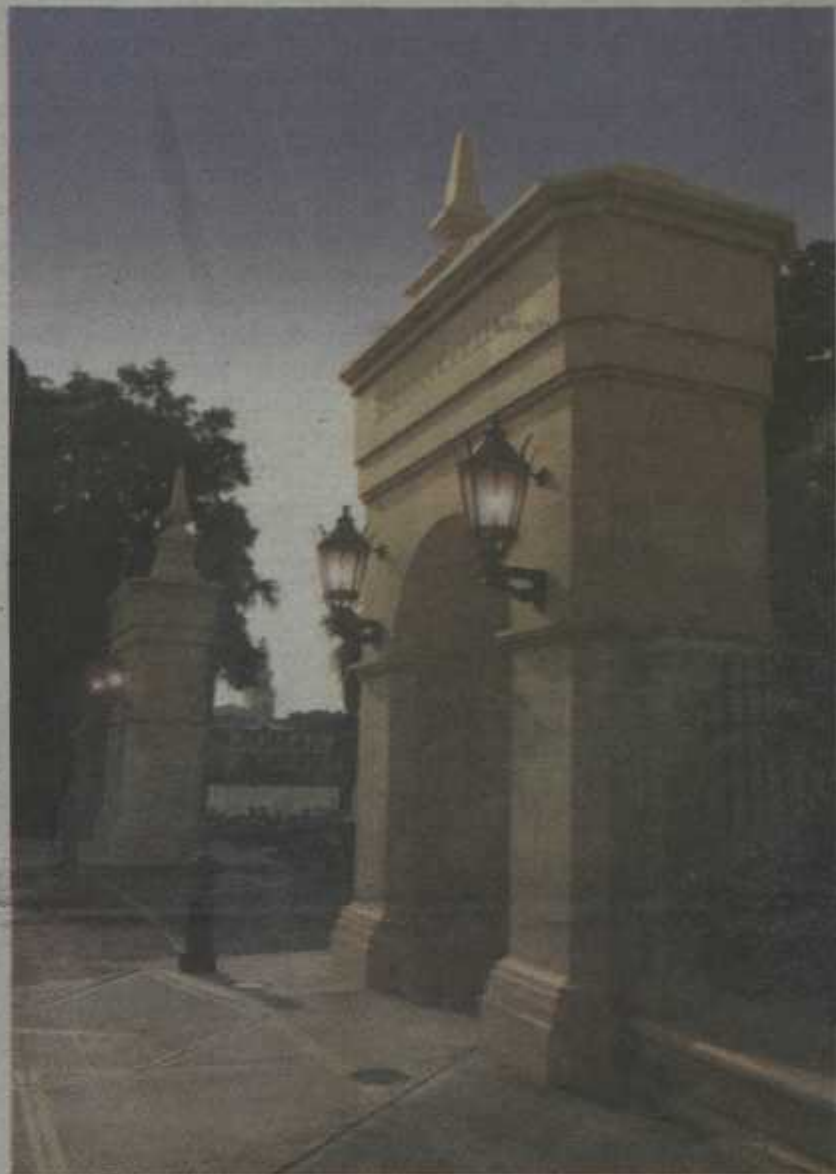
ter one year and two years (students with higher SAT scores tended to have higher GPAs), it was not enough to warrant continuing the same process.

The school does, however, require students who wish to apply for academic scholarships to submit standardized test scores. While the correlation between test scores and GPA isn't large enough to warrant a continuation of the old admissions process, Mr. Erdmann believes that there's a higher correlation at the top between grades in college and scores on standardized tests.

Studies done by Bates College, an institution that has been using this method for nearly 20 years, show that this plan works well. Applications that choose to submit their SAT scores were 90 points better in the math section and 70 points better in the verbal than those who chose not to. That is a difference of 160 points. However, the GPA difference at the college between the two was merely 0.05. So if the average submitter's GPA is 3.05, the average non-submitter's GPA is 3.00.

"There are plenty of students whose test scores exclude them from merit scholarships, but they perform well in college," says Mr. Erdmann.

The concept of not requiring students to submit scores is catching on at many other institutions. FairTest.org, one of the main forces against standard-



ized testing, says that there are 735 institutions that now make sending in scores optional and many more joining them.

"The FairTest list grows every year, and the controversy [about standardized testing]

grows every year," says Mr. Erdmann. "Other places around here will do it, too, since we are considered a flagship school in this area."

Earth Day

Rochelle Siegel
The Sandspur

Earth Day is the day intended to spread appreciation for the Earth's environment. A man by the name of John McConnell first introduced the idea of Earth Day at an environmental conference in 1969, and that same year he designed an Earth flag to also show importance of environment.

The 1960's were an important time in environment history in the United States. People began to change their beliefs and practices pertaining to everyday activities. Then in 1970 the official

"Earth Day" began over 20 millions people participated. The official date of Earth day became April 22.

Interesting facts pertaining to Earth Day:

April 22 is also the birthday of Julius Sterling Morton, the founder of Arbor Day, the national tree-planting holiday started in 1872.

Earth Day began as a result of modifying Arbor Day into a holiday that emphasized the importance of the environment and to raise awareness to the destruction of the earth's natural preserves.

Energy and water conservation and reduction of pollution are the best ways to save the environment.



PHOTOS COURTESY OF DANIKA TANZINI

Summit on Transforming Learning

Shannon Post
the sandspur

The 2nd Annual Summit on Transforming Learning, which took place on Friday, April 20th, drew over 100 participants from the Rollins community. Sponsored by Faculty Vision Fellows, Offices of Community Engagement, Student Involvement and Leadership, Multicultural Affairs, and the Quality Enhancement Plan (QEP), the Summit drew a large mix of faculty, students, staff, and administrators.

In accordance with the mission of the College, the Summit brought together scholars and practitioners to engage in conversations about responsible leadership and global citizenship. Presenters and participants explored ways of integrating the concepts of diversity, leadership, and service in a new, transformative approach

to student learning both in and out of the classroom. Incorporating diversity, leadership, and service into the curriculum is intended to enhance students' understanding of self and others in diverse contexts, and to foster in students a strong commitment to create positive social change in local and global communities.

During the Summit, students, faculty, and staff explored new ways of learning at the College level. Presenters shared their experiences with practices like reflective journals, collaborative projects between students and faculty, linked interdisciplinary courses, and service learning. They also explored future possibilities for transforming learning, like professors Scott Hewitt (Education), Rachel Simmons (Art), and Gabriel Barreneche (Modern Languages), who explored the potential for a "Transformative Cohort Group"—a group of

students dedicated to serving those in need throughout their four years at Rollins.

Cara Meixner, director of the Office of Student Involvement and Leadership and one of the co-organizers of the event, felt that it helped our community grow "stronger and more connected." Ms. Meixner was inspired by the stories, research, and perspectives of the presenters and commented in a thank you email to the Summit presenters: "Together, we have the capacity and agency to 'co-create' a rich, vibrant, and vigorous community of learners." The organizers hope to publish the Summit proceedings in a digest.

Professor Marc Sardy (International Business), who presented on the role of the Global Peace Film Festival in transforming education at Rollins, suggested that the Summit on Transforming Learning should perhaps go one step fur-

ther, by "creating an edited volume with an ISBN number, as 'there is really a dearth of information out there on this issue, especially at the college level.'"

Student participant Ana Maia ('08) felt that in addition to being very informative, the Summit was a great example of Rollins students, faculty, and staff coming together for one purpose. Ms. Maia stated, "we need more things like this [Summit], where we can have more communication between faculty and students."

Dr. Rhonda Ovist, professor of Sociology and chair of the Women's Studies Department, had her senior seminar students share their experiences with service learning, which they used as a way to take sociology out into the community and explore the possibilities and limits of their actions as citizens. Dr. Ovist was amazed by the engagement of the audience, who she believes "really took in what

[her] students had to say about service learning because they were speaking from their own experiences," and thus "have a lot to teach [the community] about it."

Dr. Ovist would have liked to see more faculty members at the Summit but notes the difficulty of rallying participants on a Friday toward the end of the semester. Along the same lines, a few student and faculty presenters commented that although the Summit was a success, they felt it was not well publicized to the Rollins community.

Yet overall, participants were tremendously inspired by the passion and dedication to learning of those involved and hoped that the Summit on Transforming Learning will be an even greater success in the future.

Annie Russell Announces 2007-2008 Season

Annie Russell Theatre

Main Stage

Equus

By Peter Shaffer

Directed by Thomas Ouellette

September 28-October 6

Gypsy

Music by Jule Styne

Lyrics by Stephen Sondheim

Book by Arthur Laurents

Directed and choreographed by W. Robert Sherry

November 9-17

The Importance of Being Earnest

By Oscar Wilde

Directed by Fred Chappell '64

February 15-23

Rollins Dance XXII

By W. Robert Sherry, Lesley Brasseux and Guests

Friday, March 21 @ 8pm

Saturday, March 22 @ 8pm

Murder We Wrote:

The Improvised Whodunit

Created and directed by David Charles

April 18-26

Fred Stone Theatre

Second Stage

Desdemona:

a play about a handkerchief

By Paula Vogel

Directed by Scottie Campbell '96

October 25-28

Dog Sees God:

Confessions of a Teenage Blockhead

By Bert V. Royal

Directed by Roberto A. Pineda '08

January 31-February 3

Two Rooms

By Lee Blessing

Directed by Aléa Figueroa '08

March 27-30

Information provided by Annie Russell Theatre

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Keep us in mind for next semester!

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Staff Reporters/Photographers
Section Editors/Assistant Section Editors

Interested? Email: editor@thesandspur.org!

Holt News

EDITOR: TANISHA MATHIS

EDITOR@THESANDSPUR.ORG

3

Adults Ditch Mid-life Crisis, Head to Class

Nargis Nooristani
mct campus

For undergraduate student Jeff Senne, college life doesn't have much to do with going to wild fraternity parties, dorm room living, or looking forward to his 21st birthday — he celebrated that 34 years ago.



COURTESY OF MCT CAMPUS
ADULT LEARNERS: Growing percentage of enrollment in college campus are due to increase in adult enrollment

"I'm 55, I've got no time to waste," he said.

An increasing number of older adults are gathering their textbooks and stuffing their backpacks, either for the first time or for another round at college.

In the last 20 years, enrollment of students over the age of 50 has increased by about 10 percent more than total enrollment in the University of California system and community colleges.

During that same time, the number of older students in California State universities has more than doubled, according to data by the California Postsecondary Education Commission.

Senne is pursuing his degree at John F. Kennedy University, a private institute geared to adult learners.

The university, which started with a handful of students in 1964, according to school president Steve Stargardter, is now educating more than 1,800 students to-

ward their bachelor's and master's degrees.

"We know that adult education is the fastest-growing educational segment in the country," he said. "It brings in about a billion dollars in revenue each year."

Senne began contributing his part to that revenue about a year and a half ago when his self-described mid-life crisis didn't resemble a sports car.

"I woke up and said, 'What the hell am I doing this for?'" said the psychology major.

Senne, a published business and leadership consultant, said the holistic psychology program at JFK helped him make up his mind

on a career change.

"It's sort of like my business career was just passing time," Senne said.

Heading back into a classroom was less of a challenge than he had anticipated, he said. The focus and experience he gained from age, he said, has made school an easier endeavor.

"One of the advantages of getting older is you get pretty intense about life," said the straight-A student.

Katie Hancock, 52, said when she began courses at Diablo Valley College three and a half years ago, she became more aware of her age.

"I was extremely nervous when school started," she said. "You suddenly become overwhelmed with how old you are and for the first week or so you're sort of obsessed with your age."

Hancock, now three courses

away from her associate degree, found the drive to continue from the motivation that comes with success.

"Many re-entry students, I feel, are dedicated, even though they feel like they can't do it," she said. "Once I got that first A, there was no stopping me."

Rose Qabazard, 47, said once her two daughters started attending college, she felt ready to hit the books, too.

"I feel like my learning capacity is greater than when I was younger," she said.

The thought of not having taken an academic class for 20 years pumped her full of anxiety



COURTESY OF MCT CAMPUS
BACK TO THE CLASSROOM: Students find going back to school challenging, but worth it.

when she first stepped foot onto a university campus.

"It took about two quarters, but it all came back," Qabazard said. "It's a little bit like riding a bike."

Knowing that she wanted work in public health, Qabazard found a science program that suited her at JFK, but anticipated a difficult road ahead.

"I expected to be struggling with learning and I've found it's not a struggle," she said. "It's been a very rich, full experience."

the CAREER COACH

Marian Cacciatore

TAKE AN INITIATIVE

Question:

I am looking for a new job and need advice. What should I do if I do not hear back from the company within a reasonable time frame?

I will answer this question from 2 possible scenarios:

Scenario 1:

You sent in your resume via the online application and never hear anything back from the employer.

Although technology is a wonderful tool, it is easy for a job seeker to become lost in an abyss of unanswered applications. You can increase your chances of getting noticed if you take action.

Many organizations have an active employee referral program. Do you know anyone within the organization who can refer you? Often employee referrals result in more action.

Also, if you know a current employee, try and obtain the name and title of the hiring manager so that you can send a copy of your resume and cover letter to the person directly.

In your letter make sure to explain that you have applied online but wanted to contact them to express your interest in the position. This will demonstrate your respect for the HR policies while also showing initiative and commitment.

If you do not know anyone inside of the organization consider doing some investigation to find out the name of the hiring manager.

Your research can include exploring the website or calling headquarters. Once you find out the name of the hiring manager, I'd recommend that you send a letter expressing interest in the

position. (Similar to the example above)

Be careful not to become a "stalker" to either the hiring manager or the HR department. Remember, the ability to build effective rapport is critical!

Perspective #2

You were granted an interview and then do not hear back.

The first question for this scenario is: Did you remember to send in a thank you letter after the interview?

A follow-up letter after an interview allows you to highlight some of your key skills and experiences. It can serve as an effective reminder for the interviewer/hiring manager of your skills and experience.

The "interview follow-up letter" is more than a nice way of saying, "Thank you for the interview." It's a chance to win someone over. It is one more opportunity to show what you can do for a company.

Assuming that you did send the follow-up letter right after the interview, I would recommend that you follow-up with a phone call to the hiring manager within a reasonable time frame.

However, it is critical that you utilize sensitivity and respect since it can be easy to appear desperate.

I'd be happy to discuss the issues that you have faced in more detail if you would like to give me a call!

Are you a Hamilton Holt students who would like more information on Career Services? Did you know that Career Services are offered year round? (including the summer) If so, contact Marian via email at mcacciatore@rollins.edu.

Moving? Relocating Resources

Mark Oleson
mct campus

With the end of the semester nearing, we are now approaching the "moving season", graduation, new jobs, disgruntled roommates, all necessitate a change in scenery.

Moving ranks as one of the most stressful events in a person's life; planning ahead can help reduce some of this stress.

Regardless of the reason for your move, there are many valuable resources to assist you every step of the way (all free)

- **Moving Checklist:** <http://moving.move.co>
- **Move! AMSA/moving-planner-checklist.asp**
- **Relocation Guide:** www.beltwaymortgagebankers.com/relocation/relocationGuide.htm

The most comprehensive relocation resource is Homefair (www.homefair.com/movingand-planning)

Free resources include:

- **City Reports** (Demographics, Cost of Living, and other quality of life info.)
- **Community Calculator** (What cities share factors similar to your community ...)
- **Crime Statistics** (How does your potential city compare with where you live now?)
- **Find a Storage Facility** (Storage unit quotes.)
- **Moving Calculator** (Estimate what the costs of the move will be.)
- **Rent vs. Buy Calculator** (Given our situation, what makes more money sense?)
- **Salary Calculator** (How would a salary of \$X compare in cities A and B?)
- **School Reports** (Information on schools as well as personnel contacts.)



COURTESY OF MCT CAMPUS
TIPS BEFORE YOU MOVE: Moving is stressful, planning ahead may reduce some of that stress

Communication Majors and Minors

LAMBDA PI ETA



National Communication Honor Society

-Lambda Pi Eta is the national honor society for undergraduate communication majors and minors and membership reflects the attainment of high academic goals.

-Lambda Pi Eta members are recognized at graduation by wearing the gold cords that signify academic achievement and success.

-Lambda Pi Eta is a great networking opportunity for career possibilities and graduate studies after graduation.

-Lambda Pi Eta at Rollins offers opportunities for leadership and participation in social and charitable events.

-Lambda Pi Eta at Rollins let's you decide your level of involvement. There is no time commitment required to join.

Find out about membership requirements and get an application on the Rollins website at: <http://www.rollins.edu/holt/students/lph.shtml>

Financial Tips: Credit Scoring

Mark Oleson
mct campus

When you apply for credit, lenders want to understand the risks associated with loaning money to you.

Credit scores are what most lenders use to determine your credit risk.

The most commonly used credit scoring model was created by Fair Isaac Corp. (the FICO Score).

Credit bureaus often use different names, such as the Beacon Score or Empirica Score. Each, however, uses the same underlining methods as Fair Isaac.

Consumers have three credit scores, one for each of the three credit bureaus (TransUnion, Experian, Equifax).

Each is based upon the information that particular agency keeps on file about you. Your score will determine loan terms (interest rates, fees, etc.) as well as how much a lender will offer you.

The higher the consumer's credit score, the less risk for a lender (FICO Scores range from

300 to 850).

It is possible to have no credit. Many individuals don't realize that many of the monthly bills paid (i.e., rent, phone, gas, utilities, insurance, etc.) are not reported to credit reporting agen-

for at least six months; also must contain at least one account that has been updated in the past six months).

This ensures there is enough information (and recent information) on which to base a score.

HOW IS

THE SCORE CALCULATED? The FICO score is calculated from a lot of data contained in your credit report.

The data is most commonly grouped into five categories: payment history (35 percent), amount owed (30 percent), length of credit history (15 percent), new credit (10 percent), and types of credit used (10 percent).

The percentages indicate the relative weighting of each area to the overall score. See what specific items constitute each of the five areas here: www.myfico.com/CreditEducation/WhatIsYourScore.aspx.

While most lenders use credit scoring to make credit granting decisions, each lender is likely to use a "personalized" strategy to determine how they are going to define a "creditworthy" customer or what an acceptable level of risk is for a given product.

There is no universally defined "cut off" where if you're below a certain point you will be

denied credit regardless of where you go.

The following MyFICO resource nicely illustrates the financial benefits of having a strong credit score: www.myfico.com/myfico/CreditCentral/LoanRates.asp.

In addition, more and more people are using credit scoring as a way of evaluating risk in other areas of life, employers, landlords, insurers, utility companies, and the list is growing rapidly.

It is important to understand that a credit score is a measure of how well you manage debt.

Many people are debt-averse (or haven't relied on debt to date), there is nothing wrong with this; I would never suggest going into debt merely to have a credit score.

You will want to ensure that when applying for insurance, a future mortgage, etc., that your lender uses manual underwriting if you have "no credit."

GETTING YOUR SCORE

You have some choices, a simple score estimator (www.whatsmyscore.org/lesson/estimator/); also, the e-loan resource (www.eloan.com/myeloan/viewscore).

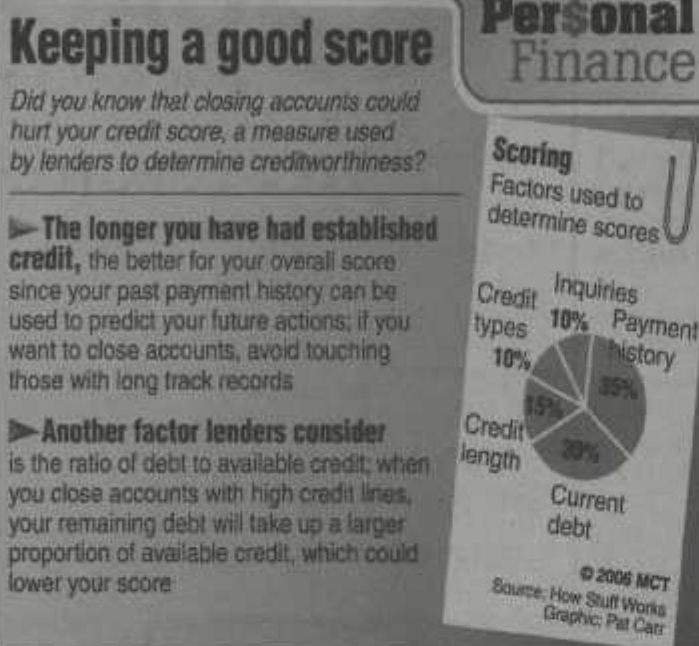
If you're interested in purchasing your score you can go to the following sites:

- FICO Score (you choose report score is based on), \$15.95: www.myfico.com/Products/FICOOne/Description.aspx
- Equifax FICO Score and Equifax Credit Report, \$15.95: www.econsumer.equifax.com/consumer/sitepage.html

- Experian VantageScore, \$5.95: www.experian.com/consumer_online_products/vantage_score.html
- TransUnion Insurance Score, \$9.95: www.truecredit.com/insurance

ADDITIONAL CREDIT RESOURCES:

- Credit issues: <http://financialsuccess.missouri.edu/creditissueshome.htm>
- Credit myths (PDF): <http://financialsuccess.missouri.edu/tipoftheweek/creditmyths.pdf>
- Credit scores by state: www.nationalscoreindex.com
- Credit statistics: www.myfico.com/CreditEducation/AverageStats.aspx
- Improving your score: www.myfico.com/CreditEducation/ImproveYourScore.aspx
- MyFICO: www.myfico.com
- Ordering free credit report(s) (PDF): <http://financialsuccess.missouri.edu/tipoftheweek/freecreditreport.pdf>
- Specialty credit reports (PDF): <http://financialsuccess.missouri.edu/tipoftheweek/specialtyreports.pdf>
- Vantage Scoring (PDF): <http://financialsuccess.missouri.edu/tipoftheweek/vantagescore.pdf>
- What is not in your score: www.myfico.com/CreditEducation/WhatsNotInYourScore.aspx



COURTESY OF MCT CAMPUS

FINANCIAL TIP: Know your credit score and keep account of it to improve your overall credit standing.

cies (unless you miss payments of course!)

Payment history for mortgages, student loans, credit cards, store cards, auto and other loan and revolving credit accounts are typically reported to credit bureaus on a monthly basis.

For a FICO score to be calculated, your credit report must contain at least one of these types of accounts (which has been open

Cell Phones Keep Owners on Invisible Leash

Melissa Dahl
mct campus

When Martin Cooper made the first cell phone call in 1973, our future connection obsession was born.

Ten years later, the first U.S. wireless customers dropped \$3,995 for the 10-inch, 28-ounce clunker (nicknamed "the Brick") created by Cooper and his team at Motorola. With it came the promise that now anytime, anywhere, we could reach out and touch someone. (Any time, that is, that didn't exceed the Brick's half-hour battery life.)

Today, Cooper's vision has been transformed into a camera. A calendar. A calculator. An alarm clock. A timepiece. A Web browser. An MP3 player. And ... a Breathalyzer? (Seriously, the LG LP4100. Google it.)

But really, the connection's all that matters.

Martin Cooper, meet 21-year-old Daniel Tapia of Sacramento, Calif., who must be connected to his friends at all times. His greatest fear? Missing a text from his buddies on the weekend. No signal = no fun.

Mr. Cooper, meet 25-year-old Gitzel Vargas of Natomas, Calif., who must be connected to her family at all times. Her greatest fear? Dropping a call from her sister, who's studying in Mexico. No signal = no peace of mind.

And then, Mr. Cooper, there's 24-year-old Avi Ehrlich of Sacramento, Calif., who must be connected to clients at all times. His greatest fear? Losing reception and thereby losing one of the mu-

sicians on his independent record label. No signal = no company.

They're connected, you're connected, we're all connected. Our Razrs, Treos and Nokias are our links to advice, amusement, attention, distraction, gossip, comfort, family, friendship. Reassuring you that you are not alone.

A bit of history: Analysts in 1983 predicted that by 2000, there would be 900,000 wireless users in the United States. Only business types, executives, sales staff, were expected to embrace the idea of perpetual connection. But hey, who wants to be left out? Everybody wanted in on the mobile lifestyle.

Doctors. Lawyers. Realtors. Plumbers. Shoppers. Bicyclists. Teenagers. Eight-year-olds. There were more than 100 million wireless users by the end of 2000, and 229 million at the end of last year.

Now we text while we drive, we talk while we shop, we call each other 14 times to hyper-coordinate a lunch date. It must be asked, Mr. Cooper, how could you do this to us? Where are you now, and can you hear us?

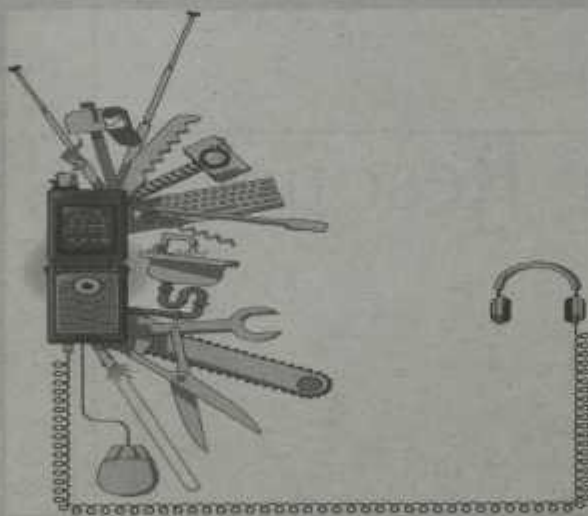
Because sometimes, our cell phones fail us. Sometimes, without warning, you're disconnected. Alone. Ostracized. No family, no friends.

No signal = nobody loves you.

That's what happens in the

Dead Zone. Where all good cell phones go to die, at least momentarily. Moments that feel like eternity.

We can all name the Dead Zones: lecture halls at UC Davis, corners of the California state Capitol, stretches of Highway 50. For Vargas, it's her entire



COURTESY OF MCT CAMPUS

ENDLESS CELL PHONE FEATURES: Cell phones are equipped to keep you in the know, yet keep you on a short digital leash

apartment in Natomas, except her desk chair. She could lose her signal with the slightest movement. But if she's glued to her seat as she talks, what's the point of a mobile phone?

Rumor has it, Mr. Cooper, that your inspiration for the cellular phone came from "Star Trek," but Capt. Kirk's communicator always connected him to rescuers. It never gave him this much trouble.

About a one-fourth of all wireless calls have at least one

problem, says a 2006 study by J.D. Power and Associates. Dropped calls. Disconnected calls. Static. Interference. Voice distortion. Echoes.

"Ever watch '24'?" He's always got perfect cell coverage," says Tom Farley, a telephone historian who lives in West Sacramento, Calif. "It's the most irritating thing. He never drops a call."

Oh, but we do. We plead with our phones to stay connected. We hold them at ridiculous angles; we press them tightly to our ears. We all have our own ways we are convinced help us keep a signal, and we all look slightly crazy doing them. How did we get here? Not that we're pointing fingers, but if we were, they're aimed at you, Martin Cooper. So where are you now?

"I'm not sure I appreciate the finger-pointing," answers Cooper.

We find the father of the cell phone, the man, the myth, the legend, on vacation in Vail, Colo. He's 79 years old now, owns six cell phones, carries three and pays the bills for 20 (sons, daughters, grandkids — it's a mega family plan). Of course, he is talking to us on one of those cell phones. He points out that before he called, the landline at his hotel went out. No one noticed.

So, Mr. Cooper, do you understand our obsession, our need to be have a signal?

Does he ever.

"When you've got that phone,

you feel connected, you feel part of a group," says Cooper. "Who's the group? It's everyone in the world, on your cell phone."

So he's an engineer and a philosopher. Tell us more.

"Suddenly you're disconnected, oh my god, it's a trauma," he says. "Now all of a sudden, you feel ostracized. It's like when you were in high school, you're the person that nobody talked to."

Exactly. You get it, Mr. Cooper.

You created it, and you get it. Don't you?

This is where father-of-the-cell-phone parts company with country-obsessed-with-the-cell-phone.

Cooper is still founding new companies. Six months ago, he debuted the Jitterbug, a cell phone for seniors that doesn't text, take pictures, play music or change ring tones. One version of the phone has only three buttons, programmed to call 911, an operator or one relative or friend.

How un-cell-phone like, Mr. Cooper.

"My rule is, if you want to build something that does all things for all people, it's not going to work real well," Cooper says.

Wise words.

Because what we really care about is the conversation or the prospect of the conversation. That perpetual link. That digital umbilical cord.

Because the connection is all that matters.

We are connected; therefore, we are.

Arts & Entertainment

EDITOR: JESSICA ESTES

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5

THE LOUD TALKER

The crime: Carrying on business and (even worse) private conversations at the top of their lungs. Their constant shouting not only makes our ears ring and keeps us from concentrating, but after "overhearing" their graphic discussion with a proctologist, we no longer can bring ourselves to look them in the eye.

Known associates: The Curser, drops the F-bomb with every other breath, also at the top of his voice; Miss Too-Much-Information, droves on and on about the details of her life, including what peculiarities she and her husband like to engage in, and the odd shape and size of the hairball her cat chucked up; the Butinski, listens in on everyone's conversation and just can't resist adding his or her own insights.

If the workplace were fair: Laryngitis bugs would be drawn to the sound of their voices, silencing them for at least a week or two.

THE EMOTIONAL WRECK

The crime: Finds the tragedy in everything — if you define "every thing" as "life." Usually spends the day planning romantic getaways that blow up when the Wreck has a phone argument with intended romantic partner, then spends the rest of the day sobbing in the restroom. Their work never gets done, but no one will rat them out to the boss because we're afraid

that they'll start crying. Again. The Emotional Wreck has the meanest ability to choose the wrong love interest, the most difficult work assignments and the most unreasonable bosses. If a tie goes flat in the parking lot, you can bet it's on the Emotional Wreck's car, and the repair truck will get in an accident on the way over to fix it.

Known associates: The Not-

So-Suave Pick-up Artist, usually the cause of a lot of the Emotional Wreck's meltdowns; the Doomsayer, predicts the demise of everything from the company's retirement fund to the copy machine.

If the workplace were fair: The Emotional Wreck would go away for a long, long rest. Or at least her tear ducts would dry up.

THE LOUD ANGRY PERSON

The crime: Being mad at the world, and letting us all know about it. These people are angry about the working hours, their pay, their desks, their desk mates, the food in the cafeteria, the food the cafeteria sold out of, their children's schools, the parking ticket they got six years ago and the rotation of the Earth, to name but a few. And in case you're likely to forget the anger, they often deliver random rants

at the drop of a hat (and nothing makes them madder than dropped hats).

Known associates: The Clogger, the exact opposite of the Loud Angry Person, finds everything so gosh darn funny; the Slackster, who can't be bothered to be angry or happy.

If the workplace were fair: The Loud Angry Person would implode, taking the negative vibes with him.

Office offenders

Text by Justin Morris, Comics Credits Times
Graphics by Josh Rothnick, Comics Credits Times

We all love "The Office," the NBC remake of the British sitcom. We gather around the television and laugh hysterically at the exploits — Michael trying to stage a team-building exercise, Phyllis stinking up the place with her special pine-scented perfume and Angela, who tries to control everything and everyone.

Oh yes, we laugh so hard, but inside we're crying. Because for every Michael, Phyllis and Angela on "The Office," there's a Michael, Phyllis and Angela in our own lives. And somewhere, when you sit in the cubicle next to them, they aren't quite as funny.

Here's some of the strange and annoying co-workers you might run into in your work place, along with our fondest dreams for a little justice.

THE PILER

The crime: Never met a piece of paper that they didn't keep. Their desks are piled to the rafters with old memos, spending reports from 1983, losing lottery tickets, old calendars, expired coupons from Pizzalut, directions to a baby shower and a high school graduation announcement from that very same "baby," and a report that you desperately need but are unlikely to ever find.

Known associates: The Slob, workspace is piled with empty cups,

half-eaten pizza and something we think used to be a chocolate donut with sprinkles; the Germinator, comes down with every contagious disease known to man, but insists on coming to work to save the sick leave, thereby spreading germs to co-workers, who now must use their own sick leave.

If the workplace were fair: The Piler would be buried under her desk piles during an opportune earthquake.

THE SMELLER

The crime: Wears so much cologne or aftershave that we aren't certain what they look like — their heads are encased in perfumed clouds, and they leave contrails of pungent, offensive smell behind them. Their aroma sucks the oxygen from the air and leaves everyone around them with the taste of cologne in their mouths.

Known associates: The Hygienically Challenged, bathes only when the mood strikes, and sometimes not even then; the Desk Diner, insists on eating linguini in garlic and clam sauce, steamed broccoli or reheated leftover Chinese food at their desk, topping it off with an afternoon snack of scorched microwave popcorn.

If the workplace were fair: All of these stinkers should be required to sit next to each other, 90 yards away from the building, with a prevailing wind that blows their scent elsewhere.



New Movies Probably Not Worth Seeing

Mark Caro
mct campus

In case you need reminding that April is one of the dumping months for less-than-stellar movies, not one, not two, not three, but four _ count 'em, four! _ movies will open Friday without advance critics' screenings.

The assumption is you'll buy tickets without knowing or caring whether the movies are any good.

The destined-to-be-Unfantastic Four are "Kickin' It Old School" (Jamie Kennedy as a Rip Van Winkle '80s breakdancer in 2006), "The Invisible" (two teens turned invisible by dark events), "Wind Chill" (two college students attacked by ghosts) and the highest-

profile, most heavily advertised movie of the bunch, "Next."

That's the one with Nicolas Cage as a Las Vegas magician who is amazingly able to predict what's going to happen. The generally critic-friendly Julianne Moore and Jessica Biel co-star.

Cage, whose best actor Oscar for "Leaving Las Vegas" is now more than 11 years old, also used to be known as an artsy, critic-movie kind of actor, but consider the makeover complete.

"Next" will run his string of starring vehicles withheld from critics to three _ the other two being "Ghost Rider" and "The Wicker Man."

The Internet Movie Database lists Cage's next two movies as "Bangkok Dangerous" (he plays a hitman who falls for a Thai

woman and bonds with his boy runner) and the shouldn't-have-been-inevitable sequel "National Treasure: Book of Secrets."



Movie picks

★ Outstanding
■ Worthy effort
▼ So-so
● A bomb

New review

		Local critic	Chicago Tribune	Dallas Morning News	Detroit Free Press	Miami Herald	N.Y. Daily News	Philadelphia Inquirer	Sacramento Bee	Seattle Times
Aqua Teen Hunger Force	R		●	▼	▼	▼	▼	▼	▼	▼
Blades of Glory	PG-13		▼	▼	▼	▼	▼	▼	▼	▼
Disturbia	PG-13		▼	▼	▼	▼	▼	▼	▼	▼
Grindhouse	R		▼	▼	▼	★	▼	▼	▼	★
Meet the Robinsons	G		▼	▼	▼	▼	★	▼	▼	▼
Pathfinder	R		▼	▼	▼	▼	▼	▼	▼	▼
Perfect Stranger	R		▼	▼	▼	▼	▼	▼	▼	▼
The Reaping	R		▼	▼	▼	▼	▼	▼	▼	▼

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Photos Courtesy of MCT Campus

'The O.C.'s' Adam Brody Takes Shot at Stardom

Terry Lawson
mct campus

DETROIT _ Sitting side-by-side at a table in a local restaurant, they look like candidates to star in a young-guy version of "The Odd Couple."

One is casually handsome, dressed in old jeans and a ratty sweater, bright eyed and full of enthusiasm for the world and everything in it. The other wears clothes too understated to even be remembered, and talks as if he were 30 years older than he is. In his own words, he is "endlessly pessimistic about everything."

The first fellow is Adam Brody, who until a couple of months ago starred in "The O.C.," playing a slightly awkward but adorable guy named Seth, which won him hordes of young female fans and no shortage of dubious titles, including No. 17 in the Independent Online's 100 Sexiest Men Alive and two-time membership on Teen People's annual accounting of the 25 Sexiest Stars under 25. Now 27, he no longer qualifies.

His friend is Jonathan Kasdan, who appeared briefly, at age 4, in a classic movie written and directed by his father, Lawrence Kasdan, titled "The Big Chill." In a 2002 episode of "Dawson's Creek," where he worked as a staff writer, he was cast in the small role of "Gawky-Looking Kid." He is now 26, making his directing debut with "In the Land of Women," which stars Brody and opens Friday.

Brody is eager to see how the film _ in which he plays a Hollywood writer who returns to Michigan to look after an ailing grandmother and get his head together after being dumped by a beautiful Hollywood actress _ will be received by his fans, who perceive him as a teenager. Kasdan, on the other hand, has a more existential reaction. He's worried that no one will come to see it at all.

"I mean, I don't know, some serious movies seem to be starting to resonate with our generation, you know, like 'Garden State.'" Kasdan stops for a minute, trying to think of another one, and gives up after citing a few failures. "I just don't know if anyone besides Adam and me wants to see movies like 'In the Land of Women.'"

"Originally we were supposed to open against 'The Nanny Diaries,' which is a movie that

would appeal to the same demographic, as they say, and with a lot more advertising push behind it. So if we lost to them, then we had an excuse. But then they moved 'Nanny Diaries' to later in the year, so now if we bomb, it'll be all on us."

Making things even more difficult for Kasdan, says Brody, is the fact that "In the Land of Women" is based on Kasdan's own experiences. Like the character Carter Webb, Kasdan did have his heart deeply broken by a beautiful Hollywood actress who will go unnamed, and did come back to Michigan to lick his wounds and stay with his grandmother.

Whether he became emotionally involved with a married older woman, played in the film by Meg Ryan, as well as her rebellious teenage daughter, played by Kristen Stewart, is probably best left unexplored.

"It's a personal movie, yeah, but that's the movies I grew up loving. I mean, I like great big action films as well as the next guy," says Kasdan, citing "Casino Royale" as an example. Brody immediately interrupts to say how much he disliked "Casino Royale," which sends the two into an extended film-geek debate, which proves mostly that a lot of their friendship is bound up in their mutual obsession with movies.

"We go to films a lot together," says Brody.

"And we argue a lot about them," adds Kasdan.

Unlike a lot of children with parents in the business _ his mother, Meg, wrote the screenplay for "Grand Canyon," and, to the great delight of Berry Gordy, helped kick off the Motown revival by picking classic hits by Motown artists to score "The Big Chill" _ Kasdan has always wanted to go into the family business.

"My dad and mom truly, deeply love movies, and they taught me and my brother Jake to appreciate great movies from the time we were born. I don't ever seriously remember wanting to do anything else."

Older brother Jake made his feature directing debut with the well-received "Zero Effect" and directed episodes of the TV cult favorite "Freaks and Geeks." His new movie "The TV Set," loosely based on his time in the TV biz and starring David Duchovny and Sigourney Weaver, is set to open in Detroit on May 4, mean-



ing there could be two Kasdan-directed movies on screen at the same time.

His family has never been anything but supportive, and Jon was writing screenplays long before he graduated high school and before, at age 17, he was diagnosed with Hodgkin's disease.

His parents, he says, "essentially gave up the rest of their lives" to ensure that he had the best medical care and support.

Kasdan's first paycheck as a writer was for an episode of "Freaks and Geeks," and after that show was unceremoniously canceled, he landed a job as a staff writer on "Dawson's Creek." It was during that time that "In the Land of Women" began to take shape, and by 2004, he was ready to make it a reality. Meg Ryan agreed to play the suburban mother. The original setting was Franklin, Mich., but it became more nebulous when it became obvious the budget would require the film be shot in Vancouver. The only problem was, he couldn't find his Carter Webb.

"I looked at every young actor in Hollywood," says Kasdan, "but nobody was right. I needed someone who was attractive and clever, but who could play insecure and vulnerable, like Dustin Hoffman or Richard Dreyfuss in the 1970s, without coming off as a loser. I needed someone who has some real depth, and some soulfulness. And I couldn't find him until I met Adam, and then I thought, 'Well, there he is, that's why I waited. That's the guy.'"

"I loved the script," says Brody. "It was so smart, yet had so much heart. I showed it to my friends and they'd say, 'No way a 25-year-old guy wrote that.' It was just so full of insight into these people of all these different ages. He could just see into them. I wanted to do it bad, but there

was a problem. They were ready to shoot, and I couldn't

do it. Brody was committed to the second season of "The O.C.," which was looking like a major, long-running hit. (Brody says he is not unhappy the show was canceled, rather than this season posing a 7-year-contract.) And he wouldn't be done filming for eight long months.

"Then I get this call from Jon, and he says, 'Don't worry, we're going to wait. We're not going to make it without you.'"

Kasdan shifted schedules to accommodate Brody. "I knew this was who I had to have. I wasn't

going to settle for anything else."

Brody, who has two more films in the pipeline, says he has no illusions that he is on the cusp of a dramatic movie career. If it

But you know, if I'm in another TV series next year, that's OK, too. I'm young, I've got to learn."

And Kasdan says even if "In the Land of Women" doesn't hit, he'll continue to write and hope for another opportunity to direct.

"What else am I going to do? It's in the genes," he says. "I'm a movie man."



Famed Novelist Kurt Vonnegut Dies at Age 84

Megan Schutz
the sandspur

While everyone at Rollins was out celebrating Fox Day, America lost one of its greatest modern writers. Kurt Vonnegut passed away at age 84 on April 11, 2007 after suffering head injuries a few weeks earlier.

Kurt Vonnegut was a quirky writer, whose novels both entertained and warned readers through end of the world type stories like *Cat's Cradle* and *Gala-pagos*, where only a few strong survivors who were quick thinkers managed to live on.

Vonnegut is perhaps best known for his retelling of the

bombing of Dresden in *Slaughter-House Five* as well as his creation of ice-9 in *Cat's Cradle*.

Vonnegut wrote at least 19 novels, as well as many short articles, and a few short plays, as well as being a public speaker, even speaking once here at Rollins in 1989. One of Kurt Vonnegut's biggest fears was that he would be a failed author, and even had an alter ego, Kilgore Trout, who appears frequently through out his novels.

In his lifetime, Vonnegut had studied at Cornell as well as being a prisoner of war during World War II, where he was held underground for several days in a slaughter house when Dresden was bombed.

Several of Vonnegut's books were banned from schools for profanity and obscenity, although he rarely used profanity in his novels. He was a skeptical person about most everything, from religion to censorship, and everything in between.

If you're interested in looking past the entertainment factor of Vonnegut's novels, I recommend taking Larry VanSickle's "Sociology of Kurt Vonnegut" class at some point during your time spent at Rollins.

Even though America has lost one of its greatest writers, we will never forget the man who was an inspiration to others through his critical writings and quirky characters.



Photos Courtesy of MCT Campus

Restaurateur Guy Fieri's Celebrity Growing: One Table at a Time!

Photos Courtesy of MCT Campus

Cynthia Hubert
mct campus

SACRAMENTO, Calif. _ The dude at the end of the bar stands out like pulled pork at a sushi joint.

His bleached blond hair is so spiky that it could be used as a weapon. He's bedecked in bling, from the chunky rings on his fingers to the gold loops in his earlobes. Elaborate tattoos peek from beneath the sleeves of his red cotton shirt and the hems of his baggy black shorts.

"Tyra? This is Guy Fieri," he bellows into a cell phone.

"From the Food Network. Your mother told me you wanted to talk to me."

Tyra's mom, Peggy Robinson, is smiling broadly as she stands with a gaggle of friends at Fieri's new Sacramento, Calif., restaurant, Tex Wasabi's, where the theme _ "California sushi meets



Southern barbecue" _ is as unconventional as the proprietor.

"My daughter looooooves him," she says of Fieri. "I can't believe we ran into him! I can't believe he's talking to her!"

Believe it. Fieri has become a full-fledged celebrity since being named Food Network's latest "star" in a TV competition last year. But by all accounts, he is still just the Guy his pals back in Santa Rosa, Calif., call Guido.

"With Guy, what you see is definitely what you get," says Nick Catelli, a manager at Tex Wasabi's who has known Fieri for more than a decade. "The TV stuff hasn't gone to his head at all. He clears tables. He mops floors. He fills water glasses. Every customer who comes in here asks specifically for Guy, and when he's here, he talks to all of them. His personality hasn't changed one bit."

Since his boyhood in the tiny town of Ferndale, Calif., in Humboldt County, the fiery Fieri has always stood his ground.

His parents, Jim and Penny, taught him to "be myself, no matter what," he says, and he has never wavered. He started cooking family meals at 10, in defiance of his mom and dad's macrobiotic dishes. He left high school at 16 and lived in France for a year as an exchange student. He dyed his hair exotic colors and dressed like a skateboarder. To this day, he rarely wears long pants or dress shirts, even at elegant events on the East Coast.

"Pants make me claustrophobic," explains Fieri. "I only have two pairs."

Fieri began his unorthodox culinary career in Las Vegas, where he earned a hospitality management degree from the University of Nevada. He managed restaurants in Southern California for a while but always hoped to open a place of his own up north.

"I came to Sonoma County



with \$5,000, a pregnant wife, two Rottweilers and a Hyundai with 135,000 miles on it," he says, rocking back on his chair on the patio at Tex Wasabi's. While waiting tables in Santa Rosa, he recalls, he began putting together the logistics of his foodie dream.

Fieri and his partner, Steven Gruber, opened their first restaurant, Johnny Garlic's, in 1996. Three successful eateries later, members of his posse talked Fieri into signing up for "The Next Food Network Star" competition. At first, Fieri blanched.

"I said, 'I don't do contests,'" he recalls. But his pals wore him down, and Fieri sent the network videotape of him, in all his outrageous glory, poking fun at pretentious wine-country fare and plugging "real food for real people."

Fieri emerged as one of eight finalists out of more than 10,000 people who entered.

"His tape was one of the last ones we reviewed, and when we popped it in, we sat back with our mouths open," says Bob Tuschman, Food Network's senior vice president for programming. "Guy is someone who leaps off the screen and into your living room. We said, 'He's got what it takes.'"

After weeks of Fieri demonstrating his big personality and bold cooking style on TV, viewers chose him as the overall winner of the contest. He was rewarded with his own cooking show, "Guy's Big Bite."

The program, which airs at 10 a.m. Sundays on the Food Network, was a hit and is in its second season. A new show, "Diners, Drive-Ins and Dives," takes him to hole-in-the-wall places from California to New Jersey and is scheduled to begin airing at 10:30 p.m. Sunday.

"I don't think we anticipated what a huge star Guy would instantaneously become," Tuschman says. "Viewers of all ages

embraced him.

They thought he was charming, adorable, fun and personable, and they loved his food. From the moment those first shows aired, ratings started improving in that time slot, and the show continues to find a new audience."

Could Guy Fieri be the next Emeril or Bobby Flay?

"The sky's the limit," says Tuschman. "Clearly, he's going places fast."

Off the air, Fieri is a popular motivational speaker who delivers a "the world is your oyster" message, and he is in demand as a cooking demonstrator. He's working on a cookbook that likely will be published next year. He is a common face on the charity circuit in Sonoma County and has a particular interest in causes that serve needy and abused children.

Most importantly, Fieri says, he's a dad to two young sons, Hunter and Ryder, who live with him and his wife, Lori, on their rural spread in Sonoma County. When he's not on the road filming or speaking, he's cooking for his family or walking the floors at one of his restaurants.

He's become intimately familiar with the route between Santa Rosa and Sacramento, zipping between the two cities in his yellow Corvette or one of his other collector cars.

Fieri's schedule is so hectic that he recently hired an assistant, his good friend Jack Levar, to help him manage it.

"But it's cool," Fieri says, glancing at his constantly vibrating cell phone. "I don't mind doing 50 things at once. I was never diagnosed with attention-deficit disorder, but I think I've got it. I thrive on chaos."

Fieri's Energizer bunny attitude has served him well as he's made the transition from a virtual unknown restaurant owner to a food celebrity.

"The whole thing is beyond surreal," he says.

"Before all this happened, I



really felt that I had accomplished my goal in life. My first passion has always been to be a restaurateur, a good husband and father, and to provide for my family. I'm looking at this new stuff as a platform to help people around me."

At age 39, he says, "I'm proof that you can be anything that you want to be."

CAJUN CHICKEN ALFREDO
Prep time: 20 minutes. Cook time: 35 minutes. Serves 4-6.

4 boneless chicken breasts
1 cup blackening spice
2 tbsp extra-virgin olive oil
3 tablespoons minced garlic
1 cup roughly chopped marinated sun-dried tomatoes
1 cup white wine
3 cups heavy cream
1 cup grated Parmesan cheese, divided use
1 teaspoon sea salt
1 teaspoon black pepper
1 pound cooked fettuccine
1 cup sliced scallions

Preheat the oven to 350 degrees. Dredge the chicken breasts in the blackening spice and place in the oven for 10 minutes, or until the internal temperature of chicken reaches 165 degrees.

In a saute pan over medium heat, add olive oil. Add garlic and lightly caramelize. Add the sun-dried tomatoes and the chicken slices. Deglaze the pan with the white wine. Add the heavy cream, increase heat to a simmer, and reduce the cream sauce by half.

When the cream sauce is at desired consistency, stir in 1 cup Parmesan and the salt, pepper and pasta.

Based on 6 servings: 868 calories, 50 g protein, 36 g carbohydrates, 56 g fat (32 saturated, 20 monounsaturated, 4 polyunsaturated), 261 mg cholesterol, 2561 mg sodium, 3 g fiber, 5 g sugar, 60 percent calories from fat.

BLOODY MARY FLANK STEAK
Prep time: 15 minutes. Cook time: Will vary depending on doneness desired. Prep time includes rest time after steak cooked or the 8- to 24-hour marinate time. Serves 4.

1 cup vegetable juice
1 cup vodka
1 teaspoon sea salt
1 teaspoon black pepper
1 teaspoon hot sauce
1 tablespoon lemon juice
1 tbsp Worcestershire sauce
1 tbsp crushed garlic
1 teaspoon onion powder
1 teaspoon celery seed
1 tbsp prepared horseradish
4 tbsp olive oil
1 pound flank steak
Thoroughly mix all the ingredients except for the steak in a large zip-close bag. Add the steak. Marinate in the refrigerator for at least 8 and up to 24 hours.

Preheat grill to high or heat a skillet over high heat. Remove the flank steak from the marinade and wipe excess liquid off with paper towels. Grill or pan-sear both sides, then lower heat to medium and cook to medium rare. Let the steak rest, covered with a clean towel, for 5 to 10 minutes. Cut on the bias against the grain and serve.

Per serving: 283 calories, 24 g protein, 2 g carbohydrates, 15 g fat (5 saturated, 9 monounsaturated, 1 polyunsaturated), 39 mg cholesterol, 429 mg sodium, 0 g fiber, 0 g sugar, 51 percent calories from fat.

Life & Times

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Losing Weight: From Cigarettes to Cabbage

Dan Vierria
mct campus

Andrea Giancoli, tell us what you really think about fad diets.

"They keep me employed," says Giancoli, spokeswoman for the American Dietetic Association, which advocates proper nutrition and a healthy lifestyle. It also reviews popular diets (www.eatright.org).

As a debunker of diet myths, Giancoli's workload doesn't figure to poop out anytime soon.

"If all these diets worked long term, we wouldn't have an obesity problem," she says. "That magic pill, that magic diet doesn't exist."

Ouch, enough reality. Some of the classics, such as the cigarette diet and the drinking man's diet, pandered to our vices. Others, such as the caveman diet and Sleeping Beauty diet, piqued our curiosity.

She acknowledges that most fad diets, such as Atkins, The Zone and South Beach, can help us lose weight in the short term. But, as you probably

guessed, we tire of eating the same foods and regress to poor choices, monster portions.

Giancoli says the majority of fad diets are based on three staples — fat, protein and carbohydrates.

"They're the only nutrients that provide energy, that provide calories. We just keep reincarnating them into diets. There's only so much you can do with them," she says.

On the subject of reincarnation, the American Dietetic Association recognized an Atkins-like low-carb diet as early as 1825 and another in 1863.

Other versions followed.

Two recent diets that irk Giancoli are "Eat Right for Your Type" and the raw foods diet. The first, she says, bases food choices on your blood type and the second theorizes that cooking kills enzymes in food and destroys nutrients.

"We don't need enzymes from food; we make our own," says Giancoli. "Science isn't behind the diet. A combination of raw and cooked foods is the better way to go."

And the blood-type diet?

"First of all, there's

more than four blood types. There's no science behind the diet. We just can't be divided up that way."

Giancoli believes the message about proper, nutritious eating habits is sinking in, despite the outbreak of obesity.

"The lifestyle fix is becoming more popular; they're talking about it now," she says. "It's a slow process. Knowledge is not behavior, but the message is starting to get out."

10 Unusual Fad Diets

Dan Vierria
*mct campus***Caveman Diet:**

Dine like Fred and Wilma Flintstone. A Paleolithic-inspired menu of nuts, berries, fruits, vegetables and meat are recommended. Sometimes referred to as "early" or "prehistoric" Atkins because of its emphasis on protein and fat.

Sleeping Beauty Diet:

Elvis Presley's idea of dieting: zonk out on sedatives for a few days to lose weight. Can't binge while you're unconscious, right?

Drinking Man's Diet:

William the Conqueror is credited with popularizing this alcohol-based diet when he tackled his bulk by drinking his meals. A thousand years later, Robert Cameron, described by Forbes magazine as a "jaunty San Francisco bon vivant" updated and popularized the martini-heavy diet. Bottoms up: Hic.

Cabbage Soup Diet:

Eat all you want, as long as it's water and cabbage. 'Nuff said. Grapefruit diet: First, you need to love grapefruit. Then, you have to stick to the diet for 21 days. Finally, you lose weight and learn to hate grapefruit.

Fletcherizing Diet:

Chew food 32 times but no swallowing. Spit it out, buster. The idea, hatched in 1903 by San Francisco art dealer Horace Fletcher, was to absorb fewer calories while still enjoying the food's flavor. Not many dinner invitations for his followers. The last chance diet: Basically, starving yourself into thinness by drinking the protein concoction Prolinn made from slaughterhouse leftovers that had been ground and flavored. It proved a dangerous diet in the 1970s.

Vinegar Diet:

The poet Lord Byron doused food with vinegar (gasp!) to quell his appetite. He lost more than 60 pounds.

Cheater's Diet:

Diet during the week, pig out on ice cream, burgers and beer on weekends. It has to do with metabolic rate and human nature. And, it sounds much more appetizing than boiled potatoes doused with vinegar.

Cigarette Diet:

Cigarettes as dieting aids boosted Lucky Strike sales more than 200 percent in the 1920s with the catchy slogan, "Reach for a Lucky Instead of a Sweet."

Dangers of Drowsiness No Longer Draws Yawns

Barbara Isaacs
mct campus

Lack of sleep is a safety concern that's gotten some attention recently, whether it's airline pilots, truckers, medical residents or even just everyday people driving drowsy.

Last week, unions representing pilots and air traffic controllers said that lack of sleep was probably a factor in the crash of Comair Flight 5191, which took off from the wrong runway in pre-dawn darkness at Lexington, Ky.'s Blue Grass Airport. The captain, co-pilot and air traffic controller all had an inadequate amount of sleep leading up to the Aug. 27 crash, according to a study commissioned by the Air Line Pilots Association. "It happens on a daily basis," said Fred Turek, director of the Center for Sleep & Circadian Biology at Northwestern University. "It only makes the news if there's a major loss of life."

Circadian rhythms govern

our body's natural sleep-wake cycles. It's why we feel sleepy at night — especially during the hours between 4 a.m. and 6 a.m. — and it makes it difficult to sleep during most daylight hours, unless you're sleep-deprived.

"They are such a part of everyday life that we take it for granted," Turek said of sleep-wake cycles. "What people don't recognize are the consequences. All it takes is for you to close your eyes for a microsecond." Turek said most people realize they are alert at certain times of the day, sleepy at others. The Comair crash brought sleep deprivation to the front page, but past research has frequently found safety issues for pilots when sleep is limited.

Turek said that while the major airlines have built in enough rest hours for pilots, they can't enforce how pilots use them. "There's 12 hours between flights, but they may only spend a few of them on sleeping," he said.

In the early days after the Comair crash, sleep groups, such as the American Academy

of Sleep Medicine, issued statements of concern about sleep deprivation, particularly related to the air traffic controller on duty, who had only about two hours of sleep in the day before the early-morning crash. The plane took off just after 6 a.m.

The National Highway Traffic Safety Administration estimates that more than 100,000 vehicle crashes each year are due to drowsy drivers, and studies have found that people who are sleep-deprived are as dangerous behind the wheel as those who are legally drunk. About 1,550 people each year die in car crashes related to drowsy driving.

Research has found that circadian biology also affects vehicle crashes; wrecks linked to drowsiness are common late at night or in the early morning hours. There's also another circadian dip in the mid-afternoon, with a spike in related accidents. In 2003, New Jersey became the first state to enact a tough law against drowsy driving — sleep-deprived people who cause fatal accidents can be jailed for up

to 10 years.

Turek said being a sleep specialist who is up on circadian rhythms has altered his patterns. He never drives between 11 p.m. and 6 a.m. He's worried not only that he might fall asleep at the wheel, but that other drivers on the road could as well. However, Turek said he believes the risk of an airline crash is so remote that he doesn't avoid flying in the early morning or late at night.

Kathryn Hansen, director of the Sleep Wellness Center at St. Joseph Hospital, said that most people don't value sleep as much as they should. "Sleep has often been underrated in our society," she said, adding that many Americans are so chronically sleep-deprived that they don't have any idea what normal functioning and rest patterns feel like. Sleep deprivation is cumulative, meaning that adults who don't get the recommended seven to eight hours a night build a "sleep debt." That can't be repaid in any way but sleeping more, say during a vacation, or by devoting more

daily hours to sleep.

But millions of people — especially night workers and people who switch shifts on a regular basis, such as pilots — are so far behind that they can't catch up. The American Academy of Sleep Medicine estimates that about 20 million Americans work rotating shifts that put them at risk for sleep-deprivation-related accidents and illnesses.

Hansen said sleep deprivation also is linked to a host of health problems that can shorten one's life span — not just in accidents. Sleep deprivation is linked to high blood pressure, depression, weight gain, increased blood sugar levels and lowered immune function, among other problems. Turek said that while people want to believe that they can function well on less than seven or eight hours of sleep, research shows otherwise. "There's no substitute for sleep," Turek said.

Make your home green

Energy-conscious tips help preserve the environment — and save money

By KAREN KLACH
Chicago Tribune

ATTIC

Do: Install a whole-house fan to draw in cool air and force hot air out the attic vents. Use the fan in the evening after the temperature outside drops below 80 degrees Fahrenheit and in the early morning to reduce air conditioner use.

TOILET

A leaky toilet can waste 200 gallons of water a day.

Do: Check for leaks by adding food coloring to the tank. If you have a leak, color will appear in the bowl within 15 minutes. Flush as soon as you're done with this test to avoid staining the tank.

Bigger picture: Two out of every 10 toilets leak on average in the United States. Those two leakers can waste as much as 146,000 gallons of water a year. That's enough water for a family of four to wash clothes in their washing machine for eight years. Consider adding your old big-gal toilet, those pre-1994 models that use 3.5 to 7 gallons of water with every flush.

Save: If all those pre-1994 grizzlers were replaced with high-efficiency toilets (federal law now requires toilets use no more than 1.6 gallons a flush), the United States could save as much as 800 billion gallons of water a year. That's the equivalent of 12 days of flow over Niagara Falls.

WINDOW SHADES

Do: Use drapes or blinds to reduce heat gain (in warm climates) and/or loss (in cold climates).

Save: In warm climates, closing light-colored shades or blinds during the day can reduce your home's solar gain by up to 50 percent, thus relieving some of the load on your air conditioning system. In cold climates, closing drapes or blinds at night reduces your home's heat loss by about 5 percent.

DISH WASHING

Do: Generally, it's best to wash dishes in the dishwasher (preferably with full loads) than to do them by hand — and scrape rather than rinse plates before loading.

Save: The average American dishwasher in use today consumes 8.7 gallons a load (the most current models use 4 to 6 gallons). Washing by hand for 10 minutes with the faucet running can use as much as 20 gallons of water. Filling the sink takes about 5 gallons or less — but that's 5 gallons for washing, free for rinsing.

Bigger picture: Some 42 million U.S. homes do not have a dishwasher. If all of those households used the fill-the-sink method instead of letting the tap run, Americans could save as much as 100 billion gallons of water annually.

AIR

CONDITIONING

Do: Turn up your (A/C) thermostat by a mere 2 degrees in warm weather and turn on a ceiling fan.

Save: A/C costs will be lowered by as much as 14 percent over the cooling season, with no sacrifice in your personal comfort. Turn off the fan when you leave the room, though. Ceiling fans cool people, not rooms.

Everywhere you turn these days, there go those buzzwords again: green, eco, organic, sustainable, renewable, alternative, recycled, reused.

And it's not just Al Gore and Whole Foods Market and Mother Earth News and a bunch of long-haired, tofu-loving guys wearing Birkenstocks and obsessed with Armageddon doing the talking.

The conversation now has entered bastions of Middle America — places like Target, The Home Depot and Wal-Mart Stores Inc., all of

which are making a major green push. Add to that an ever-growing buzz over global warming, carbon footprints, China's thirst for oil, a nuclear renaissance and the plight of the polar bear. But what's the average homeowner to do to make any sort of difference?

The idea and the prospect of living in a more environmentally conscious way have, indeed, gone mainstream in the United States.

But the reality of actually doing it in your neighborhood, in your home, in your garden and in the very cupboards of your existence is another thing.

Where does one begin? What's worth the time and trouble? And does any one person/one family's efforts really count?

We dissected a house, looking for easy (but not always obvious) ways that homeowners can conserve energy and water — and money at the same time. And then, where we could, we extrapolated the numbers, showing exactly how many gallons and kilowatt hours and dollars could be saved with these minor lifestyle adjustments.

The question, we discovered, is not whether any one person or one family's behavior makes a difference but how much of a difference that is.

HOME COMPUTER

Do: Enable the power management feature in your desktop computer. (For Windows users, click on your Start button, click "Control Panel," then "Power options." For Mac users, click the "System Preferences" icon in the dock, then "Energy Saver.") For an initial level of power savings, turn off the monitor after a designated time. For even more power savings, designate a time period for activating "System Standby" (Windows users) or "Sleep" (Mac users). With standby/sleep, your monitor, hard-drive and other internal parts will go into a low-power mode when you are away from your desk.

Do: Get rid of your screen saver. It requires more energy to run those static images of your kids (on a constant basis) than it does to have your computer and monitor go into a low-power mode. Unlike 10 years ago, the screen saver does not extend the life of your monitor. Killing it could save you \$50 to \$100 on your electric bill over a year, depending on your equipment. And speaking of equipment, an LCD monitor not only saves space, it uses one-third the power of a CRT monitor.

REFRIGERATOR

Do: Replace an older refrigerator with a new, efficient one. Refrigerators made pre-1993 use twice as much energy as the new ENERGY STAR-qualified models.

Save: \$45 to \$65 a year in energy costs.

SODA CANS

Do: Recycle.

Save: Recycling one aluminum can saves enough energy to run a television or operate a computer for three hours.

LIGHTBULBS

Do: Replace five of your most used incandescent light bulbs with compact fluorescent bulbs (which use two-thirds less energy, generate 70 percent less heat and last up to 10 times longer).

Save: \$25 to \$65 a year in energy costs, depending on the wattage and how long you leave bulbs on.

Bigger picture: If every American home did that, U.S. consumers would save as much as \$6.5 billion a year in electricity costs and prevent greenhouse gas emissions equivalent to that from more than 8 million cars.

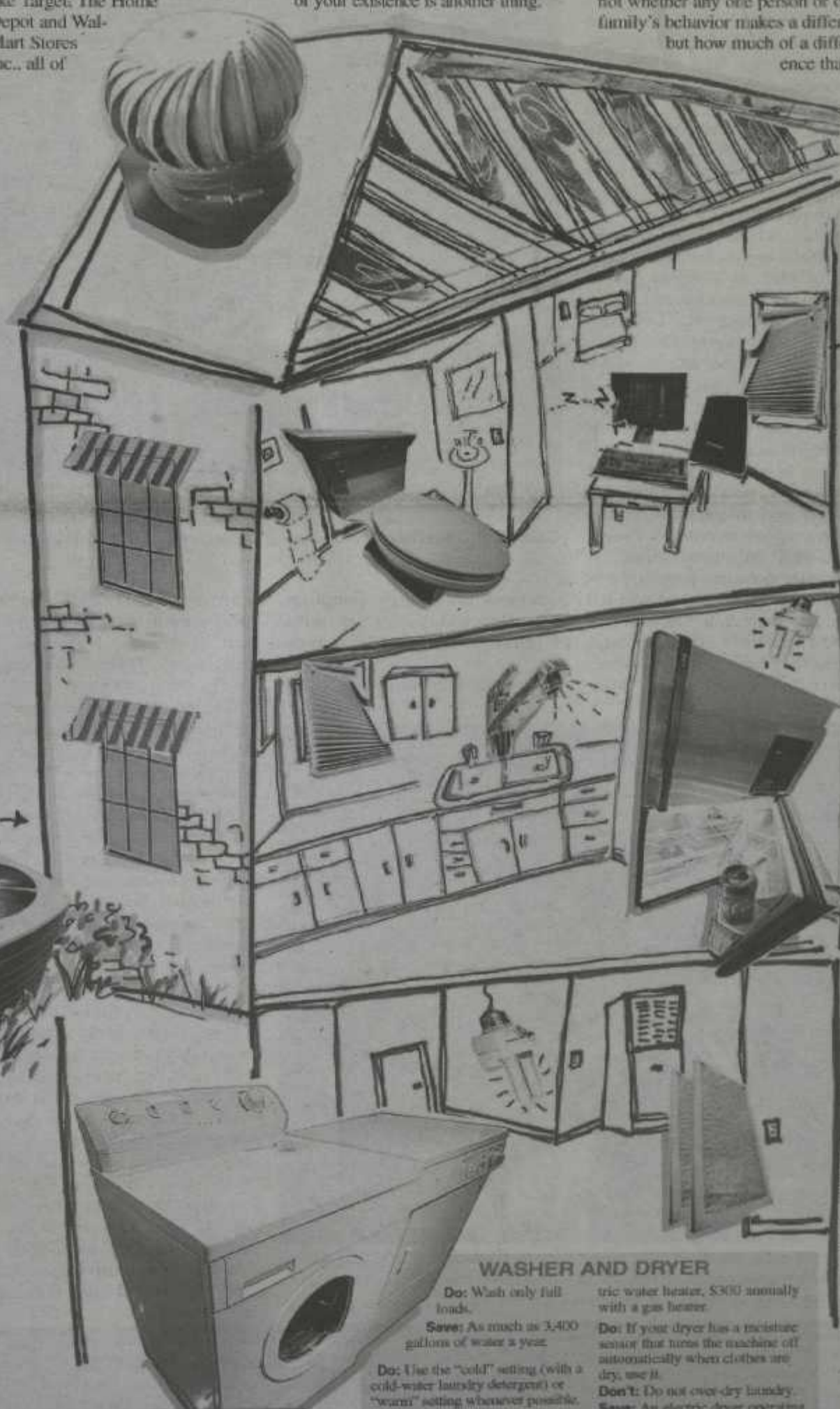
Note: A small amount of mercury is sealed within the glass tubing of compact fluorescent light bulbs. Don't throw them out with regular household trash if better options exist. For disposal guidelines, visit www.ea911.org and plug in your zip code; call 877-EARTH911 (877-327-8491); call your local waste management company; or visit www.jamrecycle.org. Some stores take back used CFLs.

AIR

FILTERS

Do: Change the air filters in your furnace regularly.

Save: Up to 5 percent of heating costs.



WASHER AND DRYER

Do: Wash only full loads.

Save: As much as 3,400 gallons of water a year.

Do: Use the "cold" setting (with a cold-water laundry detergent) or "warm" setting whenever possible. Heating water to "hot" accounts for 90 percent of the machine's washing energy; only 10 percent goes to power the motor.

Save: Switching to "cold" can save the average household more than \$400 annually with an elec-

tric water heater, \$300 annually with a gas heater.

Do: If your dryer has a moisture sensor that turns the machine off automatically when clothes are dry, use it.

Don't: Do not over-dry laundry. **Save:** An electric dryer operating an extra 15 minutes a load can cost you up to \$34 a year in wasted energy; a gas dryer, \$21 a year.

Do: Clean the lint trap before every load.

Save: As much as \$35 a year.

\$1,900

Amount the average American household spends annually on energy bills

SOURCE: WWW.ENERGYSTAR.GOV

SOURCES: ENERGY STAR: U.S. ENVIRONMENTAL PROTECTION AGENCY, U.S. DEPARTMENT OF ENERGY; WATERWISE: NATURAL RESOURCES DEFENSE COUNCIL; INDOOR AIR QUALITY: U.S. ENVIRONMENTAL PROTECTION AGENCY; ENERGY STAR: U.S. ENVIRONMENTAL PROTECTION AGENCY, U.S. DEPARTMENT OF ENERGY; WATERWISE: NATURAL RESOURCES DEFENSE COUNCIL; INDOOR AIR QUALITY: U.S. ENVIRONMENTAL PROTECTION AGENCY; ENERGY STAR: U.S. ENVIRONMENTAL PROTECTION AGENCY, U.S. DEPARTMENT OF ENERGY; WATERWISE: NATURAL RESOURCES DEFENSE COUNCIL; INDOOR AIR QUALITY: U.S. ENVIRONMENTAL PROTECTION AGENCY

Opinions

10

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Gun Control and Campus Safety; the Repurcussions of Tragedy at Virginia Tech

J.D. Castro
the sandspur

On April 16, 2007, a deranged 23 year old, South Korean English major killed 32 people at Virginia Tech. Two separate shootings took place that day. One occurred in West Ambler Johnston Hall and the other took place nearly two hours later at Norris Hall.

West Ambler Johnston Hall is a co-ed dormitory that houses 895 students. Two students were shot at approximately 7:15 a.m. EDT. There is still insufficient evidence to link the killer, Seung-Hui Cho to this crime scene. One of the guns used in the second spree, however, has been forensically linked.

Officers responding to the call believed the shooting to be a domestic dispute. One of the victims, Emily Hilscher, had a boyfriend who possessed firearms and Hilscher's roommate told authorities that he had taken her to a firing range before. Upon receiving this information, police pulled Hilscher's boyfriend over as he was leaving the campus after the first shooting.

Once apprehended, the police interrogated him, gathering conflicting accounts. Because authorities apprehended him in such a short period, the University

the threat of continual violence had ended. As he was later being interrogated, reports of the second shooting came in, exonerating him from any suspicions. Police say that he remains a very important witness in this case.

The second shooting happened two hours later. During this time, Cho went to the post office and sent videos and photographs to NBC News. The parcel was postmarked 9:01 a.m. EDT. Cho entered Norris Hall, which houses the Engineering Science and Mechanics program, chained the doors shut, went to the second floor, and open fired on anything that moved.

Within 24 hours of this tragedy, politicians were playing the gun control card. In Virginia people can conceal a firearm as long as a permit is obtained; however, schools and universities are a weapon-free zone. Many media outlets argued that if students were allowed to carry weapons on campus, Cho wouldn't have been able to kill as many as he did.

There is some very good logic as to why schools, especially colleges and universities do not allow weapons on campus. People drink and do stupid things. A university does not want to have to call a student's parent and tell them that their child has shot and killed a student in a drunken rage, or that they have shot themselves on accident because they were

drunk.

The Washington Post asked if the tragedy would have occurred if Virginia law did not prohibit the carrying of lawfully concealed

condemned this debate, saying it was "loathsome" that "People who want to take this within 24 hours of the event and use it as a political hobbyhorse." Kaine

wide email would be sent out.

This is a large problem however, and colleges are starting to see why. Students would first have to be notified to check their email



COURTESY OF J.D. Castro

Gathering Together: The Rollins community at a memorial service in front of Knowles Chapter

weapons on college campuses. http://en.wikipedia.org/wiki/Virginia_Tech_massacre_-_note-69

Virginia Governor Tim Kaine

said on April 17, 2007: "To those who want to make this into some sort of crusade, I say take this elsewhere" (The Washington Post).

To believe that an event in comparison to the Virginia Tech Massacre wouldn't happen on our campus is naive. We live in a day and age where we have to expect the worst and constantly look over our shoulders. After speaking with Kenneth Miller (Head of Campus Security) it seems that Rollins is at least a little prepared to handle a crisis similar to the massacre at Virginia Tech.

If a lockdown situation were to be put in place, the decision to do so would have gone through the Senior Administration and the Winter Park Police Department. Mr. Miller detailed what would occur during a lockdown situation. Incoming streets to the campus would be blocked off and manned, while people who aren't essential to the operation of the college would be sent home. As for how we would be notified that a lockdown situation was in effect, Mr. Miller said that a campus-

to receive word of the lockdown, and with the absence of tornado sirens or intercoms throughout campus, students would have to find out by word of mouth (Rollins is small enough that it wouldn't take long for word to spread).

As for the location where the shooter is, security would do what they could to handle the situation until Winter Park PD shows up. Campus Security personnel are not armed, and can do little against an angry student with guns.

Changes are coming for campus though. Mr. Miller said that there will be a measured response with all departments detailing what the faults are in each department and what can be done to fix said faults. Some changes, as President Duncan detailed, will take place next year with the installation of televisions across campus.

More and more evidence and information will be given to the public about what really occurred at Virginia Tech that day, but let us not forget the victims and families who suffer from this undeserving tragedy.



COURTESY OF J.D. Castro

In Memory Of: Dean of the Chapel Patrick Powers leads students, faculty, and other members of the Rollins community in remembering and praying for the victims of the Virginia Tech massacre

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Does the Honor Code Work? The Bigger Picture of Racism

Daniel Paulling
the sandspur

As part of the registration process for this year, Rollins College students were forced to sign something new: the Honor Code, which began with the 2006-07 school year. The Honor Code is in place to remind students that cheating is an offense in an academic setting, and it is an attempt to end this practice on campus. One and a half semesters later, how successful has the Honor Code been in deterring cheating?

"We have had over 20 cases so far since the beginning of the Fall semester -- over half of which have been through the 'Self-Report' method," says Brooke Roberts, the Chair of the Honor Council. "[Self-Reports] shows a large sense of integrity in a student, to make a mistake and be able to come forward and take responsibility for their actions."

Beforehand, according to statistics from Karla Knight, who is the executive assistant to the Dean of the Faculty, there were about nine a semester. There are more students being caught via the new method, which also features further improvements over the old system.

Previously, the majority of instances of academic dishonesty were dealt with by the professor and only a minority by an impartial arbiter, the Dean of the Faculty. The Honor Code has resolved this problem.

"It has established a uniform method for handling cases at every level. Previously, the same act of academic dishonesty, say, for instance, plagiarism on a paper,

could result in very different consequences, depending on the professor," says Ms. Roberts, 21.

"For example, if it was reported to the Dean that is much harsher than being dealt with within the classroom, and further one professor may have failed the student on the assignment, while another could fail the student from the class -- and all for the same violation. Now, with the Honor Code, every case is dealt with through the same process. It has definitely established uniformity and fairness."

The Honor Code has been effective in catching students who are cheating, and it has also established a trial system that is fair to all students. Has it been effective in combating the very thing it was established to fight: cheating?

"We will get a sense of whether cheating is going down after all students have gone through the process [in three years]," says the Faculty Advisor for the Honor Council, Dr. Pedro Bernal, 51. "Studies have shown that cheating has been reduced after implementation of Honor Codes at different colleges around the country."

Some professors are reluctant to agree with that sentiment, however. Dr. Gay Biery-Hamilton, the Chair of the Anthropology department, has been a part of the Rollins faculty for 12 years and proctors all of her exams. She believes the number of students who cheat is very small, but that students who are going to cheat will cheat.

"You have to have good intentions when you write out the Honor Code time, after time after time," says Dr. Hamilton, 51. "Does writing something over and over again make students change their behavior? Are they going to

change their behavior just because they're writing something out so many times? I don't know."

Some students at Rollins are also hesitant to praise the Honor Code's effectiveness at stopping cheating.

"Students are going to cheat, whether there is an Honor Code or not," says one student who wishes to remain anonymous.

There is a lot of disagreement about whether or not the Honor Code will do the very thing it was designed to do. However, Dr. Bernal believes the "wait-and-see" approach is best.

"I think it is too soon to tell," says Dr. Bernal, a Chemistry professor. "We will study the data in a few years, and it will tell us if the Honor Code is worth keeping. There will be a detailed review of the system."



Michael J. Robinson
the sandspur

Many of you are aware of the storm ignited by Don Imus over the use of the words "Nappy headed hos!" among other condemning words referring to the Rutgers women basketball team. Since then, the Reverend Al Sharpton and Jessie Jackson have sought to get Imus off the air. The question to our collected society: Is the firing of one white male the solution to the race problem?

The bigger problem is the gangster rappers. The rappers

objectifying women.

Until we as a society come to recognize that double standards of values and the mindless attempts to point fingers at those who are simply the symptoms not the cause then we are only fooling ourselves in the guise of righteous indignation. The cure to racism and other societal ills will only continue to fester.

Jackson and Sharpton have assumed the role as voice of blacks. Their failed leadership has been divisive in the destruction of building a country. Dr. Martin Luther King was able to talk to both sides to come up with a plan to unify both sides. It was not get to the scene of the fire and pour more gas on it but rather to try to put out the fire and save what was salvageable. It was to these ends that Dr. King worked to unite all people. In his "I Have a Dream" speech he said that one day all children black and white would play together.

It is an emotional outcry to fire Don Imus and to what purpose does it serve the greater good? Does a man who is in the position to reach millions is no longer in that position. We have learned that the strongest of separatists, as Bill Wallace, and Storm Thurman, have become two of the greatest allies of the black race.

Lest not forget that Monroe Trotter of the National Independent League fought an otherwise busy Woodrow Wilson on behalf of black rights in the early 1900s. We do not make progress with the dismissal of a person who makes remarks that causes us to make us question our self-esteem. It can become a platform to advice the nation on the racial and gender divide in 2007.

The lesson of Dr. King was to meet hate with love, to meet your enemy and win him over to your side. Monroe Trotter and the I.D.L. can show us the way of negation and achievement for all, the unwillingness of President Wilson to address their racial concerns, lead to uniting of blacks and they took on their concerns with responsibility and not blame to the white race for racism.

It does not take a true leader to get a mob to lynch a person or idea but it takes a true leader to require that we speak with the opposition so all will benefit from mistakes. All involved who were quickly ready to fire Don Imus have not been able to see past America's past. Therefore, the future will continue to be just as cloudy because the platform to understand one another has been cut off to spite our collective faces.

symbolize and influence a whole culture of young black males who hear this denigration of black females daily. The term gangster rap, within the poverty areas of America, reflects the ideals of anti-society, anti-education and anti-life. While it is reported that 80% of the audience are suburban young white males, this does not reflect the assaults committed within the inner city.

Similar to black on black crime within the black community, this so-called hip hop culture is not a culture but rather a destructive attitude and actions where of some blacks and whites become millionaires off the truly disadvantage within our nation. This is not a victory to have the head of Don Imus, one less bigot off the air.

This will not serve the black community in the future. This hollow victory does not address, nor being a power to defeat the danger that lies in our country. The true villains of the black society are those who utter the words that imprison the idea that black youth can succeed in America, without violence and

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12

Rollins Lacrosse: Well on the Way

John Watson
the sandspur

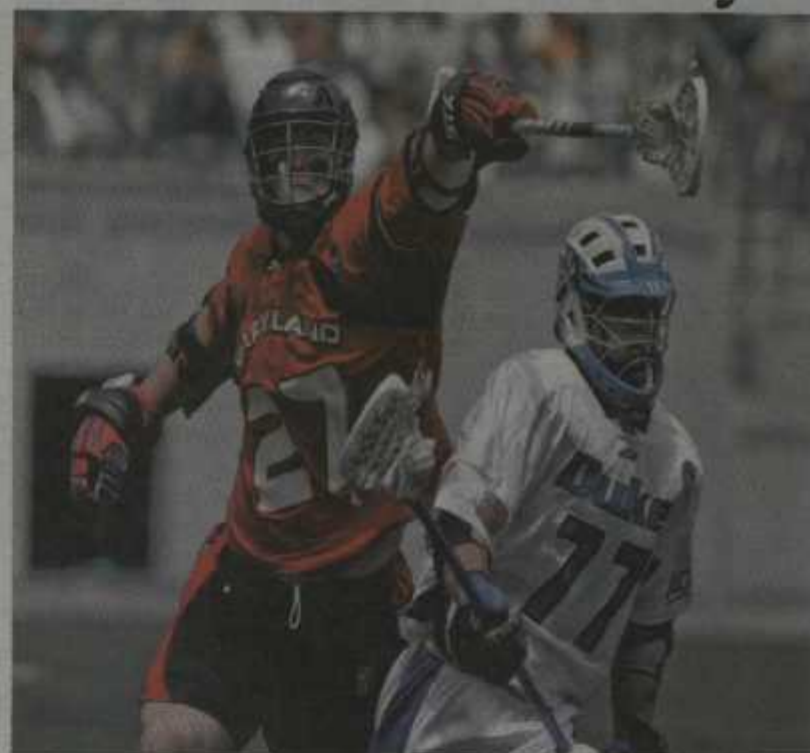
Everyone around campus is wondering about the progress of the Rollins Men's and Women's Lacrosse teams. There is no worry at all because I got some new information. As of now, the new Rollins Men's Lacrosse coach is Andrew Baxter. Andrew is an experienced player himself and is excited to be with the program. I have spoken with one of the Lacrosse associates and he told me Coach Baxter will be working with the new team in the fall of this year. The new Rollins Women's Lacrosse coach is Dennis Short. Coach Short will also be working in the fall with the women's lacrosse team. Both coaches have just been announced not too long ago. Our school is surely excited to have them coach our new sport.

Rollins College is now one of two schools in all of Florida to

have a lacrosse team. The other school is Saint Leo University near Lakeland, FL. Some surprising schools in the state without a lacrosse team include the University of Florida, Florida State University, University of Miami, University of South Florida, and Florida Southern University. Rollins will definitely be competing against Saint Leo by the time the next season comes along. Other schools that Rollins will be playing include Limestone, Wingate, and Mars Hill. All three of those schools are outside of Florida. It will be a lot of traveling for our new Lacrosse teams next season.

The official season for Lacrosse is not until the spring. However, official practice for Lacrosse will begin in the fall. It is uncertain about the exact date on when practice will begin. However, the two coaches will inform the student body sooner or later. All lacrosse games will be played on Showalter Field—located in the heart of Winter Park, next to Cady Way Trail. Andrew Baxter mentioned “I

couldn't be more excited about this opportunity.” Lacrosse is going to be great not just for Rollins, but for the entire Orlando area. I'm excited about expanding collegiate lacrosse through Central Florida. Rollins is a great place to build a program. The location and success of the current sports enables us to recruit quality student-athletes right away. I don't think it's outrageous to believe we will be very competitive within the first few seasons.” Baxter actually comes from Mars Hill College located outside Florida. He was the assistant coach there since August 2006. The other coach, Dennis Short, has a lot of experience himself. The Director of Athletics, Pennie Parker, said “We were extremely lucky to find someone of Dennis' talent and experience to build our women's lacrosse program.” His ideals of the student-athlete experience parallel the mission of the Athletic Department. His passion for lacrosse and proven track record will both be huge assets to the College as we embark on this new era of athletics.”



COURTESY OF MCT CAMPUS

Maryland's Will Dalton tries to slow down Duke's Nick O'Hara

There is no doubt that these two coaches will bring success to the Rollins Lacrosse program and in bringing excitement to

the Rollins student body. Let's hope that next year will be a very successful season. We will see you in the fall!

The 2007 \$25 Million Team

Daniel Paulling
the sandspur

Every year, I try to assemble the best possible baseball team with only two stipulations: each player must be earning less than \$1 million for the 2007 season and the total cost of the team must be less than New York Yankees' third baseman Alex Rodriguez's average annual salary of \$25 million. Last week, I released my offense; this week, it's the pitching staff.

Starting Rotation

SP Felix Hernandez, Seattle Mariners – The King is the leader of my fantasy cheap team. After a dominating performance against the A's on Opening Day in which he struck out 12, Hernandez backed up that performance with a one-hit shutout against the Boston Red Sox. The Mariners didn't want him throwing his devastating slider last year, due to injury concerns, but now that the baby gloves are off, it's time for Hernandez to become the second-best pitcher in the major leagues, behind that Johan Santana guy. His Cost: \$420,000

SP Scott Kazmir, Tampa Bay Devil Rays – There are questions about Kazmir's ability to stay healthy. Short pitchers – and the Devil Rays' ace is barely pushing the six foot mark – are more prone to injuries than taller ones. His career high in innings pitched is 186, with elite pitchers usually in the 200-220 range. That, however, is likely due to the Devil Rays being more concerned with protecting their ace than any serious problems on the behalf of Kazmir. His Cost: \$424,300

SP Matt Cain, San Francisco Giants – When the Boston Red Sox asked for Cain in return for outfielder Manny Ramirez in trade discussions this offseason, Giants' general manager Brian Sabean probably laughed and hung up. If you need a sign of his dominance, consider this: opponents are hitting .203 against him for his entire career. He's only 22, still about five or six years away from his prime. His Cost: \$650,000

SP Rich Hill, Chicago Cubs – His overall statistics from last season don't look so hot – 6 and 7 with a 4.17 ERA – but this southpaw ended the year on a magnificent hot streak. In five games started in August, Hill had an ERA of 3.38; September was even better: six starts, including two complete games, and an ERA of 1.93. Now that he can throw his amazing curveball for strikes, he's making good on all the hype that surrounded him throughout his minor league career. His Cost: \$400,000

SP Chien-Ming Wang, New York Yankees – It's surprising to hear, but the Yankees actually have young, cheap talent. In his first season, Wang threw 116.1 innings and had an ERA of 4.02. His second year, 2006, was even better: a 3.63 ERA, 218 innings pitched, and 19 wins. The latter statistic led the American League. Trying to hit his splitter is like trying to hit a bowling ball, according to some major league hitters. His Cost: \$489,500

Bullpen

My fantasy bullpen features a lot of power-armed relievers. If a major league team wants to win, it takes a lot of these. The only drawback is that this bullpen features no left handers, which could be a problem against the

David Ortiz and Travis Hafners of the world. However, I'll take my chances with this crew. There won't be many runs scored against them.

The spot starter and long-inning reliever is right hander Adam Wainwright (St. Louis Cardinals / \$410,000). He showed just how dominating he can be in the bullpen, with his impressive ability to throw four pitches for strikes, including the big, sweeping curveball that still gives Carlos Beltran the creeps.

For the middle innings, there's a trio of right handers. Huston Street (Oakland A's / \$380,000) came out of the University of Texas and quickly made an impact as Oakland's closer. Bobby Jenks (Chicago White Sox / \$450,000) does have some command issues, but he can touch triple digits with his fastball. That's just cool. Pat Neshek (Minnesota Twins / \$395,000) limited opposing hitters to a .176 batting average last season and was lights out to right handers.

My setup men are two guys who flat-out do not allow batters to get hits. Chris Ray (Baltimore Orioles / \$420,000) makes the team based on his outstanding performance last year as the Orioles' closer and the .193 batting average against. Joel Zumaya (Detroit Tigers / \$410,000) is more of the same: batters “hit” .187 against him last year, and there's always that 102 mph heat. The pièce de résistance is closer Jonathan Papelbon (Boston Red Sox / \$425,000). Last year, it can be argued, he was one of the top three closers in baseball. Paps finished the season with a 0.92 ERA and a ridiculous 0.78 WHIP.

Total Cost of Pitching Staff: \$5,273,800

NBA Wrap Up

Juan Bernal
the sandspur

NBA Coach of the Year-

1. Sam Mitchell-Raptors
2. Jerry Sloan-Jazz
3. Avery Johnson-Mavericks

Most Improved

1. Monta Ellis-Warriors
2. Kevin Martin-Kings
3. Andre Iguodala-Sixers

Rookie of the Year

1. Brandon Roy-Blazers
2. Andrea Bargnani-Raptors
3. Randy Foye-Timberwolves

MVP

1. Steve Nash-Suns
2. Dirk Nowitzki-Mavericks

3. Kobe Bryant-Lakers
4. Tracy McGrady-Rockets
5. LeBron James-Cavaliers

Playoff Preview-

- Pistons over Magic in 5.
- Heat over Bulls in 7.
- Cavaliers over Wizards in 4.
- Nets over Raptors in 7.
- Pistons over Heat in 5.
- Cavaliers over Nets in 5.
- Pistons over Cavaliers in 6.
- Western Conference-Mavericks over Warriors in 5.
- Rockets over Jazz in 6.
- Spurs over Nuggets in 6.
- Suns over Lakers in 5.
- Mavericks over Rockets in 6.
- Spurs over Suns in 7.
- Mavericks over Spurs in 7.
- Finals
- Pistons over Mavericks in 6.

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