Authors
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The Gospel Choir sings in the season
The presentation on Facebook was all that was promised and more. Many students attended the event, some came out of curiosity, while others were concerned about the racial issues that have occurred on campus. Still others attended out of concern for the dangers of being seen by potential employers.

The audience was reminded of the fact that while some pictures were meant in jest, sexual predators often view these sites. The detective informed her audience that not only was Facebook a problem, but Myspace and other networks were potentially dangerous. Not only are peers viewing these personal pages, but potential employers view them as well, and with public disclosure comes consequence. An inappropriate photo or other factor may deter an employer from hiring someone using these Web sites improperly.

She moved on to show actual pictures of Ursinus students in questionable positions. They were so visibly disturbing that the previously giggly audience was shocked into silence. There was one Ursinus girl on collegehumor.com lying completely naked on a bed, covered in marijuana. While her face is not shown, she may not be able to turn it off, and the public can view her by the thousands of people who have linked to her page. Other pictures were more difficult to identify. An anonymous photo of another student was posted on an unknown Web site, and viewed by the public, that parodied youth behaviors.

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The audience was reminded of the fact that while some pictures were meant in jest, sexual predators often view these sites. It is such a concern, that police will set up fake sites in which they pose as young girls in order to catch these predators. But the concern isn’t just about underage teenagers—this extends to everyone. People can find out who you are and where you live just by clicking a button.

Fortunately, simple steps can be taken to protect your information. Set your profile to private, being careful about what you say in the open, and monitoring all pictures that others tag of you so you keep yourself safe from both employers and others.

For those of you who missed the presentation, visit http://www.youtube.com/watch?v=wmulFXxj1BG8 to see the video shown to the students.
Ursinus administration supports WeCAN’s backing of worker’s rights

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It's official!

Last week, as a result of a recent student and faculty campaign to ensure sweat-free collegiate apparel, the President and the Ursinus College administration approved the college’s affiliation with the Workers Rights Consortium and the Designated Suppliers Program.

We Can about the Nation (WeCAN) was the driving force behind this affiliation. WeCan is a student-run organization that has made itself visible on campus by hosting a weekend-long conference for the United Students Against Sweatshops (USAS) Mid-Atlantic Region and participating in a protest at the King of Prussia Mall, among other admirable events.

This affiliation will require adopting a code of conduct and public disclosure of where Ursinus College apparel is currently being made. “As a member of the Designated Suppliers Program, we will also be securing the future of garment workers internationally by placing college apparel orders in factories around the globe that respect international labor rights laws and allow freedom of association and collective bargaining,” asserted WeCAN President Dina Yannus, a senior at Ursinus College. “It is only by holding big brands accountable for the conditions in the factories and providing positive incentives that universities, such as Ursinus College, can educate the world on how institutions can play a role in the respect for human rights internationally.”

Adoption of this program will require Ursinus College to pay a yearly fee that will cover a wide array of expenses that include, but are not limited to, the following:

1. Accurate, thorough, timely and impartial assessments of conditions in factories that produce collegiate apparel and other goods, with specific reference to whether factories are in compliance with universities’ Codes of Conduct.

2. Research on important dynamics and trends in the apparel industry that affect workplace conditions in factories that produce collegiate goods.

3. The ability to work in concert with other WRC affiliates to address problems at supplier factories and improve conditions.

Student members of WeCAN were thrilled with the announcement from the administration. “It think it is so cool that the administration is taking the Workers Rights Consortium / Designated Suppliers Program up,” said Carolina Contreras, a sophomore at Ursinus College. “I think that it is so important for the Ursinus community to understand the garment industry abroad and begin to take the right steps toward working together with millions of workers internationally.”

“We go to a liberal arts school,” elaborated Chris Curley, a junior at Ursinus College. “We’re supposed to value diversity, understanding, and equity. The adoption of the Workers Rights Consortium shows that the administration is willing to work with the student body and physically support the standards laid out in the college’s mission statement. It’s good to see them putting their money where their mouth is. I’d like to see more.”

By joining the Workers Rights Consortium / Designated Suppliers Program, Ursinus College added their names onto a long list of schools, both large and small, including University of Pennsylvania, Villanova University, Kutztown University, Franklin and Marshall College, Moravian College, Dickinson College, Lehigh University, Georgetown University, George Washington University, American University, Penn State University, and Haverford College.

“The commitment that the college has made to workers’ rights and human rights abroad by affiliating with the WRC/DSP shows the true exemplary character of our college,” explained Katie Ringler, a senior at Ursinus College, “as a liberal institution that cultivates social awareness and responsibility.”

Sounds of Gospel music bless the Lenfest stage

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The 9th Annual Gospel Concert this year at Ursinus was held on Dec. 3, 2006, at 5:00 p.m.

Within the Kaleidoscope, voices resonated and otherworldly sounds emanated through the vibrations within the building.

The group members had worked hard to achieve this remarkable sound, practicing for 2 hours weekly until the performance. The choir was led by director Michael Adenaike, a newlywed working on his residency. In the very few hours of free time he had, he organized and molded the members so that they could perform on this day.

The Gospel Concert is Christian in nature, but its atmosphere is so warm and friendly that anyone of any belief system may readily enjoy the beautiful music they created. The choir is comprised of students from freshman to seniors, compiled into a four-part harmony. They have the ability to sing a range of Gospel music, including spiritual, classical, and contemporary.

The whole event comprised of at least 16 pieces, including Gospel, poetry, and interpretational dance. Some of the pieces performed included “I Need You Now,” “Swing Low, Sweet Chariot,” and “I Need You To Survive.”

Included also were several short speeches by various members, such as Julian Weight and Dana Yancey, for the purposes of opening and closing with positive thoughts. In its entirety, it was an inspirational piece, and the group ended with a note that they hoped to move each of their audience’s members, even if in the smallest way.

All members of the Ursinus community are encouraged and welcome to join the Gospel Choir.
Features

Unraveling the Floy Lewis Bakes Center

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Located between Ritter Center and the Kaleidoscope, the Floy Lewis Bakes Center is a building that's home to the athletes of Ursinus. It's the one that's often referred to either as the Fitness Center, the Field House, the gym, Helfferich, or that funny-looking building called the Floyd Something-Something Center. In reality, though, it is all of these and much more.

In essence, the Floy Lewis Bakes Center is the place at Ursinus where one can go for whatever athletic activity—treadmill, exercise bikes, weight stations, or even tennis courts. And, of course, the 3,000-seat gym, which is impressive in its own right. Before the gym, though, is the main hall—certainly hidden that reveals an up-wards stairway. This stairway leads to a hallway of classrooms. Yes, the school's athletic facility hosts some of your typical, everyday classes. Imagine my confusion last year receiving my schedule and seeing that an English class was in Helfferich Hall! Sure enough, the upper floor of Helfferich (which I hadn't even been aware of) housed the well-hidden ordinary-looking classrooms. Sure, there are no windows to speak of, but they'll suffice.

Aside from the well-hidden upper floor, the facility also has an equally well-hidden basement. (Sniff around the building. Look hard enough in the deepest, darkest depths of Floy Lewis Bakes Center, and you'll find a row of windows that opens to reveal, of all things, a racquetball court. Yes, Ursinus College has a racquetball court. I didn't know of this until recently, and I don't know too many who are aware of its existence at all. Trust me, though, when I say that there's nothing quite like a game of racquetball on a rainy weekend afternoon to pass the time. Of course, if racquetball isn't your thing, or you just can't find the place, the gym is there for, say, a basketball shoot or practically anything else.

What is rushing?

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As the fall semester quickly comes to an end, students may notice an unusual increase of invitation e-mails flooding their Ursinus inboxes. Requests to attend themed parties, off-campus semi-formals, and Wendy's Nights Out are just a few of the activities being offered to students. These activities are offered by Greek fraternities and sororities participating in an old Ursinus tradition called "rushing." Freshmen may find the tradition a bit confusing, but it's a wonderful way to meet new people. Organizations get to showcase their creativity and innovativeness by coming up with unique ideas for activities.

Every fall, sororities and fraternities are given the opportunity to plan events for potential New Member Educates (formally "pledges"). The Greek Fair that was held in Wilder Lower Lounge on Nov. 1 kicked off the month and a long tradition. The activities are designed to help students interested in becoming a member of a particular fraternity or sorority to get better acquainted with other members. Rushing requires students to have a friendly disposition, since socializing with other members of an organization is an important part of finding the right sorority or fraternity. Rushing also requires setting aside time to fully participate in the events and activities planned by the Greeks.

Rushing activities can vary in theme and time commitments. Some organizations hold rushing events centered on community service, while other organizations opt for simple activities, such as a movie night. On Nov. 20, for instance, the sisters of Sigma Sigma Sigma, a national sorority here on campus, hosted a Thanksgiving dinner for their rushes.

Students are encouraged to use rushing events as a tool to help identify the values and ideals of each Greek organization. Before making a final decision on participation in New Member Education, carefully consider each rush experience. When I was a freshman, I remember attending rush events without fully realizing their purpose. Greeks use rushing as a way to find out whether or not a student would be the right choice for their organization as well. Of course, these activities are planned to give busy students a chance to relax and have fun, but keep in mind that they also serve an additional purpose that may not be apparent.

As a senior member of the Greek organization Kappa Delta Kappa, it has been a pleasure attending the activities designed by our Vice President, Sharlene Brown, a junior neuroscience major. Our rushing activities are always varied and are designed to showcase our values such as sisterhood and diversity. A game of capture the flag with the brothers of Phi Kappa Sigma was an intense yet fun-filled way to create a sense of a Greek unity between fraternities and sororities. All eligible members are urged to attend the remaining upcoming events of all organizations on campus!

So, there is the Floy Lewis Bakes Center in a nutshell. Whether you’d like to work out, swim, play team sports, go to a dreaded class, or hunt for the ever-elusive racquetball court, the place is sure to provide a welcome distraction from the monotony of everyday college life.

For more information on the facility and Ursinus Athletics and Recreation, go to http://www.ursinus.edu/Section/Athletics/index.asp.

Career Corner: Networking

CAREER SERVICES
www.ursinus.edu/career

Did you ever think that your family holiday parties could be the key to your future? Perhaps you will see your favorite uncle who works for your dream organization, or maybe your cousin’s friend is a marketing executive in an organization you have targeted for a summer internship. Spending time with family and friends during the holidays provides great opportunities to network.

Many individuals feel awkward asking for help and advice through networking, but experts agree it is an essential element of the career and job search. At least 60%—some report even higher statistics—of all jobs are found by networking. Don’t hesitate to develop contacts through friends, family, neighbors, college alumni, people in associations, or anyone else who might help generate information and job leads. You can take a direct approach and ask for job leads or try a less formal approach and ask for information and advice. Keep in mind that the people you ask are often flattered to be asked for advice and are more than eager to help.

Job Search Networking Tips

• Conduct informational interviews with your contacts and ask for referrals for additional meetings
• Always thank contacts in writing (e-mail is fine)
• Make a list of the assets you will bring as a prospective employee
• Write notes about your meetings on the business cards you collect or in a notebook so you’ll remember the details of your conversation
• When networking online, keep track of who you’ve emailed and what you have said so you can follow up
• Finally, consider your knowledge, skills, and abilities, and write them down—you’ll need to articulate these when talking with contacts, writing your resume and cover letter, and during interviews

Additional Networking Ideas:

• Check out the GrizzlyE Network, the UC online alumni mentoring database that features alumni who have volunteered to talk with students about their work (access this through UC CareerNet)
• Get involved with Professional Associations in your field of interest (e.g., the local chapter of the Public Relations Society of America)
• For more information, call, e-mail, or visit Career Services! Happy Holidays!
Health in ten questions: Influenza

DR. PAUL DOGRHAMJI & LANE TAYLOR
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1. What are some effective methods of preventing the flu?

Influenza, or "the flu," is a virus that is easily transmissible via casual contact. It is a respiratory infection, attacking the nose, throat, and lungs. About 10 to 20 percent of Americans can get the flu each year; all getting sick enough to be incapacitated, only some getting sick enough to become hospitalized. 20,000 people die yearly from the infection.

First and foremost, prevention involves avoiding contact with those who have it and are spreading it. Because the flu is a respiratory illness, it is transmitted via respiratory means. That is, any fluid that comes out of the nose and throat can harbor the virus, but also the water droplets in one's breath. So, as one exhales, but especially as one sneezes and coughs, one is spewing a gazillion viruses aimed at your nose and mouth. Thus, avoiding being in the "breathing zone" of one who is ill will lessen the probability of breathing in the flu virus. (Being a few arm's lengths away is the minimum.) Also, since the virus is in one's exhaled, expectorated, and sneezed fluids, it can get on to utensils, food, hands, face, and hands (and possibly other body parts). So, avoiding putting these objects in one's mouth is important in prevention. An extra precaution is always washing one's hands before eating and drinking anything. Bottom line, get more hygienic.

The second method is immunization. This is the best way to avoid getting the flu. The vaccine is available by shot or by nasal spray. To be effective, it should be given 6 weeks or more before the flu season, which starts in February.

The third method of prevention is to do something about those who are infected. People are most contagious in the first two days of illness. They should either stay home, or if they are in recovery and must leave the house, they should wear a surgical mask.

A fourth method of prevention is antibiotics. In households where someone comes down with the flu, others can be given antibiotics prophylactically (see below).

To summarize:
- Wash your hands often using soap and water.
- When you cough or sneeze, use a tissue to cover your mouth and nose. Discard used tissues in a wastebasket.
- Don't have a tissue? Cough or sneeze into your upper sleeve.
- Clean your hands after coughing or sneezing.
- Use soap and water or an alcohol hand sanitizer.
- Stay at home if you are sick.
- If you are exposed closely to someone who definitely has the flu, ask your doctor if antibiotics are right for you.

2. What can we do if soap and water are not readily available?

Hand sanitizers are a reasonable alternative to preventing spread from hands. Although they are not as good as soap and water, they are a reasonable alternative because of their high alcohol content.

3. Who should be vaccinated for the flu?

Anyone who wants to be protected from getting the flu should be vaccinated. Because some people have a higher risk of flu complications, such as pneumonia and death, these people should get the flu vaccine every year:
- All children aged 6 to 59 months.
- All adults aged 65 years and older.
- All women who are or will be pregnant during the flu season.
- Residents in nursing homes and long-term care facilities.
- Individuals who have other health problems (asthma, diabetes, cancer, heart failure, AIDS, etc.).
- Children aged 6 months to 18 years who are on chronic aspirin therapy.
- Healthcare workers who have direct contact with patients.
- Caregivers and household contacts of children younger than 6 months of age.

4. What are some of the possible risks associated with the vaccine?

The flu vaccine is safe. Occasionally, you might get a sore arm from it that can last a day or so. That's pretty much it. And no, the flu vaccine does not cause the flu! If you get the nasal-spray vaccine, you may have a runny nose, headache, cough or sore throat. But, there are those who can't take the flu shot:
- People who have had an allergic reaction to it in the past.
- People with an allergy to eggs.
- People who have previously developed Guillain-Barre Syndrome (a partial or complete paralysis that resolves spontaneously) within 6 weeks of getting a flu shot.

5. Why is this an important year to watch out for the flu?

Actually, every year is an important year. Last year, many lackadaisically didn't get the flu shot, yet practiced poor (or no) hygiene measures, and they got hit hard. And, to add salt to the wounds, many of these patients had to be sent home to spend a week with their parents.

But this year may be a good year to get more savvy about the flu, because there is this "superflu" brewing out there: the Avian Flu. This started in China and Southeast Asia, and has been killing many fowls (chickens, ducks, etc.) quite rampantly. However, it began spreading from bird to human. Those who have come down with it have gotten quite sick: nearly half of those seeking medical attention for it have died from it. So if we can get better with flu prevention every flu season, we may be more prepared if and when the Avian Flu strikes.

6. What can we do to help ourselves if we get the flu?

There are four antibiotics that can be used to help prevent and/or treat the flu. These antiviral meds are: amantadine (Symmetrel), oseltamivir (Tamiflu), rimantadine (Flumadine) and zanamivir (Relenza). If you take one of these drugs within two days of getting sick, it can lessen your symptoms, decrease the amount of time you are sick, and make you less contagious to other people. Your doctor will decide whether and which one of these medicines is right for you.

7. How effective are over-the-counter (OTC) and prescription treatments for the flu?

All OTC's at best lessen symptoms of the flu. Nothing lessens the course of the illness. The most effective treatments are:
- Ibuprofen (Advil, Motrin, etc.), naproxen (Aleve), and acetaminophen (Tylenol) for aches, pains and fever.
- Pseudoephedrine (Sudafed) for stuffy nose.
- Guaifenesin (Robitussin) for cough.
- What activities should we avoid if we have the flu?
- Avoid coughing and sneezing on the Wellness doctor. This is your primary directive. Other than that, the best advice is:
- Conserve your energy for it to be used to fight infection—stay home in bed.
- Drink plenty of fluids, as infections speed metabolism, which causes more loss of bodily fluids.
- Eat nutritionally.
- Most importantly, get enough sleep, as it is in sleep that the body heals, restores, and rejuvenates itself.

8. When is it appropriate to visit a healthcare provider?

If it has been two days or less and you would like to see if antibiotic would be right for you, or you are having chest pain and trouble breathing, or are at high risk for complications of the flu—see above.

9. Who should be vaccinated for the flu?

Keep in mind that influenza usually starts suddenly and peaks to extremes swiftly, and may include the following symptoms:
- Fever (usually high, >101 degrees)
- Headache, usually severe
- Tiredness (can be extreme)
- Sever, dry cough
- Sore throat
- Runny or stuffy nose
- Body aches, severe
- Diarrhea and vomiting, usually only the first day.

Having these symptoms does not always mean that you have the flu, so don't panic, especially if you have mild symptoms. Many different illnesses, including the common cold, can have similar symptoms.

The Grizzly wishes you a happy and healthy winter break!

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Opinions

Goodbye blue sky

As December rolls in, I finally realize that there isn’t much time left in this semester. In fact, this is my final article for 2006. I know you’ve read each and every article I’ve written (all four of them). I have made a vow to become an even awesome writer in 2007 through being even cleverer and using proper sentence structure. However, I will not be writing my thoughts and opinions at Ursinus College. I will be overseas “studying abroad,” or as I call it, “an excuse to get intoxicated oversesns.” It also dawned on me that I have only a month or so in America before I am assaulted by English culture for 90 days straight.

Though I’ll only be gone for three months, there’s plenty I’m going to miss about America. For example: freedom. Recent polls show that the United States is the most freedom-centric country in the entire world. The Europeans can claim to be free, but I’m going to miss that crisp, free oxygen in the United States that no other country can duplicate completely. You see, freedom begins with our air. This is a scientifically proven fact, I even bothered to Wiki it, but I don’t know how to do citations. Anyway, hopefully I can find some store that sells American oxygen in bottles, because I’m going to need a large supply of it, as god forbid I’m going to miss about America. For example: freedom. Randall

As a whole, it’s fitting of our time. But in

Now to this point are some moments worth noting on this album (amidst all the tomfoolery). Although these songs are decent, they do not impress me with how incredibly they can insinuate toilet humor into what would otherwise be an enjoyable story. They just borrowed someone else’s idea. As far as original ideas for movies go, the only idea out there now seems to be to throw as much trash onto the screen as you can get away with without receiving a rating that will cause you to lose half your target audience. And it is disgusting what they can get away with. It’s not the violence that bothers me, or even the overdone sexual scenarios that crop up far too frequently, though those are bad enough. But if a movie producer is going to have such things, they shouldn’t be so sure that his writers also remember to include a plot? Sex and violence are not, in themselves, stories, however fun they may be to watch. There are plenty of older movies which manage to convey the same ideas and still manage to include a storyline. How about the scene at the beginning of “Armageddon” where Harry (Bruce Willis) finds out that his assistant A. J. (Ben Affleck) and his daughter Grace (Liv Tyler) are sleeping together? Now there is a scene with just the right amount of sexual suggestion and humor. Tyler does more with five seconds of one toe retreating under the covers than any more recent actress has done with ten minutes of her whole body exposed.

We won’t get fooled again… will we?

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On Halloween, The Who released their first album since 1982’s “It’s Hard. Endless Wire” is one album, but at the same time it is two; it consists of the first nine songs and then a mini-opera entitled “Wire and Glass,” which consists of 12 songs. I’ll admit, I was straight to the nearest HMV (England’s equivalent of Best Buy) and picked up the deluxe edition, the one with a bonus concert DVD that’s only four songs long (that’s right; you can buy the complete DVD with the entire concert from the Who’s website and it will benefit various charities the band supports.) I popped it into my computer expecting a cross between the classics which made me a Who fan in the first place, and a little bit of a modern feel. Instead what did I get? I got liner notes in which Pete Townshend tells the listener about how long it took him to craft this masterpiece and how much he loves The Who. Translation, an opening track, “Fragments,” which sounds remarkably like the beginning of “Baba O’Reilly” (OK for those of you scratching your head, the song you know as Teenage Wasteland), and a few hints throughout the album that good ole Pete has decided to change up some of the classic riffs.

Now to this point I’ve been harsh about the project which Townsend has spent the past few years crafting, but I expected a little more from Pete Townsend, the man who gave us “Tommy” and “Quadrophenia.” As a whole, it’s worth a few spins, but it lacks much of what one expects from a Who album. There is no re-gaining of the glorious R&B which made them stars back in the Marquee Club in London, and there isn’t even a clear musical vision to this mini opera. Most of the songs are about relationships and have a reflective nature which makes the lyrics interesting to read, but singer Roger Daltrey (the only remaining original member) doesn’t seem to breathe the life into the songs that they quite deserve. Even though Pete Townshend has assembled some impressive musicians: Pino Palladino (who recently toured with John Mayer for his small club outfit The John Mayer Trio) on bass, and Zak Starkey (son of Ringo Starr and touring drummer for bands such as Oas­is) on drums, it is still evident that this is a Pete Townshend solo album with the Who’s name on it. Pete Townsend actually says in his liner note that he made the record “in his own way, to the bitter end—only delivering it to The Who’s touring band when I was certain it was properly realized.”

I realize that this article has been particularly harsh and I have enjoyed this album. I have enjoyed it so much that I wanted to write about it. I have chosen to write about it “in my own way” because I think it’s important to deliver it to The Who’s touring band when I was certain it was properly realized.”

I realized that this article has been particularly harsh but honestly, I felt let down by Pete Townsend and would expect that a Who album was an album written mostly by Pete Townsend but with other members of the band involved in the process of writing. Some of the lyrics contain images that are very fitting of our time, but in “Mike’s Post Theme” when Daltrey sings “with any luck we should get laid today” seems like a sentiment that the band itself is past yet perfectly captures the inside mind of young males. There are some moments worth noting on this album (amidst all the crap I’m giving it): the songs “Mike’s Post Theme,” “Fragments,” and “In the Ether” (Daltrey seems to be imitating Tom Waits). Although these songs are decent, they do not compare to the music or lyrics that The Who once penned, leaving me very disappointed.

Finally, I’m going to miss democracy. Democracy was actually the name of the boat used to slay over 35,000 citizens of Troy during the Trojan War. As usual, we borrowed from Greeks, but really, who hasn’t? Democracy is the only form of government that is approved by twelve deities. Communion only had three and that’s because Karl Marx promised to pray to them. He lied. British people cannot even pronounce the word “democracy.” Granted, they speak a loose form of Esperanto rather than English, but trying to even pronounce the word properly will cause them to spontaneously decompose. That’s how powerful democracy is. The main form of government in England is “yelling,” which is a system based on a bunch of old people insulting one another. The person with the best insult gets to propose a bill, and each side then takes each other on in a massive fist fight. The sole survivor of this bloody battle gets to cast the deciding vote and a new group of delegates is elected to decide the next bill.

So I guess this is a temporary goodbye to the United States, which has treated me so well for 20 years. I will be moving on to bigger (but probably not better) places, and I will try my best to keep you all updated.

Pete Townsend has spent the past few years crafting. But both of the hidden Treasures, “The Mrs. Clause II: The Mrs. Clause” have only a month or so in America before I am assaulted by English culture for 90 days straight.

As a whole, it’s fitting of our time. But in

What’s happened to our movies?

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My family and I love going to the movies. Or I should say, we used to love going to the movies, when there was something to watch. Now, we sit and stare in horror at the previews that come on the television and the sneak peeks we get from the Internet.

In the past two years the only good movies I have seen have all been (surprise, surprise) based on books. Not that this is a bad thing. I enjoyed “The Chronicles of Narnia: The Lion, the Witch, and the Wardrobe” immensely when it came out last year, and I am looking forward to “Prince Caspian” in 2008 with as much anticipation as I am “Harry Potter and the Order of the Phoenix” in 2007. But both of these movies are based on someone else’s plot. In other words, no one really had to come up with an original idea. They just borrowed someone else’s instead.

As far as original ideas for movies go, the only idea out there now seems to be to throw as much trash onto the screen as you can get away with without receiving a rating that will cause you to lose half your target audience. And it is disgusting what they can get away with. It’s not the violence that bothers me, or even the overdone sexual scenarios that crop up far too frequently, though those are bad enough. But if a movie producer is going to have such things, they shouldn’t be so sure that his writers also remember to include a plot? Sex and violence are not, in themselves, stories, however fun they may be to watch.

There are plenty of older movies which manage to convey the same ideas and still manage to include a storyline. How about the scene at the beginning of “Armageddon” where Harry (Bruce Willis) finds out that his assistant A. J. (Ben Affleck) and his daughter Grace (Liv Tyler) are sleeping together? Now there is a scene with just the right amount of sexual suggestion and humor. Tyler does more with five seconds of one toe retreating under the covers than any more recent actress has done with ten minutes of her whole body exposed.

HORROR MOVIES: These days are a prime example of this tendency to use sex and violence as a substitute for a real plot. For instance, what, exactly, is the point in “SAW III” of the naked man with chains coming out of his skin and lower jaw? Are we supposed to be watching a horror movie, or a display of violent pornography? If it is the latter, then it should not be classified as the former. It’s not as if we need sexual suggestions to be properly horrified during a horror movie. Alfred Hitchcock managed just fine with his horror movie. How about the scene at the beginning of “Armageddon” where Harry (Bruce Willis) finds out that his assistant A. J. (Ben Affleck) and his daughter Grace (Liv Tyler) are sleeping together? Now there is a scene with just the right amount of sexual suggestion and humor. Tyler does more with five seconds of one toe retreating under the covers than any more recent actress has done with ten minutes of her whole body exposed.

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Opinions

A very Comrie Christmas

As if we needed further proof that America is the perfect location for a Great Experiment with Communism, a recent Rasmussen Reports poll has shown that 69% of Americans prefer "Merry Christmas" over "Happy Holidays." (For the record, I am a part of that 69%. I take "Happy Holidays" as an assumption that just because I have a prominent nose, I must be Jewish. And let me be the first to clear up that rumor; I am a good, God-fearing Christian American just like everyone else in America. These people who judge me based on my nose are no more than prejudicial bigots. Calling me a Jew... the nerve!) The connection between Christmas and Communism may not be clear at first, but after reading this article, you will surely understand why Santa Claus dresses in red.

First, Christmas (despite falling on the day of an ancient Pagan holiday, not the birthday of Jesus Christ) celebrates the birth of our lord and savior, Jesus Christ. Of course, it is not simply a birthday celebration; we do not bake cakes that say "Happy 2006th B-Day, Jeez!" Rather, it is a celebration of the beginning of an era; an era in which an oppressed people (the followers of Jesus) threw off their shackles and rose up to put off their oppressors and fulfill their destiny. Their rallying call might have been reproduced by Karl and Lenin when they wrote, in The Communist Manifesto, "All that we want to do away with is the miserable character of this appropriation. And they did just that. The backward morals of those Pagan Romans (and lest we forget the Jews) were set straight in a revolution whose development involved the most radical rupture with traditional ideas. As we, students of Karl and Lenin, know, the rise of the

CHRISTMAS: A SEASON OF PRETENSION

Matt and Dan will be handing out free copies of The Communist Manifesto outside of Collegeville's First Revival Baptist Church on Christmas Eve. Get Jesus, then get Karl! When you're ready to join the revolution, let them know: mattflyntz@ursinus.edu and dasergeant@ursinus.edu.

The Back Row

Alex Ernst is really a big "Family Matters" fan and means no disrespect to Carl Winslow. Urkel still sucks though. Contact him at alerst@ursinus.edu.

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Christmas: a season of pretension

Matt Flyntz
mallyntz@ursinus.edu

No, I’m not talking about the hoards of new feeders and scarves Chris Curley will receive Christmas morning...I’m talking about the commercialism that dominates the Christmas season, and the holier-than-thou Christians that spend their holiday seasons complaining about said commercialism.

Now, I have to admit that I’m somewhat guilty of this sort of complaining (except for the Christian part...). I was taken aback when I saw the Christmas displays at the King of Prussia mall weeks before Thanksgiving, and I am often disgusted by the crowds that practically live in retail stores during this time of year. But, at the end of the day, I shut myself inside, do my shopping online, and have a very happy holiday season. It worries me that people will take time out of their holiday seasons to be upset about the way other people are spending their holiday seasons.

Unless you or a loved one happens to get trampled at an Early Bird Sale at Bloomingdales, I simply do not see how some stranger’s lust for commercial goods affects you and your Christmas celebration in any way. Oh, I got it! Maybe you want to engage in social activities, but everyone is at the mall, so you’re lonely.

Nah, that can’t be it; complaining in your blog is so much more fun than social activities.

The Opinion Section of The Grizzly wishes you a very safe and joyous holiday season! The Grizzly wishes you a very safe and joyous holiday season!
Men’s basketball looks for three-peat, women contenders in Centennial Conference

MATTHEW PASTOR
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As the fall sports season came to a close in late November, you could say that it has been a successful fall campaign for Ursinus College Athletics. As the temperature begins to drop and sports are now being played indoors, the men’s and women’s basketball teams look to bring the excitement that we saw on the field in the fall onto the court this winter as both are contenders for this year’s Centennial Conference titles.

With the loss of only one senior, the return of a plethora of talent and experience and an excellent recruiting class that came in during the off-season, the women’s basketball team looks to improve upon last year’s 13-11 record and hope to find themselves right in the mix for the Centennial Conference championship in 2006-07.

In order for the Bears to do that, they have to depend on an experienced senior class and young talent to shoot, pass and score, and their way into the postseason. Look no further than senior forwards Mary Kate Daley and Molly Guntli to provide that senior leadership and experience; Daley led the team in scoring last year with 15 points a game, while Guntli averaged a double-double adding 10 points and 11 rebounds a game. Daley, who was named to the second team All-CC last season, also scored her 1,000th point last year and looks to continue to add to an already exciting career this season. Guntli should continue to clean glass and looks to be a force on both sides of the ball.

Ursinus’ back court is also a big reason why the women’s team should contend this year. Senior Stephanie Calalier provides the team with a solid ball handler who can control the game with her quick decision making and passing, while Hennessey provides the Bears with a three point threat. They finished number one and two on the team in assists and Hennessey was second to Daley in scoring, averaging 12 points per game.

Ursinus’ front court is complimented by freshmen newcomer Jennifer Konstanzer. At six feet tall, Konstanzer provides height at the center position and the ability to block shots on defense and be a post presence on the offensive side of the ball. Currently, Konstanzer is third on the team in scoring, averaging 10 points per game and leads the team with five blocks after five games played this season.

The women’s basketball team also has depth on the bench with girls that fifth year head coach, Jim Buckley, can go to for additional help. Seniors Dana All and Kate McMahon, along with freshmen Julie Bown have seen action in all five games this season and have all contributed on both sides of the ball for Coach Buckley and the 3-2 Bears.

With all the talent and experience that the Ursinus women’s basketball team has to bring to the table they have the means to make this season an exciting and memorable one. A strong group of upperclassmen and a talented group of freshmen should provide the Bears with enough weapons to be a contender late in the season. Don’t be surprised to see the Bears in the postseason come this February as they continue their quest for a Centennial Conference title in 2006-07.

As for the men’s team, all they did in the past four years was bring home 3 Centennial Conference Championships, including two consecutive ones. With the loss of five seniors to graduation, you would think Kevin Small’s Bears are in a rebuilding year; not so fast! The Bears return All-CC first team junior Nick Shattuck who averaged a team high 17 points per game a year ago. Shattuck also has experience in the post returning to help him out. Seniors Will Furey and Matt Fabian return to provide post presence and a Dendor man-esque rebounder to the court for the Bears. Furey, who scored his 1,000th career point this past Saturday led the team in blocks last season and provided solid point scoring averaging 13 points per game, while Fabian led all players on the Bears’ squad averaging 10 rebounds per game.

The biggest question for the 2006-07 Bears was who would replace two-time Centennial Conference Player of the Year Mike McGarvey. The obvious answer is Nobody after the career McGarvey had here at Ursinus. In his four year career, McGarvey scored 1,460 points and dished out 754 assists (sixth all-time in the CC). McGarvey is still at Ursinus, however, but he’ll be in a shirt and tie coaching as an assistant under sixth year head coach Kevin Small.

The answer to who will replace McGarvey can be found in a stellar class of freshmen brought in this season. Freshmen point guard Remy Cousart takes over for McGarvey as the general of this team on the hardwood. Being a freshmen and coming into Ursinus to be a starter is no small feat so the talent is definitely there, but it doesn’t hurt to get some help from McGarvey, that is, freshmen point guard Kevin McGarvey.

Mike McGarvey’s younger brother Kevin joins the squad this year and looks to contribute on the court as much as possible. He is another option for Coach Small to look to when Cousart gets into foul trouble or if he just wants a change of pace.

Sophomore guard John Noonan takes over the fifth and final spot in the Bears’ starting lineup this season giving the Bears even more height on the court along with good ball handling skills and a good jumper.

The Bears have depth on the bench to turn to when starters get into trouble. McGarvey is a solid back-up at point guard and freshmen guard out of Manchester, England, Keith Page, is also another talented shooter and ball-handler that can provide relief for a number of starters. Junior Michael Shema provides depth in the front court for the Bears and will definitely be turned to when Fabian or Furey get into early foul trouble. Sophomore Eric Burnett is also another key reserve for the Bears. With a good on-court presence and a lethal shot from downtown, Burnett should be a pivotal player in the Bears’ quest for an unprecedented third consecutive Centennial Conference Championship.

The Ursinus men’s basketball team truly has the weapons to make a run at its third straight conference championship and fourth in the last five years. In order to do that everyone on the Bears’ squad must be a contributor as we have seen so far this season. Once again the Bears have tremendous height in their starting five. With four starters at 6’5” or better, the Bears can be physical in the post and have more talent in their backcourt than any other team in the Centennial Conference. With the help of some key reserves and a phenomenal head coach, look for the Bears to find their way into the playoffs once again.

So come out and be a Hellfrench Hooligan this season and support both the men’s and women’s basketball programs on the newly renovated basketball gymnasium. The Bears basketball teams need you to help make them the best in the conference. We have a reputation of being the loudest and best fans in the conference so let’s keep it that way this Saturday as the men’s team tips off at 2 p.m. against Swarthmore.

Nick Shattuck

Dana Alf Castro

Matthew McGarvey

Dana Alf Castro