The Grizzly, November 16, 1993

Sue Boyer  
*Ursinus College*

Mark Leiser  
*Ursinus College*

Melissa Chido  
*Ursinus College*

L. Eric James  
*Ursinus College*

Amy K. Davenport  
*Ursinus College*

See next page for additional authors

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A Message from the Class of '97 -
The freshmen finally surface

BY SUE BOYER
Of the Grizzly

Red, Gold, Black, '97 is on track...Red, Gold, Black, '97 is on track...Yes, this is the chant the freshmen class has put forth as the newcomers to Ursinus College. With the elections of the new freshman class officers and representatives and the numerous activities already on the go, the class of 1997 has certainly taken it's first step into helping Ursinus College become the well-rounded, exemplary institution that it is already known to be.

Under the advisement of Dr. Nicholas Berry, Chairman of the Politics Department, the 1993-94 class officers are: Heather Kerlin, president; Karen Tyson, vice-president; Wendy Sands, recording secretary; Julie Melusky, corresponding secretary; Chris Deussing, treasurer; and Rocco Iacullo and Nick Bildzukewicz, class representatives.

The freshmen class has already accomplished the traditional Homecoming task of decorating the football field. In addition, the freshman class sponsored their first fundraiser last Thursday, November 11. The fundraiser, a date auction, brought in over $500 dollars which was matched by AFAC bringing the total to $1000.

Future projects are already planned and include decorating the Christmas tree in Wismer for the holiday season, in order to stress the importance of academics, a Dorm Scholarship will be awarded to the dorm with the highest GPA, a newsletter, and finally, candygrams for the holidays such as Valentine's Day, etc.

Heather Kerlin, class president, has taken on a tremendous task. When asked why she chose to run for class president, Kerlin said, "I was impressed by our class at the Academic Convocation in August. I feel our class possesses a lot of potential and I, along with the other officers, feel that I will be able to help us to use that potential."

The Crunch is On

BY JENNIFER DIAMOND
Editor In Chief

Do you feel overwhelmed? If you do, you may be happy to know that you are not alone. Students all over are feeling the pressure of the end-of-semester-squeeze. Papers are due in most classes, tests are lurking just around the corner and that pile of History books that has been sitting in the corner of your room needs to be picked up, dusted off, and opened - yees! Yes, that's right, procrastination time is over! If you haven't already, now is the time to hunker down and finish all of those assignments which have been haunting you for the past months.

I'm sure you are all aware that Thanksgiving break is in a week and Christmas vacation is just barely a month away. However, in the few short weeks between these two holidays there is much work to be done and many exams to be taken (exam schedule to appear in next week's Grizzly). But if you organize your time and get down to business, you might still have time to bring up those borderline grades.

HANG IN THERE! Ursinus College Christmas will be here soon and, before you know it, you'll be toasting the beginning of a new year with your family and friends.

Whitman Denies Allegations

BY MARK LEISER
Of the Grizzly

New Jersey Governor-elect Christine Todd Whitman has denied claims that payments to suppress the urban and mostly black vote in the recent state governor's race were made from her campaign funds. The allegations were made last Tuesday by her campaign manager, Edward J. Rollins Jr. Rollins later apologized to Whitman and retracted his statements.

Mr. Rollins did admit this was not the first time his words have put him in the middle of a political controversy, "However, he said, "it is the first time that my desire to put a spin on events has crossed the line from an honest discussion of my views to an exaggeration that turned out to be inaccurate. I went too far. My remarks left the impression of something that was not true and did not occur."

Representatives of black ministers and churches responded with outrage to the idea that their political vote could be bought, requesting proof that the payoffs had been made. Even Rollins' apology didn't ease tension with the black church, as they said he had still done "irreparable harm to the image of the black church, a keystone of the black community tradition and pride."

Rollins' remarks also embarrassed members of the Republican Party at the national level, "he has been trying to suppress the feeling that they are a 'white people's party' that has a history of practicing "electoral dirty tricks."

Fundraiser to Benefit Cancer Patients

BY MELISSA CHIDO
Assistant News Editor

The sisters of Tau Sigma Gamma are sponsoring a service project. They will be collecting donations for the Oncology Center at Princeton Medical Center. All donations will be given in the name of Ursinus College.

The Oncology Center is for adult cancer patients; anyone over the age of 18. The average age of patients in this particular center is 60 years old. The patients, along with volunteers, are trying to create a recreation room called "The Oasis." It will be cared for and be the responsibility of the cancer patients themselves.

This recreation room is needed to help patients relax after undergoing chemotherapy, monthly treatment usually following surgery for the removal of cancer. On average, their stay is three to seven days. Unfortunately, during this time, the patients to not receive many visitors. Therefore, they are trying to help themselves recuperate and feel relaxed while in the hospital.

Hopefully, through this, the Princeton Medical Center will be able to organize more recreation rooms, especially on the pediatric floor. Through this type of recreation room, the lives of the patients are sometimes prolonged because of the comfort they find there.

Tau Sig is asking for donations from faculty, administration, and students. Those items being requested are: books, video-tapes, music tapes, cards, adult games, puzzle books, art supplies (colored pencils, markers), writing paper, pens/pencils/cardtables, Walkmans, and seasonal decorations. There will be contribution boxes in Reimert 201 and 206, the Quad, and in Lobby A in Wismer. Those in the Quad and Wismer will be emptied daily. We will be accepting donations until December 10. Donations received before November 24 will be given to the Oncology Department before Thanksgiving. If you have any questions or you wish to donate something not previously listed, please contact Melissa Chido (489-6784), or Kara Smith and Krissy Teufel (454-0183). Any help is greatly appreciated.

THANKS

Security Officer Cyndi Zerr wishes to thank her Ursinus College friends for all of the cards and get-well wishes they've sent her during her extended convalescence. They mean more to her than she can ever express.
Global Perspectives

BY MARK LEISER
Of the Grizzly

International
- A bus filled with American and Canadian tourists ran off a highway and down an embankment killing ten people and injuring dozens of others. The crash took place about ten miles west of Canterbury.
- Prime Minister Yitzhak Rabin of Israel has contacted President Bill Clinton concerning the prison term of an American Jew convicted of spying for Israel in 1987. The spy was sentenced to life in prison, but Rabin has requested that the sentence be shortened.

National
- To nobody's surprise, both supporters and opponents of the North American Free Trade Agreement are claiming victory after the debate between Vice-President Al Gore and Ross Perot. The debate, held on the CNN program "L arry King Live", was designed to present both sides of the accord as the vote in Congress nears.
- A recent study has shown that captopril, a drug typically used to treat high blood pressure, also dramatically reduces the progression of kidney failure in diabetics.
- A new ruling in the Supreme Court has broadened the definition of sexual harassment and will make claims of this violation easier to prove. The ruling will allow accusers to win suits without having to prove that the offensive behavior left them emotionally or psychologically damaged.

Local
- New Jersey Governor-elect Christine Todd Whitman has denied reports that her campaign paid off voters (specifically blacks and other urban voters) in the recent state race for governor. Whitman's campaign manager, Edward J. Rollins Jr., made the claim one week after the election.

Does Date Rape Exist at Ursinus?

BY MELISSA CHIDO
Ast. News Editor

There have been many requests for news relating to the Ursinus campus. Rather than writing about a news-worthy event on campus, this article is about an issue that may possibly, and probably does, occur on campus: rape. Though there are no reported cases of rape on campus, that does not mean it does not exist.

Rape is defined as "the sexual act of aggression to another person without consent of that person." Both men and women can be raped, however, only 10% of rape victims are men.

Acquaintance rape is a controversial issue that has begun to rise in the past 20 years. According to some studies, there are different types of acquaintance rape. Each type is described as arising at different stages of a relationship.

A true definition of acquaintance rape is "all cases of forced sex between people who already know each other, whether they are dating, co-workers, neighbors, friends or someone the victim says hello to everyday."

Acquaintance rape is not about misunderstanding, nor is it a communication problem. Essentially, rape is rape, no matter who does it.

Rape is not just a physical violation of a person, but is also the maiming of the spirit and emotions. One of the problems that occurs with the issue of date rape is that no one wants to talk about it. Unfortunately, the attitude of many people is that if they do not think about rape, it's not there.

For those individuals who feel that they have been raped, whether it be by someone they know or not, there are ways of getting help. It does not matter when the rape occurred. A study showed that 43% of victims who had not realized they had been raped and redefined their past sexual incident as criminal. It is never too late to realize that you have been raped. You can seek help from Studio Cottage or they can give you information on hotlines. Another source to go to is the Yellow Pages, and look under the heading CRISIS INTERVENTION SERVICES.

The question to ask yourself is: Are the rape statistics on this campus correct? And if you believe rape occurs, can we as a campus community do about it? This is a question that you as a reader must answer. Remember, when someone says "no," they mean "no" and nothing else.

Roving Reporter

BY CYNTIA BACCOCK & BARB LAMPE
Of the Grizzly

Faculty, what are your opinions of Greek life on campus?
Dr. Nancy Hagelgans
-I think that Greek life is very helpful socially to many students and leads to lifetime friendships. Greek life also promotes the completion of degrees at Ursinus. However, through the years, I have observed that pledging activities have an adverse effect on the academic life of many students.

Dr. Catherine Chambliss
-I am strongly in favor of the innovative use of outward bound-like activities that are taking place.

Dr. Ray Schultz
-I don't have anything against Greeks, per se, but I feel that the hazing that occurs is inappropriate at times. I don't see what one would gain by leaving that, but if students are willing to go through it, there must be something. A lot of times pledging affects a class in that students get no sleep or time to study and if there is time to study, usually the student is too tired to do it.

Ms. Lisa Tremper Barnes
-From my perspective, it's been very positive because of my close association with Tau Sigma Gamma. I have seen tangible examples of the positive contributions that Greeks have made on this campus, in terms of the AIDS Quilt and other support services. We can always count on fraternities and sororities for support and time and effort. Greeks make positive contributions to this service. They also move in all kinds of circles.

Dr. Jon Vollmer
-I am embarrassed to see students screaming at other students on campus during pledging times.

Ms. Kim Taylor
-I think that the Greeks on this campus have a great amount of potential. However, Greeks don't use their full potential in areas such as community services.

Dr. George Fago
-They're great for some people but they're not for others. Live and let live.
ProTheatre to Present Henry Play

BY L. ERIC JAMES
Special to the Grizzly

Like most people here at Ursinus, my favorite part of the week is the weekend, when I finally have a chance to spend some time relaxing with my friends. It seems to me that we never have enough time to do all things we like to do.

Here are some of the things we found to do on campus as well as in the local area.

Firstly, you need to get a group of at least four people together—something to be the basic number needed for fun things to start happening. Once you've got the group together, you need something to do. The following are five simple ideas that seem to always result in lots of laughs and a great time.

1) Rent a movie. New releases are available at many venues, and you can purchase your favorite films on VHS or DVD to take home and enjoy with your friends.

2) Play a board game. Someone in your group is bound to have (or know someone who has) Pictionary, Scattergories, Balderdash, Encore, True Colors, etc. Their lots of fun, and laughs are almost sure to follow. If someone in your group has a car, you can expand your list to include tennis or roller skating.

3) Roller Skating. Lots of us skated as kids, and it’s neat to go to a rink and have fun. If you haven’t been in a while, this is a great way to get back into the swing of things. You can also try a new sport, such as inline skating.

4) Go Bowling. Limerick bowling alley is open 24 hours, and you can have a lot of fun there. Once you’ve mastered the game, try variations: slow bowling (who’s the longest to go down the lane), celebrity bowling (imitate the way you think a star would bowl), etc.

5) Go to one of the State parks (or just around campus) and have a picnic, play tag, or hide and seek. I guess my main point is this: it’s okay to do the really childish and funny things that you did when you were a kid. If something was fun then, chances are it’s still fun now. And don’t be worried about looking stupid or foolish—everyone does it! The pressures in the day job can be overwhelming, so take a break and remember what it’s all about.

Freeze Tag And Organ Music?

BY AMY K. DAVIDSON
Of the Grizzly

The Freshman class Date Auction was held on Nov. 11 in the Wismer Tower Lounge. The master of ceremonies was freshman Carla Salsman, who successfully auctioned off 50 participants. The class raised approximately $500, which will be matched by AFAC, netting the freshmen $1000.

The festivities were kicked off by a newly-formed women’s quartet, consisting of founding member Karen Fleshman, Rima Bizri, Mary Greiss, and Beatrice May. The group, featuring local singer, Fleshman, performed "The Shoop-Shoop Song" from the movie "Marnie." The bidding for each participant started at $3, and if it exceeded $20, half was returned to the bidder to help pay for the date. The highest bids went to Jen Courtney and Carla Salsman, who each surpassed $100. The evening’s two mystery dates were T.J. Siggelakis (you may know him as "tree-killer" -ed.) and Heather Colvin.

According to class president Heather Kerlin, the fundraiser was "all in fun as a way of introducing the class of 1997 to the community." Kerlin was delighted that the event was a success, and the students were happy with the outcome.

Date Auction/Lease/Rental

BY AMY K. DAVIDSON
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Silenced By Shame

BY KIMIKO TROT
Special to the Grizzly

Constance Wagner will speak about the aftereffects of abortion experiences both before and after an abortion.

Originally from Bozeman, Montana, Wagner is in the area for the month of November performing at local social organizations and universities. In Silenced By Shame, she uses computerized projections, recorded monologues and original music to bring to life the fictional character of Amy Ackerman.

Based upon statistics and personal testimonies, the play is relevant to all those directly and indirectly involved in an abortion decision.
Fitness Forum

BY ELAINE ZELLEY
Of The Grizzly

The stair climbing machines are easily among the most used, and possibly the most popular pieces of equipment found in the gym. With their compact design and cost savings programs, stair machines offer one of the best aerobic workouts.

However, the stair climbers are also among the most misused machines, and improper use can cause injuries.

According to Fitness Director Karen Gregg of Chicago, two of the most common mistakes are that people lean on the monitor, or they rest their body weight on the handrails. Rather than standing straight, users are bent over and take lots of quick, small steps instead to do the work.

This poor posture decreases the benefit of each workout. In fact, studies have shown that this "poor posture technique" can reduce the actual number of calories burned by as much as 20 percent, based on the read-out by the machine’s calorie meter.

So, if you are hunched over while climbing, you may only burn 160 calories even though the monitor reads 200 calories.

Also, if you need to bend over or lean on the handrails to keep going, the workload is too intense.

Rather than setting the stair machine on a high level and then bending at the waist, Gregg suggests setting the program at a lower intensity. She maintains the importance of standing erect and of not placing too much weight on the handrails. Handrails should be gripped lightly, and elbows should never be locked. And instead of short, fast steps, use a full stride to achieve maximum workload.

Having feet point outward on the pedals rather than face front is another common mistake that may cause knee pain and injury. This is because twisting can stress knee ligaments. Feet should always be parallel and point forward to avoid this strain.

While the stair machine can provide a good workout and is somewhat advantageous over other forms of aerobic exercise because it is less jarring to joints, if not used correctly, other problems may result.

Due to these responses to last week's article, Dear Anton is in seclusion re-evaluating his social morals. He's also got a psych. test tomorrow. Now it's my chance to answer some letters. These should do just fine. IN THE FUTURE, OPINION LETTERS MUST BE SIGNED TO BE PUBLISHED, WE CAN WITHHOLD THE NAME IF REQUESTED.-Features Ed.

Dear Anton,

We don't actually know who you really are; however, we'd suggest that some of the advice printed last week seems to come out of a messed-up values perspective (in our humble opinion).

First, "Annoyed" wrote asking what to do about a girl who "keeps coming around," who, though admittedly nice to everyone and "a good person inside," annoys "Annoyed" because she "thinks she knows everything, thinks she has been through everything" and has an annoying voice and walk.

Your advice: tell her to "beat it," tell her why, "you do not have to subject yourself to daily cringes and annoyances." Common courtesy and politeness sure do seem to be ideas from another era, don't they? Perhaps the person with the problem is not the annoying one but "Annoyed." Perhaps "Annoyed" is dealing with a perfectly reasonable person who is just trying to be friendly and not annoying, though "Annoyed" chooses to interpret her behavior as annoying. Certainly "Annoyed" should try to minimize time spent in this person's company—but it's possible to do so with polite excuses and no hurt feelings.

Next, you advise "Lonely" to virtually demote herself to attract her boyfriend's attention away from video games with his frat brothers. You should have suggested the loot and find someone who actually enjoys her company, instead of just wanting a place to "stop by at night," (which, according to "Lonely," is about the only interaction the two of them have.)

Last, you criticize the spelling in the final letter, though your own first reply includes the phrase "Your (sic) doing everyone a favor."

We'd rather see advice that encourages community members to practice basic kindness and courtesy to one another, and that encourages women to conduct their inter-gender relationships in a way that emphasizes self-esteem and self-respect. Why not?

Sincerely,
Concerned Community Members

Dear Concerned Community Members,

Dear Anton is written for the enjoyment of the student body, not to preserve their moral integrity. It is supposed to be humorous. The article would be no more interesting (and appear less frequently), than our staff box if it relied on real letters to be answered in a genuine fashion. I believe this has been apparent from the onset. I give you the blur introducing Dear Anton to Grizzly readers: "Our advice counselor is completely unqualified and wishes to remain nameless himself, so you know it's going to be good...If we receive no letters, 'Anton' will be forced to make stuff up. I know the kid personally to be a truly twisted individual. Letting his imagination run unchecked might be devastating to campus wellness."

Do you really expect "annoyed" to approach "annoying" and say "Dear Anton says you should beat it?"

I'd also like to point out that the last line of Anton's response to "Lonely" suggests "If none of this works, lose the bum and find someone who will treat you right." Please remember Dear Anton is written with tongue firmly in cheek, and in future, take his advice with a large grain of salt.

Dear Anton,

I'm writing in response to your response to the "observing young lady" in last week's issue of the Grizzly. You are lucky that someone actually wrote into your "almost canceled" column. You cannot tell me you never made a few mistakes in grammar when you just freely wrote things, because that is what it sounded like she did. Anton, I can't believe you would sit there and write up something against what someone sent to you. You are an advice columnist, true, but the way you portrayed yourself was that you display the mind of the "pimps on campus." That's right...stick up for your fellow man.

P.S. Aren't you happy you are finally starting to get some letters? Maybe now you can stop making them up.

Unsigned

Dear Unsigned,

Much of my previous response applies here. The observable young lady piece was not a request for advice. In fact, no one here has figured out exactly what it was. How was Anton supposed to reply? I doubt the person that wrote this was seriously hurt by his response, judging from the thought put into the original letter. By the way, did we read the same letter? Anton's reply was merely to help the reader see the absurdity and humor of the observable young lady's bulletin. However, it is by no means a sexist defense of the pimps. Stop trying so hard to be a feminist, it will come naturally.

P.S. What do you mean, "Almost canceled column?" This is news to me. LONG LIVE ANTON!!
In Defense of Greek Life, Part Two

BY FRED WOLL
Of the Grizzly

O.K., I’m back. For part two of my article, I will address Ursinus pledging, and why I feel that it is in fact a positive experience.

So what exactly goes on during pledging? Everyone of course hears horror stories of things like “mystery bread” and beatings. But to the best of my knowledge, this has never occurred on this campus.

In fact, I’ll stake the remainder of my rapidly-reading hair that none of that goes on at all here. What does go on is that a group of guys or girls, from different walks of life, who may have never known each other before pledging, are thrown together for a month of serious bonding.

Now, the word bonding may sound silly, but I can’t really think of a more appropriate word. You learn, in the span of a month, basically everything there is to know about each other. You exist so closely together for that month, you have to. You gain an understanding of the guy next to you.

Craig stated in his article that Dr. Kelley believed that the style of Greek life fostered a “herd mentality”. But it is not a “herd mentality.” And I think that the word homogeny carries negative connotations as well. But there is a much more appropriate term, a word that means the coming together of diverse elements into one entity; a word that stands for single body where understanding and tolerance are universal. Unity. When you pledge, you learn that without question, you can rely on the guy standing next to you. And he will not hesitate to rely on you. And if he needs you, you will do everything in your power to be there for him. It’s an exhilarating feeling.

The next question that arises is this; Why does pledging have to seem so negative? It may indeed seem that way, with all the yelling, the weird clothing, and the silly walk-show stunts. But it all serves a purpose. It shows each pledge that he or she is no better than the person next to him. And that they are no better than the other brothers or sisters.

And that seeing your fellow man or woman as an equal is much more important than being self-serving. So don’t believe that pledging is negative at all. If it only takes a month of sleep deprivation and getting yelled at to get an enlightened view of your fellow man or woman, I feel that it is a very positive experience. And just as a side note, I think that the armed forces try to do the same thing as the Greeks do. They pull all the disparate elements of a platoon together in basic training. Even if you have not experienced military life, I think most of us have seen Full Metal Jacket or Platoon. Seems to be a lot of yelling and things going on there, and to a much greater degree as well. You have to be able to rely on the guy next to you, or it may cost you your life, or worse, his.

As for pledging “squelching dynamic personality and starts a bad cycle of making people feel bad,” I have to totally disagree. I met guys during pledging that I may never have met if not for the fact we pledged together. Now, I consider myself a dynamic personality, if only the fact that I am very opinionated and I probably talk way too much. I like people, and I’m not exactly a shy person. But there were guys in my pledge class who really seemed to be introverts. But, after going through pledging, these guys have developed into some of the most vocal guys I know. They have gone out and gotten involved in the campus, and have developed a whole new base of friends. And just recently I watched it happen again, when girl’s pledging finished. I saw girls I had previously believed to be quiet and shy, walk a little taller, smile a lot more, and make a lot of the jokes. It’s just not possible. There are close-minded non-Greeks, and there are close-minded Greeks. That is an individual trait, not necessarily a shared trait of a group.

Besides, the administration does monitor pledging as it is. All pledging activities are explained to Dean Kane, before pledging even begins. There are guidelines in place, to ensure that pledges have no off nights, and that activities don’t go past appointed hours. And the fraternities and sororities themselves are extremely strict about study hours in the library every night, whether the pledge says they have work or not. And, if extra time is needed to complete some long project, or cram for an exam, that time is granted without question by the pledge masters. The brothers and sisters also offer their free time to the pledges, to help them, both with school work and with pledging activities.

The social life at Ursinus is what you make it. You. Not the Greeks, not the Independents. You. If you want to pledge, then there is a place for you in whatever fraternity or sorority you like. If you’re true to yourself, you will fit in anywhere, whether it is in a Greek organization or not. No one pressures you to do anything you don’t want. So come to Reimert on a weekend and drink the Greek’s beer. They don’t care, or they wouldn’t be having a party. Or don’t go to Reimert. Go to the Java Trench and hang out. Personally, I really dig their chocolate muffins. Student Activities sponsors Club Nouveau in Wismer Lower Lounge on weekends. There are trips run by the S.A.O. all the time, to sporting events, concerts, and even other cities to go shopping. Or, if you want to go off-campus yourself, go to a bar or a movie. Valley Forge is 20 minutes away if you want to walk or bike with nature.

College is the best 4 years of your life. And it is your life, not anyone else’s. Get involved in whatever you want. Go Greek, don’t go Greek. In the long run, all that matters is that you do what is right for you, and you don’t let anyone else tell you what you want. I pledged, as a 21-year old junior, not because anyone told me to, but because I wanted to. I could have hung out with Delta Pi as a friend, and thought nothing of it. But I didn’t. I pledged. And it was one of the best decisions I ever made. I do not regret it at all. But if I hadn’t pledged, that also would have been my own decision. In the end, I was true to myself. And you should be.

Fred Woll is a senior English major and is a member of Delta Pi Sigma. The first part of his opinion can be found in last week's Grizzly.

**Anesthetizing of Literature**

My mother refers to them as words that make her blush.

My grandmother never refers to them at all.

When walking down the street one might hear them intermittently in conversations: “F—ing John Kruk is a glorified waffle ball player.” or “That f—king b—!” She just f—ing touched me!”

I am speaking of expletives, in case you could not fill in the blanks, and not just the garden varieties, but some of the biggies, because many an eyebrow has been raised color in a painting is altered the expression in an atmosphere that is not conducive to the arts as is. The expression in an atmosphere that is not conducive to the arts as is. The observer salivated over the closet observer and thought nothing of it. But I do not regret it at all. But if I hadn’t pledged, that also would have been my own decision. In the end, I was true to myself. And you should be.

Fred Woll is a senior English major and is a member of Delta Pi Sigma. The first part of his opinion can be found in last week’s Grizzly.

The observer salivated over the opportunity to witness Ursinus’ first “date auction.” Who would put themselves at risk on stage? Funnier still, who would get wrapped up in bidding wars among the attendees? Pity to those of you who hemmed and hawed over the damaging aspects of assigning commodity value - it was plain damn fun. (Especially when Young M.C. stepped down from her perch to modulate the battle over a freshman as it escalated into the $120s, 30s, and 40s.)

It was hard to beat. But then again, nothing was more amusing than watching Ursinus in a mock-mosh exercise on Friday in Helfferich. Someone spilled some bad feelings on the gym floor that intoxicated certain attendees of the Live show, and the result was a fist to the face for whoever was smaller than that big someone else. Fat lips and spinal injuries aside, though, the observer was thankful that Ursinus witnessed Dog Daniels unleashed as he tore up an unfortunate stage-dive to be. Is he the Dog that has started to appear on sorority invite lists?

The weekend has gone, but not the hanging threat of Semester’s Flush down GPA’s toilet. Rest assured that the observer, too, has had more to do than float around and report on fluff. In fact, he has some difficulty with budgeting his time for any but the Day Before.

Ursinus: Please remain calm. The produce has improved, true, but that is no reason to become apathetic about Wismer. The Grapevine has manifest Operation Cereal Sucks, and we can lick this thing too. Read it here first.
What's Up in Wellness

BY VICTOR GIL
Of The Grizzly

Most of us dread intense demands at college or in the workplace, but we recognize that being able to handle such demands leaves us with an intense exhilaration and a feeling of control. At Ursinus we are provided with great challenges which, under ideal circumstances, result in a true sense of accomplishment. However, the stress of the whole process can be detrimental if not managed properly.

Stress is the arousal of your mind and body in response to the demands of life. Taking tests, keeping up with piles of readings, writing term papers and newspaper articles are all chief causes of stress. Also stressful is dealing with family conflicts, dating pressures and misunderstandings with friends. Stress is unavoidable and, in a way, healthy and desirable. Without sufficient stress, life lacks excitement.

However, taking on too much will make you suffer the consequences. The reason being is that stress activates your body's emergency response system. Your nervous and hormonal systems prepare for the fight or flight response-your heart, blood pressure and breathing rates increase, muscles tense, digestion slows-as if you were threatened by a bear. But at Ursinus, where the challenges come from reading loads, roommates, and Reimert parties rather than wild animals, your emergency response system may not turn off quickly enough. The stressors keep coming and you can't get rid of them by fighting or fleeing. Therefore, you may remain mentally and physically aroused for longer than is considered healthy.

When stress becomes excessive, the goal is to reduce it to manageable levels. A good way to start is to cut down on outside pressures, learn to relax, and develop healthy habits.

Here are four ways to relax in twenty minutes or less. They require only a little practice and aren't seriously disruptive.

Countdown. With eyes closed, count backward from ten or twenty, saying each number silently as you exhale. You must concentrate and call your imagination into play. Imagine you are going down a stairway, or past the floors in a building as an elevator descends. Count down from your age, and imagine that you are traveling briefly into your past. When you have reached zero and want to resume your normal routine, inhale and count to three.

Imagery. Stop what you are doing and close your eyes. Imagine a beautiful scene, perhaps something you saw on your last vacation. Spend five minutes examining and enjoying every detail of the picture. If you are by a lake, listen to the water lapping. Count the trees and flowers. See, hear, and smell things.

The turtle. This simple exercise, adapted from a yoga practice, is designed to relax the muscles of your neck and back. Sit up straight and let your chin fall to your chest as you exhale. Inhale and move your head back slowly as though trying to touch the back of your neck with your head. Then pull your shoulders up as though trying to touch them to your ears. Then release. You can do this anytime, anywhere. It doesn't even look all that odd.

Scanning. At your desk, during your coffee break, or even while you are riding a bus or waiting at a traffic light, inhale and slowly "scan" your body. Think about each muscle group—face and neck, shoulders, arms, abdomen, legs, and feet—and seek out tense muscles. As you exhale, relax all the muscles that are tense. It may help, as you scan your body, to recite silently some phrase that has a calming effect.

Mention the Semester Special when placing your order!
NICK'S NFL NOTES

Quarterbacks: An Endangered Species?

BY NICK BACCINO
Of The Grizzly

As I sat in my room Sunday afternoon watching a surprisingly exciting Eagles-Dolphins game, I tried to decide what I was going to write about this article. There were so many issues raised by this game.

Miami head coach Don Shula got his 325th career victory, an NFL record. Several former Eagles were making their return to Philly—Keith Byars and Keith Jackson among them. William "The Refrigerator" Perry was making his debut in Eagle green. Then suddenly I looked up at the TV and discovered that I was watching the Dolphins being quarterbacked by Doug Pederson. And then I thought, who the hell is Doug Pederson? He's simply the newest chapter in the 1993 horror story of injured quarterback replacements.

The injuries, along with some other quarterback benchings, have caused the once-glamorous position to lose some of its luster. In fact, going into Sunday, 20 teams had started a backup at least once for injury or performance reasons. Here are some of the top news-making quarterback situations which have developed this season.

CLEVELAND: Bernie Kosar, the incumbent for eight seasons, was benched for newcomer Vinny Testaiverde. After weeks of controversy, he was released, then ironically signed with Dallas to replace the injured Troy Aikman.

Bad move, Cleveland. It'll cost you.

DETROIT: The Lions are the only first-place team to use three different starters. First, it was Rodney Peete, then Erik Kramer, then Andre Ware, then Peete again. Even a Ross Perot chart couldn't explain this revolving QB scenario.

HOUSTON: Warren Moon was benched and all but out of Houston when his replacement, Cody Carlson, was injured a few weeks ago. And so, it's a new Moon phase for the Oilers.

INDIANAPOLIS: Jeff George held out for big bucks and was benched for Jack Trudeau. George is back in there now, but the Colts could be better than their record.

KANSAS CITY: Joe Montana should retire. Nagging injuries have limited his playing time. Dave Krieg is an experienced veteran, but the Chiefs won't get far on the Tomahawk Chop alone.

MIAMI: Dan Marino ruptured his Achilles tendon about a month ago and was replaced by Scott Mitchell. Mitchell's no Marino, but he has led them to a couple of victories. Marino's absence, however, will mean no Super Bowl appearance as I predicted earlier in the year.

PHILADELPHIA: As an immortal Italian once said, "It's like deja vu all over again." Like 1991, Randall Cunningham has suffered another season-ending leg injury. Bubby Brister and Ken O'Brien are veterans who have played on some terrible teams, but frankly, maybe they are the reasons.

Hey Randall bashers: Say all you want about number 12, but the Eagles can't win without Cunningham. As the often uneloquent, infrequently quotable Eagles announcer Stan Walters remarked on Sunday, "If [the Eagles] only had number 12..."

This premise has been repeated over and over and folks, we're only ready, you might be seeing more Doug Pedersons in the near future.

Since we didn't get any answers to the provocative questions we asked last week, this big space is being filled by an angry Sports Department in an effort to show you the results of your apathy.

What do you want, for us to go out and get these answers ourselves?

THINK AGAIN!!!

(By the way, we need writers for men's basketball, men's and women's swimming, and gymnastics. So talk to Harley. Thanks!)

NCAA HOOPS PRESEASON POLL

The Top 25 Teams in the nation, according to us

1. NORTH CAROLINA—Rasheed Wallace, Eric Montross, Jerry Stackhouse, head coach Dean Smith. Need we say more?

2. KENTUCKY—Rick Pitino doesn't have Jamal Mashburn anymore, but Rodrick Rhodes and Rodney Dent can carry the load.

3. ARKANSAS—A weak conference always helps, especially the talented Razorbacks.

4. DUKE—Bobby Hurley is toiling for the Sacramento Kings. But Grant Hill and Cherokee Parks (coolest name in college hoops) will have to pick up the slack in what could be the best conference in the nation.

5. MICHIGAN—The Fab Five? Dismantled. But the remains—Jalen Rose, Juwan Howard, and Ray Jackson—are nothing to scoff at.

6. LOUISVILLE—Memphis State will be their only competition in the Metro Conference.

7. CALIFORNIA—Jason Kidd has a full year of college ball under his belt. The Pac-10 better watch out because he might explode.

8. TEMPLE—The Philly boys are back and still dangerous with All-American Aaron McKie (from Simon Gratz HS) firing away. They'll win the A-10 easily.

9. KANSAS—A giant among the weaker Big 8 teams (except for Oklahoma State).


11. INDIANA—Bobby Knight is the most hateful man in sports. But he keeps winning. Damon Bailey might be a lottery pick with a big year.

12. OKLAHOMA STATE—A two-team race between OU and Kansas for the Big 8 title.

13. UCLA—Point guard Tais Edney (?) will be the Bruins' catalyst.

14. GEORGIA TECH—Bobby Cremins and the Yellowjackets are always in the hunt, and James Forrest might very well take charge.

15. GEORGETOWN—Towering Othella Harrington is the next great center to come out John Thompson's Center Factory.

16. VIRGINIA—Corey Alexander could be one of the top point guards in the ACC, and the Cavaliers look for greatness from Cornell Parker.

17. ILLINOIS—The Fighting Illini will survive the tough Big 10.

18. ARIZONA—Damon Stoudamire will be a force for Luke Olson's Wildcats, but they must learn how to play in the Tourney.

19. SYRACUSE—Always a powerhouse in the Big East. Will give Georgetown a run for their money.

20. CINCINNATI—Recruits Damon Flint and D'Antonio Wingfield will provide the spark for the Bearcats.

21. MASSACHUSETTS—Although Olney HS grad Tyrone Weeks must sit out as a Prop 48 victim, the Minutemen should finish behind Temple.

22. VANDERBILT—A new coach down in Tennessee won't mean an "Arrested Development" for the youth movement.

23. PURDUE—The Boilermakers' Glenn Robinson will be the best player in the Big 10.

24. FLORIDA STATE—Charlie Ward—Quarterback. Charlie Ward—Point guard. This guy is a leader, not to mention an incredible athlete and a winner.

25. GEORGE WASHINGTON—The real big guy in Washington, D.C., Yinka Dare, will have to carry the load.

NCAA CHAMPIONS: NORTH CAROLINA

This poll was compiled by the entire Sports Department and overseen by the editors for fairness and accuracy. Although we do not condone betting, we provide this poll as a service to our college basketball fans.
**BEARS FINISH STRONG**

UC dominates on both sides of the ball in 31-18 victory at conference champ Dickinson

**BY TOM MASTRANGELO**
Assistant Sports Editor

The 1993 Ursinus football season came to a close for the Bears on Saturday, Nov. 13 with a 31-18 victory over the Centennial Conference co-champion Dickinson Red Devils. The win at Carlisle, Pa. propelled the Bears to 5-4 overall (4-3 in the Centennial Conference) and gave the school its first winning season in football since 1985.

UC fell behind early as Dickinson scored the first two touchdowns of the game to take a 12-0 lead. The Bears battled back with two second-quarter touchdowns of their own to take a 13-12 lead at the half. Junior quarterback Brian Lafond (13-22, 158 yards, 2 TDs) connected on a 3-yard pass to senior tight end Dan Mullen, and Bill “Scooter” Sedgwick (31 rushes, 130 yards, 2 TDs) raced 42 yards for a score as the Bears began an offensive outburst.

In the second half, the Bears came out fired up. The defense, led by senior linebackers Paul Guenther and Brian Edens (“The Dynamic Duo”) to those loyal Grizzly fans) held the Dickinson ground game in check. Also turning in strong performances were senior linemen Robert “Wes” Meyer, Steve “Woody” Wirth and Kevin Kopp. Sophomore safety Scott Mitchell and Mike Ortman also played an excellent game in controlling Dickinson's passing game. This tough Bears unit held the Dickinson offense to just six second-half points, while the offense continued its torrid pace and put up 18 points after halftime.

Junior kicker Brian “Jamiel” Suth kicked a 24-yard field goal and senior wideout Scott Sallach hauled in a 15-yard pass from Lafond to make the score 23-12. Sedgwick closed out the Bears' scoring with a 1-yard TD run to put the game out of reach.

For the season, Sedgwick finished with 1,350 yards rushing and a career mark of 3,267, which set the all-time Ursinus record.

A special thanks should be given to the following seniors playing in their last game: offensive lineman Gene Barnes, offensive lineman Chris Bieler, wide receiver Chris Chipman, linebacker Jim Convey, linebacker Brian Edens, linebacker Paul Guenther, offensive lineman Myles Hannigan, wide receiver Bryan Heron, wide receiver Tony Houston, linebacker Doug Hovey, quarterback Matt Kennedy, defensive lineman Wes Meyer, tight end Dan Mullen, defensive end Rob Mullen, cornerbach Tim Mulvihill, defensive lineman Chris Padula, wide receiver Scott Sallach, running back Bill Sedgwick, offensive lineman Bryan Schmidt, safety Brian Spence, and defensive end Woody Wirth.

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**SPORTS BEAT**

**SATURDAY, NOVEMBER 20**

Men's and Women's Cross Country at NCAA Nationals @ Iowa

**11:00 AM**

**QUOTE OF THE WEEK**

Former Yankees and Giants outfielder Bobby Morcer, on knuckleballer Phil Niekro:
"Trying to hit him is like trying to eat Jell-O with chopsticks."

(Hey Bobby, try putting a sports section together! —HDR & TIM)

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**HARLEY'S HAVEN**

**BY HARLEY DAVID RUBIN**

The Genius Behind ‘Jurassic Park’

“Hey Harley—put something cool in the Haven this week!” Easier said than done. What exactly would be “cool” for the Haven? More “Haven Seven” lists? More “theme” columns? If you care at all about my feelings, tell me to my face what needs to be fixed in the Haven, and I’ll fix it. After all, I do this for you, the fans. (And my editor.)

Anyway, on to bigger and better things. Like Shawn Bradley, the rookie center for the 76ers, who is certainly bigger, but not yet better. I haven’t been able to catch an entire basketball game on TV so far, but from what I have seen, the guy ain’t no Manute Bol. For starters, he runs. He can also start debates recently with a few close friends about the role of a center on a pro basketball team. It is my opinion that a center needs to be at least 6’[1] and a 15-20 points per game scorer who averages about 7-15 rebounds per game. Certainly, the Chicago Bulls have had Bill Cartwright for many seasons now, and they’ve won without much production from him. But look closely at his numbers—7-0’, with great defensive skills and almost the minimum number of rebounds required by the Harley system. Then again, you don’t need much scoring from a guy when he’s on the same team as Michael Jordan.

Still speaking of centers, but switching to hockey, is it just me or do you see a startling resemblance between Mario Lemieux and Eric Lindros? Not in facial features or the currency at all. It’s no good anyway. In fact, don’t take any wooden nickels from anybody.

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