

# Lakeland crime rates decrease

**Christine Simone**  
*Editor-in-Chief*

Garrett Fussell was walking to class mid-afternoon Friday when a man in his mid-twenties approached him and demanded his phone – an incident Fussell would not have expected on the FSC campus.

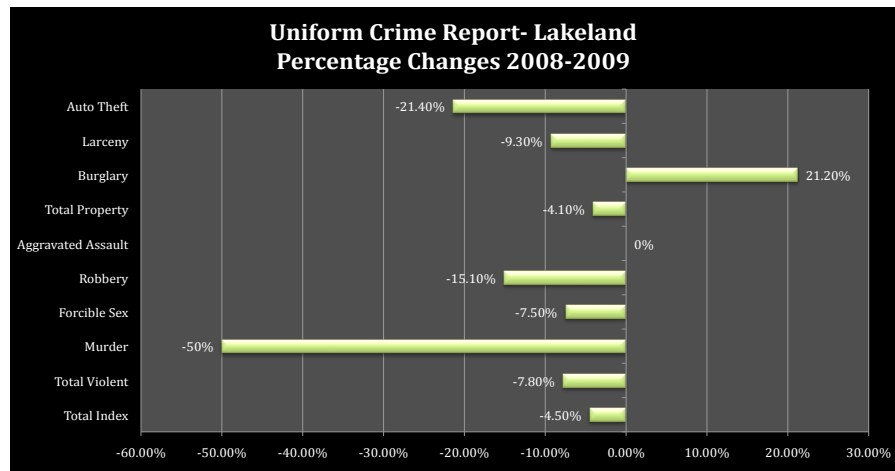
“It happens. I’m not really worried,” Fussell said. “I just wouldn’t want this to happen to somebody else so that’s why I reported it.”

The incident occurred at the corner of Ingraham Avenue and McDonald Street at the north end of campus about 50 yards from Publix 61. Fussell was able to fend off the attacker and went into nearby Publix 61 to clean up before contacting Campus Safety and the Lakeland Police Department.

Bill Carew, Director of Campus Safety, said they monitor the area “pretty closely,” but encourages a victim of any crime to call in the incident to both campus safety and Lakeland Police Department.

In an effort to increase security, the college put in an additional 12 surveillance cameras this year, upping the total number to 18. The new cameras are state of the art and will help the safety office staff get a better look of the campus and be able to identify people seen on camera. New locations include humanities, the nursing building, the technology center and most residence halls.

Students may have noticed LPD vehicles in parking lots around Colony Arms. Carew said deputies commonly use this area as a place to park their cars while writing their reports, but the presence of the marked cars there may also serve as a deterrent to



Graph by Samantha Mattell

crime in that area.

So far in 2010, the number of burglaries to off-campus housing increased, while the number of burglaries to the remainder of campus has decreased.

Although there has been an overall decrease in burglaries, Carew said the number of burglaries in residence halls has risen over the past year largely due to students who chose to leave their doors unlocked.

Much like the open residence hall rooms, Carew said the majority of car burglaries occur as a result of people who leave valuables in plain sight such as GPSs on dashboards.

“I think we have a safe campus,” Carew said. “You’re going to have isolated incidents.”

Outside of FSC, the greater Lakeland community has crime rates comparable to national averages, but crimes committed in Lakeland such as homicide, sexual of-

fenses, assault, larceny and motor vehicle theft had higher rates of “clearance” than national averages. Crimes may be defined as “cleared” only when charges have been filed or when a suspect is identified.

The annual Uniform Crime Report, released by LPD, charts changes in the number of reported crimes in the Lakeland area. Of the nine categories included in the UCR, only the number of burglaries increased in 2009. Statistical crime reports do not include reports of vandalism.

In Lakeland, a theft occurs once every seven hours, an auto theft occurs once every 33 hours and a sexual offense occurs once every five days.

“I still feel as safe as I did my freshman year,” senior Lindsey Moss said. “The trick is to be smart about it. If it’s dark out, have a friend accompany you across campus or call Safety.”

# Southern dedicates humanities building

**Kelsey Tressler**  
*Assistant Section Editor*

FSC students and donors finally stepped foot inside the Christoverson Humanities Building on Nov. 12 after the dedication and ribbon-cutting ceremony.

President Anne Kerr spoke to the crowd at the base of the building, thanking audience members including Marcene Christoverson and architect Robert A. M. Stern.

In a later interview, Stern said that he wanted to recapture Frank Lloyd Wright’s vision of a college on a hill open to the lake. The concept was a little blocked, Stern said, and with the Christoverson building, Stern helped bring the vision back.

“Hopefully it will be a hangout for students not even in humanities, where they can enjoy the lake,” Stern said. “It’s all about bringing people together.”

The construction took 18 months, according to Stern, and everyone worked hard to meet the Nov. 12 opening date.

“It takes time,” Stern said. “We put our shoulder to the wheel to get it ready.”

Polk County Commissioner Randy Wilkinson said the new building adds to the quality of life in Polk County.

“We’re not just any redneck, Podunk place, we’ve got the foremost architecture in the world,” Wilkinson said.

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# FSC introduces Terracycling

**Amanda Royer**  
*Staff Writer*

The FSC recycling team recently placed extra bins around campus for both for traditional recyclables as well as a Terracycling initiative with Nabisco.

The FSC Recycling team consists of four paid employees and five volunteers, according to Keri McClure, the student manager of recycling.

This past summer, Michelle Thompson moved the recycling program to facilities, beginning the expansion. She originally wanted to hand over the entire program to the cleaning crew, but McClure took over in order to keep the program student run.

“I like that the programs [here at FSC] are progressing so quickly this year,” FSC student Lariza Ramsammy said.

Recently, the team and few volunteers painted a donated recycling bin that is be-

ing used for cardboard. They plan to use another bin for metals. A recycling bin for plastic cups was also recently installed in Wynnee’s Bistro next to the conveyor belt.

The new program is still recycling all of the former items such as paper, plastic, glass and cans, but is also bringing a new form of recycling to campus called “Upcycling.”

According to terracycle.net, Tom Szaky formed upcycling and his “Terracycle” experiment. Szaky collected leftovers from Princeton’s cafeteria, feeding the trash to worms, then bottling the worm feces. His project inspired him to create upcycling.

Upcycling is similar to recycling in that they both use trash to make new things. The difference in upcycling is that it uses trash items that are not composted to make something new. These items that would normally be trash are put together to make something new.

“We don’t see garbage. We see valuable

raw materials to make amazing new products that are cooler, cheaper, and way more sustainable. We upcycle waste that can’t be recycled,” Szaky said on the website.

Drink pouch purses, cork boards, shower curtains, clip boards, fences, picture frames, flower pots, coasters and even backpacks have been made from upcycled products.

FSC ordered bins from the Terracycle website and set them up around campus in residence halls, Terrace Café and Tutu’s. Currently, FSC is upcycling Nabisco snack wrappers and drink pouches. They then send the collected items to the terracycling location and receive at least two cents per item. McClure hopes to receive good student participation with the Terracycling endeavor.

McClure and the FSC Recycling team plan to put a recycling section in the campus-wide email to help spread awareness of the recycling opportunities on campus.

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# News

## Students benefit from interview tips

**Colleen Brady**  
Contributing Writer

Interviewing is an art that takes a lot of practice, and it's much more than checking off a list. With the suffering economy, landing a job or even just an interview, is not as easy as it used to be.

College graduates are struggling to even get asked back for an interview. When given the chance, it is crucial to be prepared.

An interview is an opportunity to shine and prove why you are the right fit for this company. First impressions are important.

"It starts with a good attitude and a smile on your face," said Chas McMenamin, who worked for Nabisco's recruiting department for over 25 years. "If you are positive and tell yourself you're going to make sure this company remembers you, they will."

McMenamin said interviewees stand out from the rest when they make an overall good impression the entire time, not just in the first five minutes.

"It means being prompt, being yourself, having a firm handshake, maintaining eye contact and being a good listener," McMenamin said. "Paying attention to your non-verbal behavior such as the way you sit up straight or nodding your head is noticeable to an interviewer."

Dressing appropriately to fit the com-

pany's environment sets the right tone for the interview.

"You are never too conservative or overdressed," FSC Director of Career Development Xuchitl Coso said. "If they are wearing jeans, you ask what the dress code is."

Coso says the typical tools to bring to an interview are a resume, cover letter, and some work samples. Interviewees should have at least three to five copies of a resume and cover letter on good, stock white paper.

Bringing work samples helps an employer to see what one is capable of. Burning work on a CD for an interviewer to view at their convenience is a kind gesture in case they are running behind on time.

Carrying a sleek, dark colored binder to carry tools in is necessary. Business cards should be simple and clean and include name, phone number, email address, major and college attended. Coso suggests that women not put their address on the card for safety reasons.

"There is nothing worse than a cell phone vibrating or even worse hearing a ring tone go off in the middle of an interview," McMenamin said. "It happened to someone I was interviewing, and I dismissed them."

Students should prepare for interviews by thinking about questions employers may ask knowing what to say and how to say it can be helpful.

"I rehearsed how I was going to answer questions, which made a huge difference," FSC senior Kristen Mauro said. "I felt confident walking in and knew that anything they asked me I could answer."

Coso stressed the importance of emphasizing skills and relating to the company. Employers are looking for an asset to their business.

Knowing the history of the company, current projects and the basic information about the position is crucial.

"I can't tell you how impressed I was when an interviewee told me about an award my company won and why she wanted to contribute to getting it next year," Bryden said. "I remembered her because of that."

Bryden believes in sending a handwritten card to an employer after an interview.

"One of my close friends did not get a job because he did not send a letter to his potential employer," Bryden said. "He had all of the qualifications and would've been hired, but not sending that written card lost him that job."

Most employers are interviewing multiple people to fill an opening, so waiting to hear back is not necessarily a bad thing.

"If they do not get back to you in time, then it is completely fine to call to follow up," Coso says. "Don't let an opportunity slip by."

## Humanities Dedication—

Continued from page 1

Christoverson described the beginning of the project, mentioning that Kerr came to visit and showed her the idea for the building with the Christoverson name on it.

"(Kerr has) that big, wide smile, and she makes you an offer you can't refuse," Christoverson said. "And you can't step around her."

Christoverson said she was shocked and thought about the idea for days before deciding to go along with the plans. "Only Dr. Kerr could convince me to do something like this," Christoverson said. "She gave me that big smile."

Christoverson also honored her late husband, Robert Christoverson, in her speech and said that she knew he was there with them that day. Her friends and family sat in the audience, and she thanked them for joining her for the opening.

"I, too am a victim of Dr. Kerr's smile," Stern said later. "There is nobody here who hasn't succumbed in one way or another."

After the ceremony, writer Ted Bell held a book signing in the new building as students, faculty and guests toured classrooms, offices, computer labs and the Wynne's Moc Theater.

## Direct selling offers FSC students variety of job opportunities

**Consuelo Sanchez**  
Contributing Writer

With more than 1,500 U.S. based direct selling companies, students are able to find a wide range of products and services to sell that match their own interests.

According to the Direct Selling Association, the industry's national trade group, direct selling companies have a \$32 billion industry. The median annual income for direct selling distributors in the U.S. is \$2,500 a year or just over \$200 a month.

Monica Lopez, who works full-time, decided to become a direct seller for Shaklee to earn extra cash.

"I decided to get involved with Shaklee after attending one of the parties," Lopez said. "I love the products and it's a great way to earn a little extra cash."

Companies such as Amway, Mary Kay, Herbalife and Shaklee rely on sales by hosting parties in people's living rooms, one-on-one contacts and product reputation to make themselves known.

"On average, I do three parties a week at my clients' homes," Lopez said.

For some people, this type of business is successful and for others it is not. Lopez says the key to being successful is putting hours of hard work into the business. Lopez invests time in her business by study-

ing the products, making business cards and contacting potential clients.

After growing up watching her parents sell Herbalife and taking the vitamins herself since she was five-years-old, FSC student Kendra Haley knew from an early age that she was going to be an independent Herbalife distributor.

"I officially became a distributor when I was 18, but [I] have always been selling through my parents since I was five or six years old," Haley said.

Students that are involved in this business take advantage of the flexibility of direct selling so they can work part-time, attend classes and study for exams as well as other responsibilities.

"Herbalife is the only company I know that I can work my own flexible hours in 73 countries around the world," Haley said.

According to Haley, there are endless ways to promote a business. Haley uses Facebook, LinkedIn and e-mails to contact people to set-up parties to demonstrate the Herbalife products. Haley relies on the monthly check from Herbalife to get things she wants or needs.

"I make a percentage of personal sales, get a discount on my products and get a check in the mail for what my team and I have sold every month," Haley said. "This type of job is perfect for college students."

Florida Southern College  
Department of Theatre Arts  
Presents

*The Crucible*  
By Arthur Miller

Nov. 18th - 20th at 7:30 pm  
Dec. 2nd - 4th at 7:30 pm  
Sunday Nov. 21st & Dec. 5th at 2:30 pm

General Admission- \$15.00  
Non-FSC Students- \$7.50  
Free to all Faculty, Students and Staff  
Group rates available.

Director: James F. Beck  
Costume Designer: Mary T. Albright  
Sound Designer: Jaclyn Ledoux  
Lights Designer: Colleen Doherty  
Set Designer: James F. Beck

For Reservations:  
Call the Buckner Box Office Mon. thru Fri. - 2:00 pm - 6:00 pm at (863) 680-3089.  
Or Email bucknerboxoffice@flosouthern.edu. Send name, date & ticket request,  
and pick up your ticket the day of or the day before the performance.

Buckner Theater is located at the corner of Johnson Ave. & Lake Hollingsworth Dr.

**FSC Students be sure to pick up your raffle ticket  
at Friday night's performance (Nov. 19).  
Drawing will be done at the conclusion of the performance  
for tickets to *Wicked* in Orlando on March 13, 2011.**

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# Opinions

## LimeWire's file sharing shut down

Danielle Burch  
Staff Writer

It is known that the majority of music that is downloaded today is done illegally. There are many sources to download free music; one of the more popular programs was LimeWire until it was forced to shut down. On October 26, many people were surprised that their favorite file sharing program had been served a court injunction issued by Federal Judge Kimba M. Wood stating that LimeWire must stop distributing the LimeWire software. The founder of LimeWire, Mark Gorton, has already been found liable for potentially hundreds of millions of dollars in damages.

The closing of LimeWire should not be a surprise to most. It was only a matter of time really. LimeWire has been fighting with the Recording Industry Association of America for four years now. LimeWire was found liable in May of copyright infringement and a trial to determine the damages is expected in January.

History has a way of repeating itself. This is not the first case of an illegal downloading source being shut down. In 2001, Napster, another file sharing program, was ordered to shut down for the same reasons as the LimeWire case. In the end, Napster agreed to settlement of \$26 million for unauthorized use of music and \$10 million advance against any future licensing royalties which was paid to music creators and copyright owners.

So what does the shutting down of LimeWire and illegally downloading music have to do with Florida Southern College; a lot actually. The schools policy on illegally downloading music is simple, it is not allowed.

Although FSC's policy may seem like

a flawless one, it is extremely flawed. Students are rarely punished for illegally downloading music. "If you don't give them a reason to suspect they won't do anything," said Joshua Straub. Many of other Colleges and Universities have the same policy as FSC, but they are very strict on enforcing it. "I had a friend who got caught downloading music and they got fined," said Katie Lowe. In some cases schools have kicked students out for illegally downloading music.

So if downloading music is illegal then why do so many people do it? "I think it benefits the artist, most artists encourage it as long as it gets their music out," said Lauren Lundell. I believe artists today would rather have their music out there illegally than have no one listening to their music because they can not afford it. It is a known fact that most college student are broke and with the tuition rising it is getting harder for students to have a little extra spending money to buy what ever they please. "In the long run individuals that pirate music, make the costs increase for everyone else that is purchasing," said John Thomas. This is one good explanation as to why the cost of a CD is on the rise, but it also could be caused by record companies trying to get more money out of their consumers in these hard economic times. Then again, illegally downloading music doesn't really have to have a meaning behind it rather than getting music for free.

Will the shutting down of LimeWire stop the illegal downloading of music; probably not. Who knows when the next file sharing organization the RIAA will go after, but one thing is for sure: illegal downloading of music will be around for a long time.

## "Thankful" or "guilty?"

During this time of year, people generally take a moment and reflect on what they are thankful for. For some families, they honor the Thanksgiving tradition by having each person around the table say what they are thankful for. While this is a nice tradition, why do people have to wait for a specific time of year to be thankful for what they have?

For some, such as those who live with life threatening illness or who are living in horrible conditions, thankfulness is a day to day gift. Just getting through the day is enough to be thankful.

These people understand the importance and meaning of life. They do not take one second for granted because no moment is promised to them.

However, with the hectic life styles that so many people live today, people are constantly over looking and taking for granted the little things that are not so little to others. Too many people wear blinders that cause them to have tunnel vision, which does not allow them to see beyond what goes on in their daily lives.

As a result, people spend too much time worrying about their own lives that they miss what is going on around them. Too much of our society is materialistically driven that people become so focused on gaining the next status symbol whether that is having the latest technology or trendiest clothes.

With this materialistic mentality, it is

hard to tell that our country is in the middle of recession. For instance, with the economy being so poor, many people are living in poverty or just barely getting by.

For some, certain things that may not even register to them could be a major burden for others such as something as simple as knowing where their next meal is coming from or how they are going to pay the bills this month.

At this time of year, many people do give to those who are less fortunate than them by donating items and goods to local charities or food pantries and by volunteering their time

at a soup kitchen. However, while these efforts are definitely needed and do help, why does it take a holiday or a certain time of year for people to remove themselves from their daily lives and help others?

One of the signals of the holiday season is the ringing of the bell by the Salvation Army volunteer. By hearing this sound, as they walk through the mall or in and out of their local grocery store, people are reminded that it is that time of year to give back. While the holidays are a nice and important time to give to those less fortunate, it is even more important to remember those in need all year round.

-Kerri Stinson

## A Southern VIEW

## 'It's kind of a funny' book

Amanda Royer  
Staff Writer

In what instance is turning the topics of depression, suicidal thoughts, and the inability to eat, sleep, and focus into humor acceptable?

Ned Vizzini's 2006 book, "It's Kind of a Funny Story" presents a young boy, Craig Gilner, finding the ability to cope with his issues and anxiety in a mental hospital in Manhattan, New York in an entertaining, comical, and very real manner.

The catchy and frightening first line of Vizzini's book — "It's hard to talk when you want to kill yourself" — pulls readers in and holds onto them all the way to the last page where Craig is well on his way to being a healthier and happier teenage boy.

Before all went downhill, Craig's biggest goal in life was to try his best in a pre-professional high school, be noticed by his friend's girlfriend, Nia, and be happy. After being accepted into this intense school, Craig's life begins to unravel.

Once Craig starts his school, he realizes that he is just one of many brilliant kids, and in the mix he isn't even considered brilliant. He is merely an average student that has to work way too hard to maintain his decent grades. Naturally, this has put unnecessary stress upon Craig's life.

One night when feeling particularly

down and ready to let go, Craig Gilner checks himself into this mental hospital, where his neighbors include a transsexual sex addict, self-appointed President Armelio, and a girl who has scarred her own face with scissors. This is where Craig grows and finds who he is and his life begins.

In just a short five-day stay, Craig moves mountains in this hospital. He starts a (possibly unwise) relationship, inspires a sleeping man to join life, and discovers his love

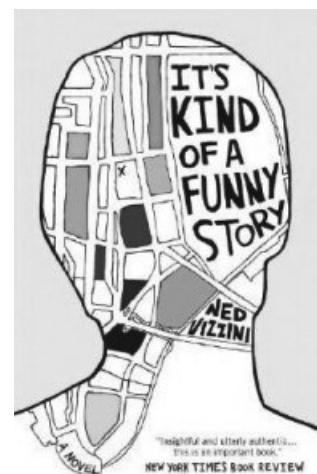
and escape in creating beauty from perplexity through drawing. Craig learns that life is not perfect and neither is he.

Vizzini does a wonderful job dealing with the touchy topics and adds wit. Vizzini spent time in a mental hospital where he began to understand and live life, therefore deeming his book "It's Kind of a Funny Story" borderline autobiographical.

Vizzini's humor runs deep, focusing not on the pull or impact of any given line, but on what the humor

itself does. The humor and realization of the need to lighten up in bad times is what makes this book so important and real.

Through phrases such as "everybody has problems, some people just hide it better" to discussing how amazing it is to urinate, Vizzini has designed a profound and interesting story of life and learning in even the most unexpected places and situations.



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## 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.

# Campus Events



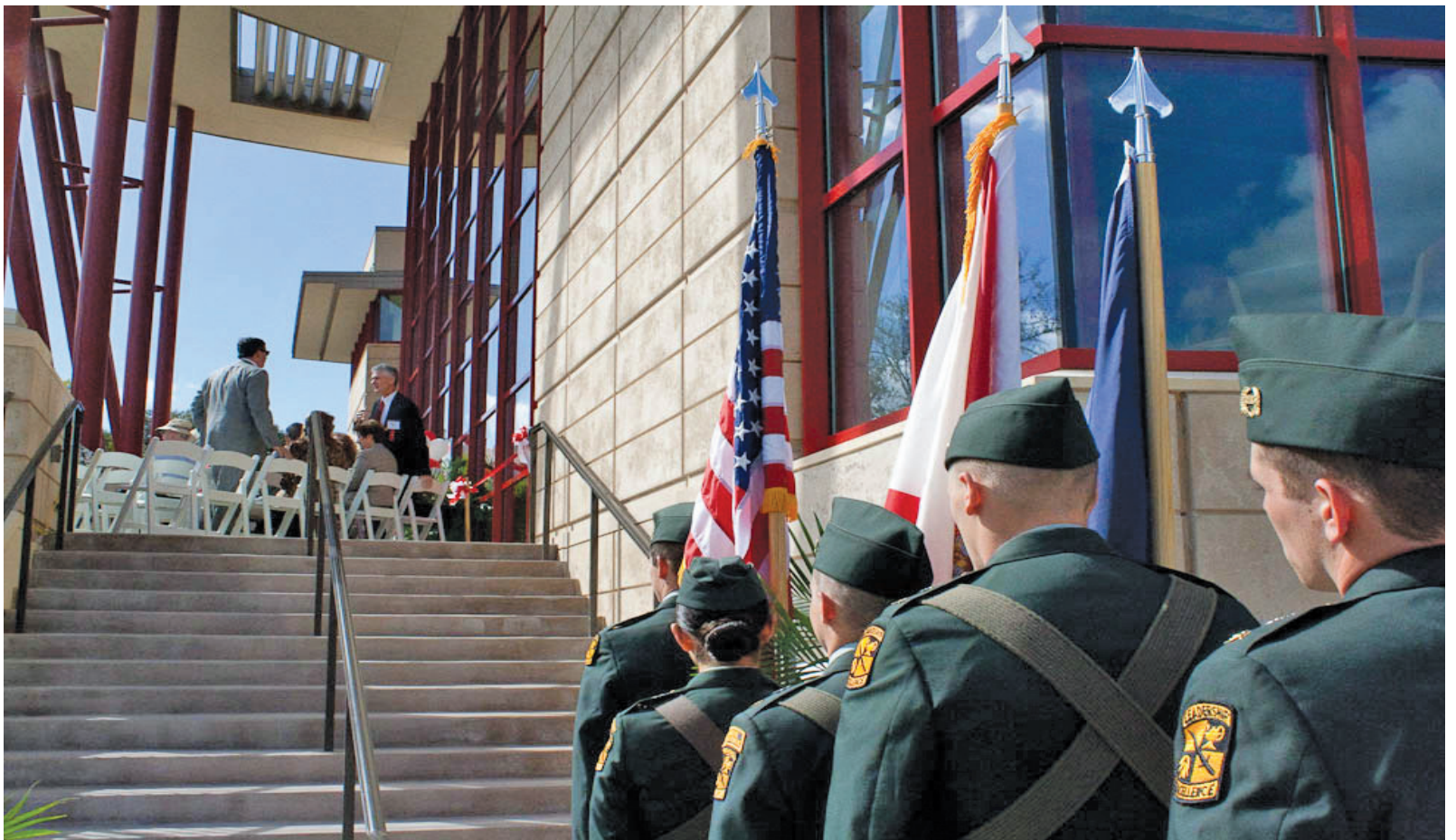
Students gather to witness the dedication of the Christoverson Humanities building on Nov. 12.



The FSC community anxiously awaits the Christoverson dedication ceremony.

ABOVE: Ted Bell signs his newest book, "Warlord", after the dedication.

LEFT: ROTC cadets prepare to present the flag for the beginning of the Christoverson dedication.



## Students show enth

Photos on the left page are of the Dr. Marcene H. and Robert E. Christoverson Humanities Building dedication. Photos courtesy of Kelsey Tressler.

On the on the right page: top left photo of Buck-Off, courtesy of Juliann Davis.

Top right and middle photos are of Community Living's Fall Festival, courtesy of Jessica Kapernick.

Photos on the bottom left are of Dr. David Grossman's Marketing Management class at their Regal Chevrolet promotional event, courtesy of Ashley Islas.



# Campus Events

## Enthusiasm for various Florida Southern events



Left: Juliann Davis shows support for Alpha Gamma Rho by taking a ride on the mechanical bull during their Buck-Off event.

Right: Students had a chance to put on a velcro suit and jump at a velcro wall to stick up in the air at the festival.



Rick Briggs races to win the 'bobbing for donuts' competition at the Fall Festival held by Community Living.



FSC students line up at the Fall Festival to tie-dye white socks or other clothing items.



Left: FSC students had an opportunity to play a variety of casino games, including Blackjack.

Right: Rowland Ordonez explains to students how Casino Night will work.



# Features

## FSC theatre department presents 'The Crucible' at Buckner Theatre

**Kelsey Tressler**  
Assistant Section Editor

The Florida Southern College theater department will change directions for their upcoming play "The Crucible", a drama depicting the bigotry and mass panic that broke out during the Salem witch trials.

The play follows farmer John Proctor, who is caught between his wife Elizabeth and Abigail Williams, a servant girl with whom he had an affair. Soon John, his wife and many other girls in Salem are accused of witchcraft and experience the hysteria and unfairness of the trials.

Director Jim Beck said "The Crucible" is a good story for the current state of American politics, describing it as a play with pseudo-political ramifications.

"It's about treating each individual and moment as a new thing rather than [making] a rash assumption," Beck said. "It's a great play, great script—full of dynamic action that really tugs at your heart strings."

Beck said that he thinks the audience will respond well to "The Crucible," despite the drastic change from the last play, "Leading Ladies."

"The younger generation is really motivated by things that make them laugh and feel good, yet I also see people motivated by that sense of emotional purgation or that cathartic feeling you get from tragedy," Beck said.

Lead actor Carlos Leon plays John

Proctor, and said that the story was a difficult adjustment after the lighthearted "Leading Ladies."

"At first, the language and the constant intensity was hard to get used to and exhausting," Leon said. "We've never done a play this dramatic."

Leon had heard of the story and seen the movie, but was not really familiar with "The Crucible" before beginning rehearsals. Now Leon is confident with how the play is shaping up.

"I'm focused and involved with everything happening in the show," Leon said. "I think we've got something really good here."

Beck agrees, stating that the student actors have a strong work ethic and jumped into their characters.

"It's such an exciting rehearsal process," Beck said. "There's real characterization and real acting night after night, and not just waiting for the audience."

"The Crucible" was the first play Beck directed nearly 20 years ago, and it is nice to revisit it, Beck said.

"I think it'll be a really good production," Beck said. "I think we'll really move the audience. They were moved to laugh in ['Leading Ladies'] and hopefully they will be moved in some other emotion here."

"The Crucible" begins Nov. 18 at 7:30 and runs through Dec 5. Other lead cast members include Drew Arnold as Elizabeth Proctor and Mia Berardi as Abigail Williams.

*"The Crucible"*  
*performs*

*Evening performances*  
*Nov. 18, 19, 20 and Dec. 2, 3,*  
*4 at 7:30 p.m.*

*Matinee performances*  
*Nov. 21 and Dec. 5 at 2:30*  
*p.m.*

*Tickets may be purchased through*  
*the Buckner Theatre Box Office Mon-*  
*day through Friday from 2:00 -6:00*  
*p.m.*

## Students handle stress with time management

**Alyssa Porrino**  
Assistant Section Editor

College students around the world will always struggle with balancing their classes, studying and other activities, whether it is socializing, work or some sort of campus organization.

Florida Southern College offers over 70 clubs and organizations, not including the opportunity to join Greek life or any of the numerous exercise classes offered by the Wellness Center.

Although FSC only permits each student to take a maximum of 18 credit hours each semester, before being charged an over-enrollment fee, there are majors, such as music, which must take over 18 hours in order to complete all of their major requirements.

College athletes, like Brad Hunt who plays for FSC's men's soccer team, have to manage their way through practices, schoolwork, and maintaining an adequate grade point average.

Between games and practices, Hunt spends about an average of 20 hours a week on soccer while also taking 16 credit hours this semester.

"It's easier when you try and stay on top of class work and not put it off so much," Hunt said. "That way you don't fall behind."

When he begins to feel overwhelmed, Hunt creates a list to figure out what is most important so that he can finish those things first.

This method of managing a busy life is not only fit for FSC students, but also for all college students. Students at the University of South Florida and Johns Hopkins University make lists to help themselves out as well.

At Johns Hopkins University, Ashley Cook keeps herself busy by taking 18 credit hours and upwards of 11 hours a week in her campus organizations. Cook participates in the Johns Hopkins Model United Nations Conference, Relay for Life and A Place to Talk—the Johns Hopkins peer counseling group.

"When you add in socializing, I'm busy pretty much all of the time," Cook said. "But it is totally do-able."

Cook balances out her day with to-do lists and being conscious of her limits.

"Knowing what I have to get done and by when helps," Cook said. "And know-

ing when to ask for help or say 'no.'"

Cook stated that it was inevitable to have those moments, even if you are not involved in extracurricular. She said that she talks to her mom every day, which helps her out.

"Or I just sit down and figure out what's really important," Cook said. "Half of the things you think you need to do don't really need to be done and just cause unnecessary stress."

Chelsea Catling, a senior at the University of South Florida, has maintained a GPA of 3.5 while taking 18 credit hours this semester, working at her campus' Art Museum, participating in the Art Association and Anthropology clubs, being a member of the College of the Arts Council and being a member of a sorority.

Catling estimates that she spends 25 hours a week in class, five hours devoted to her clubs, 20 hours a week at work and spends the remainder of her time in sorority related activities.

"There are times I want to scream, no lie," Catling said. "It's a lot of work, but I usually try to think of the bigger picture and focus on one particular goal for

the night, just to get things done a little every day."

In her spare time, Catling likes to listen to instrumental music to help her calm down and de-stress. Although she has a 3.5 GPA, Catling would like it to be a little higher.

"I'm old school," Catling said. "My work reflects on me, so I want it to be the best I can make it."

According to the University of Georgia Health Center, the key to managing stress is to know when it's too much.

The University Health Center Website, [www.uhs.uga.edu/stress/](http://www.uhs.uga.edu/stress/), states that some people would not accomplish much without stress. Stress can provide that extra burst of adrenaline someone needs to complete a task.

The Health Center website provides 11 quick examples of how to adequately manage or maintain stress. Using positive "self-talk", maintaining good diet, 10-20 minutes of walking every day, having some type of spirituality in your life and making a tentative schedule of what you need to get done for the week are some of the quick simple steps you can take to help you relax in a college environment.

## Sports

## Feature

## Basketball is Johnson's obsession

Katie Amick  
Staff Writer

Her competitive spirit and drive for perfection is what keeps the Florida Southern women's basketball senior captain Chelsea Johnson playing the sport that she loves.

Playing basketball was not love at first sight for Johnson though. When she first

started playing when she was seven, it was just a fun and leisurely activity. She truly started to love it when she played in her first co-ed basketball league.

"I knew that basketball was always about the guys," Johnson said, "I wanted to compete with them I wanted to show that I could be as fast, strong and as talented as them."

Everything sparked from this thought and now everyday on the court she tries to make herself better so that she can come closer to becoming a perfect player.

Johnson's inspiration comes from the famous Women's National Basketball Association player, Lisa Leslie. Johnson looked up to Leslie by the way that she was a role model on and off the court. She strives to be just like her.

According to Johnson's teammates, she has succeeded.

Many of her teammates claim that she is a role model to them by the way she leads by example. She also is the one of the strongest girls on Florida Southern's basketball team, but is also the smallest.

"It can be pretty motivating to some of the other players to see someone who is much smaller than them lifting more weights," women's head coach Jarrod Olson said.

Through her years at Florida Southern, Johnson has created an exquisite resume for her basketball career.

In high school alone, she broke her school's all-time scoring record, was named to their hall of fame, and was even given her own day in North Port,

FL on Sept. 27th.

Her successes have followed her to Florida Southern where she has earned Daktronics All-South Region First Team all three years so far and hopes to earn that again this year.

She is also an All-Conference first team player and hopes to make that again. She was the Sunshine State Conference's Freshmen of the year, made the SSC's All-Freshmen team, was the team MVP both her freshmen and sophomore year and has been named SSC Player of the Week every year.

Her junior year she made FSC's Holiday Inn Classic All-Classic Team, made the SSC Commissioner's Honor Roll and has earned the best free throw percentage in Florida Southern's history.

She hopes this year to make the All-Conference team again, pass Florida Southern's scoring record and make the All-American team.

Johnson is 475 points short of beating the scoring record and has scored over 500 points every season so far, so the likelihood of her beating this record is very high.

"I think that a lot of her individual successes will come with more successes from the team, so depending on how good our team is will determine all the individual honors for her," Olson said.

Never taking a day off proves that basketball has become not only a passion but also an obsession for Johnson.

She hopes that this obsession pays off one day when her dreams come true and she gets paid to play overseas and later on coach a team.



Photo by Ashley Islas

Senior Chelsea Johnson is just 475 points shy of becoming the all-time leading scorer for the Lady Mocs.

## Halfacre takes it one swim at a time

Jessica Kaepernik  
Staff Writer

Sophomore swimmer Jeb Halfacre has been swimming hard this season and has been leading his team.

According to Florida Southern Athletics, Halfacre holds school records in eight swim events, including events in his signature backstroke. He was also named the first-ever Sunshine State Conference Men's Swimmer of the Week.

His records include various events in freestyle, backstroke and medley.

Halfacre was named the 2009-10 NCAA Division II national champion in the 200-yard backstroke and was even declared the 2009-10 Most Valuable Player.

With his 2009-10 appearance at the NCAA D II championships, he became the

first Moccasin to ever compete at the highest level for a student-athlete.

According to Halfacre, his parents were the foundation for his swimming career.

"My mom was a [swimming] coach and my dad was a good swimmer. You could say I have the genes for it," Halfacre said. "There is not a time in my life when I can't remember not being able to swim."

Halfacre also adds that head coach Duncan Sherrard has played an important role in his swimming career.

"I've known Duncan since I was 10 and he coached me when I was on a club team. He's like family to me," Halfacre said.

Although swimmers compete individually, the Florida Southern swim team works together to make sure that everyone does well in their events.

"Swimming is an individual sport to an extent, but there's no way I would be able

to do this without my teammates. I can't speak for them, but they play a big factor in getting me through the meets, the practices and the dry land," Halfacre said.

Halfacre's training includes not only swimming, but weights training, dry land practices and a proper diet.

Halfacre said his training ethic is simple — Just keep training and working hard.

Although Halfacre has been swimming well this season, he does not let his wins nor losses go to his head.

"I take it one swim at a time. If you have a bad swim, then it's a bad swim. If you have a good swim, then it's a great swim, but you have to focus on your next," Halfacre said.

Halfacre and the Mocs next meet will be against Rollins on Nov. 20 at 1 p.m. at the Wellness Center Pool.

## From the sidelines

## Volleyball

For the 24th time in school history, the Lady Mocs are in the NCAA Division II Volleyball tournament. The Lady Mocs were seeded third.

The Lady Mocs took on Sunshine State Conference rival Rollins College in the first round of the tournament. Results were not available at time of print.

Ticket prices are \$10 for adults, \$6 for senior citizens and students with ID.

Tampa will provide webcasts and live stats for all of the matches on their athletic website.

## Cross Country

On Nov. 6, the Moccasin men's cross country team ran in the Sunshine State Conference championship win and for the 14th consecutive year walked away as champions.

They placed 1st of all these teams with a team average time of 25:03.81, which was 40 seconds faster than Tampa who placed second in the race.

Sunshine State Conference championship in cross country. And it's no surprise the Mocs did so well. Three racers placed in the top five, two of them taking the top two spots. Ben and Drew Martucci claimed the two best spots, with times of 24:26.43 and 24:43.96 respectively. Ben Martucci repeated his reign as individual champion at the meet, as well.

The Moccasins next race is Nov. 20, in Huntsville, Alabama. This race will be for the NCAA Southern Region Championship and a chance to run at the NCAA Division II National Championship.

## Men's Basketball

The Moccasin basketball team will host South Carolina - Aiken in their home opener on Nov. 20.

The Moccasins were also ranked sixth in the nation according to the NCAA Division II men's preseason basketball poll by the National Association of Basketball Coaches.

## Women's Basketball

The Lady Mocs were picked to be the top team in the Sunshine State Conference preseason poll — which is selected by the league's head coaches and sports information directors.

The Lady Mocs finished last season in fourth place, but return four starters.

Following the Lady Mocs in the poll were Tampa second and Rollins third.

## Home Athletic Events

Sat.	Nov. 20	Swimming	vs	Rollins*	Wellness Center Pool	1 p.m.
Sat.	Nov. 20	M. Basketball	vs	South Carolina-Aiken	Jenkins Field House	1 p.m.
Tues.	Nov. 23	Basketball	vs	P.R. - Bayamon +	Jenkins Field House	
Fri.	Nov. 26	M. Basketball	vs	P.R. - Rio Pierdras	Jenkins Field House	7:30 p.m.
Sat.	Nov. 27	M. Basketball	vs	Saginaw Valley State	Jenkins Field House	7:30 p.m.
Tues.	Nov. 30	M. Basketball	vs	Armstrong Atlantic	Jenkins Field House	7:30 p.m.

\*indicates Sunshine State Conference game

+ indicates a double header for women at 5:30 p.m. and men at 7:30 p.m.

# Sports

## Feature

# Mocs embrace solo records, strive for team titles

**Ashley Islas**  
*Sports Editor*

At Florida Southern College, athletes strive to add another championship title to the 27 NCAA National Championships student-athletes and coaches have earned throughout the years. They strive to bring trophies, banners and most importantly, pride to their collegiate home. When striving for a National Championship, it is certain that some individual athletes will surpass the records that were established by former Moccasins.

Roaming around campus are fall and winter sport athletes who have recently established school and even Sunshine State Conference records during their tenure as Moccasins.

According to FSC Sports Information Director, Bill Turnage, school records have been set in men's cross country, women's soccer, swimming and basketball by nearly 20 student-athletes in both individual and team events.

The men's cross country team was led by

senior Ben Martucci to their 14th consecutive men's SSC title this season. Martucci also broke the FSC 8K record three times this season – a record he established last season. He also broke the SSC Championship 8K record with a time of 24:26.43.

Martucci has embraced his responsibility as a leader for the team.

"I think I was born to do [be a leader]," Martucci said. "I just want others to know that I always try to lead them in a successful manner through rules and performances."

Another team on campus that has seen success from both individuals and as teams as whole are the Moccasins who rise early every day to jump in the Nina B. Hollis Wellness Center Pool.

The men's team set 11 individual records last season and five relay records. Freshman Jack Rund has also set individual FSC record in the 500-yard freestyle at the team's latest meet against Saint Leo on Nov. 5.

The swimmers who established last season's records include Bruce Janzen (200 FS, 500 FS, 100 Fly and 200 Fly), Miguel Ferreira (200 IM, 100 Breast and 200 Breast) and Jeb Halfacre (50 FS, 100 FS, 100 Back and 200 Back). Halfacre was also the first Moccasin to ever make an

appearance at the NCAA National Championship.

"It always feels good to be the first at something, but even though you race as an individual swimming is a team sport," Halfacre said.

The Lady Moccasin swimming team has also seen both individual and relay success by setting 11 individual and four relay records last season. Former Moccasin Liz Broadley established five records. Current Moccasins who set records include Rae-Lynn Sheffield (200 IM and 100 Breast), Kelsey Duncan (400 IM), Missy Witt (200 Breast) and Cara Potter (50 FS and 100 FS). Sheffield, Potter and Anna McIntyre were on all four of the relay teams that established records, as well.

Potter was also named the first-ever SSC Women's Swimmer of the Week.

"I'm always striving to improve my times and my races; setting a record is just an added bonus," Potter said. "I feel like setting records with a relay is much more important because it was a team effort. . . all four girls have one goal in mind."

As mid-November approaches the Moccasin basketball teams are preparing to continue past season's success and improve upon it, but individuals are also looking at extending records and establishing their very own.

Lady Moccasin basketball captain Chelsea

Johnson set the FSC women's career record for 3-point field goals made last season at 215 and has a chance to become FSC's career leader in points, 3-point field goals attempted and free throw percentage.

"All those accomplishments will feel great, but they will matter more to me, personally, if there is a championship to support those records," Johnson said.

Another Moccasin basketball player that set a record last season is senior men's captain Rion Rayfield. Rayfield set the FSC men's career record for 3-point field goals made and 3-point field goals attempted. He has one more season to extend his record.

"It was a personal goal [to establish records], but then there were goals that mean a lot more to me like winning a conference title and region title," Rayfield said.

Just as the student-athletes suggested, the individual success they have achieved did not mean as much as the team success that has happened and can continue throughout their seasons and even post-season.

"We work really hard and it's something that we all go through together, so when we do succeed it's really cool to know that all of our hard work has paid off. . . and that we accomplished our goal as a team," Potter said.

**"All those accomplishments will feel great, but they will matter more to me. . . if there is a championship to support those records."**

**Chelsea Johnson**  
Moccasin senior guard and captain

### Other Notable Record Breakers

Princess Haley set the FSC career record for goals (actually set it last season & added to it this season, currently has 43). She also set the career record for points (102) and is first FSC women's soccer player to compile 100 points.

Martina Tangen Billing has set the FSC career record for shutouts.

# Hitting rule should spur more than tantrums

**Ashley Islas**  
*Sports Editor*

"I try to hurt people."

Those are the exact words Pittsburgh Steelers linebacker James Harrison said during an interview after taking out two Cleveland Browns players during week six of the NFL season.

Harrison was then fined \$75,000, and did he feel bad? No, he just proceeded to throw a tantrum and even threatened to retire.

NFL officials have now vowed to strictly enforce rules that have been largely ignored. Coaches were directed to teach clean play or face discipline. Officials were reminded of their authority to eject players for dangerous hits to the head and neck. Players were threatened with suspension without pay even for their first infractions.

On game days when dangerous hits are made, players can be seen taking knees, with puzzled and guilt ridden faces, but just a few hours later what happens?

Oh, they say it's all part of the game. They say hits like that are going to happen. If you crackdown on safety, you're taking away from football.

Yes, football is contact sport. Yes, football players understand the risk that can become a scary reality, but does that mean the NFL should not enforce the rules that

have been in place? Yes, these are not new rules. This is just stricter enforcement of the rule.

During this year's training camp, the NFL gave information, which included black and white pictures, to their players and coaches describing what were considered illegal hits. The excuse that players were unaware of what was considered an illegal hit is complete nonsense.

These players had the information before the season even started.

Let us now face the statistics. More than 40 NFL players have suffered brain injuries just this season. Does that number seem too high? Possibly, especially since many believe that brain injuries are what they have been exposed to on television and movies.

What may seem like a minor injury can actually lead to dementia and affect one's life well after their time in the NFL.

In 2009, the New York Times reported that researches at Boston University had discovered "brain damage commonly associated with boxers in the brains of deceased football players."

Boxers who receive blow after blow from opponents' gloves have the same kind of damage as football players who receive hits while wearing protective head gear.

Why do these football players continue to take risks of hitting straight on with helmets? To be completely blunt, it is society that has given them the "okay" to continue with their bad habits.

To be completely honest, I am tired of seeing grown men, like Harrison, throw tantrums about being punished for hitting someone illegally. There is nothing more pathetic than seeing a grown man threaten quitting the league. Have we reverted back to being four-years-old and being taken to the timeout corner?

Aside from that, have we forgotten that these players are being paid to do a job? Just like I have certain guidelines and regulations I must adhere to at my job, these players should have familiarized themselves with the hitting rules.

Coaches are to blame, as well. It is the coaches' responsibilities to make sure that their players are playing the game in a safe manner.

Now, the only group of people who might possibly be more annoying than the immature football players who refuse to pick up a rule book are the fans. Some fans seem to have forgotten how often the NFL has changed its rules to create a safer environment for its players.

I had a conversation with a Florida Southern student a few days ago about the hitting rule and for some reason this student was under the impression that the NFL was just recently changing its policy on hitting.

Let me provide you all with a refresher

on a few NFL rules.

In 1962, grabbing an opponent's facemask was prohibited.

In 1977, the head slap was prohibited and offensive linemen were prohibited from thrusting their hands to an opponent's neck, face, or head.

In the 1980s, more restrictions were put into place that limited contact with the head, neck, and face.

In 2002, the NFL prohibited helmet-to-helmet hits with the quarterback.

All of these rules, at one time or another, were thought of as being enemies to the league because they were going to take away from the nature of football. In reality, these rules have helped enhance the longevity of the league by protecting its players.

If we love football so much, why are we going to allow our favorite players to play in an environment where massive hits outweigh their own safety?

When there is a hard hit on the field, ESPN is more than likely going to show it repeatedly. Fans are going to cheer on their favorite linebacker who took out that star player from the rival team. Coaches are going to bang players on the helmet when they come over to the sideline when an opponent is left on the field for a few extra seconds "sleeping" as Harrison also said during week six.

Yes, hard hitting is a part of professional football. Aiming to leave someone injured is not.

