

High-speed rail plans derailed

Christine Simone
Senior Staff Witer

Florida's plans for a high-speed rail project in central Florida will not come to fruition following the state Supreme Court's decision to allow Gov. Rick Scott to decline the federal funds.

In early 2010, President Obama announced a \$2.4 billion grant to the state for the development of a high-speed rail project and former Gov. Charlie Christ began preparations by creating the Florida Statewide Passenger Rail Commission.

One of the earliest phases of the national high-speed rail initiative would have been an 85-mile segment to run between Orlando and Tampa along the I-4 corridor. The SunRail system would have linked Orlando and Volusia, Seminole and Osceola counties with Tampa, including a stop in Lakeland near the future



Photo courtesy of Creative Commons

The first bullet train was built in 1964 as transportation for the Olympics in Japan.

site of USF Poly.

Scott was not convinced that the transportation initiative could be completed without burdening taxpayers or without additional funding from the state.

On Feb. 16, Scott officially informed U.S. Transportation Secretary Ray LaHood of his decision to decline the funding for the rail system citing concerns that the taxpayers would have to supplement additional funding. Scott also stated worries that the state would be on the hook to return the federal funds if the project was not entirely completed.

Following his decision, two state senators, Thad Altman (R-Rockledge) and Arthenia Joyner (D-Tampa) filed an allegation that the governor had overstepped his bounds by declining the federal funding, but they were unable to prove that they were entitled to any form of relief in the matter.

The Florida Supreme Court's decision was unanimous and the accompanying document did not exceed a single page – the Supreme Court

ruled in favor of Scott.

Senator Bill Nelson, a vocal advocate for the rail system, and his office released a statement following the court's decision.

"It's unfortunate for the state because we could remake out transportation system that is not built on an interstate system that gets so clogged at rush hour. You can imagine what it's going to be like 20 and 30 years from now," Nelson said. "It's unfortunate for the 24,000 people that will not have these jobs in the next few years."

Scott was not the only governor to nix a federal offer. Ohio and Wisconsin also made the same choice and both also replaced governors who had demonstrated an interest in the project prior.

The money that Florida turned down will now be up for grabs. New York, California, Connecticut and Illinois have already worked to submit proposals to pick up the funds.

However, the concept of a rail system throughout central Florida has not been completely tabled. The project could fall on the shoulders of local government with state and private industry assistance rather than through federal money, but would still require Scott's blessing.



Photo courtesy of Creative Commons

Japan ends whale season

Megan Getter
Contributing Writer

After several attacks on whaling ships occurred, the Japanese government declared whaling season to be over early.

On Feb. 17, a government minister said the attacks from Sea Shepherd activists put the crew's lives in danger.

Sea Shepherd Conservation Society activists have been attacking the ships since they disembarked in December. The ships will be returning after catching only a fifth of its expected catch of 850 whales according to Associated Press.

"We had no choice but to end [the season] to ensure the safety of lives, assets and our ships," Fisheries Minister Michihiko Kano said at a news conference.

The Sea Shepherds see the early retreat as a victory for their cause. According to their website, the Sea Shepherds will follow the whaling ship until it reaches port

"Every year we've gotten stronger," Sea Shepherd founder Paul Watson told the Associated Press. "We had better equipment, we had a longer-range helicopter ... really, it came down to having more resources."

The Japanese government says it hunts legally, citing the loophole in the International Whaling Commission 1986 whaling ban. The loophole allows whale hunts for scientific research. Critics argue that Japan sells the excess meat for commercial consumption in Japan.

Continued on page 3



Photo Courtesy of Creative Commons.

Japanese citizens protest government whaling.

NEWS	OPINIONS	FEATURES	SPORTS
PAGE 3	PAGES 5	PAGES 9-10	PAGE 11-12
STUDENTS GO ABROAD FOR EDUCATION	ONLINE COMPUTER SAFETY	SPRING BREAK TRIPS	SPRING SPORTS UPDATE

News

FSC celebrates International Woman's Day

Kerri Stinson
Senior Staff Writer

The Florida Southern College community participated in the celebration of International Women's Day on March 8 through a few events on campus.

To celebrate International Women's Day, Amanda Dunivan, the director of student involvement, along with Brenda Lewis, director of the life and cultural center and Dr. Sharon Kay Masters, the director of women's studies minor, planned and hosted an event in Eleanor Searle Drawing Room.

"We are in charge of programming for all types of events on campus and when planning this event we thought to include Dr. Masters," Lewis said.

This year was the hundredth celebration, however this was the first time that FSC celebrated in the International Women's Day. After today's event, Dunivan, Lewis and Masters intend to make it an annual event.

"We wanted to stress the importance of

volunteering in the community and this venue is a good way to find out how to give back," Dunivan said.

Half a dozen students as well as some faculty attended the event and listened to guest lecturer Lisa Kaiser Hickey, an FSC alumna from 1979. Hickey talked about public policy advocacy, which she feels is the greatest challenge for women today especially internationally.

During her presentation, Hickey referred to several quotes that she felt related to the event such as one by Ban Ki-Moon "when women are denied the opportunity to bet-

ter themselves and their societies, we all lose."

Hickey also highlighted gender inequalities, job security and job vulnerability, which is greater for women.

Hickey then shared her belief that it is vitality important that women have a voice, a choice and are natural collaborators.

Later, she talked about organizations that are working to eliminate inequality among genders such as Millennium Challenge Corporation. The organization

strives to create partnerships with countries to change the policies of inequality in exchange for money.

Hickey explained that her main reason for getting involved and creating awareness was because of economic inequality. According to Hickey, women make up two-thirds of the world labor, own 10 percent of the wealth and own one percent of the property.

Before ending her presentation, Hickey gave suggestions about what to do to make a difference. Tips she gave were to learn about global issues and organizations working to solve them, become culturally attentive, stay current with RSS feeds and subscriptions, participate in organization that match your talents with you priorities, learn a second language, particularly French, and to act through your time, attention and money.

After Hickey finished, the audience listened to a panel of leaders in the Lakeland community that spoke about their experiences.

Dunivan lead the panel discussion by asking the women about a person or ex-

perience that caused each woman to give back to their community in which Bamberg talked about a personal experience that set the tone for the conversation.

Kay Fields, the executive director of Girls Incorporated, was the next panel member to speak. Fields is also the chair of the Polk County School Board where she works to improve

and find funds and resources to improve the community.

Fields stressed the importance of choosing an organization to volunteer for and be passionate about it. She also emphasized that priorities are just as important.

"To me much is given as much is required," Fields said.

Anne Adrian, of International Students Incorporated, talked about how important one-on-one relationships and friendships are in eliminating prejudice and discrimination.

The last speaker was Sabrina Edwards, a VISTA intern at FSC.

Continued on page 3

"We wanted to stress the importance of volunteering in the community and this venue is a good way to find out how to give back."

Amanda Dunivan
Director of Student Involvement

Professors search for potential student tutors

Mary Quinn
Contributing Writer

Florida Southern College's new foreign language program allows students to become the educators.

Although the program focuses on the self-discipline of the language, students involved meet with native speaking students to further comprehension and pronunciation.

Dr. Jose Garcia approached other faculty members to find out which students would be able to fulfill the requirements of a Foreign Language Tutor. The tutors must be fluent and native speakers of the language they will be teaching and have prior experience either teaching a language or tutoring.

"My father had a center back home in Jordan where I would tutor American students and members of the military," Abdulkareem Abuhassan, sophomore Arabic Instructor said.

These strict requirements allowed for only a few students to be taken on as tutors. The program is now expanding though taking on more tutors than just students. As the program grows, teachers from local high schools and middle schools are also acting as tutors.

Faculty asks students if they would like to act as tutors for the students learning the specific language. Typically the tutors work with seven to ten students in a small setting to allow students the opportunity to interact one on one with the tutors to improve pronunciation and diction. Each tutor is taken on as a faculty member and evaluates the student's progress throughout the program.

"I'm strongly considering being an edu-

cation major with Arabic minor, I really enjoy it," Abuhassan said. "I try to give my students homework that I grade every single class, that really helps them learn the language and being a tutor looks great on my resumé."

All tutors work closely with the head of the foreign language department Dr. Jose Garcia in how to interact with their students and conduct the practice sessions.

They also collaborate with each other around Midterms and finals to create evaluations and make sure all their students are on the same speaking level in addition to using language textbooks, websites

and online translators.

"We try to utilize every resource we can to improve the pronunciation, but every tutor has different techniques. I have my students watch a lot of Arabic news stations and movies," Abuhassan said.

"The students must be evaluated by faculty members with PhD's for their final examination, so I check in on the classes about every other week to see how the student progress is going and offer my assistance if the students are struggling," Garcia said.

The tutors meet twice a week in Christoverson Humanities building, as a typical class would and as student faculty members.

Some students find it awkward to be responsible for teaching their peers.

"It took some time to teach my friends to get used to being in class with me as their instructor, but we finally got the relationship established and I do take time outside of class to help them and let them practice their speech on me, which I don't get paid for but it really helps them," Abuhassan said.

"The students must be evaluated by faculty members with PhD's for their final examination."

Jose Garcia
Department chair

GRE to change in August

Megan Getter
Contributing Writer

The Graduate Record Exam will undergo small changes beginning in August 2011.

The GRE general test is the basic entry exam for MBA programs. Some business programs also accept the GMAT®. Medical, law, and dental schools have their own standardized tests.

According to its website, the changes to the GRE® include new types of questions and more user friendliness for computer versions. The new test format will lack antonyms and analogies to focus more on reading and other real-world applications.

Students can reduce costs by taking the test early and using free study resources online.

The Revised GRE® will be available starting Aug. 1. Test takers who need their results after Nov. 1 can take the new version between Aug. 1 and Sept. 30 for half price. Sign-ups for the new version start on the GRE® website March 15, 2011.

FSC alumnae Lacey Brown is currently applying for graduate school at the University of West Florida. She graduated in May 2010 and has been working for the past year.

"I've decide to go to grad school because it seems that since the job market is so bad, the only jobs that are available for college grads are assistants or very entry level jobs. I feel if instead of spending four years climbing the corporate ladder you take two and go to grad school, you'll be able to get into those high level jobs," Brown said.

As part of the application process, Brown had to take and submit her scores from the GRE®. She recommends asking the department which test they prefer before scheduling the test.

"I went through the whole process of signing up for the GRE®, but

when I had my interview with the graduate program they said they prefer the MAT®," Brown said.

The MAT® (Millers Analogies Test) is a 60-minute test of analogies on a variety of subjects. The MAT® tests analytical and reasoning abilities according to its website.

"When I was taking the GRE®, I was really stressed out especially for the math portion because in college I've only taken stats. It was stats on the computer, so I was learning how to use the computer program not actual stats. That's also why I decided to take the MAT instead. The MAT is just analogies, and there's no math, and it's cheaper and quicker," Brown said.

Director of career development Xuchitl Coso said the Career Center offers resources for students applying for grad school. The center offers the GRE®, GMAT®, and LSAT® practice tests on the computer, and study books.

"We have a lot of [study]books. We try to keep them up to date. I'm going to sit with the library this summer to see if we can have some over here and some over there that way people can check them out," Coso said.

Brown went to visit the Career Center to find resources for the MAT, and take practice tests they offer.

"[The practice] test was conveniently located on the GRE website, which I could have accessed on my own computer. I took the parts of the GRE prep test that were applicable to the MAT test. I then left with a GRE Study guide of which 16 pages would be useful to me and 20 minutes of wasted time," Brown said.

Dates to Know

March 15: Revised GRE® sign ups begin
Aug. 1: Revised GRE® available
Aug. 1 - Sept 30: GRE® is half price for students that need results in Nov.

Students go abroad for education and cultural experience

Mary Quinn
Contributing Writer

Florida Southern College's Study Abroad program offers students the opportunity to gain experience of different fields of study in various cultures.

Florida Southern students have a variety of options regarding where or what they could study. This year alone FSC offered five summer programs and five semester long programs, including Peru, France, Germany, England and Spain.

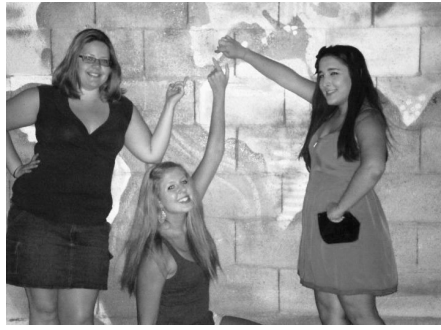


Photo courtest of Emily Behzadi
Amy Norris (left), Alyssa Rose (center) and Emily Behzadi (left) locate their location on a wall-map of Alicante, Spain during their Summer 2010 program.

The prices of the summer trips vary in cost depending on location, number of classes the student will be taking, tuition of the institutions and living costs, which entail housing food and travel.

Students view the study abroad programs

as an opportunity to expand their horizons and knowledge of other cultures.

"Study abroad provides a great opportunity for students to gain experience with other cultures as well as lets them learn about a subject in an entirely different and stimulating environment," Lisa Gilbert, FSC student, said.

The programs also range in length from two weeks to nearly one month long. The general length of time is about two weeks that allows students to be fully immersed in the culture and get a firm grasp on the country and what it has to offer while still leaving enough time for students to complete several credits.

"I loved England. We all had a good time in class and on trips, it is absolutely worth the money to go study overseas, the experience is one of a kind and gives you a month to soak up some culture," Justin Bivens, junior, said.

The semester program is a large contrast from its smaller, summer abroad program. The cost of tuition and lodging is about the same as a semester at Florida Southern and students have the same opportunity to take a standard full time amount of credits.

They do, however, have to take into account the extra cost of travel; therefore overall the trip will cost more.

"Honestly, yes the trip is expensive, but with what we get it is worth the money. Four months living in a city that can literally connect to you anywhere in Europe is the best thing FSC can offer," Brenna Hanley, junior studying for a semester in England, said.



Students Photo courtesy of Kelsey Tressler
Students attending the Spain 2010 program pose together for a picture.

who go on this trip take classes at a local university, live in Florida Southern attained lodging and have a typical semester experience aside from the fact they're in a different country.

"My stay here so far has been amazing. It's so great to be able to go to new places on a daily basis. London offers so much in the way of diversity and culture," Hanley said. "The classes are fantastic because the city is our classroom; seeing plays and going to museums is the entirety of my homework."

FSC began to offer a new program, called the Junior Journey, to students that entered the school as freshmen during and after the Fall 2010 semester. This new program costs the students nothing extra other than the cost of extra course credits.

This option allows students to choose

from Belize, New York, Washington D.C., New Orleans, Memphis, and London, Costa Rica, Spain or various areas of the Caribbean. Qualifying students also have the opportunity to opt out of the Junior Journey and apply their appropriated travel scholarship to a study abroad program of their choice and pay the difference in price.

Some upperclassmen view this as an unfair program. Students entering FSC as first-year students pay no extra money to go abroad.

"I am very jealous simply because not everyone can afford to do study abroad and the new classes have it included in their tuition yet they pay the same amount as upperclassmen," Gilbert said.

FSC is hoping not to stop there, with the expansion of the Foreign Language program Department Chair Jose Garcia is hoping to add new study abroad trips for their department to countries like China, Germany, and countries in the Middle East.

Study abroad is already offered to China and Germany, so the foreign Language department is hoping to collaborate with other departments and join in on their programs to offer larger variety for students interested in the program.

Students interested in seeing what study abroad programs FSC offers could visit <http://www.flsouthern.edu/studyabroad/>.

News Briefs

MIDFLORIDA seeks youthful spokesperson

People between the ages of 17 and 22 can look to MIDFLORIDA Credit Union for part-time work.

MIDFLORIDA is looking for a student to work with social networking, including blogs and videos, to promote teens to open MIDFLORIDA accounts.

The spokesperson will be responsible for planning and hosting promotional events in the area.

Applicants will be required to upload a video focusing on financial tips and a writing sample. Resumes can be submitted but are not required.

Applications are due by April 1. More information can be found at www.doyoufitthebill.com.

Cantilevers to host annual melee

FSC's Cantilevers: Journal of the Arts will be hosting its annual Poetry and Prose Melee on March 12 at 6 p.m. in front of the Bandshell.

The event will feature The Invocation and food and drinks will be provided.

MBA program offers students incentives

FSC graduates entering the school's MBA program can have the GRE/GMAT test score requirement waived if they received a 3.0 GPA or higher in AAC 2111 Accounting, BUS 3320 Applied Statistics of Business and Economics, BUS 3453 Managerial Finance, BUS 4999 Seminar in Strategic Management of the Business Enterprise, ECO 2205 Principles of Microeconomics, and ECO 2207 Principles of Macroeconomics.

There will be an MBA open house on March 15 at 6 p.m. in the Roger's building student lounge.

FSC offers new two-hour course

A new two-hour, entry level course will be offered for the second half of spring semester.

The offered class, History of Decorative Art and Design, will be held in the Christoverson building every Tuesday and Thursday from 6:30 to 8:30 p.m.

There is no prerequisite and non-major students can take the course. Professor Elyse Gerstenecker will be teaching the course.

Interested students should speak to their advisors about the class.

International Woman's Day

Continued from page 2

Edwards talked about how she became involved in giving back to her community during her collegiate career at Southern Connecticut State University. She recommended that students test out organizations at the collegiate level before trying the national level.

Fields said that she could not say that just one person influenced her because it takes a village to raise a child, which she felt was how she was raised with guidance from her Sunday school teacher as well as safe environment and support her grandma gave her.

Having both her parents as missionaries in Iraq, Adrian talked about her experiences in Iraq opened her up to numerous views and opportunities growing up.

The panel closed the discussion by sharing advice on how to connect to the community.

Fields reemphasized her opinions about helping the community, which was that people can't do everything and they should

find something they are passionate about it and commit to it.

"You have to follow through when working with people because they depend on you," Fields said.

Earlier in the day another event was held in the Sarah D. and L. Kirk Archives building in which Doris Weatherford, an author and Women's historian, talked about global feminism. The event was held open to the public and sponsored by the Lawton M. Chiles Jr. Center for Florida History and Polk County League of Women Voters. Also, Delta Sigma Theta will hold the final event in honor of International Women's Day on March 12 at 12:00 p.m., which is a women's history brunch.

International Women's Day developed from the idea of gender equality most notably beginning in 1908 with the women's voting rights march in New York. This day is ment to celebrate the successes and achievements politically, economically and socially of the women of the past, present and future.

Whaling

Continued from page 1

A former Japanese delegate of the International Whaling Commission told ABC news that pulling out early is cowardly.

"I think it's very cowardly action. I really regret that they decided to come back saying that it's a matter of safety of the life," Masayuki Komatsu said to ABC news.

Australia and New Zealand believe that Japan has violated international law. Australia has plans to bring the issue of whal-

ing to the International Court of Justice in Hague. Officials in Australia said they were glad the season is over and hope that it ends altogether.

Komatsu believes that Australia is really the one at fault for Japan's recent decision. "I think Australia's position is very much disappointing, and perhaps lots of Japanese [are] really not happy with the action taken by Australia," Komatsu said to ABC news.

There were no indications as to whether whaling season will continue next year. Officials in Japan said they would be examining the issue.

Opinions

Texas legislators debate guns on campus

Recently, students at Texas universities have been showing their support and voicing their opposition to a bill that Texas legislators may or may not pass allowing students to carry guns on university campuses.

Before your mind starts reeling in 100 different directions, relax. Let us freak out for you.

Let's pose some very plausible "what if" questions, shall we?

What if there was a crazy, murderous gunman running across campus and the dozens or maybe hundreds of students carrying concealed handguns promptly spray bullets everywhere hoping one of them hits said crazy man and instead hit innocent bystanders?

What if a foolishly over-confident student is showing off his new 9mm on the

quad and accidentally shoots his friend?

Or what if students who live in on-campus housing are at a party and alcohol becomes a factor?

Before we let the scenarios roll too far, we would like to point out that students will have to get a concealed weapons license, which means being 21 and going through a training course as well as a background check.

That still doesn't change the fact that college campuses are filled with young people who are often times conflicted, stressed, homesick, depressed and maybe even under the influence of alcohol or other substances. Most students deal perfectly well with these emotions and situations, but there are a fraction who react poorly.

Sounds like the perfect environment for

numerous loaded handguns to be floating around, right?

Surely legislators have thought to draw up these scenarios and ask themselves all these legitimate questions. They wouldn't be so irresponsible as to pretend that all youth are responsible, would they?

Texas legislators do claim to have a reason for this frightening proposal, however. Many people believe that crazed gunmen—like the Virginia Tech shooter or the 1966 University of Texas sniper—could be stopped in the future if students weren't forced to be weaponless, defenseless sitting ducks merely because they're on campus.

We can't imagine these people believe that a spray of bullets coming from not one but perhaps several sources will make the learning environment safer because ideally, at least one of these guns will be pointed at the bad guy.

This is why every city has a police department filled with trained, paid professionals with "protect innocent people" written into their job descriptions.

Maybe some people believe that we can't always rely on police officers, and civilians—including students, apparently—should be able to take their safety into their own hands. In which case, unarmed students should hope that they're lucky enough to be surrounded by an armed sharp shooter or two.

Perhaps Texas legislators have a point, but do the risks really outweigh the benefits? Is the answer to potential gun violence more guns?

This unsigned editorial is meant to reflect the consensus of the newspaper editorial board.

A Southern VIEW

Taliban tarnishes images of Muslim women

Jeanine Yacoub
Contributing Writer

Muslim women are always depicted the same way in the media; wearing a burqa, or murdered in some sort of honor killing.

Ever since the Sep. 11 terrorist attacks, Islam has been portrayed as a violent, male dominated religion. This is mostly due to the way extremists use Islam as a means of control.

Specifically in Afghanistan, the Taliban use Islam to control a desperate country. They are notorious for their strict misinterpretation of Islamic law, especially the ones pertaining to women.

For example, all women must wear a burqa out in public; they are not allowed to be educated past the age of eight. In addition, women aren't allowed to go anywhere without a male relative escorting them—they aren't even allowed to be seen by a

male doctor.

Any violation of these laws results in public stoning or public execution. This kind of oppression is what frequently shows up in the news, especially after 9/11.

So from the average person's perspective, it seems as if all Muslim women are damsels in distress who need rescuing from such a discriminating religion. In actuality, it's not Muslim women who need to be saved from Islam, it's an entire country that needs to be saved from the Taliban.

Taking a beautiful religion of peace and equality and using it as a tool of oppression is discussed in the Qur'an as one of the most despicable sins a Muslim could commit.

If Muslim women were in such danger, why haven't more revolted, and spoken out about their "oppression?" The reason is that no one needs rescuing from Islam, especially women.

Embrace your inner freak

Kelsey Tressler
Editor-in-Chief

In a land rendered unstable by the barbaric rule of the Taliban, a man can just accuse any woman he wants of a simple crime, such as going out without a chaperone, or something serious, like adultery. His word is automatically taken over hers—no questions asked. She is punished publicly without a fair trial.

In Islam, if a man and woman commit adultery, there must be four witnesses and both the man and woman are punished. Punishment is not meant for public entertainment. Accusations such as adultery are taken very seriously in Islam and the Taliban use it as a weapon of control.

As stated in the Quran, men and women have certain rights. These rights include respect, support, protection and encouragement to be highly educated, independent and religious. Nowhere in the Quran does it say that a woman must be an obedient housewife for the rest of her life. All Muslims must be respectful to one another.

A woman is so highly respected in Islam that lying to, or mistreating your own mother is a sin equivalent to murder. In addition, the Prophet Muhammad also said that a husband's treatment of his wife is a reflection of his faith.

So the battered wife role is an absolute fallacy in regards to the Muslim faith. Muslim men are not given the right to beat their wives if they are disobedient. The Prophet Muhammad said, "The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger."

One distinction about Muslim women is their way of dress. The hijab, a headscarf, is not something that men deem to be law. It's a choice a woman has the right to make—an expression of modesty. It forces men to look at a woman with respect, as a person with something to contribute to this world besides being an object of fantasy.

Although the mistreatment of women by a small group of "Muslim" men make it seem as if Islam justifies such barbaric behavior, God does not give any superiority to any human being or group of people based on their physical characteristics, color, race or gender. So, a damsel does not need to be rescued if she's not in distress, and this is the case with Muslim women.

There was a time in my life when being called a "freak" seemed like the most terrible epithet that could spew from a bully's mouth or slip out during a fight with a friend.

There was something about words like "freak" and "weird" that used to set me on edge, make me worry that maybe the insulters were right and I was a freak—I just didn't know it, because naturally if you're weird you don't realize you are.

It seemed shoved into my head from peers at a young age that being normal was the goal—that thinking and doing things exactly like everyone else meant you were better off.

After all, when you're young, you can put your shoes on your hands, wrap a tutu around your head and do the Macarena. When you slide past elementary school into middle and high school, though, you can be ostracized for things far less wacky.

Those words have a greasy connotation, one that used to stick in my stomach and make me feel a little sick. Being weird is not the same as being difficult or mean or annoying or silly. It implies a sense of differentness, one that separates the "freak" into a completely separate category. It's a lonely notion, and I think it's the loneliness that frightened me.

Now I think it's time to break the stigma on being weird. Imagine how dull life would be without those little idiosyncrasies that make your day more interesting.

After all, we all settle into set schedules because we have to. We go to work, we go to school and the only thing that breaks up the routine is eating a cupcake for breakfast, dancing like a maniac to pop music while you get dressed, and having that one moment in the day where you laugh at something that is profoundly not funny.

Being weird does not make you alone, either, because everyone is a little strange. Even if you have a 9 to 5 job and a loving girlfriend and you pay your taxes on time, you still love to sing Katy Perry's "Peacock" in the shower.

So if everyone is weird, why don't we just embrace it and stop being ashamed?

The Southern

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The Southern office is in the student publications office in the Chatlos Building on Johnson Ave. Staff can be reached Monday through Friday.

Online computer safety in users' hands

Jessica Kaepernik
Contributing Writer

Recently, I read about a development group over in Manchester, England that has created a program on a phone that lets you log into Facebook, Twitter, Gmail and more with just your face. The program tracks facial movements, so it will not be fooled by a picture. Just imagine, your face being your password to your Facebook.

This project got me thinking about computer safety and ways that you can keep your identity (and everything that goes along with it) safe.

Create a strong password

A lot of people have passwords that are something of significance to them, like a birth date or a favorite movie star. However, it takes all of minutes to hack these types of passwords, depending on the hacker's skills.

Make your passwords complex and have different passwords for different accounts.

You can substitute letters for numbers or symbol, and add variation. This is a simple change that makes passwords easier to remember and more secure.

Using a password manager to store your passwords simplifies a long list of passwords and allows you to access them on multiple computers with one master password.

Clear out your cache (not the kind in your wallet) and cookies (not the kind you eat)

The cache and cookies on a computer have a direct effect on your user experience while browsing the Internet, and are also a great place for viruses to hide.

The cache houses copies of files used on websites you visit often so that the pages will load faster.

Cookies are bits of information that are saved on your computer. They are also used to track websites you visit and save the information you input to the website. The more you clean out your browser, the less likely your computer will contract a virus.

Protecting your computer is your job, not your computer's.

There are some tools built in to the operating system to keep things clean, but for the best results, consider using a third party program, such as CCleaner for Windows users and CleanMyMac for Mac users.

Clean websites

It is not your computer's responsibility to keep itself clean—it is yours. Your computer is only as clean as let it be.

If you are constantly on risky—or risqué—websites or downloading music from illegal sources, your computer will likely be virus-ridden in no time. Keep your computer—and identity safe—by staying away from these programs and websites.

Keeping your computer virus free takes more than just installing an antivirus program. You need to exercise safe browsing practices. Be careful what websites you visit, what advertisements you click and what you download.

Consider alternative browsers such as

Google Chrome that warn you before visiting unsafe websites. You could also consider add-ons such as Web of Trust, a tool people use to rate websites, giving you an idea of how trustworthy a website may be.

Antivirus

Having a computer without antivirus is like having a house without locks. It's just stupid. There are many different options, some free and some paid.

Windows users should look into solutions like AVIRA or AVG which are effective antivirus solutions. Other great options include Bit Defender, NOD32, and G Data.

Some good Mac antivirus programs are Avast and Sophos.

While McAfee and Norton are the two biggest names for antivirus software, they may not be the best choices for a couple reasons.

In the past, McAfee has released several updates that have done more damage to computers than good. There were instances in which these updates rendered Windows computers unbootable.

The other big name in the antivirus realm is Norton. One of the drawbacks with Norton is resource usage. People have said that installing Norton slows down your computer considerably, and removing Norton from your computer requires a special removal tool.

Mac vs. PC

First things first, I am a PC user. Always have been, probably always will be. I was really introduced to using Macs when I

came to Florida Southern, and I found them not too difficult to understand. My beef is not so much with Macs themselves, but more their owners and their occasionally annoying ignorance.

If I had a dime for every time I heard a Mac owner say that they don't need an antivirus program because Macs don't "get viruses," I'd be rich. This is a fallacy that continues to amaze me.

Surprisingly, PC's are more technologically advanced than Macs. Why? They get attacked all the time. They've developed patches and fixed bugs.

Cnet.com, a website designed for anything technology related, asked 32 experts for their opinion on the Mac vs. PC war.

Technologically speaking, PCs are a little more secure than Macs," Charlie Miller, a principal analyst at the consultancy Independent Security Evaluators, said. "Despite the fact it is less secure, paradoxically, Macs are actually safer to use for most people...This safeness is purely a function of market share. Since Macs are only around 10 percent of computers out there, and it takes just as much effort for bad guys to write malware or exploits, they tend to spend all of their time targeting PCs."

At some point the market share of Macs will reach a threshold to interest attackers, and then things will quickly turn bad for Mac users.

Again, it is your job, not your computer's job, to make your computer safe. These are not all the ways you can keep your machine safe, but it is a good place to start.

MTV 'Skins' is too far from original

Danielle Burch
Assistant Section Editor

Recently one of my favorite United Kingdom television shows "Skins" was 'Americanized'. Many people who have seen the show have been upset by how MTV has shown teens having sex, doing drugs, drinking and going to "crazy parties."

Concerned parents feel that the show should not even be aired because it is too controversial. Some people have gone as far as saying "Skins" is like "child porn."

If the people who think the American version of "Skins" is that bad then obviously they have never seen the UK version. The material shown is 10 times worse than what is shown here. The UK version makes the American "Skins" look like child's play.

"Skins" in the UK contains not only believable drug use but also so much nudity and sex that by the end of the first episode the viewer is no longer phased by the fact that there is a middle-aged woman standing in front of a window wearing nothing.

In the American version, a scene in which a teenage boy is sleeping in a bed that has questionable magazines thrown about might be considered controversial. Also, the American version has zero nudity, and viewers never actually see any of the character using drugs.

To be completely honest I am not upset about the content "Skins" is showing, but rather I am more upset about the fact that MTV remade the show.

I know I should not be upset about this but I am extremely unnerved by what has become of my beloved "Skins." MTV has taken my raw, untamed and hilariously true show about teens that struggle with mental illness, substance abuse and dysfunctional

families and made it into a complete fail of a knockoff.

MTV has taken my raw, untamed and hilariously true show, and turned it into a complete fail of a knockoff.

Yes, the original producer for the UK version of the show has given MTV permission to use some of the same material

and characters, but none of it seems to fit into place as well as it does in the UK version.

I feel like MTV should have made "Skins" their own, or better yet, just run the UK version here. Instead, they are trying to copy the show episode by episode, and it is just not working. They are trying to imitate the main characters from the UK version and make them fit here in American, but it is not translating as MTV has hoped for.

Take Cassie, who is my favorite character from the show, as an example. She has been tragically transformed into Cadie. Cadie, just like Cassie, struggles with a mental illness. Cassie deals with a serious eating disorder where as Cadie deals with extreme anxiety and depression.

Both girls are completely ignored by

their parents and pretty much have to fend for their selves. Yes, I know I should be pretty happy that my favorite character somehow made her way into this new version of "Skins," but I am not.

Cadie just does not have that same spark that Cassie has. Cassie is her own person who doesn't really rely on anyone, where as Cadie seems to thrive off of attention from her crush. Even though Cadie has the same character concept as Cassie, the transition from UK to US just is not working.

It's not like I haven't given the show a chance—I have. I have watched every episode of the American version, and I just cannot bring myself to like it. The whole thing is just uninteresting to me compared

to the UK version. The UK version has this spark about it that the American version just does not have. Yes, the story line may be similar but the whole concept of the US version just does not have that uniqueness to it to make me want to watch it religiously as I do with the UK "Skins."

Maybe I am holding the American version up to too high of standards. If MTV would have just made up new characters that do not resemble the UK characters and they did not try copying the plot then maybe I would be able to tolerate the show.

But I can't. I doubt I ever will, so I will just stick to watch the UK version—the real "Skins."

Have a few words to say about Florida Southern, the campus, student life, your professors or the administration? The Southern would like to hear from you.

Send your opinions, any and all of them, to Kelsey Tressler at ktressler@flsouthern.edu. We ask that you sign with your initials and keep it clean.

Any comments turned in without initials will not be published. If you would like your full name published, please indicate so. Anywhere from one to three sentences will be put in per person, per issue.

Want to say more? We also welcome letters to the editor!

Center

Features

A taste of Cajun: NOLA for Mardi Gras

Kelsey Tressler
Editor-in-Chief

At a certain time every year, New Orleans explodes with people, parades, plastic beads and a prevailing sense of anticipation and rowdy excitement for the upcoming Mardi Gras.

Parades snake through the city as locals and tourists pack the streets, hands outstretched and voices raised in hopes of catching a string of beads. The decorated, float-riding Krewe members pick and choose people in crowd, throwing stuffed animals and light-up toys to children and saving the best beads for the most impressive pedestrians.

“Excuse me, sir! Me, sir, me!” a little girl shouted to one of the men on the float at the Krewe of Hermes parade. She received knot of bead necklaces in return, which she tossed around her neck before her brothers and sisters could grab them from her hands.

The parades began on Feb. 25 and culminated in an all-day bash on Fat Tuesday, which was March 8 this year. The parades vary in size and impressiveness as well as theme.

One called the Krewe of Muses parade features entirely women who throw beads decorated with shoe charms. The Muses also toss out rare, elaborately decorated shoes, which the crowd below shouts and shoves each other to catch.

Another parade called the Mystic Krewe Of Barkus is packed full of people and their dogs. It seems like half the city has a pooch or two, and most of them flood the French Quarter to appreciate the dog parade.

Resident Monica Roerig has lived in New Orleans for three years, and says she loves participating in the Mardi Gras festivities.

“Fat Tuesday is my favorite day,” Roerig said. “We get up at seven in the morning and go all out in costumes. We watch the parades uptown at my roommate’s family’s house on St Charles, and then we go down to the Quarter in the afternoon. Everyone’s in costumes, laughing and having fun.”

Marching bands and drumlines are as prevalent as floats in these parades, and different high schools showcase dance teams, cheerleaders and flag teams. The bands and drumlines march down the street, sometimes pausing to play while the cheerleaders perform a routine.

Trash and uncaught plastic beads lit-



Jazz bands march down the the streets of the French Quarter in the Krewe of the Barkus parade on Feb. 27.

Photo from Tony Rivera

ter the streets, which are cleaned up later after the pedestrians have left and the floats are all gone.

The beads don’t just get caught by pedestrians, either—they get caught by trees, power lines, houses, railings, light poles and just about any other fixture in the city.

According to local newspapers, this was projected to be the biggest Mardi Gras season since Hurricane Katrina devastated the city and surrounding area in 2005. Shops, restaurants and the city itself prepared for the season and the flood of tourists that stampeded down the streets of New Orleans.

Locals decorated their houses and balconies, stringing sets of beads on railings and tucking them into flower pots. Souvenir shops were everywhere, selling feathered masks and plastic beads with the Mardi Gras colors, which are green, gold and purple.

Even without the draw of Mardi Gras, New Orleans’ cuisine, history and busy French Quarter seem to be a draw for tourists and locals.

“My favorite thing to do is eat,” Roerig said. “The food has so many flavors—everything is just so rich and different than what I grew up with. I think Po’ Boys are

my favorite.”

Dr. Andrew Nakamoto, an ER resident at University Hospital, has lived in New Orleans for most of his life and says it’s a unique town with a diverse population. It is impossible, Nakamoto said, to choose a favorite restaurant in New Orleans. It’s more about choosing a part of town and a price you are willing to pay.

“And then there’s always 5 or 6 really great, top-of-the-line restaurants [for each choice],” Nakamoto said.

Both Roerig and Nakamoto say a classic New Orleans staple is Jaques-Imos, a restaurant on Oak Street that promises “Real Nawlins’ food.” The kitschy sign out front of Jaques-Imos says, “Warm Beer, Lousy Food, Poor Service” but New Orleans natives say differently.

“[Jaques-Imos] is definitely one of my favorites, but it’s on the higher end, so I go there when people come into town,” Roerig said. “It’s not something I eat on a regular basis, but I absolutely love it.”

Po’ Boys shops are prevalent throughout the city as well, with sandwich choices from shrimp to pork to gator. A few good places, according to Roerig, are Guy’s, Johnny’s and Mahony’s.

The availability of seafood on the menus

changed a lot with the oil spill. According to Roerig, most restaurants did not have oysters and other types of seafood for months, and the prices started to vary based on the shifting market prices.

“With the oil spill, the federal government—with good right—wasn’t letting people harvest oysters and fields that were covered in oil,” Nakamoto said. “It hurt a lot of the people and those workers. Their jobs depend on it.”

Seafood is available again all over New Orleans, but some of the menus still say “Depends on Market price” in place of a fixed price tag.

The French Quarter is famous for its packed streets, most notably Bourbon Street. Bars and other forms of entertainment line the French Quarter, pulling people in with bright lights and pulsing music. The French Quarter also features some of the most historical buildings in New Orleans, including Lafitte in Exile, which was the country’s first gay bar, and Preservation Hall, which is a historical jazz landmark.

Despite the touristy setting and the packed streets, not all of New Orleans has recovered from Hurricane Katrina. Some buildings are still left derelict, according to Nakamoto, and 9th Ward is still recovering.

“There are still a lot of houses that are just so run down and messed up,” Nakamoto said.

Nakamoto was in New Orleans the day before Katrina struck, and his parents stayed in the Hyatt downtown through the storm. The windows of his parents’ room shattered while they were sleeping, Nakamoto said, and they had to spend days in the hall of the hotel.

Communication was extremely difficult, and Nakamoto went seven days without speaking to his parents.

Nakamoto and a few friends helped launch rescue boats off of the I-10 split, and the collective effort rescued about 300 to 400 people in 30 hours.

Some of the buildings in New Orleans still have marks that rescuers left during those days, according to Nakamoto.

“There are still signs of Katrina, if you look around and know what you’re looking for,” Nakamoto said.

Places to Eat

Johnny’s Po’ Boys

Located in the French Quarter, Johnny’s is one of the most popular places to buy Po’ Boys.

Jaques-Imos

A classic Cajun restaurant on Oak Street and a staple in New Orleans.

Guy’s Po’ Boys

Another standout restaurant in the dozens of Po’ Boy shops in NOLA.

Port of Call

A restaurant in the French Quarter with fantastic burgers and strong drinks.

Places to Go

The French Quarter

No trip to New Orleans in complete without at least one visit to the historical and wildly exciting French Quarter.

The Cemeteries

Unable to dig into the earth, the cemeteries in NOLA are masses of above-ground tombs stacked next to each other. These “Cities of the dead” are a must-see.

The Garden District

Filled with plantation style homes and near the scenic Tulane and Loyola Universities, the Garden District is a different side of New Orleans.

Parades to See

Krewe of Muses

Filled entirely with women, the Muses parade throws great beads and interesting, rare items, like decorated shoes and bottles with messages inside.

Krewe of the Barkus

This localized parade filled with dogs and owners in costumes is more laidback, but the dogs are charming and the parade-goers are friendly.

Krewe of Zulu

With painted faces and grass skirts, the Krewe of Zulu marches on Fat Tuesday and throws one of Mardi Gras most prizes items—painted and decorated coconuts.

Features



Residents decorate their fences and homes with plastic beads in the famous Mardi Gras colors.

Photo by Kelsey Tressler



Above: People pack the streets of the French Quarter for one of its many parades.

Photo by Tony Rivera



Loyola University, above, sits next to Tulane University near New Orleans' Garden District.

Photo by Tony Rivera



Left and above: Cemeteries in New Orleans with above-ground mausoleums and graves.

Photos by Kelsey Tressler



Features

Up With People sets youthful example

Danielle Burch
Assistant Section Editor

Up With People is a traveling, multitalented Christian group made up of over 100 college student ranging in age from 18 to 22. The students sing, dance and perform around the world with a mission to impact audiences positively everywhere they go.

"[Up With People is a] youth movement that started almost 40 years ago by college students who wanted to bring about peace in the world and a cultural understanding and focusing on the similarities we have—not the differences," Dean Matt Thompson said. "They thought the best way to do that was through the universal language of music."

The group got their start in 1965 and has made appearances all around the world. They have even performed at the Super Bowl four times.

UWP has been successful for a number of years, not simply because of what they

do, but because they try to get their message across to everyone they meet.

The members of UWP are young and all seem to share the same common beliefs, something which unites them and most likely contributes to the group's success.

"They bring with them a sense of hope and expectations for the next generation," Dean Thompson said.

Kyle Chan, a 20-year-old performer, found a perfect fit for himself in a number of ways as a member of Up With People.

"I joined Up With People because I always loved doing community service in my community, performing for a live audience, and traveling the world so Up With People was the perfect program for me," Chan said.

Not all of the performers are from America. In fact, the members who make up UWP are from all over the world.

"When people come and see our show, I want them to be impacted. I want them to feel they can make a change in life. It only takes one person and one person is all you need."

Tishae Davis
UWP Member

Tishae Davis, an 18-year-old student from Bermuda embraces the differences between cultures she has experienced as part of the group.

"I joined UWP because I feel that I can impact many people, in many ways to enjoy a travel-

ing experience... also to meet people and learn about their culture," Davis said.

The youthfulness of the group could also be a contributing factor to what they perform and how they perform it. While it is true that many of the songs

UWP sings are gospel, they put their own spin on the songs to appeal to a wider audience.

"Their music is a mix of urban. There is rap, but I'd have to say it is more a pop sound," Dean Thompson said.

"At the end of the day, I think seeing this performance is really the embodiment of the cornerstone. [It is a] valuable message we could all learn from," Dean Thompson said.

UWP is liberating and entertaining group that is trying to make a difference one person at a time.

"When people come and see our shows I want them to be impacted. I want them to walk away and feel in their hearts that they can make a change in life because it only takes one person and one person is all you need really," Davis said.

Up With People will be at FSC on March 11 at 7:00 p.m. at Branscomb Auditorium.

CROP Walk promotes hunger awareness

Jessica Kaepernik
Staff Writer

CROP held its annual walk at Lake Hollingsworth to promote hunger awareness as well as raise funds to help the cause.

290 members of the Lakeland community strapped on their shoes for Lakeland's 18th annual CROP walk on Feb. 27 and, out of all the money collected, \$12,000 have been counted to combat hunger in Lakeland, around the nation and around the world.

Walkers started out at the First Presbyterian Church and then went for a 2.8 mile walk around Lake Hollingsworth.

CROP Walks are community walks that are sponsored by the Church World Service, an organization that looks to furnish the needs of people anywhere in the world, and are organized by congregations in many states.

"The attitude is one of happiness, and everybody is happy to be a part of this, whatever the role is. It's one of those things that gives you a lot of satisfaction," Gordon Lyndon Blod, a CROP Walk coordinator, said.

There are 25 walks that occur in Florida amongst the hundreds of walks that take place every year in the United States.

Lakeland is among the top four CROP Walks with how much money it brings.

Of the money brought in by the Lakeland CROP Walk, 25% will stay local and go to charities like Talbot House, Lighthouse Ministries and Salvation Army.

Although Talbot House and Lighthouse Ministries are beneficiaries of the money made from the walk, they are also contributors.

Talbot House had about 20 workers and clients attended the walk and raised money.

One of the walkers was Jim Schmidt, president of the Board of Trustees for Talbot House.

"First and foremost our [Talbot House] mission is to feed the hungry, but that is all encompassing. Feed them, offer them showers, offer them basic hygiene, toothbrush, tooth paste. All those things we take for granted. It starts with that. That is the core of our mission," Schmidt said.

In order for organizations to be given money,



Participants walk around Lake Hollingsworth at the annual CROP walk.

they have to have a mission to feed the hungry.

Although monetary donations are greatly encouraged, food donations will be put to quick use.

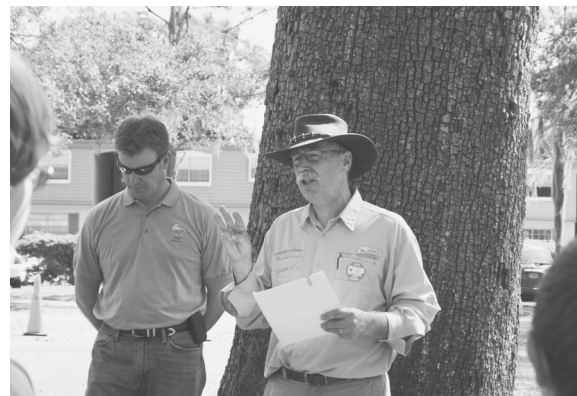
Last year, the Lakeland walk brought in 524 pounds of food, 400 pounds coming from Trinity Presbyterian Church. The total amount of money congregations brought in this year is still being calculated.

The top churches to donate money include the First United Methodist Church, which donated \$6,000 last year, North Lakeland Presbyterian Church and the First Presbyterian Church, which hosted this year's CROP Walk.

CROP started out as the Church Rural Overseas Project right after World War II. Food in Europe as crops were either ruined or not planted at all. Farmers in the Midwest saw this need and began packaging up the excess of wheat they had and shipped it over to Europe.

The national headquarters for Church World Services is located in Elkhart, Indiana.

Jo Fickes, left, and Lead Pittard, right, accept a donation from a participant.



CROP walk coordinator Mike Fearney, center, speaks to event participants.

CROP walk coordinator Gordon Blod puts up a sign promoting the cause.



Robin Martinez, of the First United Methodist confirmation class, takes food donations.

Disney magic continues throughout college years

Alyssa Porrino
News Editor

If Disney World is supposed to be “the happiest place on Earth,” for a family on vacation, it only makes sense that it would be even better to work for the Walt Disney World franchise, according to sophomore Jeanine Presley.

“This has been my dream since I was in high school,” Jeanine exclaimed to her mom on the phone immediately after her second online personality test for the Disney College Program.

The college program allows college students to earn college credit and gain real-world experience while earning money by working for Disney.

Jeanine went to Disney for the first time in 2004 for with her best friend at the time, Tamara Carter, and the rest of the Carter family. When Tamara found out that Jeanine had never been to Disney, she asked her parents if Jeanine could go on vacation with them.

Walking into Disney for the first time was a life-altering experience for Jeanine. Pushing her way through the crowd down Main Street in Magic Kingdom, she was met with charismatic characters, candy shops, and whimsical music.

“I still get teary-eyed today when I think about it. It just sums up all that is Walt Disney World to me,” she explained while Facebook chatting with one of her many Disney-obsessed friends.

Jeanine spends a lot of her time on the “Disboards,” which are discussion boards dedicated to all that is Disney. Those who are already a part of the College Program post on the site to encourage others to apply and talk about the experiences they’ve had with the program. This site broadcasts the importance of “Disney Magic” and Disney dedication so much that its users make plans to meet each other at Disney.

It’s a huge collection of everything you could ever want to know about Disney, Jeanine said about the site. There is everything from childcare to the best time to go.

“We’re like a little family,” she said.

Most of the people involved on the “Disboard” are from countries other than the United States, so the only time Jeanine would get to meet them in person is if they get into the program together.

There’s a Facebook group for the fall 2011 program and they all congratulate each other on acceptances or try and cheer up those who don’t get in.

For Jeanine, however, not being accepted into the program is not an option. Having failed the online portion of the application the first day it was available, Jeanine spent that weekend in tears, calling Disney to ask them to let her redo her application, and researching colleges that accept junior students. Without Disney, there is no point in attending Florida Southern College.

Janet Presley adores her daughter and wants nothing more than for Jeanine to be happy, but looks at the college program in a more logical, motherly manner. Janet would like nothing more than for Jeanine to obtain all her dreams, but she dreads the idea of not being able to see Jeanine for six months straight.

“[Jeanine] talks about it a lot. She knows everything anyone could ever want to know about Disney,” laughed Janet. “It’s always Disney and baseball. Occasionally boys.”

Since her first trip to Disney, Jeanine has moved on from simple Disney visits. She now spends her time researching information on everything, including how to get dining reservations at the most popular places, like Cinderella’s Royal Table, every available backstage tour and most importantly, the best days to go in order to avoid a crowd.

Now a semi-permanent Florida resident, Jeanine struggles to attend class instead of using her season pass and taking the half-hour ride to Disney.

“My family and I feel like it’s making me sound insane,” Jeanine said.

After her high school graduation, Jeanine’s parents took her on a two-week trip. After the first day at Disney, from the opening gates to the closing ones, she spent her first two hours having breakfast with Cinderella and staring jealously at her sparkling, blue gown and, of course, her handsome prince. But nothing beat the sight of Fantasy Island from outside the castle window with Belle, Ariel, Jasmine and Snow White treating her as if she was the princess.

In the spring of 2006, Jeanine’s parents got to see first-hand how much their daughter adored Disney. This was the moment that Janet Presley got her first taste of Disney.

“I most remember the look on Jeanine’s face,” Janet recalled. “Her face lit up. That’s why she loves it, it’s the one place in the world that you can be yourself and absolutely no one will judge you for it.”

Stepping out of the castle, focusing all her attention on the map in her hand, she sought out her tour guide for the five hour Keys to the Kingdom Tour. In her eyes, nothing was off-limits. During her tour she got to see everything that was “behind the scenes” in Magic Kingdom.

“Learning so much on the tour from someone almost as passionate as me was like one of the highlights of my life,” Jeanine said.

Regardless of the number of times she has gone to Disney, Jeanine always makes sure to talk to the cast members, and she dreams of what she imagines it must be like to work there.

Rather than growing up over the last few years, she has spent her time reevaluating her childhood belief that she was too cool for the characters. In her more recent Disney adventures, Jeanine has chosen to go by herself and chase after the characters to get their pictures.

“One picture isn’t enough,” she said adamantly. “Even if I’ve seen them three or four times, I’ll get their picture again.”

Although she knows that she will not hear anything for three to four weeks from Disney, after her phone interview on Jan 29, Jeanine has spent most of her time anxiously awaiting her acceptance e-mail.

“There’s no telling, really, when Disney will see fit to put me out of my misery,” Jeanine lamented.

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Features

Prof starts workout group for students

Jessica Kaepernik
Staff Writer
Kelsey Tressler
Editor-in-Chief

With the help of her students, Dr. Beth Bradford created her very own bootcamp, where she leads her students in weekly fitness workouts.

Bradford, a communication professor at Florida Southern College, is no stranger to keeping healthy. She bikes, swims and runs triathlons to keep her body lean and in shape. It seems natural that her students would want to keep healthy with her.

Bradford Bootcamp is a work out session every Wednesday for Dr. Bradford and her students where they exercise every portion of the body by running, sit ups, pushups and burpees. Junior Meghan Bragg was there when the idea for Bradford Bootcamp first took shape.

"We've always talked about her being a personal trainer or something," Bragg said. "I was just like, 'Bradford, you need to start something and kick our butts.'"

Bradford told her students to make a Facebook page for the workout group, and to invite



Junior Dakota Thurow exercises with a group of students in Bradford Bootcamp.

anyone who was interested, Bragg said.

The next Wednesday, the group had their first workout.

The workouts are split into intervals, according to Bragg, with two minutes of running followed by 20 pushups and other body strengthening activities.

"It really works," Bragg said. "I feel it all day and it's a great workout."

Bradford keeps a watch on her wrist that calculates the number of calories the group has burned over the course of the workout. Bragg said they burn between 400 and 600

calories in one 30 to 45 minute workout.

Charlotte Brereton, a student and a tennis player at FSC, was another student who asked Bradford to create what would later become "Bradford Bootcamp."

"I'm not going to lie, I didn't walk away thinking that it was a piece of cake. It

Photo by Jessica Kaepernik

was testing. Even if you're really fit or if you haven't done any exercise for the past two years, everyone can still do it and you can do it at your own level," Brereton said.

Bradford has been active all her life, doing basketball, swimming, gymnastics and a variety of other sports when she was younger. She started lifting weights in order to be able to carry the heavy camera equipment that goes along with the broadcast industry. Bradford also keeps fit by participating and training for triathlons, which became a part of

her life about ten years ago.

In addition to training for triathlons, Dr. Bradford tries to set an example for her "bootcamp" students by eating healthy. A person has to complement their work out with eating healthy foods in healthy portion sizes—going to the gym isn't going to be enough, Bradford said.

"If you're not eating right, you're not going to see the gains you want to see," Bradford said.

Bradford's students say she is an encouraging force during the workouts.

"When you're doing pushups, she's always like, 'Come on, you got it, five more'," Bragg said. "She's very encouraging and it's great that she's doing this on her own time. It just shows that she's such a great teacher because she's in the classroom and outside the classroom, helping students all around."

According to Bradford, it is small changes that she wants to help people make. Those changes, she says, will lead them to a healthier life.

"You say, 'I'll cut down on this and cut down on this' and eventually you're eating healthy," Bradford said. "Then you pick up walking and find people to run with. People just don't want to take that first step."

FSC students embrace spring break opportunities

Kelsey Tressler
Editor-in-Chief
Amber Vallan
Features Editor

FSC provided opportunities for various spring break trips and events for spring break this year. From travelling to a Georgia island to helping out the less fortunate, students were able to partake in a wide variety of activities this past week.

Nina B. Hollis Wellness Center provided FSC students with a Spring Break trip as it has been doing for a number of years.

"We've had the spring break trip for quite some time," Michelle Thompson, director of Wellness Programs, said.

The trip this year took students to Jekyll Island, Ga., which is about a five and a half to six hour drive from FSC, according to Thompson.

Thanks to the research done by her intern this year, Era Keys, Thompson said she was able to arrange a successful Spring Break trip to the island.

"I gave her the job of researching a new location for us to go for Spring Break," Thompson said. "[Jekyll Island] was one of her top locations to go."

The group camped at Jekyll Island Campground, Thompson said. In addition to staying at a campground, the group also a full itinerary of activities.

According to Thompson, the trip lineup included a visit to the Sea Turtle Research Center with a behind the scenes pass to see surgery rooms and rehabilitation tanks as well as horseback riding on the beach and a three hour kayak tour of the island.

The students on the trip this year were also given an exclusive shrimping experience, Thompson said, which provided a hands-on attempt to catch their dinner followed by a shrimp boil on the boat.

"The students that registered only pay \$225 for this trip, and the rest of the total cost is subsidized through Outdoor Recreation, as we strive to offer an affordable trip to students," Thompson said. "All meals during the trip are also provided. We don't do restaurant meals on [the] trips, as it is less expensive and still quite tasty to cook outside."

FSC also offered a trip to Daytona, where students joined with Habitat for Humanity on a community service project. Associate Vice President of student support Dr. Marcie Pospichal, who also teaches a class called Psychologists Search for Meaning and Value, joined with Sabrina Edwards, who conducts community service projects through the Life and Cultural Center.

Together, Edwards and Pospichal planned a service trip for the student's in Pospichal's class.

"We believe that part of living a meaningful and valuable life is serving others," Pospichal said.

The group left Monday morning at 7:00 a.m. and came back Friday afternoon. The trip was \$160, which included housing and breakfast and dinner.

"We split up, and one group helped build walls and frame out the house," Junior Cristina Stevens said. "My group helped paint the inside and outside of a house, and we got to do roofing and stuff like that."

The group also had the chance to meet some of the people who would be owning the homes, Stevens said. The owners still pay for part of the houses, Stevens said, and they also have to contribute 300 hours to the building process.

"The only thing that volunteers don't do is pour concrete, and the electrical and plumbing work," Stevens said. "I was surprised they even let us do roofing. At first everyone was a little nervous, but it was really fun."



Students and Michelle Thompson pose in an old building on Jekyll Island.

Photo from Michelle Thompson



Students take a quick break on the site of one of the houses they helped build.

Photo from Marcie Pospichal



Ashley Roberts poses in the air on Jekyll Island.

Photo from Michelle Thompson



One of the houses FSC students helped build.

Photo from Marcie Pospichal

FSC Mocs spring sports update

Women's Golf

On Feb. 22 the Lady Mocs came in second in the Lady Mocs Golf Classic. The team was defeated by Nova Southeastern University by just a few strokes. Senior Marianne Andersson led the team by shooting an overall 226 and finishing in sixth place. Placing ninth and tenth were Junior Silvie Dittertova and Senior Emily Flanigan.

Finishing in sixth overall was Florida Southern's "B" team who shot a 956. The team was lead by Freshmen Jackie Rajek who shot a 234 and tied for 18th. The Lady Mocs will be playing in the Rollins Peggy Kirk Bell Invitational March 7-8.

Baseball

The Mocs defeated Arkansas- Monticello on Friday March 5 in their first game of the double header. The team was lead to victory by Junior Austin Chubb and his sacrifice fly ball in the top of the 10th inning. The team was also supported by Senior Gus Schlosser who pitched the first seven innings. He also allowed two runs, five hits, struck out seven, and walked three. Junior Jake Guengenich also assisted the team by pitching two scoreless innings.

The second game of the double header was postponed due to bad weather. The Mocs will be facing another double header March 11 and 12.

Softball

On March 4 the FSC softball team only played two games in the Wolves Invitation in Carrollton, GA. The other games were canceled due to nonstop rain. The team lost to Augusta State 5-6, but turned around to win against Georgia Southwestern 6-5. Liana Derringer and Christine Clark teamed up to win the game for the FSC softball team. On March 11 and 12 the team will be up against Saint Leo for a double header.

Women's Swimming

At the Sunshine State Conference in Feb., FSC won 4 of the 5 events. Mary O'Sullivan won the 50-yard freestyle with a time of 23.57. O'Sullivan set two in-school records while at the SSC. She swam a 200-yard freestyle relay with a time of 1:34.47 and a 400-yard medley relay team event and won with a time of 3:50.36.

On March 9-12 the Mocs will be in San Antonio, TX for the NCAA Div. II Championship.

M. Basketball

On Feb. 19 the FSC Men's Basketball team took a win of 75-67 here in Lakeland against Rollins, but took a loss of 79-68 against Rollins in an away game. On March 2 at the SSC tournament, the Mocs won 79-69 against Nova Southeastern.

Coming up on March 12-15 there is a NCAA South Regional in Huntsville, Ala.

M. Golf

On March 4-6 the Men's Golf team was beat by only Florida State in the final round of the tournament with a score of 284. This led them to finish in 14th place out of 21 competing teams. Shelton Smith led the Mocs on Sunday by scoring 3 under par, ending with a score of 69.

Coming up on March 14-15 there will be a tournament in Valdosta, GS at Southeastern Collegiate.

M. Lacrosse

On March 6 Men's Lacrosse lost to Pfeiffer with a score of 4-12 at Bryant stadium. The Mocs decreased to 2-4 for the season.

On March 10 the Mocs will go up against Notre Dame at 1 p.m. at Bryant Stadium.

M. Tennis

The Men's Tennis team won all three doubles matches and 5 of the 6 singles matches in a row on March 7. Lynn ultimately defeated FSC with a score of 9-0.

M. Track

Ben Martucci had the best finish for the Spring Break Invitational at UNF for the Friday competition. Martucci came in 2nd place for the 5k with a time of 14:40.47. On Mar. 17 the team goes to Myrtle Beach, S.C. for the Coastal Carolina Shamrock Invitational.

Lady Mocs win big at SSC Tournament

Willy Holobinka
Contributing Writer

With Spring break coming to a close so does the Moc's men and womens basketball.

After falling just short of the SSC title with a loss to Eckerd 69-70 in the SSC tournament, the men's team will look to win NCAA regional's with first round play beginning this weekend in Huntsville, Alabama.

In the first round they face the 2010-2011 SSC champions, Rollins University. In the regular season the Mocs and the Tars split games, each winning at their home courts respectively.

While the men's team fell just short, the women's team won the SSC tournament. The women's team beat out Florida Tech 79-66 with the help of Emma Cannon, SSC Player of the year, and Chelsea Johnson, 1st Team SSC, after trailing by four at the half.

The Mocs, coached by Jarrod Olson

who was named SSC Coach of the year, received an automatic bid after winning the tournament to play in the NCAA regional tournament this weekend in Russellville, Arkansas. They will play Ouachita Baptist in the first round.

Olson said he was happy with the way his team played and that they made him proud.

"I think they motivated themselves," Olson said. "They want to win, so it makes my job easier."

Olson has not won SSC Coach of the year here at FSC, but he did win coach of the year at the College of St. Mary in Omaha, and with the Otago Breakers in New Zealand. He says his most recent win is a reflection of how hard the FSC basketball team works.

"It's a fun team to coach," Olson said.

The Lady Mocs will open the NCAA Tournament on Friday at 2 p.m. If they win their opening game, they will play again on Saturday at the first semifinal.

Live video streaming of the Women's South Regional is available at Athletics.atu.edu.

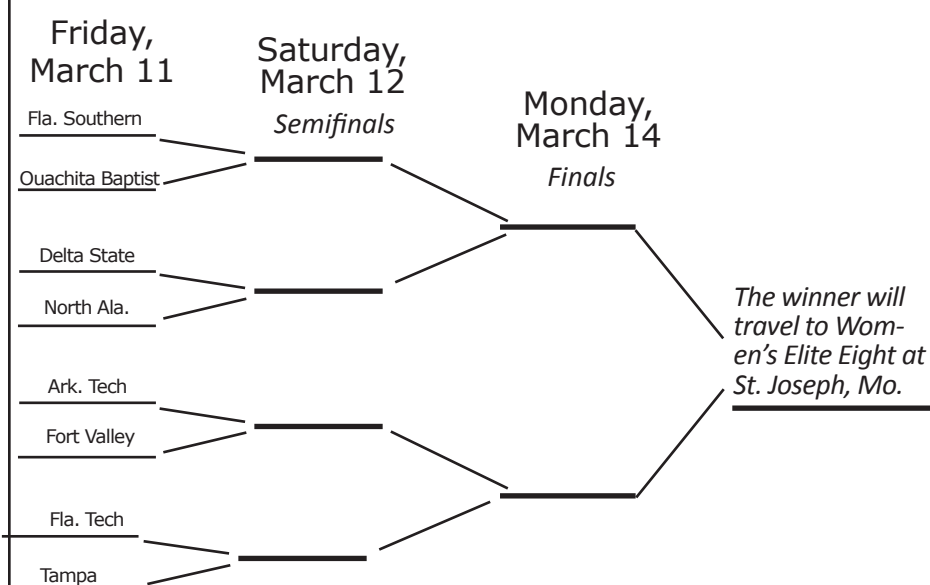
FREE tickets for students, faculty, and staff are available in the Bandshell



100 PEOPLE...21 COUNTRIES...1 STAGE

Friday, March 11 at 7:00 pm
Branscomb Auditorium

Women's NCAA Tournament



Graphic by Ashley Islas

Sports

Women's Tennis

Photos By Tony Rivera



Far Left: Sophomore Charlotte Brerton keeps focus at the ball while at practice.

Right: The Mocs 28th ranked Sophomore Agnese Rozite was defeated by 11th ranked Magdalena Ekert on the court.



Above: Senior singles player Veronika Kovacikova practices at the FSC Tennis Courts.

Left: Sophomore Charlotte Brerton shows off her strong backswing during practice.

Right: Freshman Pamela Paradis is a newcomer to the team.



Baseball division is close to its own record

Willy Holobinka
Contributing Writer

With Opening Day approaching in the upcoming weeks, baseball fans worldwide become filled with excitement on what this season has in store for us.

Thanks to ESPN's over coverage of Jeter chasing 3,000 hits—74 away—other milestone watches have become almost invisible. There's a very likely chance slugger Jim Thome will become the newest member of the 600 club, only needing 11 home-runs to get him there.

If you were to read more into milestones you'll find more, but that's not the big picture. I'm talking about a type of milestone that doesn't concern one player or team but

an entire division. I believe in 2011 the AL East will be one of the few divisions, if not the first, where every team finishes at .500 or better.

Most people who laugh at the idea laugh purely because the Baltimore Orioles are in that division. Those Orioles have had 13 straight losing seasons, but ownership this year has made huge strides in attempting to put an end to that. They upgraded in virtually every way possible, increasing team payroll in excess of \$15 million. They also have a young nucleus of talent that will be interesting to watch within the next couple of years.

Then there are the Blue Jays who hope to move forward and not backward after a positive 2010 season going a very respect-

able 85-77. They have a young rotation but have an above average bullpen to compete within the brutality that is the AL East.

Next in the division is the power 2 combo of the Yankees and Red Sox. There's never any reason to doubt that the Yankees or Red Sox will finish over .500, especially with their payroll and star power. Their GM's will do anything to ensure that they never fall below that mark. The Red Sox haven't had a losing season in 13 years while the Yankees haven't had a losing season in 18 seasons.

To close out the division is last year's AL East champion Rays. Although they have lost more than 50%--13 of 25 hit free agency—of their opening day roster this year, it would be a shock if they were to

fall below .500. Even with a completely revamped bullpen, they have a managerial genius in Joe Maddon behind young studs David Price and Evan Longoria.

Some people will argue that all teams finishing at .500 or better isn't that rare, which I agree with if you're talking about other sports—NFL mainly, since they only play 16 games. Baseball is not just any other sport, though, and there's a reason why the season is 162 games long—because baseball is America's pastime.

So while you may be looking out for individual milestones such as Jeter or Thome's, I'll be looking forward to seeing AL East have every team finish with a winning record.

Home Athletic Events

Fri.	Mar. 11	Baseball	vs.	Minn. Duluth	Henley Field	7:00 pm
		Softball	vs.	Saint Leo *	Barnett Field	7:00 pm
Sat.	Mar. 12	Baseball	vs.	Min. Duluth (DH)	Henley Field	2:00 pm
		Softball	vs.	Saint Leo*(DH)	Barnette Field	1:00 pm
Sun.	Mar. 13	Lacrosse	vs.	Queens (N.C.)	Bryant Stadium	1:00 pm
Mon.	Mar. 14	Tennis	vs.	Bentley+	FSC Tennis Courts	3:30 pm
Tue.	Mar. 15	Tennis	vs.	Auburn- Montgomery+	FSC Tennis Courts	3:00 pm
Wed.	Mar. 16	W. Tennis	vs.	Adelphi	FSC Tennis Courts	3:00 pm
Sat.	Mar. 19	Lacrosse	vs.	Mars Hill (N.C.)*	Bryant Stadium	12:00 pm
Mon.	Mar. 21	M. Tennis	vs.	Ouachita Baptist	FSC Tennis Courts	3:00 pm
Tue.	Mar. 22	M. Tennis	vs.	Queens (N.Y.)	FSC Tennis Courts	3 :00pm
		Softball	vs.	Warner (DH)	Barnett Field	6:00 pm

+ indicates doubleheader/ match up with women and men *indicates Sunshine State Conference opponent