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Rollins College

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The Sandspur

The Oldest College Newspaper in Florida, Est. 1894

Rollins College

Friday | September 11, 2009

www.thesandspur.org

Volume 116 | Issue 1

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Campus Safety



Are you safe? The truth is not what you may think. Find out just how safe your residence hall is.

PAGE 2

this day in history

September 11, 2001: *The Sandspur* remembers and honors all those who lost their lives on September 11. Words of remembrance and reflection will be offered at 12:30pm today at the 9/11 Memorial



COURTESY OF AP

Interested in some extra cash? Take pictures and write for *The Sandspur*!



SPARC: Helping the Community!



COURTESY OF OFFICE OF COMMUNITY ENGAGEMENT
HARD WORK: First-year students dedicate their time and energy to helping the local community.

ANNA MONTROYA
the sandspur

On the morning of August 20, this year's incoming class, their peer mentors, and select faculty boarded multiple coach buses set to depart campus, thus commencing Rollins College's 7th annual SPARC Day. This one-of-a-kind program, first implemented by the Office of Community Engagement in 2003, sent first-year students out into the Winter Park community to engage in a total of 21 distinct service projects modeling the ideas of Service, Philanthropy, and Activism at Rollins College—SPARC for short.

Among the participating organizations were Second

Harvest Food Bank, the Destiny Foundation, Fern Creek Elementary School, the Apopka Farmworkers Association, the Genius Reserve and Keep Winter Park Beautiful. Tasks included everything from landscaping to sorting food items to setting up computers.

Rosalie O'Melia, Class of 2013, enthusiastically remarked, "I loved SPARC Day. It was a completely new experience for me. I did things I had never done before, and I really enjoyed doing it."

Rollins College has long been an advocate of service learning, which allows students to take their education out of the traditional classroom setting and into the context of the real world.

"SPARC does just that; we're hoping to ignite that spark of interest or passion for first-year students beyond the Rollins community. The Winter Park area is rich in diversity; it's more than meets the eye," said Meredith Hein, assistant director of the Office of Community Engagement.

Students can further implement the vision of SPARC Day through OCE's numerous time-honored as well as holiday-themed programs such as Five Minute Difference—which is set up every Friday outside the Cornell Campus Center—the Rollins College Dance Marathon and Halloween Howl. Rollins College also has an ongoing relationship with Fern Creek Elementary School, where it has

established a one-on-one mentoring program. Those interested in getting involved are encouraged to stop by Chase Hall where the OCE office is located.

"SPARC Day was not only an incredible bonding experience, but an inspiring and life-altering day as well. It made me realize how important it is to take time from our everyday lives and give back to those less fortunate," Cody Feder, Class of 2013, said. Indeed, the members of the Class of 2013, clad in their signature yellow SPARC shirts, were united by a common cause this SPARC Day, a cause that will continue to play a central role in first-year students' lives at Rollins College, empowering them to become "global citizens and responsible leaders."

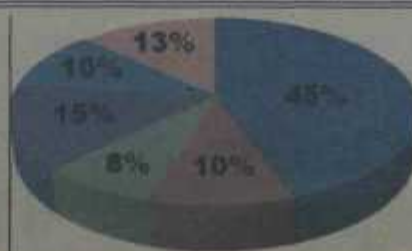
WHERE TO GO

NEWS.....pages 1-2
OPINIONS.....page 3
CENTER SPREAD.....pages 4-5
LIFE & TIMES.....pages 6-7
A&E.....page 8

quotable

"...Obama and the Democrats have over a year and a half to clean their up act before the 2010 midterm"

opinionsPAGE 3



thesandspur.org POLL

What did you do this summer?

Work Travel School
All of the Above Some of Above Nothing

Green Tips

SARAH GRIFFIS
the sandspur

- Extra Boxes? Rollin's warehouse (located behind McKean) will take your boxes and store them for any student who might need one in the future.
- Instead of the usual incandescent bulb, try opting for a compact fluorescent bulb, which can reduce carbon emissions by nearly 150 pounds!
- While your recycling bin (the blue bin in your room) is useful for carrying your stuff during move-in, try to remember its actual purpose! Simply place your recyclables (paper, plastics, glass) in the bin and empty them into the large black bins in the common area when full. I promise it is not that difficult.
- Try using reusable water bottles - Whole Foods down the street sells some nice ones - plates, and utensils, instead of the disposable kind.
- When loading up on caffeine in the morning, bring your own mug, an eco-friendly and sturdy alternative to prevent any tragic and painful coffee accidents.
- Why not check out the Winter Park Farmers market for a delicious selection of local foods? It's occurs every Saturday from 7 am to 1 pm and is located within walking distance!
- Good luck and let's help save the environment!

Rent a Bike

ANNABELLE KEMPSTER
the sandspur

After a year of collaboration between Rollins Cyclists, Rollins Recycling Facilities Management, The Environmental Studies Department and pretty much every other office on campus, it is time for the kick off of the student-initiated Bicycle Library Program. For the few who have yet to hear about the program, or have missed the announcements in the daily bombardment of emails, the Bicycle Library is exactly as it sounds: students can now, quite literally, check out bikes from either the library or Environmental Studies office.

Rollins has been making an effort to become a more sustainable campus, with changes in dining services by switching to local food (up to 12% this year) and biodegradable products, and facilities making energy efficient building changes. The Bicycle Library is part of this campus effort, and is a direct benefit to students, faculty and staff.

The format for checking out a bicycle is very simple - bring an R-Card to the main circulation desk in the library or Environmental Studies office in the Beal Malbie building, sign a safety waiver and check out a key for a bike for up to three days. There are a total of 10 bikes from the local bike shop, Locomotion, available, and if the program is well accepted by the Rollins Community, the number of bikes will expand. There are also free locks, pumps and helmets available for use.

For questions or comments, feel free to contact the Environmental Studies office, 407-646-2392 (afrancis@rollins.edu).

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Are you safe on campus at night?

LANEY JONES
the sandspur

Imagine this: A burly, peculiar man on the prowl for some college chicks. He notices some hotties leaving their residence hall in their clubbing attire, and props the door open with stick, quickly gaining entrance to the dormitory.

"It's Rollins," many say, "nothing like that could happen here." However, in my late night strolls around campus, I have discovered it can. Throughout this past week, I have systematically gained entrance into every single residence hall on campus, simply by saying I was visiting a friend in the dorm who was too lazy to come down and let me in. Sometimes, it did not even take very much effort. Everyone knows getting into residence halls is an elementary task—people are so affable. Granted, I am not some strange, wild-eyed man with drool all over his shirt—I look like the innocent freshman that I am. However, not all burglars wear ski masks, and not all crazy people look crazy; every time students let people they do not know into their halls, they are compromising the safety of the dorm.

Our R-cards are designed with restricted access for a reason—it is risky to allow everyone on campus access to each dorm. Tracking swipes also gives campus security a way to ensure that any crime that occurs is contained within one building.

Now, I am not advocating distrust on campus, and I realize that people are usually inclined to let a fellow student inside their hall. But one must exercise common sense in making these judgment calls. If it is an absolute stranger, do not let them in. If it seems to be another student, ask some questions, such as who they are visiting, before you let the student in. One of the best methods is to be sure they have an R-Card on hand, as this guarantees that they are students. If there is ever a person who looks suspicious on campus, call campus security and alert them. Finally, do not forget the simple things, such as locking your door and windows, not allowing strangers into your room, and always making sure that doors shut behind you.

Rollins is a safe campus; let's all work to keep it that way.

Is the appendix actually important?

VERNON MEIGS
the sandspur

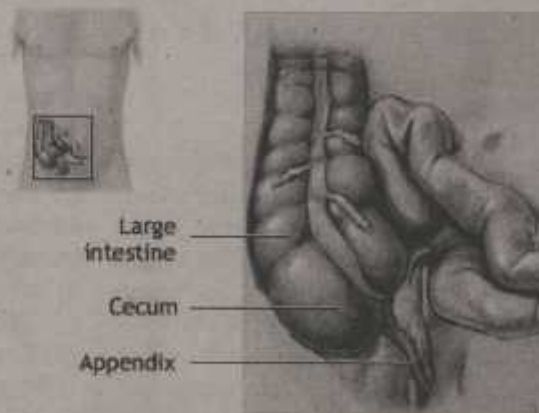
The appendix is a pointless, obsolescent part of the intestine and is a now-useless relic from the past...or, so we have all been taught. Recently, however, researchers have made a discovery that casts the truth of this bit of common knowledge into question. In fact, the appendix seems to be a crucial component that is needed quite often in the animal kingdom, notably in species of primates and rodents.

One reason the appendix was deemed useless was due to the fact that when it was removed via appendectomy, the patient suffered no further problems without it. The reason for getting an appendix removed is to respond to, or potentially avoid, appendicitis (inflammation of the appendix) and other conditions such as appendix cancer and carcinoid tumors.

The appendix is essentially a tube connected to the cecum, a pouch-like area of the colon. Charles Darwin had suggested that an ancestor of the human species used the appendix for digesting leaves. This would suggest that over time, the appendix became the remains of an expanded cecum.

Darwin stated that it was very likely that the appendix was a vestigial organ, the original function of which was lost over the course of evolution. Duke University Medical Center Immunologist William Parker suggested that the appendix is not a mere vestige of evolution, and that there is a use for it.

Recently, a whole new



#ADAM

COURTESY OF MEDLINE PLUS

discovery of the appendix, its normal function, has been studied. The appendix is said to be designed to serve as a storehouse of good bacteria lying in wait until they are sent to spread across the gut after digestive problems such as diarrhea. The immune system cells in the appendix protect the good bacteria, rather than harm it; the microbes help break down the foods in the digestive system, and the gut provides nourish-

ment for the bacteria in return. Also, according to the article "The Appendix: Useful and in Fact Promising" by Charles Q. Choi, the appendix was proven in the past to be able to "make, direct, and train white blood cells."

William Parker offers that if Darwin had been aware of other animal species that make use of the appendix, he would have made different conclusions. Appendicitis, previously thought to have been caused by a faulty appendix, is now said to be caused by "cultural changes associated with industrialized society and improved sanitation," essentially because of modern society doing the job that the appendix previously did. Due to modern advances in medical care, the use of the good bacteria withered away. This is why, with their appendix removed, many people have no negative side effects. When the immune system becomes challenged into action while not having been challenged over the course of everyday life in a healthier environment, the appendix overreacts, resulting in appendicitis.

Perhaps it is time for medical textbooks to be overhauled and no longer treat the appendix as an obsolete artifact from the past.

Low-Bama ratings

TRAVIS CLINGER
the sandspur

President Obama started the year off with approval ratings that were off the chart. Now, though, these approval ratings have dropped lower than those of President Bush at the same time in his presidency, before 9/11. Obama's approval ratings have dropped from around 65-70% to between 40-50%, depending upon which polling service provides the data. Obama's dramatic drop in the polls should come as no surprise, though. President Obama has repeatedly tried to push through policies in which the American people want no part.

Obama's latest mistake has been the health care "solution." Barack Obama has proposed giving health care to every American in the United States, but instead of presenting a plan with details, left that up to Nancy Pelosi and Harry Reid. Pelosi and Reid in turn decided that the best way to pay for this health care was to run up the deficit and tax the rich. In fact, one estimate suggested that those who make over \$250,000 a year would be taxed nearly 51% of their income to pay for the new health care and other government programs.

Obama's healthcare subsequently had a terrible political plight during the town hall meetings across the country, where regular American citizens protested the health care plan. Obama has been forced to potentially abandon the public option and may very well have to scrap the entire health care plan. President Obama is facing a rising deficit that scares the

American people. This deficit was created in large part due to the stimulus that Obama pushed through Congress in February. The question of how to pay for the massive deficit is now looming, and multiple political pundits are suggesting that the administration may very well be forced to tax individuals making under \$250,000, a number which is significant because in Obama's campaign he pledged not to tax anyone making less than this amount. Obama has also fumbled in the War on Terror when he decided to close the prison at Guantanamo Bay, but could not find a place to put the inmates. Not a single Congressman has volunteered to have these terrorist suspects housed in their districts, although an interesting plan was proposed to store the prisoners in Alcatraz, which is in Nancy Pelosi's district.

President Obama is also now facing unrest from his liberal base as he moves tens of thousands of troops into Afghanistan. While he is withdrawing from Iraq, a move that could destabilize the entire Middle East, he is flooding Afghanistan with troops, and the only people who are supporting him with that move are the conservative Republicans. Obama is facing more and more challenges. The Cook Political Report, a non-partisan Congressional polling firm, is marking many Democrat congressional seats as unsafe, in large part because of these blunders. Barack Obama may very well find his lower approval numbers reflected in the 2010 elections. It is clear that the American people are feeling buyer's remorse from the November election.

Florida Congratulates Senator LeMieux

TRAVIS CLINGER
the sandspur

Governor Charlie Crist recently appointed George LeMieux to the United States Senate. Although LeMieux was seen as one of the top ten candidates, the media



world was still surprised by this move. Indeed, many individuals immediately criticized Governor Crist for his decision, arguing that he should have picked someone with more experience, that he should have picked a more conservative individual, or that he should have picked a person less connected with himself. It has become very clear, however, that Governor Crist made a phenomenal choice for the United States Senate.

The first item to consider is a brief background on Senator George LeMieux. George LeMieux has served as Chief of Staff for Governor Crist, Deputy Attorney General, and Chairman of the the Gunster Yoakley & Stewart law firm. George LeMieux also ran Charlie Crist's campaign for Governor of Florida, and served as Executive Director of the

Crist/Kottkamp transition

OPINIONS

Ratings expected to rebound

NIC RAMOS-FLORES
the sandspur

Barack Obama's historic election brought pride and hope to the United States as the country elected the first bi-racial president. His election to the highest office of the nation made people feel that a Washington

outsider would finally be representing their interest. Done were the days of bureaucracy, and ahead of us are the days of government by the people and for the people. All throughout the primaries and general elections, Obama brought crowds that exceeded expectations, and he even toppled the political powerhouse

of Clinton, who was set to win both the Democratic nomination and the presidency. He rallied the young and made minorities across the board feel like they could achieve something more than simply being a plumber, while simultaneously striking a cord with the white majority that he would be their president too. Obama and Democrats in congress overall have held a steady lead in the polls since November; however, recently the poll numbers have been declining, causing concern over the midterm elections and the administration's ability to get key issues passed.

So far, the Obama administration has tried to keep its campaign promises without hampering the country's national security or further damaging the economy. He has given homosexuals more rights in the federal

government, mandated the closure of the Guantanamo Bay prison in Cuba, and extended his hand in friendship to the rest of the world. However, the administration is not immune to shifting political winds in the United States and his strong attempts to change the nation's healthcare system have been stalled with staunch opposition. His unscripted gaff about the

in his handling of the critical issues. Republicans and other conservatives have done a good job of discrediting Obama, accusing him of overspending and, at times, calling him offensive names such as fascist or Hitler. However, with the bleak picture before us, one has to realize that Republicans have made marginal gains, at best, in the polls and the country still

has more confidence in the Democratic Party and Obama. Dropping approval ratings do not mean the end of the administration, especially since it has only been seven months since his inauguration. Analysts are predicting that the economy will make a rebound by early 2010 and unemployment rates to rise between now then. Obama and the Democrats have over a year and half to clean their up act before the 2010 midterm.

The Obama administration needs

to stay focused on issues that are of high priority and make sure gaffs like the Harvard professor do not reoccur. Also, he needs to include more Republicans in the drafting of legislation on hot topic issues for the following two reasons: it is the best plan of action to please the most people possible with compromises that do not leave any viewpoint out, and secondly, such a gesture would show that he is willing to extend his hand across the aisle even on sticky issues such as healthcare and the war. So far, the administration has accomplished many things, but there are still three years before the nation decides to keep him for a second term and a year and a half before the true test of his work is examined during the midterm elections. These dropping approval ratings currently mean nothing and certainly do not mean the end of the Obama administration.

Black Harvard professor arrest in the summer made people wonder where Obama had his priorities. He has been lax in his efforts to push his party to consult with Republicans in the formation of healthcare legislation, causing doubt about the party's willingness to extend its hand across the aisle. These issues are causing critics to question his ability to fix the vital issues he spoke so passionately about in his campaign.

Presidents typically start their administrations with high approval ratings and as time passes, the country's opinion begins to shift, as the changes promised during the campaign do not materialize into actual results. In Obama's case, the economic situation was deeper than the administration had expected and with the unemployment rate increasing, it is easy to understand why more people are losing faith

team. Senator LeMieux is a talented individual who has served the citizens of Florida well over the past few years, and has distinguished himself before the Florida Supreme Court as the Deputy Attorney General.

Charlie Crist had a very difficult decision to make when picking a Senator. Since May, the public has known that Governor Crist will be seeking the position of U.S. Senator in the election of November 2010. Although Senator Martinez had decided to retire earlier this year, it was not until August that he announced his intentions to resign immediately. It was obvious that the Governor needed to select an individual who would not seek the office himself in 2010, as that would cause serious problems for the

Crist campaign. At the same time, he needed to appoint someone who would not cause embarrassment for the state of Florida (As of late, several high profile politicians have caused quite a controversy; I need only name Congressman Foley and Senator Craig). Crist was faced with another problem when the conservative wing of the Republican Party demanded that he appoint either former State Senator Dan Webster or Marco Rubio, who will also be running for the U.S. Senate seat. Crist has a Republican Primary in August 2010, so he needs to ensure that he appeals to the conservative base. Thus, this decision was by no means an easy one.

However, the Governor handled the situation very well. He interviewed a large number

of candidates and requested the applications of many renowned and well-known politicians throughout the state of Florida. The Governor then sought the opinions of many other politicians and party leaders to determine whom to pick. This was a brilliant political move, as the Governor was able to build relationships with politicians who may not have originally been on his side of the Republican primary. He then appointed an incredibly intelligent individual to serve as interim U.S. Senator. What could have been a political disaster the Governor cleverly made into a political success. There is no doubt whatsoever that LeMieux will serve as a distinguished U.S. Senator and represent the people of Florida well for the next year and a half.

COURTESY OF MCT CAMPUS

Greetings from



Ways to get involved

NIC RAMOS-FLORES
the sandspur

Although academics is the main reason Rollins continues to draw skilled people from around the world, community building and leadership development are also pillars that the institution stands for. Getting involved on campus is often times a difficult and confusing task for many students and many times individuals simply avoid participating all together. Also, many students fail to see the social benefits of getting involved. "Students who are involved on campus typically achieve higher academic achievement, build relationships with peers, faculty, and staff, and learn practical skills to apply to concepts they are learning in the classroom. It is important that students develop their leadership skills and discover their passions," says Brent Turner who is the Director of Student Involvement and Leadership (the office commonly known as OSIL). His office is in charge of providing the necessary support for students who are interested in getting involved on campus. Along with the academic and professional benefits that Mr. Turner has stated, students also see personal growth. "I have learned a ton about Rollins, others, and myself. I made new friends, built friendships, and helped others. I have grown as a person," says Ashley Light who is a sophomore and involved in various organizations on campus. For minority students the task of getting involved is at times more daunting since they only make

up roughly 20% of the student population. Rollins has several multicultural clubs on campus to help students adjust. "I got involved on campus because as a minority student at Rollins, it can be easy to feel some degree of isolation, so getting involved was the best way I saw to get away from the feeling of isolation and to meet people," says Cherisse Hagood who is the President of the Black Student Union.

Some students know that they want to get involved but do not know the best way to do so. Rollins offers plenty of resources where students can get involved. From student organizations, to on-campus events, to creating a new club, the college encourages students to find their passion. To begin, students should find out what they are interested in order to find where they will obtain the best experience. "Think first about what you are passionate about and what you want to do. That will help the OSIL staff help you find your path," advised Andy Hughes who is the Assistant Director of the Office of Student Involvement and Leadership (OSIL). Students are also encouraged to try new things and explore outside of their comfort zones. "Don't be afraid to go to a function by yourself; sometimes that is the best way to meet new people," suggested Yarrisa Matos-Soto.

Even with the plethora of organizations and events that occur on campus, students still have trouble finding exactly what they are looking for. In this case, students are encouraged to create new organizations. "The Office of Student Involvement and Leadership guides students in the process of creating a new

organization. As long as you have a few students interested in being involved and a faculty advisor, you are set. If finding a faculty advisor is an issue, the folks in Chase Hall could probably refer you to someone that would be interested in your group's cause," says Frankie Mastrangelo who is the co-president of Voices for Women. Chase Hall, where the Offices of Multicultural Affairs and Student Involvement and Leadership are located, and the second floor of the Mills Building where the Student Organization Center is housed, are great resources to get started in becoming an active student on campus. If students are interested in starting a new organization they should contact Davida Marziale at dmarziale@rollins.edu in order to access the student organization form and begin the process.

Some students have jobs and other commitments off campus but are still interested in being a part of the Rollins community. Rollins offers short events that do not require the time commitments that organizations do, but still build community and give students opportunities to meet new people. Andy Hughes suggests that people participate in an immersion trip, apply for Leadershape, or visit the Social Event Policy Committee to plan an event; these are just a few of the ways to get involved.

Getting involved on campus is key in espousing Rollins' mission of Global Citizenship and Responsible Leadership. Building community and developing one's leadership skills have to begin somewhere so get involved and find what your passion is on campus.



Who's who

ANNIE SCHMALSTIG
the sandspur

While achieving the high score on Peggles, Leslie Capobianco dances to "Ode to Joy" blasting from my iPhone. This is the "Who's Who: Leslie Capobianco Edition." I was afforded the opportunity to learn about Leslie and her career at Rollins while we chomped on Goldfish and drank Vernors ginger ale. She graduated from Apopka High School in 2006, and is a senior majoring in English at the Hamilton Holt School. Leslie is the Publication and Website Design Editor, as well as an Assistant Editor, of *specs*. What is *specs*, you ask? "*specs* is

[a] national literary journal of contemporary arts and letters founded here at Rollins," Leslie explained. The third, the second, upcoming issue "Faux Histories," in which the journal will focus on blurring genre lines and pushing boundaries.

In addition to working at *specs*, Leslie is a consultant at TJ's, a Hamilton Holt E-Journalist, and a specialist at the local Store. She has been a rounded student in the Rollins College because "it chose me." She commented, "I'm not if it was the 11-to-1 student-teacher ratio, pedagogical approach to education, or the stunning campus that we





After talking with Holt and Melissa Reiker and Assistant Professor Joyce Clark, both recommended that I choose the Hamilton Holt program. She submitted her application that very evening. I was captivated by the overall mission of the Holt School. I recognized that it would give me the opportunity to be involved with my job and extracurricular activities while being in a classroom full of mature students." Leslie claimed.

After graduation, she plans to continue her studies in a Ph.D. program in Contemporary American Literature. She hopes to teach at a small liberal arts school where she can help others to "thrive and meet their full potential."

Where can you find Leslie on campus? In the Olin Library stacks, her MacBook Pro, or soon with her new iPhone. Alternatively, she may be in the English building working on her thesis (otherwise, eating cucumber soup), or off campus at the Apple Store being a human advertisement.

What can students learn from Leslie Capobianco? By sitting next to Leslie in chemistry class, I learned from the amazing talents of focused brilliance. Students who let her will learn the necessity of accuracy and how far that can reach in their college careers. She will challenge students to be the best they can be while holding onto their roots, and she will teach them the value of a higher education.



Rollins College gets SLAPped!

LINDSAY HIRSCH
the sandspur

Have you ever looked at the tag of your Rollins t-shirt to find that it was made in Honduras? Have you ever actually taken time to think about the people who made the Rollins College Class of 2013 shirts that are so munificently handed out to incoming first years, or about the conditions under which the workers toiled?

New to campus this year is a student organization that is enthusiastic about human rights and concern for labor issues. This group will help bring to light certain issues such as those mentioned above. The Student Labor Action Project (SLAP), a national organization generated by Jobs with Justice (JwJ) and the United States Student Association, strives to make college campuses around the nation become "sweat-free" through educating students about worker rights and economic justice.

Louisa Gibbs (Class of 2011) and Frankie Mastrangelo (Class

of 2010) are the two students who have decided to bring this new force to the Rollins College campus. Their inspiration was derived from the screening of the film "This is My Rollins College T-Shirt" last year, as well as "a number of demonstrations Frankie and I were part of against the Russell Corporation due to their poor treatment of workers," remarked Gibbs. When the two students realized that the Rollins campus sold Russell products, they immediately made the resolution to introduce SLAP to the school. Their ultimate intention was to rid the campus of products made by sweatshops.

Here is some shocking information regarding the corporation that Rollins employs: Over the summer, the Russell Corporation illegally fired nearly 2,000 workers within two of its factories. Though Russell claimed that the closure was the result of a declining economy, workers eventually surfaced the information that revealed the truth. The workers were fired for the attempt to organize a union within their factory; these now

unemployed workers allegedly received death threats from those that had employed them. Workers in Honduras rely upon the Russell Corporation to survive, even though conditions are so harsh that they may lose their lives.

The group already has support from the University of Central Florida (UCF) chapter of SLAP, with ten dedicated members that have agreed to collaborate with the Rollins chapter in order to bring about a sweat-free campus. In addition to the resources of UCF, the Central Florida JwJ chapter (which works directly with the community for the promotion of workers' rights and a more just society) is also lending their helping hand. Gibbs noted, "We have the support from the national SLAP headquarters, who provide us with materials and aid in our strategizing and organizing."

Now that the group has arrived, what is the next step? "The best thing Rollins could do is sign up with a group that's called the Worker[s] Rights Consortium [WRC]. They monitor the condition of factories

that specifically make your apparel and send back reports to the school of these conditions... If they violate any worker rights the school is notified and both the institution and the WRC work with the company to get them to improve their conditions."

For Rollins to sign up with the WRC, campaigning for awareness of the issue must be done. Every Tuesday, Gibbs and Mastrangelo will be outside of the Campus Center petitioning for the issue, and every Thursday at 5 p.m. there will be a meeting in Orlando Hall. Gibbs commented, "The only way this is going to work is to get everyone on board - what better way to live up to our Rollins mission of becoming a global citizen and a responsible leader than by fighting for what we believe? It won't be easy and the only way we can do this is together and to prove to the administration we don't think people should be treated so poorly for our shirts and shorts."

Think about all of these factors the next time you throw on your Rollins College t-shirt.



Coffee: the only survival tool you need in college

ANNA MONTTOYA
the sandspur

It is the same routine every morning: wake up, roll out of bed, and staggeringly make my way to my dreaded 8:00am class. The teacher, like a predator scoping out for the weakest link, picks on me to answer a question and all I can muster in response is a series of grunts and sighs. For those of you who are all too familiar with this cycle, you anticipate the coming year to be full of late nights doing homework (done the night

rate (BMR); and smooth muscle relaxation. Research suggests that drinking two cups of coffee an hour before going to the gym can significantly reduce post gym muscle aches by increasing endurance and blocking the receptors for adenosine, a chemical released in response to inflammation that contributes to the sensation of pain. Oh, and did I mention that coffee has also been shown to act as an aphrodisiac?

Coffee's long-term effects include improved cardiovascular health and prevention of Type 2 Diabetes. Coffee is also said to reduce the risk of cognitive decline among the elderly, as well as act as a source of cancer-retardant antioxidants.

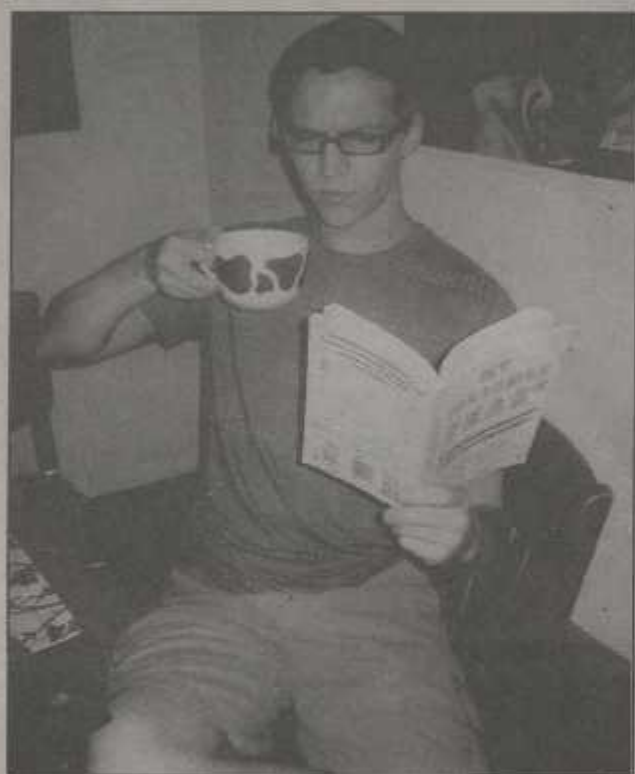
Some point out that the findings regarding coffee are ambiguous and unverifiable, claiming that coffee might not exhibit any effect at all. Whether this be the case or not, the

mind is the storehouse of great potential and even if coffee acts by mere implication, it serves to initiate the process of self-healing.

If your college experience is tantamount to John Belushi's character in Animal House, there may be hope for you yet. MSNBC-Health recently published: "In a study of more than 125,000 people, one cup of coffee per day cut the risk of alcoholic cirrhosis by 20 percent. Four cups per day reduced the risk by 80 percent." However, if you think that coffee will sober you up after a long night of partying, think again. Though it can provide some relief for that pounding headache, coffee is a diuretic and as such consumption leads to increased dehydration, which can irritate your stomach further and make your hangover last for a greater extent of time.

Though studies regarding the health benefits of coffee are by no means perfect, research shows that coffee is far more healthful than it is harmful, according to Vanderbilt University's Institute for Coffee Studies, which conducts its own medical research and tracks coffee studies from around the world.

So, Rollins students, kick back, brew yourself that guilt-free, hot cup of java, and get ready to pull the first of many college all-nighters.



JENNIFER STULL / the sandspur

DRINK UP: Sophomore Peter Travis indulges in a cup of coffee to get him through his nightly work.

before it is due, of course) and moments when...well, you cannot seem to remember much of anything. For those of you who have yet identify with the aforementioned scenario, welcome to college!

The article title quite directly suggests that there is one particular thing that promises to glide you through your four years of college. No, I will not teach you how to hex your teachers into giving you A's or how to hack into the school's computer system; I will, however, tell you that the best friends you will ever make during your years as a student (and even beyond into the workplace) are Starbucks, Dunkin Donuts and McDonalds (on the days that they give out free coffee samples).

There are no such thing as "morning people;" there are only coffee drinkers. Most of us are aware of coffee's largely promoted short-term effect, excessive bouts of energy, but few understand what really goes on in your body once you drink that "extra foam, mocha shot latte in the morning.

The caffeine in coffee stimulates the Central Nervous System, assisting to decrease feelings of tiredness and fatigue. Among its other short-term effects are temporary increases in heartbeat, blood pressure, and further stimulation of the lungs; an increase in basal metabolic

LIFE & TIMES

10 ways to beat the freshman 15

TJ FISHER
the sandspur

We have all heard of the dreaded "Freshman 15." Between the stress, busy schedules, cafeteria food, and lack of motivation to get to the gym, the 15 pounds we are supposed to gain during our freshman year has become stuff of legend. However, there are plenty of ways to get around the Freshman 15, and it is a lot easier than one would think. Here on campus there are 10 cheap and easy ways to not only fight off the Freshman 15, but also to get in shape at the same time.

1. Use the gym. The recently renovated Alford Sports Center is a great place to work off that extra slice of pizza. With a workout room that houses everything from treadmills to free weights, an extensive practice court, and a dance/yoga studio, there is something for everyone, and no reason every student here at Rollins should not be going to the gym. In addition, there are free yoga, abs and core, and body works classes open to everyone. The

classes are a great way to get exercise without having to run on a treadmill, and are held every day of the week. Pick up a copy of the schedule at the gym or check it out at rollinssports.com.

2. Watch out for Dominos. Although pizza is known as a main staple for Rollins students, and you cannot beat the convenience, avoid ordering it every night. Your waist and your meal plan will thank you.

3. Eat your veggies. The cafeteria has a great salad bar, you should try it sometime. It is an easy way to eat a variety of prepared vegetables you might not necessarily try on your own.

4. Snack less. We know you are stashing those Oreos in your dorm room. This does not mean you have to eat 12 in one sitting.

5. Remember the food pyramid. Eat balanced meals. No matter how good those rice and those potatoes look, you probably should pick only one of those heavy starches and have some lean protein.

6. You can have too much of a good thing. Do not eat until you are stuffed; just eat until

you are not hungry. By stuffing yourself, you are over consuming, which can lead to weight gain.

7. Take the stairs. While it sucks walking up five flights of stairs to get to your bed when you just finished listening to your statistics professor lecture for 50 minutes straight, the stairs are actually the way to go to get those endorphins flowing again. Not only does climbing stairs burn calories, but it also tones your hamstrings and glutes.

8. Eat breakfast. If you eat a healthy breakfast, your body is less likely to store the fat from that cheeseburger you are going have for lunch.

9. Avoid eating after 9 PM. Ok, so this one is kind of hard to avoid, but try not to go to the Grille every late night, just on those nights that matter.

10. Drink. No, not beer. Drink water, juice, and soda. Often times, when you feel you are hungry, just drinking a bottle of water or some Powerade can satisfy your stomach and keep away hunger until the next meal time.

A student perspective on first-year orientation

TJ FISHER
the sandspur

As a new student here at Rollins, the words "New Student Orientation" mean three things: Meet friends, find your

way around school, and have fun. Surprisingly, Orientation was every single one of those things, just maybe not as I expected. Instead of being thrown onto a campus full of first-years, where we were free to roam and make friends like I imagined, we were thrown onto

a campus full of first-years, peer mentors, RCC meetings, and dozens of modules, where there was little freedom for you to just to roam and do whatever you wanted.

Although Orientation was not exactly as I imagined, I do think the way Rollins conducted our weeklong introduction into college life was beneficial to first-years. No, the presen-

tations were not always fun filled and exciting, although the Academic Honor Council and CAPS were standouts for great and interesting shows. But just because we were not allowed to run around like 18-year-old chickens with our heads cut

learned all I needed to know to be able to feel comfortable in my new home for the next four years. SPARC day was not only a great way to bond with my fellow students about how icky the dirt is at the Genius Reserve, but also a way to learn about the

community in which we are all now a part. The Involvement Fair really helped me find those clubs and organizations at Rollins that are right for me, and gave me ideas about what I want to do for my next four years as far as extracurricular activities are concerned.

So sure, I was not able to do just what I wanted for six days before

classes began. And yeah, those six days were probably some of the busiest days I have had in a long time. But all in all, I really do think Orientation was beyond beneficial. Not only was it fun to meet new people, but I can not tell you how invaluable the facts and information I got during Orientation have been to me during my first three weeks at Rollins College.



COURTESY OF FACEBOOK

Welcome First Years: Five first year students enjoy their orientation week in front of Bush Auditorium.

off does not mean Orientation was not fun and helpful. I met so many new friends and people from the meetings in our RCC groups thanks to our mutual commiseration over what nighttime activity our peer mentors would make us check in with them about next. Also, as a first-year student with very little understanding about everything here at Rollins, I

OPINIONS

Want to study abroad?

KATIE A. JONES
the sandspur

Where will you be next semester? Perhaps you could be riding camels on the weekends in Morocco, studying Greek architecture while surrounded by ancient ruins in Athens, or maybe learning Spanish on the northern coast of Spain? If any of these options interest you, then you are in luck because Rollins has all of these opportunities readily available for you. The Office of International Programs (OIP) has already started its initial application process for many international programs. They offer study abroad programs for both intercession and full semesters. The OIP has a variety of choices from which students can shape their international experience to fit specific requirements for their majors, minors or general interests.

There are a few different options if you are looking for a program which focuses on learning a foreign language while abroad. The Rollins in Germany program in Trier, the Rollins in Asturias program in Spain, and the

Hollins University program in Paris require students to have at least an intermediate level of each respective language prior to enrolling. Typically these requirements would include a 200-level course in the language before going abroad, but it is recommended to have taken a 300-level French class prior to applying for the "Hollins in

program.

If you do not already have experience in a language, then a number of our programs provide introductory language courses for foreign students. You could learn Arabic in Morocco, Chinese in Shanghai or Hong Kong (fall only), Ancient or Modern Greek in Athens, or Portuguese in Brazil. However, the Shanghai program requires that all students take eight to 10 credits in Chinese during the semester, and the Brazil program recommends that you have at least some familiarity with a Romance language before participating in the program.

Having a foreign language as part of your curriculum abroad may not be what you are looking for in an international experience, and in this case, the OIP also offers programs in London, Lancaster and Washington, D.C. The Lancaster program is a study abroad program where you take classes at Lancaster University in England. The London program involves working at an internship three days a week and taking two classes at one of the local colleges. Internships

are available in a wide variety of fields such as education, finance, parliament, environmental issues, journalism, marketing, museums, social services, and

many more.

The Washington semester provides students with the opportunity to intern in D.C. while taking courses at American University and attending seminars with guest speakers focused on law, politics, business, journalism and many more. Rollins is also affiliated with Duke University and offers a program through the Nicholas School of the Environment where students can have hands-on experience at the Marine Laboratory, attend seminars and lecture series with speakers from both across the country and abroad, and are also able to go abroad to work on an intense research project in Panama for 10 days.

The Office of International Programs is now accepting walk-ins for student advising, but you must have created your RIPA account before you have an advising session. Advising hours are Monday through Thursday from 1:00 - 4:00 p.m., and Friday from 9:00 - 11:30 a.m. The office is located on the second floor of Carnegie Hall (next to the Rice Family Bookstore). Visit the OIP website at www.rollins.edu/int-programs for more detailed descriptions of each of the programs. If you have any questions, you can contact the office by phone at 407-646-2466 or send an E mail to intprog@rollins.edu.

rollins.edu. The deadline for applications for 2010 winter intersessions and for the spring 2010 semester is on Wednesday, September 30.

Here are some steps you need to take if you are considering either spending a semester abroad or going on a week-long field study this winter:

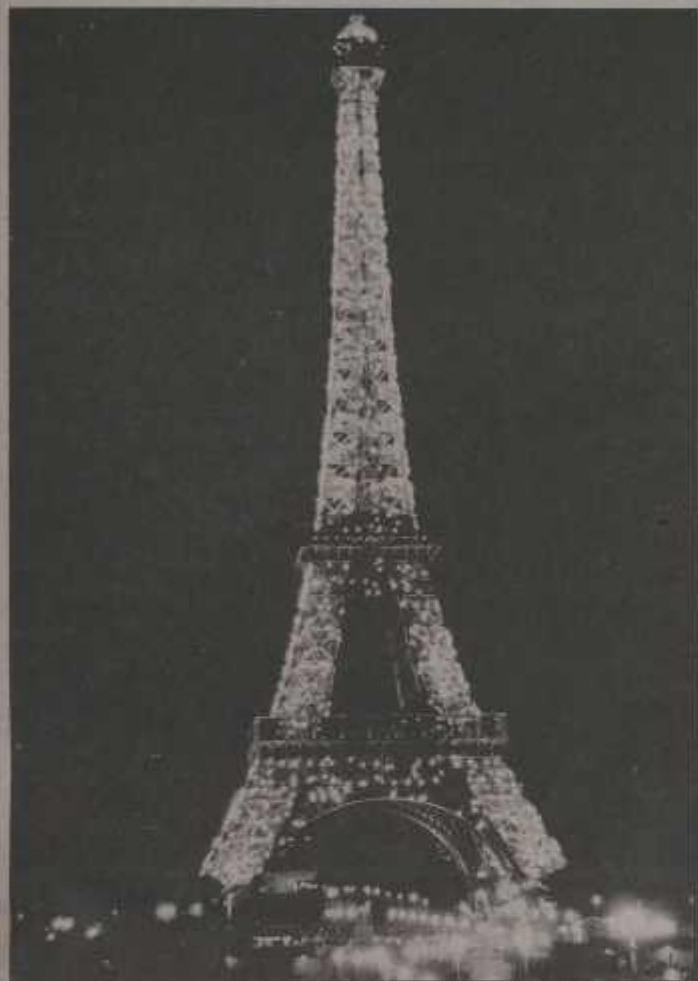
First, you will need to fill out a Rollins International Program Application (RIPA) on FoxLink.

1. Access your FoxLink account.
2. Click on the appropriate student tab, i.e. "A&S Student" or "Holt Student."
3. Your RIPA portal is located in the bottom left-hand corner.
4. Click on the link "RIPA Application."
5. Click on "Create a New Application" for the program that interests you (if unsure, choose Undecided). You are not required to attend any program just by creating an account.
6. Once you have created your account, please stop by the Office of International Programs for an advising session.

The winter intersessions for

this year include:

- EDU 390 Special Topics in International Education in a cruise to the Bahamas and Virgin Islands
- RCC Psychology Across Cultures in Costa Rica
- RCC Bridging the Digital Divide in the Bahamas
- RCC Cornering Christmas Markets in Germany
- INT 283F Lively Arts of London



KATIE A. JONES / the sandspur

FRANCE: The Eiffel Tower

Paris" program. Enrolling to study in these three countries also requires that you receive department approval before you can be considered for the

Good times in O-Town

Tatames	1 minute / 0.32 miles	Bar/Club	Although relatively small in size, Tatames has banging music and offers a night to remember for a long time
Urban Flatts	1 minute / 0.37 miles	Bar	Situated nearly on right on campus, Urban Flatts is perfect for a weekday night with some friends
O'Boys	1 minute / 0.57 miles	Bar	Located in close proximity to Rollins, O'Boys is the perfect place to go out on a Wednesday night to hang out with some friends
Fiddlers	1 minute / 0.56 miles	Bar	Fiddlers has always been a prime bar for Rollins kids to go and kick back and enjoy the atmosphere that Fiddlers provides
Bliss	13 minutes / 6.53 miles	Club	Playing a range of music, Bliss offers a premium environment to go out clubbing with your friends.
Friendly Confines	7 minutes / 3.16 miles	Bar	Friendly Confines is the ideal location for a Sunday afternoon to watch some sports or any other night to see live music.
Voyage	13 minutes / 6.71 miles	Club	Known for their different themed rooms, strong drinks, and great music Voyage is must go to during your Rollins stay
Roxy	12 minutes / 4.34 miles	Club	Located in a renovated warehouse, several bars, and dancing poles Roxy is sure to have a memorable experience on you.
Cheyenne	13 minutes / 6.53 miles	Club	Cheyans is known for its immense size right on Church street and its crazy Halloween parties
Dragon Room	16 minutes / 4.7 miles	Club	Another one of the infamous Church Street Clubs, Dragon Room is rare, but nevertheless a great time for Rollins students

YONI BINSTOCK
the sandspur

During one's stay at Rollins College, a student is sure to be

going out on weekends, and perhaps the occasional weekday. But where to go? What is safe? Where does the music I like

get played? These types of questions have plagued Rollins students for millennia. In a never released report, (with the

help of Mapquest), this writer has come up with the perfect list of bars and clubs for the typical Rollins student. We hope that

this list comes in handy--and remember, drink responsibly and take a cab.

Rock Band brings The Beatles to today

SHELBY PHILLIPS
the sandspur

John, Paul, George, and Ringo are back and starring in their first video game ever! The four lads from Liverpool are finally available for fans, new and old, who have dreamed of playing alongside arguably the greatest band in rock 'n' roll history. The Beatles: Rock Band, the long-awaited game which allows you to play as the famous rockers, finally hit shelves this past Wednesday. The game itself is much like its predecessors, but this time Rock Band has gone all out for the fans! Available to players are replicas of the Beatles' famous instruments: Ringo Starr's Ludwig Drum set, The Hofner bass of Paul McCartney, George Harrison's trusty Gretsch Duo Jet Guitar, and of course John Lennon's classic Rickenbacker 325 Guitar.

And if this is not enough for Beatles fans, Rock Band has highlighted a few more special surprises on their official website, such as an all-star list of songs that includes such classics

as "A Hard Day's Night," "While My Guitar Gently Weeps," "Day Tripper" and "Lucy In The Sky With Diamonds." The game will also allow gamers to play at many of the historic Beatles

venues such as Shea Stadium, Abbey Road Studio, and The Ed Sullivan Theater. Added bonuses to the game are rare tracks and photographs waiting to be viewed when players

succeed on selected songs.

The game was released on three different gaming systems: Standard XBOX 360 that will sell for \$59.99 and a limited edition for \$249.99; Playstation 3 for \$59.99 with a limited edition that sells for \$249.99; and Nintendo Wii for \$59.99, also with a special limited edition of its own. Why does this game deserve so much attention? Besides being issued from the ground-breaking Rock Band phenomenon, this game challenges users to not only play along but also to sing along and even to use harmonies that further recapture the iconic Beatles sound. Also promised are real audio from the original session tapes, on which listeners can hear John, Paul, George, and Ringo work through songs and banter with one another. Rock Band has gone out of its way to recreate the sound and feel of the Beatles and has succeeded in introducing a whole new generation of music lovers to one of rock 'n' roll's most important acts.



PHOTOGRAPHS COURTESY OF ROCKBAND.COM

BRIDGING THE GENERATION GAP: Gamers from all generations can enjoy the newest installment in the Rock Band games. Playing as the four piece legendary rock group, you must master the harmonies and playing styles that have made The Beatles the most beloved rock band of all time.

Do you have what it takes to save Woodstock?

LAUREN LA PORTE
the sandspur

From the opening strains of Danny Elfman's musical compositions, to the first shots of photography, award-winning director Ang Lee's artistic presence can be plainly seen in the wondrous movie Taking Woodstock. Lee makes use of split screens to creatively splice images of life and times in the 1960s. The viewer is introduced to Elliot Tiber, portrayed by Demetri Martin, and his mother and father, played by Imelda Staunton and Henry Goodman, respectively. Throughout the movie, Elliot and his elderly parents struggle to maintain their decaying motel, The El Monaco, which is about to be subject to foreclosure.

When Elliot hears that a nearby town has banned the Woodstock Music and Arts Festival from taking place, he utilizes his own approved music festival permit to move the event to a neighbor's farm in White Lake, NY. During the turbulent weeks and build up to the event, and the culmination, Elliot's life is changed. He is forced to face himself and his situation head-on; his work as an interior designer in Greenwich Village, NY has not proven successful, and he is struggling to come out to his parents as a homosexual.

The carefree attitude and optimism of the younger generation during the late '60s is very present and visceral in the film, as the nation's youth roll in by the thousands. The older generation's disdain towards the youth's resistance at that time is also felt. Watching this movie

is like being swallowed by another lifetime, or like reliving it for those in the audience who lived to actually see the event occur. The other cast members that round out the story include Emile Hirsch ("Into the Wild", "Milk"), Paul Dano ("Little Miss Sunshine", "Gigantic") and Kelli Garner ("Lars and the Real Girl", "Thumbsucker"). The plot primarily carries the film, but there are character study undertones centered on Elliot Tiber and his internal and external struggles with himself and his family.

For the baby boomers that

grew up during the turbulent times surrounding Woodstock and the Vietnam War, "Taking Woodstock" serves as a fairly accurate depiction. Anyone interested in the culture and feel of America's youth in the 1960s would greatly enjoy this film. It is not, however, a dry historical recount; the movie has its humorous moments and it is good for a heart-warming laugh. Though the theater was not filled to capacity at 7:30 p.m. on a Saturday, the people that were there were visibly enjoying themselves, as well as the movie.

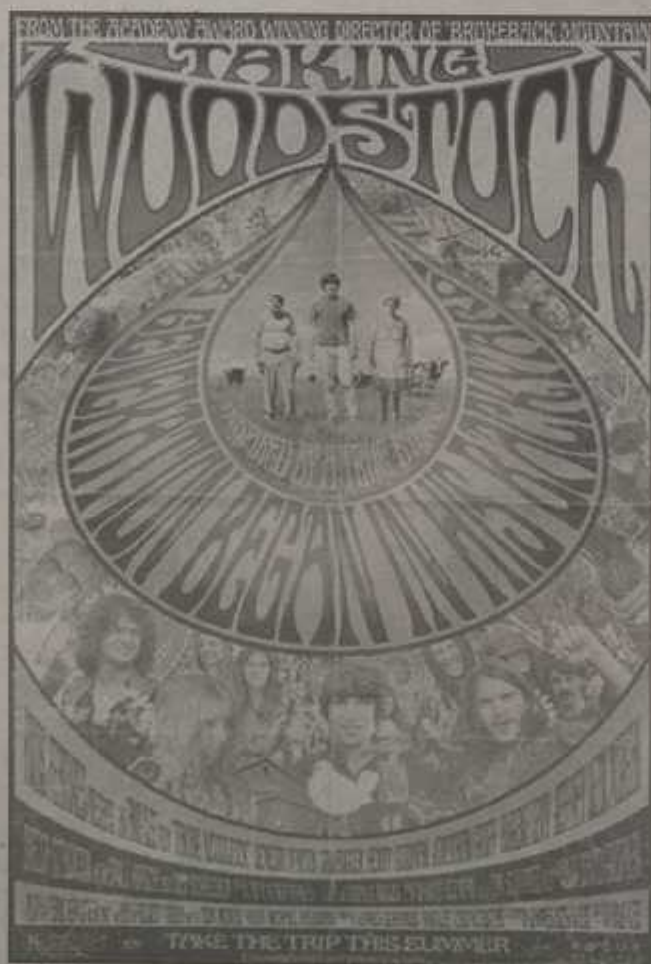


PHOTO COURTESY OF MCTCAMPUS.COM

SUMMER OF PEACE LOVE AND HAPPINESS: Demetri Martin stars in this comedy about the historic Woodstock Festival.

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