The Grizzly, October 11, 1994

Marc Ellman
Ursinus College

Mark Leiser
Ursinus College

Hope Rinehimer
Ursinus College

Stephanie Piraino
Ursinus College

Amy K. Davenport
Ursinus College

See next page for additional authors

Follow this and additional works at: https://digitalcommons.ursinus.edu/grizzlynews

Part of the Cultural History Commons, Higher Education Commons, Liberal Studies Commons, Social History Commons, and the United States History Commons

Click here to let us know how access to this document benefits you.

Recommended Citation
Ellman, Marc; Leiser, Mark; Rinehimer, Hope; Piraino, Stephanie; Davenport, Amy K.; Blocksidge, Jayson; Ryan, Michelle; Leach, Heather; Schaal, Alex; D'orsaneo, Nicole; Ferragut, Erik; Mead, Heather; Tucker, Colin; Qasim, Tarik; Weingroff, Charlie; Schofer, Joel; Richter, Richard P.; Gaft, David; and Parameswaran, Ashok, "The Grizzly, October 11, 1994" (1994). Ursinus College Grizzly Newspaper. 343. https://digitalcommons.ursinus.edu/grizzlynews/343

This Book is brought to you for free and open access by the Newspapers at Digital Commons @ Ursinus College. It has been accepted for inclusion in Ursinus College Grizzly Newspaper by an authorized administrator of Digital Commons @ Ursinus College. For more information, please contact aprock@ursinus.edu.
Authors
Marc Ellman, Mark Leiser, Hope Rinehimer, Stephanie Piraino, Amy K. Davenport, Jayson Blockside, Michelle Ryan, Heather Leach, Alex Schaal, Nicole D'orsaneo, Erik Ferragut, Heather Mead, Colin Tucker, Tarik Qasim, Charlie Weingroff, Joel Schofer, Richard P. Richter, David Gaft, and Ashok Parameswaran

This book is available at Digital Commons @ Ursinus College: https://digitalcommons.ursinus.edu/grizzlynews/343
The Last Pledging Season?

BY HOPE RINEHIMER
Co-News Editor

October 5th, a pledging update meeting was held in Thomas Hall. In attendance were members of all the sororities, including the pledge leaders and the ISC representatives, as well as other sisters, representatives of various fraternities, and participants in the Pledging Study Group.

The purpose of this meeting was to address alleged violations of the new pledging proposal, to remind the Greek organizations of the rules, and to discuss the possibilities of the future of pledging at Ursinus, including fraternity pledging in the spring. At the conclusion of sorority pledging, the Study Group will evaluate the success or failure of the organizations to follow the new pledging rules and make suggestions regarding future pledging.

At the meeting, various infringements of the rules were brought to the group as a whole; each violation had previously been discussed with the alleged violators. The meeting became very intense as many of the Greeks began stating their concerns about keeping tradition intact. Many people mentioned that the purpose of a Greek organization and its pledging is to form a bond that is maintained forever. The Greeks felt that alumni should have been alerted to the changes of the pledging policy.

Even though Dean Kane admitted that the Greek system, in regard to forming unity, has been successful, he asserted that there must be a change in the way in which this unity is formed. The rules which were set forth by the Study Group to serve this purpose, and which have allegedly been broken are the following:

1. Pledge leaders and sisters are not supposed to yell at pledges.
2. Line ups are supposed to be controlled by pledges.
3. Group responses in which pledges speak to pledge leaders as if the leaders are in a higher position than the pledges are forbidden.
4. Pledges are not to be covered with water, mud, or any such substance.
5. Pledges must not run errands or do favors for sisters.
6. Pledges cannot engage in pledging activities on days when their sorority is not pledging.
7. Pledges cannot be called out without warning.
8. Pledges cannot eat during a pledging event.
9. Pledges cannot dress before noon on a weekday.
10. Pledging which has the appearance of military training is forbidden.

Continued violations of these guidelines may result in the termination of sorority pledging, and pledging in general.

The 1994 Ursinus Homecoming Court

Homecoming '94 a Success

BY STEPHANIE PIRAINO
Of the Grizzly

October 8 was a beautiful day for the Ursinus Homecoming festivities. Alumni and current students roamed around the campus and enjoyed the many activities planned for the day.

The Ursinus Homecoming festivities started at 9:00 in the morning with the Bear Pack Run. At 9:15 the Ursinus field hockey coach Vonnie Gros presented part of an instructional video tape that she produced as holder of the Eleanor F. Snell Chair of Health and Physical Education. Gros also conducted a clinic on how field hockey is taught here at Ursinus, and at 11:30 the varsity field hockey team played the alumni. The varsity team beat the alumni, 4-2.

Many of Ursinus' other athletic teams played the alumni on Saturday. At 11:00 the girls' volleyball team lost to the alumni, but the alumni could not keep up with the soccer team, losing 4-1.

The tents next to Helfrich were a popular place to be throughout the day. Under the "Big Tent," the Alumni Association and the Annual Fund welcomed members of the Ursinus community. Greek organizations occupied similar tents; many people spent the day with friends there and reminisced with some of the Greek alumni.

At 1:30 the football team played yet another exciting game, beating Johns Hopkins in the last few seconds of the game, 21-20. During halftime many awards were given to people from Ursinus. The 1993-94 Annual Fund class award winners were recognized for their dedication to raising money for Ursinus college. Athletic star Barb Golley received the McIntyre award, which is presented annually to a woman who, during her freshman and sophomore years, demonstrates initiative in financing her education, proficiency and perseverance in intramural athletics, and a cooperative and unselfish attitude in woman's sports.

The highlights of the halftime festivities included the cutting of the 125th Ursinus birthday cake and the crowning of the Homecoming queen. Colleen Callahan from Tau Sigma Gamma was this year's Homecoming Queen. At the end of the football game, quarterback Brian Lafond and running back Brian Eckert were presented with the Kenneth E. Walker Memorial Trophy, which is given to the outstanding Ursinus player(s) who displays sportsmanship and athletic ability in the Homecoming game.

Needless to say, Homecoming 1994 was an eventful day with plenty to do for all members of the Ursinus community!
Global Perspectives

BY HOPE RINEHIMER
Co-News Editor

International:
-President Mandela of South Africa says that if wealthy nations donate money to those who are less fortunate, a bond will be formed between those rich and poor nations, and in turn, trade, abundance, and democracy will ensue. These wishes were made known last Thursday at a Congressional assembly. Mandela feels that helping the less fortunate nations of the world should be a top priority of nations such as the United States.
-20 mangled bodies of Serbian soldiers were found on Wednesday in what was supposed to have been a non-fighting zone around Sarajevo. The killings were yet another incident to add to the constant violent acts that have been committed by both sides during the Bosnian War. At this time the Bosnian government military is suspected, but no definite conclusions have been drawn.

National:
-An increasing number of crime witnesses’ lives are being threatened prior to their court dates, especially in gang-related incidences. These increased threats are hindering more cases because the prosecutors are finding themselves without any solid evidence against the criminals.

-More than one million Americans fell into poverty last year, despite a general improvement in the economy. The income level for a poor family is below $14,763, and 15.1 percent of the American population fall into this category. According to administrators, at this rate America will eventually be divided into two social classes; the rich and the poor.

Local:
-Trappe council will be sending a request to the state police barracks questioning the possibility of renting a state police officer for the community. Due to increased levels of population and crime, Trappe feels it needs to provide greater protection for its residents.

The American Sexual Landscape

BY JAYSON BLOCKSIDGE
Co-News Editor

A pool of 220 researchers from the National Opinion Research Center at the University of Chicago examined the sexual practices of over 3,000 men and women, 18 to 59 years of age. The researchers held face to face interviews with the subjects and issued a written survey in order to validate their verbal responses. Compared to other sex surveys, this one conducted in 1992 is the most definitive. In other surveys, the participants were volunteers instead of a random sampling which would provide more accurate results. People who volunteer for such a survey are more inclined to have an unusual bias towards sex and an impressive sexual background. The random sampling is presumably more representative of the population as a whole. The results of this survey paint a less than passionate picture of America’s sexual landscape.

In contrast to the results of past surveys, the rate of marital infidelity is shockingly low. Eighty five percent of married women and 75 percent of married men said that they are faithful to their spouses. Married life also yields more sex than single life, unless you are single and are cohabiting in which case 56 percent of those surveyed have sex more than twice a week.

The median number of sexual partners over a lifetime for a man is six; for a woman, two. The responses ranged from 0 to 3 partners per lifetime. Approximately three years devoted exclusively to waning pleasures. Conventional wisdom said that one in ten male Americans were homosexual. Recent studies suggest that only one percent of the male population is gay. In this study, 2.8 percent of the men and 1.4 percent of the women identified themselves as gay. Roughly 9 percent of the men and 5 percent of the women acknowledged having homosexual experiences. 5.5 percent of the women and 6 percent of the men said that they find sex with same sex partners appealing.

When asked about many different sexual practices, only three were appealing to more than a small fraction of heterosexual Americans. Vaginal intercourse, of course, made the list. Most people included intercourse in their list of “things to do” when getting intimate. Oral sex and watching a partner undress were favorite pastimes of the study group. Apparently, interest in domination and other painful pursuits were not statistically vital. Anal intercourse, group sex, sex with strangers, and bestiality are rather unpopular practices.

More than half of the men said they think about sex every day compared with only 19 percent of the women. 95 percent of the men surveyed achieved orgasm during sexual intercourse. The remaining 5 percent are more inclined to seek therapy. Typically, only 1 woman in 10 said she masturbated at least once a week while 1 man in 4 asserted the same. College students apparently have less need to masturbate; the study shows that masturbation is less common among those 18 to 24 years of age than among those who are 24 to 34.

More than one third of the younger women surveyed said that peer pressure made them have sex for the first time. Older generations were not as prone to give into peer pressure. Researchers conclude that an important step in preventing teen pregnancy is to bolster self-esteem and resistance against peer pressure.

The survey results are being published in two forms. One is a technical paperback book, entitled The Social Organization of Sexuality (University of Chicago Press). The other version is a general interest hard cover book, entitled Sex in America: A Definitive Survey (Little, Brown and Company).

Fire, Fire!

BY MARK LEISER
Co-Editor in Chief

The Collegeville Fire Company responded to a call on campus last Wednesday. A resident on the third floor of the Quad noticed heavy smoke and a distinct odor in her room. She tried to find the source of the problem, and pulled all electrical plugs in the process.

After the smoke and odor continued, she opened her windows in an attempt to clear the room. However, because of the movement of the air coming through the open window, the odor seemed to be coming from her heat register.

This, combined with the fact that her smoke detector did not go off, made the resident think it was steam and not smoke. She called maintenance and asked for a plumber.

Maintenance arrived and searched the room and surrounding area, and determined it was not a plumbing problem. They pulled the fire alarm to evacuate the building, and dispatched the Collegeville Fire Company. Fire company officials arrived on the scene, and checked the room and the second and third floors of the building. Shortly thereafter, they located the source of the smoke and odor. According to the security report, a “scab made of gauze had been thrown on top of a floor lamp.” The lamp had an exposed halogen bulb, which caused the scab to smolder.

According to the report, the smoke detector in the room did not go off, and it should have, since the heavy smoke had traveled into the hallway. Security is investigating this problem.

Even though an alarm doesn’t go off, that doesn’t mean there isn’t a fire in the area. The resident used good judgment in contacting officials about the problem.

Security officers added that there was no mass hysteria, and the occupants of the room and residents of the building were very cooperative. It made their job a lot easier, and they appreciate it a lot!
Religious Sect Linked to Murder - Suicides

BY JAYSON BLOCKSIDGE
Co-News Editor

The murder-suicide of 52 people in Switzerland and Canada have been linked to a cult called the Order of the Solar Temple. The cult was founded by a man named Luc Jouret.

Jouret has lectured widely on spiritual topics in Western Europe for about eight years while building a secret circle of followers. The distinguishing feature of this sect is their belief in a coming apocalypse, which makes them particularly dangerous.

Jouret has lectured in France, Switzerland, and Belgium, speaking of heightened consciousness, personal auras and new age beliefs, according to Johannes Aagaard, professor of theology at Aarhus University.

In 1989 Mr. Jouret pleaded guilty to a charge of possessing firearms; the charge was connected with an attempt by two members of his sect to purchase guns equipped with illegal silencers. One of these members worked for Hydro Quebec, a Government utility that Jouret lectured in front of about such topics as “self-realization” and the “meaning of work.” Several workers of Hydro Quebec became members of Mr. Jouret’s sect.

Former members of the sect have come forward to Quebec news organizations and accused Jouret of using brainwashing techniques. Mr. Jouret convinced some of his followers that he was Jesus.

According to the New York Times report, Jouret’s smaller inner-circle of followers have interests in the medieval Knights Templar; the Essences, a Jewish ascetic sect associated with the Dead Sea Scrolls; and Rosicrucianism, an eclectic system that claims to be descended from a medieval fraternity of the “Rose Cross” and teaches that human beings can discover universal truths.

Campus Artwork Encounters Vandalism

BY AMY K. DAVENPORT
Of The Grizzly

Ursinus has experienced a rash of vandalism cases which began last spring and have resumed this fall.

These cases of vandalism not only jeopardize the reputation of the Berman Museum, but also the college itself. Many large corporations, such as CoreStates Bank, donate funds to the museum. Consequently, the corporations become familiar with the college and often will donate to academic programs or campus facilities.

The date for the fall semester speech examination has been set for Wednesday, October 26, at 3:00 p.m. in Ritter Center. On that date, those wishing to be exempted from Communication Arts 100 are required to present a seven to eight minute speech on a particular topic before the Communication Arts faculty.

Don't Miss This Year's Grizzly! It's a Mark and Marc Publication!
Features

Soup Kitchen Visit Provides Eye-Opening Experience

BY ERIK FERRAGUT
Of The Grizzly

When I hear people complain about the food at Wismer, I think of saying something about how at least we have food and we don’t have to sell our bodies for money or rummage through dumpsters for dinner. This got me to thinking that I really don’t know much about poor people. I mean, really poor people.

In my high school, some people got free lunch because they couldn’t afford a dollar and twenty cents a day. And while some of them wore eighty dollar shoes, most of them had only the standard K-Mart shoes. I remember all the teasing they went through dumpsters for food. I remember all the teasing they went through dumpsters for food. Outside of that, however, I knew little about the poor.

So with the help of the Newman Society, which regularly provides volunteers for a soup kitchen in Norristown, I decided to learn a little about the world beyond Main Street. I found something exotic about the left turn from Ridge Pike onto DeKalb Street, into the center of Norristown, where brick walls are spray-painted in swirls of various shades. There is something sad about the graffiti, the litter, and the occasional person sleeping against a wall.

The soup kitchen itself was a well run operation. Two sisters from India keep everyone busy and ensure that a warm meal is ready at ten, when a stream of clients comes in. I was most impressed with Frank. Frank is a middle-aged man who has been volunteering for five years now. Every Sunday, he’s there stirring macaroni or pulling bones out of the chicken. Something within him must keep him coming back. It does a college student good to meet a giving, decent man like Frank.

After we prepared the food, the poor people came in. I had the luck of being waiter and running between Frank and the tables. In general, the clients looked like they hadn’t eaten in days. One man had four servings before he was ready to go. Many of them were vocally thankful. I felt bad because they had to accept charity, but at least they had food. The saddest sight, however, was a lady who looked to be about 30, with her two little boys. They didn’t want to eat their noodles-with-meat so their mother asks me, “Could I have a dessert?”

Everyone gets one dessert; it was cookies that day. I brought her the cookies and she opened the bag and said, “You can’t have dessert until you finish your lunch.” I thought that would have been my mother, or anybody’s mother.

While most people were thankful, some were not. One gentleman laughed at the size of his second serving. Admittedly, it was a small portion. Another man threw a fit when somebody coughed on his food. He walked around with the plate and said, “He coughed on my food! How am I supposed to eat this, now?” The sister said something to him in her quiet Indian accent and he sat down. Another man complained because the portion they gave for him to take home for his cousin was not large enough.

To see families that still hold together in some shape or form was uplifting. And to help these 87 people who came in that hour was rewarding. I think the Newman Society is doing good work and I was glad to be a part of it. It gave me a sense of the bigger picture of poverty by putting faces on the statistics. It also made me wonder where there are soup kitchens that

Retired Officer Expresses Thanks to Ursinus Community

My Dear friends,

For ten years Ursinus College was my extended family and, when it came time to “fly the coop” into retirement, I did so with both sadness and high expectation—sadness at leaving my friends, and high expectations at possibly returning periodically to fill-in at the Security Office when needed. Well, things haven’t gone as planned. I fell from a ladder, breaking my ankle and leg severely and only recently have I been able to go home for recuperation. The cards, well-wishes and telephone calls to the hospital made me feel as though I was still a member of the U.C. staff and not forgotten.

I’ve confronted reality and have accepted the fact that I’ll never return to the campus in an official capacity again. It will be a considerable time before I’ll even be able to walk properly (at my age, bones are a bit brittle). However, the warmth of your caring - and in letting me know you care - will stay with me forever.

I’ve had a lot of time to read and what I’ve learned (all too late) are those valuable lessons of physics taught at Pfahler Hall - what goes up must come down, the impact of the irreversible force upon the immovable object, and the effect of the gravitational pull of the earth’s surface upon a body in free-fall. Each a lesson hard-learned. But, only learned after I landed! Another lesson learned is that the friendship and warmth you gave me as a member of the Ursinus family is still burning and its light is reflected in my heart.

Thank you all - each and every one. When I get back on both feet, I’ll make a pilgrimage to thank you personally. But, for now, your caring has been an emotional crutch until I needed it most.

Most sincerely,

Wil Schrack
Security Officer (Retired)

Celebrate National Coming Out Day with GALA

BY HEATHER MEAD
Java Trench Correspondent

Tuesday, October 11, is National Coming Out Day. On this day, gays and lesbians are encouraged to "come out of the closet" and admit their homosexuality to family and friends. There will be a meeting in the Java Trench at 8:00 p.m. on Tuesday to help celebrate this day. The Java Trench, in support of GALA, invites all interested people to join us.

Sgt. Grizz is on vacation this week, but he will return next week with all the campus security news!
Roving Reporter

BY DAVID GAFT
Of The Grizzly

If time and money were no object, what would you do?

Laura LeCrone, senior
I would take my boyfriend, and I'd go on a walking tour of Europe.

Jean Dickhart, sophomore
I would go live in Paris for six months and see absolutely everything that Paris has to offer.

Brenda Stryjewski, junior
I'd take ten of my friends and go on a two week cruise through the Caribbean!

Jeff Lebezwitz, sophomore
I would probably learn as much as I could.

Michelle Ryan, senior
I would sleep for a week, and then I'd go set up an orphanage to help people.

Mark Willis, sophomore
I wouldn't change a whole lot.

Jason Kline, sophomore
I'd simply take a vacation with my friends.

Features

Red and Gold Students
Storm the Campus

This year, 15,000 high school seniors are wondering if Ursinus is the place for them. We want to help our prospective students with this important decision. That is why the Admission's Office is sponsoring the 12th Annual Red and Gold Program on Thursday and Friday, October 13-14, October 27-28, and November 17-18.

Most of you are familiar with this program. Maybe as a senior you attended one of these days. Through this program, we give high school students the opportunity to visit the campus and go through a typical day here as if they were college students.

By living on campus for a day, these students can find out whether or not Ursinus will help them achieve their professional and academic goals as they search for their places in society. Thursday evening provides the opportunity for the students to experience the fun aspect of college life. They will be able to meet new people, go to a comedian, and just hang out. On Friday, they will have the chance to meet with professors and coaches, attend classes, tour the campus, and dine in Wismer.

Last year, 300 prospective students attended Red and Gold days. Of that group, about 1/3 decided to come to Ursinus. This year is especially important, since we will be recruiting the class of 1999, the crowning class of the millennium.

So, when the population of Ursinus suddenly jumps by 100 people on that day (and that makes a considerable difference here), you'll know why. You'll see them in your classes, in your dorms, and in Wismer. Please make them feel welcome and help them see why this campus is where they will want to spend the next four years.

What's Up In Wellness

BY NICOLE D'ORSANEO
Of The Grizzly

Stress is a demand placed on the human mind and body. There are many areas of stress in one's life: family, friends, school, work, and financial and social conditions. All exert different levels of stress on each individual. For example, some students are faced with the difficulty of getting into future educational institutions or finding a job. Others are adjusting to their new environment and work load.

Stress can be both positive and negative. It can be a motivation to get things done, and we need a small amount of stress to help us get out of bed in the morning. It is when stress levels become too high or an individual does not know how to cope with the stress that it becomes negative. Indications of too much stress include migraine headaches, insomnia, depression, indigestion, and abnormal eating habits. Remember that positive events can also cause stress, such as getting married or entering a new relationship. One solution to this problem is exercise. Running, walking, or swimming is a good way to relax muscles and renew energy. Relaxation techniques such as controlled breathing patterns can be used, too. To perform this exercise, first assume a comfortable position. Then close your eyes and as you exhale, let your stress go. Relax and continue inhaling and exhaling until your body has slowed down (the heart rate slows and your body feels relaxed). You don't have to be by yourself when trying to relax. Group activities, such as hanging out with friends or having a hobby such as an aerobic class, are ways to cope with your stress. Stress can be tackled and not be a hindrance in your ability to achieve your goals. You must first identify the source of your stress. Then find ways to deal with it such as setting priorities or planning how to handle it. And most importantly, take care of yourself and relax. Happiness, health, and success come hand in hand. Your goals won't come about until these three keys exist. Only you can control your stress level, and it CAN be done.

Security Officer Larry Kirlin Leaves Ursinus

BY MARC ELLMAN
Co-Editor in Chief

Security Officer Larry Kirlin left his position at Ursinus College yesterday. He will be working security at another location that is closer to his home.

"It was an extremely tough decision for me," stated Kirlin. "I hate to leave all the great people here. But, my new job gives me the opportunity to spend more time with my family."

Larry will be missed by everybody. The staff of The Grizzly extends their warmest wishes.

Bye Larry!

BY MICHELLE RYAN, HEATHER LEACH AND ALEX SCHAAL
Of The Grizzly

Hello to all of you intellectual beings out there! This new column was started to discuss controversial topics that you may or may not consciously think about. We're writing this to give two opposing views of issues relevant to today's society. Though we have no "hot debate" raging this week, we'd like to take this chance to introduce ourselves and explain our motivations for this column.

Hello, I'm Michelle Ryan, and I will start by saying that I am a Christian. That does not mean that my goal is to flood you with Scripture verses. Though Christianity is the center of my life, I do not intend (or even desire) to shove my beliefs down anyone's throat. I am starting this way because my beliefs in God decided my views on everything. I do not wish to force anyone to convert; I merely wish to show you the sensitivity behind my beliefs and dispel any myths people may have that Christians are close-minded individuals who refuse to let anyone else have a say on an issue. Besides, I always have an opinion, so I'd like to express a few of them in this open forum of discussion with someone who holds a different viewpoint. After all, that's how we learn.

So, now that you know me, I hope you will look forward to this column in which we will address topics of great debate.

Now that you know Michelle's motivation for this column, Alex and I would like to let you, the readers, know ours. Our intent is to respond to Michelle's viewpoints from an alternate standpoint, hopefully illustrating that there is always more than one side to an issue.

Keep in mind that we are only introducing our column this week; we promise much sarcasm and re­ orton in the future, and if all goes well, a fair share of verbal combat. All in a good natural sense, of course.

So, stay tuned. Same time, same place-- next week.
Memories of
Homecoming 1994
**Movie Mania**

**A&E**

**Movie Mania**

**Movie quote of the week** - Last week's quote "Kids can't live with them, can't shoot them" was from the funny Grumpy Old Men, and was identified by Clark and trumpet player Todd Brennen. This quote was from Gustavson's 93-year-old father (Burgess Meredith) who stole the show in that movie. This week's quote is: "This town needs an emeral".

**Update From:**

**CAREER PLANNING & PLACEMENT**

**Graduate & Professional School Admissions Forum**

The 16th annual Graduate and Professional School Admissions Forum will be held on Tuesday, October 25th at Bryn Mawr College from 1:00-4:00 PM. In addition to the Forum which features admissions representatives from graduate and professional schools across the nation, the nationally recognized speaker/architect, Donald Asher, will be presenting the following programs:

- **1:00 PM - Bound for Graduate School:** A Strategy for Future Graduate Students
- **2:00 PM - Financing Your Graduate Education**
- **3:00 PM - Graduate Admissions Essays: What Works, What Doesn’t and Why**

For a list of participating schools, stop in Career Planning and Placement, Studio Cottage.

**Stop by CPP today!**

**A Healthy Outlook on Life**

**BY TARIQ QASIM**

Assistant A&E Editor

In a second installment of discussions on eating disorders, the Peer Educators for Healthy Eating Habits presented, "How to Eat Healthily" last Tuesday, October 5. The presentation explained in depth some of the biological reasons and necessities for proper health and the ways to maintain it.

Speakers, who work for Peer Educators, discussed topics that focused on how to choose the proper foods to eat. In diagramming a minimal food pyramid for the audience, the speakers focused on the following daily requirements for the average person: 6-11 servings of breads, cereals, and other grains; vegetables, 3-5 servings; and fats should be taken in minimal quantities. One thing stressed is not going under 1,500 calories per day.

Aside from healthy eating, exercise was another important constituent of the presentation. One speaker talked about "hypokinesis" or low activity level which can result in ailments such as diabetes and coronary heart diseases. Around 50% of diseases in the United States are caused from a lack of exercise and nearly 80% of those people infected with diseases die from them. The best thing one can do as prevention is exercise, but even this should not be done to excess. An activity schedule is a good idea if taken seriously and not to an extent that could be damaging to the body.

The speakers suggested that the proper exercise for the average individual is something called the "FIT principle," which stresses frequency, intensity, time, and type of exercise. It suggests three to five days of exercise a week at about sixty to seventy percent effort. It only requires forty minutes a week, yet is very beneficial for the individual.

There are several peer educators on campus who are available to help you develop healthy eating habits. Of course, all consultations are kept confidential. They are Jennifer Helverson, 409-3462; Drana Paul, 409-3041; Jenni Humphry, 409-3337; Deb Williamson, 409-3320; Elaine Zelly, 409-3208; and Jennifer M. Shahan, 409-3100.

**Eat Healthy!**

**Movie Mania**

**A&E**

**Tim Burton's The Nightmare Before Christmas** - I figured that since Halloween is approaching, and this movie just came out on video, I would review this movie. The movie is based on a ten-year old story written by Tim Burton, who directed movies such as Beetlejuice, Batman, and the recent Ed Wood. Nightmare uses miniature figures and the time-consuming process of stop-motion animation. In this process, a character is put in a certain pose, the picture is shot, the character is put in another pose, another picture is shot, and so on.

In the town of Halloween Land, Jack Skellington stumbles upon the entrance to Christmas town. In Christmas town, he is so enthralled with the snow and the pretty Christmas lights that he tells everyone in Halloween Land about it. He then takes the place of Santa Claus, distributing severed heads of dolls and very mean toy ducks to all of the kids. He soon realizes what disastrous results he caused, and attempts to find Santa Claus so that Christmas will be saved.

The stop-motion animation is flawless, and many scenes were very impressive, especially the scene with the Oogie-Boogie man (watch the movie and you'll realize what I'm talking about). However, when the novelty of the stop-motion animation wears off, the movie isn't all that great. The story was kind of boring, and I don't think it would satisfy children, for whom the movie is intended. Also, the music and songs, composed by Danny Elfman (Batman, Beetlejuice), was fairly good, but not spectacular. However, it was impressive to see stop-motion animation done so well, and there were many neat concepts and characters, so this movie is worth renting on videotape. Rating: 6 (Not Bad)

**Bill and Ted's Excellent Adventure** - This is my pick next weekend in Wismer (Because of Fall Break, no movies will be showing in Wismer this weekend). Bill (Alex Winter) and Ted (Keanu Reeves), some not-so-smart dudes, have to get an A on their history project in order to graduate from high school instead of going to military school (Bogus). Rufus (George Carlin) comes from the 22nd century in a time-traveling telephone booth to help Bill and Ted with their History project. Bill and Ted go to various time periods and pick up many "famous dudes" such as Genghis Khan, Abraham Lincoln, Joan of Arc, Socrates, and Billy the Kid. This movie is thoroughly entertaining as Bill and Ted get into many misadventures in the different time periods, and Bill and Ted's lingo, with words such as "excellent", "bogus", "heinous", "dude", etc. is a riot. It was also funny to see how these historic people function in present-day California. For example, Bill and Ted take them to the mall, all heck breaks loose as Genghis Khan ransacks the sporting goods store, and Joan of Arc takes over an aerobics class. If you haven't seen this movie, check it out, because it is very entertaining and funny. Rating: 9 (Excellent)

**A & E**

**Movie Mania**

**BY COLIN TUCKER**

Arts and Entertainment Editor

Halloween is approaching, and this essay was written by Tim Burton, who directed movies such as Beetlejuice, Batman, and the recent Ed Wood. Nightmare uses miniature figures and the time-consuming process of stop-motion animation. In this process, a character is put in a certain pose, the picture is shot, and so on.

In the town of Halloween Land, Jack Skellington stumbles upon the entrance to Christmas town. In Christmas town, he is so enthralled with the snow and the pretty Christmas lights that he tells everyone in Halloween Land about it. He then takes the place of Santa Claus, distributing severed heads of dolls and very mean toy ducks to all of the kids. He soon realizes what disastrous results he caused, and attempts to find Santa Claus so that Christmas will be saved.

The stop-motion animation is flawless, and many scenes were very impressive, especially the scene with the Oogie-Boogie man (watch the movie and you'll realize what I'm talking about). However, when the novelty of the stop-motion animation wears off, the movie isn't all that great. The story was kind of boring, and I don't think it would satisfy children, for whom the movie is intended. Also, the music and songs, composed by Danny Elfman (Batman, Beetlejuice), was fairly good, but not spectacular. However, it was impressive to see stop-motion animation done so well, and there were many neat concepts and characters, so this movie is worth renting on videotape. Rating: 6 (Not Bad)

**Bill and Ted's Excellent Adventure** - This is my pick next weekend in Wismer (Because of Fall Break, no movies will be showing in Wismer this weekend). Bill (Alex Winter) and Ted (Keanu Reeves), some not-so-smart dudes, have to get an A on their history project in order to graduate from high school instead of going to military school (Bogus). Rufus (George Carlin) comes from the 22nd century in a time-traveling telephone booth to help Bill and Ted with their History project. Bill and Ted go to various time periods and pick up many "famous dudes" such as Genghis Khan, Abraham Lincoln, Joan of Arc, Socrates, and Billy the Kid. This movie is thoroughly entertaining as Bill and Ted get into many misadventures in the different time periods, and Bill and Ted's lingo, with words such as "excellent", "bogus", "heinous", "dude", etc. is a riot. It was also funny to see how these historic people function in present-day California. For example, Bill and Ted take them to the mall, all heck breaks loose as Genghis Khan ransacks the sporting goods store, and Joan of Arc takes over an aerobics class. If you haven't seen this movie, check it out, because it is very entertaining and funny. Rating: 9 (Excellent)

**A Healthy Outlook on Life**

**BY TARIQ QASIM**

Assistant A&E Editor

In a second installment of discussions on eating disorders, the Peer Educators for Healthy Eating Habits presented, "How to Eat Healthily" last Tuesday, October 5. The presentation explained in depth some of the biological reasons and necessities for proper health and the ways to maintain it.

Speakers, who work for Peer Educators, discussed topics that focused on how to choose the proper foods to eat. In diagramming a minimal food pyramid for the audience, the speakers focused on the following daily requirements for the average person: 6-11 servings of breads, cereals, and other grains; vegetables, 3-5 servings; and fats should be taken in minimal quantities. One thing stressed is not going under 1,500 calories per day.

Aside from healthy eating, exercise was another important constituent of the presentation. One speaker talked about "hypokinesis" or low activity level which can result in ailments such as diabetes and coronary heart diseases. Around 50% of diseases in the United States are caused from a lack of exercise and nearly 80% of those people infected with diseases die from them. The best thing one can do as prevention is exercise, but even this should not be done to excess. An activity schedule is a good idea if taken seriously and not to an extent that could be damaging to the body.

The speakers suggested that the proper exercise for the average individual is something called the "FITT principle," which stresses frequency, intensity, time, and type of exercise. It suggests three to five days of exercise a week at about sixty to seventy percent effort. It only requires forty minutes a week, yet is very beneficial for the individual.

There are several peer educators on campus who are available to help you develop healthy eating habits. Of course, all consultations are kept confidential. They are Jennifer Helverson, 409-3462; Drana Paul, 409-3041; Jenni Humphry, 409-3337; Deb Williamson, 409-3320; Elaine Zelly, 409-3208; and Jennifer M. Shahan, 409-3100.

**Eat Healthy!**
CHAOS by Brian Shuster

"Well Mr. Wilkins, we were able to save your life, but I'm afraid we had to give you a heart from a duck... and a duck's kidneys... and, well, look, I've got to be honest..."

"Nice and easy. I don't want to have to use this."
An Open Letter to President Richter

Dear President Richter,

Over the past few months, since you announced your plans to retire as President of this College, you have, as indicated in last week's issue of The Grizzly, toured the country. One of your primary goals in touring, you stated last week, was to raise donations from alumni. While meeting with these alumni, you reiterated your belief and their perception that Ursinus will continue to evolve and blossom into the next century. You, in last week's Grizzly, predicted that Ursinus' commitment to a caring campus community should, as we, as students and future alumni, great commitment to. We head towards a new administration.

As I read those words, I felt a sinking feeling in the pit of my stomach. Since I arrived at Ursinus, I have read your Campus Memo and contrasted their rosy picture of the college and its community with my own experiences as a student. From these experiences, I have come to one conclusion. Over the years, your view of life at Ursinus has become more and more like that of an overly nostalgic middle-aged person looking at their high school yearbook; that is, you only examine the positive snippets and snapshots of college life that you observe and you want to believe that life at Ursinus is a pretty little picture. While this unwavering optimism may be necessary in your position as college President, I also believe that this optimism may have caused you to overlook the ills befalling this college. I believe that these ills center primarily around the problem of apathy and the relationship between the administration and the Greek system. Without treating these problems, the future health of this campus community may be in doubt.

In my two and a half semesters at Ursinus, I have observed the cancer of apathy eating away at the fabric of the campus community. The examples of campus apathy are numerous but three examples primarily come to mind. Last semester, the then-freshman class officers scheduled a class meeting. The event was well publicized with fliers spread throughout the dorms and eyecatching banners hung in Wissmer Hall. However, the event drew only twenty people, not including the officers. In another example, on a Saturday evening this semester, a famous jazz band came to campus to perform; few, if any, students attended. A few weeks ago, a new exhibit celebrating women book artists opened at the Berman Museum and, once again, few, if any, students have gone to see it. As President, you might wonder why should you care? After all, the role of college is not to oversee student's lives like a high school vice-principal, making us all attend diverse events. However, I believe that you must care for two reasons. First, an apathetic student body might become apathetic alumni who are parsonious in their donations to the school. A second, and more important, reason is that an apathetic community does not foster a caring community. In general, if you don't care about me and I don't care about you, how can we say that we are united under the banner of a family?

What is to blame for this apathy? Well, part of the blame lies with the student body. For example, I have never attended a concert in Bomberger Hall; also, until two weeks ago, I had never visited the Berman Museum. However, I also believe that it is too easy to just blame the students for the apathy. In fact, I believe that some of the blame lies with the administration. First, cultural events like the jazz band and the new exhibits at the art museum are poorly publicized to the campus. It is ironic to me that the administration will take the time to call the local newspapers to publicize a new art exhibit, for example, but will not take the time to put some fliers in the dining room or the dorms. However, a larger cause of this apathy I feel is the administration's relationship with the Greek system.

The belief that the administration is out to get the Greeks creates an unhealthy atmosphere on campus. Few, if any, Greeks attend non-Greek social events like comedians or speakers. However, at events like this past weekend's homecoming or last year's Spring Fling, when the administration tries to work with the Greeks, the social events are successful. Why? Mr. President, can't this cooperation exist all the time? While some friction is bound to exist between Greeks and the administration at any school, I have been to other schools where Greek participation in non-Greek events is much higher than at Ursinus. Why is this true, Mr. President? Maybe, if the administration tried to work with the Greeks, the College could produce a successful alternative to Reimert parties. Maybe the administration could learn something from the Greeks about publicizing events. Maybe the Greeks could learn that Dean Kane is really not the Horseman of the Greek Apocalypse.

Mr. President, I hope that the information that I presented in this letter was not new information. I hope that, while part of your work for this college requires you to act like a salesman, you also realize, as an in-touch administrator, the problems that befall this College. As your tenure as President draws to a close, I would hope that you and the Presidential search committee are working hard to find a successor who will continue to build the Ursinus community into the next century. I also hope that you are working on a plan or thinking about a way that we can draw this college community closer together. Before I close, let me introduce myself. My name is Ashok Parameswaran and I really want to see the College thrive and blossom. Maybe you will perceive me as some Generation X loser who has nothing better to do with my time. However, I hope that you do not dismiss me or this letter that easily. If you want to talk before you leave, all you have to do is give me a call. Good Luck on your retirement.

Ashok Parameswaran
October 11, 1994

UC Soccer Wins in Closing Minutes

BY JOEL SCHOFER
Of The Grizzly

On Wednesday the soccer team traveled to Western Maryland and came away with a 4-3 victory after two late goals by Brad Getz. In the first half Ursinus scored two goals, one by Brian Webster on a pass from Getz and another by Kerim Oncu. With Ursinus leading at halftime by a 2-0 score, Western Maryland scored three goals in a row, leaving the Bears with a 3-2 deficit and only three minutes left in the game. In need of some extra firepower, coach Seth Muleya moved Getz, their leading scorer, from sweeper to striker. He scored two goals in the last three minutes on passes from Kurt Bonewitz and Brian Webster to seal the 4-3 victory for Ursinus and improve their record to 7-6. Ursinus' next games are on Wednesday, October 12, at Haverford and Saturday, October 15, at home against Dickinson.

Golley Wins McIntyre Award

From Homecoming Football Program

The Linda L. McIntyre Award was established in memory of Linda McIntyre, '68. Each year the award is presented to a woman who, during her freshman and sophomore years, demonstrates initiative in financing her education, proficiency and perseverance in intercollegiate athletics, and a cooperative and unselfish attitude in women’s sports.

This year's recipient is Barbara Golley. Barb is a standout of the field hockey and softball teams. Through games of Sept. 24th, she was ranked sixth in the nation among Division I goalkeepers in save percentage, allowing fewer than .6 goals per game. She was ninth in saves, with 81, and 12th in goals against average.

As a softball player, Barb led the Bears in hitting with a .380 average. She was sixth in the Centennial Conference with a .474 average in conference games. Barb set Ursinus records by throwing out 19 would be base stealers, and by hitting in 17 consecutive games. She tied a team record with six RBIs in a game against Swarthmore.

Karen Kohn, '65, was responsible for the creation of this award in honor of her friend and classmate. Karen was an outstanding athlete at Upper Darby High School and a four-season athlete at Ursinus. She teaches at A.I. duPont High School and presented the award to Barb at halftime of Saturday's football game. Also present was last year's recipient, Ellen Cosgrove.

Barb’s name has been engraved on a plaque with the names of past recipients. The plaque is located in Herrferich Hall with a portrait of Linda McIntyre. Barb received an Ursinus College bronze table lamp personalized with a plaque.

By Charlie Wengroff
Sports Editor

Every year at the Ursinus Football Homecoming Game, the Kenneth E. Walker Memorial Trophy is awarded to the "outstanding Ursinus player(s) who displays sportsmanship and athletic ability in the Homecoming Game." The award is in memory of Kenneth E. Walker, a former Ursinus halfback, who died while flight training in the United States Marine Corps.

This year's recipients were freshman tailback Brain Eckert and senior quarterback Brian LaFond. Eckert has 82 yards rushing on 15 carries and 61 yards receiving on 4 catches. He scored Ursinus' three touchdowns, 2 rushing and 1 receiving. LaFond had 20 completions in 35 attempts for 251 yards. He had one touchdown pass to Eckert.

Eckert saw his first game with extended playing time, and LaFond was not even expected to play due to a knee injury suffered the week before.

Sports

Walker Memorial Winners

Correction

The following corrections should be noted to last week’s article UC Captain’s Council Set to Make Changes. The editor regrets the errors.

1) The title of the organization is the Student Athlete Advisory Council, not the Captain’s Council
2) Ms. Boyd is the Associate Athletic Director, not Assistant Athletic Director
3) There are representatives from each sport, not just captains.

FOOTBALL
Saturday, 10/15 @ Gettysburg
1:30 p.m.

FIELD HOCKEY
Thursday, 10/13 vs. LaSalle
3:30 p.m.
Saturday, 10/15 @ American
1:00 p.m.
Sunday, 10/16 @ William and Mary
1:00 p.m.

This Week in UC Sports

SOCCER
Wednesday, 10/12 @ Haverford
3:30 p.m.
Saturday, 10/15 vs. Dickinson
2:00 p.m.

CROSS COUNTRY
Saturday, 10/15 @ Allentown Inv.
10:30 a.m.

VOLLEYBALL
Wednesday, 10/12 @ Haverford
7:00 p.m.

Deliveries Available
Mon-Sat 4-9
Sunday 3-8
UC Wins On Homecoming, 21-20

BY CHARLIE WEINGROFF
Sports Editor

On Saturday the Ursinus FOOTball team defeated the Blue Jays of Johns Hopkins by a score of 21-20. The game, played on Homecoming, was highlighted by great offensive performances from freshman quarterback Brian Eckert, sophomore wideout Ron Floyd, and senior QB Brain Lafond. The defense came through when it was needed, led by senior linebacker Tyson Barrett and sophomore linebacker Gary Rhodenbaugh. Ursinus came out like gangbusters as they dominated the first quarter of play. The Bears opened the scoring in the first quarter on a 2-yard scamper by Eckert. Eckert’s first of three touchdowns on the day was set up by a 32-yard strike from Lafond to Floyd. Lafond hit 20 of 35 passes for 251 yards. Floyd hauled in 9 passes in the game for a total of 117 yards.

The Bears lost their edge a little bit in the second quarter as the Blue Jays took a 14-7 lead on a 10-yard touchdown run by Don Zajack and a 67-yard scoring pass from Dan Redzinski to Ryan McCrum.

The third quarter saw the Bears cut the lead to 14-13. The quarter was highlighted by the Brian Eckert show, as he picked up the bulk of his 143 total yards (82 rushing, 61 passing). The scoring play was a 26-yard Eckert run on a draw play.

The Blue Jays lengthened their lead on 2 field goals to make the score 20-13. With just over 2 minutes remaining in the game, the Bears marched a total of 70 yards in 1:24. Lafond led the Bears down the field hitting passes to Rob Owens (4 receptions, 22 yards), T.J. Coyle (2 rec, 20 yards), and Rob Altman (2 rec, 26 yards). The drive ended on 15-yard scoring pass from Lafond to Eckert. Coach Steve Gilbert decided to go for the win with a 2 point conversion, and Ron Floyd was able to barrel into the end zone on a double screen to give the Bears the one point lead.

The Bears were not out of the woods yet. Reminiscent of the Western Maryland heartbreaker, Johns Hopkins moved down the field as Hopkins QB Redzinski picked apart the UC defense. On a third down play, though, linebacker Gary Rhodenbaugh blitzed Redzinski, forcing him to throw an incomplete pass. Hopkins then decided to attempt a 51-yard field goal, and Todd Bencivenni’s boot barely reached the goal line preserving the Bears’ victory.

The Bears travel to Gettysburg next Saturday for a Centennial Conference game.

Sports

CHUCK'S WAGON

BY CHARLIE WEINGROFF
Sports Editor

Another week, another potentially lost season. It’s the NBA this time. Oh, what a great job David Stern has done. All of the NBA’s success since the late ’80s has been credited to him. Now that he has some semblance of a player revolt, by way of no collective bargaining agreement, it seems all too clear to say that the Michael Jordans, Larry Birds, Mike Galellas, and Magic Johnsons of the basketball world have brought the NBA to where it is today. How many exposures have there been on The Oh Great Stern? Several, I believe.

McDonalds tournaments in Europe against Biddy tearns or embroidered leather caps do not make the NBA. Stern is responsible for these things. It’s the Shawn Kemp dunks and Tim Hardaway no-look passes that have made the NBA so popular. Perhaps, just like in other sports, the owners and league officers should admit what they certainly know: the players have the owners strung up by their crotches. Whether they are right or not in their demands is not the issue. The issue is that the players’ unions are strong, and as long as they stay strong, there will be no season.

Nevertheless, the NBA is slated to start next week, so let’s look at some predictions. Sun’s in the West and Magic in the East. It’s that simple. Contenders, of course, are aplenty. In the East, the Knicks are going to spend their last chance at a championship. They dumped 64° center Byron Houston which should help. When the starting center is 6'9", that’s usually a problem, but not when his name is Chris Webber. The key to Golden State’s rise and Seattle’s fall is Rickey Pierce, formerly of the Sonics, now of the Warriors. Pierce doesn’t miss shots. I’d like to think that players that don’t miss shots are good bets to keep on your team. Seattle certainly didn’t help their shooting by adding “Let me bring the ball 9 feet above my head to shoot” Bill Cartwright. Cartwright is like 90 years old and will need a cane after 3 weeks of the Sonics run-and-gun offense.

To the Sixers Shawn Bradley, Weight 200 pounds there, yet, tough guy? Baseball is still on strike. Hey Eagles fans, calm down.

There’s no question that the Birds spanked the Niners last week. And regardless of the Bird-Redskins outcome, the Birds are no better than the eighth or ninth best team in the league. That should be a good thing, but all I have heard all week from Joe from Conshohocken is that the Eagles are an elite team, and Rick from the Valley says that the Eagles will win the Super Bowl. Let’s take another trip down memory lane. I think it was two years ago that the Birds beat the Cowboys 102-7, and got rocked by the Redskins the next week. This time the Birds are in a no-win situation. They beat the ‘Skins—they were supposed to. They lose to the ‘Skins—they’re a fluke against the Niners. Let’s win a couple of more big games, like one against the Cowboys.

To the Eagles’ Antone Davis: Will you please stop making Brain Suth get you pizza and let him do his job? Hockey players are still being locked out.

To Flyers GM Bobby Clarke: Would you still complain about Darren Daulton and Eric Lindros making 3 and 4 million dollars if you had more than six of your original teeth?

Last week’s question was answered in part by many, but in whole by one. Jim Barsky in the Evening knew that Kamala’s handler was named Kimchee and that the Honky Tonk Man dressed up as him to ambush Jake “The Snake” Roberts. The Honky Tonk Man was all wrapped up in his quest to ban the DDT from the WWF. Of course, Friday would also have been acceptable for the handler’s name, but Paul Orndorff was not correct for the perpetrator because although he dressed up as Kimchee, he jumped Hulk Hogan, not Jake Roberts. For this week’s World Wrestling Federation Trivia Question of the Week: Who were the three original Machines, and what precipitated their arrival to the WWF? That’s all for this week, and the pleasure was still all yours.