



12-2-2004

The Grizzly, December 2, 2004

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Recommended Citation

Perotti, Lauren A.; Fund, Lindsey; Diana, Katy; Helzner, Megan; Diioia, Emily; Garcia, Jade; Wagner, Ali; Swick, Eden; Searfoss, Jullien '05; Davido, Joseph; Texeira, James; Jusinski, Lynn; Yemane, Sarah; and Macconchie, Cecily, "The Grizzly, December 2, 2004" (2004). *Ursinus College Grizzly Newspaper*. 573. <https://digitalcommons.ursinus.edu/grizzlynews/573>

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the grizzly

thursday, december 2, 2004

the student newspaper of ursinus college

inside



The ladies of Elliott House collect food and money to help the needy this holiday season



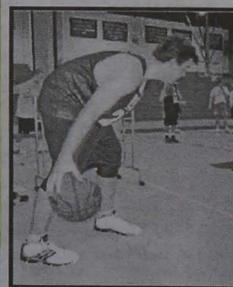
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Inside Scoop: Post-election blues give rise to new interest group on campus

MEGAN HELZNER

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Following the election Sarah Kauffman felt the need to complain, but she felt that change was necessary. She e-mailed about twenty students she knew were involved in voting/partisan efforts on campus and asked them to meet in Wismer Lower Lounge to commiserate at what she called DDFP, or Dessert and Discussion for Peace. "We need a place to express how we feel. Then we need to figure out what to do with those feelings so we can effectively work to make change," she wrote. Students expressed their concerns about everything from the war in Iraq, to separation of Church and State, as they fed off others' ideas and hopes for the next four years and beyond.

Alison Shaffer passed around her essay, "Where Do We Go from Here? Reactions to the Reelection/The Next Step" and Kauffman handed out information with contacts to a variety of human-rights focused organizations as well as pro-peace demonstrations. They didn't know exactly what they were doing or where they were going at the beginning of that night, but quickly, these students decided that a one-time meeting simply wouldn't be enough to help address all the issues they wanted to. And so, they formed We C.A.N., short for We Care About the Nation and founded on issues of political awareness and activism focused on issues of peace, justice, and freedom.

Dialogue is what students of Ursinus and the Collegeville community need – it's through talking about issues and hearing all viewpoints that we can make informed decisions and take appropriate actions, the members of We C.A.N. proposed. One of We C.A.N.'s first large-scale projects will be putting out a newsletter to campus and community on political issues and following it up with a discussion/reception which they hope that students, professors, and community members young and old, will come and put in their two cents. This first edition of the newsletter will focus on Religion and Moral Values in Politics – and We C.A.N. invites republicans, democrats, independents, greens, and everyone else in Ursinus

community to contribute essays, cartoons, etc.

The members of We C.A.N. are now drawing up their constitution, to be based on the U.N. Declaration of Human Rights. While the constitution is brewing, We C.A.N. members won't stop their action and dialogue. In conjunction with hundreds or even thousands of other groups around the nation united under a group called CODE PINK, on Friday, November 12 members and friends of We C.A.N. held a vigil for peace in Fallujah, Iraq. On January 20, Inauguration Day, members of We C.A.N. will go to A.N.S.W.E.R.'s Peace Demonstration in Washington and invite to come and participate in the demonstration, or just hop on the bus with them and see the Inauguration itself. We C.A.N. has become a forum for politically-charged students to share news, events, etc. and gain support for the causes they find important.

Meanwhile, over the past weeks, the e-mail list for We C.A.N. has been steadily growing, and the organization is quickly wrangling faculty support. We C.A.N. even received the Project Pericles "stamp of approval." Tia Larese, intern for the Project Pericles Leadership Studies Program, saw potential in the club for civic engagement and wanted to support the upcoming organization through the Leadership Program.

Members of We C.A.N. did not want for their political fervor to wane after the election – so, expect them to only grow as a presence on campus. Member Alison Shaffer comments, "I am just very enthusiastic about the fact that there's a group of students who are hopefully going to get involved with the campus and the community."

All materials for the first issue of We C.A.N.'s newsletter on Religion and Moral Values are due by November 30. On December 10th, We C.A.N. will also be sponsoring a discussion on Religion and Moral Values at 4:30pm and encourages everyone to come out (location TBA).

For more information contact senior, Sarah Kauffman at sakauffman@ursinus.edu or Advisor Professor Oboler at roboler@ursinus.edu.

UC students opposed to drunk driving

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Ursinus Students Opposed to Drunk Driving is an organization expected to be active on campus in the near future. The mission of the USODD organization will be to promote alcohol awareness and safety consciousness on Ursinus College campus, especially involving drunk driving. Some sisters of Omega Chi sorority are currently initiating this organization and welcome any Ursinus student who is interested in joining the interest group. With the help of Mike Ditty as its faculty advisor, the organization is still in the process of fine-tuning its constitution but anticipates being up and running soon.

Jennifer Johnson, vice president of Omega Chi, comments on a personal reason why she is interested in bringing this organization to campus, "Last January, my brother died in a drunk driving accident. He was leaving an event with a friend and had been drinking but was only at the legal limit when he hit a tree in the parking lot. They hadn't even left the parking lot and he and his friend were killed instantly. This really opened my eyes to the effects of drinking and driving and I want others to be aware of the problem so this doesn't happen."

People have inquired why the founding group has chosen to start an entirely new organization as opposed to bringing a chapter of SADD, Students against Destructive Decisions, to Ursinus College. According to Lauren Allen, a founder of the new organization, "SADD promotes abstaining from consuming alcohol altogether. We are aware that consumption of alcohol is a reality on college campuses and our mission is to focus on alcohol awareness and promoting alcohol safety."

In order to enforce the mission of USODD, all members sign a contract stating that they will abstain from drunk driving upon initiation. The point is to pledge to not operate a motorized vehicle under the influence of controlled substances as to prevent harm to oneself and others. The organization will collaborate to create ways to express the devastating reality of drinking and driving to the Ursinus campus and develop ways to inform the campus about drinking laws, statistics, and encourage students against drinking and driving. The organization also intends to have a monthly taxi service to and from local bars to promote alcohol safety.

For more information or to be added to the intent to organize a student organization list, please contact Lauren Allen, laallen@ursinus.edu.

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The Grizzly is published by students of Ursinus College every Thursday during the academic year, except for vacation and examination periods. The opinions expressed in the Grizzly represent those only of the authors; they do not reflect the views of the Editorial Staff or the College. The Grizzly Staff meets every Monday in Wismer Lower Lounge at 5:30 pm. Those interested in photography, writing, and editing are encouraged to attend.

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Behind Closed Doors: Secret places on campus

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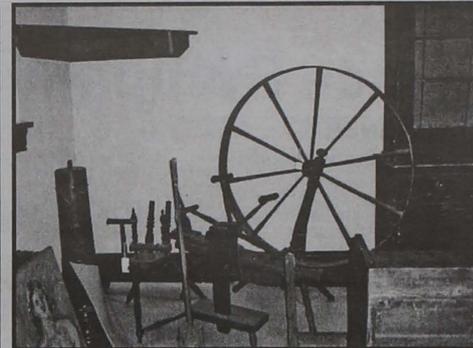
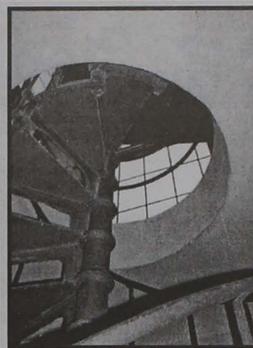
Have you ever been taunted by a mysteriously locked door or a light in a room you never noticed before? Well, now you can satiate that urge without facing Campus Safety in a rather awkward situation.

Last week, I approached Mike Ditty about writing this article and asked him to give me an exclusive tour of the secret places on campus. Had I been adventurous or daring enough to try accessing these places on my own, I surely would have met Mike in a more unpleasant context, but when you are not looking for trouble, he is really quite a charming guy.

Many people go through their years at Ursinus without knowing there is an antique room of Pennsylvania-German artifacts in Bomberger, or a vault in the library, or tunnels under the campus. But in my experience, adventures can be had virtually anywhere, familiar Ursinus buildings included. Initially I was disappointed that my adventures could not include the bell tower in Bomberger, or the underground tunnels (I admitted I would not be able to keep the entrance secret), for safety and security reasons, but I did get to see some of the most interesting places on campus.

With the help of Charlie Jamison, our first stop on the tour was the library vault. In the basement, I came face to face with *The Family* sculpture by Leo Sewell that sat on the first floor of Myrin before the great flood. Known on campus as the "garbage family," Leo Sewell invented this form of sculpture and his work is admired world wide.

The vault was rather small, about half the size of your average Ursinus single, and was loaded with shelves of Ursinus records and yearbooks. There was a key rack, a box of petty cash, several books with cracked spines and aging covers, and finally, in the very back, a treasure chest! Charlie Jamison opened the dark metal-ribbed trunk and revealed rows of handwritten letters on yellowing paper. Love letters? A secret correspondence? Actually, as Mr.



Jamison explained, Rev. James I Good, an Ursinus professor from 1888 to 1924, wrote them on subjects such as Dogmatics and Practical Theology. Mike Ditty and I said our goodbyes to *The Family* and Charlie Jamison and went on to our next adventure, the "antique room" in Bomberger.

The organ was going full throttle with a slightly ill-omened melody as we climbed up the stairs to the top of Bomberger. The room is blocked by three doors all with different keys and combinations. In the second room there is a dark ladder reaching twenty feet to some kind of attic, unfortunately not the bell tower. There were several tall cabinets, and one with a vending window that looked like it could have been an old confessional from when Bomberger was primarily a church. The room was bigger than I imagined, filled with old furniture, a dusty piano, an organ with faded foot impressions on the pedals, another treasure chest, and shelves of smaller artifacts.

When I had asked Campus Safety about this room, they had joked, "Yeah that's where we keep the torture racks, so we can get information out of the students." But, seeing some of the artifacts I almost wondered if it was partly true. One shelf held a rusty structure that looked like a bed of nails, some pieces of furniture *did* look like they could be racks, and there was a large spinning wheel in the back corner. Everyone who's seen *Sleeping Beauty* can associate spinning wheels with a creepy evil that draws you in. The organ is still playing eerily throughout this walk about, and whenever it hit a bass note, the room shook with a slight tremor.

On the way out, Mike decided to climb the dark 20 foot ladder that led up to an attic. I pictured something ultra-creepy like the little girl's hide-away in *The Ring*. "You'll call an ambulance if I fall right?" Mike said, eyeing the shaky ladder. I laughed nervously, wondering how old it actually was and how sturdy. Up top there was nothing

but cobwebs catching nothing but light from the stained glass windows.

On the way to Pfahler I tried to glean any useful information about these tunnels that supposedly crossed campus. Many Ursinus students have heard of them, but few (though probably more than Campus Safety would like) know where the entrances are or where the tunnels lead. If we did know about them, people would surely use them to get to and from classes in the winter! He also made sure to mention that the tunnels and their entrances are monitored by Campus Safety and being caught there is not a good idea.

In Pfahler we were joined by the cheery Sandy Brown, a secretary on the second floor. She led us up to the roof where I hoped to get pictures of the attic and the astronomy lab. No luck with the astronomy lab; it was locked up so tight.

The Pfahler attic, though, is a fascinating place even though it is mostly just storage space for the science departments. I opened a file cabinet; a folder read "Chemistry Department Budgets since 1947" in red ink. There were also old telescopes and observatory equipment, all the tools for the Ursinus Organic Garden, and chalk boards with strange tallies written on them.

The coolest thing about this secret place was the spiral staircase at the middle of the circular room. It leads up to the Lantern of Pfahler, which our school literary magazine is named after. Inside the lighted room, graffiti was scratched into the stone from various fraternities and sororities. Mike Ditty said he once found an unfinished bottle of cheap tequila on the roof there. Outside, on top of the Pfahler, I saw the entire campus and behind the houses on Main Street. It was raining, but I stayed for the view.

Once we returned to solid ground, Mike Ditty and I parted ways. Hopefully, he'll soon be up for another tour, since there are still many secrets on campus yet to explore.

Wheelchair basketball rolls in the money

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It took a broken wheel, some sore arms, and a lot of work, but the First Annual Wheelchair Basketball Game was a success. So much of a success, in fact, that the Chair Bears Inc. non-profit organization raised approximately \$5000.

The game took place in the Floy Lewis Bakes Field House on Sunday afternoon. Chair Bears Inc. members Mike Conner, John Katch, Rob Caruso, Kevin Rowles, and Ben Isser started the group as part of their management class. The event's money went towards the Fighting Back Scholarship Program (FBSP) which grants scholarships to men and women who dealt with a life-altering injury or illness who "endured that

experience with courage, desire and perseverance."

The final score of the game had the faculty of Ursinus/trainers from FBSP winning 36-24. However, it wasn't about the score in the end. A proud expression lingered on the faces of the organizers throughout the day. Most importantly, a lesson was learned by players and spectators alike. As the players somewhat clumsily wheeled across the court, it seemed obvious that the ability to walk is taken for granted.

At halftime of the forty minute game the check was presented to FBSP. A raffle was also held, with the winner getting half of the money earned by the raffle ticket sales. Supporters cheered, laughed, and joined together for a worthy cause. A good idea was carried out and the tradition will continue. Hopefully next year will be even more successful!

Upcoming choir concert

Members of the College Choir will have their annual performance of Haindel's *Messiah* once again this year as part of an annual Ursinus College tradition. This year's *Messiah* will be performed on Friday December 3rd and Saturday December 4th. Both performances will take place in Bomberger Auditorium at 7:30pm. Members of the College Choir include Ursinus students, alumni, faculty, and additional active community members.

Celebrating his 25th year as conductor, Dr. John French will be conducting this performance and it will also feature a full orchestra. Four professional soloists will also take the stage. Students are definitely encouraged to attend this program; however seats fill up rather quickly so it is suggested that you purchase tickets in the politics department in Bomberger Hall. Let's hope there isn't a terrible snowstorm like last year!

Dance Company concert a success

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From hip hop to improvisation, the Ursinus College Dance Company put on quite a show! The show was held on November 18, 19, and 20 in Ritter Theater. The show was so successful that seats were filled every night at least a half an hour before it was even supposed to start. This was the first performance of the new combined Theater and Dance Department and was choreographed by faculty, students, and special guest Ruth Andrien.

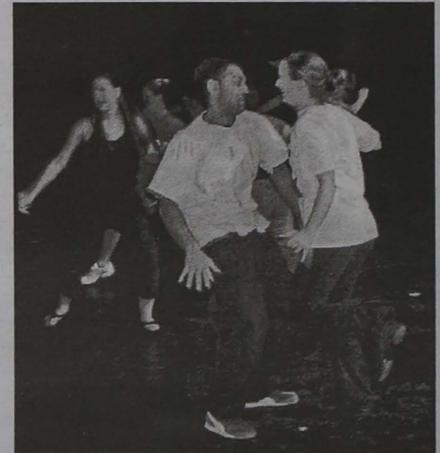
Andrien taught the students the first section of "Esplanade," a master work by Paul Taylor. The students were honored to be able to take on this task, and they truly showed their ability through their incredible performance. The dancers had good form, knew their routine, and truly seemed to be enjoying themselves.

Many of the other performances in this show were quite intriguing as well. "Who Needs Sleep" was presented by four dancers and was a pleasurable watch. The dancers were radiant and energetic and also displayed their acting skills and humor with their portrayals of falling asleep in class.

One part of the show that definitely caught everyone's attention was "Order Up." This piece included five male dancers dancing to the music of Jay-Z and Destiny's Child. The dance was very bold and even included some gymnastics. This dance definitely stirred things up with its stunts and popular music in the middle of the show.

The show was quite varied and gave a great sampling of numerous rich types of dances. Each of the performances was unique and incredible in its own way. "The Bells" was a solemn yet beautiful dance, and the "1970's Line Dance" was lively and entertaining. The students executed their performance with as much delight as the audience had in watching them.

The final dance of the show was "The 8:10 Express," which the students will be performing at the PSAHPERD Conference in Seven Springs, PA, later this December. We wish them luck and thank them for putting on such an amazing show. Now that we have seen a taste of how superior they are, the anticipation builds as we await their next performance, which will undoubtedly be as wonderful as this one has proven to be.



Holly Singh presents "Mistaken Identity: Sikhs in America" at Unity House

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People were perched on cushions and crammed side-by-side onto the couches of Unity House on the evening of November 11, eager to learn about Sikhism at the much-talked about lecture by "Holly" Moninder Singh.

In recognition of National International Education Week, November 15-19, Singh came from Valparaiso University in Indiana for this commitment. Through dialogues such as these, explains Singh, each of us can learn through experience, rather than through simply studying or through infectious rumors, about the cultural differences that make America so rich.

Singh, before showing the DVD "Mistaken Identity: Sikhs in America," made a reference to his long beard and large turban, two of the traditional features of a Sikh man's appearance. He commented that one of his purposes in coming was to demonstrate that dressing in such a way doesn't make him any less of an American. In fact, the features that distinguish Sikhs and the traditions that they hold dear add to the dynamic and ever-changing face of America.

The film he showed followed a young, white, American-born, non-Sikh woman (Singh later revealed that there are white, American-born Sikhs) as she traveled throughout the United States, interviewing Sikh children, mothers, fathers, workers, professors, entrepreneurs, and others about their experiences following 9/11, their traditions, and their beliefs.

Members of the audience nodded in agreement and quickly scrawled notes as they heard people from the film describing everything from arrests and assaults on Sikhs mistaken for terrorists, to the traditional cooking and singing at their religious temples (called "Gudward," meaning "Guru's door"). The film pointed out that Sikhs, who are almost completely of Indian descent and religiously different from Muslims and Hindus, account for about 9% of the American population and number about 25 million in total.

"Mistaken Identity: Sikhs in America" served as a great springboard for discussion. Singh encouraged students and community members to comment, to interact, and even to argue—it's through these experiences, he says, that members of different faiths and belief sets learn and challenge themselves.

Students and community members asked Singh about everything from the Sikh views on stem cell research and gay marriage (which, Holly says are not banned in Sikhism and are largely the decision of the individual) to the Sikh tradition of wrapping the hair under a turban (which, in fact,

requires an astonishing five feet of material) and meditating so that they may reach a higher level of consciousness.

Freshman Frank DeMiglio comments, "I was intrigued. It's through things [such as] Holly's lecture that I am getting to know a lot about things I didn't know before—all these experiences really are giving me a liberal arts education." All in all, the film and lecture were comprehensive learning materials that exposed eager students to a new view of the Sikh lifestyle, both at home and in America.

Major Highlight: Gender and Women's Studies

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The Gender and Women's Studies minor is a course of study at Ursinus College which is often overlooked.

According to the college catalogue, Gender and Women's Studies is an interdisciplinary minor which places the study of women and gender at the center of the curriculum. It is designed to include a cross-cultural perspective in an examination of the experiences and contributions of women, as well as explore the challenges and limitations due to gender.

To obtain a minor in Gender and Women's Studies, students are required to complete 16 credits. All students must take the GWMS-200 course. How students complete the remaining credits are optional. These credits can come from: GWMS/ANTH-225, GWMS/SOC-227, GWMS/SOC-263, GWMS/EDUC-402, GWMS/ENG-228, GWMS/ESS-301, GWMS-HIST-328, GWMS/HIST-366, GWMS-381, or GWMS-382.

The faculty behind the Gender and Women's Studies minor is as diverse as the course offerings. Professors Evans, Dawley, and Florka make up minor's Advisory Council. Professors Czubaroff, Dole, Hemphill, Lionarons, Novack, Oboler, Trout, and Ussery also teach the various courses required for the minor. Visiting professor Dr. Highbaugh is also teaching a course for the minor. The Gender and Women's Studies' Advisory Council is also interested in going through the approval process of turning the minor into a major. The main benefit of turning this minor into a major would be the addition of faculty hired for the primary purpose of teaching Gender and Women's Studies courses, instead of current faculty taking on extra courses.

For a program that is often overlooked, the Gender and Women's Studies minor has a broad range of appeal. When Dr. Dawley was asked what she wanted Ursinus students to understand most about Gender and Women's Studies she joked, "It's not just for women!"

An interview with the President: Strassburger shares plans for Ursinus

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We will soon celebrate 10 years with Dr. Strassburger as president of Ursinus College. Yet, do you know what the president of a college does? What would you ask President Strassburger if you had the chance? After gathering a list of questions from several Ursinus students, I took the opportunity to sit down with Dr. Strassburger, and find out more about who he is, what he does, and how he views his role at Ursinus.

After earning his bachelor degree in history at Bates College, Dr. Strassburger continued his education at Cambridge, earning his masters, and then at Princeton, where he received his doctorate. Here he realized that the democratic system and its views on education should be admired, since it idealizes the equal opportunity that people should believe in with respect to education.

After obtaining his doctorate, Dr. Strassburger joined the faculty at Hiram College in Ohio as a history professor, and then was given the chance to work for the government at the National Endowment for the Humanities in Washington. There he realized that he "liked administration," yet missed not being able to be on a college campus.

Driven by his impulse and admiration for education, he then worked for 10 years as the Dean of the faculty at Knox College in Illinois. Wanting to expand his views regarding education, he accepted the position of President at Ursinus College in 1994.

Here, his "goals are clear. Make Ursinus College stronger, academically and financially." Dr. Strassburger says it is "terrific" to work at Ursinus, since he is able "to be around people who are at the beginning of their meaningful careers, while watching them set the stage for more achievements."

After talking with Dr. Strassburger about his past accomplishments and his role as the president of the college, I decided to raise some of the questions that with which many Ursinus students had provided me.

Q: "Why is tuition rising every year? Where does the tuition money go exactly?"

A: "The answer isn't as simple as it ought to be... part of the answer is that cost increases because we give raises, our health care cost raises every year, and our heating builds and light bills go up every year."

As costs rise, however, Ursinus must also maintain the quality of education by providing support for "international studies, increasing support for

undergraduate fellowships and for technology," President Strassburger maintains. It is also important to note that "the total budget of the college tuition, room and board costs only covers about 2/3 of the costs that operates the college... If we didn't have an endowment and... fundraising we would be a much different college."

Q: "When are they going to finish the art center?"

A: "In March of 2005, and it is right on track... we hope the weather doesn't mess that up."

Q: "Is Ursinus College trying to achieve a higher national ranking?"

A: "The value of everyone's degree increases if more people are aware of Ursinus College, and more people are aware of how good the college is, making people know the quality of work that student are doing here... The amazing thing is that the students at Ursinus are doing some of the best academic work in the country... So students are entitled to be recognized for that work."

Q: "When are we planning to go completely wireless?"

A: "We are not planning to do it right away because it is very expensive, and it is not clear that it will add to anybody's education to have a residence hall wireless... the access to the internet is in all of the rooms... if it won't change the education for the better, maybe there is a better use for the money that would be used for that."

Q: "What is being done about the parking problems on Main Street?"

A: "We are looking to develop a system."

Q: "Why is the number of students on campus growing?"

A: "Last year we had 450 first-year students, so this year we accepted fewer students, and we have about 395 [first-year] students. We are not trying to grow much... we do want to stay small. But the advantage in growing is that it creates more choice... more programs."

Q: "Why isn't there a daycare center on campus for professors?"

A: "We do look at it... [we] do surveys and we will keep on looking at it."

Dr. Strassburger has clearly demonstrated his passion for education at Ursinus by helping to build an environment with "...amazingly rich... opportunities... for students to achieve extraordinary things." He hopes that "every student takes as much advantage of those opportunities as they can. He points out that Ursinus has an "astonishingly good faculty, where there is support for Study Abroad, undergraduate research and internships," and has been nationally acclaimed for implementing the Common Intellectual Experience. The President believes that the college's "educational achievements are superb," and he is "looking forward to observing what is in store for Ursinus College in the next few years."

So, hopefully, the above interview has assisted in answering your current Ursinus queries. It is evident that as long as President Strassburger is at Ursinus, he will continue to keep making the changes necessary to improve the school, whether those changes are in the near or distant future. Ergo, we thank President Strassburger for a wonderful 10 years and anticipate the future benefits of his leadership.

career
corner

Interview like a STAR

If you want to put your best foot forward during an interview follow these three steps: prepare, prepare, prepare!

The next time you have an interview for a job or an internship, it is likely that you will be subject to Behavior-Based Interviewing. The premise behind this type of interviewing is that the most accurate predictor of future performance is past performance in similar situations.

Examples of Behavior-Based Questions:

- Describe a major problem you have faced and how you dealt with it.
- Tell me about a time when you worked effectively under pressure.
- Give me an example of a time you persuaded team members to do things your way.
- Give me an example of a time when you had to go beyond the call of duty to get a job done.

Use the STAR technique to devise a response appropriate for a Behavior-Based Question.

- **Situation/Task:** Describe a specific event or situation that you were in or the task that you needed to accomplish. Be sure to give enough detail for the interviewer to understand. This situation can be from a previous job, a volunteer experience, or any relevant event.
- **Action:** Describe the action you took and be sure to keep the focus on you not others that may have been involved in the project.
- **Result:** Explain the result of your action. Make sure that the outcome reflects positively on you (even if the result itself was not favorable).

Career Services has more information regarding interviewing in its career library and on its Web site (www.ursinus.edu/career). Ursinus students can also have an interview dress rehearsal by participating in the "Mock Interview" program. Call ext. 2274 or stop by Bomberger 121 for more information.

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Bah, humbug! Enjoy your carbs this holiday season

EDEN SWICK

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Since the "Low Carb" and "No Carb" crazes were introduced within the last decade by both the Atkins and South Beach diets, holidays will never be the same. What is Thanksgiving without mashed potatoes, stuffing, and sweet potatoes? Low-carb dieting has gotten to the point where it is silly. However, this diet fad does not seem to be going anywhere soon, and it may have long term effects where the delicious food at holiday time will never be the same.

Since obesity has become one of the leading problems in today's society, companies have tried to keep up with the craze. Morgan Stanley analyst William Pecoriello agrees that products had to evolve to keep up with the trends. "We believe companies have no choice but to respond to the low-carb movement with new products," he was recently quoted in a CNN report. Products have evolved to accommodate the public's food choices to include Ben and Jerry's Chocolate Carb Karma ice cream, Ruby Tuesday's low-carb cheesecake, and the Atlanta Bread Companies Lower Carb Chocolate Cake.

The problem with America is that they have grown accustomed to constant over-

eating, hence America's obsession with obesity. Tom Pirko, president of Bevmark LLC, said companies had to jump on the low-carb bandwagon, because low-carbs have been integrated into America's culture. "It's a fad because it's associated with certain kinds of dieting. But it's more because it's rooted in a much bigger concern, and that is, of course, obesity in America and our awareness that we are not healthy because we've put on so much weight. It will persist because it's lodged in something that is a major trend—this concern about nutrition and obesity and healthy products," he says.

Thanksgiving used to be a day where America can 'cheat' on their diets. It is guilt-free eating, which is a concept that today's society has forgotten. Yes, it is great that the public has decided to do something actively about their eating habits, but they have also forgotten the joys of eating. Food is something that is meant to be enjoyed, but not for the purposes for over-consumption. Do these low-carb options actually taste as good as the real thing? Are we compromising on taste for a few measly carbohydrates?

When the holidays come along, Americans plan on taking pleasure in eating the holiday food, but not without cutting

corners and cutting out those delicious carbs. These diet fads have become so popular because they do not promote eating less food, just less carbohydrates. Why not just have one serving? Those six bites of stuffing or eight bites of mashed potatoes are not the reason for bulging stomachs or that extra ten pounds that has mysteriously appeared over the last months. With both the Atkins and South Beach diets, you can have all the helpings you want of turkey, but heaven forbid that you allow one bite of anything containing anything with that c-word.

No matter what diet one decides to attempt, both these popular diets leave out an important element of a healthy lifestyle—exercise. It is not the carbs that are ruining the holidays; it is the addiction of laziness in the ten months leading up to Thanksgiving and Christmas. Exercise would cure a lot of this obesity problem, but these carb-counters are more interested in lazy dieting. Healthy lifestyles have never changed, despite all the new dieting crazes that are introduced into society. One can maintain a healthy weight with two simple rules: eat nutritiously, with proper portion sizes, and exercise.

The real twist to this new dieting culture is that Americans know they have a weight

problem, but many do not actively combat it, according to a survey conducted by the Bally Total Fitness health club chain, based in Chicago. Therefore, Americans are willing to buy these low-carb products, but not at the expense of their eating habits. The difference these products make in fighting against obesity problems in society may not even be big enough to make them worth one's anguish over carbohydrates and taste.

In conclusion, carb-counting, especially over the holiday season, does not seem worth one's time or money. Eat the mashed potatoes; even put a whole stick of butter and a cup of cream in them. And, in addition to that, eat them with a guilt-free smile on your face. The best way to be able to enjoy a Thanksgiving overload of carbohydrates is to take an hour of your time, maybe after the turkey is stuffed with delicious stuffing, and go running. If you are one to stress over a few carbs at your meal, the satisfaction that you deserve a rewarding carb-full meal after a good workout, is worth it. After all, a good rule of thumb is if you have worked to lose calories, you deserve to eat calories.

Letter to the Editor: Freedom on the line

JULLIEN SEARFOSS

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Over and over again now since the election, friends from outside the U.S. have been emailing and calling me and asking me exactly this: "We are a little bit shocked about the results of your election, what the hell is going on?"

But let me ask you something, how many times could you hear this? I mean, what exactly do they want me to say? I am ONE person, like I know! I am not sitting in Washington looking over Bush's shoulder knowing what he is doing, the only thing I can say is that I voted for Kerry!

Our whole world is already screwed up, why not vote Bush back into office, right? I am so tired of Bush and him opposing his beliefs on the rest of our country; everyone is forgetting that our country was founded on freedom and liberty, and it is not the terrorists that are taking it away from us right now, it is Bush! YES, I just accused our current president Bush of acting like a terrorist to this country.

He is taking away rights that we are to have, but the problem here isn't actually Bush, it is the AMERICAN PEOPLE! How could Americans vote for Bush? He took away our privacy and got the right to tap phone lines, read our emails and intervene in the things we do as Americans.

Granted, perhaps they may find people that are hiding in America who are actually terrorists, but let me ask you a question, how many terrorists were found this way? Ok, so in other words, he nonchalantly took away our freedom of speech. Does he care? Wait, do we care? I CARE! Shouldn't we be doing something about this? Then, he gets re-elected to continue taking our rights away from us! Yes, it was

there before, but Christian values in this country are becoming now who we are.

Like I said before, this country was founded on freedom! Where is it going? He stands and speaks from a Christian point of view, forgetting that some people are not Christian! If he is to represent our country, shouldn't he speak for ALL Americans? Where is the separation between church and state?

But, not only does it stop there with our new American Christian values, Bush is now imposing his views of abortion on us. Ok, let me say it again, we were founded on freedom. Why doesn't he understand this? If I become pregnant, and after five months, it is discovered by my doctors that the fetus has some sort of life threatening illness, and that perhaps that possibility of me dying is very high, what right does the president have to TAKE MY LIFE? Just think about it, you don't have to be for or against abortion, but if it is a matter of life and death, shouldn't an abortion happen? I mean, don't get me wrong, I am technically against abortion myself, but what if? There MUST always be this question. If a woman is raped in the ally on her way home to her husband and becomes pregnant, should she have to live with this for her whole life? Now I am asking you, what right does Bush have to take this right away?

If he is already taking our right to speak freely, and even our right to religion in some matters, why must he also take away our right to chose? We must do something! America's freedom, its image, US -- it is all on the way to perhaps extinction. We cannot shout "All hail ye to Bush;" we must shout, "Give us back our justice, give us back our liberty, and give us back AMERICA!"

The #1 gift this holiday season is freedom

CECILY MACCONCHIE
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We've come a long way since Tickle Me Elmo. It's almost hard to believe that there was a time when we all wanted the exact same toy and we would do anything it took to get our parents, or Santa Claus, to get it for us.

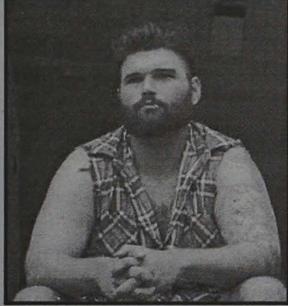
But how much has really changed? Yes, our tastes have matured, and we probably don't whine to our parents as much as we used to, but is there a single hot gift item that we all must have? On the Ursinus College campus, there does not seem to be. When asked what they thought the most wanted gift would be this holiday season, 7 out of 10 students thought it would be an I-pod. I decided to find out for myself. I asked 40 Ursinus College students what was #1 on their wish list for the holidays. Although a few said that they wanted an I-pod, 12 of the 40 students said they wanted money. Digital cameras came in second place with 9 votes. The rest varied widely from DVDs to jewelry to car parts to bottles of expensive liquor. One or two students even said that they wanted a significant other for the holidays.

So, judging by this small survey, it may appear that we have changed after all. It seems that now, as we get older and become increasingly independent, all we want from our parents is money, and the freedom to use it as we so choose.

Respect the scholar's holy ground

When I was a kid, I always perceived the library as holy grounds. I would go in and be horrified by the noise of my own feet on the linoleum. It was a place where people came to read, concentrate, and, as was my fascination at the age of twelve, check out a huge number of books on the subject of guns.

As I sit here in Myrin, I realize that I had been terribly wrong. Some guy and girl behind me are talking in clearly audible whispers. I understand there is need for occasional communication or human contact, but a half hour discussion on sororities, the election, and career goals is a bit gratuitous.



GOODY
The Skipped Diploma:
Musings of a Social
Senior

Furthermore, while the recent renovation has seemed to spruce the place up a bit, I can't help but feel that the study rooms were a mistake. People apparently get the impression that, because they are surrounded by 3/8th of an inch of glass, that they are in an impenetrable fortress of solitude, isolated from the scum of the earth whom are pathetic enough to be caught studying alone on the other side of the pane. This frees those inside of the room to talk in excruciatingly enthusiastic voices, have heated debates, laugh, yell, and perhaps even see how much bass their little laptop speakers can crank out of their newly downloaded Lil' Jon MP3. I can only assume that these people have failed to notice that the glass is approximately eighteen inches short of creating a seal at the ceiling. Let alone the fact that sound proofness is not an inherent quality of glass.

Next time you're in the library, act like you've walked into a Synagogue to be shown the Shroud of Turin by the Dali Lama. Yeah, that kind of quiet.

Really though people, have some respect. If you're in the library, keep your damn mouth shut. Turn off your cell phones. And turn off the damn noises on your instant messenger. If you have a group meeting, go meet in a room in Olin or Pfhaler where you won't disturb everyone.

If you come by yourself with the sole intent on bumping in to a few people that you know and having a grand old time, sit in that "Jazzman's" area or whatever they call the glorified extension of Zack's.

And, most importantly, if you're coming to the library because you saw that some cute guy or girl's away message said, "At the library. Stop by and save me," make sure that I'm not within earshot, as the people behind me are currently whispering (again, I use the term loosely) about just how drunk they were this weekend, and I'm about on my last nerve. At this point I'm considering two options: 1) kick some ass. 2) say, "Screw it, I'm gonna go watch some football, crush some beers, and just wake up early tomorrow and finish my homework." Let's just say they're lucky I'm a procrastinator. Later.

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

Help for Hollywood

I would like to address an issue of grave importance in my column this week. I am referring to Hollywood's uncanny ability to take perfectly good, well-made movies and remake them into something resembling an industrial accident. Before you ask, I have no idea what that comparison means.



CAM FURMAN
It's the Mind

The point is Hollywood needs to stop. Rarely does it occur that a good movie is made into an equally good or even better movie. Alfred Hitchcock was able to pull off this feat in 1956 with *The Man Who Knew Too Much* starring James Stewart and Doris Day. But this is an odd exception, as the original 1936 version was also directed by Alfred Hitchcock. So, here Hitch was remaking himself, and both are very good movies in their own right. More recent attempts to remake Hitchcock have failed, and the idea of remaking the man's creations should really be banned altogether.

Recently we witnessed a great Michael Caine movie, *Alfie*, get turned into a bad Jude Law movie, also *Alfie*. Michael Caine has that problem a lot. *Get Carter* was made bad by Sylvester Stallone. I would argue *The Italian Job* as an example as well, but some would argue with me on that one.

Actually, with mention of Michael Caine, I should bring up my solution. Instead of Hollywood remaking good movies, how about remaking bad ones? Mr. Caine has done a number of them as well. Pick one of those.

In fact there are plenty of bad movies about. "Mystery Science Theater 3000" lasted ten seasons; that should be proof enough to the amount of really awful movie messes that abound. And chances are you, Hollywood, can beat the odds and make them into better movies. And even if you don't, people can't blame you, because the original was equally forgettable.

Look at *Walking Tall*, in its original incarnation a Joe Don Baker vehicle. It was a bad movie (although quite good in comparison to the rest of the Joe Don Baker catalogue). *Walking Tall* was remade starring The Rock. Was it bad? Yes. Did it matter? No. Sure there might have been a handful of proud, loyal Joe Don Baker fans who were probably angry. But the majority of the public either don't know about the original or don't care about the original.

That's the solution. Awful, forgettable movies. Yes Hollywood, it's a win-win situation. Go after the bad movies if you must feed your insatiable appetite to remake films.

Although keep away from *Manos: the Hands of Fate*. That's off limits.

Cam is a senior. You can reach him at cafurman@ursinus.edu.

LOL @ all these ppl mess'n w/ grammar

Dear readers,

I have a problem. The English language is evolving, and I'm stuck in the pre-internet era. I still punctuate. I still capitalize. I still type out the words "you" and "see" and "be." I'm like that lame 26-year-old guy who still listens to Duran Duran and thinks he's cool. Let me tell you my story.

First, I was in denial. I told myself, "Self, these wretched people who don't punctuate their sentences and can't differentiate between "their," "there," and "they're" are spoiling the beautiful

English language." I actually feared the thing that my children would have to call "English." I reasoned: "Think of the children! The children!" But it was to no avail. Teenage girls kept up with their "omg"s and their "lmao"s. And I kept up with my bouts of angst-filled anti-netspeak blog



MATT FLYNTZ
DAN SERGEANT
Communism for Dummies

entries. Yes, I have a blog. Surprise.

Next, I gave in and tried this netspeak thing. I just could not grasp the concepts. I would say things like "I'll see u l8er" and "Excuse me, I'll be r b." I still punctuated. I still capitalized "I." I just couldn't stop. I was the butt of every joke in chatrooms. Hottygrrrrr19657 once said, "lol luk at dat loser he so dum omg wut an idiot rofl." I cried myself to sleep that night.

At last, I have come to terms with my condition. I am a grammar geek. For me, seeing a well-placed semi-colon is

like getting an extra-special birthday present, and seeing the proper use of "whom" is as exciting as a Red Sox fan seeing his team win the World Series. For me, seeing a compound sentence without a comma separating the clauses is like getting shot in the leg, and reading the phrase "roflmao" is like having my heart torn out and eaten by clowns. Yes, I am scared of clowns. Surprise, again.

I have made a decision. Instead of being alienated in normal society, I will join the only group that understands my grammatical desires: English teachers. I can deal with the terrible salary and the bastard kids. As long as I can correct the grammar of 13 year olds, I will be a happy man.

Thank you all for tolerating me and my commas. I really do appreciate it.

Sincerely,
Matt Flyntz

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



Hottygrrrrr1965

Pro athletes brawling with fans

JOE DAVIDO

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Since the tragic events that shocked the nation on Sept. 11, 2001, security at stadiums and sporting events has bolstered dramatically. Security measures have intended to keep fans from getting onto the playing surfaces and attacking pro athletes.

However, a recent event shows what occurs when security does not keep pro athletes from attacking boisterous fans standing in the crowd.

That was the case during the Nov. 19 brawl that would be named the worst brawl between players and fans in sports history.

The mayhem took place when the Indiana Pacers faced the Detroit Pistons in an NBA match-up. After a disputed on-court foul, a fan tossed beer at Pacers forward, Ron Artest. Instead of letting security handle the situation, Artest took matters into his own hands and charged the stands.

Along with Artest were a couple of his teammates: Stephen Jackson, Jermaine O'Neal, and reserve center David Harrison.

Artest was suspended without pay for the rest of the season; Stephen Jackson suspended for 30 games, Jermaine O'Neal for 25. David Harrison, who was said to have been one of the Pacer players to have charged into the stands, was not suspended. Currently, the players and the union are appealing the suspensions.

To say that this incident is just a random case of rage is to be ignorant of the not too distant events that have occurred in the NBA.

The antics of such NBA stars as Allen Iverson and Latrell Sprewell, along with the drama that surrounded the rape case between Lakers superstar Kobe Bryant and NBA fans losing a lot of respect for players. Not only this, but the notion that players, particularly in the NBA, are self-centered and highly overpaid.

This was also the case over the summer when the U.S. Olympic basketball team played in Athens. Players were turning down the chance to represent their country just because they are not getting paid for it.

Perhaps this lack of respect for players is what is causing this devastating separation between fans and athletes in pro sports.

This has become a growing problem that stems farther than a pure breach of security. With the struggle for the every day working class person to reach the American Dream, it looks to be fairly tough to go to a sporting event and witness athletes who are complaining about their million dollar contracts not being enough; who complain about going to practice or that they do not get enough playing time.

It is this kind of behavior that has led itself to a chaotic environment that has surfaced at some athletic events that are no longer as safe as in years past.

It is safe to say that players need to focus more on playing the game the way it was meant to be played: with the utmost skill and excellence, devotion, and love for the game in which not too many get the chance to play at the professional level.

Perhaps there will be much more respect between players and fans when sports are no longer seen as just a business.

Or perhaps when millions of dollars are tossed up into the stands as a sign of a free for all that allows fans to get their hands on some money.

Nonetheless, there is no clear solution to gaining back the respect of fans and for the players that do suit up for each game and play their hearts out on the field of play.

Men's basketball season heating up

JAMES TEXEIRA

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After enjoying the luxury of playing with arguably the best player in the country last year in Dennis Stanton, the Ursinus College Men's Basketball team has to play together to get to the top of the conference. Coach Kevin Small welcomes back four starters from a 16-11 (12-6) team who finished second in the Centennial a year ago.

This year, the Bears are picked to finish 5th in a conference of 10. Of the four returning starters, Junior guard and co-captain Mike McGarvey is the only one who made an appearance on the All-Conference Team in 2004. McGarvey finished with 11.3 ppg average, 4.1 rebounds per game, a team leading 81 steals, and a Centennial Conference record of 186 assists.

McGarvey commented that Bears fans can "look for a more balanced scoring from the team. We hope to have a few people

in double digits and place more emphasis on defense."

Also hoping to make a strong impression on the Bears this year are junior guards Bret Jenkins and Brian McEvily.

Both averaged close to 5 ppg and agree that this year the Bears have to stick together and play as a team to achieve success in the conference.

"We have one of the strongest Division III conferences in the country. There are no guaranteed wins when you are playing

in our conference," commented Jenkins.

The Bears get a chance to open up their conference schedule December 4th against Swarthmore and then play another league game against Washington College on the 8th.

However, one game that the Ursinus community tends to get excited for every year is the Franklin & Marshall game. This year, the first of two games against the Diplomats is on January 8th.

Senior co-captain Teddy Piotrowicz commented about the hype that surrounds

"We feel that while they [Franklin & Marshall] may be considered the perennial favorite in the conference, we have made ourselves perennial contenders. But they are still only 2 of 18 league games which if you don't come to play for any of them, you will get beat."

Also looking to contribute to the Bears this coming season are seniors Naquan Williams and Olalekan Popoola, juniors, Luke Marlow and Joe Sholz, and sophomores Matt Fabian and Will Furey. Accompanying returning Bears from last year will be a trio of talented freshmen, 6'10" Mike Shema comes to Collegeville via Geneva, Switzerland and is joined by fellow rookies Nick Shattuck and Tim Smith.



UC Sports Schedule 12.02.2004-12.08.2004

Men's basketball

| Date | Opponent | Time |
|-----------|---------------|-----------|
| Sat. 12/4 | Swarthmore | 1 p.m. |
| Wed. 12/8 | at Washington | 7:30 p.m. |

Women's basketball

| Date | Opponent | Time |
|------------|--------------------------|--------|
| Thur. 12/2 | at Moravian | 6 p.m. |
| Tue. 12/7 | at Philadelphia Biblical | 6 p.m. |

Wrestling

| Date | Opponent | Time |
|----------------|--------------------------|---------|
| Fri-Sat 12/3-4 | at Petrofes Invitational | 12 p.m. |

Swimming

| Date | Opponent | Time |
|-----------|--------------|--------|
| Sat. 12/4 | at Dickinson | 1 p.m. |