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The Grizzly, February 15, 2001

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Deadly earthquake affects students a world away

UC International students feel emotional aftershocks of Indian quake; Sophomore recalls, "weekend of hell".

Quinn Dinsmore

Grizzly News Staff

As the devastating news of a 7.9 earthquake in India flooded the news, emotional aftershocks were felt throughout the Ursinus college campus by faculty and students. In response to this event, College President John Strassburger issued an email to the student body extending "sympathies to all those in the Ursinus community who have friends and family affected by the recent earthquake in El Salvador and India.

He alerted students to the tragic dimensions of the Indian earthquake and reminded us "we have considerable numbers of students with Indian relatives or who are from India, and therefore this calamity is special immediacy for some of our fellow students, as they are</s>
News in Brief...

White House gunman subdued by Secret Service

FBI Report

WASHINGTON—Secret Service agents shot and subdued a 47-year-old Indian man who fired shots outside the White House after his lawyers arrived, officials confirmed.

Robert Packer, a former FBI employee from Evansville, Ind., was taken to George Washington University hospital after officers subdued him shortly after 10 a.m.

White House Press Secretary Art Finland said President Bush was never in any danger, but would not confirm whether shots were fired on the ground.

"The suspect never entered the White House grounds," Finland said.

"It took place outside the gates of the White House, conclusive property, on a public sidewalk." At 11:22 a.m., the Secret Service informed the Park Police received information about him at about 10:40 a.m. on E Street, north of the White House.

A Metropolitan Police officer engaged the man in conversation near a park bench. "(He) was never in any danger," but he said.

President John Sununu, whose parents were from India, commented, "We don't know how much help he will get but we feel that at least we know he's alive and he may be well." He added that as Russians, they believe in the cover-up of everything on the world. On this campaign.

Rahul Path was born in India and is treasurer of the group.

"It's not just the few private institutions that invite international students. It's the whole international education world," Path said.

Gore delivers first lecture at Columbia U.

"It's fantastic, and the rest of us are as well," President George W. Bush said.

"Do you agree with Dave?" commented President Bush.

"(I) agree with Dave," Gore said.

The audience included students, faculty, and staff from the School of Journalism and Public Affairs, and Columbia College.

"I'm excited," said Sheila Gore, who accepted a position in late January as a visiting professor, agreeing to teach between six weeks and a semester.

Simpson's is the latest in a string of unrelated student deaths.

"The cause of his death is not known," said Reynolds, assistant professor of journalism.

Police said the deaths are not connected to the school's off-campus apartment.

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The Associated Press

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Pledging at Ursinus now known as "new member education"

Name change to help separate process from stigma of hazing, administrators say

A change in the term "pledging" on college campuses, Ursinus officials say, is the result of a student survey that found the term to be associated with negative perceptions about the practice.

"When we asked students aboutpledging, they had a lot of mixed feelings," said Tracy Goldate, assistant director of student activities. "The new name stresses more of a learning experience."

All Greek organizations are going to be required to submit a plan to the college explaining how they will conduct their pledging process this fall and how they will ensure that the new education component is part of the overall process.

The change is part of a new policy that will go into effect next year, Goldate said. The new policy will require all Greek organizations to conduct a new member education program before they can begin the pledging process.

The new education program will include lectures, seminars, and other activities designed to educate new members about Greek life and the responsibilities of being a member of a Greek organization.

Goldate said the change is part of an effort to address concerns about hazing on campus.

"We want to make sure that new members are being educated about the responsibilities and expectations of being a member of a Greek organization," Goldate said. "We want to make sure that they know what to expect and what is expected of them."
No spot for you

Students angry over lack of campus parking

The parking situation on campus has finally reached the crisis level that everyone (except for the administration) has been anticipating since the beginning of the year. With the closing of the Hilltop parking lot, the large incoming freshman class, and the lack of parking in the area, it should not be surprising that the campus has more cars than it can hold.

What is surprising is the reaction of the college to this situation—rather than meeting student concerns and frustrations with understanding, they bring out a two-truck tow truck. This past week I have witnessed several of my friends arguing bitterly with Campus Safety personnel. These arguments are not to blame this situation, because they are just what are being done and told to have been aggressively ticketing cars, especially in the Reimert lot. And have there been more than several tickets being issued, Grouches to the tune of $25 per academic year since the beginning of the year.

The parking situation is more than surprising, it should not be surprising that the campus has more cars than it can hold. The critical overflow time (at least for the Reimert lot) comes when UC night school is in session, drastically increasing the amount of cars on campus.

When, most likely, when night classes are in session, students are forced to either park in the fire lane or do the laudably thing and walk halfway across the campus to get to their rooms, in parking a space that they should not have to be parked in. If students try to park in the fire lane or on the east side of Reimert, foolishly thinking that they should actually be allowed to park closer to their dorms, they will either be subject to fines or will have their car towed.

While the situation demands a response, the one given by the administration, namely cracking down on parking violations and making students more bitter to them, is the least desirable.

There are other solutions that are available to the administration other than the towing tow truck. Perhaps a two or three hour "emergency permit" where students are exempt from parking tickets and having when night classes are in session, contingent upon them moving their cars once spaces become available.

A more commonly implemented solution in colleges and universities across the country is simply banning freshmen from having cars on campus for their first year. That would alleviate the parking problem entirely, unless we flood the campus with students who obviously will need their cars daily.

Another solution is to more strictly monitor the parking application process and actually enforce higher standards for freshmen that want to have a car on campus. While all of these solutions are (at least) good solutions, it seems that for the time being, students will have to do what they have always done—simply put up with it.

It will most likely be a problem until someone sends out a mass e-mail about it to the entire campus (more on that next week).

Study overestimates sex on television

A study released by Henry J. Kaiser Family Foundation shows that sexual content, which includes everything from flirting and kissing to intercourse and talking about sex, has increased significantly over the past three years. This really isn't a surprise to me, nor should we be shocked when looking at this report.

According to figures included in the survey, 14 percent of all movie, 19 percent of all TV sitcoms have some sexual content in them. Figures released by the Kaiser Foundation are barely blunted by what they include as sexual content.

Just because a television show has someone kissing does not make "usual." I personally have never considered scenes of Daffy Duck kissing Porky Pig to be very sexual, but hey, if you do please don't lecture me about it.

I have an 8-year-old sister, and some of the shows she watches, which include such tasteless shows as "Friends" and other children's programming that are on Nickelodeon, have a mother and father kissing or showing signs of affection toward each other. I don't think my kid at a young age should watch shows like "Temptation Island," "Ally McBeal," or "Loveable." These shows are marketed to older audiences, and kids just shouldn't watch them.

There will always be shows for older audiences, but there will be for younger audiences. I definitely don't think any talk shows, talk shows as an adult, and there is no 8-year-old need to see some of the movies I watch. Parents, not network executives or movie companies, should make the choices on what their children should watch.

Another figure that the study also shows and that many are using as a red light is the percentage of teenagers depicted as having sex, jumped from 8 percent of all characters to 19 percent since 1999. These figures aren't startling, but not as much as one might think.

Very few people are so uncritical with ourselves as to say, "Hey, the people on American Pie aren't lying sex. I should too. I'd like to be." And if they are, I think having sex would be the least of their problems.

We cannot simply flush the toilet on the children's programs and replace them with more educational fare. In the future, students will have to do what they have always done—simply put up with it.

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Letter from the editor

As co-editor-in-chief of The Grizzly, I'd like to take a moment to address the controversy caused by the photograph of two unnamed students on pg. 6 of our first issue of the Spring semester. It has never been the policy of the Reimert lot; and have been there as several "unfriendly trucks" have more than towed.

While there is a need to enforce parking regulations, there is also a need to realize that there are more cars than spaces.

The critical overflow time (at least for the Reimert lot) comes when UC night school is in session, drastically increasing the amount of cars on campus.

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Real change starts from the heart, not from head. Head rules one time at a time.

- George W. Bush

It seems that with every election, new politicians rehash some old catch-all idea for curing the ills of society. Real change, he promises, will come to this inner city if he is elected. As our national dependence on government grows, our addiction to the public coffers is growing. In the context of our current financial crisis, the demographics of those living in poverty, urban decay, and drug use continue to remind us that still the waits for genuine help. Politicians search their heads and speak their hearts, promising to make a difference across the nation, but faith-based organizations are providing consistent help that we allow our political system to give up.

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The Buzz

Behind-the-Scenes Entertainment News

Patricia Magnay
Gerry & the PAC

Buffy's 10th
Seith Green will be making an appearance on "Buffy: The Vampire Slayer" for the 100th episode in the spring.
Word is that Riley, who will be leaving in a few short weeks, will also be back. Also look for Spike to take a hiatus as James Marsters films a movie.

"Friends" and lovers
"Friends" will become lovers soon. It looks like Joey and Phoebe will kiss after her birthday, which could lead to a new romance on the show.

"Pilot" land in studio
"Stone Temple Pilots" are headi­ng back into the studio to record a new album, which is tentatively titled "Holiday".

The band has plans to release the album sometime before this summer.

Wy-Hoo, at last
Wayne Chen has plans to re­lease his next album as soon as possible.
The group wants the album to hit stores by summertime because, as group members say, most of the tracks on the album are "sum­mer songs". We-Tong rapper Method Man is also working on his next solo album.

Queen Robbie
Singer Robbie Williams is in a tussle with music with "Queen", although nothing is signed as of yet.
Woolard took third in the triple jump with a jump of 33 feet and 4 inches and fifth in the long jump with a jump of 15 feet, 4 inches. Sophomore Katie Dougherty placed second in both events with a jump of 10.38.

The Franklin and Marshall Invitational was held on Saturday, Feb. 3. Leading UC was senior Yori Adegunwa who won the 400-meter hurdles (1:07.81) and the invitational.

Sophomore John Mohl took fourth in the shot put (48.73). "It's not good for anyone to reach his peak this early in the season," Mohl commented. "This was a stepping stone to prepare us to maximize our performance at the conference meet."

In women's action, junior Eboniもり took fifth in the 800-meter run (2:44.90) and eleventh in the 400-meter run (58.48). Junior Brian Pinderghent took fourth in the 400-meter run (52.38). Senior Mariana Morris won the high jump (5.45m), while freshman Kaite Meyer and Katie Dougherty came fourth in with a height of 1.70. Dougherty shocked fifth in the field with a timed 2.98 in the field, junior Ebeni

In men's basketball hopes to finish atop East Conference

The Bears were led by Barrett with 19 points and 15 rebounds. Unfortunately, it wasn't enough to surprises Washington's strong defense and offensive output. Ursinus got down early and trailed most of the game. The Bears cut the Shaawnees lead down to three points with three minutes to go in regulation time, but that was as close as they got.

"It was a game we should have won," Ciunci commented.

"We are a better team but just didn't come to play today," Ciunci added. The Bears recovered from the loss on Wednesday with a convincing 73-47 victory over the Swarthmore Groun Tide. The Bears were once again proudly by Barrett who had 10 points and two rebounds for Ursinus.

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Woolard is everyone about the season and expressed optimism about the rest of the season. "Considering the fact that the track has been covered with snow for about 80 percent of the season and the gym is reserved for the other sports, I was pleased with my performance, and I think most of the team feels that way," Woodard said.

The team's workouts consist of running sprints and weight lifting. For sprinters, throwers and jumpers, this means that the only time they get to practice is at meets. "We definitely deserve at least an 'E' for effort," Woolard said. "Come on rain, I still gotta make it," Ademesio said.

First look at looking towards next week at Albright College in preparation for the Centennial Conference Championship. Championships will be held at Moravian College on Friday and Saturday, Feb. 23 and 24.

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Wrestling squad finds success on the mat in weekend tri-match

Upcoming Sports Events...

Women's Basketball

Thursday, Feb. 15 at Rosemont - 7 p.m.
Saturday, Feb. 17

MUHLENBERG - 2 p.m.

Men's Basketball

Saturday, Feb. 17

MUHLENBERG - 4 p.m.

Gymnastics

Friday, Feb. 16 - SPRINGFIELD FIELD - 4 p.m.
Sunday, Feb. 18 - Harris - 1 p.m.

Women's Swimming

Centennial Conference Championships at Franklin & Marshall Friday, Feb. 16-18

Wrestling

Centennial Conference Championships at Gettysburg College - 8 a.m.

 Rodney

Grizzly Sports News

Thursday, February 15, 2000

GRIZZLY SPORTS BACK PAGE

Wrestling squad finds success on the mat in weekend tri-match

This past Saturday, Feb. 10, the men and women traveled to the Ursinus Women’s Tri-Mountain Tournament in preparation for the conference championship. Although the men put up a competitive showing, the Ursinus Wrestling squad captured the first place victory, going 3-0 in the meet.

Senior Chris Catania (165) finished first with a 10-0 technical fall over his opponent from Bryn Mawr. He is 33-1 overall with 14 falls.

Senior Jason Flor (125) also pulled off a victory over his opponent from Bryn Mawr, 5-9, to claim a 96-47 win over Bryn Mawr.

Flor, along with senior Mike Siigel and sophomore Travis Allured (197) all tough opponents in the weight class for the Bears.

Sophomore Eric Giusto scored eight points for the Bears and Bridget Hussey added seven, including one three-pointer.

Junior Josh Moyer (141) is 26-7 with 20 falls for the season.

Sophomore Erin Hussey had 15, 10 assists, including one three-pointer. Hussey is also undefeated for the Ursinus Wrestling squad.

Sophomore Mike Kocher (285), who also is 4-0 for the season, won one match by forfeit and finished a dominant UC grappler in 2-02.

Martyrs ousted the Bears with a disappointing 2-2-2 finish.

One of the most successful Ursinus teams will face their ultimate Division III competitor this weekend at Gettysburg College as the men take on five other conference teams at the Centennial Conference match.

The Bears (13-2, 18-4) are currently ranked third in dual meets for the second year in a row behind Muhlenberg and Western Maryland.

The Bears will also compete against Washington & Lee College, Gettysburg and Johns Hopkins.

"Right now we look like we’re in pretty good position to do well in conference championships," Di Stefano said.

Past conference champions Berks (19-2, 26-7) with 23 falls for the season.

Senior Pat Carty (149) also has 20 falls for the season and is considered a contender to win the weight class.

"We’re in a pretty good position to do well in conference championships," Di Stefano said.

Other guys who are possible conference champions include Pat Di Stefano, and junior Dan Cacilina at 174-181.

Lady Bears' Hussy sets school record in big win over conference foe

Megan Rosette

Grizzly Staff Writer

Lauren Crayle

Grizzly Copy Editor-in-Chief

On Tuesday, Feb. 13, the Ursinus Swimming and Diving team scored a career high of 24 points as eight three-pointers to set a school record and lead the Bears (8-14, 5-9) to a 47-21 win over Bryn Mawr.

Hussey also added seven assists for the Bears. Freshman Katie Guzzo scored 17 points, sophomore Erin Hussey had 15, and junior Katie Schaefer had 12.

Saturday, Feb. 10 saw définitive for the Ursinus Women’s Basketball team (4-6, 7-14).

They lost to Swarthmore College 57-31. The Bears scored eight points for the Bears and Bridget Hussey added seven, including one three-pointer.

Sophomore Kristen Mattison was 3-for-3 in shooting, including one three-pointer.

The women were unable to hold onto the lead late in the game.

The Bears will next play at Rosemont College this weekend.

They have their last game of the regular season at home on Saturday, Feb. 17 at 2 p.m.

Staying healthy with help from Wismer

Meghan Reck

Health & Fitness Editor

Although we complain about the food at Winter, it does offer the essential ingredients needed for a healthy diet.

On food hygiene it is a website devoted to medical health, nutritional and fitness advice and with the help of WebMD, they have outlined the top five foods necessary for a well-balanced diet.

1) Fish and seafood - Fish is actually a wonderful source of proteins needed for the human body.

Seafood also provides minerals, including zinc and copper, along with various vitamins like magnesium and vitamin B12.

There is no need to incorporate fish into everyone’s daily meals, but 3-4 times a week is suggested.

2) Oranges and other citrus fruits. These vitamin C factor is obvious, but citrus fruits also provide folate acid.

Folate is a vitamin B and is responsible for helping the protein system work properly in the body.

This is a protein metabolism that digestion, and allows cells, causing heart disease.

Citrus fruits also pack an amount of calcium, magnesium and contain a special group of phytochemicals called phenols.

These enormous word sound complicated, but unique benefits found in oranges, lemons and limes have been proven to ward off cancer effectively.

In fact, studies show that people who regularly eat oranges and citrus fruits have lower risk for certain cancers.

Drinking orange juice with your breakfast, lemon in your water, having oranges or grapefruit with lunch on a daily basis is highly suggested.

3) Beans - Your morning may not look like this addition to your diet, but the benefits of beans will sure this redundancy.

的方向s of crops can fail almost fifty percent of your daily fiber needs.

The above provides a healthy balance of vitamins and minerals to your body.

Studies show that people who have beans found to ward off cancer, osteoporosis, and heart disease.

Beans once in and they very impact your health, and the side effects are only temporary.

4) Dairy products and other calcium sources - Maintaining the correct amount of calcium intake is detrimental to the health of ever.

Drinking or eating two servings of dairy products daily, along with the calcium sources, will help you reach the 1,200 milligrams needed daily for proper bone health.

Vitamins B and D are also supplemented in dairy products.

5) Chocolate! For all your favorite foods - After consuming fish, seafood, and beans, you should reward yourself with a chocolate.

Eating healthy doesn’t mean eat boring food. At one point they almost caught a falling short of tying the score, 47-46.

The women were unable to hold onto the lead late in the game.

The Bears will next play at Rosemont College this weekend.

They have their last game of the regular season at home on Saturday, Feb. 17 at 2 p.m.

Sophomore guard Brittany Hussy set a new school record in a game against Bryn Mawr last week, draining eight three-point baskets.

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