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The Grizzly, April 5, 2007

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The Grizzly

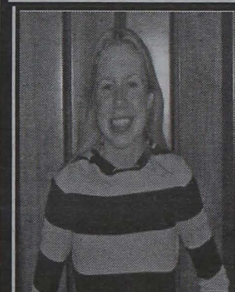
Thursday, April 5, 2007

The student newspaper of Ursinus College

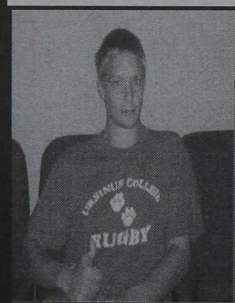
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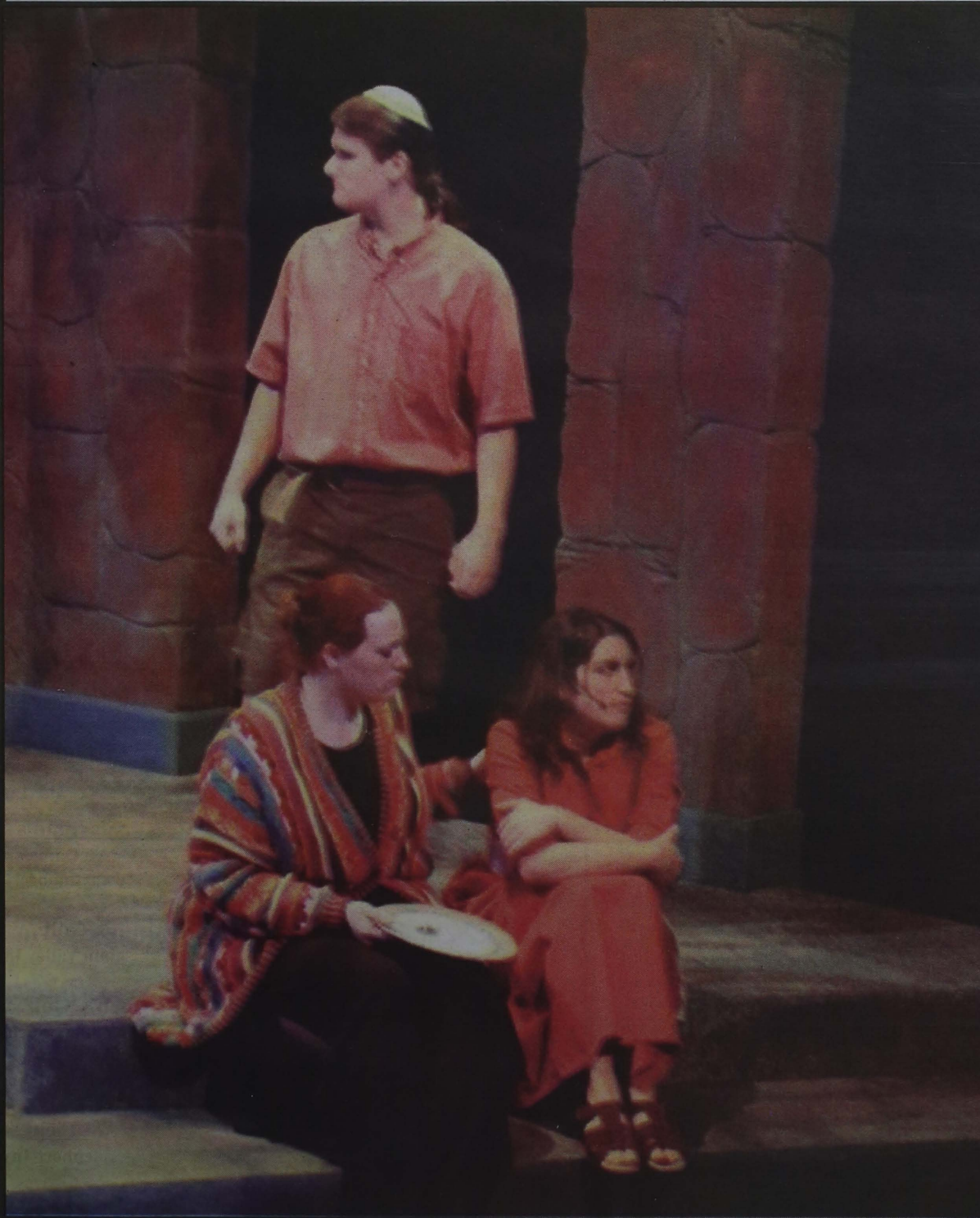
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Two Ursinus seniors win Watson Fellowship

MEGAN HELZNER

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Katie Ringler (pictured left) and Markus Weise (not pictured) are among 50 college seniors in the United States to receive the prestigious and fascinating Watson Fellowship. Coordinator of Student Fellowships and Scholarships, Dr. Greg Weight, said the suspense was so great the night the foundation said they would post the winners' names, he stayed up past midnight refreshing the Web site until he saw the good news!

Weise's project is titled "On Your Left!": Making and Maintaining Bicycle Cultures in Cities. A bicycle enthusiast, Weise rides year-round and is pleased to have the opportunity to pursue this love for a whole year. He plans to explore how bicycle culture is developed and accepted outside the United States. Weise says, "I

hope to ride in the different cities that I am travelling to see how the bike is received there and what is being done to strengthen or create a place for the bike. I have contacts with

local bicycle advocacy groups to help in the search for acceptance. I also hope to interact with local cyclists as far as language skills will allow." He is scheduled to visit Namibia, Bangladesh, Vietnam and Tanzania.

Ringler's project is titled, "A Mission of Charity: Following the Footsteps of Mother Teresa." As a Peace and Justice Studies major (which she developed), head of the Meal Service Team, daughter of a soup bank founder, and Project Pericles intern, it seems fitting that she would be interested in following the life of a renowned humanitarian. Plus, Ringler's middle name is Teresa! Ringler comments, "Mother Teresa has always been one of my greatest role models, along with my mother, and I thought, 'What better way to spend a year than following the life of my hero?'" She plans to visit Macedonia, Ireland, India, Venezuela, Italy and Tanzania. When she returns, Ringler plans to apply to medical school to pursue a M.D./M.P.H. program, to "deal with reverse culture shock," to put together her journal entries and, of course, to catch up with friends and family.

The Watson Fellowship was founded in 1961 by Mrs. Thomas J. Watson, Sr., in honor of her late husband, the founder of IBM. In order to receive the fellowship, applicants must demonstrate a commitment to a unique topic and must be self-motivated. Winners receive a travel, living, and study stipend, and have one year to independently pursue their dream topic. Fellows are not permitted to return to the United States during their period of not-for-academic-credit study, and if they hold a foreign passport, are not permitted to visit that country. To date, over 2,300 awards have been issued to creative and deserving seniors around the United States, coming from such schools as Bryn Mawr College, Pitzer College, Washington and Lee University, and Ursinus College. For more information on the fellowship, visit www.watsonfellowship.org or ask Dr. Weight at the Office of Student Fellowships and Scholarships on the second floor of Bomberger.

Ursinus Hillel: Current events and future plans

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Sundown on April 2 marks the beginning of Passover, the Jewish holiday that celebrates and honors the idea of freedom. Passover, more traditionally called Pesach, lasts until sunset April 10.

Tuesday, March 27, a Passover seder sponsored by Hillel was held, and over two dozen students gathered to celebrate the holiday. Like all other events organized by Hillel, the dinner was open to and designed to encourage students of all faiths and backgrounds to partake and enjoy.

The holiday of Passover honors the Jewish peoples' exodus from Egypt following generations of enslavement. In most services, as was the case during Hillel's Pesach Seder, there is a recounting of the events that led up to the Jews being released from bondage. Most notably was the recitation of the 10 plagues that were inflicted on the land and its inhabitants, which included frogs, boils, and the death of the first-born child. With mixed responses, students also ate Matzo, a form of unleavened bread that is the most recognized Passover food.

The Seder consisted of many traditional prayers and rituals. Despite the amount of prayer, the entire service was informative and descriptive for students who may have had no prior knowledge of the holiday. For example, most prayers were read in Hebrew, yet there was an English translation coupled with ensuing conversation about the meaning behind most of the prayers.

Like all Hillel events, the Passover Seder was host to a bounty of wonderful, catered food. Some of the food included chicken, multiple kugels, and other treats. Due to the Passover commandments, and for the sake of a simple definition, foods that contain unfermented or leavened breads and grains cannot be eaten. These foods are called "Chumets."

For students who were unable to attend the Passover Seder, are interested in meeting Jewish students, or are anxious to learn about Jewish traditions, there are many other Hillel-sponsored events that are sure to be educational and fun. Future events include Bagel Brunches and Shabbat Dinners. These events are always open to the entire student body and mostly take place in the Hillel house. Bagel brunches are held on Sundays, and Shabbat dinners on Fridays, about once a month each. All students are encouraged to show up, enjoy some good food, learn a little about Jewish religion and culture, and socialize.

Hillel is anxious for all students to participate in two events within the next two weeks. Both events deal with the Holocaust. On Monday April 9, Ursinus will be visited by a speaker discussing how adults today are connecting with the events and significance of the Holocaust.

On April 16, Ursinus students will be offered the opportunity to listen to a Holocaust survivor speak. This is an event that is sure to be moving and, again, something that Hillel encourages all students watch out for.

Keep an eye out for e-mails listing times and information about upcoming Hillel events. If you would like to join the Hillel e-mail list, please send an email to hillel@ursinus.edu. If you would like more information, you can also contact Naomi Manon, the Hillel advisor, at nmanon@ursinus.edu.

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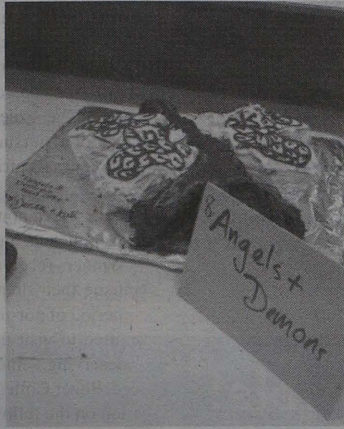
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Edible book festival a

success

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The Eighth International Edible Book Festival took place last week, on Thursday, March 29. Multiple entries were submitted from both faculty and students. Chocolates, cakes, candy ornaments, Jell-O, and even peas, squash and french fries lined a long table in Jazzman's Café. Judges took a close look at the pieces and selected what they believed were the best. The following creative admissions were placed in the contest, the first for faculty and the latter for students.

Coming in first place for faculty was "Fast Food Nation," written by Eric Schlosser. Lisa Shafer, Heather Brown, and Ginny Bradley chose this factual book about the eating trends in the United States and the impact that fast food has had on our culture. A large sheet cake, cut into the shape of the United States, was topped with miniature, gummy cheese-

burgers, a candy coated order of French fries, a sculpted soft drink, and a quarter-pounder topped the edible country.

Another winning entry for faculty was based on "Elmer," written by David McKee. This is a story about a multi-colored patchwork elephant that celebrates individuality and teaches children a valuable lesson about embracing their own uniqueness. The entry, submitted by Charlene Wysocki and her daughter, consisted of a cake-shaped elephant with a brightly colored icing pattern. It matched the illustration on the cover of the book quite well and came in second place for faculty.

Sarah Penniman's rendition of "Make Way for Ducklings," written by Robert McClosky, came in third place in the faculty judging. She named her entry "Cakeway for Dumplings" and constructed an image out of cake of the ducks in the lagoon at Boston Public Garden.

Kate Richardson and Jenna Filipkowski submitted their rendition of "Angels and Demons," by Dan Brown. They fashioned their entry with angel food cake and devil's food cake. Half of the submission was covered in white icing, while the other half was dressed in red and black. Their entry won first place.

Lindsay Sakmann created fried gummy worms to represent "How to Eat Fried Worms," written by Thomas Rockwell. Her comical representation of fried worms, using icing and cookies, won second place among the student entries.

Coming in third place was Kerri Landis' "O-Jello," which was a Jell-O mosaic honoring Shakespeare's "Othello." Tied with Kerri was Julia Azambaja's "Dune," written by Frank Herbert, constructed of mostly brown sugar.

The library staff extends a special thank-you to the judges who helped make the contest possible. Shawn-Marie Brown, Robin and Marcia Clouser, Nina LaTassa, Leslie Stellwagen, Deborah Stolz, and Jon Volkmer all took time out of their busy schedules to place the multiple entries. Student volunteers, Kate Blanchard and Lindsay Sakmann, helped to organize the contest table.

COMMENTS SOUGHT FOR TENURE REVIEW

In accordance with the Ursinus College Faculty Handbook, student comments on teaching effectiveness and student-faculty interaction are invited at the time of a faculty member's review for tenure. Although student letters must be signed to be considered, student names may be withheld, upon request, when their comments are shared with the Promotion and Tenure Committee, and the faculty member.

This spring, the following member of the faculty is being reviewed for tenure:
Dr. Jonathan Marks, Politics

Your feedback is strongly encouraged and will assist the Committee in its review process. Letters should be sent to Dean Judith T. Levy, Office of the Dean by April 27, 2007.

USGA update

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The March USGA Town Hall meeting that was held on March 28, 2007, focused on upcoming events and the quickly approaching AFAC process. At the meeting, USGA reported that there were curriculum changes to a number of majors, so be sure to pay attention to your course requirements. Some things that the USGA are working on include working with Dining Services to come up with better solutions to situations such as students being kicked out of Wismer on St. Patrick's Day, working to have the back doors of Wismer open during busy meal hours, and sending out surveys dealing with safety on campus and the honor code.

The AFAC process was also described and Yearly Budget Request forms were distributed at the meeting. AFAC is the process that allows clubs to apply for funding for the following year. This year, all yearly budget request forms are due to the SAO office by April 11. General rules for the AFAC process were explained at the meeting; however, every club is encouraged to read over the full guidelines available from SAO. One change from previous years is that the five-minute interviews for each club are being replaced by written explanations to supplement the itemized budget requests.

For more information, including the full meeting minutes, please visit the USGA Web site at <http://webpages.ursinus.edu/usga/>.

The situation in Darfur

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Darfur, once only known to most Americans as a name of a region in southwestern Sudan, has now become a synonym to an appalling picture of political and humanitarian crises. Since 2003, it has degraded to such an extent that the United States has declared it a genocide. Yet, in spite of Darfur getting massive coverage in the media and arousing humanitarian organizations, there is a lack of knowledge and consciousness about it.

The conflict, which began in 2003, is mostly between a Bedouin Arab militia group called the Janjaweed and rebels comprising the African tribes. Although it seems simple, its roots originate from the colonization of Sudan by the British. It is a very complicated conflict that involves the authoritarian Sudanese government attacking its minority African tribes in favor of a more "Arabized" Sudan.

The Janjaweed, who receive aid from the Sudanese Government, are shamelessly trying to erase the tribal African population by cruel tactics, such as burning villages. Rapes and sexual assaults have been used as a weapon to weaken society and worsen the situation by fragmenting social unity. These attacks have killed almost 400,000 people and have forced almost 2 million Darfurians to flee from their villages.

Sudan now has the largest concentration of refugees and IDPs (internally displaced persons) in the world. Omar Al-Bashir, the President of Sudan, has been notoriously evading all efforts of communication made by the international community, worsening the situation.

Many humanitarian aid organizations have devoted themselves to providing aid for common needs for the refugees of Sudan. There are also student activist groups, one of which is Students' Anti-Genocide Coalition (STAND) that is specifically a student movement to voice a common outrage against the genocide that started few years ago in Sudan.

This semester, Ursinus College established its own chapter of STAND, which is devoted to involving Ursinus students so that they can voice their opinions against the violations of human rights happening in Darfur.

UC STAND mainly focuses on the humanitarian aspect of the conflict. The main activities of UC STAND include fundraising and increasing campus awareness about the conditions in Darfur. The money that is raised by UC STAND goes directly to the American Refugee Committee that arranges for daily supplies for the refugees. UC STAND is keen to include many activities in the future, including a Sudan Divestment event and a trip to the International Criminal Court in New York City.

UC STAND generally holds their meetings on Tuesdays at 8 p.m. in Olin 107. For more information about getting involved in STAND and their future programs, contact Laura Glace at laglace@ursinus.edu. You can also visit the Web site, at www.standnow.org.

Back on the shelves: the contraceptive sponge

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The sponge, a form of over-the-counter birth control, was removed from the market several years ago by the manufacturer, due to problems at the plant at which the sponges were produced. This hindrance in birth control production inspired an episode of "Seinfeld" in which Elaine, an avid user of the sponge, hears that it is being removed from the market and hoards a case of her own to keep for future use. (If you recall, this is the "sponge-worthy" episode.) In reality, many women, like Elaine, were displeased to hear that the sponge had been removed from the market, and were forced to choose another method of birth control. However, the Food and Drug Administration (FDA) has recently re-approved the sale of sponges in the United States, meaning that they're now, officially, back on the shelves.

The sponge, a reversible, barrier method of birth control, is inserted into the vagina to block sperm from fertilizing an egg. This is performed prior to intercourse, and the sponge should remain in the vagina for at least six hours after the sex act has taken place. While the sponge can be placed in the vagina up to twenty-four hours before intercourse, it should not remain in the body for more than thirty hours. (There is a nylon loop attached to the sponge that can be tugged upon to trigger removal.) The sponge is moistened with clean water prior to use to activate spermicide that is packaged within the product that provides extra security by immobilizing sperm, further preventing fertilization. The sponge serves as a "barrier" in the sense that it barricades sperm from entering the uterus. The sponge is roughly two inches in diameter and made of polyurethane foam. The sponge usually comes in packs of three and costs about seven to ten dollars, depending on

region and location (Planned Parenthood).

When typically used, the sponge (for women who have never given birth) has about an 86% efficacy rate in preventing pregnancy, while when perfectly used, the efficacy rate climbs to 91%. For women who have given birth, the sponge is about 68% effective when typically used. However, when women who have given birth use the sponge perfectly on a consistent basis, the efficacy rate climbs to 80%. Like oral contraception, the I.U.D., and the diaphragm (to name a few), the sponge does not protect against sexually transmitted infections (Planned Parenthood).

Though the efficacy rates of the sponge are not as high as those experienced by women who use oral contraception, there are several advantages to using the sponge. Notably, it can be used by women who cannot use hormonal birth control methods (oral contraception, Depo-Provera, the Progestin I.U.D.) because of the significant health risks associated with these methods. The sponge does not pose significant health risks (with the exception of toxic shock syndrome); and can be used by women who are not allergic to polyurethane, spermicide (nonoxyl-9), and sulfa drugs. Like tampons, the sponge does pose the risk of toxic shock syndrome, meaning that women who have a history of that condition should not use the sponge. Also, the sponge should not be used during menstruation or

after a recent abortion or childbirth (Planned Parenthood).

While many women suffer no side effects from sponge use, some report difficulty in removing the sponge. If this is the case, see a medical professional immediately to have the entirety of the sponge removed. A few women also note vaginal dryness during sponge use (the use of a water-based lubricant should alleviate that issue); while others feel that the sponge is messy because of the moisture. Others who have chosen the sponge have reported vaginal irritation, but again, most women do not experience these problems.

Thanks to the FDA, you now have a slightly wider variety of birth control methods to choose from, and if you'd like help considering what method is best for you and your partner(s), consult a health care professional. However, only you can determine which partners you choose, and which you deem to be "sponge-worthy."

Nutrition tips:tea time

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How many of you grab an Honest Tea at lunch, or drink Snapple to quench your thirst? Maybe you enjoy relaxing with a cup of chamomile or have been known to start your day with black tea with plenty of cream and sugar. Wars have been waged to keep the pantries well-stocked for tea time, and tea has formed the subject of discourse that shaped the American view of certain Asian nations. Whether you take it hot or cold, plain or adulterated, there's a lot of history and cultural heritage behind that little bag of leaves. And, according to some, it might be yet another contestant in the ring as a magic bullet for dieters. So, how does one beverage pack so much into its resume?

Many varieties of tea are touted for their health benefits. Herbal tea, or "tisane," is not technically tea at all, since it isn't made from tea leaves. Rather, teas like chamomile and peppermint come from the dried leaves, roots, or flowers of other fragrant plants. Certain varieties have developed a reputation for various "healing" effects, and unofficially prescribed for relieving stress, melting away colds, and more. However, caution should be taken in picking out herbal teas, as some have undesirable side effects: senna, for example, is a powerful laxative, and saffrafr has been found to cause cancer in lab rats.

"Real" tea, on the other hand, is derived from the tea bush, *Camellia sinensis*. Whether it's white, green, oolong, or black depends on when the leaves are harvested and how long the leaves are allowed to "ferment" (which is just tea lingo for oxidization) before being heated and dried. This wait period of up to a month, as well as the level of maturation at which the leaves are picked, is crucial in determining the taste and nutritional benefits of the final beverage; less oxidized white and green teas contain far more antioxidants than stronger black teas and their related blends, like Earl Grey or chai. (Speaking of which, bear in mind that "red tea" can be either another name for black tea or the tisane "rooibos.") Regardless, in their natural states, all *C. sinensis*-derived teas contain caffeine. Though generally only about half or less than the amount in a cup of coffee, it's still more than naturally caffeine-free herbal teas can boast!

As far as dieting goes, there's a lot to consider. You might have heard some buzz about the supposed calorie-burning power of green tea, on top of a host of other curative properties; supposedly, green tea can prevent cancer, heart disease, strokes, and more. Those aforementioned anti-oxidants, in the form of epigallocatechin gallate (EGCG,

for short), can help fight off free-radicals; however, green tea also contains polyphenol catechins that, along with the caffeine content, can help speed up one's metabolism. This has led to a surge in the popularity of green tea-based drinks and extracts as supplements to include in a healthy diet and exercise plan.


Hot or cold tea can be a great alternative to coffee or soda, granted, and replacing the latter in particular is generally the first step to losing weight. Unfortunately, most tea-based drinks sold in the United States are loaded with sweeteners and calories, which tends to displace any claims of health benefits. Further, the products that do tout calorie-burning power can also carry inflated prices.

There are a lot of flavors of tea sold in bag form. Why not skip the additives and brew your own?

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“Seeing Double”: a musical for peace

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“Seeing Double,” written by The San Francisco Mime Troupe, is a musical comedy that deals with the Palestinian-Israeli conflict. The story begins with a Palestinian-American boy, who loves nothing more than rock and roll and McDonalds, is sent away to reclaim his family’s land with a deed. On the other side of the spectrum, we have a Jewish-American boy, who wants to get in touch with his roots, while his family could care less about the issue. The two boys, who are played by the same actor, look exactly alike and just by chance, they board the same plane. This is where the identity confusion begins; one boy is being accused for the other’s actions or being mistaken for the other. The story continues to play upon this confusion, making it very comical and informative at the same time, since the boys are thrust into a different culture they know little about. Each boy meets strange and unusual characters along the way that make the show all the more spectacular; they even encounter a rapping rabbi.

The musical scores in this tale are playful and delightful to the ear, especially the last song, which contains the main message of this play. During this musical number, the Israeli and Palestinian flags are raised together, the message being, “Drop the guns and take the hand that’s reaching out from the other side.”

“Seeing Double” was performed at Ursinus College in the Black Box Theater in the Kaleidoscope, from March 28 to March 31. The play was directed by Dr. Beverly Redman, who wrote her dissertation at the University of California about the history of The San Francisco Mime Troupe. Dr. Redman, the actors, and everyone else who helped in this production put in a lot of their time, and it showed; it was displayed throughout the performance. It was evident that all who had participated in this production showed a great amount of care and understood the task at hand. The message came across quite clearly: a compromise could be made if the other was willing.

This play not only dealt with the Israeli-Palestinian conflict, but with all other conflicts that have occurred throughout the course of history. If both sides could find similarities instead of differences, and are willing to understand, war could end and peace could reign. This message in itself makes “Seeing Double” a timely piece.

UC spotlight: “The Lantern”

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“The Lantern,” Ursinus College’s literary magazine, has been in publication since the 1930s. Entries consist of poetry, short fiction, creative nonfiction, and photography. Only current Ursinus College students may submit to “The Lantern.” Submitters come from all different majors and scholastic backgrounds. Two anonymous committees of 10-20 students (one group for prose entries and one for poetry entries) read the submissions and rate the piece on a ten-point scale. The top entries make it in the magazine, while the lowest scores do not. Editors re-evaluate the entries that had middle scores. The final product is always a success.

There is a Fall edition and a Spring edition of “The Lantern.” At the end of the semester, students and faculty can attend a reading of certain pieces from the magazine. The magazine is available to the entire campus, including faculty, free of charge. You may be wondering where in the world “The Lantern” staff is able to fund such a large operation. Eighty percent of the funding comes from AFAC funds. The other 20 percent comes from faculty and sports team donations. A list of contributors can be found on the back page of every issue.

For anyone who has seen past editions of “The Lantern,” it did not always look as professional as it does now. In 1998, “The Lantern” took a great leap forward in the realm of production. “The Lantern” staff had been sending the pieces to a local printer, but they decided to use a publishing company who specializes in literary magazines. Thus, the campus now sends the documents electronically to a publishing company in Ann Arbor, Michigan. They download the documents to their special printer and send it back to campus in about four to five weeks.

Every issue brings three awards: one for cover art, another for best prose piece, and the last for best poetry piece. The judges who decide the winners come from off campus, and are either established writers in their particular field or past “Lantern” editors and staff members.

Who is in charge of this wonderful literary magazine? Dr. John Volkmer has been advising the operation since 1987. He confesses, “Every single semester I am impressed with the high

Career Corner: advice for applying online

CAREER SERVICES

www.ursinus.edu/career

More and more employers use the online application process to help them find the right person for the job. So, it’s likely that you’ll have to apply online for some job openings that interest you.

Like many students, you may be afraid that applying online will make you “one of a million,” rather than “one in a million.” That does not have to be the case. Here are some tips offered by recruiters to help make your electronic resume stand out:

- Follow directions. Be careful to enter the correct data in the correct field.
- Ask for advice on completing the application from a company recruiter or an alumnus who may work at the company.
- Tailor your application information to the position. Don’t copy and paste text from your generic resume.
- Use key words, buzz words, and industry verbiage. Use the verbiage in the job ad as your model. Employers search on key words when they are looking for people to fill specific positions.
- You should also include remarks in the “comments” section that demonstrate that you have researched the company and industry.
- Include numbers and statistics if they are available. (Example: Counted five cash drawers daily; responsible for more than \$10,000 per eight-hour shift.)
- Complete all fields, even those that aren’t required.
- If the company offers an optional assessment test online, take it.
- In some cases, you may be asked to attach your resume or to paste it into the application. Make sure your resume can hold its own in a very simple format; fancy bullets, text, italics, and bold do not convert well in an electronic application.
- Spell-check and grammar-check your application before submitting it. Have an error-free application because this application serves as the employer’s first impression of you.
- Follow-up your electronic application with a personal email to the recruiter. A follow-up phone call is acceptable if the job posting or ad does not say, “no phone calls.”

If you have additional questions about applying online, contact the Career Services office at career@ursinus.edu, or arrange an appointment with a Career Advisor.

quality of work that appears in ‘The Lantern.’ There are many, many things in there that I wished I had written. It’s a showcase for Ursinus writing and visual arts talent and each year the admissions office uses several hundred ‘Lanterns’ to promote the quality of creative work at Ursinus to potential students.” Seniors Trevor Strunk and Tori Wynne have been the co-editors of the magazine for the past three semesters, and both have been on the staff since their freshman years. Tori and Trevor both admit that although working for “The Lantern” involves a lot of hard work and dedication, it is extremely rewarding. Tori explains that, “We’re continually renovating our selection process to insure objectivity; everything is done anonymously. It is definitely competitive, but that’s not because it’s unfair, that’s because this school is full of extremely talented creative writers and artists.”

For those of you who did not attend the “Lantern” reading at the end of last semester, make sure to attend the upcoming reading that will take place the last week of classes!

Concerning bong hits for Jesus

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In March 2002, high school senior Joseph Frederick stood at a Winter Olympics torch parade not far from his school in Juneau, Ala., and displayed a 14-foot wide banner with a simple message, a heartfelt message, a message which will go down in history thanks to heavy press coverage of the event. It read as follows: "BONG HITS 4 JESUS."

Yes, that's right. "BONG HITS" – The smoking of marijuana through what the *Oxford English Dictionary* calls "a kind of water-pipe." "4" – Integer, real number, Arabic numeral denoting the quantity "four," convenient way to shorten the word "for," "JESUS" – Jewish ascetic. Son of God according to some (born circa 4 B.C.E. if you're in the ascetic camp, 4 B.C. if you're in the other).

Deborah Morse, the principal of this visionary young chap, took his banner away, sensing that something not appropriately schoolmarmish was afoot at a school-approved event.

Call Pat Robertson! Call the ACLU! Call the Supreme Court!

Wait, it seems someone already did.

Hoo boy.

Yes, that's right. The Supreme Court is expected to come to a decision on *Morse v. Frederick* – Kenneth Starr for the prosecution, Juneau lawyer Douglas Mertz for the defense – sometime in July. On Morse's side? The Bush administration, of course, never known for their friendliness toward civil rights, and Antonin Scalia. And for Frederick? Stoners, hippies, the ACLU, and many evangelical Christian groups.

We'll come back to that last one.

When I first heard about this issue – a Supreme Court case about the legality of speech that says nothing (how droll, how postmodern, how cute) – I was planning on using it as a springboard to rail against the sensationalism, triviality, and celebrity culture so prevalent in American news today. But when I sat down and thought about it for a few minutes (and believe me, I do mean a few), I realized that maybe this kid (now 23) is on to something.

Firstly, he's teaching in China right now, away from this whole mess. Smart guy.

Secondly, he used the power of absurdism to test just how free speech is at a public-school-associated event. So while Starr and Scalia are trying to frame the case as solely a drug issue, everyone else seems to realize it's about something much greater: how much school administrators are allowed to limit free speech.

Now don't get me wrong, I think Frederick's too smug for his own good. He seems like he's of the sort who challenge authority just for the sake of doing so, not because they have anything particularly unique to say. His principal was just trying to do her job and keep him from embarrassing the school in front of television cameras; it's sad that Frederick's seeking damages from her, however miniscule. And worst of all, he'll probably get a book deal and make more money than I ever will because of this little stunt. Punk.

But at the same time, he's standing up for a very important group: crazies. And I say this with absolute seriousness.

Remember that shady kid back in high school who sat in the corner in study hall and constantly wore the same stale-smelling flannel shirt every day? He's who I'm talking about.

Speaking of crazies, back to the Christian Right. Es-

pecially the old guard: Jerry Falwell. Pat Robertson. James Dobson. *Absolutely insane*. So drunk on their own self-righteousness, political power, and self-proclaimed piety that they think people's personal sexual choices are a bigger problem than all the real suffering going on in the world, that academia and environmentalism are a threat while ExxonMobil is not. But you know what? If they don't have a voice, we anti-war, anti-genocide, pro-human rights people won't have one either. It makes perfect sense that evangelical conservatives would join forces with Frederick, because many of them want the right to say things as absurd as his banner did, like "Women shouldn't be allowed to have abortions because the bundle of cells which forms after a spermatozoon and an ovum come together is somehow in the same moral category as a living person with thoughts, memories, and emotional attachments" and "People of the same sex who want to marry each other so they can perhaps visit each other in the hospital, manage their finances, adopt children, and have some modicum of dignity will destroy the sacred institution of marriage." And it is absolutely imperative that social conservatives have that right.

Why, do you ask? Because while I may detest the above views, I also don't have much faith in the lowest common denominator, that represented by local school boards, jaded high school administrators, and the like (I mean no offense to particular high school administrators or school board members – If you follow your [at least moderately developed] conscience and express unpopular views in that setting, I thank you). Popular notions of "decency" and "propriety" are easily manipulated by the media, which is already almost entirely in the hands of five giant telecommunications companies which influence government with millions of lobbying dollars.

What I do have faith in is the freedom of the individual to say whatever he or she desires, no matter how absurd or offensive it may seem to most people. Not the freedom of the corporation, the school board, or any other institution. The individual. In the words of Debra Saunders, "Every group in power has its fervent rationale for believing that it has a right, even a duty, to suppress speech it doesn't like. That's why America has a Supreme Court — to slap some sense into the censorious." Real change starts with people on the margins, not the rank and file majority. Consider Martin Luther King, Jr. His famous "Letter from a Birmingham Jail" was addressed to fellow pastors who endorsed the view held by many white Americans, and some African-Americans, that Booker T. Washington's separate but equal, wait and see approach to equal rights for African-Americans was better than King's direct action, which the other pastors felt was stirring up unnecessary trouble, offending their notions of decorum and propriety.

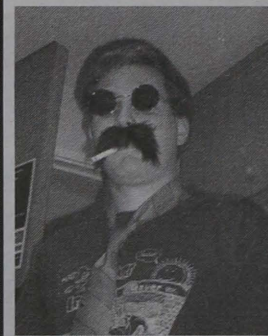
Joseph Frederick is no Martin Luther King – far from it. And the smug message on his ridiculous banner is a far cry from the black armbands students wore in protest of the Vietnam War that started *Tinker v. Des Moines*, a landmark 1969 Supreme Court case which expanded free speech rights in public schools. But if Starr and co. have their way, school administrators will have the right to censor speech they consider against the "educational mission" of their institution, effectively giving principals complete authority to suppress any speech they deem contrary to that mission. This policy,

Cont'd on pg. 7

T-Time got it right!

I consider myself a lover of good music and although all my columns have stuck to rock-based music, I've decided to genre bend this week and showcase some of my other tastes. I'm going to introduce you this week to a new musical act that is sure to be the next hot thing on the hip hop charts. T-Time is a California-based group fronted by Seattle-born 21-year-old Tyler Cordy. His 2006 debut *Got it Right Here* is a blend of poetic lyricism, catchy beats, and a slick and smooth production style. Cordy co-produced the album with Geoff Stanfield (a Seattle-based musician and producer) and recorded with various Seattle musicians, including female vocalist Lucy Woodward on about half the songs. Influences cited include everyone from Fiona Apple, Tupac Shakur, Pharrell Williams and the Red Hot Chili Peppers to name a few.

The title track, 'Got it Right Here,' is like entering a time portal back to the early 90s. There is a grooving bass line, a mixture of wah-drenched guitar, keys, and laid back vocal from Cordy with Woodward bringing in her soulful voice to create a musical texture that is perfect for



BRANDON BROWN
Here Music

cruising the streets in the sun with the top down. Let there be no mistake, this is not your typical top 40 hip hop/rap; T-Time is about poetic lyrics and tight live instrumentation. Other highlights include 'Bonneville,' 'California,' 'Metropolis,' and 'Cruel.' 'California' starts off with a fat distorted bass line, then the drums and guitar enter, with Cordy rhyming and building towards the chorus which features rich vocal harmonies. A song about the fast-paced life style of California, the life, and the people, 'California' is destined for heavy radio rotation. 'Metropolis' is possibly my favorite song of the album, with a salsa/Spanish rhythm, and lyrics like "we know who we are, but we could throw our life away, if we don't follow stars" captures the essence of people's obsession with celebrity life. 'Cruel' is a reflection of relationships which, during the chorus, hints at T-Time's inspiration from the Beatles (listen to the organ and the strings). 'Slow Down' is a hint at Pink Floyd *Darkside of the Moon*-era psychedelia and has thoughtful lyrics like, "we got a lot of babies cryin' now, a lot of young people who got no food, the government is lying now, and mother nature acting so rude, what did we do to her?, well I think a couple things, our attitude to the earth is quite troubling, America the melting pot starts bubbling..."

Got it Right Here is available through www.Cdbaby.com, I-Tunes, and at select music stores in Seattle. You can visit T-Time on MySpace and at <http://www.t-timemusic.com/>. This album is perfect for any lover of music and a must for any fan of early 90s/late 80s hip hop.

“The 300” (2007)

I was torn on what movie to review this week, but as the resident fanboy writing for *The Grizzly*, I felt that it was my geekiotic (it's a word) duty to do this week's flick. And why not? It has all of the ingredients for an enjoyable night out. Insurmountable odds? Check. Overly excessive blood, decapitation, and violence? Double check. Sheer awesome-ness? Check. With that I give you “The 300.”



ALEX ERNST
The Back Row

King Leonidas (Gerard Butler), ruler of Sparta, is forced to side-step the law and face the massive approaching army of the Persian king Xerxes (Rodrigo Santoro) with only 300 of his best men. Taking advantage of the narrow canyon of Thermopylae, Leonidas and his men make a desperate last stand for the sake of Sparta.

There is so much to write about this movie I'm honestly not sure where to begin. First off, all the actors bring an incredible intensity to their roles, not least of which is Gerard Butler. As I'm writing this, I'm annoying everyone around me by imitating the half-shouting manner of speaking the Spartans frequently use to stress their points. Rodrigo Santoro also brings a very enigmatic side to warrior king Xerxes, making him a combination of physical intimidation and charisma.

As the bulk of this film consists of the actual battle of Thermopylae, there is much that can be said of the combat depicted on screen. Namely, that it is flat out awesome. Director Zack Snyder does not fail to disappoint, bringing decapitations, countless impalements, and all manners of destruction. This is all the more impressive given that the film was shot completely in front of a blue screen. Another fantastic touch is Xerxes' army. Given that the Persian king had conquered much of the known world, his army is thus representative of such. The Spartans are forced to face everything from mutant giants to rampaging war rhinos.

It must be said, however, that as impressed as I was with this film, there was something missing in the end. For whatever reason, I was left feeling somewhat unfulfilled when the credits rolled. “The 300,” for all of its technical prowess, quotable lines, and impressive battle scenes, lacked, for lack of a better word, heart. I have left other films of this kind, such as “Braveheart,” all jazzed up and ready to take on anything and everything. Perhaps because “The 300” relies on the battle to carry the movie, it gives short shrift to making the audience care about who the battle is actually being fought for. Regardless of the reason, this lack is what prevents “The 300” from truly living up to all of its potential.

The pick of the week this time around was absolutely a no-brainer. After watching “The 300,” I had an intense desire to pick up a copy of “Braveheart” and reread William Wallace's pre-battle speech. You know the one. And if you don't, shame on you. That movie never ceases to jazz me up for at least a couple of days afterwards, and inevitably leads to me approaching my friends and declaring in faux-Scottish accent how “they may take our lives, but they'll never take...our FREEDOM!” And yes, I am embarrassed to admit that. That's it for this week. Come back next time for more of “Alex Ernst Confesses Humiliating Things Movies Inspired Him to Do.”

Alex Ernst now understands why the Spartans never invented washboards. They just used those abs. You can reach him at alernst@ursinus.edu.

On the wall

During the 1980s, there existed a powerful symbol of free expression deep in the heart of Northern Europe. I am referring, of course, to the art of the Berlin Wall. In 1975, East Germany began building a revamped Berlin Wall made of concrete and painted white. The wall was built entirely on East German territory, and as such, painting or otherwise defacing the wall was prohibited. But, the artists of West Germany were not to be stopped. The West side of the Berlin Wall became the longest canvas in the world, and when it was painted over by East German troops, West Germans would start over again. Certainly, this is a story of vandalism, but it is also a story of hope, of persistence. And it makes me proud to say that we at Ursinus have a similar story to tell.

When you hear “the wall,” what do you think of? A Pink Floyd album? Maybe the aforementioned Berlin Wall? Me, I think of the wall on the third stall in the men's restroom on the second floor of Myrin. It is a sight to see: artistic expression and academic excellence reign supreme over this humble wall. On this canvas, we can see young artists practicing the human form; on last count, there were nine phalluses drawn on the walls of this stall. We can also see healthy debates, spurring students to think analytically. For instance, there was a debate

regarding the ethics of the students who apparently got expelled for selling drugs. One student (Student A) argued that those students were stupid, and another (Student B) retorted by suggesting that Student A's mother likes engaging in sexual relations with Student B and possibly Student B's friends and acquaintances. As writing fellows, we at *CJD* would highly recommend CIE students to visit this stall; you could learn a thing or two about argument structure.

In addition, there are some very impressive academic pursuits on this wall. For example, Friedrich

Nietzsche is referenced in an attempt to compare his understanding of the “blonde beast” to Ursinus football players. I thought this was very noteworthy; someone brought items learned in class into the “real world.” Professors must smile at the thought of this. Of course, the author did add “Homo!” at the end of his Nietzschean argument, which may or may not be a fair representation of Nietzsche's thought. Although (and perhaps I'm being too optimistic here), it could also be a pun on Nietzsche's “Ecce Homo.” Either way, it brings me to my next point.

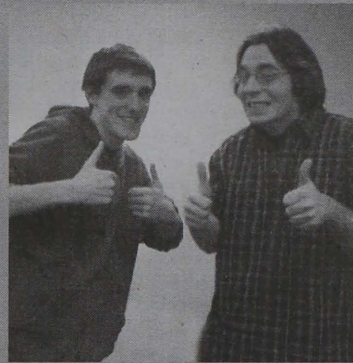
We also see a fair and balanced representation of the moral character of Ursinus College. Despite the presence of liberal figures in campus life, Ursinus is a good ol' fashioned, American, Apple Pie organization. And as such, The Wall makes clear that Ursinians are against the homosexual agenda. I would estimate that roughly half of the comments and criticisms on the wall are amended by the addition of either “fag” or “homo.” At first, I thought to myself, “Jeez, can't these guys come up with some other insults!?” But, then it struck me. These aren't just insults; they are manifestations of moral outrage at the gay agenda.

Of course, every year, the wall gets painted over. The administration seeks to cover up the works of art and the expressions of morality of the student body by calling them “vandalism.” The administration is like East Germany, the student art-

ists are like West Germany, and I am like Ronald Reagan. Mr. Strassburger, tear down this wall!

Err, wait. No, don't do that. I like my privacy.

*While Matt and Dan would never condone vandalism, they would be awfully flattered if the *CJD* logo were to somehow appear on The Wall. In case you've forgotten, the logo is a question mark and hammer. You know, like the sickle and hammer. If you happen to see the logo around, let us know, we'd like to celebrate: mallyntz@ursinus.edu and dasergeant@ursinus.edu.*



MATT FLYNTZ
DAN SERGEANT
Communism for Dummies

Bong hits

cont'd from pg. 6

in spirit if not in severity, is not unlike the executive branch's alleged power to strip the right of due process from anyone they declare an enemy combatant or a terrorist suspect. The adoption of this policy would be a great loss: one of our country's most important values is the protection of freedom of conscience, which should always take precedence over any particular school board policy. At the same time, educators have a very important job to do – if they can't teach effectively, we're in trouble as a nation – and schools full of Fredericks constantly testing the limits of free speech would make that difficult if not impossible. However, speech which is offensive to some and speech which actively disrupts teaching are two different things; hopefully our nation's high schoolers who consider themselves “witty” and “edgy” will understand the difference.

Since popular opinion is already so easily swayed by the powerful, the Supreme Court has an obligation to

uphold an extremely broad definition of free speech. If that speech explodes into harassment, threats, or outright violence, teachers, administrators, and other authority figures should and must step in. As for speech that is legal but clearly offensive, like some jerk wearing a t-shirt that is, say, casually degrading toward women. I ask any high schoolers reading this to do me a favor, practice some civil disobedience, and shove him into a locker. I'm kidding. But you could at least stop laughing at his jokes.

So hooray for the rights of the crazies. Because who knows? Someday, that weird smelly kid who doesn't fit in might have something important to say.

Do you wonder what it is like to enjoy the fame and glory that comes from writing for *The Grizzly's* Opinions section? Find out! Send your thoughts to mallyntz@ursinus.edu

Ursinus athletics prosper in 2006-2007

MATTHEW PASTOR
mapastor@ursinus.edu

After looking back at the fall and winter sports season and looking ahead to the spring sports season, it's safe to say that Ursinus athletics have done really well this year. Thanks to a tremendous amount leadership from all the coaches at Ursinus and a plethora of talented student-athletes donning the red, black, and gold, all the Ursinus Bears can be proud of what they accomplished.

In the fall sports season, we saw three teams finish the season with winning records and postseason berths. The women's soccer team finished with an overall record of 8-7-1, good enough to put them into the Centennial Conference playoffs. Even though they were ousted in the first round in a hard fought battle against Muhlenberg, the Bears can be proud of a successful season.

The Bear's football team had the biggest turn around, going from 1-9 two years ago to an 8-3 record this season. The Bears started the season 5-0, then stumbled in the middle of the season and dropped two straight games to Centennial Conference opponents, but bounced back to win three in a row, including a thrilling overtime victory over Centennial Conference Champion, Dickinson. The Bear's outstanding record earned them an ECAC playoff berth (the Southwest Bowl), but Widener got the best of them in a 14-7 defensive battle.

As for the Ursinus field hockey team, a Centennial Conference title and trip to the

NCAA Final Four a year ago wasn't good enough for them. This year they coasted through the Centennial Conference en route to their third consecutive Centennial Conference crown and made a return trip to the NCAA Final Four, this time coming home with the gold as they were crowned National Champions! For their efforts, Coach Laura Moliken was named Division III South Regional Coach of the Year, while sophomore standout Kait Sutherland was named Centennial Conference Player of the Year, www.WomensFieldHockey.com player of the year and 1st team All-American.

The winter sports season saw much of the same for Ursinus College. The Bears' winter sports teams brought home two Centennial Conference crowns, four winning seasons and four playoff berths.

The Ursinus wrestling team accomplished one of the most remarkable feats in college history, winning its fifth consecutive conference title! Head coach Bill Racich is by far one of the best wrestling coaches I have seen and don't be surprised to see them go for number six next year. Sophomore standout Steve Kingsland participated in Nationals as well for Ursinus, and although he was eliminated in the first round, he definitely has a bright future here at Ursinus.

The Bear's gymnastics team is one of the best in Division III, especially this year. Head coach Jeff Scheppers had his ladies dominating the competition as they finished second at the NCGA Championships, while five ladies earned All-American honors. Junior Bree Morrissey was national champion on the floor exercise, senior Jess Furman earned All-Around, All-American honors, and freshmen Kira Oldham-Curtis, junior Emily Marques, and freshmen Olivia Oller also earned All-American honors. Congratulations ladies!

The Ursinus men's and women's basketball teams also found themselves in postseason action this year. The men's basketball team looked for their third consecutive Centennial Conference title, but fell short of that goal with a loss to Haverford in the first round of the Centennial Conference Playoffs. However, junior forward Nick Shattuck was named Centennial Conference Player of the Year, along with NABC and DIII All-American honors. Seniors Will Furey and Matt Fabian also found themselves with season accolades as Furey was named to the first team All-CC, while Fabian earned CC honorable mention honors.

The women's basketball team pulled off the unthinkable this season. By just barely getting into the Centennial Conference playoffs, the Bears had a tough road ahead of them as a 4 seed in the playoffs. After a blowout victory over Gettysburg, the Bears upset nationally ranked McDaniel and then defeated 2 seed Dickinson in overtime to win the Centennial Conference women's basketball title! The Bears also earned individual honors as well. Junior Sarah Hennessey earned second team All-CC honors this season, while senior Mary Kate Daley earned first team All-CC honors. Daley also finished her career with over 1,500 points, good enough for second all time in school history. Fellow senior Molly Guntli also earned individual accolades. In her final home game of her career, Guntli not only scored her 1,000th career point, she also grabbed her 1,000th career rebound. Guntli is the only Ursinus basketball player to accomplish 1,000 points and rebounds in school history!

The spring sports teams are well on their way to successful seasons. The baseball team is 12-6 as of Tuesday and just swept Dickinson on Saturday afternoon. Head coach Brian Thomas also earned his 700th career coaching win. The Bears are currently in a tie for second place with a 3-1 conference record, trailing only Johns Hopkins by one game. Good luck the rest of the way to the Bear's baseball team.

The Bear's softball team is looking good so far this season with a 13-5 overall record as of Tuesday and sits atop the Centennial Conference standings with Haverford at 3-0. The Bears recently swept McDaniel over the weekend as Sarah Hennessey went 4-6 with a grand slam and 5 RBIs, while freshmen pitcher Lauren Davis was named CC Player of the Week. The Bears are well on their way to a postseason berth.

The men's lacrosse team is also having a terrific season so far. Coach Carter has his Bears off to a 6-2 start, with a conference record of 3-1. The Bears are in a tie for first place with #11 Washington, thanks to a 7-5 victory over McDaniel over the weekend. For their efforts, Dane Mangin and Matt Orlando were recently named CC Offensive and Defensive Players of the Week.

Finally, the women's lacrosse team is experiencing success of their own. With a 6-2 overall record and 2-0 conference record, head coach Erin Fitzgerald has her Bears ranked #18 in the IWLCAs polls. The Bears also sit alone in second place as of Tuesday and look to make a push for the playoffs. Sophomore midfielder Lisa Clark was recently named CC Offensive Player of the Week. Good luck to the women's lacrosse team as they continue a terrific season!

As you can see, Ursinus athletics have had an outstanding year so far and have the opportunity to bring home at least four CC crowns during the final month of play. Let's show our support for all the student-athletes participating in spring sports as they try to bring home more hardware to show off on campus.

As you can see, Ursinus athletics have had an outstanding year so far and have the opportunity to bring home at least four CC crowns during the final month of play. Let's show our support for all the student-athletes participating in spring sports as they try to bring home more hardware to show off on campus.



Bearly Reminder

Here's a look at the spring sports schedule from Thursday, April 5 to Wednesday, April 11. The spring sports teams are well into the swing of things, so show some support this week coming up!

Women's Rugby 4/7 vs. Bryn Mawr

Baseball

4/6 @ Swarthmore
4/7 vs. McDaniel
4/10 @ Haverford
4/11 @ Arcadia

Softball

4/5 vs. Swarthmore
4/10 @ Washington

Men's Lacrosse

4/11 @ Haverford

Women's Lacrosse

4/5 vs. Bryn Mawr
4/7 @ F&M
4/10 @ Haverford

Men's Tennis

4/5 Arcadia
4/7 @ Johns Hopkins
4/10 vs. Albright
4/11 @ Haverford

Women's Tennis

4/5 vs. Georgian Court
4/10 vs. Muhlenberg

Men's Golf

No Games Scheduled

Women's Golf

4/10 Ursinus Invitational

Track & Field

4/7 Osprey Open
@ Richard Stockton



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