



Ursinus College Grizzly Newspaper

Newspapers

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The Grizzly, March 1, 2007

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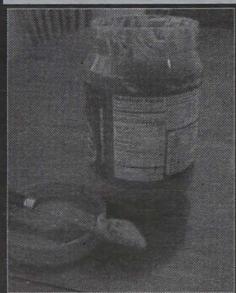
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The Grizzly

The student newspaper of Ursinus College

Thursday, March 1, 2007

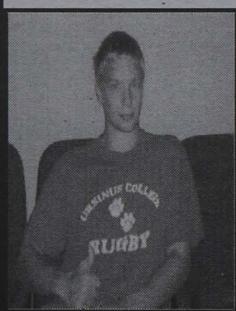
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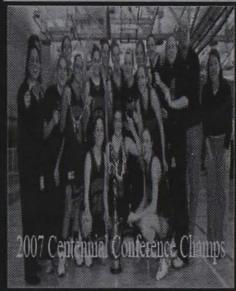
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The *Grizzly* staff wishes you a happy and warm Spring Break!

Media lecture: "The Jailhouse Doesn't Rock"

CORINNE LICCKETTO

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On Thursday, Feb. 22, in Pfahler Hall, guest speaker Eleanor Novek, Ph.D. presented "The Jailhouse Doesn't Rock," a lecture on the realities of prison. Dr. Novek is an Associate Professor in the Department of Communications at Monmouth University. She has been studying the living conditions and treatment of prisoners since 2001 through a series of hands-on activities. Novek has witnessed many injustices and came to Ursinus to inform open minds of the mistreatment of inmates in state and county prisons.

She began the lecture with a question, "Why do Americans support the out-of-control state of prisons?" Novek proceeded to point out how the image of prisons has been misconstrued due to their portrayal in popular media. Movies, television and music represent prisons and jails as a place of action and pornographic fantasies. Films featuring prison themes began in the 1920s and have continued to be made to present day, expanding to subgenres of comedies, thrillers, disturbing brutality, and even musicals.

Novek explained that prisons and jails have even influenced fashion, making "prison vans" street wear; these Velcro sneakers are part of the uniforms that inmates must wear. Adults and children alike dress as convicts and prison guards for Halloween. And, old prisons have become tourist attractions, such as Alcatraz and Eastern State. Whether you believe it or not, the image of prisons has become glorified and exciting due to popular media.

Opinion polls of Americans have revealed that most think prisoners have too much fun while incarcerated and that it is too easy to live in prison nowadays. In reality, as Novek states, prisons are "warehouses of misery" which leave inmates separated from

their loved ones, family, friends and children. These institutions are crowded, unsanitary and unbearable.

Many believe that prisoners face rigorous routines of rehabilitation, when in actuality, inmates are deprived of the skills necessary to return to society; they lack the financial support to educate the inmates; and even when they are released from prison, felons are banned from many well paid jobs. Yet, Americans believe that prisoners are provided with unlimited Internet access, cable television, and free weights. Thus, they push for longer and harsher sentences.

Within prisons, physical and mental illnesses run rampant. Diseases such as HIV, hepatitis C, and tuberculosis spread easily amongst prisoners. Mental illnesses are often developed due to the miserable living conditions and brutal treatments. Prisoners are offered little treatment for their addictions also.

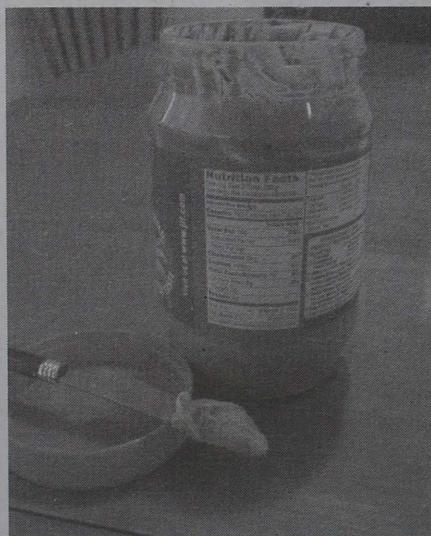
Novek noted what changes need to be made in order for these conditions to be fixed. First, the public must acknowledge how prisons destroy families and communities. Second, national policies should address the causes of crime, looking toward poverty, mental illness, abuse and addiction as some of the leading causes. Third, Novek believes that young people should be kept out of criminal institutions for as long as possible. "We need to get real about the ways we let ourselves be entertained," said Novek.

If you would like to become involved in spreading awareness of the truth about prisons, or if you would like to learn more information, there are existing organizations that are looking for support. "Prison Watch" is a program of American Friends that spreads awareness. Pennsylvania Prison Society is a service that trains volunteers to actively help prisoners. Contact your local politicians for more information about prison conditions in your area.

Peanut butter recall update

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Though many Americans associate Valentine's Day with heartbreak, they rarely experience nausea and diarrhea during this Hallmark holiday. However, on Feb. 14, the Food and Drug Administration (FDA) released a statement warning Americans to avoid consuming Peter Pan and some jars of Great Value brand peanut butter, due to the presence of salmonella.

Salmonella is a food-borne bacterium that can cause abdominal cramps, diarrhea, and fever. In individuals with compromised immune systems (due to previous illness, HIV or AIDS infection, chemotherapy, very young or very old age, etc.), salmonella can negatively impact other areas in the body by entering the bloodstream and causing life-threatening illness. If you have experienced any of these symptoms, contact a medical professional immediately.

The Center for Disease Control in Atlanta (CDC) has connected 288 salmonella infections in 39 states to the ingestion of the aforementioned brands of peanut butter, which urged the FDA to issue this warning. Alarmingly, the first illness related to this outbreak may have occurred in August of 2006, meaning that the CDC was only recently able to identify the source of the infection after widespread epidemiological and "recent case-control studies."

ConAgra, the manufacturer of Peter Pan and Great Value, have recalled jars that

were manufactured in the contaminated facility in Georgia. Not all jars of these brands of peanut butter are contaminated, and ConAgra is thus only recalling jars with the product number 2111.

While Dining Services typically uses Peter Pan brand peanut butter, that brand of peanut butter has been removed from both Wismer and Zack's, and it is thus safe to eat peanut butter provided by Ursinus. If you have any comments or concerns regarding these circumstances, contact Ron Wood (rwood@ursinus.edu), or connect to the FDA's Web site (www.fda.gov), which will provide updates regarding the epidemic.

-Information provided by the Food and Drug Administration

The Grizzly

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Annual UC Job and Internship Fair

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Are you getting those post-graduation jitters? Nervous about where you're headed after Ursinus College? It's that time of year again; seniors are frantically preparing resumes and applications in hopes of finding a career by May.

Worried students had the chance to ease some of their nerves by attending the annual Ursinus College Job and Internship Fair, which took place on Wednesday, Feb. 28. Hosted by Ursinus' very own Career Services department, the event gave students the opportunity to get their foot in the door, whichever door that may be.

The event hosted over 70 companies and organizations, offering full-time, part-time

and summer jobs, as well as internships. Held in the Floy Lewis Bakes Field House, these companies were ready and willing to look over students' resumes and listen to what students may have to offer their organization.

It was a great opportunity for seniors as well as sophomores and juniors to get some insight as to what opportunities are available to them in their field of study. It was also a good chance to investigate different career field options, especially for students who are unsure of what to do after graduation.

By attending the fair, students were able to speak with representatives from a wide variety of companies in the for-profit, nonprofit and government sectors. This enabled students to gain valuable interview experience and develop self-confidence when talking to employers. More importantly, it gave students a chance to develop a network of contacts that can eventually land them a quality starting position.

All month, Career Services has offered valuable resources to better prepare students for the Fair. Resume writing workshops, professional resume paper, and even a multimedia interactive tool to perfect interviewing skills were made available to students.

Career Services also had a detailed Web site about the Fair, including tips on how to prepare for the event. Students were urged to come ready with answers to typical interview questions and to have done some research in preparation to ask the company representatives questions as well. The Web site also stressed the importance of a good first impression and gave hints on how to stand out among the competition. Another important tip for any student attending the event was to dress appropriately. The Web site gave examples of what was and was not appropriate for the event.

Over the years, the Ursinus College Job and Internship Fair has helped students find jobs and open doorways that may not have been readily accessible otherwise. With companies and organizations such as Commerce Bank, Boyertown Area School District, Merck & Co. Inc., Merrill Lynch, Wyeth, and over 60 more, it's no wonder this was such a highly anticipated event.

Senior student Tavener Karlson said, "The Job Fair was such a great event. It provided opportunities to students who may not have their future mapped out. I personally felt that the fair had so much to offer, and I got to learn a little about the interviewing process."

Living in sin

ASHLEY HIGGINS

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According to a recent Census Bureau survey, married couples sharing a household are now outnumbered by unmarried couples who cohabit in the United States. A slight majority (50.3 percent) of American houses shelter unmarried couples. Also surprising is that now 31.7 percent of America's children are being raised by unmarried couples.

This could seem curious, as even two or three generations before dubbed cohabitating before marriage "living in sin." Now it is doubtful that this view is still widely held, as Nicky Grist, Executive Director of the Alternatives to Marriage Project, says, "These numbers suggest that couples living together can't be scandalous. It's hard to scandalize when you're the majority."

Grist and others note that America as a whole seems to be following a trend long established in Hollywood "unmarriages," such as those of Goldie Hawn and Kurt Russell, Susan Sarandon and Tim Robbins, and the more recent Angelina Jolie and Brad Pitt. Jolie and Pitt even released a statement citing a social consciousness to their unmarriage, saying they "will consider tying the knot when everyone else in the country who wants to be married is legally able."

However, this is not to suggest that all unmarried couples are supporting the gay rights movement. These relationships seem to work for different age groups for different reasons. Twenty-somethings get the opportunity to dress-rehearse for their civil or religious vows, and those who are older and perhaps already divorced may revel in the notion of never marrying again.

The high rate of divorce in America cannot be unconnected to this phenomenon. Recent statistics showed just more than half of the marriages in the United States end in divorce, and this trend of unmarriage could be a response in younger generations to the foibles of their parents' marriages. Unmarried couples can take comfort in that, even with children involved, in the event of a breakup, there would be no messy divorce or complicated legal documents. However, for those unmarried couples concerned that they have no legal rights to property and children in the event of a separation, state legislation is slowly catching up in the form of partnership agreements. Another legal problem that state legislatures have yet to address is that unmarried couples cannot share health insurance benefits.

Though a social response to high divorce rates in America could be fueling this new

unmarriage movement, many unmarried couples cite more personal reasons. Naturally, unmarried relationships defy most, if not all, of the stereotypes that plague traditional marriages. As Grist points out, "People are happy about defining themselves outside an institution and its baggage. There's a real sense of independence separate of how marriage gets defined."

Back to the Bellevue

The Student Activities Office would like to cordially invite
you to...



Ball at the Bellevue

At the Park Hyatt in Philadelphia
Friday March 30, 2007 from 8 p.m.-12 a.m.

Begin boarding buses at 6:45 p.m., departure at 7:00 p.m.

Return time 1:00 a.m.

Hors d'oeuvre will be served and fabulous prizes will be raffled off

Tickets are \$5 for UC students, faculty, and staff

\$7 for outside guests (Limit 2 outside tickets per UC member)

Formal attire – black tie optional

Features

Creating communication elation

grizzly@ursinus.edu



LANE TAYLOR

Everything You Never Knew You Wanted to Know About Sex

Though it may sound like a tired cliché, communication is the foundation of a strong relationship. Unfortunately, many of us do not take the time to express what we're feeling to our partners, causing an emotional wall to be erected, which inhibits the relationship. This wall will

not only affect the emotional aspect of a relationship, but the physical as well. How can we demolish this wall? This article will illustrate a few tips on communication enhancement that will insure that the "erection" you refer to in your relationship has nothing to do with a wall.

Often, a communication breakdown begins with something left unsaid. This "something" will begin to feel like a burden, and depending on the severity of the situation, will affect you or your partner's life to some degree. This will become noticeable to you or your partner, who will inevitably want to understand the effect and change that has occurred. The first step is to inquire. If it is your partner that seems burdened or troubled, ask how he or she is feeling. It is important to ask in a caring manner, which will ensure that your partner feels that you are legitimately interested in understanding how he or she is feeling. If he or she responds with the word "fine," which is all too typical, ask if he or she would like to expand on that, or if he or she would rather talk about how he or she is feeling later. Regardless, be sure to let him or her know that you are available to listen. When the word "fine" is used as a response, it may signify that the person is not in the mood to talk about his or her particular problem, does not feel comfortable talking with the person who asked, or hasn't yet determined or put words to how he or she is feeling. Of course, "fine" can often simply mean "fine," and even if that is not the response you were looking for, it is important not to appear doubtful of your partner by questioning his or her response.

When your partner opens up to you, it is important to be supportive and nonjudgmental. Depending on his or her

problem, this may be a difficult task. However, it is important to make every effort to make him or her feel safe and liberated, so that not only will he or she feel comfortable communicating the present problem to you, but those that occur in the future, too. (If this is the first instance that your partner is opening up to you, how supported and safe you make him or her feel will determine how comfortable he or she is with opening up to you in the future.) It is also important that you listen actively; don't interrupt, but reiterate what he or she is saying so that your partner knows that you're listening and so that you make sure that you understand what he or she is saying. And unless he or she asks for your help or advice, do not offer any without first asking, "May I offer you help or advice?" Your partner may just want to vent and discuss his or her problem, and may not want you to solve the problem. He or she may simply want your ear and you support.

If you are the one opening up to your partner, only do so when you are feeling comfortable and your partner has made him or herself available to you. Be as open-minded as possible in sharing yourself with your partner, and go at whatever pace at which you feel comfortable. When you are finished talking, express to your partner how you felt he or she did as a listener and constructively guide him or her in the ways that you feel your partner can be most supportive.

And while keeping that in mind, you and your partner can achieve an innovative intimacy that can lead to euphoria both before and after dark.

Spotlight on Coach Kevin Small

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If you have ever used the athletic facilities or attended any of the Men's Basketball games in your time at Ursinus, you probably recognize a friendly face. The welcoming smile from Coach Kevin Small is a prime example of why Ursinus College is known for its sense of community. As a coach, mentor, and friend, Kevin Small celebrates the conclusion of yet another successful basketball season and with no surprise.

The Philadelphia native started at Ursinus in 2000. Throughout his tenure here at Ursinus, Coach Small has won over 100 games and has led the Bears to three Centennial Conference titles, including two back-to-back championships. He has coached five players to Conference Player of the Year, including Nick Shattuck, who was given the honor following this season. Coach Small commends him, saying, "I'm so happy for him because he cares a tremendous amount about the team and he's a warrior." Nick Shattuck marks Ursinus' 6th CC Player of the Year in the last 7 years.

Coach Small has had great success in turning the program around. Before Coach Small arrived, the team had never reached the playoffs, and it was fair to say that Ursinus was not much of a contender. Now, thanks to "Coach" (as most people know him), when the Bears take the court, they are never taken lightly, and are the team to try to beat.

This success can be attributed to Coach Small's hard work and determination, but most of all, his passion for teaching, learning, and love of the game. When asked how he does it, he is humble, saying, "It's because of my staff. We've had guys who are really committed to doing things

the right way, in that it is not just about basketball. We're surrounded with really talented people who really get it when working with kids." The people he is referring to are former Bears basketball stars themselves, including Steve Erfle, Brian McEvily, and two CC Players of the Year: Dennis Stanton ('04), and Mike McGarvey ('05 & '06).

To really understand what makes Coach Small such a great success, you must consider what has brought him here. He comes from a huge family with a long line of St. Joseph's University alumni. He too attended 11 years of St. Joe's schooling, from preparatory to graduate school. As a dual major in Biochemistry and Philosophy, his initial plans were to work in research. Thankfully, after only a short time following this path, he soon realized he could never live a life without basketball. He quickly went back to graduate school for coaching. He admits, "I've been very fortunate to have grown up in the area. It has put me in a huge family tree of basketball coaches." With the help of his mentors, he gained experience at both Haverford and Swarthmore before becoming head Coach at Ursinus in 2000.

When he first started, he had his work cut out for him. He remembers, "There were two great guys on the team, but overall, the team didn't like each other and they hated the previous coaches." Coming from a large family himself, he knew that he needed to create a sense of family within the program. "The first thing I got was a five-foot sign that says, 'FAMILY,' with the Bears logo. Every time the guys pass it, they hit it to remember that 'I'm apart of something bigger than just me.'"

He did a great job creating familial feelings, but more importantly, he has brought meaning back to the phrase "student athlete." He admits that this struggle relies heavily in recruiting. "We need to find guys who fit our family and are of equally high character. Are they kids that are going to

be good students? Will they take responsibility when they make their mistakes?" As a coach who is conscious of these qualities, he has placed more men's basketball players on the CC Academic Honor Roll (3.40 cumulative GPA or higher) than any other team in the conference.

It is no doubt that Coach Small has had an incredible influence on the UC Men's Basketball team, but he has done a lot for the community as well. As the co-founder and former director of the non-profit summer leadership program, Sports Challenge Leadership Alliance, he has proved himself as not only a great leader, but also a caring and giving individual in the Ursinus community.

With support from his family, it is no wonder he is such a good man. His wife, Kirsten, and son, Sasha, come to every game, and are as much a part of the Ursinus Community as he is. At only age five, Sasha understands his father's commitment. Coach explained, "He will say, 'Daddy I know you lost, but how are you feeling? How did your team play?' I'll say, 'Not well son.' 'Okay, then I know you're going to be upset tomorrow!'"

It is this understanding and love for "family" that has allowed Coach Small to turn a struggling program into one of the best teams in the Conference. When asked how the team will be next year, he responded with optimism. "It has been interesting this year, because we lost five seniors last year, and we were band-aided by our seniors this year. I like the way our young guys carried themselves this year; they show greatness in years to come." With three seniors graduating this year, the front court will be young next season. However, with the help of Coach Kevin Small and through hard work, devotion, and leadership, next season's "family" will emerge following the tradition that Coach Small has created here at Ursinus.

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"Laramie" hits big at Ursinus

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Last week, Ursinus College had the pleasure of witnessing the enthralling production of "The Laramie Project." Written by Moisés Kaufman, the play is a reaction to the 1998 murder of Matthew Shepard that took place in Laramie, Wyoming. His murder was considered to be a hate crime motivated by homophobia.

The play took place in the Lenfest Theatre in the Kaleidoscope Center for the Performing Arts. It began on Wednesday, Feb. 21, and closed on Saturday, Feb. 24. Each show started at 7:30 p.m., and tickets for general admission cost \$5, while student tickets cost \$2.

The program explains that "The Tectonic Theatre Project traveled to Laramie, Wyoming, and conducted interviews with the people of the town. During the following year, they returned to Laramie several times and conducted over 200 interviews. The play is edited from those interviews, as well as from journal entries by members of the company and other found texts." Ursinus actors, then, portray members of the Tectonic Theatre Project, as well as many people who were interviewed.

Director and Ursinus Professor Domenick Scudera did a wonderful job focusing on the content and emotion of the play, rather than the scenery and aesthetic quality. Scudera adds that, "The artists who created 'The Laramie Project' have employed Laramie's story to bring awareness of these situations to a larger, national audience...what happened in Laramie could have happened anywhere in the United States." The artists beg the question: could it happen in your town? Is Laramie really that different than Ursinus?

The production ran a little over two hours, but each moment was packed with emotional monologues. The stage was kept bare except for a few necessary props, and most students had to portray many characters. Men dressed as women and women dressed as men; the audience could notice the cast's versatility. The endings of scenes were marked with calm music and projections onto a video screen. Among the images were pictures of Matthew Shepard and news clips from the incident. The production itself was interactive. Cast members walked through the aisles of the auditorium chanting and yelling while they represented the townspeople of Laramie. Some spoke against homosexuality, while others expressed their sorrow for Matthew Shepard and his family.

Katie Urich, a senior actress in the production, shares that the play affected all the partici-

Nutrition tips for the UC student: 'fad' diets

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The dieting industry is not looking to go out of business any time soon, making over \$40 billion annually. And at this point, with 74.1% of American adults overweight (the highest in the world among developed countries) and obesity rates climbing steadily, it is no wonder. Apparently, we need all the help we can get.

That said, anybody who is considering going on a diet should stop and think about the options available. In a society that favors speed, convenience, and instant gratification, many "fad diets" promising speedy results blitz to popularity, only to fall out of favor just as quickly. The problem is the quick-fix mentality does not lend itself to permanent results; if a diet is contingent on toughing out hunger pains or omitting core food groups, it practically ensures a temporary change, the end of which will be celebrated by binging on whatever was deprived. This, logically, means a (mandatory) free trip back to square one.

So, the Web site *du jour* is "Every Diet" (<http://www.everydiet.org>), a non-commercial resource that collects basic information about pretty much every diet plan that ever was, including underlying research and ideology, sample menus, and, best of all, big, bold warnings when something just isn't worth the risks. Instead of going on about the site today, however, it would be more useful to start zeroing in on the sub-sections of the site, specifically, "Fad Diets." Perhaps, these would be better labeled as, "Bad Ideas."

Not all of them appear to be bad, actually. For example, the "South Beach Diet" makes it a point to teach subscribers to gradually incorporate healthy food choices and diet into their routine, which is generally a good sign. However, as the site points out, an enduring label of, "fad," generally indicates a lot more than a sudden rise in popularity. A few key factors include "Lists of 'good' and 'bad' foods," or food groups (Carbohydrates are the enemy! Protein and fat are your friends!), "recommendations made to help sell a product (Replace two meals a day with our cereal and you'll lose weight!)," and "claims that sound too good to be true (Lose up to 10

pants emotionally. "Each night the impact of the story hits us more and more." Katie found it interesting that each cast member had his or her own opinions about homosexuality. "In general, we are a group of open-minded people, but we don't agree on everything. There is a line by a character named Rulon Stacey that really sums it up: 'I guess I didn't understand the magnitude with which some people hate.' For the cast, it was about how people could do that to someone...to anyone...for a reason like that." 'The Laramie Project' was a touching play. There were definitely wet eyes in the audience, but even those who did not shed tears were certainly still effected.

Career Corner: choosing a major

CAREER SERVICES
www.ursinus.edu/career

"I love Philosophy, but my parents tell me to study computer science so I can get a good job."

"I have a friend who majored in Politics, and she's just working in retail."

"You can't do anything with English besides teach."

Advisors hear statements like these all the time. Many students seem to be unclear about the relationship between majors and jobs. It is important to keep in mind that choosing a major and preparing for a career are not the same process. It's *true* that a college education will help prepare you for the *job market*. However, it's *untrue* that most majors lead directly to *particular jobs*. Instead, any major can prepare you for numerous job possibilities.

At Ursinus, you learn all you can about human history, culture, and behavior, as well as the information and theories involved in mathematics and the natural sciences. As you do this, you acquire specific skills, such as how to define a question, how to investigate possibilities, and how to articulate your findings and theories. You learn communication skills, practice leadership and teamwork skills, and develop strong interpersonal skills. These are the skills you will use in the workplace and in your life outside of work, and they can be learned within any major.

Your choice of major *usually* does not determine your career options after college. There are exceptions, of course; if you want to be a nurse, you need a degree in nursing. However, most history majors do not become historians. They become stockbrokers, advertising executives, and IRS agents, or they manage convention centers, bank branches, and racetracks. They can even become the President's Chief of Staff, sell prosthetics, or even advise Ursinus students!

Need help choosing a major? Want to begin separating the process of exploring a major with preparing for a career? Seek out a career advisor in the Career Services office, and learn how to assess your interests, skills, values, and personality type. Get help evaluating your academic strengths and weaknesses. Email career@ursinus.edu or stop in Bomberger 110 to schedule an appointment.

pounds in two weeks without even trying!)." A lot of fad diets also oversimplify scientific studies, or ignore counter-studies, to bolster their claims. And, even if a study shows success for a few carefully chosen representatives, believe it or not, not everything works the same for everyone.

The majority of the diets listed as "Fads" fit this bill perfectly: Atkins, the Cabbage Soup Diet, the Grapefruit Diet, and the oldie-but-goodie "Apple Cider Vinegar Diet." At best, these will work (either by forcing the body into a state of ketosis (burning fat for energy) or by forcing the dieter to consume fewer calories through sheer lack of variety), but be difficult to sustain; at worst, they will either deprive the body of key nutrients over an extended period, or be totally useless. After all, if you honestly believed that a few teaspoons of vinegar before each meal will burn fat as you eat, why would you worry about what you were actually eating?

Point/Counterpoint: English as the official language?

Good for all involved

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English has for centuries been the unofficial language of the U.S. Now, a growing movement to establish English as America's official language exists. In a recent poll, 85% of individuals believed America should establish English as its official language. It is necessary for America to establish English as the official language in order to save money, promote assimilation, increase economic opportunity, and strengthen American civil society.

The first benefit of establishing an official language would be the governmental savings that would accrue as a result of printing public papers solely in English. A trip to the local DMV provides evidence of the costly accommodations the government has made for individuals who are unable to speak English. Kentucky offers its driver's test in variances of obscure languages that include Turkish, Cambodian, and Romanian. The cost of producing multilingual documents is incredibly high and wasteful when one realizes how uncommon certain languages are. When the languages previously mentioned are combined, less than 1000 people in Kentucky speak those three languages combined. Not trying to pick on the Romanians, but only .004 of Kentucky's population speaks Romanian.

An official language is not a highly secretive plan thought up by the Sons of the American Revolution to eliminate Spanish, Russian, and Chinese languages from American culture. It's a move that will encourage people who have a different native tongue to learn English while coincidentally bettering their economic opportunities.

Immigrants who become English proficient should expect to see improved economic opportunities. It has been proven that poor English abilities, commonly interconnected with limited schooling, impedes financial opportunity. Placing such a high premium on learning English can and should be seen as a social or economic movement to better the lives of immigrants.

The most predominant characters in the fight to establish English as the official language have been immigrants and have set examples of the benefit English will bring. Senator Hayakawa, the first modern federal legislator to introduce an English only bill, was an immigrant who learned English, assimilated, and from his title, obviously did quite well. The founder of US English, one of the most powerful organizations for English as the official language, was founded by a South American immigrant who learned English, and now lives a financially successful life.

Another benefit of making English the official language will be reparations to ethnic strife and promoted social interconnectedness. Some of the most divided regions are cities that have had mass immigrant influxes such as New York and Los Angeles. The current language barrier is one more obstacle that divides communities and in turn weakens our country. By bridging the language divide American society can foster trust, interconnectedness, and even establish societal interest.

Despite a population in overwhelming support for English to be the official language, it is unlikely that any bill will be adopted as political correctness and racism historically undermine such ideas. Responsible politicians would act to establish English as our official language, for although immigrants may protest, such programs will benefit future immigrants the most and strengthen our country as a whole.

Unnecessary measure

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I have been reading in the news recently about some gung-ho municipal politicians attempting to pass measures proclaiming English as their regions' official language. One could only assume that through this local initiative local officials would also assume to make English the official language of the United States.

This last week has taken quite a bit of soul-searching while I asked my various friends and acquaintances how they would vote on such a measure, if it were put forth as a piece of legislation. Every person (EVERY!) that I asked said "Sure, I would vote for it." Most common reason: "It's just our language... it is what the majority of people speak. What's the big deal?" And, to be honest, I would have to agree. What is the big deal? Why vote against making English the official language?

That is when I realized the question was phrased all wrong. The question isn't "Should English be the official American language?" but rather "Why are we debating this topic to begin with?" Few people living in this country (legal or otherwise) would dispute English as the official language. The beauty of the system is that THERE HAS NEVER BEEN AN OFFICIAL LANGUAGE OF THE UNITED STATES. That is when I really began to understand the question. If this is happening *recently*, then I have to ask, why hasn't this problem been rectified in the past? For over 220 years, haven't American citizens been content to live with English as an unofficial language? Has the *de facto* status of our precious language been sacred enough until the present, only now in some dark age to be questioned?

It does not matter if the official language of America is English. All of our documents, all of our legislation, all of our court proceedings will be written in God's great tongue. The only tangible results such legislation could possibly affect would be the disenfranchisement of legal citizens living in our country who have not yet learned the native lingo, or the disadvantage of some child attending our public schools.

The fact that this question is even debated is absurd. This legislation contains no substantial change; the passing of this legislation would hold about as much water as making the official potato product of the United States "Freedom Fries." That is when I realized all my surveyed companions were not a part in some right-wing patriotic conspiracy. They were just average citizens who, when confronted with this question, would respond the only logical way: they did not see why it was a big deal, and therefore would not question why the legislation was being passed.

There has been plenty of anti-immigration and anti-foreign legislation and rhetoric in the past. Our country has a cyclical nature of dealing with immigrants. Just ask the Irish from the mid 19th century or the Poles, Italians, and Jews from the 20th century or the Chinese during the 1920s. We have had quotas, programs, and "Native" parties since our country began; look at the Alien and Sedition Acts of 1798 for our country's first act of xenophobia and/or political opportunism. Legislation promoting English as the official language is nothing more than political opportunism.

When some media personality or program is presented to you as some dichotomous and fair-minded debate, it should be severely suspect. Remember, it is not necessarily a matter of what the question is, but rather who is asking the question, how is it framed, and why.

Stairway to the Fillmore?

There is a place of legend... Bill Graham's Fillmore East, a place where musicians from The Allman Brothers to Jimi Hendrix, The Grateful Dead to The Who (the list goes on and on) gave thrilling live performances. Over the years, Neil Young has performed and written songs with many other famous musicians, from Bob Dylan to David Crosby, the Band, Buffalo Springfield, and many others. His styles have ranged from Motown to folksy acoustic rock to electric rock 'n roll to his crazy 80s experiments. Recently, Young has decided to continue a tradition which The Grateful Dead

started: that of releasing to the public live performances of past shows. *Live at the Fillmore* is the first in Young's live release collection and it is a fitting treat for any Young fan. Clocking in at about 45 minutes, the album hosts six amazing versions of classic songs featuring the original Crazy Horse line up of Danny Whitten (who later died of a heroin overdose) and would become

Young's inspiration for the song 'The Needle and the Damage Done', Billy Talbot, and Ralph Molina.

Although short, this disc contains some real gems. For instance, there is the emotionally-charged 'Winterlong,' which is probably the best live version of the song. Featuring lyrical guitar interplay and a steady and present bass line, 'Winterlong' acts as a bridge between country, folk, and jam rock. Then there are the back-up harmonies on 'Everybody Knows This is Nowhere,' which are reminiscent of early rock and a bit of Motown. 'Down By The River,' clocking in at a little over 12 minutes, and 'Cowgirl in the Sand,' clocking in at about 16 minutes, are testaments to how good Neil Young is as a musician and also in his choice of backing members. The solo interplay is extremely interesting in the way it predates his later work with CSNY in which Young was an electric solo powerhouse.

This short and sweet album is a welcome addition to the other Young live staples: *Unplugged*, *Live Rust*, and my personal favorite, the early 90s double disc release, *Weld*. Look out this coming March for the CD/DVD set *Live at Massey Hall* which features Neil Young's acoustic showcasing of some of his most classic songs.

**Do you want to appear on American Gladiators*? E-mail
maflynz@ursinus.edu to find out how!**

*The Grizzly's Opinions page

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"Oldboy" (2003)

I know the majority of people who just read the title will have never heard of this week's flick. As someone who eats, sleeps, and breathes movies (only a slight exaggeration), even I had only seen scattered reviews of it over the Internet. Granted, the fact that this is a four-year-old Korean film doesn't help matters either. But after recently viewing it, I have to say

that "Oldboy"'s #121 spot on IMDB's Top 250 is absolutely deserved, and hopefully I can convince somebody to watch it. With that, I give you "Oldboy."

Dae-su – Oh (Min-sok Choi) is kidnapped off the street and imprisoned in a mysterious hotel room for 15 years. While he is inside, he finds out he has been framed for the murder

of his wife. Suddenly, out of nowhere he is released and given five days to find out who captured him and why. With the help of a young sushi chef, Dae-su sets out to seek revenge and unravel the secret behind his captivity.

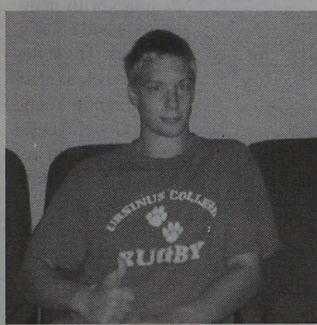
Right off the bat, I have to say this is a really dark movie. There's dental torture involving a claw hammer, a tongue cut out with scissors, and a throat slashed with a broken CD. But all of this pales in comparison to a scene involving an octopus being eaten alive (and I do mean *alive*, as in tentacles thrashing and struggling as it is jammed in Dae-su's mouth) in a sushi restaurant. Thankfully, the film has small moments of humor interspersed throughout that help to lighten the otherwise bleak mood.

As far as the story goes, themes of revenge and redemption are explored extremely well. When a man is only living for revenge, what is left once he has achieved it? On top of the violence mentioned above, there is a nuanced approach to this question. Also, M. Night Shyamalan could take some notes from this film. The ending carried such a twist that I was literally left sitting there with a dropped jaw.

I realize this review is all over the place thus far, but it's only because there's so much to talk about in this film and so little room to fit it all in. "Oldboy" does have its fair share of fighting, but it is far from the acrobatics you would expect from the likes of Jackie Chan and Tony Jaa (Sidenote: do not mess with Tony Jaa's elephants). While he is imprisoned, Dae-su develops his own style of fighting based off of repeatedly punching the wall in his room. We see glimpses of how he'll apply this in the outside world, but it all culminates in a massive one-take battle down a narrow hallway as Dae-su fights twenty or thirty baddies armed only with a claw hammer and his hands. And quite frankly, it is *awesome*.

The closest thing I could come up with for the pick of the week was "Kill Bill," if only because it involves martial arts and revenge. The fact of the matter is that "Oldboy" is a singular film, absolutely unique in its set-up and execution. If you can get past the small matter of it being in Korean with English subtitles, I absolutely recommend tracking down a copy of this film. Hopefully, next week I will review a movie people have actually heard of. We'll see...

Alex Ernst likes his sushi fresh, but not that fresh. You can reach him at aleernst@ursinus.edu.



ALEX ERNST
The Back Row

And the winner is...

Just because the Oscars are over doesn't mean you, our dedicated audience, have to go without the vicarious pleasures of watching the overpaid and oversexed indulge their own egos in a night of gilded aristocratic excess. And by that I mean, welcome to the first semi-annual Communism for Dummies Oscar parody, which we are affectionately calling the Marxies! The Marxies are meant to celebrate those who over the course of the past year have left an indelible mark on the course of human history, in much the same way that Yoo-Hoo leaves an indelible mark on your grandmother's fine linen.

Let's jump right into the fray with the nominees for Best Drama. They are: disgraced former Representative Mark Foley (R-FL) for his role in "Did You Know You'd Have This Effect On Me: The Ballad of Maf54;" Pope Benedict XVI for "Look Who's Talking Unintentionally Inflammatory Rhetoric 4;" and Adult Swim for "Boston Bridges or How I Learned to Stop Worrying And Love Inadvertent Bomb Threats."

And the winner is... disgraced former Representative Mark Foley! Attaboy! Mark would like to thank Mom and Dad, and his loving wife and family, and of course God, through whom all things are possible, and, last but not least, a certain xoSweetNSexyPage17ox. Give him of round of applause!

Moving swiftly along, the nominees for Event That Got Us One Step Closer to the Rapture are: legalization of civil unions in New Jersey (commence Jim McGreevey jokes. Got 'em all out? Ok, good.); North Korea's alleged detonation of a nuclear weapon; and the inauguration of the first Democratic congress in 12 years.

And the winner is... the 110th United States Congress! Good job, ladies and gents! Here's hoping that the segue from stem cell research and a \$7.25 minimum wage to a despotic one-world Satanocracy is a smooth one!

Switching gears a little bit, the nominees for Best Comedy are: Lisa Nowack for the role we'll always remember her as - the crazy astronaut lady who wore diapers on her 900 mile journey to stalk and kidnap the woman her love had fallen for; Borat, for allowing us to laugh at humanity's dark underbelly, one humiliated Romanian village at a time; or disgraced former Representative Mark Foley.

And the winner is... hands down, disgraced former Representative Mark Foley! Woohoo! Can he go for the hat trick?

And now for one of our most coveted awards. The nominees for Most Spectacular Death in the Past Year are: Slobodan Milosevic, for dying of heart failure in a Dutch prison before fully answering for his crimes; Saddam Hussein, for his extremely Youthable leap off Dead Man's Balcony; and disgraced former planet Pluto and his disgraced homie Charon.

And the winner is... Slobodan Milosevic, for his beautifully understated ability to defraud millions of people of closure in what could have been humanity's single most defining statement against genocide to date. Way to go, Slob!

Speaking of death, we'd like to take this time to acknowledge another fallen news icon: Al-Qaeda superstar Abu Musab al-Zarqawi, who passed on peacefully this past June after getting splattered across his safehouse floor by the Air Force. Please enjoy this photo montage, set to Whitney Houston's "I Will Always Love You." If you're going to use the bathroom, now would be the opportune time.

And with that out of the way, we turn our attention to the nominees for Best Tragedy, which are: the ongoing genocide in Darfur; the brutal killing of five Amish schoolchildren; or the tragic resignation of one of America's finest leaders, Donald Rumsfeld.

And the winner is... disgraced former Secretary of Defense Donald Rumsfeld! No hard feelings, Darfur – there's always next year! Hell, if global indifference to your plight continues at its present rate, you'll be in the running for years to come (or at least until you no longer have a population worth slaughtering). Just ask Slob.

And now, the moment you've all been waiting for – the award for Person Who Set the Human Race Back the Furthest in the Past Year! The nominees are: disgraced current United States President George W. "Duby" Bush, for his steadfast pursuit of mediocrity in the face of immense unpopularity; Osama bin "Binny" Laden, whose steadfast avoidance of the preceding nominee truly embodies the Tom & Jerry antics that the Global War on Terror has become known for and that we Americans have come to love, in spite of its price tag of 3,000 American lives; or Tom "Maverick" Cruise and Katie "Not Much Beyond Dawson's Creek" Holmes, for just being straight-up weird.

And the winner – the person who has single-handedly set the human race back the furthest over the past year – is... disgraced former – no, wait! Seriously, it's... TomKat! Step right up, you two, and claim your Marbie. Here's your chance to say something to the audience, but remember, after two minutes we cut your mic, and after three we fire a warning shot into Katie's thigh. Ready set go!

"WOOOOO! WOOOOOO! WOOOOOOOO! I just want to say that it is truly an honor to have the press make a bigger deal out of getting the first pictures of our baby Suri than being *unable* (read: *forbidden by the government*) to get pictures of United States war dead! WOOOOOO! Scientology in the U.K.!"

BLAM!

"Uh-oh."

After the commercial: the nominees for Best Costume Design. Stay tuned!

Dan Sergeant and Matt Flyntz cordially invite you to join the Communism for Dummies Fan Club on Facebook. It's the only thing that keeps us going anymore. Pity us at dasergeant@ursinus.edu and maflyntz@ursinus.edu.



MATT FLYNTZ
DAN SERGEANT
Communism for Dummies

Sports

Bears capture Centennial Conference title

MATTHEW PASTOR

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There is nothing more you can say about the 2007 women's basketball team other than the fact that they are on a *hot* streak. The Bears needed to basically win their final three regular season games just to make the play-in game for the Centennial Conference playoffs and they did just that with a Senior Day victory over a very good Muhlenberg team.

With home court advantage against Gettysburg in the play-in game, the Bears dominated every facet of the game and won easily 61-40. The Bears played near perfect basketball and played to their potential, something we haven't seen all season long. Ursinus has shown signs of excellence throughout the season, but nothing compared to the way they handled Gettysburg. They would certainly need that excellence against nationally ranked McDaniel.

The terrific play of the terrific trio that is Mary Kate Daley, Molly Guntli and Carolyn Konstanzer continued against heavily-favored McDaniel as both Daley and Konstanzer reached double figures with 18 points and 12 rebounds and 16 points and 10 rebounds respectively, with Guntli coming up one rebound short with 12 points and 9 rebounds.

The Bears controlled the pace of the game throughout and never let McDaniel get on track. There were a few ties during the first half, but it seemed as though Ursinus would not let McDaniel get any closer than

within two points. The second half saw Ursinus pull away late in the game and stun the crowd in Westminster, Md. and the Centennial Conference with a 63-53 upset victory, sending the Bears to their first Centennial Conference Championship game since 1995 (which they won).

The Centennial Conference Championship game matched the Bears with Dickinson, a team that pulled out a nail-biter

pulling down 11 boards, 13 points and 10 rebounds.

Although the trio of Daley, Konstanzer and Guntli put up the most points and pulled down the most rebounds, it was a team effort that won the title for the Bears. Stephanie Cavalier went 5-6 from the foul line in the game and Sarah Hennessey has been lethal from downtown this entire season.

The Bears looked as though they had the

title when they held a four point lead with 32 seconds left, but after a free throw and a desperation three by Dickinson, one similar to the one that beat Ursinus earlier in the year, the Bears found themselves going into overtime. This time, however, it was Dickinson who was sweating bullets because they didn't know how to stop the Bears in overtime.

It was all Ursinus in the overtime period as the Bears pulled away and completed an amazing journey that has paid off with the Centennial Conference crown, their first since 1995!

Now, with the conference title and a six game winning streak in their hands, the Bears continue their amazing run in the NCAA tournament against NYU on Friday night. Congratulations to Coach Buckley and the coaching staff, Michelle Van Berg, the team's athletic trainer, and all the ladies of the women's basketball team for an awesome run at the title. Good luck ladies and keep up the good work!



at Ursinus with a game-winning three pointer the last time these two faced off.

With the Bears coming off five straight wins, and Dickinson knowing they had the Bears' number, this proved to be a great game. Again, it was Daley, Konstanzer and Guntli who led the way for the Bears (19-9). Daley paced the Bears with her second double-double in the playoffs with 19 points and 11 rebounds, while Konstanzer, who's looking less and less like a freshmen as the season progresses, tallied 13 points and 10 rebounds. Guntli cleaned glass as usual,

Men's lacrosse season preview

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The Ursinus Men's Lacrosse team is anxiously preparing for a blow out season; between recruiting new members, practicing for long hours, and scrimmaging other teams, the guys are ready to start a fresh season. Coach Glenn Carter is entering his fifth season as head coach of the men's lacrosse program. After last year's record of 3-10 and 1-7 in the Centennial Conference, Carter is looking to continue rebuilding the team into national champions. Last spring (2006) the team competed against Colorado College, Whittier, Gettysburg, Mount Ida, Washington, Franklin & Marshall, Dickinson, McDaniel, Haverford, Swarthmore, Muhlenberg, Centenary and Roanoke, all of which are very prestigious opponents. This was one of the toughest schedules in Division III. Coach Carter has been at this line of work for over 14 years and he brings his experience to the Bears field. Before Ursinus he was the assistant coach at Neumann College, helping to lead the team

to the 1999 ECAC Southern Region Championship. He also served some time as the head coach for men's lacrosse at Friends Central High School. Not only does he excel on the field, but off as well. He is the Fitness Center supervisor here at Ursinus; so the next time you need information about the Floy Lewis Bakes Center look him up!

Coach Carter does not work alone however; he has plenty of help from his players. Anthony Tori, now a senior athlete, was one of ten chosen to the All-Area men's lacrosse team last season and was selected to the *Philadelphia Inquirer* Academic All-Area team. He led the team in assists with 26 and scored 19 goals for 45 points.



Tori became the first Ursinus player to reach 100 career points in program history last spring. He also set the speed for the team in scoring during his first two years here at Ursinus.

Dane Mangin, junior asset to the squad, was also named to the 2006 All-Centennial Conference second team. The midfielder was the first-ever player to be named all-conference in the four-year history of the program. He led the team with 39 goals and 14 assists for 53 points in 15 starts this season. Mangin also set the tempo in conference goals and shots, while ranking third in points. Not only this, but he collected 18 ground balls and scored five times on extra-man opportunities last year. Obviously with the help of these exceptional athletes Coach Carter can look forward to yet another successful season with the Bears Men's Lacrosse team. The boys are heading to the Westview High School in San Diego, Calif. over spring break to show Whittier and Lynchburg what Ursinus is all about!

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Bearly Reminder

Here's a look at the early spring sports schedule when you return to campus on Monday, March 12. The spring sports teams will have already gotten underway with trips during spring break, so show some support when you return!

Baseball

3/13 vs. Eastern

3/17 vs. Philadelphia U.

Softball

3/21 vs. TCNJ

Men's Lax

3/17 vs. Wooster

Women's Lax

3/13 vs. Cabrini

Men's Tennis

3/24 vs. Gettysburg

Women's Tennis

3/21 vs. F&M

3/24 vs. Washington

Men's Golf

3/26 @ Swarthmore

Women's Golf

4/10 Ursinus Invitational

Track & Field

4/14 Grizzly Classic @ Ursinus

