Popping Pills: The Truth About Study Aids

JAZMINE HUGHES '12

It has happened to the best: poor planning, sickness, or a VH1 America's Next Top Model marathon has resulted in having an immense amount of work to do at an unseemly hour. Some people can handle staying up until 4 or 5 in the morning without coffee, soda, or other assistance. Others are used to passing out at midnight. Regardless of sleeping habits, there are ways to stay up as late as necessary, with the aid of various pills. Prevalent on most college campuses, Connecticut College has its share of users, but it's becoming such a notable problem that the administration is taking action.

Many students know the wonder of caffeine pills—a small pill that contains the amount of caffeine in about two cups of coffee—and take them sparingly, using them only before exams and papers, catching up on the sleep they missed later in the week. This practice becomes dangerous, however, when the students move away from pills sold in stores to drugs prescribed for actual problems.

Adderal, a drug prescribed to treat ADHD and narcolepsy, is widely used across college campuses as a "study drug," helping students stay up an extended period of time to write papers or study for tests. Several entries on Wikipedia, an encyclopedia, can be found on college websites frequented by college users that allows someone to create or delete words. Define Adderal as "the only way to finish homework" or a pill "very similar to cocaine" that "makes you feel like king of the world." Although Adderal and other medications like it may immediately affect—and seemingly improve—the study habits of students who use it, it causes chilling effects: insomnia, loss of appetite, dry mouth, headaches, and stomachaches. In severe cases, misuse of Adderall may cause heart attacks, vomiting, impotence, hallucinations and paranoia.

Earlier in the semester, there was a panel on the misuse and abuse of amphetamines. It included several facts that may be unknown to users: when taking illegal drugs, users often tend to inconsiderately overdose—emergency room visits due to the misuse of drugs increased 20% from 2004 to 2005. The federal government has even gone as far as to pass laws regarding the misuse of drugs it is a felony for people who have been prescribed pills such as Adderall or Ritalin to sell them to people who don't need them. While such drugs assist in staying up for prolonged periods, they make people smarter—they don't allow anyone to learn anything in one night.

"Students who actually need it take it so that they can concentrate and this is on the same field as students who don't need it," says Dean of Studies Theresa Ammirati. "When a student is using someone else's prescription drug illegally, that's another story." On a more tangible note, it is a serious problem with the Connecticut College administration as well. The drug policy at Conn was recently written to include the misuse of prescription drugs—it is a violation of the honor code. Dean Ammirati offers ways to study without infringing upon the honor code.

Regular review of your notes—reading your notes over and asking yourself questions will help. Doing that regularly over the semester—ensures that you really understand your own study guide—will help you learn the material faster. Regular review of material makes time to talk to the professor before the exam to figure out what you don't know and what to focus on.

"There are ways to learn that are actually ways to learn," says Dean Ammirati, "and there are ways to pass the test that won't do you any good at all."
A recent report in the Trinity Tripod detailed how endowments are suffering across the NSCAC. According to the Tripod, Amherst and Colby saw a 25% drop, while Williams saw a drop of 28%. The drops are not exclusive to small liberal arts schools either. According to the New York Times, Harvard saw their endowment decline by 22% as well.

Is Connecticut College above the fray? The reports we have received from administrators seem to suggest so, but that's a hard pill to swallow. How can every other institution suffer, and we not?

I know we are suffering some, and that has been reported. But part of me feels like there are more losses out there and we just don't know it yet.

And when will we know? I'm not sure, but by then we may already be feeling the ramifications.

Ben

The College Voice
Box 4970 - Office (860) 439-2813
Email: ccvoice@conncoll.edu

CONTRIBUTE: e-mail ccvoice@conncoll.edu

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HANS EYSENBACH '09

The dining halls, whatever you may think of the food, have made some impressive changes of late that few of us are aware of. In addition to being one of the few self-run college dining services left, the Connecticut College Dining Services' management has been taking aim at reducing the college communities' ecological footprint (i.e. their overall demand on the earth's ecosystem primarily in relation to waste generation and fossil fuel use) while saving money at the same time. The Environmental Model Committee (EMC) has workgroups, one of which is entitled The Food Subcommittee. This group of students, professors, and staff has been poring over the dining halls' environmental impacts and possible ways to cut down on waste. I recently attended one of this group's meetings and was struck by how many initiatives in the name of waste reduction, cost effectiveness, and health have been put into effect or are in the process of being implemented. Probably the most well known of these initiatives was started last spring and transformed all the dining halls into tray-free environments. What is not so well known is that this trayless initiative has reduced food waste by 36% this year. Several other changes are being made, motivated both by napkin notes and the EMC Food Subcommittee.

This year, Dining Services has begun switching to biodegradable paper and plastic ware, reducing dishwashing waste use with a liquid instead of powder soap and fully supporting and providing compostables to the student led composting initiative here on campus. Inquired by my own lack of awareness, I decided to interview two of the women who have been overseeing many of these changes: Kristine Servesnicki, Purchasing Manager and Peggy Watkins, Chef Manager. Next to the Harris receiving doors, just inside two beige double doors is a small office where many of Dining Services' food purchasing decisions are made. Here I met and interviewed Kristine and Peggy, two of the brains behind many of the initiatives listed above. Frustrated by the lack of information available to the college body concerning dining services, they wanted to make students aware of all of these new and meaningful projects that are currently being undertaken. They also stressed how attentive they are to napkin notes and other sources of student feedback (those napkin notes are to napkin notes and other sources of student feedback) that are just get thrown out after they come down from that wall in Harris. It has, in part, been these forces that have led Dining Services to reduce their purchases of red meats with substitutes of chicken and fish - cutting out the increase in calories and fat, providing a more balanced diet. They have been offering more vegan and lactose free options, organic tofu, quinoa and tempeh, along with many New England grown produce choices such as three different types of sprouts (supplied through Thurston Foods). All of these efforts have led Dining Services to focus on supporting regional produce and purveyors from vendors located in New England to support nearby businesses and economies. The three primary food wholesalers (Thurston Foods, Hartford Provisions and Costa Provisions) all have their office locations in or near the university.

Thomas Smith is a junior. Photo by Lina Brockwell.

Sarah Kosofsky '12

I was recently able to sit down with the new director of Campus Safety, Stewart Smith, and ask him a few questions.

VOICE: Want to say a little about yourself and your past work here at Trinity?

SMITH: I've been with the college for thirteen years, supervising all three shifts. I'm married with two daughters, seventeen and fourteen, and the oldest is currently going through college. As you become director is there anything in particular that you are concerned with or campus that you would like to focus on?

SMITH: I'm going to continue to focus on what Tom [Hogarty, Smith's predecessor] focused on, which was community relations and customer service.

VOICE: Are there any new policies that you would like to implement in the near future?

SMITH: No, I think initially we are going to stick with what we have already. The vast majority of student feedback (those napkin notes and other sources of student feedback) have led Dining Services to reduce their purchases of red meats with substitutes of chicken and fish - cutting down on waste reduction, cost effectiveness, and health have been put into effect or are in the process of being implemented. Probably the most well known of these initiatives was started last spring and transformed all the dining halls into tray-free environments. What is not so well known is that this trayless initiative has reduced food waste by 36% this year. This year, Dining Services has begun switching to biodegradable paper and plastic ware, reducing dishwashing waste use with a liquid instead of powder soap and fully supporting and providing compostables to the student led composting initiative here on campus. Inquired by my own lack of awareness, I decided to interview two of the women who have been overseeing many of these changes: Kristine Servesnicki, Purchasing Manager and Peggy Watkins, Chef Manager. Next to the Harris receiving doors, just inside two beige double doors is a small office where many of Dining Services' food purchasing decisions are made. Here I met and interviewed Kristine and Peggy, two of the brains behind many of the initiatives listed above. Frustrated by the lack of information available to the college body concerning dining services, they wanted to make students aware of all of these new and meaningful projects that are currently being undertaken. They also stressed how attentive they are to napkin notes and other sources of student feedback (those napkin notes are to napkin notes and other sources of student feedback) that are just get thrown out after they come down from that wall in Harris. It has, in part, been these forces that have led Dining Services to reduce their purchases of red meats with substitutes of chicken and fish - cutting out the increase in calories and fat, providing a more balanced diet. They have been offering more vegan and lactose free options, organic tofu, quinoa and tempeh, along with many New England grown produce choices such as three different types of sprouts (supplied through Thurston Foods). All of these efforts have led Dining Services to focus on supporting regional produce and purveyors from vendors located in New England to support nearby businesses and economies. The three primary food wholesalers (Thurston Foods, Hartford Provisions and Costa Provisions) all have their office locations in or near the university.

The only steps that Campus Safety can really take is to take note of what has been vandalized or reported as damaged.

SMITH: This time of year, there are always a lot of thefts. Make sure valuables are safe and securing is locked down tight. I'm looking forward to working with the student body.
Many of the challenges that a dining service must face when confronted with the daunting task of feeding almost 1,200 kids a night in Harris are hidden from the college community. For that reason few people realize that food being served in the college has usually been cooked no longer than fifteen minutes prior. Or that because students take so many Harris cops out of the menu and replacing them with hanging food pyramid graphics. The cookies for example that currently contain trans-fat will soon be replaced with more trans-fat free cookie in the program since it launched several weeks ago. The first Senior Giving event alone, held this past Friday’s event, argested hardly any change from last year’s early decision numbers with an increase of nearly 3%, while the majority of selective schools reported substantial early decision applications. Why did Connecticut’s minimal early decision applications. Why did Conn’s remained almost flat.

In response to this criticism, Associate Dean of Admissions and Financial Aid Ann Baiada, University of Virginia eradicated the option to apply early. In terms of finance, it is not possible that Connecticut’s financial aid can be risky for students looking to save time and money. The culmination of the corroboration

Senior Giving
Participation already at 10% after Friday’s event

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What they’ve accomplished so far
The purpose of the Student Government Association is to consider issues and to formulate policies in areas primarily or exclusively involving the student body. Such areas shall include, but not be limited to, matters of social, academic and co-curricular policies. The Association also seeks to provide extended channels of communication, increased areas of cooperation and a greater acceptance of shared responsibility between faculty, administration and the student body in matters of general and academic interests.

As the semester comes to an end, the SGA would like to highlight the resolutions the Assembly has passed so far this year. The SGA has:

- Passed legislation to give off-campus students access to residential houses. Several access cards to off-campus students will be available at the gatehouse until more cards can be purchased.
- Passed legislation to increase the Student Activity Fund to provide additional funds to SAC, Classes, Houses, SGA, and Dean-approved clubs. This has been passed on to the administration, and Dean Briddell approved and submitted the request with the rest of her Office’s budget.
- Passed legislation to fund wood-emblems for each house on campus to encourage house unity and a greater sense of history and tradition as the current “WI” and “WE” system, submitted by the student certified instructor to host an open class on the spring.
- Supported the New Writing Club for the ACL (Above Current Level) process.
- Supported the Compact Florescent Light Bulb resolution submitted by Sprout!, the Sustainable Gardening Club for the ACE (Agriculture, Conservation, Ecology) process. If passed through the ACL, compact fluorescent light bulbs will be distributed at orientations to incoming freshmen. It allows students to contribute to energy conservation on campus and contributes to the College’s core of environmental stewardship.
- Supported the EMT Resolution, submitted by the student certified Emergency Medical Technicians Basic (EMTBs) for the ACL process to fund an EMT training instructor to host an open class on campus.
- Supported the Resolution for Funding of a Connecticut College Summer Garden Manager Resolution submitted by Sprout!, the Sustainable Garden Initiative for the ACL process. If passed through the ACL, this fund would support a summer garden manager to maintain, tend, harvest, and deliver all vegetables, fruits and herbs from the garden to the Connecticut College dining halls during the summer months. This would also allow more crops from the garden to be served in dining halls in the fall and winter because the garden would be properly funded during the summer to allow it to continue in the spring.
- Supported the Filming Selected Lectures Resolution submitted by the Chair of Academic Affairs for the ACL process. If passed through the ACL, selected guest lectures on campus will be filmed and made available for viewing on the Connecticut College website. This would allow students (particularly athletes and those studying abroad) who would otherwise miss certain lectures, gain the opportunity to watch them.

The SGA also passed four continuation to create new clubs on campus.
- Women’s Hockey Club
- Men’s Tennis Club
- Camel Diving Club
- Camelbacks Entertainment
Looking Back
A somber reflection on Fall 2008

DONALD BUDGE '10

It's that time of year again. When the days are getting shorter and the nights are colder, time to sit back in your favorite chair by the fireplace and think about all the great times you had at Connecticut College this past semester, and how the discovery of a treasure buried by the founding fathers on campus after the Revolutionary War changed everything. Scholars maintained the treasure was a myth for centuries until freemason member Charles Chu revealed in his dying words to president Higdon that it was buried on campus. What Higdon didn't know was that the conversation was overheard by Tom Hogarty, and that Nicholas Cage had followed a series of absurd clues hidden in nickels and national memorials lead him to the Connecticut College campus.

The administration made the first move by severely cutting the food budget to free up money for treasure hunting equipment. Tom Hogarty took similar action to buy metal detectors by raising the price of parking tickets and ingeniously issuing tickets for parking in faculty lots during the weekend when faculty members don't come in. However, they encountered a serious problem: no one could search for treasure with students moseying about, especially on weekends. Nicholas Cage solved this by unleashing an army of treasure seeking skunks, which he personally trained to sniff the treasure out, and consequently dig.

Both the administration and campus safety realized that if students didn't have anything to do on weekends they would stay in, making searching and digging much easier. SAC funding was cut accordingly, with strict pressure to make sure there were no fun events on weekends. Suspecting Campus Safety was also searching, Higdon and the administration planned a mandatory meeting with students and Campus Safety to discuss the drinking culture on campus. Effectively shutting the doors of all buildings and removing competition by enclosure, Higdon was free to dig anywhere he pleased.

Things took a turn for the worst when Higdon discovered Hogarty and a team of campus safety officers digging near Cro in a fenced off area under the guise of construction. Higdon immediately terminated Hogarty, telling the public he chose to "step down". Meanwhile, Nicholas Cage destroyed Blaustein's power transformer, distracting the administration while he set up an elaborate network of underground tunnels to avoid detection.

But as Nicholas Cage got closer to the treasure, he set off a deadly smoke trap set by the Founding Fathers, causing the manhole near Knowlton to emit a noxious white smoke for weeks. Overwhelmed, Cage was forced to retreat and wait until the smoke cleared.

With the semester coming to a close and the treasure remaining unfound, I think I speak for all of us when I say we have to find it before Nicholas Cage does and releases National Treasure 3 in theaters. If we can elect Barack Obama, we can find this treasure.

Hey You - Write for Voice
Opinions
Weekly Meetings 9 PM Mondays
CPO 215
Or email: CCOVOICE@CONNCOLLEGE.EDU

Happy Holidays!


Disconnection vs-à-vis Connection

DANIEL O'KEEFE '09

In 2004, social theorist Barry Schwartz published a popular book called The Paradox of Choice, which gives a powerful correlation with the trend toward the reservation of choice confronting those pertaining in the global free market and the proportionate decrease in consumer satisfaction and happiness. In other words, the wake of the satisfaction and happiness our human ancestors derived from the creation of hard-hand of goods has come a self-defeating perseverance over, essentially, how to spend our time freed from industry and an ever growing workforce to find it.

The series, "Much of human prog-ress has involved reducing...the num-ber of peson..." we have to engage in and think about for each of us to ob-tain the necessary satisfaction. And lastly, what has replaced those processes are the means of mass and rapid communication—email, cell phones, texting—which have transform-edsome...to be seen as necessities. This indeed prompts us to consider whether our fears of boredom and time have also been transformed with these innovations; an even more poignant discussion is how these interactions themselves can be seen, where in...true selves.

Regardless of the outcome of this debate, it would behoove the students of which we read...true selves.

If we were to add up all the time we individually spent texting, emailing, or talking on our cell phones, it would be hours that we were bodily in one location, yet in-communicate and emotionally in- another way. Thus, there would be competition over whether hours were really spent in the tangible reality or a virtual one; and there would be argument over whether in this mix our true selves were.
We know finals are tough...

...but hang in there.

The College Voice wishes everyone good luck, and a happy and healthy winter break. We'll see everyone next semester.
Editor: Carolyn Sebasky

Awards-Winning Alum Returns to Conn to Share Her New Acclaimed Novel

CHRIS GREGORY '09

On Wednesday, December 3, critically acclaimed author Tinti '94 returned to Connecticut College for the first time since graduating at the Kligman House of Writing and Moral Vision in 2006. Tinti entered Conn as a Biology major, but, after taking a writing class in creative writing with Roman S. and Marion Weiler Professor of English, Blanche Boyd in the second semester of her sophomore year, she quickly switched over to English with a concentration in creative writing. She went on to graduate in 1994 with a double major in English and art, having won the Abrams prize for best piece of writing and a senior seminar to receive her MFA from New York University's Creative Writing program.

Since then, Tinti has made her way through the literary world, working at magazines including The Atlantic Monthly, Boston Review and Washington Square, and at literary agencies. In 2002, she founded a poetry magazine called The Good Thief, to raise revenues from The New York Times, the Boston Globe, and the Washington Post.

The novel has only grown since then, and, two days before appearing at Conn, Tinti received the John Sargent Sr. First Novel Prize. Politzer Prize winning author, Junot Diaz, who shares a Sparce mention before declaring that it had, in fact, won. Tinti came to Conn to read from her novel, but also attended the class, Seminar in Fiction and featured students on art and structure in stories by telling jokes, reading The Cat in the Hat, and Blanche Boyd and visiting professor, Anne Boyd Ripsom of the Seminar in Fiction all about story structure and

presented the award this year.

"He was meeting with me all night," Tinti said. Diaz, who shares a Sparce mention before declaring that it had, in fact, won. Tinti came to Conn to read from her novel, but also attended the class, Seminar in Fiction and featured students on art and structure in stories by telling jokes, reading The Cat in the Hat, and Blanche Boyd and visiting professor, Anne Boyd Ripsom of the Seminar in Fiction all about story structure and

and the reading award this year.

"Sometimes, I was going to win," Tinti said. Diaz, who shares a Sparce mention before declaring that it had, in fact, won. Tinti came to Conn to read from her novel, but also attended the class, Seminar in Fiction and featured students on art and structure in stories by telling jokes, reading The Cat in the Hat, and Blanche Boyd and visiting professor, Anne Boyd Ripsom of the Seminar in Fiction all about story structure and

The ConnArtists Leave 'Em Wanting More

BECCA SHUBERT '12

A highlight of the night was on Friday November 21 was the performance in Harkness Chapel of the ConnArtists. The performance not only attended our coed cappella group, but also featured a short performance by Western Connecticut State University's Plate By Ear a cappella group. The chapel quickly filled up with students eager to hear the musical talent of each of the ConnArtists's members.

The performance began with "Us," sung beautifully by one of the two freshmen girls introduced into the ConnArtists, Julianne Bergsten. Following Julia's piece came the performance of "I'm Only Dancing in the Sun" by Mike Galullo '10 and Michelle Lichelle '09. To humorously spice up the song, Chris Muscatello "took a guitar from "Guitarhero" and pretended to play during the parts of the song that would have had intense guitar playing in the Weezer recording. The ConnArtists seemed to focus more on alternative and indie songs, whereas Plate By Ear is known for its more known songs including, "I Can See Clearly Now" by Jimmy Cliff, "In My Life" by the Beatles, "Like A Prayer" by Madonna, and

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"Breakfast at Tiffany's" by Deep Blue Something. While the performance by Plate By Ear was very well executed, it was exciting when the ConnArtists's a cappella concert continued on with two Ben Folds songs, one by Corey Lalama '10 and another by Chris Muscatello '10.

The most remarkable piece of the concert was undoubtedly "Hide and Seek" performed by Michelle Lichelle '09, Jackie Smith '11, and Hilary Piech '10. The song was sung very somberly and beautifully, with every note drawn out. The piece left listeners feeling sad, yet comforted. However, any sadness disappeared when this was brought to its end by the more upbeat song, "Don't Stop Me Now" performed by Hilary Lalama '10 and Kate Barber '09.

The ConnArtists worked very hard to perfecting each song, and it showed clearly throughout all aspects of the concert. As always, it was clear that the campus community enjoys hearing the ConnArtists. The group is currently working to create an album for their grid listeners.

Coffee Grounds: A Space For Students

SARAH IWI TRAPID '08 AND ALEXANDRA DUDZIK '12

Having a tough time keeping yourself awake while finishing up that paper during the middle of the night? Complaining about having a decent place to hang out on a weekend with your friends? Interested in listening to live music or viewing fellow students' performances? Well, if your answer is yes to any of these questions, you're in luck. Coffee Grounds has recently opened its doors. It is one of the very few spaces on campus that is purely a student space. Connecticut College has never had an official Student Center, therefore the vision for Coffee Grounds is to be a center for students. Coffee Grounds has been a part of Conn for many years, but this is the first time that the administration has expressed genuine interest in seeing Coffee Grounds thrive. The renovations are already prevalent, and any upperclassmen can attest to, Their motivation is not to take Coffee Grounds out of the students' hands, but rather to provide them with the tools needed to do much more with it than in the past.

The students involved with Coffee Grounds are invested in the space as a center of student culture. They meet weekly to discuss events for Coffee Grounds; in essence, they run the show. Some ideas currently in the words are to have weekly music, monthly art shows, brunches and speakers. The space has already played host to Feminist Majority's very popular Sex Toy and Masturbation Workshop, musician and alumnus Mark Warren, President Higdon and administrator's Presidential Hour, and other house events.

Coffee Grounds prides itself on serving 100 percent fair trade organic coffee, organic and fair trade tea, and tasty Pastries. If you haven't been to the Grounds for a while, it is time to check it out and see how this place has truly evolved. Coffee Grounds is open seven days a week from 7 PM to midnight. There are additional hours on the weekend, when it is also open from noon to 5 PM. The laid back atmosphere is perfect for studying or hanging out with a few friends or even checking out some of the old-school board games. The couches are not only comfy, but made from recycled materials. Coffee Grounds is still a work in progress, but the emphasis is definitely on the "progress." If you are a musician, artist, poet, writer, or have an idea for an event for Coffee Grounds, please contact Ilana at ilana@conncoll.edu or Lily at lilevrefn@conncoll.edu.
"Pick a Little, Takk a Little" Concert Review:
Sigur Rós at London’s Alexandra Palace

SAM HERNDON ’10
staff writer

Describing a Sigur Rós concert is like choosing a college major at the tender, spotted age of thirteen, cajoling your professor into replacing the final exam with a pillow fight, or trying to pinpoint who, exactly, was the missing link in your lineage. Fortunately, you can simply listen to the music, which speaks for itself. Four-man Icelandic pop-ish electronic-ish group Sigur Rós has been described as slow motion, post-rock, ethereal, and minimalist. Their songs are composed in a language called Hopelandic, a hybrid of English and Icelandic (with perhaps a dash of Obama for good measure).

Playing to a sold-out crowd at the massive warehouse-cum-theatre Alexandra Palace, just north of London on November 21, Sigur Rós left none disappointed with their performance. After a substantial opening by Reykjavik post-rock quartet For a Minor Reflection, the main act took the stage dressed in crowns and tailcoats to an ecstatic roar from the audience. They opened with “Svefn-G-Englar,” from the band’s second album, Agaetis Byrjun, and sampled evenly from their recordings throughout the show.

The biggest crowd-pleaser was “Glosoli,” which filled the arena with gorgeous-core “Gobbledigook.” The times when band members sought audience participation didn’t always take off—bassist Georg Holm requested handclaps and sing-alongs (“It’s easy! They’re not even words!” he shouted) that died out nearly as soon as they’d begun. But if the crowd goers had trouble participating in the music, it was mostly because they were too much in awe for manual dexterity.

Even as Iceland’s economy takes a nosedive, artists like Sigur Rós and Björk (sometime collaborators) prove that art is alive and well in the far northern hemisphere. Sigur Rós’ music soars with emotional scales spanning a massive range, gently beautiful harmonies, and the onomatopoeic lyrics that are often more meaningful to listeners than the most spot-on common language poetry.

The group’s newest album, Miðvöld í kveinn valan endalaut ("With a Buzz in Our Ears We Play Endlessly"), contains “All Alright,” the group’s first song with lyrics entirely in English. The tracks alternate between slow opuses that, while impossible to understand, are deeply moving, and hyper-speed ballads of high-pitched, uncontainable joy.

From the crowd’s responses, the venue choice was probably not the best for a group whose performance depends heavily on audio quality and a personal connection with the audience. The indoor amphitheatre at ‘Ally Pally’ was a bit too large for everyone to be able to see, which was unfortunate, given the fantastic visuals. From experimental video, to what looked like family home footage, to a lovely stream of rain just in front of the stage during “Seeglopur,” the effects Sigur Rós used in the concert seemed to focus on ideas of childhood, innocence, and really cool moon rocks. But for all Sigur Rós’s reputation for otherworldly, transcendental music, the combo certainly knows how and when to rock out. “Festival,” in particular, was wholly face-melting.

Concert-goers came from all over Europe to catch the band on their two-night London engagement; the British portion of the crowd was content to sway, eyes closed, to the music, while many of the Scandinavians in the audience stomped and danced to express their delight. There were even some die-hard French fans who had followed the band to each of their European tour dates this fall, and described the shows as “life-changing,” “terrifyingly beautiful,” and "magical, in a completely not-lame way.”

Sigur Rós has stated that their music is very much alive with the spirit of Iceland and reflects their homeland. Last year they jointly released an album and a music documentary film, titled Heima and Heim, respectively. Icelandic landscapes and culture played a large, vertant role in both, and to good effect. One dreamy, ambient, grungy seeking Sigur Rós show will make you an instant megafan, and have you clamoring to take the next flight to Hafnarfjörour: Says singer Jonsi Birgisson, “I think definitely we’d make different music probably if we grew up in Jamaica or something.”

Dance Department Concert Features Faculty and Student Choreography

Static (pictured), opened the concert. Choreographed by senior dance major, Carolyn Rose, the piece dealt with issues of consumerism and the ubiquity of media.
Women's Basketball

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But when the Camels have spread the ground, they have played well. However, they have not been able to do that on a consistent basis. At the end of the season, the Camels could have a potential of 11.5 assists per game, compared to their opponents, who average 14.5 per game.

"Coach (Laura Hargreaves) says we need to focus more on getting the ball around and rebounding. No more 'one-and-dones,'" says Holak.

The Camels have struggled with rebounding so far this season. "Rebounding is our biggest downfall," admits Holak.

Despite their record, the Camels continue to stay positive both in and out of the season and focus on their long-term goals. "We won't face NESCAC competition until 2016 when Trinity visits New London."

Men's Basketball

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when it's running well.

"We want to bring everything that's killing us right now to rebounding the basketball. We're not rebounding well. We're not boxoutng... They tip the ball out off bounds and get their sessions in a zone." When asked about the impact of their lack of height, especially on free throws, Karis said, "At another way. "We're not looking to get a whole lot of offensive rebounds, off free throws. We're just looking to make free throw. It'd be nice to get some of those easy points, but really we just want to be able to set up and get focused. I don't think size will be the beg of a problem in the league."

Though this has certainly been a tough year with exams looming these are the sorts of times that test a team's mental, and their two victories certainly prove their worth as a team. When asked his first asked for his impression of the week, Bernier seemed so they have plenty of time to adjust to their new style before the important games start coming up.

On top of that, the Camels are trying to keep their basketball wagon in perspective and concentrate on their academic goals. "Obviously every season we want to play well in the court, but this year is not to us being ranked in the Top 25 academically in the country," says Holak. "It's a goal we've accomplished past the two years and it's really important if you want it to be sustained."

Last year, the Women's Basketball Coaches Association (WBCA) ranked the Camels #14 on their annual Academic Top 25 Home Kille for NCAA Division II. They were the only NES-

CAC school on the list.

Hopefully as the season progresses, the Camels can continue with their academic success and build as a team on the court."

Freshman Makes Immediate Impact For Men's Squash Team

MARISSA DEMAIS '11

staff writer

The men's squash team opened their Atlantic-10 season against Harvard. While the competition was stiff and the Camels lost five games, there were individual victories for the team. Coach Stanton, Hinten Sigel and Bea Baintbridge left the gym with wins, but the rest of the Camels, including Karis were left with a truly standout performance this weekend. Antosvia was unseeded, and had two huge wins against Noory and Bowdoin.

Antosvia, from Mexico City, is used to winning big games. Before coming to Creece, he won the 2007 US. Junior Open, and a bronze at the Pan-American Games in Guatemala. He has competed across the world on the national level, and played his first international tournament only three years before he learned the sport.

Antosvia never thought squash was hard for his work. He was interested into American football when I was younger, but once I started playing squash I realized I actually liked it. When I watched the really good players I wanted to be at their level and decided to take it more seriously."

He was only eleven, which is considerable old. Not many of the top players start playing at seven. He trained with them and his coaches were Mexican National Under 15 Tournament, only three years after he began competing.

Antosvia credits his hard work for his success. While in Mexico he practiced vigorously throughout the school year and even harder during the summers. He would attend camps and use the JetBlue facility to keep his skills sharp and to keep his opponents from beating him. "If I can out run them, I can't make a mistake and let him get confident that he can beat me," said Antosvia.

Although squash is such a big part of his life, he definitely has his priorities in order. "I want to win some games in the future. Come face me, I really want to get a good job after I graduate. If that happens, I think, then maybe I'll play professional squash."

It is an international Relations and Econ-

ome makes double major. He is also fluent in three languages and is currently taking Chinese.

Camels Take Roberts Tournament by Storm

BEN EAGLE '09

editor-in-chief

While many students were taking Thanksgiving break, burying themselves in turkey or catch up on work, the members of the Connect-icut College Men's Hockey team were making a statement. With their 5-2 victory against Amherst, and then their eventual 6-3 championship game vic-
tory against Trinity, the Camels didn't just knock on the door of the NES-CCAC elite; they kicked the entire door down.

Traditionally, Connecticut College has not been a hockey powerhouse. This year, however, the team finished a 5-2 record since the 2001-02 season, and they have not had a winning record since the 1997-98 season, when they finished with a 574 winning percentage.

The blame for these sub-par results can hardly be placed solely on Con-necticut College's shoulder. The selec-
tory was the Division III National Champion from 2000-2003. As the Douglas W. Roberts Tourna-
ment showed, no two victories are the same. Nelson, Dwyer, Coley, and Amherst are, and have been, a constant fixture in the Division III National Rankings.

The Camels would be happy to meet and have the opportunity to play highly competitive NES-

CAC schools, but no victory made the Camels happier than their 1-0 victory over the Amherst Lord Jeffs. It was the Jeffs of course, who ended the Camels' bid for a NEC

hach for a NEC Championship last year in a thrilling 5-2 overtime loss at Ritz Risk Last March. For the seniors, this victory in the first round of the Douglas W. Roberts Tourn-
a ment was their first defeat of Amherst. The coaches were elated.

Coach Stanton hailed the men's squash team as one of the best teams in the nation. "It was a challenge for the guys to maintain their levels of play as Trinity never backed off."

Junior Mike DelMayo scored two goals for the Bants, but it was ultimately not enough.

Doug W. Roberts Tournament

to show, no two victories are the same. Nelson, Dwyer, Coley, and Amherst are, and have been, a constant fixture in the Division III National Rankings.

The Camels would be happy to meet and have the opportunity to play highly competitive NES-
Men's Basketball Receives Much Needed Rest

Team goes 2-1 in a brutal three games in five days

PETER HEINZ '09

A stretch of three games in five days can be tough any time of year, but as the Camel basketball team can attest, having a three game stretch right before finals is especially trying. The Camels went 2-1, making its record 4-3 on the year. The team is looking forward to some much needed rest. As co-captain Billy Karis explained, "Academically and athletically, it's the hardest stretch of the season. You just go from the library to practice and back to the library. We've got a game on Tuesday [against Salve Regina] that we're hoping to prepare well for so that we can get out of this semester S.S.S.

Though it may not have seemed like it to those who left the Humanity Center in Loomis 101, the team did find itself in a rut, but they were able to make the right cut to get that first win out of the way." The Chicken, the Camels' defense brought them back within three points after a 20-5 run in the waning minutes of the second half. Junior co-captain Shane Bemler explained, "In the Wheaton game we were just missing shots. We really played hard—not hard but smart. It was our best defensive game of the year, and we held them way below their average [points per game]. We were getting good looks, but we just didn't make them."

Two nights later, the Camels went on to pull out the win. As co-captain Karis said, "The difference is focus. Last night [against Nichols] we weren't focused as a team defensively. We were just out of position to rotate defensively all the time, fouling like crazy. We never got to our second rotations even once. When asked whether the team's inexperience was a factor, Karis explained, "It's got a lot to do with youth, but it's also getting comfortable with a load, and then the fatigue factor."

The fact that the NESCAC season is not too far away is not lost on the team, but they do not see any reason they should not be able to compete with every team in the league. When asked what changes the team needs to make in order to succeed in league play, Karis replied, "To win games in NESCAC we need to play crisply on offense, run our stuff right, and make the right cut. When we're running our offense right, I think we'll be pretty tough—one offense is hard to prepare for."

Camel Goalie, Greg Parker is Named NESCAC Player of the Week

MIKE FLINT '11

After leading the Camels to three victories this past week, Greg Parker was named the NESCAC Men's Hockey Player of the Week. Parker stopped 69 of 72 shots in the Douglas W. Roberts Tournament, and finished with 105 saves for the week.

Lady Camels Remain Optimistic Despite 0-6 Start

Photo courtesy of the Athletic Department

It's been a tough start of the season for the Women's Basketball team. Starting the season 0-6 isn't really how any team wants to begin the year, but that's precisely the hole the Camels find themselves in. Despite their record, the ladies are staying optimistic.

"We've had a tough start so far, but we have a lot of potential," says co-captain Rita Holak '10. "We have a lot of talent and we're really athletic. We know we can do better, we just need to get that first win out of the way." A lot of the Camels' troubles so far this season have come from the fact that they are a completely different team from last winter. With only one returning starter and no seniors, it's going to take a lot of time for the team to learn how to play together.

"We're totally different from last season," says Holak. "We lost Kay [Secco '09], so this season we're more team-oriented and spread the ball around more, since we don't have that 'go-to' person. It's a new style."

Senior lead the Camels in scoring last season with 15.3 PPG. So far this year, the Camels' leading scorer, freshman Jennifer Shmill and senior co-captain Emily Cummings, average only 10.5 PPG apiece.

SEE WOMEN'S BASKETBALL

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