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The Sandspur

ROLLINS COLLEGE ■ WINTER PARK, FLORIDA

ARTS & ENTERTAINMENT

Small Fine Arts Museum opens three new exhibits displaying American and European paintings. PAGE 6

OPINIONS

After Britney Spears' performance during the VMA's, Rollins students had something to say. PAGE 13

SPORTS

On the scene: Coverage of the Jumbie Showdowns Bass Fishing Tournament. PAGE 16

THE STUDENT VOICE OF ROLLINS COLLEGE SINCE 1894

VOL. 114 ISSUE 02

www.thesandspur.org

September 24, 2007

Student Loses Nearly \$3,000 in Robbery

Daniel Pauling
the sandspur

Four residents in a Sutton Place apartment lost electronics worth nearly \$3,000, after the items were taken from their apartment two weeks ago. The items included a Dell laptop, X-Box game system, eight games, and an iPod. The exact time of the crime is unknown, but it is believed to have happened sometime between 11:30 pm on Thursday the sixth and 7:00 am on Friday the seventh.

All of the items belonged to sophomore Buck Snyder, according to a police report filed by the Winter Park Police Department. Snyder believes he may have left the door to his apartment unlocked when going to bed on Thursday, minutes after 11 o'clock. Snyder's roommate Shelly Clark, also a sophomore, reported that the door was slightly open the next morning. When Snyder noticed the items missing, he called Campus Security, who, in turn, notified the Winter Park Police Department.

"When we got there, we investigated everything in the room," said Fernando Rodriguez, an administrative assistant with Rollins College Campus Security. "There were no traces of anybody doing any damage to the apartment. We then asked people in the hall for information."

No clues were revealed during these questionings.

The locks to Snyder's room were in good shape, leading Campus Security and the Winter Park Police Department to conclude that there was no forced entry to the apartment. Snyder also said there were no noises during the night that would lead him to believe there was a forced entry into the apartment. Searches for fingerprints on the door also revealed nothing.

"It feels pretty bad," Snyder said. "It happened while we were all in here. You get a really bad feeling when something like that happens."

Currently, there are no leads on who the thief is, but the investigation may be leading toward someone familiar with campus, maybe even another student.

"We suspect, due to the nature of the crime, it is someone with strong knowledge of the campus," Rodriguez said. "Someone who knows what goes on in residence halls."

This latest incident is much more severe than other previous criminal acts at Rollins. Rodriguez could only think of two episodes over the last year and a

half.

"There were thefts in McKean Hall sometime in late December or early January last year," Rodriguez said. "We reported it to the Winter Park Police and all of the merchandise was recovered."

"Also, someone broke into Orlando Hall [the English department] sometime last summer, but didn't take anything. It was just a case of vandalism and was never solved."

Ken Miller, the head of the Rollins College Campus Security, and the Winter Park Police Department are going to continue their investigation of the incident. They have no suspects at the time.

For those who are looking to avoid what happened to Snyder, he shares some advice: "Keep your door locked at all times. There's nothing as bad as having something stolen from you when you're right there."



YOUNG BINSLOCK/The Sandspur

See page 2 for ways to keep your stuff safe.

10 Ways to Keep Your Dorm Room Safe

Lindsay Siegel
the sandspur

With campus security always available, the campus seems like a safe place all the time. However, they can't protect you from all the crimes that may occur during your time here at school. To prevent anything happening to you while on school grounds you should follow these ten simple steps and it will protect your safety and your valuables.

1. Lock Doors- I know this is common sense but many people don't realize that in the middle of the night that they forgot to lock their doors and that gives anyone a free pass to roam around your room. Be sure to set your lock to where it locks automatically that would be the easiest way not to forget to lock it because it will already be locked.

2. Bolt Doors- This College is old, and some buildings have not yet been through renovation so you may think that you're safe by locking your doors but bolt locking them would make it safer. Some locks are loose after all the people who have previously lived there and people can easily pry them open with tools they have in their back pocket but bolt locking keeps your room safe from this kind of childish theft.

3. Don't open doors downstairs to anyone, be sure they have an R-Card on them. Many people walk out of their rooms and outside and then just let any random person inside. Making sure they have their card on them can guarantee that they are a student.

4. Don't let people in your room that you don't know. Many times someone knocks on your door and you answer and you just invite him or her in. It's great to make new friends but this could be a big mistake. You may turn your back away for a second and anything that has any value may be gone.

5. Talk to your roommate. Your roommate may be the type of person who likes to study all the time or the type that loves to throw parties. Whatever roommate you ended up with they will still have people over. Personal property should be respected between roommates, and visitors are not always respectful of that.

6. Keep keys safe always on you. Don't set them down somewhere that is it possible that someone take them.

7. Don't let it be noticeable that you're not in your apartment. Turning off all your lights and all the sounds in your room is not sensible. Anyone can listen in and see if someone is there and see if it's there opportunity to steal. Be sure to leave your TV on with a lot of sound and keep the lights on. Don't write little notes to your friends on your dry erase board outside of your room saying that you're gone when you left and when you will be back.

8. Close Windows- Only some rooms have this option to open and close windows. For those of who have those that open, be sure to shut them to keep out any intruders.

9. Keep expensive stuff hidden or locked. When leaving your room or even sleeping at night be sure to secure any personal items of value. A smart way to go about this is to buy a cheap safe from a store and put all your valuables in it. Don't leave your most expensive stuff right on the table next to the entrance door.

10. Get to know your neighbors. It is really good to meet your neighbors to be safe and to have friends.

He keeps the Heat on their feet

Barry University faculty member Dr. James Louito specializes in fancy footwork.

In addition to serving as the Miami Heat's Team Podiatric Physician, Dr. Louito teaches sports medicine and biomechanics at Barry University. Barry's program in podiatric medicine offers extensive research facilities, distinguished hospital and medical center affiliations, and excellent opportunities for residency programs and externships across the United States. The program's Foot and Ankle Institute gets more than 11,000 patient visits a year.

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Photography by markpaul

CMS 7/08 00/07

where you belong

Students Celebrate International Coastal Cleanup Day

Stephanie Ellenburg
the sandspur

On September 15th, about 170 Rollins College students and faculty spent their Saturday at Canaveral National Seashore at Playalinda. This nationally protected coastline is near Cocoa Beach and where the Kennedy Space Center's shuttle launches can be viewed. Playalinda is also a popular nesting area for sea turtles, as well as a home to many other marine animals.

The reason behind these Rollins College volunteers was in celebration of International Coastal Cleanup Day. Since 1986, this day has been the single most volunteered event internationally and was created by a staff member of The Ocean Conservancy. This organization helps collect data of debris washed up on shore and within coastal waters; they then calculate the amount of garbage that is being dumped in our local oceans in hopes to prevent further littering. Their mission is found at www.oceanconservancy.org and states, "Through research, education, and science-based advocacy. Ocean Conservancy informs, inspires, and empowers people to speak and act on behalf of the oceans."

This once a year event has recently been a Rollins College involvement since last year. Dr. Fiona Harper is extremely passionate about preventing littering and harm to the environment. She was a leader in getting



COURTESY OF FIONA HARPER

DEDICATED STUDENTS: Students help clear off trash along the coastline.

her students involved in this project along with Dr. Kathryn Sutherland. Both biology professors, students, and other staff members spent an hour and a half on Saturday cleaning the shoreline and came across some peculiar items. One student found some Carnival cruise ship balloons, others found pieces of plastic all over the shore, and most interesting is the long fluorescent light bulb dug up from

the sand. Where is all this debris coming from? Most garbage falls off boats, litterbugs within the area, and as for the balloons; what goes up must come down. Unfortunately, it is the marine wildlife that suffers so much from our human actions.

Do you know that it takes 5 years for a cigarette butt to decompose? It also takes about 18 years for Styrofoam, 50 years for Aluminum, 550 years for Plastic,

and one million years for Glass. However, plastic is the most destructive out of all these pieces of trash. Plastic bags are mistaken for jellyfish that are eaten by sea turtles, eight ringed soda holders are caught on the necks of animals all the time, and many birds think small pieces of plastic are fish and end up feeding it all to their babies. For example, there are 21 species of Albatross (large marine bird), and 19 of

the species are threatened to become extinct. We are the future, and anything we do can effect our environment down the road.

The expansion of International Coastal Cleanup Day ranges to 100 different countries all over the world. In September 2002, 2.8 million pounds of trash was retrieved from the coastlines of the United States within 3 hours. In just a few hours there was a great impact already being made to prevent hazardous threats to the environment. It is amazing what a little help can produce. Dr. Fiona Harper is also concerned with Rollins students during Fox Day. She hopes that the students involved and volunteering for these cleanups will go to the beach to celebrate Fox Day and spread the word about cleaning up the mess other students produce during celebration. She said, "When Rollins goes to the beach on Fox Day, they should make sure everything is clean or maybe even cleaner."

The Rollins College students have learned a lot from their experience at Playalinda. Dr. Harper also shared that a student of hers came to the Canaveral National Seashore at Playalinda to volunteer and also encounter his second time being at a beach. What better way to spend a second time at the beach and leave feeling proud of what you accomplished.

Rollins Learning in a Globalized Community

Zana Fejzic
the sandspur

Rollins College is growing globally not only through the student's immersion in another country, but also through the professors' international experiences. The professors bring back their experiences and incorporate it into their classrooms, enhancing their students' understanding of life outside of the U.S. The professors' lectures and studies brought back from abroad are an interesting and effective way for students.

Dr. Mariotti and Dr. Biery-Hamilton are only two of the many Rollins College Professors that have traveled abroad to bring back something extra in their classes here at Rollins. Dr. Mariotti traveled to the Czech Republic in the spring of 2007 and Dr. Biery-Hamilton went to Brazil for her Master's research back in '95 and went back for her PhD research in 1989. She also visited the Texas-Mexican border in 2001. Both incorporate their experiences into their classrooms to enlighten and motivate their students about other cultures and societies.

Dr. Biery-Hamilton is an Anthropology Professor who incorporates her trips to Brazil and Mexico daily. She researched the effects of the Tucuruí Dam in Para, the 4th largest hydroelectric dam in the world and in one of Brazil's Northern states, and the effects it had on surrounding cities. Not only did she learn the economic and environmental difficulties of Brazil, but she was thrown into a culture very different than that of America. After a year in Brazil, she had found herself subconsciously developing habits of the Itapuranga people she stayed with. She even gained insight into a somewhat more foreign culture while she studied folk healing in Mexico. She now teaches an Amazon seminar as a result of her travels in hopes of educating people about the dangers of mankind imposing upon nature.

Dr. Mariotti, Professor of Political Science, had a different trip yet with the same satisfied results as Dr. Biery-Hamilton had. Dr. Mariotti had traveled to the Czech Republic to look at how a former communist country had succeeded in becoming

ing capitalist. She teaches her students the different theories of capitalism vs. Communism and feels her time spent under both will help her students gain different insights through her own new perspectives.

Two different professors in two different departments each share the same hopes for Rollins and the U.S. So what do they wish Rollins students, and Americans as a whole, learn from them based on their international trips?

Dr. Biery-Hamilton hopes people learn to understand that a different culture completely unrelated to anything Americans see doesn't mean it is "wrong". She hopes people become "more aware of others and learn to accept and tolerate those who are not like them." Dr. Mariotti hopes her students learn to "appreciate the difference between communist theory and practice" as well as the practice of capitalism in America versus the practice of capitalism in a post-communist country, such as the Czech Republic.



COURTESY OF INTERNATIONAL PROGRAMS

SPAIN: Rollins students study abroad in Asturias, Spain.

Holt News

4

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Ladies, Suits are Back with a Feminine Touch

Elizabeth Wellington
mct campus

After years of mismatched fashion irreverence (which included pairing teal shoes with everything) the classic suit is reemerging in a much different landscape than the last time it dominated women's wardrobes in the 1980s.

Dresses, the most feminine of fashion items, are peaking in popularity as more and more

they were tailored trousers by pairing them with a fitted jacket and a bowed metallic blouse. We broke some suits up. Others, we kept together.

And we gave manly herringbone separates a ladylike twist for brunch by pairing them with a black shift and an ivory jacket with demure bell sleeves.

Metallic belts, round-toed T-strap shoes, sparkling clutches and denim may annoy staunch suit wearers. Don't these more

Michael Kors paired pencil skirts with bomber jackets, all in the same color family, for an unexpected suited look.

But high fashion, read expensive, isn't the only place you can find unique turns on the classic suits.

Kohl's, J.C. Penney, Target, and Macy's INC are all featuring separates to help us duplicate the look. Just keep these tips in mind:

The color palette is dark,



Courtesy of MCT Campus

SUITS: Fashionable and affordable suits are designed to fit a woman's transition from work to play.

women are moving away from dressing like men in order to be taken seriously in the workplace. We are even seeing more and more cleavage during daylight hours.

Still, dark-hued, menswear blazers and skirt (or pant) combinations are dominating clothing racks this fall.

However, they are back with a twist. To keep the apparel delicate, contemporary designers such as Nanette Lepore, Rebecca Taylor, and Tracy Reese are giving tweeds, plaids and herringbones a womanly touch with ruffles, ruching and ribbon trim.

And by pairing matched separates with glossy, patent leather shoes and oversized bags, we are giving today's suit the we-scoff-at-rules edge that has been the subplot of the ready-to-wear story for the last five years.

"Everything is very polished," explained Denelle Drake, fashion spokeswoman for Neiman Marcus in the King of Prussia, Pa., mall. "Suits are very important, especially those with straight cuts and embellishments."

After seasons of pointing out the popularity of denim (low-rise, high-rise and skinny) paired with all things voluminously (some would say sloppily) Bohemian, we're showing how today's suit can reintroduce itself to the city's fashion enclaves.

We mixed pinstripes with metallics to make shimmery pop appropriate for the office. We treated indigo jeans as if

frivolous items overpower the suit's seriousness?

But retailers and fashion pundits say the suit denotes a certain sense of order by its very nature.

The biggest difference between the suit of today and yesterday is that it's more flexible, they say, and just like its wearer, is much more likely to transition from work to play.

"The essence of a suit is about order and class," said Maureen Doron, owner of Skirt, a boutique in Bryn Mawr, Pa.

"However, suiting changes," she continued. "This season we are going to see women not just wear suits to the office, but to cocktail parties and weekend social events."

Doron added that designers Cynthia Steffe, Chaiken and Milly made jackets mod by cropping them and pairing them with wide-legged pants and A-line skirts.

The three-quarter-sleeve cropped blazer will be a key component for suit separates this season, she said.

When designer Marc Jacobs lifted the curtain on 56 models standing in jewel-toned streamlined pants and skirt suits during the Fall 2007 runway presentation in New York in February, it became clear that the simple suit would dominate fashion this season.

Other designers were on the same page, as Tory Burch, Tia Cibani of Ports 1961 and James Coviello all showed tweed jackets with jumper dresses as well as gold lame blouses and men's trousers.

lots of black, grays, olives and navies. Tight-knit tweeds and black and white herringbones are hot.

Bell sleeves are key to blazers, as are wide lapels. Look for pleats, gathers, ruching and rosettes.

Topstitching along pockets and collars is another detail that gives pieces a crisp, suited look.

Wear suit pieces together or apart.

"This season's trends give women more creativity and personal style when it comes to stretching a wardrobe," said Hope Greenberg, fashion director at Lucky magazine.

"It used to be that women were really restricted to wearing a suit together all the time."

Also, go for a simple silhouette. Blazers should be cropped above the waist. The perfect pant has wide legs, sans pockets.

And the high-waisted pencil skirt, a must this season, can easily be interchanged with her sister, the swinging A-line.

Stay away from nude pantyhose, unless they are very sheer.

A bare leg can take you into late November, and then you go right into opaque tights as it gets colder out.

But you must be careful when pairing a blazer with a dress.

While there aren't any hard and fast rules, stay away from boxy suits and boxy dresses.

That look will put you straight back in the 1980s, the last place you want to be when you put on a suit this fall.

the CAREER COACH

Marian Cacciatore

CUSTOM-TAILOR YOUR COVER LETTER

Dear Career Coach,

I just heard you advise students to send out a cover letter with a resume.

Can you tell me more about what I should include in a cover letter?

Also, who should I address the cover letter to if there is no contact name available?

Answer

You heard correctly! I always recommend sending a cover letter with a resume unless the ad or posting directly requests "resumes only".

Your cover letter should be a custom-tailored, personalized summary directed at a specific role/industry/market.

Is your goal to get your letter and resume to rise to the top of the stack? If so, it is critical that you take the time and really make the letter shine.

Typically a cover letter uses correct business format with date and addresses at the top, and a signature at the bottom.

This letter is clear and concise, and grammatically correct without any spelling errors.

I recommend using a format that has several key sections.

Introduction

This section identifies the position you are applying for and how you heard about the opening.

If you have been referred by someone it is important to mention this as well. Often letters who rise to the top also include wording that is creative and catches an employer's attention quickly.

Middle Paragraph

The second paragraph identifies two or three of your strongest qualifications and clearly relates how these skills apply to the job at hand.

This letter explains specifically why you are interested in this position and this type of job, company, and/or location.

Within your content, show that you have done research on the company and industry.

Last Paragraph

The final paragraph refers the reader to your resume or any other enclosed documents. It also thanks the reader for taking time to read this letter.

It is also important to describe how you will follow up with the employer in a stated time period. (And make sure that you do!)

Don't underestimate the importance of the cover letter.

In a recent survey conducted by NACE (National Association of Colleges and Employers) 150 executives from the nation's 1,000 largest companies, 60 percent of the respondents said that when they screen applications, the cover letter is either as important as or more critical than the resume.

Your cover letter really does matter.

Now, regarding the last part of your question - how do you address the letter if no name is available?

My first recommendation is to exhaust all avenues for finding a name before you go with a generic address.

Call the company—reception staff are helpful usually, if you're polite—and ask for a name (and proper spelling).

If you are unable to find the contact name use "Dear Hiring Manager," "Dear College Recruiter," or "Dear Selection or Search Committee."

Beware, Dear Sir or Madam is out of date and To Whom It May Concern is too generic.

Do you have a question for the Career Coach? Are you a Hamilton Holt student who wants to take advantage of Career Services? Contact Marian at Mcacciatore@rollins.edu for more information and assistance.

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>

Water Bottle Quandary Taps into Health vs. Environment Concerns

Ann Tatko-Peterson
mct campus

Few plastic water bottles make it into Mary Wilstorn's curbside recyclable container, the Concord, Calif., resident buys one plastic bottled water a week and simply refills it from the tap.

"I don't buy bottled water for the so-called 'mountain spring' water," she says.

"Tap water is fine by me. And if it came packaged to go, I wouldn't need to use a plastic bottle at all."

It seems like an ideal balance: plastic bottles afford convenience at a time when the emphasis is on hydrating with water instead of sugary drinks; reusing the bottles helps address environmental concerns over pollution, overflowing landfills and crude oil use from plastic production.

But is the practice healthy?

Some reports suggest reused plastic bottles may break down and leach chemicals into the water.

Tests on reused plastic bottles also have detected nasty bacteria.

The information is confusing, and in some cases, flat-out misleading.

And ultimately, striking a balance between convenience, the environment and health hinges on drawing your own conclusions.

Why not just uncup a new plastic water bottle? Isn't bottled water better than tap?

Not necessarily.

The Environmental Protection Agency strictly regulates all public water; the Food and Drug Administration oversees the bottled water industry with less stringent regulations.

Until recently, few bottled water manufacturers publicly revealed their water sources.

Turns out about 40 percent of bottled water is really filtered tap water.

Plastic also takes a toll on the environment, partly because

it is a byproduct of petroleum refining.

The Earth Policy Institute notes that more than 10 million barrels of crude oil are used each year to make the plastic water bottles.

And the National Resources Defense Council reports that an estimated 9,700 tons of carbon dioxide are emitted annually to transport bottled water overseas to California.

The sheer numbers don't stop there. In 2006, 28.3 billion gallons of bottled water were sold in the United States, according to a report by Beverage Marketing Corp.

About 86 percent of those bottles were thrown away, not recycled, alarming to environmentalists because a buried water bottle takes up to 1,000 years to biodegrade, says the Container Recycling Institute.

Rumors and e-mail warnings have sent up red flags about reusing plastic bottles. But are they true?

Claim: A University of Idaho student's masters thesis found that reused plastic water bottles leach chemicals.

Reality: Not true, says the FDA. The student's tests were not subjected to peer or FDA review.

The FDA has classified polyethylene terephthalate (PET), the material used in most disposable water bottles, as meeting federal standards for food-contact materials.

Claim: The plasticizer DEHA is a human carcinogen that can leach from the plastic bottles into the water, possibly causing cancer.

Reality: First, the plasticizer used in PET is diethylhexyladipate, not diethylhydroxylamine (DEHA).

The American Cancer Society states, "The U.S. Environmental Protection Agency says DEHA 'cannot reasonably be anticipated to cause cancer ... or other serious or irreversible chronic health effects.'"

Claim: Freezing water releases dioxins in plastic bottles.

Reality: Plastics contain no dioxins, says Rolf Halden, assistant professor in the Department of Environment Health Sciences and the Center for Water and Health at Johns Hopkins.

"Freezing actually works against the release of chemicals," he adds.

"Chemicals do not diffuse as readily in cold temperatures, which would limit chemical release if there were dioxins in plastic, and we don't think there are."

Claim: A University of Calgary study found coliform (typically from fecal matter) and heterotrophic (bacteria from the mouth) in 12 percent of 75 water bottles reused by elementary school children.

Reality: Yes, bacteria was present, but the study's author concluded that a lack of personal hygiene was to blame.

The bottles and kids' hands were not properly cleaned before refilling.

Claim: It's dangerous to drink water from a plastic bottle left in a hot car.

Reality: True, and the same goes for exposing an open water bottle to room temperature for too long, says Keith Christman, senior director of packaging for the American Chemistry Council's Plastics Division.

"You want to treat it as an opened food product container," he says.

"That's why many food products say 'refrigerate after use' because bacteria can grow in warm conditions."

Claim: Lexan is a polycarbonate plastic, used in sports bottles such as Nalgene, that contains bisphenol A (BPA), which if consumed can cause chromosomal disruption, miscarriages, birth defects and obesity.

Reality: It depends on whom you ask.

The Environment California Research & Policy Center notes that more than 130 studies found BPA at very low doses was linked to adverse health effects.

Also, 38 leading scientific experts on BPA have called for

more research because of those studies.

Proponents argue that the research is inconsistent and based on animal studies.

Also, regulatory agencies, such as the FDA and European Union's Scientific Committee on Food, consider plastic safe for reuse.

The UC Berkeley Wellness Letter, compiled by 14 faculty members, offers insight for both perspectives.

"No human health risk has been established," it writes, "but there have been concerns because traces of BPA have been detected in human urine samples."

So, are plastic bottles safe to use repeatedly?

Where Nalgene bottles are concerned, any amount of BPA leached is probably miniscule, says John Swartzberg, Clinical Professor of Medicine at UC Berkeley and chair of the Wellness Letter's editorial board.

"Of course, you don't want to put anything in your body that you don't have to," Swartzberg says.

"Most times, any leaching would happen with the first few uses, so just wash the bottle out."

The bigger health issue stems from bacteria in reused bottles: Proper cleaning is essential.

"Saliva gets into the bottle and if there's enough warmth, it

can grow," Swartzberg said.

"Conceivably it can cause disease. To our knowledge, there's been no outbreak of disease from unclean bottles, but that's no reason to contaminate yourself."

Bottles should be cleaned using hot, soapy water.

Avoid using dishwashers because high heat can cause degradation, Swartzberg said.

Swartzberg suggests using a scrubber designed for baby bottles to thoroughly clean the inside, neck and lip of the bottle.

Then let the bottle air dry completely before refilling.

Finally, check the bottle for visible thinning or cracking because damaged areas can harbor bacteria.

Disposable plastic bottles are not designed for multiple use so they are susceptible to breaking down over time.

"Plastic is not really the issue," Christman said. "Bad hygiene and improper cleaning are the main reasons why reusing a bottle can have health risks."

Obviously, single-use bottles are more sanitary. Really, it comes down to a consumer's personal choice."



Courtesy of MCT Campus

28.3 billion gallons of bottled water were sold in the U.S. in 2006. Concerns still linger on the benefits of health and environmental issues

WATER TO GO

Trying to balance environment, health and convenience concerns in choosing your on-the-go water.

Here are some options:

PLASTICS

BOTTLED WATER

Most are made of polyethylene terephthalate (PET), which experts say makes them safe for reuse as long as they are in good condition (no cracks) and properly cleaned before refilling.

Less durable than sports bottles, they should be replaced more frequently.

Nestle Waters North America, Inc. sells eco-shaped half-liter Arrowhead bottled water that uses 30 percent less plastic than other disposable water bottles.

SPORTS BOTTLES

These, which include Nalgene, are made of polycarbonate or high-density polyethylene, are designed for long-term reuse.

Polycarbonates are linked to bisphenol A (BPA), which some research indicates is an endocrine disruptor causing birth defects, obesity and other health problems. Like single-use bottles, they should be cleaned before reuse.

NON-PLASTICS

BIOTA

The bottles, filled with spring water, are derived from a renewable resource (corn) that degrades in 75 to 80 days in a commercial compost.

They can be refilled like other single-use bottles. For store locator, visit biotapwater.com

SIGC

The reusable metal bottle is made of aluminum and sprayed inside with a food-compatible stove enamel.

As with other bottles, it must be cleaned properly to remove bacteria.

Type of plastic is indicated by the number in the triangle located on the bottom or side of the container:

1. polyethylene terephthalate (PET)
2. High-density polyethylene (HDPE)
3. Polyvinyl chloride (PVC)
4. Low density polyethylene (LDPE)
5. Polypropylene (PP)
6. Polystyrene (PS)
7. Others, including polycarbonate

Arts&Entertainment

6

EDITOR: JUSTIN BRAUN

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Art Museum Opens New Exhibition

Cornell Premier's Professor's Work as well as American and European Classics



YONI BINSTOCK/The Sandspur

Amy Barlow
the sandspur

This autumn the Rollins College Art Museum is opening up with three new exhibitions that were created from the museum's permanent collection of American and European paintings. Rachel Simmons, a Rollins associate professor of art and art history, also has her newest work in the Wonders exhibition for the first time.

Rachel Simmons' Wonders has four thematic installations that are comprised of the combination of digital techniques and traditional printmaking. Her pieces are two-dimensional and are shown alongside her

first video, "Noise Pollution." Simmons' artwork is incredibly diverse and is a must see this season. It will be on display from September 15th - December 30th so make sure that all of you Rollins students show your support for your professor and her hard work.

Also to be seen through December 30th is the museum's collection of Winslow Homer: Joys of the Day. Homer's exhibit includes forty eight woodcut engravings filled with children at work and at play on land and in the sea, in the country and in the city, and during the day and night. His pictures take on the grayish tones of the mid-nineteenth century press. I have personally seen his exhibition

this summer and it was wonderfully serene and beautiful. He is a fabulous artist that appeals to all.

The beautiful and intimate portraits that make up the dozen of 18th and 19th century oil painting of the American Portraits gallery were taken from the Cornell Museum's collection of American art. This gallery can also be seen up until December 30th. This is the first time that all of the portraits are being shown as a group to illustrate the genre of the early American self. From colonial times into the nineteenth century, portraits were the most common painting type due to their status symbol within the mercantile class. Portraits generally give the most

MASTERPIECE: The world renowned Cornell Fine Arts Museum.

revealing information about the styles and peoples of each time period. This exhibition is sure to be wonderfully fresh and popular and should not be missed.

Last but not least is the Select European and American Painting exhibition that highlights the years 1561-1915. These paintings are comprised of especially chosen landscapes, genre scenes, and portraits from the Cornell museum's permanent collection. There is a range of American, Dutch, French and Italian turn of the century paintings that are included in this exhibit. There are a multitude of various artists on display

so this exhibit should include many different styles and types of paintings.

Please come out and see the gorgeous Cornell Art Museum and its newest fall galleries. The museum is open from 10am-5pm Tuesday through Saturday, and 1-5pm on Sunday. Admission is FREE to all students so there should be no excuse to take a break from work and loose your self in art from the past. Art can be a wonderful escape into a new world, so make sure that you make time to support your schools newest attractions. I will see you all there!

Nothing Says Remember 911 Quite Like Hip Hop

Avery Klurfield
the sandspur

On Tuesday September 11, 2007 while most Americans were remembering the tragic events of September 11, 2001, others were out purchasing Graduation and Curtis the newest albums by Kanye West and 50 Cent.

A hip hop rivalry between two of the most talented in the industry at present. 50 speaks harsh words over soft, enthralling beats produced for him by Aftermath Records. Kanye, produces his own songs and

infuses samples of past beats. On the track, "Champion," he samples Steely Dan's "Kid Charlemagne." 50 has threatened to retire if West sells more albums than him. As of late Friday, September 14, the numbers were 781, 000 copies of Graduation and 603, 000 of Curtis. Looks like 50 might settle into Palm Beach for early retirement and the early bird special. Many Kanye fans will be thrilled at this prospect.

50 Cent is a rapper who claims to have "street cred," for being shot however many times he was, the problem is that no one really cares how many times 50 was shot because it has absolutely nothing to do

with his music. Cent's rhymes are vulgar and crass, degrading women and promoting crime. The best part of his music is the beats which he has absolutely nothing to with. While he can be entertaining to listen to, if you actually listen to what he is saying, you will most likely be disgusted by him. On the track "Ayo Technology," in which Cent collaborates with NSYNC alum Justin Timberlake, Timberlake crys "Spotlights don't do you justice baby/ Why don't you come over here./ You've got me saying ayo/ I'm tired of using technology/ Why don't you sit down on top of me."

West, on the other hand, writes his own rhymes and

produces his tracks as well. His music is fresh and incredibly catchy. His personality, not so much. Reportedly at the MTV Video Music awards, when Mr. West did not win, he through a tantrum backstage. Anyone interested can hear the audio on YouTube, where Kanye lashes out at MTV. This is not the first time that Kanye has thrown a tantrum. Shortly after Katrina, a concert was held to raise money for the victims. Kanye was presenting an artist with Mike Myers and he stated, "President Bush does not like black people." The televised event quickly cut to commercial to save any more embarrassment caused by Kanye. His music can be called

brilliant, but he can be called arrogant.

I guess that which album you purchase depends on several factors. Are you into pure rap or infused hip hop? Do you want to listen to the degradation of women, or utter self-promotion? Would you rather hear Justin Timberlake soft falsetto, or Chris Martin's? I know these questions are difficult to answer for some. So if you are like me, you probably went out first thing Tuesday morning and purchased both, to decide for yourself. 50 may be vulgar and Kanye arrogant, but I certainly hope neither of them goes into early retirement.

Music Department Concert Preview

Zana Fejzic
the sandspur

Rollins College will be holding series of concerts starting September 23rd. All concerts will be held in Tiedtke Concert Hall in the Keene Music Building and will be free unless indicated by the Music Department. The events are scheduled as follows:

Music at Midday are held weekly by the Rollins College Student Recitals. The first one starts on Thursday, September 27 at 12:30 pm.

Ensemble concerts are student musical organizations of the Music Department. Their concerts begin on Tuesday, October 30 at 7:30 pm performed by the Rollins Wind Ensemble.

The first Faculty Showcase will be held on September 23rd at 7:30 pm. This is a concert composed of numerous faculty members. Faculty Recitals are also performed by Rollins College Department of Music Faculty members and those will begin on Sunday, October 21 at 3:00 pm.

Christmas Vespers begin on Friday, December 7 and Saturday, December 8 both at 6:00 pm. This is an annual service of lessons and carols and tickets will be available starting November 1. A \$5 donation is required per ticket and will be distributed to chapel charities.

Free parking is available in the SunTrust Plaza garage and the parking tickets will be validated at concert venue.

The Bach Festival Concert Society presents three series of concerts beginning with the

Visiting Artists Series on Friday October 12 at 8 pm presenting the Academy of St. Martin in the Fields Chamber Ensemble as their first concert. The Choral Masterworks Series begins on Saturday October 27 at 8 pm with Carmina Burana as the first performance of the series. The Fred Rogers Family Series begins on Saturday October 13 at 11 am with the Academy of St. Martin in the Fields of Chamber Ensemble as their first performance of that series. Ticket prices do vary but concerts will still be held at the Tiedtke Concert Hall. Tickets can be purchased by logging on to www.bachfestivalflorida.org.

Further information on any of these events is listed on the Rollins College Department of Music website and in the brochures available in Keene Hall.



LINDSAY SIEGEL/The Sandspur

ROLLINS: A variety of concerts are occurring in the music building this fall.

A Hacker's Guide to College Life

Michael Ballough
the sandspur

Dean Kohr's Hacking College, now in its third edition, is a survival guide that leads students from freshmen orientation to their professional lives seamlessly. The author, Dean Kohr Ph.D., knows this transition well from his experiences straddling the fence between corporate and academic worlds.

After receiving his doctorate in American Cultures Studies, Kohr was just in time to take advantage of the 1990's.com boom. With internet businesses struggling to find their consumer niches, Kohr and his degree were valuable commodities. Unfortunately the bottom dropped out of Internet industry, and like many people Kohr had to move on. He returned to the community college his education began at, but this time as a professor. Kohr's experience in a fluctuating job-market fused with his new profession



NICK ZAZULIA/The Sandspur

HACKER'S GUIDE: Kohr-approved college dorm room at Rollins College.

as an educator, thus Hacking College was born.

In a very accessible 160 pages, Hacking College reads quickly, but its message is not fleeting, "College is a portal to the world--so use it as one." From suggestions on picking your first classes to advice on shedding the influences of derelict friends, Kohr touches on topics that every incoming freshman should be conscious of. With Kohr's insights, one can be assured he or she will leave Rollins with a marketable degree and good memories.

Because attaining a degree is not the sole purpose of college—or a guaranteed job afterwards—Kohr speaks on areas that will be useful in professional life as a complement to your diploma: establishing credit, work/internship experience, culturing yourself. With the growing number of undergraduates flooding the job-market every year and our ever expanding global society, it is these factors that can determine post-collegiate success.

Die of Laughter Watching Death at a Funeral

Amy Barlow
the sandspur

This British comedy came out on August 17th, 2007. There was not much advertising and hype, and I can not recall ever seeing a trailer. However, Death at a Funeral was one of the funniest movies I have ever seen. The comedy was right up my alley, and I am sure that Rollins stu-

dents would enjoy it greatly. It is rated R and runs for an hour and a half. Written by Dean Craig and directed by Frank Oz who also directed The Stepford Wives and acted in the last three Star Wars films. The cast consists of Matthew MacFadyen, Rupert Graves, Jane Asher, and others. For the most part they are all small name actors that have played minor roles in previous films. The main character, son Daniel, is also Mr. Darcy in Jane Austen's Pride and Prejudice.

The movie is about a British family that loses total control when the head of their large family passes away. Everyone is distraught and nervous at the thought of who will succeed the patriarch and take control as the head of the family. All of the family members come together at the wife of the deceased home for the wake and the burial. All hell breaks loose when a midget (the guy from Nip/Tuck) shows up unannounced and shares with the sons alone that he was

their father's gay lover. The sons are distraught and go to extreme measures to make sure that the news, or the midget, gets out. They are stuck at a funeral attempting to bury their father, and his well-hidden secret along with him. In addition to the crisis on hand, there is also a bottle of pills on the lose are mislabeled, and therefore misused on many of the guests. It is a movie about a family coming together as one despite their many, and enormous differences.

The humor is like none other and the actors are wonderfully funny. The movie is short and sweet; it does not run too long or too short. British accents are also pretty sexy. The story line is very original and it is quite a shame that not many people heard about it or have gone to enjoy it. However, this film is still in theaters and I would strongly advise all of you to get over to Regal Cinemas and enjoy an evening guaranteed to be full of laughter.

CORRECTION

Equus was spelled wrong in the previous issue of the Sandspur.

The Starter Wife: First Wives Can Finish First



Nikki Fiedler
the sandspur

I know everyone always says "read the book before you see the movie!" But television events are sometimes the catalyst to incite the actual action of my reading a given novel. As college students, we are constantly bombarded by books upon books required for class reading. Sometimes, in the small amount of spare time we have, it is nice to slip away from the factual, lengthy, or mundane and escape into a guilty pleasure, purely entertainment value type of book. Life is not all seriousness, nor should it be taken so seriously all the time (and this is also my justification for mindless TV entertainment like "The Girls Next Door" and "The Hills"). Over the summer I happened upon a TV mini-series starring Debra Messing, "The Starter Wife." As I quickly became addicted to the story during the marathon event, I

was compelled to check out the book for myself, as a nice, lazy summer read.

The Starter Wife by Gigi Levangie Grazer is set around the Hollywood physical and social up keep and maintenance, dirt and gossip of life in the fast-lane in the lucrative entertainment industry. Gracie Pollock is the wife of a semi-famous Hollywood studio executive who decides to call it quits on her, and consequently their marriage, right before their ten year wedding anniversary. Although her independent career had been put second seat to Kenny's position, and although the meaningless and often times rather dull duties of executive wife bored her, she never expected to be the "first wife," otherwise known as "the starter wife." While the divorce is getting finalized, Gracie seeks refuge at her best friend's Malibu beach house where she finds dating is not quite as bleak as she thought it might be after forty. Through this period, Gracie finally reconnects with the old self she lost through the jumble of her marriage to Kenny, and gains a fresh perspective

on life and her future goals.

Watching the mini-series first allowed for predictable discrepancies to become apparent between the book and the show. The secondary characters were also a lot better developed in the television show than in the book. Gracie's character was fleshed out but her friends were mere skeletons of personalities and left the reader wanting to know more about these central people in the main character's life. However, the novel was an entertaining read, even though the author's style was not completely skilled in language or literary diversity. The manner of her writing was neither terrible or juvenile nor descriptive or eloquent. Still, she had some clever remarks to be made. While the book leaves some holes about central characters that the mini-series was quick to fill in, the ending of the novel is satisfactory in that the character's development and transformation is complete and reflective of her experiences.

COURTESY OF MCT CAMPUS

The Starter Wife is a book for people of any age.

Coming To

Sunday

Viva Laughlin

Premieres September 26th
9 PM EST - CBS

This show is based on a popular show "Viva Blackpool" in England. It's about a dreamer who gambles all of his assets on an opening of a new casino.

Life is Wild

Premieres Sunday October 7th
8 PM EST - CW

A family moves from Manhattan to South Africa. Now it's up to the family to bond in order to deal with the change.

Monday

The Big Bang Theory

Premieres Monday September 24th
8:30 PM ET - CBS

Two smart nerdy roommates are in awe when a gorgeous blonde moves in across the hall.

Journeyman

Premieres Monday September 24th
10 PM ET - NBC

A newspaper reporter finds himself traveling through time and it seems to be connected to his dead fiancée.

Tuesday

Cavemen

Premieres Tuesday October 2nd
8PM ET - ABC

Three Neanderthals try to find their place among the modern world. Based on a gimmick from an insurance company.

Carpoolers

Premieres October 2nd
8:30 PM ET - ABC

Watch the lives of four men who have nothing in common but their daily commute.



Overnight Fright
Hotel Packages
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Brave 4 days of
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2007
DeathJockey.com

*Prices are per person, plus tax, based on double occupancy. Howl-O-Scream is a separate-ticketed night event. Some restrictions apply. Event dates and times are subject to change or cancellation without notice. Parking is not included. No costumes allowed. ©2007 Busch Entertainment Corporation. All rights reserved.

WARNING!

EVENT IS TOO INTENSE FOR YOUNG CHILDREN. PARENTAL DISCRETION IS ADVISED.

TV Near You:

Lindsay Siegel
the sandspur

Monday

Practice

September 26th
ABC

A popular show
when a neonatal
moves to Los An-
geles medical prac-

tion

September 19
CBS

Sound kids from
with no adult su-
per town.

Thursday

Big Shots

Premieres September 27th
10:00 PM ET - ABC

Four high-ranking executives talk
about the best ways to mix business
with pleasure.

Ugly Betty

Premieres September 27th
8PM ET- ABC

Greys Anatomy

Premieres September 27th
9PM ET- ABC

Friday

Moonlight

Premieres September 28th 9PM ET-
CBS

A Private investigator who is a
vampire saves innocent people from
bad guys and falls in love with a
mortal.

American Band

Premieres October 19th 8PM ET-
FOX

From the producers of "Ameri-
can Idol" search for the next great
band. The search is on for all ages
and styles.

Saturday

TURN THE TV OFF!

then...

GO TO THE MOVIES

HAVE A PICNIC

GO TO THE BEACH

SHOP

GET A JOB

Life & Times

EDITOR: AMY IARROBINO
FEATURES@THESANDSPUR.ORG

10

Next smoothie locations in walking distance are on our very own Rollins College campus. In Beans they serve delicious smoothies as well as contemporary meals for breakfast, lunch and dinner. Beans is basically the Rollins' cafeteria and holds convenience to those who live on campus and are on the food plan. It is recent that smoothies have appeared in Beans, and they are known as Foxberry Smoothies and will be served from 7 in the morning to 7:30 in the evening.

When one has stacks of homework and paper deadlines, it's easy to get stressed out and not have time for a healthy meal. With all the restaurants available, it is nice to know that Park Avenue and Rollins' local cafeteria cater refreshing smoothies.

Smoothies are a healthy treat that a busy college student can enjoy during the rush of college classes. Local smoothie joints include: Tropical Smoothie, Power House, the Grille, and Beans. These convenient smoothie places are just the thing to help get students back on track.

Stephanie Ellenburg
the sandspur

Below Beans, in Daves Downunder; the Grille has lemonade, strawberry, banana, pina colada, and mango favored smoothies. It is also located by the pool, so a nice refreshing pina colada after a day of soaking up the sun sounds pretty comforting. If not the pool, there are many tables to choose from and gather friends around for a nice lunch. There are also flat screen televisions that have been put up this semester to entertain students during their visit at Daves Downunder. Any one of these smoothie locations are perfect for any part of the day, any time of the week, and in whatever mood Rollins College students are in. Enjoy your college and refresh yourself at these convenient smoothie joints. Don't stress out, just kick back and enjoy a smoothie.

BATTLE OF THE BLENDER

Tropical Smoothie is well known throughout America. They have franchises from Florida to California and everywhere in between. Having their headquarters in Destin, Florida; it's easy to assume how popular it is within the Rollins College community. They not only have a variety of smoothies, but they also provide sandwiches and salads. It is located around the corner right next to the GAP off of Park Avenue. The atmosphere is a friendly one and every customer is greeted with a smile. If you are a continued customer, you can get free coupons and use them towards your next purchase. There are small tables inside to sit at while enjoying the air-conditioning and outside tables with umbrellas that would be relaxing on a nice fall day.

Power House is a local smoothie franchise that always has people lined up around lunch time. With a welcoming manager, he makes sure everyone is satisfied. This smoothie joint is similar to Tropical Smoothie; it's just more of a local neighborhood restaurant. There are more tables inside and a few outside. There are pictures of customers and their families on the walls which help make the atmosphere be more personal. Also, most smoothies at Power House focus on health and adding protein if wanted. This smoothie place is located right across from the GAP and Tropical Smoothie.

Energy Drinks Cause Harmful Side Effects

Lindsay Siegel
the sandspur

Whether it be a long night studying or just not feeling up to par, college students choose to drink energy drinks to get full energy before the start of classes. There are many different energy drinks that contain large doses of caffeine.

Some of the most popular drinks are Red Bull, Full Throttle, Tab and Rockstar. Energy drinks contain as much as 80 mg of caffeine, that according to Brown University that is equivalent of a cup of coffee.

These drinks are especially recommended for people under the age of thirty. These drinks can be extremely powerful and should be enjoyed responsibly, they can boost the heart rate and blood pressure, dehydrate the body and, just like other energy components, they may cause insomnia.

A number of college students like to exercise for refreshment and they may drink energy drinks right before going to the gym, but in reality

this is detrimental. According to Health Education at Brown University the combination of fluid loss from sweating and the quality of the caffeine can leave the person using it dangerously dehydrated. This is not to scare

the combination of the two of them can be highly dangerous. According to Liz Applegate, a sports nutritionist at the University of California of Davis, energy drinks do contain vitamins and amino acids, but



people from drinking them because they're not all bad but they should not be consumed regularly.

When you hear that they improve performance and concentration that can be misleading. Just as a safety note for college students, energy drinks are stimulants and alcohol is a depressant

they are nothing more than caffeine in a can with a lot of sugar. These drinks raise a lot of concerns for nutritionists and doctors, mostly because of the dehydration factors. According to The Medical Review board, water is an issue because caffeine, like alcohol, is a diuretic that promotes fluid loss. Energy drinks have been com-



PHOTOS BY LINDSAY SIEGEL

pared on many instances to having the same effects as when drinking soda.

Another problem with energy drinks is that they are drunk in large amounts at a time, unlike coffee, which is sipped slowly and has time to process in the body. Some people that drink energy drinks may be sensitive to caffeine and this may have effects such as

anxiety, palpitations, irritability and insomnia.

Sugar is a quick form of energy so the companies who make these drinks just add a lot of sugar to make their products more reliable and keep them selling. Some vitamins are added to the drinks to make them appear healthy but they have very little it probably has no real effects.

One time, at...

We all have one of those embarrassing "one time at band camp" stories. The kind of story that makes other people feel uncomfortably embarrassed for you when they hear it and you knew they would before you told it. Here are some embarrassing "one time at" stories from a few of your Rollins peers:

One time when I was eight we had a talent show at my pool. I didn't know that the stage was shaped like a "T," and when I was dancing to Elvis and I walked right off the back of the stage. I got a three inch gash on my arm pit and passed out so the life guards had to carry me away. A few months later I got blood poisoning and had to go to the hospital for three days. It was terrible.

Corinne Armistead



One time a few days ago, I was reaching out of my bed for some tea when my feet came unhooked from the side of my bed. I broke my fall when my face smashed into my desk, then crashed into my fan and snapped it in half, and finally landed on the floor. It hurt so bad I couldn't speak, and burst into tears. When my roommate asked me a couple of times if I was alive and told me that I looked ridiculous, I laughed a little and then passed out.



Colby Loetz
the sandspur

One time at the beach this past year, some friends and I were tanning by the water and had our tops untied. A big wave came and I was afraid to get wet so I jumped up in front of everyone and flashed like 20 people. It really sucked because my phone and camera got wet too. I got a standing ovation.

Anonymous

One time at chipotle I asked for chicken and lettuce and corn. I kept asking for corn but the lady behind the counter wouldn't give me any. I started to get upset when suddenly my sister told me that I had apparently been screaming at the lady for more rice. My face turned bright pink and I apologized to the poor lady that I was yelling at and ate my burrito in shame.

Allie Steele

One time in the seventh grade I was on ESPN for cheerleading, and when I did a back tuck during the competition I fell off the stage. Of course they had the camera on me and I fell on my head, but my team still made the top ten. My friends and family still have the tape and replay it to this day.

Jasmine Clayton

Senior Spotlight

Meredith Walsh

Major/Minor:
Psychology/
Communication
Clubs/Activities:
NCM sorority,
ROC

Hometown:
Middleburg, VA

After graduation:

I plan on working abroad when I graduate, hopefully in Australia, for at least a year. Then I may want to go to graduate school for advertising and/or marketing.

Favorite thing about Rollins:

My favorite thing about Rollins is the small classes and the relationships you can build with your professors. I also like our internship program. Last year I interned with John Ratliffe of Onsite Networks and IO Magazine and really got to hone in on my marketing skills and techniques.

Least favorite thing about Rollins:

My least favorite thing is our lack of parking spaces on campus and the high price of tickets!

y/interesting stories:

I have so many fun stories involving random adventures with friends including trips to the beach, downtown excursions, late night swims in Lake Virginia, getting chased by campus security, and just hanging out watching the Discovery Health channel with B-rizzle. Also, my semester in Australia made for some pretty amazing memories!



The Freshman 15

Brittany Fornof
the sandspur

We have all been forewarned about the risk of gaining the dreaded "Freshman 15," but if you're like me, you probably picture a bunch of college kids stuffing their faces with pizza and soda day in and day out. Although this behavior does indeed exist, it isn't "the norm" among all of us college students. Instead, it's the little things that seem to make our stomachs bulge a bit at the end of the semester.

After all, when we walk into the Campus Center, we are surrounded with what seems like a never ending supply of food choices. So how can we ensure that we don't end up busting out of our jeans at the end of this semester? It's simple; we just need to make a few small changes in our diet. Here are some tips to help you stay healthy and fit throughout this first semester at Rollins: Do a Swap- When looking for a way to kick-start your new healthy eating habit, just make a small change.

For instance, let's say you usually eat a meat-packed sandwich for lunch. Simply swap your two slices of bread for a healthy wrap (tomato, spinach, and wheat flavored wraps are available), and then pack on your meat. Also, if you really wanted to go crazy with this healthy eating thing, then

skip the chips and a pickle option and instead grab a cup of fruit. This simple change will save you from eating extra calories and fats. Plus, it might just satisfy your sweet tooth.

Brave the Foreign Food- Check out the new sushi section featured in the Campus Center. Sushi rice is high in complex carbohydrates, which will give you energy throughout the day (and help you stay awake in those long classes.) Also, the roasted seaweed, or nori, used in most rolls is rich in protein, calcium, carotene, phosphorus, iron, vitamin A, B, C, niacin, and iodine, and the specialty rolls that contain fish are great sources of protein, calcium, iron and phosphorus, and Omega-3 factors. Lastly, those brave enough to endure the taste of wasabi will find an excellent source of Vitamin C in this most spicy sushi side-item.

Go Rainbow- When dishing up your food at dinner, make sure our plate screams more than just one color. Mix it up. Make an effort to have your green veggies, colorful fruit, and a healthy meat. Not only will this be healthier, but it will provide you with a tasty mixture of flavors and vitamins.

Drink more agua!!!- Most dietitians and doctors would recommend that eliminating sugary drinks from one's diet is

the best way to lose weight and see results quicker. Let's just take a moment to think about this. We all realize that sodas are basically liquid candies, and that coffee is loaded with sugar especially after we "triple-mocha-grande" it. So how are we supposed to become less addicted to these delicious and flavorful sources of caffeine which are always in abundance here at Rollins? The answer is "slowly". Simply make a conscious decision to only drink a certain amount each day- carefully weaning yourself off of drinking them full-time. Instead opt for other drinks that even though may contain sugar are significantly healthier than simply drink carbonated sugar. (I.e.- fruit juices, Vitamin Water, fresh smoothies, bottled smoothies, milk, orange juice, and of course- water!) Even though it may be hard at first, you will soon find that you have much more energy than you had before.

Take the Stairs- One of the easiest ways to work your leg muscles and get your heart pumping is to opt for the staircase over the elevator. Whether you are heading for your room on the top floor of McKean or to the pillow room in Olin- take a trip up (and down) those steep steps once a day, and you will have thigh muscles in no time!

Dream

if you can

Colby Loetz
the sandspur

"When I was five I had a dream that I was in my backyard and there was a canal with lots of alligators in it. I went over to the fence to see this one alligator which was sort of cartoon-ish. Suddenly, the alligator became real and broke through the fence, so I ran into my garage and backed up against the far wall. I tried and tried but could not back up any farther against the wall. Then the alligator came into the garage and looked into my eyes before opening its mouth, which made everything turn black. That was the first nightmare I ever had."

Every night we dream. We usually don't remember our dreams unless they are vivid ones or dreams that leave us feeling scared or excited after we wake up. We forget most of our dreams because they do not seem important to us. However if we began interpreting our dreams we could find out more about ourselves and our emotions.

I interviewed another student here at Rollins, Mark Lambert, to see if he thought we could learn something from our dreams. "Every dream probably means something, even if it is just a reflection of a mood that you felt during the day." Mark felt that dreams were a way of taking our subconscious and bringing it to the conscience, therefore making you aware of



your subconscious thoughts. He told me the above story about his first nightmare.

To find out if his assumptions about dreams were correct I made an appointment with Nadine Clarke who does some dream interpretation for CAPS. The first thing Mrs. Clarke told me was that she usually interprets dreams when she has the dreamer present so that she can understand more about that person's feelings and background, but she can still interpret dreams based on just the way the text is worded because she tries to pick up on someone's thoughts.

Mark was curious about some aspects of his dream, "the feeling of not being able to back up in my garage might mean something. Also I think I died in the dream- or I at least got eaten- so that could also be significant." Mrs. Clarke noted that she would like to know "what made you (Mark) feel backed in a corner, what was happening in your life when you had the dream, did you get injured, did you just move, how was your family structure at the time." Although I didn't have the answers for her, Mrs. Clarke told me what the significance of these things might be. "There was something that changed

in your life and could mean the beginning of something else."

Mrs. Clarke also told me that dreams are "your subconscious trying to alert you to something in life that you are probably aren't paying attention to," which is why talking about the dream and learning what a person's emotions were can lead to a much more precise interpretation. I have also had a nightmare in which I died, and woke up. Mrs. Clarke explained that "It's a nightmare when there is something of real importance that's going on" that your subconscious is drawing upon." So then Mark was correct in his assumption that dreams are a way for your mind brings your subconscious thoughts to conscious ones.

But not every dream is necessarily one of greater importance or significance. Some dreams are what Mrs. Clarke refers to as "a housekeeping dream, something that you bring into the dream that happened during the day. You might have seen someone in a red hat and you dream about a red hat." This is why Mrs. Clarke does not recommend interpreting every dream. "That would be exhausting! You could however keep a dream journal by writing

down key points that happened during the day before you go to bed and recording your dream when you wake up." This way it is possible for the dreamer to study and come up with his or her own interpretations.

For those of us who have trouble remembering dreams try to

remember a part of the dream, sometimes just a fragment or idea can jog your memory. Mark did comment that the idea of death, the end of one thing or beginning of something else might have been linked to his starting kindergarten. So perhaps there is more to a dream than meets the eye and we should all try as my English teacher used to say, "thinking about the things that you think about."

in his life. The alligator opening his mouth made him feel vulnerable... and emotionally the idea of being eaten is like you are swallowed up by something."

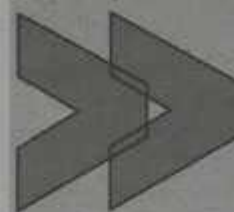
Like Mark, I was curious to know if death in a dream was something that had a greater significance. Mrs. Clarke told me that there are certain archetypes like a hero or a mother that are common in dreams and are believed to usually always signify one belief. "Death is one of those archetypes which can mean the ending of one phase



LINDSAY SIEGEL/The Sandspur

Not even water?!

Omar Rachid
the sandspur



Muslim students at Rollins fast during Ramadan during holy month

"And no water?" This is the most common remark I get when explaining what fasting during the holy month of Ramadan is to Muslims. Thursday, September 13 for North America and September 14 for most of the Muslim world marked the first day of Ramadan, the ninth month in the Muslim calendar for the year 1428.

Sawm, or fasting, is one of the five pillars of Islam and is a moment of great joy for Muslims even though it may not appear to be so. We fast from a bit before sunrise to sunset for the period of one lunar cycle which could be equivalent to either 29 or 30 days.

Nothing is supposed to go through your throat while fasting; this means no food, water, or smoking. In addition, out of respect to God, humans should refrain from sexual activity during the day and alcohol and swine at night.

Often the question arises of whether Muslims should brush their teeth during the day, a Hadith (a book with the Prophet Muhammad's (PBUH) sayings and ways) answers this saying that "To Allah, the breath of a person fasting is sweeter than musk." In this blessed month, 1428 years ago, the final revelation of the Quran was revealed to the Prophet Muhammad (Peace Be Upon Him) through Archangel Gabriel. This occurred specifically on the 26th of Ramadan which is called Lailat-ul-Qadr, the night of destiny or the night of power.

This is the most important day during the month of Ramadan because according to a verse in the Qur'an prayer during the night of destiny brings as much reward as would doing the same action for 1000 months that do not contain this night. Because of this, some Muslims spend the entire night in prayer in hopes of forgiveness.

The word Ramadan means parched thirst or scorched earth--it is used to figuratively define what happens to the submitter's sins. Allah, through his divine mercy, will forgive the previous sins committed by the person fasting. Elderly, ill, traveling, or physically unable Muslims who cannot fast are encouraged to make up their days in the month preceding or succeeding Ramadan, give to charity in exchange, and even then if a person is economically deprived, reciting the Qur'an and prayer will suffice.

The fast reminds Muslims of the suffering of the poor which promotes the idea of almsgiving. Muslims who fast are rewarded in this life and the Hereafter, those who commit acts of kindness, generosity, and charity during this month are rewarded 70 times for their benevolent actions.

The Prophet Muhammad (PBUH) gave up his sleep during the last third of the night to prayer for the last ten days of Ramadan so those who are able are encouraged to spend their time at the mosque in prayer seeking forgiveness for their previous sins. Now that you have understood one of the most important tenets of Islam, I would like to point out that the Jewish New Year, Rosh Hashanah, occurred on the same day as the first day of Ramadan for Muslims.

Part of the reason of why there is such a rampant misconception of Islam is because the immense similarities between the religions are not stressed enough; rather politicians seek the distinctions to justify their wrongdoing.

On a final note, I would like to present a verse in the Qur'an which many Muslims fail to summon enough. "Those who have become believers (the Muslims), and the Jews, the Christians and the Sabaeans who believe in God and the Day of Judgment and strive righteously will receive their reward from the Lord and will have nothing to fear nor will they be grieved. (2:62)

Opinions

EDITOR: TANISHA MATHIS
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13

Opps! Britney Does it Again

Lindsay Siegel
the sandspur

After about a 3 year hiatus from singing the famous pop singer Britney Spears came back into the spotlight at the Video

she can still bounce back. She has been through a lot lately and she is on an emotional rollercoaster and she just needs to slow down before she can make rational decisions.

What would you do if you were in her place? She just got divorced after finding her

album. It is said that she worked closely with the new aspiring magician Criss Angel in order to launch her debut. However, I do not see what connection Criss Angel had with her performance. I did not see any magical illusions at all. Maybe the magic was that she came back to sing after three years. But most people would not call that performance magic.

She was barely dressed, goofed up a lot, and was clearly lip-synching. Unlike in the past when her dance moves were actually enjoyable to watch this performance was painful for me and most viewers. "I can't believe how much she messed up, her career is over," said Rochelle Siegel, Senior.

However I still give her the benefit of the doubt because I know that if I was going through what she is going through I would want some sympathy. She was neglected a true childhood. As soon as she joined "The Mickey Mouse Club" she was forced to grow up even though she hadn't reached her teen years yet.

People can't really blame her for the way she is acting because she on the inside hasn't grown up yet and become her own person. The problem with that is she is trying to raise two children when really she is only a child herself, I can't even imagine the stress she is going through. Maybe performing is her release and we just bashed her for it.

Simon Cowell the judge from Fox channels "American Idol" even had his own opinion about her performance. He was worried that her skit she pulled could have put the final nail in



COURTESY OF MCT CAMPUS

LOSS OF INNOCENCE: Britney is no longer the innocent mouseketeer she once was.

her career. He mentioned that if he was the one judging her in a show he would not let her go through to the next round; I am guessing he meant she did badly.

She did bad, she messed up, but don't we all? I am sure she still has some dedicated fans who will probably buy her album when it comes out. I just

think she should stop making a fool of herself before she loses all her fans.

The Video Music Awards had a lot of people talking, but not in a good way.

If she made an effort to actually act her age then more people would give her a chance. I think she is able to do it, but she needs to grow up.



COURTESY OF MCT CAMPUS

PERFORMING MISHAP: Britney, who was once a great performer, has seemed to have lost that talent.

Music Awards.

Was it a good idea? Many people believe that this will cause the end of her career but I still think that she is worth another chance. The reason I believe that she deserves another chance is because she has potential as an artist and

husband cheating on her, she is being sued for custody for her kids, and she was recently released from rehab. These are all things that could be a downfall in her career.

She sang the song "Gimme More" which will be her first single off her fifth upcoming



COURTESY OF MCT CAMPUS

MARRIAGE MISTAKE: Was it Britney's marriage that brought her career down?

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Should We Still Remember 9/11

Julio E. Carrion
the sandspur

Another year has gone since that day, and while we all view our flags at half mast and take time to remember exactly what we did that fateful day. A new debate has arisen that has implications on how we will view that day for the years to come. I am talking about how we as a people remember the day itself. Some of you received from your professors an article from the New York Times on the issue, and many more may have taken part of the discussions in your own classes or saw it on the news.

When I awoke that morning and headed towards campus, I saw a divided view of the events on the morning news reports. I viewed several networks through the course of the morning and was astounded by the differences in between them. Some were showing the 9/11 Memorial services in New York, Washington D.C., Pennsylvania and around the country, as well as talking about that day with survivors. Other networks showed this falls fashion (beware the return of the sweater vest!), investment ideas in the housing market, and Britney's crash and burn "comeback" at the Video Music Awards.

The only notice of the 9/11

memorials was a passing remark on the ticker or two sentences on the headline report. At the time, I did not know what to make of it, especially when the moments of silence and prayer came when the planes hit the towers and how on one station you had the sight of hundreds of New Yorkers in complete silence at the towers site and on another station you had dozens of screaming fans waving posters screaming "Hi Moms!" and "(Fill in name) I love you!" while one of the newscasters trying to keep his voice over the crowd by yelling "Good morning New York!" The contrast was shocking, especially six years after the attacks we are still in the War in Iraq.

How much memorial is necessary for us as a nation is the question at the heart of the issue. During one of the debates I saw on the news on the issue I saw both sides presenting their cases as well as exchanging some heated comments.

On the side that favored the continual of memorial services in the national spotlight they argued that there is no excuse for forgetting the event and what its consequences are. He also advocated for a national holiday on that day among other things. On the other side they advocated a return the normalcy citing the Pearl Harbor attack and how we now today treat that day differently than when it was still fresh

in our minds. Both sides have merits but they also have flaws. A national holiday is agreed by most to be unfeasible (celebration is quite different from memorial) and there are some serious differences with the Pearl Harbor example.

The two chief differences with this is with Pearl Harbor is that the original event was "avenged" with the defeat of Japanese Empire and that the generation that experienced the event to the fullest has passed to the newer generation. In our case we are still at war with the extremists and this is the generation in which it occurred.

Is the day coming where the event itself is but a fuzzy memory in the back of our minds? That being said, all events such as these do pass as preceding generations give way to newer ones; whether this accelerated pace is the best decision for the nation waits to be seen.

What will the day be like five or ten years into the future? Will there still be memorials like the ones we have today were

thousands of people still go in attendance or will it be regulated to only those who were directly affected by it?

The unifying effect that came from that day is quite gone (just take a look at capital hill) and as the new security measures taken become part of the everyday (seeing National Guardsmen at the airports used to bring panic) how long is to

long? Or how fast is too fast? How will we as a people and a nation view the day the towers fell in the near and far future? Will it be forgotten? Hopefully not in our time. What will the consequences (be they good or bad) be as a result of our choice of whether to memorialize or to let go is anybody's guess.



LINDSAY SIEGEL/The Sandspur

LOWERING FLAGS: Flags are half-mast to remember those lost on September 11, 2001.

Problem Door Locks in Campus Residence Halls

Nicole Hogan
the sandspur

Recently the rooms in Ward Hall and Fox Hall received new locks on the doors. These new locks require R-card access similar to those found at a hotel. The other residential halls at Rollins still have the traditional key lock. At first the idea of no longer needing a key and using my R-card which got me into the building seemed like a great idea.

I thought that I would no longer have to search around in my bag for both my R-card and key; essentially cutting my time fishing around my bag in half. In theory only needing an R-card to get into your room is a foolproof idea. As students we constantly need our R-cards so they are always with us.

However, I have encountered some problems with this new system. My main issue with this new system is that I cannot keep my door unlocked. With the traditional key system you have the option to keep your door locked or unlocked. This new system does not allow



LINDSAY SIEGEL/The Sandspur
PROBLEM LOCKS: The new door locks in Ward Hall are causing problems for some students.

the student to keep their door unlocked. As soon as you open and close the door it locks.

Now think about this, it's the middle of the night and you wake up to go to the bathroom. I am sure that this happens to all of us on occasion. With this

new lock system if you forget to bring your R-card with you then you are locked out of your room. Now you have to go find either the RA or house manager (depending on where you live). Calling campus safety is most likely not an option because

most people do not bring their cell phones with them to the bathroom. It is not a good situation for the student or the RA/house manager.

I cannot even count how many people just in these first couple weeks have been locked

out of their rooms for simply going next door to visit a friend. It seems like every time I walk past my house manager's door there is a new message on her board about someone being locked out of their room. One person in my residence hall had to result to sleeping on the couch in the chapter room because she could not get in touch with our house manager.

These new locks have a keypad like those on a telephone where someone could enter a pass code to open the door. When someone gives a student a key assist they insert a card and then enter a pass code so I know the system works. However, residents do not get to use this keypad which would make life so much easier. If each person got an individual code for their doors then I think this system would be basically flawless. For some reason, Residential Life does not want students to be able to use this option on the locks. A lot of the frustration that residents and RAs/house managers are experiencing could be easily eliminated by allowing each resident an individual code to his or her room.

Sports

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15

Join the
Mates!Stephanie Ellenburg
the sandspur

Wednesday, September 5, 2007, Rollins College's Student Government Association held their first meeting in Bush's Auditorium. They introduced all board members, covered fund raising and events on campus, as well as ideas for school involvement. In hopes to enhance school spirit further, Fox Fund chairman Joey Betts has created a group called the First Mates. This committee became a new idea last year in order to encourage Rollins College students to attend more on and off campus sports events. The atmosphere throughout Rollins should also fill the hallways with excitement before any sport event and spread the spirit all around. The

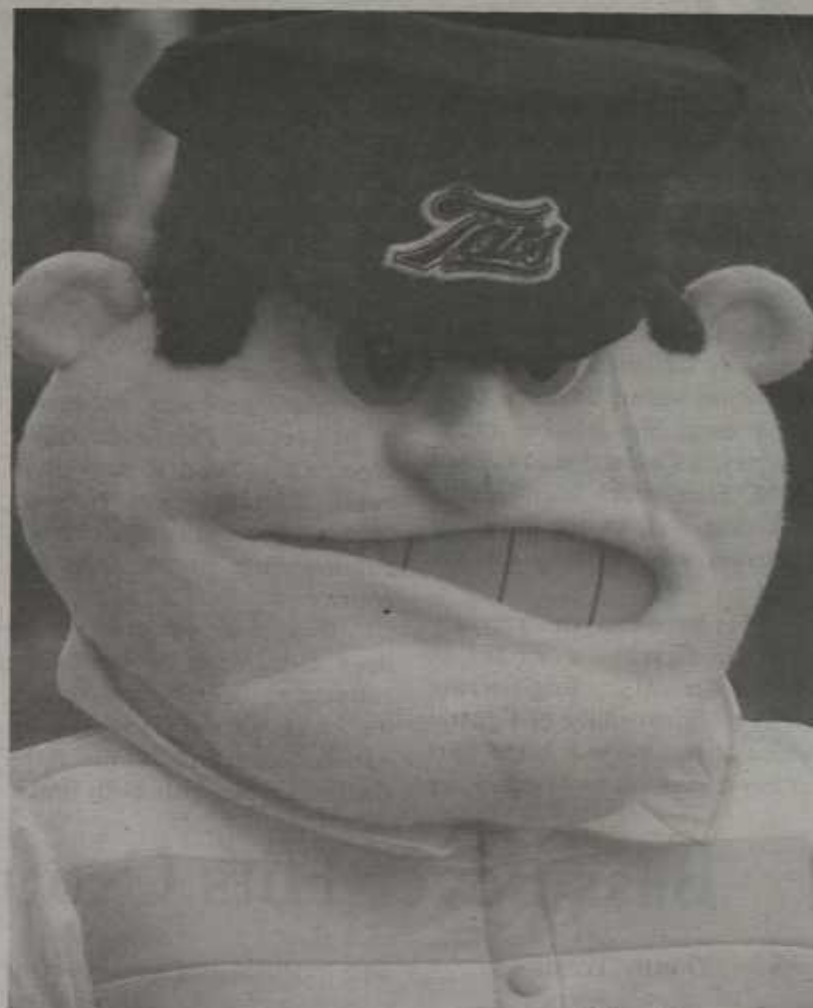
inspiration from other college campuses also ignited this plan. At the University of Central Florida, they have a student section called the "rowdy knights". What better way to cheer on our Rollins Tars than to have a student section of our very own.

This past weekend, First Mates had a BBQ tailgate behind the soccer field. Food and free t-shirts were handed out to boost the enthusiasm for the upcoming soccer game. It was the kick off to a fun filled season of Rollins College sports. The experience of gathering students together in celebrating a new school year was exciting and the beginning of a new tradition here on campus. As Joey Betts stated, "The initiative of the First Mates is to encourage students to carry out their blue and gold pride forever." Not only is the fox or a tar the school mascots, but now the First Mates can represent what Rollins College stands for: unity and pride.

To be a First Mate, all you need is the heart of a fox and the strength of a tar to

support your school's teams. Obligations include attending monthly meetings and conference games. There will be discussions before games in order to get creative with new chants, ideas to involve more students to join, and becoming a united force together as one. Everyone is welcome to join; the more students, the bigger the crowd, and the more intimidated the opposing teams will be. First Mates will be a great experience to be apart of and create memories you will never forget.

Rollins College is a community and we need to stand strong together and support our fellow tars during their games. If you have any questions or thoughts on new chants for the games, then send them Joey's way, jbetts@rollins.edu, or contact Billy Czekaj at bczekaj@rollins.edu. As said by author Bo Bennett, "Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity." So remember to get involved with your school and encourage blue and gold pride throughout campus.



Yoni Binetok/ the sandspur

TOMMY MCTAR: In the style of Steely McBeam, is angry. Why? Because you haven't joined the First Mates!

NFL Spy Scandal

Benji Zwain
the sandspur

New England Patriots' head coach Bill Belichick is often referred to as "the master of disguise," meaning that he excels in showing his opponent one thing, and then does something completely different. This is a big reason why many NFL coaches do not wish to oppose Belichick, because he always keeps them guessing and in a state of confusion. In football, particularly at the NFL level, it is essential to keep one's opposition confused because then they will rarely know what to expect from you, which will in turn affect their play-calling.

In New England's Week 1 game against the New York Jets, Belichick and the Patriots were caught stealing the Jets' signals, meaning that the Patriots knew for the most part which plays the Jets were going to run. Of course, after this scandal was made public, people around the nation immediately started to speculate whether or not New England's success throughout this decade (which includes 3 Superbowls) was fairly earned. One of the outcomes of this scandal that is already known is that the Patriots will lose their 2008 1st round pick if they make the playoffs, and will lose their 2nd and 3rd round picks if they don't make the playoffs (because they will have a higher

draft pick if they don't make it). In addition to this, Belichick was personally fined 500,000 dollars.

In the history of the NFL, no team has ever been docked a 1st round draft pick, and nobody has ever been fined as much as a half million dollars. NFL Commissioner Roger Goodell made his point clear in this matter by issuing these severe consequences to New England; he was also setting an example for the rest of the league. For this reason, it is probably safe to say that Belichick and the New England franchise won't do this again, at least not the week after getting caught. That being said, all eyes were on Belichick and the Patriots in the Week 2, Sunday night showdown against the San Diego Chargers to see if New England could still be as dominant as they usually are, except this time without cheating. In case you missed the game, I will give you a quick rundown of how it all unfolded.

In the opening drive of the game the Patriots flexed their muscles, marching approximately 75 yards down the field on virtually all passing plays and capping the drive off with a seven yard touchdown pass from quarterback Tom

Brady to tight end Ben Watson. On the Chargers' first offensive possession... wait, check that... on their first offensive play, quarterback Phillip Rivers misread the New England defense, throwing an interception to outside linebacker Roosevelt Colvin. The Patriots wouldn't capitalize on their following possession, but would later in the first quarter with another touchdown pass from Brady, this time to former Pro-bowl wide receiver Randy Moss. At the end of the first quarter, the score was 14-0.

In the second quarter, New England kicker Stephen Gostkowski hit a 24 field goal to extend the lead to 17-0. On the Chargers' ensuing offensive possession, they had reached midfield and needed to convert a simple third-and-one to keep their drive alive. To their disgust, Belichick somehow had a feeling that they would pass for the one yard, as New England inside linebacker Adalius Thomas was Johnny-on-the-spot for the interception, returning it 65 yards for a defensive touchdown and making the score 24-0... still in the first half.

The Patriots would easily cruise through the rest of the second half—having done most of their work in the first half—to a 38-14 victory, which happened to be the exact score of Week 1's game against the Jets. So, if Belichick and his New England gang have the ability to beat a team as good as San Diego without stealing signals and in such a convincing fashion, then one would wonder: Why did they feel the need to cheat in the first place? Personally, my best answer would be 'I



PHOTO COURTESY OF MCT CAMPUS

GENIUS OR CHEATER? Is coach Belichick's legacy tarnished from the recent allegations? If one was to pose that question to Eric Mangini, he would respond "yes", and then go get a sandwich.

don't know,' because after watching their game against the Chargers, which is by no means a pushover team, there is no doubt in my mind that they can play with any team in the world. Even if they couldn't, it is still not worth cheating and taking away the integrity of the game; however, I can not speak on behalf of Belichick. Hopefully, the Patriots have learned their lesson and will not do it again, but nonetheless, don't expect these scandals to slow this franchise down this season, as Belichick—cheating or not—always seems to be a step ahead of the rest.

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From Cameroon To Rollins

Daniel Paulling
the sandspur

If you had lived in Bafoussam, Cameroon, and wanted to move to Orlando, Florida, you would have to travel more than 6,100 miles, learn how to speak English, and adapt to an entirely new culture.

Luckily for Ines Teuma, a forward on the Rollins College women's basketball team, that transition seems to have been fairly easy. She left her home country of Cameroon at the age of 18. Four years later, Teuma is faring well in the pre-med program and starting for the Tars.

Her brother, who recently graduated with a Ph.D. in Biomechanical Engineering from the University of Central Florida, has been a huge part of her transition to living in the

United States.

"Because of my brother, it wasn't that hard" to adjust to life in the United States, Teuma said. "He's helped me a lot, especially with how to handle things here and what to do."

Last year, her first at Rollins, she finished fifth on the team in points per game with 5.3 and fourth in rebounds per game with 4.8. After losing the top two players from last season in both of those categories, her contributions will become even more important.

"She's probably as strong a player as I've ever had," women's head basketball coach Glenn Wilkes Jr. said. "She's a good athlete and has a commanding presence on the court."

Teuma's talents have been recognized by her home country, as well. She has worked out twice for the Cameroonian national team, but did not make the final roster cuts both times.

She was preparing for a work out a third time, but the country decided to cancel sending its women's team to a tournament.

"I would love to play for the team sometime," Teuma said, "but I would not say it's a goal of mine."

Teuma does have a goal: to continue her tremendous charity work for the people back in Cameroon. Last year, she approached her coach and asked if she could talk with him.

"Usually when a player asks to talk to a coach, it means something bad has happened," Wilkes said. "But it wasn't. She asked if the team kept the equipment they had used the previous year. I told her they did and she asked if she could start a collection on the team."

"She wanted to help those in need," Teuma had been saving money for two years to return to her home of Cameroon over the summer. She also wanted to

do something for the basketball players living there. So, because of her love of saving things, Teuma decided to collect used clothes, shoes, and basketballs to take back. Her teammates were very receptive, and Teuma managed to collect three large boxes worth of equipment. Next, she had to figure out how to distribute the goods. Teuma decided to stage a tournament for the basketball players of Cameroon. Six teams of 12 players each participated.

"It was just a tournament to play basketball," Teuma said. "When I was growing up, I loved just playing basketball."

To help fund the tournament, which was called the "Lady Tars Tournament," Teuma helped find sponsors to help defray the costs. She also paid some of the cost out of her own pocket. The jerseys and shoes were given to the better players of the tournament as awards and the basketballs went to local youth programs.

"It's kind of weird seeing the pictures that Ines brought back and seeing the Rollins name all the way in Cameroon," Wilkes said. "It's great that she's helping out those with fewer resources."

The difference in basketball talent in Cameroon and the United States is not that much, according to Teuma.

"People here are more physically prepared," she said. "We practice six days a week here, but only three times in Cameroon. There are more weight rooms here and the weather limits how much you can play there, since the courts are outside."

Teuma wants to return to Cameroon and host another tournament, but does not know when that will happen next. Round-trip tickets cost \$2,500. Whatever happens, Wilkes is proud of Teuma, both as a player and as a person.

"She's a stellar person and hard working," Wilkes said.

Bass Fever Hits Central Florida

Danny Travis
the sandspur

Last weekend, the Bassmaster Elite Series stormed into Central Florida for the Sunshine Showdown held on Lake Toho, the last event of the 2007 Season. Lake Toho is about a 20 minute drive down I-4, so the only thing that seemed right for me to do was manufacture myself a Sandspur press pass, fire up my digital camera, and follow my heart to the most incredible journalistic journey imaginable.

To say that I am obsessed with bass fishing might be an understatement. As a member of the Bass Anglers Sportsman Society, I was invited to attend the Meet the Anglers session at the Orlando Sun Resort on the Wednesday before the tournament began, a dream come true. These are men that I follow, idolize, and emulate in my everyday life.

Upon arriving at the hotel, I saw all of the Anglers' boats lined up around the parking lot. Each angler was hanging around his boat, chatting with his fans,

and indulging in some sort of tobacco product. The angler I ran into was Terry Scroggins, the Central Florida hometown favorite from San Mateo. Since Terry knows Lake Toho like the back of his tackle box, he is known to use half truths and subterfuge in interviews relating to the lake and its current state. He claimed that it would take a total of about 15 lbs. to make the 50 angler cut after day two.

While some translated this as an attempt to make the bite seem terribly slow and difficult, his estimate was right on the money. When I met Terry, it was clear to see that this man is truly a piscatory genius. He utilizes all of his senses on the lake, virtually becoming the fish.

After meeting Preston Clark (fat and jolly, the two go hand-in-hand), Dean Rojas (famous frog-using fisherman), and Gerald Swindle (sponsored by Fronduti's Hair Products), I found the object of my childhood Saturday morning television viewing, Shaw Grigsby. Shaw, host of One More Cast, is sadly somewhat past his prime. I actually didn't find him, he found me, for he was

subjugated to handing out pens promoting Trolling Thunder, a marine battery company. I tried to ask him a few questions for this article, but his speech was nearly unintelligible between his thick southern dialect and large wad of chew.

The most compelling storyline coming into this tournament was the neck and neck Angler of the Year standings. Skeet Reese, A West Coast angler, was leading Kevin VanDam, the greatest tournament angler ever and 3 time Angler of the Year award winner, by only a few points coming into the Sunshine Showdown. The time came on Wednesday for them to be interviewed simultaneously on Angler Alley, and the tension penetrated the moist Florida air and tore through the crowd, imposing a burning silence. VanDam, a ruthlessly masterful angler, began his patented mind games by claiming that he was not playing mind games. This just strengthened the cerebral stranglehold he had on Reese, or so I thought.

When the tournament got underway, Skeet and KVD stayed close for the first two days, pulling in about 10 lbs. each day. On the third day, Skeet took advantage of choices made by KVD that led him astray to best him by about 3 lbs, thus securing his First Angler of the Year award. Clearly KVD and I both underestimated the mental fortitude of Skeet. It was a very emotional victory for Skeet, as his career has been marked by many close second place finishes. The tournament was won by Ben Matsubu, a Texas angler of Japanese descent. Matsubu's epic battle with and subsequent victory over a 9 lb. bass secured him the lead on the last day, and made him \$111,000 richer.

Athlete of the Week

Jessie Benson
the sandspur

A few weeks ago Stina Petersen, was named athlete of the week. Not only was she given this title within the Rollins community, she was also named Sunshine State Conference Defensive Player of the Week. The last Rollins women's soccer player to earn these honors was goalkeeper Francesca Nicoloso on September 26, 2004. This story is made even more remarkable by Stina's story of her struggle for NCAA eligibility.

Originally from Denmark, Stina's career in the States was threatened as she struggled to get her NCAA paperwork cleared during her first few weeks here at Rollins. The issue was that they had trouble translating her Danish papers into the American school system. The problem arose because in Denmark they do not have high school, they go to school from kindergarten to tenth grade and then choose a specialty field. This Danish system did not translate. Basically, on her transcript it looked as though she only had one year of science and no other classes.

When the athletic department found out what the issue was they made an appeal saying that she had good grades in all of her classes and had taken all of the necessary courses to qualify. This appeal was made at the start of the season and it took many phone calls and faxes but after several weeks it finally got approved. Stina found out the appeal went through on Thursday and was playing the next day. This holdup with the NCAA made Stina unable to play the first four games. Stina was beginning to lose hope because she thought the chance of her being cleared was very small. Her main reason for coming to Rollins was to play soccer and hearing that she was not able to start the season was heartbreaking for Stina. However, the day she was cleared was a great day for Stina. She says, "I was very excited when I found out I was cleared. I got a call from Tony saying 'be ready.' And I was so excited to get out on the field and play."

The team is very happy for Stina. Teammate Jessica Deese says, "It is very impressive because Stina has only been playing one week and for a player to come in and show her ability in one week is very exciting and impressive!" The Rollins women's soccer team is having a great season so far, they started the Sunshine State Conference season very well, defeating Barry 4-0 at Barker Family Stadium on Saturday September 15. The next home game will be on September 26th at 7pm against Tampa.



DANNY TRAVIS/The Sandspur

MEETING OF MINDS: In this picture I am touching the greatest tournament bass angler ever. He said that he really liked my style, I said that I really liked his moves. I was then hauled away by security.