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The Loch Ness Monster eats Golf coach



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## MRS DEGREE TEACHES HOMEMAKING SKILLS

By CAITLIN COAKLEY

In an effort to re-claim Hollins' tarnished reputation from loud-mouthed feminazis and boisterous NEFA party-goers, Hollins has created a new program that will give students the opportunity to obtain the most important degree of all, the MRS degree.

"I think it's really important to learn how to do needlepoint and iron shirts," Bronwyn Anderson '09 said. "My goal was to get engaged before I graduated, anyway.

This is a great way for Hollins to help me be the best woman I can be!"

Curriculum will be based on a 1950's "Housekeeping Monthly" article titled



Jenni Austin '08 practices ironing for future classes. Photo by Martha Sadler.

sheets will be lessons involved in the curriculum. Women enrolled in the courses will learn the historical significance of national Steak and Blowjob Day, the

"The Good Wife's Guide," which includes such instructions as "greet him with a warm smile and show sincerity in your desire to please him," and "arrange his pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice."

Cooking, cleaning, and the perfect hospital corner for bedroom

importance of having a hot, home-cooked meal ready every night for the hubby and why Martha Stewart is Jesus Christ reborn.

"My mother always said the way to a man's heart is through his stomach," a sophomore said. "\$32,000 a year is a small price to pay for the knowledge that I can be the perfect housewife!"

Classes on hairdressing and proper Mary Kay make-up application will give women valuable knowledge when it comes to keeping their beau's attention, while also offering a great start for those interested in pursuing a cosmetology certification after graduating from Hollins.

"It's time to restore the class

*MRS Degree continued on page 4*

## HOLLINS PREPARED FOR TERRORIST ATTACKS

By EMILY MARVEL

Officials at the pentagon announced today that terrorists may be targeting college campuses. Although the information gathered has been described as "credible," by the officials, it has also been criticized for remaining "murky and not from reliable sources that could specify which universities."

Deputy Secretary of Homeland Security, Michael Jackson, took the podium in front of the press.

"We here to talk about some threats left on the President's MySpace page," Jackson said. "We have reason to believe that your children are directly in harm's

way."

When pressed for information regarding the threats, Jackson admitted that it cannot be determined if the universities threatened are even in the United States.

When William Yardley of the New York Times asked about the specific wording of the threat, Jackson admitted that the FBI was still working on translating the message from its original Arabic.

"We went to the Microsoft website to see about buying a program and decided we could probably get a better deal on Ebay," Jackson said. "We should know the targets in two to four weeks."

When asked why they did not opt for the rush UPS

shipping, Jackson declined to comment and moved onto the second part of the briefing: the unveiling of the new wrinkle-free nylon and cotton uniforms for American troops. "They even have Velcro," said Jackson.

Universities around the country have taken steps to protect students in the event of a terrorist attack. At Hollins University, the cafeteria staff is leading the charge.

After rumors surfaced that a local terrorist cell planned to

steal cups from the cafeteria for Plastic Cup Bombs (PCBs),

they placed a ban on the Hollins tradition of "cup leakage." An unnamed source in the cafeteria explained that at this university, students take a cup for every day that they eat in the cafeteria.

"Sometimes they fill it with

cereal or soup or ice cream and take it with them. It's a joke here. They say, 'I'll bring it back after class' and that's

*Terrorist Attacks continued on page 5*



Deputy Secretary of Homeland Security Michael Jackson at press conference.

# GOLF TEAM SPOTS LOCH NESS MONSTER IN POND

BY ASHLEIGH KRZYWICKI

The Hollins Golfers had a terrifying practice 3 days before spring break. While the day started off well, with a guest appearance by celebrity golfer Tiger Woods, it ended with the gruesome death of Coach Kim Jones on the sixth hole.

As the team was warming up before practice, Elizabeth Almond '08 spotted Tiger Woods in the clubhouse.

"It took me awhile to get over the shock of seeing him here in Roanoke, but he was delighted to hit a few holes with us," Almond said.

Practice began with the group taking pointers from the legendary golfer, but mostly they stared at his impressive drives and extreme accuracy.

"It was so cool to see him play in person," Almond said. "I watch him on TV all the time. I really admire his ability to be so calm when he's out there."

It wasn't until the sixth hole that Mandy Dziejulski '07 saw her ball get swallowed up by some loch

ness-esque creature that was lurking beneath the still waters of the man made pond.

Woods backed away quickly from the edge of the pond after witnessing this extraordinary event.

"I didn't know there was more than one of those things," Woods said after the incident. "There was something similar that kept me from winning the U.S. Open last year. It was much bigger though."

Coach Kim Jones, however, was not as lucky. As she inched closer to the edge of the pond, a splash of water came rising out of the center.

"All I saw was this giant thing rushing out. It was huge. Next thing I know Coach Jones's feet were sticking out of the water. Then she disappeared." Dziejulski said, sobbing into her golf towel "I'm scarred for life, I don't think I can pick up another golf club for as long as I live."

Although Woods left quickly after the first sighting, he expressed his sympathy for the team members.

"I felt bad for the girls, but I

couldn't risk having a losing PGA season so I headed back to the clubhouse," he said. "I figured maybe Mr. Camp [the general manager] could help us out."

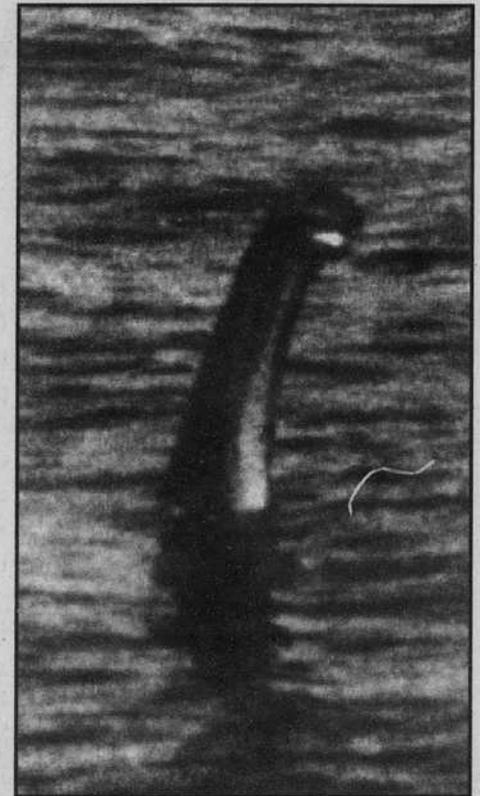
The general manager of Ashley Plantation, Sam Camp, had no comment on the event although gave everyone a refund as well as a free lunch.

Suddenly without a coach and with one Tournament left to go for the season, the Hollins golfers found themselves in a difficult situation.

"I just hope we can find someone to fill the void that coach has left" Almond said as the ambulance pulled away. "She will be hard to replace."

Moments later, Woods agreed to guest coach for their April Tournament.

"I feel bad for these girls. Some of them are great golfers and I feel it would be bad karma if I didn't help out, it's the least I can do," Woods said.



The Loch Ness monster surfaces for a breather and to eat human flesh.

## HOLLINS STUDENTS STRIP TEASE TO SUCCESS

BY RACHEL VAUGHN

Hollins University has suddenly seen a burst of student interest in the physical education program.

On February 13, the famous Carmen Electra agreed to come to Hollins as a temporary instructor for a new strip aerobics class.

Because of the success of her 2003 video, "Carmen Electra's Aerobic Striptease," the Hollins staff believes she will be the perfect model for the



Carmen Electra warms up for a lap dance. "The Hampden-Sydney guys are going to love this!" She gushed.

students, as well as a great incentive for them to get to the gym.

"Strip aerobics is the

hottest new exercise sensation across the world," said "Self" magazine. New research proves that strip aerobic exercises burn more fat than any other type of aerobics. With an hour-long workout three days a week, a person can lose up to thirty pounds within two months.

Participants in Carmen

Electra's class will learn how to tone and move their bodies, give seductive looks, build long, lean muscles, toss hair, burn fat, and have fun. However, the model explained that the most important aspect of the class is the building of confidence.

"The lack of confidence in today's young women is the most disturbing thing I've seen in a long time," Carmen Electra said. "I hope that by having the participants in the class discover their bodies, they will gain confidence and view themselves in a more positive manner."

There will be a great

deal of self-touching, and the class will end in lap dancing. Participants will be expected to shed clothing, but no one will be forced to shed more than she feels comfortable with.

"I can't wait to show off my new moves when I go to Hampden-Sydney next weekend," one student said.

Registration for Carmen Electra's strip aerobics class will take place on April 20-21 in the Green Drawing Room. Class space is limited, so come early!

# OUT WITH SODEXHO, IN WITH FOOD NETWORK CHEFS

BY ELIZA BROADDUS AND KIMMIE  
LOCKETT

For months, angrily scrawled writing has filled the comment cards in Moody dining hall. "Where have the regional chefs gone?" "Is it healthy to consume 2,000mg of sodium per meal?" "Why does a baked tofu ball have 54g of fat?" The sheer volume of comments such as these has been weighing on the minds of Hollins dining services administrators for awhile.

Dining services has made some changes in order to appease students. A new selection of healthy foods has now become an option, the pizza is available to both vegetarians and meat-eaters, and the corn is no longer swimming in butter.

However, complaints are still frequent amongst Hollins' picky eaters. It seems as though students have more sophisticated palates and want their needs met.

"While the food has changed slightly, I feel that it needs to change dramatically to really make a difference," said one anonymous student.

With these growing complaints from a hungry student body, the Hollins administration has decided to break their seven-year contract with Sodexo Food Services. The decision was made last week when the amount of displeased comment cards on the bulletin board reached massive and unmanageable proportions.

"We're adults now! We want roast lamb, not grilled cheese!" read one unsigned card.

It has been confirmed that, starting in April, Moody dining will be in the hands of two successful and talented chefs for the remainder of the school year. Hollins will be welcoming Food Network chefs Emeril Lagasse and Rachael Ray into the hearts and stomachs of students on campus.

Moody's generic chicken patties and common salads will be replaced by filet mignon and crab legs. Dishes are anticipated to be more tasteful, in every sense of the word.

"We stood up for all the students and voiced what they really wanted out of their food," said a SGA member.

Emeril is a Food Network powerhouse, mainly known for his show, "The Essence of Emeril". His



Rachael Ray will also be attending Carmen Electra's stripper aerobics classes while she is on campus.

enthusiastic and interactive cooking style is sure to be a hit with the women of Hollins. Emeril even plans to film one of his shows in Moody with the students as his studio audience.

Rachael has made her fortune from playing up her all-American image, and has offered to teach a short-term class next January, with course material based on her 30-minute meals.

Once the new plan is premiered, the students should expect classier, more upscale dining options, such as shrimp in cocktail glasses at least every week, lobster tails Tuesday and Thursdays, caviar as spread for toast, and for



Emeril prepares a special dish for Hollins students. Looks tasty!

vegetarians, shitake mushrooms and truffles. Rachel and Emeril have stated that they are accepting suggestions.

If this new plan does not please students, Hollins administrators will consider a plan to make the 1st floor of every building dedicated to live-in chefs, trained by Emeril and Rachel.

Emeril and Rachael are both excited to be taking a break from their hectic show tapings to settle in the Roanoke valley for a few years. Look for the pair around campus, as they will be coming to Hollins beginning April 1st.

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# CAMPUS TAKES UP CAUSE TO FREE SPEARS AND LOHAN

BY NYKKI DULAR

The New Year often brings to mind confetti, sequin tops, and booze. But alas, among this strangely effective combination are the dreaded New Year's Resolutions. This year, the world was truly shaken to its core, as it was forced to question its morals, laws of physics, and even taste in the celebrities it idolizes: early in the year, both Lindsay Lohan and Britney Spears went into rehab.

Soon after the world got over its denial phase of the Five Stages of Grief, Hollins decided to lead the world in its revolution, and started a letter-writing campaign to support the talented celebrities in their recovery.

"They're like, really important," one Hollins student and Lohan fan said. "I mean, how am I supposed to know how skinny to be now?"

Indeed, where will youngtweenage prepubescent girls learn to bare their sparkly-pierced navels, begging us to unapologetically hit them baby, one more time?

Other students voiced their



President Nancy Gray visits Britney Spears in rehab to show support. Photo by Monica Villa.

concerns with the welfare of each starlet: "If Britney stays in rehab there will be no pictures of her and no one will even know that she exist," a sympathetic sophomore said. "No paparazzi at rehab? Those are primo pictures! Let's face it: she's not famous

for her music."

And Lindsay? "Lindsay is just really photogenic, okay? That's not her fault," she added. "The way I see it is that each issue of Us Magazine is like a new film, only like, stuck in time or something. Really what I'm saying is, her film career would be over. We need to get her out of there. And pronto."

However, there is speculation that Spears and Lohan might be in rehab not to clean up their acts and hair, but rather, as one freshman enlightened us, for the sole reason of being able to party more efficiently:

"Look: the more you drink, the more you can drink without like, throwing up and being gross and stuff, so like, that means you have to buy more drinks which is like, 'Crap!' you know?" said one student who wished to be known solely as "The Party Prat". "So what I'm thinking is, they just want to clean out their systems enough so that they don't have to spend as much on like coke and shit. It makes sense: you do the math . . .

No, really, you do the math- I totally failed trig in high school."

No matter the reason, Hollins students are passionately involved in getting these brave heroines out of their rehab facilities of choice: Spears, at Promises, and Lohan, at Rainbows and Puppy Dogs.

The campaign, spanning a total of 6 weeks of 24/7 letter writing, caused many chipped acrylics and mascara-smudged eyes, but also produced over 2,200 letters and a new weight loss program at Hollins (pamphlets can be picked up next to the dessert table in Moody).

"I'm really proud of what we've done", the Hollins Save Spears and Lohan Committee president said. "Even if they go back a couple months after they get out, I still really feel like we've made a difference in the world".

Only time will tell, as Spears left Promises in January, and Lohan followed suit in February. Shakespeare said it best: "Beware the ides of March."

## 50% OF OLSEN TWINS ADMITTED TO HOLLINS

BY HARDIN POWELL

News of Mary-Kate Olsen's acceptance for admission into next year's freshman class came as a shock to Hollins students and staff.

After the information was leaked by a work-study student in the admissions office, talk of the acceptance spread throughout campus like wildfire.

The reaction of the student body has been mixed, but at least one senior is thrilled. "I am super excited. I have been a huge fan of the Olsen twins ever since I saw my first episode of 'Full House' when I was in elementary school," she said. "I was so proud of Mary-Kate when I heard the news that she was taking control of her life by seeking help for her anorexia. My only disappointment is that I will be graduating, but at least I will get to see her when I come back to visit Hollins."

Olsen, or Thing One as she is also known, recently completed treatment at a clinic that



Mary-Kate goes shopping in downtown Roanoke.

specializes in eating disorders. After her discharge, she was encouraged by specialists to return to school as part of her long term treatment.

Since the actress spent so much time out of school doing movies and TV shows, her high school GPA was a underachiever's 2.0. As a result, many Hollins students do not believe Olsen should have been granted admission.

"There is no way Mary-Kate should be allowed to come to Hollins next year," said Monica Villa, '08 "She simply doesn't meet the requirements required for admission. And on a personal note, she hangs out with creepy guys like Stavros Niarchos. I would not feel

comfortable with boys like him hanging around in the dorms."

Despite mixed sentiments among students, at the time of press, Olsen has been accepted and plans on beginning her Hollins career on August 23.

*Mrs Degree continued from front page*

that Hollins used to have," President Nancy Grey said. "Hair flipping and apron-wearing, barefoot and pregnant in the kitchen - that's what being a woman is all about."

Books on the required list are few, as program directors and professors feel that reading is a frivolous way for a woman to spend her time, but magazines are a must. "Better Homes and Gardens," "Good Housekeeping", and "Modern Bride," will all be on the required reading list, with a weekly test on the most recent "10 New Ways To Please Your Man" article in "Cosmopolitan" magazine.

Enrollment will be open for spring semester 2007. Admissions staff predicts that this will be the most popular major yet.

# THE GAVEL SHARES HIS LIFE STORY

BY SARAH MANN

*Thwack!* "Name and title!"

Anyone who has sat through a meeting of the Hollins Senate this year has surely heard Anna Savage Moncure ('07), the "Gavel Girl," wield her gavel in response to those who neglect to mention their name and title while speaking during Senate proceedings.

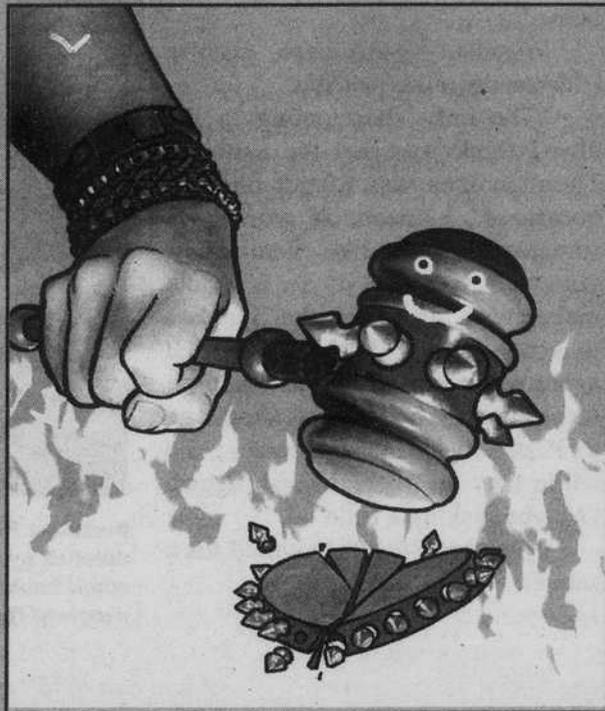
This order keeping instrument is a story unto itself: unbeknownst to the general Hollins community, the Senate gavel has a long and glorious history.

Born to a large oak tree of good standing in southern Norway, the gavel started out as a tiny sapling in central Italy around 40 B.C.

"I had a great childhood," the gavel said. "I was right on the bank of the Tiber and the squirrels were absolutely amazing."

Things changed when the Romans needed more wood to build ships for their navy. The gavel's tree was chopped down in the year 26 and cut into ribbing for a merchant ship named the *Widus Vaginus*.

"The trauma was horrible," the gavel revealed, an emotional sob in its voice. "Being cut down hurt terribly, and the mental scars lasted for awhile. I was bitter for the longest time."



The gavel at work during an SGA meeting.

The wood which would later become the Senate gavel remained a part of the ship's ribbing for five years. During this time, it struggled to come to terms with abuse it had endured at the hands of the Romans.

"It took me a long time to get over my rage and let go of the hatred," it said. "Being alone on the sea gives you a lot of time for reflection, thought, and gradually I accepted my life."

The gavel sailed as a part of the *Widus Vaginus* until a storm wrecked the ship on the coast of modern-

day Israel. The wreckage was salvaged by Jacques Shytte, a Gaulian living in the area.

The wood was utilized as a doorframe in Shytte's Jerusalem home. "I was part of the entrance to the kitchen," the gavel said "It was a nice life, but not very exciting."

There was one noteworthy event during this period in its life, however. "Jesus came to visit one day and he hit his head on the doorway," the gavel said. "You read about all of His miracles in the Bible, but I don't think it's ever mentioned that he had a habit of hitting his head on low-hanging doorframes."

The following years were pretty uneventful. "Not much else happened for a few decades.

The house was torn down and I spent quite awhile locked in a storage shed," the gavel said about its life after being a doorframe. "When I was taken out again, the Crusades were in progress and I ended up on a ship back to Europe." The wood that would become the gavel made rounds throughout the continent, always ending up in interesting places.

"I was used as a beam in a German serf's hut, and then as part of a barricade during the Battle of Hastings," the gavel reminisced. "Let me tell you, William the Conqueror is a stone cold son of a gun."

The wood resurfaced as part of the *Mayflower* and was later used as part of the scaffolding on which people were hung during the Salem Witch trials. It made its next appearance as a support in the Pennsylvania State House, where it was witness to the writing and signing of the U.S. constitution.

"Ben Franklin was definitely the coolest delegate ever," it remembered. "He just didn't care; he slept if he felt like it. But he was a big part of the process, don't get me wrong. Just a really tremendous guy."

The supports of the State House were removed sometime later, and the gavel was finally fashioned into its current form.

"It was nice to finally have a shape instead of being a random block of wood," the gavel said. "It gives your life a whole new meaning, a whole new purpose."

Charles Lewis Cocke procured the gavel in 1853, recognizing the historical value of such an old piece of wood and its usefulness in student government. "Nice guy," the gavel said of Cocke. "Got a good eye for wood, that man."

After all his travels, the gavel's favorite instance in history? "Being at Hollins, of course," it said. "You just can't beat Hollins women. They're an incredible group of people."

## Terrorist Attacks continued from front page

part of the tradition too."

At the end of the year, students celebrate by returning approximately 270,000 cups to the tray drop. But after the news about dangerous potato, broccoli, or corn-loaded PCBs, the cafeteria staff decided to only allow paper cups to leave the cafeteria.

"Our first job is to serve healthy, nutritious meals," a source told the Hollins Columns. "Our second job is to rid the world of evil."

Campus security at Hollins University has also taken step to prevent possible attacks, employing two PCB-sniffing dogs.

"We have one stationed at the

cafeteria and one at the gates of the school," one officer said.

Starting next month, students will no longer be able to bring their shampoo or liquid foundation in the cafeteria. A recent press release by security officials stated, "This is an area where hundreds of people gather every day and we want to make sure no

terrorist can take advantage of that."

Students will be asked to remove their shoes for x-ray and all liquids must be in containers no larger than three ounces. The university has not said whether or not students drenched by more than three ounces of rain will be allowed into the dining facility.

# "300" FILM EMBRACED BY REPUBLICAN PARTY

BY EMILEIGH CLARE

President George W. Bush has a new favorite film.

"Ya'll should all check out that new movie 300," he said in a press conference on Friday. "I think it's really relevant in this day and age, good vs. evil, Spartans vs. Iraqis. I mean Persians," he said after an FBI agent whispered in his ear.

"All the heathen killing was pretty sweet," he said when asked what he thought of the violence. "Don't get me wrong... I don't approve of violence, it ain't Christian. But every little bit, even the close-ups of slo-mo decapitations had meaning, symbolizing a triumph over the Godless terrorists."

Other Republican viewers said the historical accuracies were another highlight, even though many of the scenes were straight from the pages of a comic book, not the actual battle.

"Many people don't know this but

the Persian king Xerxes was really 6 feet tall and dripping with piercings... gross right? And his army really did charge the 300 slaveless Spartans with rhinos and elephants... all the way from India... transported on boats that were in the sea for months," a Hollins Republican said in an email.

While the film has been met with open arms by Republicans as a faithful adaptation of historical events, others say that it's just a film about a comic book.

"I think it's ridiculous to use this film as propaganda," one student said, but she was afraid to be named because of a recent addition to the Patriot Act that makes it a crime to disagree with the President.

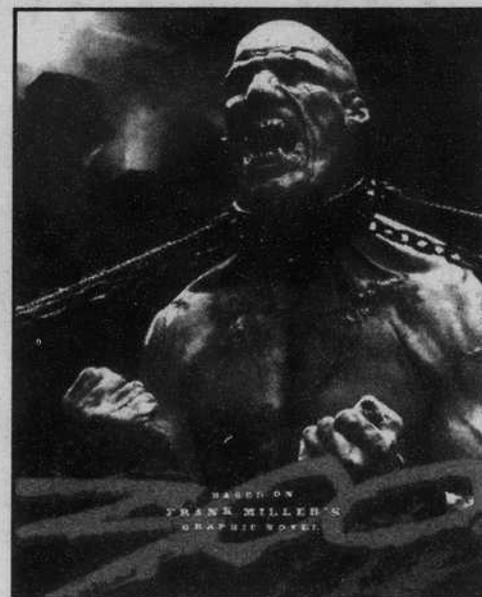
"Please, don't tell anyone I said this," she added, dropping her voice to a whisper. "I hear the CIA are throwing people in bottomless pits in honor of the Spartans if they disagree about this movie. But it makes no

sense to me. For one, the Spartans were defending their country. Not war-mongering in someone else's home."

President Bush has already addressed similar protests.

"The only shortcoming in the film I think was that the battle of Thermopylae was fought on their homeland. I mean, if you have something great like democracy, you want to share it. So it would make more sense for the Spartans to go to Iraq..." here the the FBI agent whispered in his ear again. "I mean Persia. The Spartans should go to Persia to spread democracy, and while they are there," he shrugged. "Maybe pick up a little oil."

President Bush then called for a sequel.



President Bush said that the film "300", directed by Zack Snyder, based on a comic book by Frank Miller, depicted the people of the Middle East truthfully.

## THIS SPRING: FUGLY IS THE NEW BLACK

BY KADYROSE QUIGLEY

With the onset of each new season, many women look forward to the chance to stock up on the newest clothes featured in store windows and on runways around the world. The excitement of buying and owning the most current fashions is a feeling many love and look forward to. But the uncertainty of what exactly are the current trends can rain on the parade.

Fret no more. Below is a comprehensive guide to the hottest trends, coolest clothes and marvelous must-haves of the season.

Working from the bottom up, shoes are first on the list. Forget Manolo Blahniks, Stuart Weitzmans and Jimmy Choos. This seasons "it" shoe is none other than the timeless Teva sandal.

The patterned Velcro straps gliding across your feet and behind your heel create an elegant look that can be worn with almost any ensemble, from classic



80's fans, Madonna's cone bra is back in vogue.

evening looks to a put together day outfit. For added points on the hot-meter, pair with your favorite white socks and hit the pavement!

Next comes bottoms. Skirts and jeans are last years news. This spring and summer, sporting denim overalls will put you on the fast track to best dressed. Practical, comfortable, and durable, overalls are a versatile must for your wardrobe.

When it comes to tops, it's all in the details this season. Cone bras, tons of ruffles and bows are all the rage. Those out of the loop may think of their elementary

school days when Madonna and New Kids were the hottest on the block. But those in the know see the stylish wow-factor of these stunning details. And remember, the bigger the better – and that applies to sleeves, poofs and shoulder pads!

Finally, for accessories and makeup. Be sure not to skimp while applying the seasons new eye shadow colors. Whatever your choices, a heavy coat

will ensure it lasts all day. And paired with a bold magenta lipstick, it will make all the heads turn on campus!

For hair, thick scrunchies are a staple, as are big bands and plenty of hairspray.

In the end, while shopping for your new fashion items this year, just remember that there is no such thing as overdone and those who poo-poo this columns advice are simply out of touch with what is truly flattering, stylish and trendy! Happy Shopping!

Teva sandals are perfect for those going for the hobo-chic look.



## THE STRAIGHT AND NARROW PATH

Every weekend when my friends and I go to parties, we always have to deal with some lesbians coming onto us—a wink as they pour a drink, a suggestive smile during a conversation, touching my shoulder and leaning close. It's creepy!

Are lesbians like cats? Can they sense the person in the room who hates them the most, and chooses that person to cuddle with?

I don't know how else to explain it. I mean, none of my friends or I wear mullets or flannel shirts on a regular basis, so it's not like we look gay.

And that whole drunken make-out session last week? Guys love that stuff! There's no better way to get male attention than to pretend to be a lesbian!

You know what bothers me even more than lesbians? Girls who claim to be bisexual. There's no such thing as being bisexual! You're either straight, or you're gay. It's completely absurd to consider that sexuality may be fluid, or that a person may not be limiting herself to one gender



**Caitlin Coakley**  
Co-Editor-in-Chief

simply because it would be more convenient for society to label her one way or the other.

You know, one of my friends just found out her roommate was bisexual. Even since then, she told me that she keeps seeing the roommate giving her these looks. Whenever my friend changes clothes, the roommate is either watching her lustfully, or staring at the computer screen in an attempt to control herself.

She's trying to seduce her. It's just creepy.

So while yeah, occasionally you may see me or my friends in a passionate (if uncoordinated) embrace with another girl on a couch at a NEFA party, but that doesn't mean she's gay.

Not that any of my friends or I hate gays, mind you. I write gay fanfiction and read yaoi. I just think that they should keep it to themselves.

What would a visiting student think if she came to the campus and saw two girls holding hands? That we're an open and accepting environment here at Hollins? We can't have any of that. Next thing you know we may start admitting black people, and there goes the neighborhood.

## Staff Spring 2007

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## COLUMNS COMIC: SMOKERS VS. CAPT. SQUIRELL



# HOLLINS WINS DIVISION III BASKETBALL TITLE

BY AJ MATSGRL

Due to several misunderstandings of multiple regulations in the NCAA, all of the 54 teams sent to the Division 3 NCAA tournament this year have been disqualified. Hollins is now the NCAA D3 basketball champion.

Lia Nilsson, the Director of Division 3 athletics, called the Athletic Director of Hollins, Lynda Calkins, during spring break to inform her of the news. Calkins could not comment because she was so overwhelmed with excitement she didn't know what to say.

The Hollins University team had a 100% turnaround from last year this season, and had hoped to continue to grow in the upcoming years.

Over 75 teams were disqualified for various reasons. The front runners in this year's tournament were the most astonishing. Mary Washington University, a fellow Virginia school, was debarred because the team's mascot, the eagle, has recently been banned by NCAA because it insults the country



The Basketball team shows off their Division III awards.

withdrew their claims on the title.

The Washington University Bears was one of the two teams to make it to the championship game. They were sanctioned for two different infractions. The first was the NCAA's shorts rule. All women student-athletes must wear shorts of a certain length and two of the Wash U. players had shorts that were too long.

The second violation committed by the Bears was by their coach. A coach is required to wear one of the team's colors during a game. The Wash U. coach was not able to produce any article of clothing that he was wearing during the final game that was green

if they lose.

New York University, one of the final teams, would be the champion, but there is a reported rumor that they paid off the officials in the quarterfinal game. Although there is no proof of this allegation, the NYU representatives

or red, and he and his team was punished for it.

The Depauw Tigers, the would-be national champions, had an impressive run this season with a 31-3 record. They lost their title and their trophy due to suspected illegal studying.

The teams involved in the basketball championships are not allowed to study during their trip. A source informed the NCAA that at least six of 16 players on the Depauw team were studying one afternoon during their stay in Springfield, Massachusetts.

Hollins University has always worked very hard to follow all of the rules set forth by the NCAA and it has paid off.

"I always wanted to win a national championship," Senior Captain Ashleigh Smith '07 said. "This has been a really great surprise."

Head coach Richie Waggoner hopes the new title will improve team morale.

"I had had a wonderful season with these ladies," Waggoner said. "I thought we had really improved, but to now have a national championship, I just think that will push us to work really hard to bring back another one."

Next week, Hollins plans to hold a ceremony to honor the team. Miles Brand, the President of the NCAA, may even be making an appearance at the ceremony to commend Hollins for abiding by all the rules that make the NCAA so special.

## FITNESS TIPS FOR BIKINI SEASON

BY KADYROSE QUIGLEY

Bathing suit season is gearing up, with temperatures reaching 80 degrees in the last week. The question is, are you ready for bikini season? Below are some great tricks to try to make sure you are healthy and looking fab in your summer clothes!

### Health Tip:

Everyone has heard the saying "if it is too good to be true, it probably is." When it comes to health and fitness however, that saying can go out the window, according to new research. In a recently released study, it appears that a miracle diet has been discovered.

The diet, which focuses on eating three meals of heavily fried foods along with 6 small snacks high in

sugar and trans fat each day, seems to be working wonders on people of all ages, races and sizes who try it.

In clinical studies, one group of people followed a diet similar to that suggested by the FDA, with balanced portions and servings of fruits, vegetables, grains, meat and dairy. Another group followed the new "miracle diet", eating heavy amounts of fried, sugary and trans-fat foods. After 3 months on the diets, participants of the first group lost an average of 3.5 pounds. People on the "miracle diet" lost an average of 23.7 pounds. They also had improved acne, blood pressure, cholesterol and increased their amounts of second dates by 77%.

This diet beats all others in average weight loss and health improvements. So be sure to stock

up on French fries, fried Oreos and ice cream. Your body and health will thank you!

### Fitness Tip:

This month's focus for fitness is getting your heart rate up to maximize calorie burning potential. While running, aerobics and other popular forms of cardio are decent choices, there is one exercise you can do to replace all others and burn three times as much fat. It is simple, low impact and easy to follow.

First, gather your favorite chip. Next, seat yourself in a comfortable position on a bed, couch or other reclining seating device. Finally, relax



The Columns' fitness expert practices what she preaches. Photo by Martha Sadler.

while snacking on those chips. Studies have shown the practice of relaxing and the happiness that accompanies the relaxation combined with the crunching and chewing motion of eating chips burns 3 times the amount of fat running

for 45 minutes does. Enjoy those Doritos!