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The Grizzly, November 4, 2004

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the grizzly

thursday, november 4, 2004

the student newspaper of ursinus college

inside



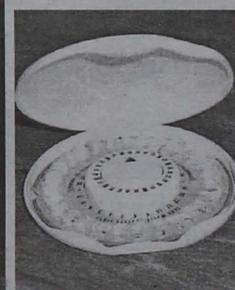
Goody and Sara Kessler crowned Homecoming King and Queen



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Bourbon Street & Beads: Homecoming Dance Preview

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On Saturday, November 6, the Helfferich Gym will be transformed into a New Orleans scene for the semi-formal homecoming dance, a tradition that the USGA decided to bring back from Ursinus's past. Tickets are just \$5 and the USGA promises a great evening filled with music, dancing, food and prizes – and of course, some of those famous Mardi Gras beads. Where can you hear live music, get a great meal, and maybe win some prizes for just \$5?

The winning band at Ursinus's annual Oktoberfest as well as a d.j. will play for homecoming – so great music is guaranteed. For a break from Wismer food, the USGA has a lovely menu planned that will include the widely-advertised dessert bar. And as an added perk, guests at the dance will have the chance to win door prizes.

Revising the old tradition of the homecoming dance was the idea of Vince Rossamondo, junior, and president of the USGA. Cris Matthew, junior and vice president of the USGA comments that he, Vince, and the

rest of the USGA are happy to put on this event. "We weren't looking to make any profit off of the dance, it was organized more to bring more school spirit." It seems like the dance has already accomplished that goal of bringing out school spirit and getting people involved; over 100 tickets have already been sold and many students have signed up to help with the dance.

Just a few days after ticket sales began, there was already a buzz on campus about the event. Sophomore Shelby Cochran comments, "It should be a great time. I am really looking forward to it!" Freshman Greg Diamond wishes he could go, "I am really upset that I am going to be away this weekend – the dance sounded like a good time." Students, including freshman Ali Wagner, have worked really hard to put the dance together; she says that the committee has ordered masks, balloons, and other decorations, "It'll be really flashy and fun." So, come out for a great evening on Saturday, November 6 and bring your dancing shoes; the party starts at 8pm. Additional tickets will be sold at the door.

Leadership students experience the sounds of Halloween



Leadership students at the Kimmel Center in Philadelphia

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This year, the leadership studies class of 2007 escaped from the typical Halloween evening at Ursinus and ventured into the heart of the city to hear the sounds of the Philadelphia Orchestra. Upon their early arrival, the students, who were conveniently dressed in costume, went trick-or-treating around the streets of Philadelphia. The friendly employees at Borders bookstore even provided candy for some of the students.

At 8pm, they proceeded to the fairly new Kimmel Center for the performance. As part of an annual tradition, the members of the audience wore their own original and creative costumes. Additionally, the entire orchestra was also dressed in costumes which ranged from a group of sumo-wrestlers dispersed amongst the strings, to a giant butterfly in the percussion section. The leadership class displayed rather interesting costumes ranging from a four-hundred pound ballerina, to the blue-man group, to our friendly neighborhood Spiderman.

The orchestra consisted of a variety of movements. It opened with a version of "Bacchanale" from

the opera *Samson et Delilah* composed by Camille Saint-Saens. Following this, the orchestra performed an amazing version of *Funeral March of a Marionette* by Charles Gounod, and a selection of Hector Berlioz's *Symphonie Fantastique, Op. 14* entitled "Songe d'une Nuit du Sabbat" (or "The Witches Sabbath").

Following these pieces, there was a brief but entertaining intermission. During the intermission, several orchestra personnel enacted a fairly clever performance of the famous poem by Edgar Allan Poe, "The Raven". Additionally, winners of the costume contest were announced for both the audience members and the orchestra. They included a pair of crash cymbals and the group of sumo-wrestlers from the orchestra's string section.

The program concluded with Andrew Lloyd Webber's *Overture to The Phantom of the Opera* and the catchy tune from *The Sorcerer's Apprentice*, by Paul Dukas. In its entirety, the program lasted approximately two hours long and covered a variety of diverse selections, which were rather familiar and others which were new and interesting. Congratulations to conductor Christoph Eschenbach and the entire orchestra for their excellent performance.

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Chris Heinz visits Ursinus

The view from here

TIA LARESE

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"Hey I didn't get a sticker!" said one of People Weekly's Most Eligible Bachelors of 2004 as he strolled through Wismer Parents Lounge on October 13th, referring to the Kerry-Edwards stickers handed out just minutes before. Chris Heinz, step-son of presidential hopeful, John Kerry, took his place in front of the 50+ Ursinus students and faculty eager to hear from someone so close to a national figure.

Dressed simply in jeans and a black shirt (and let's not forget the Rolex), Heinz began to address why it was important for students to get out and vote in the 2004 election. His heartfelt story about his first day of college, the day his father, John Heinz was killed, led into the story of how John Kerry won his respect and love. "I do love the man," Heinz declared. He then

began with issues that are on the minds of most college students - college tuition. Heinz described some of his step-father's plans for easing the financial burdens of families with students in college, such as a \$4,000 tax credit, an increase of \$2,500 to 3,000 aid for students in need, and a college plan for those who service the community - "Like a GI bill, but you don't get shot at," Heinz described.

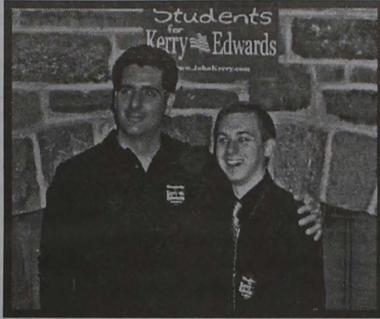
Heinz continued speaking on other concerns for students including job security, the economy and a potential draft. He then continued to field questions from students, the majority of whom were notably seniors. The most popular topic was about the economy. Heinz, who was a Yale undergraduate and a graduate of Harvard Business School, seemed extremely knowledgeable in the topic and attempted to explain topics ranging from the national debt,

pay-go, taxes, and the budget in the simplest terms possible so that the audience could grasp the concepts.

"I feel like Mr. Rogers," Heinz said as he pulled his shoe up to tie it. His witty banter seemed to resonate well with the college students and faculty present. After fielding nearly 20 questions ranging from the National Endowment of the Arts, Gay Marriage, Howard Stern (Kerry will most likely *not* go on his show), No Child Left Behind, Homeland Security, Abstinence-only education in schools, and dodging the question "What has it been like to have been skyrocketed to the status of sex symbol?" Heinz stayed after to pose for pictures and make small talk with students. The Eagles appeared to be a favored topic.

The majority of those present seemed already decided on who would receive their vote on Election day, however, sentiments were similar, in that Heinz's speech helped everyone get an inside scoop as to who the real John Kerry was. Senior Jon Yoder commented, "I felt it was a good supplement to my on-going research about the election. It helped me get a first hand account of John Kerry the man; I've only encountered John Kerry the politician. The fact that his stepson can get up and support him like this says a lot to me."

With any luck in the future more political candidates or family members there of will come and share their experiences to the Ursinus campus. But then again, with the embarrassing turn-out of only 50 out of 1500 students, I can understand why Ursinus is not a first choice of local colleges. Hopefully, more college students were willing to *cross the street* to the voting booths on Election day...



Chris Heinz (l) with College Democrats President, Dennis Vondran (r)



KERRI LANDIS

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Hello faithful Grizzly readers! I write to you from across the pond and five time zones — aka London. I have the rare ability to inform you of the British world's focus on America: even over here, the US election is big news. Despite the absence of "political" commercials (which is of the *greatest* disappointment to me), I still hear about the Kerry-Bush debate every day. Whether in the Metro (the free daily newspaper given out in Tube stations), on Virgin Radio UK or on BBC One's nightly news, the British media is paying close attention to the presidential race. Just in today's paper there was a color-coded US political map speculating which way each state would vote. Personally,

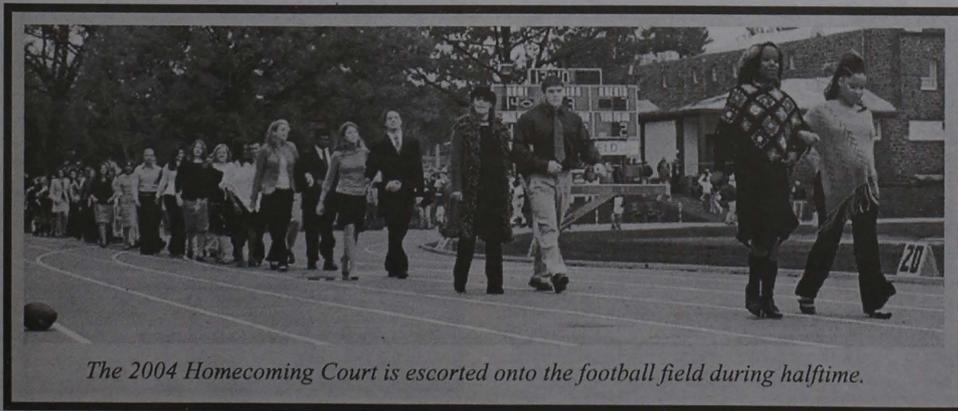
I was completely surprised by Britain's degree of interest in the US election. I knew that we're an important country, but by the same token, did you know that Australia just had an election for Prime Minister or even that Australia's leader was a Prime Minister? England devotes much more space in their newspapers to world news than we do. I can't remember the last time NBC gave more than two minutes to a foreign issue not concerning the war on terror or the Olympics. In comparison, it's rather shameful how little Americans know about the issues outside of our fifty states.

However, I would be remiss not to mention that much goes on within our great country that other nations simply don't notice: for instance, there wasn't a whole lot of coverage here on the hurricanes in Florida. Regardless, the American election is a big deal in Britain. While I do miss The Daily Show, it's interesting to see how another country views America and her politics. It's also very nice to watch TV and not have to hide behind the sofa during commercials: no need to shut my ears and eyes against the horror-movie narrations, flashing images and pithy slogans conjured by spin-doctors. Although the citizens here are markedly anti-Bush, the coverage of the election is surprisingly fair and balanced. Truly, I think it's safe to say I'm getting more accurate information about the candidates from Europe than you Ursinians are getting from (and I mean this in the nicest way) Republican- and Democrat-riddled Pennsylvania. I'm quite glad to be away from the constant onslaught of narcissistic blue and red bullcrap you guys have been getting back home; it's nice just to see the issues as they are, un-spun and un-tampered with. For instance, the 7 o'clock news tonight featured a discussion on the effect of Bin Laden's most recent tape on the candidates' campaigns: the three political analysts (a republican, a democrat, and a political comedian) had an in-depth debate to rival Meet the Press while managing to keep it both amusing and informational. Yes, I did say amusing. And informational. I'm constantly reminded that other nations care about the outcome of our election; after all, the man that we choose to lead us will have a profound effect on the world. On election night, I'll be watching BBC while America's election is just getting started; and I won't be the only one.

URSINUS PRESIDENTIAL ELECTION RESULTS

out of 268 total votes

BUSH	26.8%
KERRY	71.2%
NADER	1.4%
I'm Not Voting	0.3%



The 2004 Homecoming Court is escorted onto the football field during halftime.

Ursinus students remain divided on Iraq

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On March 19, 2003, America entered into the war with Iraq with the intent of finding and confiscating weapons of mass destruction. Our country rallied together and supported the president's decision for this cause. Sadly, however, the unity our country had is increasingly diminishing because of recent atrocities associated with this war.

With the American casualty list rising and weapons yet to be found, some Americans feel they were betrayed by President Bush, and that war was not the answer. Others also are suspicious that the reasoning behind the War in Iraq is rooted in Bush's ties to the oil industry.

Sophomore Rebecca Cohen says, "Saddam Hussein was a bad man—however, not a terrorist threat to the US. I feel that 9/11 was exploited and people are dying for no reason. I wonder how much of this war is for oil. We've alienated ourselves in the Middle East and the world..."

History professor Dr. Ross Doughty believes that the war was a mistake from the start. "Not only did we divert our attention from terrorism and attack a state that had been pretty successfully isolated, but we did so on the basis of faulty intelligence and with arrogant disregard for our allies in the previous Gulf War. In the process, we have not only alienated many of those allies, but confirmed our evil image in the Arab and Muslim worlds—and created more terrorists. The whole project has been spectacularly stupid."

Freshman Mandy Sanborn agrees. "I believe there's no reason for it. Our country's men and women are dying over there every day for a war most of them don't even believe in. One of them is my boyfriend, which just makes this issue even more personal for me. There were no weapons of mass destruction. Osama bin Laden was the one we were supposedly after for the 9/11 attacks, not Saddam."

Others, however, feel that the powerful dictator was a major threat to our country and the world, and war was the right choice in order to eradicate him from power.

Freshman Eric Relvas declares, "I'm for the War on Iraq because I feel that it is linked to the War on Terror. Saddam Hussein and other powerful figures in Iraq have been linked to terrorist groups and activities."

Senior Dennis Kearney emphasizes, "I firmly believe that in order for the world to be secure in this modern era of globalization and instant mass communication there certainly needs to be a coalition of nations ready and willing to stop transnational organizations from marketing weapons of destruction, let alone mass destruction, to people who are all too willing to use them. For instance, there definitely should have been a coalition of nations ready and willing to stop America, the only nation to use atomic bombs against another nation, from distributing some of its weapons of mass destruction to Iraq during the Iraq-Iran conflict. We know Iraq had WMDs at some point because we sold them to Iraq—we have the receipts."

Doughty, however, doesn't believe that there were any weapons present in Iraq. He explains, "Any contacts with terrorists were marginal at worst. It has been clearly demonstrated that there were no WMDs and little means of developing them. Iraq could have been quarantined—certainly not ignored—and we should have concentrated on mending our fences with the Arab and Muslim worlds, while continuing the fight against the real terrorists amongst the Islamic militants."

Matt Krolkowski, a sophomore, feels the war is beneficial overall. He states, "If the United States has the authority and military power to liberate a people under a dictatorship...we should do something..."

Many people compare the situation of our country to the Vietnam War. Doughty, who remembers Vietnam, sees a vast number of similarities. "Not only have we gotten

ourselves into an unpopular and possibly un-winnable war on the basis of faulty intelligence and arrogant belief in our own omnipotence, but we are again working on the basis of a naive ideological assumption that everything we do is good and right...its part of a neoconservative ideological crusade to spread the assumed virtues of Americanism, Capitalism and Christianity to the rest of the world, whether the rest of the world wants them or not."

Sanborn questions how this war will affect her future and the generations to come. "The entire situation sent our country into shambles. Iraq is our generation's Vietnam, and look what happened there: nothing good. Where's the good in this?"

Whether one is for or against the war, most can agree that the approach should have been less rushed. Through our leaders' decision, the United States may have lost integrity, as many agree that its foreign relationships have worsened. However, there seems to be virtually no option to negate the damage that has already been done.

Sanborn declares, "There are still things that our country needs to do to redeem its social standing in the world. War won't solve that, but neither will running away from the war we've already caused."

Kearney explains, "We have to build a whole new coalition to not only help clean up the mistakes we made from the first Gulf War, but also regain some credibility as a world power able to admit its own mistakes and work with the people it has historically exploited..."

Though the citizens of Ursinus remain divided with respect to the War on Iraq, anyone can only hope for the best. Clearly, the United States is involved in yet another complicated situation, and it may take more than the once-valid prospect of WMDs to justify the war.

Career Services keeps post-graduate success high

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"What do you want to be when you grow up?" Young adults have all been bombarded by this question, but the introduction of college makes this question a much more serious one. There are a multitude of opportunities for students after graduation. Many pursue additional education or join the work force upon receiving their undergraduate diplomas. Other students join the Peace Corps or receive fellowships. To facilitate a student's research on these opportunities, Career Services has various resources for them to assess their options.

One extremely useful database is called the Grizzl*E Network, which can be found on the Ursinus College Website, under the career services link. This network has a listing of alumni and friends of Ursinus College who are willing to speak with Ursinus students interested in their line of work, both explaining their careers and giving students advice. There are about 400 alumni on this website, proving to be a substantial reserve of information.

Another link on the career services website that students may find helpful is the Alumni career profiles. These profiles include quite a bit of useful information—alumni speak of their daily lives at work, including the best and worst aspects of their field, challenges they must face, and their work environment. This section is followed by a summary of their respective career paths, advice for those

considering work in their particular field, and resources for further research in that career.

Carla Rinde, the director of Career Services, does an incredible job both aiding undergraduate students and keeping in contact with post-graduate students. Life after Ursinus College can consist of a great variety of experiences, depending on the person.

To find out what post-graduate students are doing after Ursinus, career services give "cap and gown surveys" when students pick up their caps and gowns for graduation, and then send out a follow-up survey about six months later. The career services department continues to contact alumni for information throughout the year.

Carla Rinde has provided recent information showing that from the class of 2003, 33% of the class was pursuing additional education and 62% were employed out of the responding 84% of the graduating class. Only 1.4% responded as being currently unemployed.

Furthermore, the majority of the students stayed in Pennsylvania to pursue their chosen paths. Some of the schools that post-graduate students are attending include the University of Pennsylvania School of Medicine, Temple University, Villanova University School of Law, Yale University, Tufts University School of Veterinary Medicine, and Philadelphia College of Osteopathic Medicine. Though this list is merely a sample, it gives a favorable representation of the options open to motivated Ursinus graduates.

So, for students asked what they want to be when they grow up, they have plenty of time to decide. However, it is important to note the different opportunities available to them, particularly at Ursinus. Career Services can help you find out what they are. Post-graduate success at Ursinus College has been very high, and if you students employ their resources, these statistics will remain.

ELECTION 2004



Collegeville residents wait to enter the polls Tuesday afternoon.

New office provides extended opportunities for altruism

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As Ursinus has such a small campus, news of various events spreads quickly. However, for every dated and movie night that exists, there are just as many community service events. The hope of the new Volunteer and Community Services office is to centralize all of these community service projects.

The Volunteer and Community Services office, which is in its second year, is the latest addition within the Leadership Development and Student Activities office. The office, located in the lower level of Wismer, shares a partnership with various community, social service, and government organizations. According to the office's mission statement, Volunteer and Community Services attempts to provide students with a civil engagement experience outside of the classroom.

The office is run by Todd McKinney, Associate Dean of Student Activities and Director of Leadership Development. McKinney is assisted by two student workers, Jasmyn Blueford, '05, and Dennis Vondran, '06. Blueford is Ursinus' first ever coordinator of volunteer services. Vondran began working as her assistant this semester. The students are working on compiling a pamphlet of 100 local community service opportunities for students and faculty.

Another major task for the pair is the Volunteer and Community Services newsletter. This online newsletter is used to publicize community service projects for various students and student groups. The office hopes all students will write to the office to inform them of their events.

There are also a number of resources available through the Volunteer and Community Services office. Faculty and students who are interested in a community service project but need funding can receive that funding from the Volunteer and Community Services office. These individuals or groups may write a proposal in which they explain their aspirations for the project, the supplies and transportation necessary, and what they hope to gain from the experience or the project. McKinney will also try to link those interested with other organizations if they happen to be participating in a similar community service project. The office is open to numerous projects, ranging from working with the elderly to animal rights.

Though there are already significant community service projects at Ursinus, such as Airband, Mr. Ursinus, and others planned by several clubs and Greek organizations, Ursinus has created yet another way to expand upon its already present philanthropy.

McKinney wants everyone to understand that a little goes a long way. "I'm a firm believer in the statement, 'I don't want to change the world—just my corner of it.' and hopefully that will make a difference...." If faculty or students are interested in the Volunteer and Community Services office, they should call extension 2257.

**grizzly
classifieds**

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Four Ursinus students finalists for Watson Fellowship

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Have you ever dreamed of traveling around the world or pursuing your secret passion in life? The Ursinus Watson committee has nominated four seniors for the opportunity to do just that.

Seniors Nicole Beck, April Eakin, Tia Larese, and Oksana Yaworsky have been given the chance to win a \$22,000 grant to travel to foreign countries and pursue a project of their choice for an entire year. The Watson Foundation website expresses hope that each Watson Fellow's journey abroad will enrich the finalists with "academia, business, public policy, science, the arts, and other fields...." Dr. Francis Fritz urges his writing fellows to apply their senior year and emphasizes to students that, "The final product is you—transformed."

Though the nominees are still finalizing their proposals and itineraries, the subjects include "Hunting for Proof: Exploring Ghosts and their Legends in Australia, England, Ireland, Italy and Scotland," by Nicole Beck; "Alternative Music Scenes in Argentina, Australia, England, Iceland, Mexico and Senegal," by April Eakin; "Voices United: Searching for *Gemuetlichkeit* in Choirs in Australia, Austria, Czech Republic, Italy, New Zealand, and South Africa," by Tia Larese; and "The Ukrainian Diaspora: Cultural Traditions in Argentina, Australia, Belgium, Brazil, England and France," by Oksana Yaworsky.

Previous Ursinus students to win a Watson include Aaron Rank, '02, and Joe Klim, '03. Aaron researched "Cultivating the Earth: Agrarian Life in Brazil, Jordan, and Tanzania," while Joe travelled with his project, "On the Piste, Off the Piste, and Everything in Between: Skiing and Ski Instruction in Norway, Austria, Japan and New Zealand." In their excerpted journal entries, both travelers express awe about the places they visit and Aaron confesses that the trip has made his future plans "ever more global."

Our current nominees will present their proposals at a public forum on Wednesday, November 10, from noon to 1:30 p.m. in Olin 107. Winners will be announced on March 15, 2005.

Watson finalists from left to right: April Eakin, Nicole Beck, and Tia Larese. Not Pictured: Oksana Yaworsky.



career
corner

Ace the Interview

In a recent research study, executives of the 100 largest corporations were asked to describe their most unusual experiences in interviewing prospective employees. Here are some of their responses:

- A job applicant challenged the interviewer to an arm wrestle.
- A candidate announced she hadn't had lunch and proceeded to eat a hamburger and french fries in the interviewer's office.
- A balding candidate excused himself and returned to the office a few minutes later wearing a headpiece.
- An applicant interrupted the interview to phone her therapist for advice on how to answer specific interview questions.

Believe it or not, these things really happen! That's why it's important to stress that making a good first impression is key to acing the interview. The candidate who gets the job offer may not necessarily be the best qualified, but is generally the ones who made the best impression.

Preparation for the interview is essential. Know who you are and what you have to offer. Consider your relevant skills, abilities and accomplishments and be ready to discuss them. Also, know the employer. Do your research; be familiar with the organization's products or services, its problems or prospects, or its status in the industry.

Tips for acing the interview:

- Make eye contact, pay attention to your nonverbal behavior, and listen well.
- Smile! Display enthusiasm, confidence and a positive attitude.
- Think through common questions and practice your responses with a friend.
- Give anecdotal, revealing examples to illustrate your responses to questions.
- Ask good questions.
- Prepare for a behavioral-based interview.
- Dress for success and maintain a professional, well-groomed appearance.
- Follow up your interview with a thank-you note.

Operation Haverfordian Freedom: Liberation!

UCNN – HAVERFORD, PA – What started as a call to arms two weeks ago by two columnists for the *Grizzly* newspaper at Ursinus College has ended in the liberation of Haverford College by brave Ursinus troops.

In a military campaign marked by its brevity and lack of bloodshed, Ursinus toppled the brutally repressive regime in Haverford, proudly lifting Ursinus' flag over Founder's Hall to signal the victory of freedom over oppression.

It was reported that with the first onslaught, Haverford's defenses quickly crumbled and the feared divisions of Campus Security were quickly overwhelmed, with many opting to surrender peacefully. As a reward, these prisoners were quickly released, and as a token of gratitude were even given their weapons (pepper spray and night sticks) back.

There was an outpouring of support from the population of Haverford for Ursinus troops; all volunteers spurred to action thanks to the groundbreaking journalistic work of Matt Flyntz and Dan Sergeant, who exposed Haverford's goal of attaining nuclear capabilities. As soldiers stormed the campus, joyous Haverfordians crammed the walkways into the Arboretum, gaily cheering as they chopped down several large trees, which they regarded as symbols of their tyrannical administration.

While there was much reverie in the streets as Ursinus troops marched to victory,

there was also much chaos. Rowdy students looted several buildings, including the Cantor Fitzgerald Art Gallery, Magill Library, and the Union Music Center. Countless books and works of art were destroyed. Though Ursinus soldiers were on hand and could have conceivably



**MATT FLYNTZ
DAN SERGEANT
Communism for Dummies**

stopped the rioting, most were preoccupied with guarding the utilities building, which, coincidentally, houses Haverford's vital supply of heating oil.

In spite of these small setbacks, the campaign was carried out almost flawlessly, thanks in no small part to Ursinus' allies in this war on collegiate terrorism. Special thanks are in order to the other schools in the Coalition of the Willing, including a local vocational school, the Teen Leadership Council of the nearby Methodist Church's Summer School

Program, and of course, the janitorial staff of Betsy's Day Care.

Surprisingly, Ursinus' traditional allies, like Albright, Dickinson, and Gettysburg, have either refused to join the coalition or denounced it entirely, some going as far as to call it "A foolhardy crusade," "unjust," and "a ridiculously stupid endeavor that makes me tremble for the sanity of mankind."

Most vehemently opposed to the war was Oberlin College in Ohio, which held a huge peace demonstration on Tuesday, prompting columnist Dan Sergeant to caustically state in a press conference, "We need Oberlin in this war effort about as much as Vermont needs a nuclear weapon. They're like France, people."

Now begins the really hard task – finding Haverford's concealed weapons of mass destruction. This task is further complicated by reports of attacks on Ursinus troops by former Campus Security guards using pepper spray and night sticks. But according to Mr. Sergeant, Ursinus troops are willing and capable to do the hard tasks set before them.

"These attacks have been nothing but isolated incidents, and we are certain that the WMD will be found in short order," he said, adding, "after all, how hard can it be?"

Matt and Dan are freshmen. You can reach them at malflyntz@ursinus.edu and dasergeant@ursinus.edu.

When sex ends with whoops!

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Let's talk about sex. Many college students are sexually active and have been hearing for years about the importance of using protection. But what if you're using a condom and it breaks? Do you know how to protect yourself in those unpreventable situations?

Emergency contraception, or "The Morning-After Pill," though it doesn't prevent STDs, is an effective way to prevent unwanted pregnancies, and is readily available to anyone who needs it. There are two types of these pills. The first is a dose estrogen and progesterone much like that found in birth control pills. Statistics show that this pill cuts the risk of pregnancy by about 75% but has the tendency to cause nausea or vomiting.

The other type is a dose of plain progesterone, which is called Plan B in the United States. This type cuts the risk of pregnancy by 89% and reduces the risk of nausea as well. Either of these types of emergency contraceptive can be taken up to 120 hours after unprotected sex.

These pills are available only through prescription, and are distributed by Planned Parenthood and in the health offices of many private physicians. The Ursinus College Wellness center is one of these private health offices. According to one of the Physician's Assistants at the Wellness Center, a student must call the Wellness Center and make an appointment to get emergency contraception. At this appointment the student is counseled on the pros and cons of the medication as well as the risks of unprotected sex before being given the medication.

Wellness does not provide the Plan B pill, and several students I have spoken with reported feelings of extreme nausea after taking the large doses of birth control. One student claimed that her roommate could not get out of bed after having taken the pills. Although the PA I spoke with in the Wellness Center claims that students are given anti-nausea medication each time they are given emergency contraception, none of the people I spoke said they received it. In addition, every person I spoke with on the issue said that emergency contraception should remain available only by prescription, which eliminates abuse of the medication.

Although most people would agree that nausea is better than an unwanted pregnancy, the best solution is to not have unprotected sex at all. Even with the emergency contraception, there are risks of STDs, which can be prevented just by using a condom. So if you're going to have sex, be smart about it. In the event of an emergency, however, there is help.

Ur-whine-us

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Ursinus students have been complaining so much that we forget to appreciate what we already possess.

I can't go a day without hearing students grumble about virtually everything in this institution. Whether it is the food in Wismer or Zack's, the amount of work the teachers give, or parking, some Ursinus students make our school out to be the college from hell. All of these things I agree are problems and yes they could improve, but this is still our school, which we chose to attend. Why we did come here? What did we expect?

Think back to your first visit to this campus; there was obviously something here that intrigued you enough at least to apply for admission. I remember following my tour guide as she stopped by the popular attractions, specifically the fitness center and North Hall. Along the way I could not help but realize the beauty of this campus. I was really amazed. No litter, graffiti, or other eyesores damaged the overall façade of the campus.

Beyond the superficial things the campus offered, we all learned about the way of life at Ursinus. The small class size, student teacher interaction, meal plans, and social life were all explained to us. Being the smart high school students we were, we stayed overnight to get a firsthand experience of what Ursinus could offer us, and obviously it was enough to convince us. If the school was great in our eyes then, what has changed? In my opinion, we all need to look in the mirror.

Coming out of high school we were all anxious to get out of the clutches of our parents and experience the freedom of being on our own. This, for some, was our reason for trying to excel in high school and becoming active. It would look good on our college application. Where is that ambition now?

I do believe there are areas in which Ursinus could definitely improve, but it takes becoming active voices on campus. Do we remember emails advertising forums in which students can talk to the movers and shakers on campus? Even the big dog, President Strassburger, was in attendance. Remember the meetings last year where students could talk to Wood Dining officials about our problems with the food? Obviously not many of us can recall these events, because most of us were not in attendance, yet we continue to complain.

To be quite frank, some Ursinus students are just brats. While asking for more things, we haven't even appreciated everything we have right now. When I was a kid, and I complained about the food my mom prepared, she would say "People in Africa would kill to get this meal." I say the same to you Ursinus; people at other schools would kill to have what we have.

Do not think by any means that I am a blind optimist who believes there are no causes for change at this school; I simply believe that we must take time to appreciate where we are at. Besides, whining to your friend doesn't change anything so, GO TO A MEETING, BRAT!

Amaxophobic musings

"I can lock all my doors/ It's the only way to live"

Ya know what? I think that I really dislike breaks. Every morning when I wake up in my bed at home, I sit up with a start and think "Christ Almighty, how the hell did I get here?" and immediately speculate that the last four years at Ursinus were just some sort of wonderful dream, and I'm still a high school dork...no really, I barely talked to anyone freshman or sophomore year of high school. Let's be honest, deep down inside my cold, black, heart, I'm just a nice quiet kid with a hell of a case of megalomania.

Furthermore, not having a car on campus, I haven't driven one in months. Ergo, I have become wary of cars. Suddenly, a car is no longer a mere car, but 4,000 pounds of internal combustion machine, made up of glass and steel, rocketing through time and space at speeds upwards of sixty-five miles-per-hour. That is exactly 95.3333 feet per second, folks.

This realization makes me wonder if I myself am qualified to man such an apparatus, let alone my mother (who's theme

song is "I can't drive 55"...let alone 45...true story: She once out of fear closed her eyes while passing a truck on the turnpike, then cut him off and hit the brakes. I just sort of tried to go limp so maybe I wouldn't break my neck when my face rebounded off the windshield.)

Let alone the fact that there are sixteen-year-olds who are driving, as well as those who

are, God forbid, talking on their death-trap cell phones. If that Buick LeSabre in the passing lane doesn't get you while you're trying to merge and dial at the same time, the slow growing tumor that's nested in your temporal lobe caused by all those radio waves shooting through will in thirty years or so.

Also, on the subject of death traps, there are certain distractions that shouldn't be allowed roadside. While (nervously) driving over break, I witnessed a rather overweight, hairy individual mowing his yard with a "LEAF SUCKER" brand John Deere monster lawn mower. There were hoses everywhere, mulching and shredding no doubt, encircling the grass pulverizing contraption. The man was wearing shorts and a wife-beater, oblivious to the fact that it was about 44 degrees out. Oh, and he was wearing shop goggles.

While observing this rare occurring phenomenon, I definitely looked back to the road just in time to brake short of running over a group of school children who were unloading from a bus. Swear to God, two dove out of the path of the oncoming vehicle, one braced himself for impact, shielding his eyes...and one - one just stood there, dead center of the road, with a blank look of disbelieving horror upon his face, the previous nine years of his life undoubtedly flashing before his eyes.

In summary, I spent fall break being weirded out by technology. And then I almost killed some kids, so nothing out of the ordinary.

Goody has problems. If you have a problem you would like him to muse on, you can reach him at jagood@ursinus.edu.

My brief brush with popularity

I was sitting in my room one afternoon when an email arrived on my computer from the International Relations Club. This was funny, because although I knew many of the members of the club, I was not one of them.



CAM FURMAN
It's the Mind

I opened the email, which announced that the club was looking for people to nominate for Homecoming King and Queen. Glancing over it, a name caught my eye. Cam Furman. Hmm...I had heard that name somewhere before. After reading it several times, I was able to confirm with some accuracy that my name was preceded by the phrase 'The board nominated.'

My initial confusion was replaced with what can only be described as bemused honor. It would be another few days before I knew officially that I would be representing the club.

They say that everyone, upon hearing that they are nominated for something, goes through at least some delusions that they are going to win. Rest assured, I did not. My friends and loyal readers do not make for a huge voting constituency.

I informed my parents of the situation. They seemed proud, although I knew they were equally realistic about my chances. My sister seemed confused. She was always more likely than me to be awarded such an honor, and she responded with sarcastic congratulations. She is a sister after my own heart.

The honor of being nominated was quickly overshadowed by the fact that I now had things expected of me. The first task was to attend Oktoberfest and be 'presented.' It was my first real experience with this festive event that comes but once a year. My participation in it can be broken down into three general parts. Part one involved standing around a lot and not doing anything. Part two had me walking across the stage. Part three was where I left. That was probably my favorite part really.

The next day was Homecoming. This was where everything was going to go down. It was going to be exciting, it was going to be a life changing experience, it was going to be a memory I'll never forget.

Actually, it turned out to be a lot more standing around and not really doing anything. There were photos taken; we were lined up like cattle waiting to be branded, and then ten or twelve hours later, we were marched out.

But when I actually got out there, in front of all the crowds, and I was standing there smiling and people were cheering, I realized that Andy Warhol was right. Everyone does get fifteen minutes of fame. And I really hope this wasn't mine.

In drugs we should not trust

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The word "drug" seems to have a different connotation nowadays than it used to. Time was, elementary schools took honest to goodness pains to teach kids about how evil drugs were, hurting your body and your mind with their rotten illegal influence. Whereas, with the help of a doctor and a white slip of paper, brand new prescription drugs, measured out into tidy doses, have become a regular part of many Americans' lives, curing everything from ADD to foot fungus by, well, changing their bodies and minds with their perfectly legal influence.

Just in case my sarcasm is on the fritz, I'm not exactly a strong supporter of this newfound dependence upon prescription medication. Several years of weight fluctuation, blood tests, psychiatric evaluations, and mood swings caused by just about every anxiety, depression, or anti-epileptic drug on the market cause bitterness. (And no, I don't have epilepsy, but apparently that was not reason enough to keep me from going on a fairly dangerous drug for it.) Aside from personal feelings, though, the amount of faith given to medications to treat disorders that didn't even exist a generation ago is astounding.

The obvious example is going to be Attention Deficit Disorder, pumped as a debilitating deficiency long plaguing the youth of the world, which the world has *finally found a way to cure*. The problem is, it seems like to most parents who seek that cure, ADD is just a fancy term for, "My kid would rather play video games than do homework." Um, duh. Ritalin (which, for the record, is a stimulant) production went up 740% between 1991 and 2000. Funny, but I don't remember hearing about any grave threat posed by hyperactive kids in the seventies and eighties. Unless you

count the ones who grew up and started prescribing all those pills to the current generation.

I'll relent. Yeah, there are some cases where ADD, or one of the other fun "three-letter disorders" (as I like to call them), really is an issue, and where drugs like Ritalin or Adderall can be the only gateway to normal social interaction. And when that *is* the case, it's certainly better than waiting to grow up enough to graduate to anti-depressants. Yes, again, some cases these are very necessary. But frankly, life is tough. Learn to deal. The world turned soundly for a few billion years without Valium or Zoloft, and I suspect it had every intention of continuing to do so.

Besides, not all of these can be worth the risk. A lot of the medications on the market might justify a few side effects, like appetite suppression or tiredness, if the drug is meant to curb suicidal depression, and the window of acceptance is even further for something to curb an epileptic fit or an asthma attack. But I honestly draw the line at taking an anxiety pill that requires monthly blood tests to ensure that my liver remains functioning. Plus, a drug meant for thick toenails - which should really be as easy to "cure" as wearing a pair of sneakers - cannot be worth *any* side effects, let alone kidney failure. (By the way, in the latest news, anti-depressants must now carry warning labels that they "increase the risk of suicidal thinking and behavior" in children and teens who take them. Think about it.)

Americans cannot keep trying to swallow every little frustration. The human body works and thinks the way it does for a reason, and we can probably assume that nature knew what it was doing when it gave certain people their twitches and quirks. I'm not saying to avoid prescription drugs entirely - when used correctly, they can work wonders. It would just be nice if they were more often used correctly.

Field hockey team enters CC playoffs with a 17-1 overall record

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The Ursinus field hockey team cruised to their fourteenth consecutive win homecoming weekend against John Hopkins 1-0. The Lady Bears are currently 17-1 overall, and undefeated (10-0) in the Centennial Conference for the second year in a row.

In their last game of season play, Jess Rogers scored the lone goal with only 2:52 into the first half. Rogers scored the game-winning goal on an assist from Allison Doutt, recording her team-leading fifteenth goal of the season.

This victory also marks the fifth time that the Ursinus field hockey team has held a conference opponent scoreless throughout the game this season. Jessica Lamina

was crucial in tending Ursinus' goal by making six saves resulting in her fifth shut-out of the season.

The Lady Bears have been dominant all year and their hard work in the off-season has shown. In 2003, they played their way to the Centennial Conference Championships and lost a tough game to John Hopkins 0-1. They then placed their bid and got a second chance at glory in the ECAC Championships and went undefeated against McDaniel,



SUNY Oneonta, and William Patterson.

These three wins helped them to easily capture the ECAC Division III Mid-Atlantic Region Championship title.

This year will be the Lady Bears' first trip to the NCAA Tournament and the team is confident they will not only make it

to the tournament, but win it. Senior forward Crystal McCarney states, "The Centennial Conference Playoffs are just the beginning of our post-season play. We have so much heart and talent this year that we are here to play hard and to play well. This is our year and I can't wait to win, not only the Centennial Conference, but also continuing into the NCAA Tournament and winning that too."

Sophomore midfielder Melissa Buckley echoes her sentiment in saying, "I am really excited to have the opportunity to win the conference and go to the NCAA tournament. We have a great team that has the ability and determination to win it this year." With that kind of attitude, the Lady Bears field hockey is a team that will be difficult to beat.

The Ursinus field hockey team is honored to be hosting the Centennial Conference playoffs this Saturday.

EDITOR'S WINTER SPORTS PREDICTIONS

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Men's basketball



Highlights: The team is well-rounded and is composed of a group of strong

competitors. When one player falters, another player steps it up.

Lowlights: No more Dennis Stanton. Need I say more? Without a prolific scorer like Stanton, the team's defense will mean the difference between a playoff run or a season of disappointments.

Prediction: If the team plays good defense, they should be okay as long Mike McCarvey and the rest of the returning players continue to improve and increase their scoring threat. A winning season with a record of 14-11 seems plausible. The loss of Stanton will be a big blow to their playoff chances.

Women's basketball



Highlights: The team is determined to improve on a sub-par season they had in

2003-04. They can only get better, and not worse at this point.

Lowlights: The team only put up nine wins last season and eight wins in 2002-03. This shows their stability in losing.

Prediction: A record of around 10-15 seems likely. A team like this does not develop talent overnight.

Wrestling



Highlights: The wrestling team won their second consecutive Centennial Conference championship in 2004.

Lowlights: The sad reality that not many people know just how dominating this team really is.

Prediction: This team is downright unbeatable. With only four losses in the past two seasons, the wrestling team will have another superb season. The Centennial Conference better watch out, and for that matter, the NCAA.

2004 CC Outstanding Wrestler, Scott Roesch, looks to finish off his senior year with a season to remember.

Swim team looks to make a splash this season

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Swim season is alive at the William T. Elliot Pool as the Ursinus College Swim team prepares to improve their record this year.

The women's team is hoping to make-up for the loss of sprinter/backstroke Jenny Nolan with their strong underclassmen. Strong recruiting has added depth. Each year has shown marked improvement on a team and individual level.

"We have a lot of versatile swimmers," says Co-captain Valerie Schartel.

But will it be enough to stand up to other Conference teams?

"We don't have enough people to cover the events that other teams can cover," answers Co-captain Chanelle Houston.

The women hope to accomplish a winning record in the conference this year with the help of Coach Nancy Herb and assistant coach Matt. The main focus is on staying healthy and surviving intense practices. Senior Captain Lauren Carrescia believes that the key to the girls' success is their intensity and unity.

"I think we have the ability to surprise a lot of people this year - individually and as a whole. We just have to keep working hard at practice to get to that top-notch quality swimming that we are capable of," Says Captain Carrescia.

The challenge for the boys according to Captain Steve Rote can be summed up in his words "too much bread, not enough wiener."

In other words there are too many

events and not enough male swimmers. With only three swimmers returning to the boys and four additions, it is going to be tough to fill three lanes for every race. First, however the boys have to establish what each swimmer excels in.

So what is going to help the boys reach their goal of winning their first conference meet? One help is that there were no graduating seniors last year, and the number of incoming freshman is always larger than outgoing seniors. Another is the strong coaching staff behind both teams.

"We got the Herb on our side," says Captain Rote referring of course to the skills on Nancy Herb.