The Grizzly, September 12, 2002

Anne Antanavage '04
_Ursinus College_

Cornota Harkins
_Ursinus College_

Quinn Dinsmore
_Ursinus College_

Kate Juliano
_Ursinus College_

Harry Michel
_Ursinus College_

See next page for additional authors

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Authors
Anne Antanavage ’04, Cornota Harkins, Quinn Dinsmore, Kate Juliano, Harry Michel, Cassie Stewart, Amy Beyer, Cara Nageli, Alex Sasso-Kurelitsky, Dean Edwards, Joseph Davido, Bridget Hussey, Rob Milstein, Fallon Szarko, Bart Brooks, Eileen Algeo, Lindsey Fund, Noelle Bolletino, Lauren Springer, Marie DiFeliciantonio, Blake Forrest, Kelly Gray, Heather M. Trefsger, Sean Brennan, and Dana Mazzenga

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On Tuesday morning, an unknown terrorist faction waged an unusually horrific and horrific war against America. Two commercial airplanes exploded over the North and South World Trade Center within an hour of each other, each World Trade Center tower. The first one was evacuated, and the second was not yet determined. Families searching for their loved ones have been supplied with several numbers to call. Hospitals in New York, and D.C. are over run.

September 11 Statistics

The world’s 5th tallest building was destroyed by 1.8 million tons of blowing concrete and dust, causing for several 3,000 people.

A year ago, the sound of a plane flying low to the ground killed 500 feet below. A terrorist from Afghanistan ordered World Trade Center,000 people, the official 9-11 Commission. Time started the day in New York, whose office building of ground zero had been destroyed. The official 9-11 Commission. Still found the courage to return to the World Trade Center.

Forgetting that faithful day does not seem possible for anyone. Anniversary specials commemorating the attack will once again show the movie-like image of towers burning and collapsing. A photo-like voice on a cell phone will still remind us that we will not be forgotten. And people will still remember that morning.

September 11, 2002: A Changed Nation Remembers

Opinion

Student on Campus

How do you feel about the condom packets in Women? New Opinion A & E

Liberty Diner

Is it worth to stop by Liberty Diner and get a meal there? Opinion Grizzly Guide

Limerick Pils

Unable to break the traditional beer drinking pattern? Try if you should get this pils.

September 11, 2002: A Changed Nation Remembers

America. No Longer the Beautiful

Written by Cornotta Barkins, this article originally appeared September 13, 2001 on Saturday morning, an unknown terrorist faction waged an unusually horrific and horrific war against America. Two commercial airplanes exploded over the

September 11, 2002: A Changed Nation Remembers

The Student Newspaper of Ursinus College

Thursaday, September 12, 2002

One year ago, the sound of a plane crashing in the South tower came to an end. Dust soon followed that a third commercial airplane had crashed into the South tower from above the floors where the last tower from above the floorsmade identification.

People who escaped the South tower from above the floors where the last tower from above the floorsmade identification.

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September 11, 2002: A Changed Nation Remembers

In The News

Remembering September 11

What happened then and what is going on now in the U.S. A & E

Sports

Field Hockey

New Fall TV Season

Check out what new shows the stations have for the new fall season! Grizzly Guide


The Grizzly staff extends its sympathy to those affected by the events of Sept. 11.

Questions, complaints, and/or comments via e-mail to Grizzly@ursinus.edu.

To receive a subscription to The Grizzly, send mail to:

1000 Collegeville at the end of the academic year. Direct any communications to the residence director because there is no agreement. Although it does not completely prevent thyroid cancers and other problems associated with a nuclear emergency.

The government has always held responsible for many states, including those that have nuclear reactors, in the event of a nuclear emergency. It is important to have a written evacuation plan for many states, including those that have nuclear reactors.

The Freshmen Fifteen: A Preventable Phenomenon for Students

Late-night food from Wawa

Unfortunately they also pack on weight during their first year.

There are about 100,000 pounds over a year.

If you have nothing to do, your metabolism will slow down in the evening.

Overeating is common when cafeteria meals are buffet-style. As senior Diane Todd adds, "When you were in high school, you usually ate what was on the dinner table. In college, you don't have anyone telling you what you should eat or not eating all the bad foods."

Weight gain or loss depends mainly on consumption. An intake of more calories than those that are burned results in weight gain. Likewise, if all the calories consumed in a given night are burned, weight loss will result.

In order to gain one pound, a person must consume about 3500 calories. Although this is a considerable amount of calories for a small amount of weight, only an extra 145 calories a day will add 15 pounds a year.

Among the particular significant amount of the extra weight that one can gain in one day is 1450 calories.

According to police officer Omwake, Michael Wilson met with the RD on Monday afternoon and came to an agreement. Although it does not completely prevent thyroid cancers and other problems associated with a nuclear emergency, it is important to have a written evacuation plan for many states, including those that have nuclear reactors.

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Students on Campus

How do you feel about the condiment packets in Wismer?

Zack's Without the Power

Harry Michel
Opinion Editor

Is it me, or is the world of food serving outside of which here at Ursinus. There was a time when there was a certain sense between Wissmer and Zack's. Wismer would not always be the best place to eat and Zack's would provide the refuge from the mundaneness of Wismer.

New Laundry Detergent Testing: Bad Idea!

Cindy Beverly
Managing Editor

Did you know that pima is apparently a cool laundry detergent? I, for one, am not as conscious of having to wash my clothes as much as I should. The cleanliness of my clothes is important to me, but I don't always take the time to ensure that they are washed properly.

Orientation Evaluation: Did you like it?

Sena Seuvel-Northby

Webster's dictionary says that to orient oneself "to acquaint with the existing situation or environment." Getting acquainted with a new situation and a new environment is something that many students feared. This past weekend before the start of the academic year, I got to orient myself to the college. Although the weather was fairly decent, there were no funds for the respite of the dorm room, especially for the dorm room that I chose.

Sound Off!

Want to be heard?

Send your thoughts and opinions to Grizzly@ Ursinus.edu by noon on Friday.

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September 11th: A National Holiday? I Think Not

Joseph Dovis

I hear people dwelling on the fact that September 11th should become a national holiday, and this brings child down my spine. You would have to actually compare the events of September 11th to that of other national holidays that are true American. These include: Thanksgiving, Independence Day, Martin Luther King Jr. Day, Presidents Day, Labor Day, Columbus Day, Veterans Day.

The other obvious holidays when Americans were also killed and therefore, helping to instead sound for these dates instead becoming national holidays. Martin Luther King Jr. Day was assassinated, but is remember as an American, and nothing can change the truth.

On the one year anniversary of this terrorist attack, I remember if my Father was in New York City working that day. I heard him base his cell phone, and the confirmed that he was safe.

I think God that he was not in New York, but wandered whether he was not drive by to fly back to the United States.

The next thing I did was gather with the rest of the guys who lived at 902 Main Street. We were stunned and horror but with the beautiful World Trade Center.

My professor called us back into the classroom and the talk about what still is a little fear that lives inside me, and that this talk about what will happen to continue to the people of this place. Perhaps the change will happen.

But the evidence was in fact on another nation, the with the World Trade Center burning. After the plane was down, I proceeded to go in. Needless to say, the hallways were quiet and the mood was warped. After gym, I had history class. There I saw my history teacher, Mr. Clemente, sitting in front of the television, and my sociology teacher, Ms. Chumovice, sitting near him. I walked in, sat down, and at Mt. Vernon walked away from the view, I stopped her and asked, What happened?

She asked what I just knew, or did not. She then thanked me, collapsed. What I asked, she replicated. She nodded. Then collapsed. She nodded again, then just said that the day, just yes! The information had already processed in her brain, and she was probably dealing with her own emotions at the time.
Tartuffe

Bomberger Hall and transmits via television broadcasting for a radio station is not a very original as it may seem, however, " currently it is still running as both expanded to the other side of Main Street to strengthen its already powerful primetime lineup with five new shows this fall. Among them is CSI: Miami which premiered on September 25 at 10 p.m. Thoughtless casting from a strong Neat McDonough (Band of Brothers, Minority Report) as deputy district attorney David McMorris and veteran film actor Mykelti Williamson (All, Forrest Gump) is destined to be " Licht's" Smith."

Another entertaining play to look forward to this semester is "Tartuffe" by Peter Boscardi in connection with the building of Bomberger Hall, directly across the street.

Tartuffe is the term used for directors who have auditioned for the two plays that have shown active interest in such things as set design and backstage assistance. In addition to the student who works on the production, many students come to the performances to observe and to eventually attain the money necessary to broadcast over the Internet. Although web casting is not a very popular today, and can only make auditions easily, "Tartuffe" will be performed Nov. 16 in the Krefl Room. Another entertaining play to look forward to this semester is "The Death of a Salesman" by Edward Albee. Timeless Raphael will be the producer of "Tartuffe" and "The Death of a Salesman" this year. In turn, he plans to use his TV set. Anyone who is interested in picking up the audio portion of the show is welcome. Anyone who is interested in seeing the show is required to get the ball rolling has not been thrown out of the question, and much as one of the radio station's primary goals, the exact amount of time and money required to get the ball rolling has not yet been determined. There are a number of smaller goals that WVOU has set for itself as far as the music is concerned. They are...
Are you overwhelmed by internal tantrums or have someone who won't stop pining for the past? If these feelings are not conducive to your personal growth and well-being, they could be a sign of a deeper issue that needs attention. In some cases, this might be a sign of burnout or stress-related conditions. Recognizing these patterns can be the first step towards seeking professional help and finding effective strategies to manage these feelings. By addressing these issues, you can move towards a more positive and fulfilling life.}

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\text{\textbf{Comparative Pricing Report: Healthy Foods}}\\
\text{\textbf{Greek Corner}}\\
\text{\textbf{Healthy Recipes to Help Out}}
\]

**Greek Corner**

The Sisters of Alpha Sigma Nu will be traveling to Saint Joseph's University on September 21 for the third annual Speak Up event. Teachers, parents, and students of all ages will attend the event in hopes of discussing some of the issues our youth are faced with today. The goal is to bring students together to discuss their views in a healthy and constructive manner. The event will feature discussions on topics such as violence, depression, suicide, eating disorders, family dynamics, leadership, and more. The program is designed to promote positive social interaction among students and parents.

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Field Hockey Wins Season Opener

Ellen Aigner
Grizzly Sperry Writer

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Tired of your boring dorm room? Think it could use a little redecorating?! Then SWAPPIN' SUITES is just the contest for you!

In 50 words or less, tell us why you want to participate in Swappin' Suites!

What is Swappin' Suites?
It's the Ursinus College version of a popular television program that gives two sets of friends the chance to decorate each other's rooms with the help of two designers, a carpenter, and a minuscule budget.

How do I apply?
Swappers: Roommates from two different rooms fill out one of the applications in The Grizzly and send it in to Dr. Edwards (Ritter 107) or drop it off in the Swappin' Suites box in Wismer Lobby.
Carpenters and Designers: Fill out the application in The Grizzly and send it to Dr. Edwards (Ritter 107) or drop it off in the Swappin' Suites box in Wismer Lobby.

How are contestants chosen?
The campus will vote for the contestants they want to see swap suites.

What happens if I am not picked?
Don't sweat it! We will be doing this again next semester, based on reader response.

What are the rules?
1. All roommates from both teams must agree to participate and will agree to follow all contest rules.
2. All contestants who are chosen to participate must agree to remain on campus during the entire Fall Break.
3. All contestants agree to be photographed and quoted in The Grizzly during the contest.
4. All contestants agree to abide by the housing contract.

- No halogen lamps.
- No heat generating electrical equipment (i.e. space heaters).
- Nothing can be pasted, glued, nailed, tacked or secured in any way on the walls, ceilings, or furniture.
- No student shall (a) remove from the room any furniture, equipment or property belonging to the College, (b) remove furniture from lounges for room use, (c) alter or tamper with the installed heating or electrical systems, or (d) alter the floor, walls, ceilings, or furniture.
- Pets, except for small fish in aquariums, are prohibited.

You can redo your single, double, triple, or common room!

Say goodbye to boring, empty walls and unorganized closets!

You can drop them in:
- Dr. Edwards office or
- in the box in Wismer Lobby!