The Grizzly, October 25, 2007

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Autumn Falls upon Ursinus College
Training for the Mind: Enter the Meditation World

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Ursinus is now home to a group dedicated to the practice of Buddhist Meditation: an exercise that helps promote a more mindful and positive existence.

On Monday evenings at 5 p.m., members of the Ursinus community gather in the basement of Bomberger Hall to seek an answer to the question that burns within each human being on Earth: who am I? It is not a gathering of enthusiastic CIE students who want to discuss Genesis. This is a meeting for the Buddhist Meditation group, led by sophomore Ryan Collins in the Meditation Chapel.

At a recent meeting, I had the opportunity to discover what meditation was really all about. Sitting in a circle with a dozen other people in complete silence facing the realities of self-discovery was a little unnerving at first. Learning about and getting to know oneself is not always pleasant or easy.

"In the very beginning, I thought it was hell," Collins explained. However, after two years of regular meditation, the experience became one that brought many benefits.

As college students, the ability to focus the mind is not always easy. With Internet Explorer ready and waiting at the bottom of our computers, Facebook and You Tube are just a click away. But many people who practice meditation find focusing their efforts on one task, such as writing a paper or shooting a proper free-throw, much easier to accomplish. The reason for this wonderful ability became clear as I mediated with the group that night.

Meditation is essentially training for the mind. The goal is to focus on one's breathing, concentrating on the in and out of each breath. At first, it is common for the mind to wander onto other subjects, such as schoolwork, friends or the Eagles' last game. Nevertheless, with practice, one learns to center on the task at hand.

Furthermore, meditation has important benefits regarding physical and mental health. People who participate in regular meditation usually see a decrease in blood pressure. In addition, many individuals who meditate routinely find themselves less stressed overall. As I meditated in the chapel, I could feel the effects almost instantly. Even as my mind wandered from time to time, it seemed as though I was in a dream-like state. For a short time, I left my worldly problems behind, almost as though I was not awake. In a society where new reports are constantly emerging citing Americans as too stressed out, something as relaxing and soothing as meditation could be a potential solution.

Although the Buddhist Meditation Group is not an official club as of yet, Collins hopes that with continued interest and attendance increasing every week, the student group will be recognized and allotted a budget. In the meantime, the College has been nothing but supportive of this new group, paying for regular guest speakers and even for cushions on which to meditate.

With that kind of support and a recent meeting attendance of well over a dozen people, the Buddhist Meditation Group is well on its way to becoming an official club and spreading the practice of meditation to others who may benefit from this introspective activity. After all, one of the main goals of a liberal arts education is self-discovery. And with that knowledge, the knowledge of self, anything is possible.

Feel the Heat with Latin Dance Classes

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Every Monday and Wednesday at 7 p.m., Wynton Rice teaches a very passionate Latin dance class to about 20 students in the dance studio of the Floy Lewis Bakes Center.

The talented Wynton Rice, a junior majoring in dance, has studied Latin dance for seven years. Rice is a very friendly person who has many friends here and outside of school. He is looking for a contract near the school at a dance studio.

Latin dance is known as International Ballroom dance, which originated in Latin America and includes the Cha Cha, Rumba, Samba, Salsa, Mambo, Merengue, Bachata, Cumbia, Bolero.

The class starts with "the circle of friendship," and we talk about our dancing experiences and anything interesting. Students are able to meet new people and interact with them throughout the class.

On Monday, Rice usually teaches Salsa, starting from the basic step and choreographing in pairs for half of the class. He takes up different kinds of Latin dance on Wednesdays. It is a great class for people who do not dance or even exercise. Rice takes a steady pace and he has the patience needed to teach people.

He often teaches Merengue and Samba. He is also looking into teaching the students the Cha Cha in the future. The class is for beginners and all students are welcome.

There are many extra classes that students can participate here at Ursinus. The Latin dance class is easy to join with a welcoming atmosphere and is only two hours per week. People can participate when they can.

Philby’s Finest Choreographers UCDC

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The Ursinus College Dance Company (UCDC) is welcoming one of Philadelphia’s greatest choreographers to the Kaleidoscope Lenfest Theater. This November, Ursinus dancers will have the pleasure of performing a new choreographic work by Mr. Zane Booker.

When asked how he felt coming to Ursinus, Booker replied with a smile, "Wherever you put me I’m happy!" Booker was recommended to teach at Ursinus by Joan Meyers-Brown, the artistic director of Philadelphia’s famous Philadanco dance company.

The aforementioned world renowned company is where Booker got his start. At age seven, he began taking classes in his hometown of Philadelphia. Booker recalls, "I didn’t want to do ballet," so he studied tap while quenching his artistic thirst. After years of training, Booker became well known as a prominent dancer and choreographer for the Philadanco dance company.

Since then, he has had the pleasure of dancing all over the world. "I love to travel!" said an excited Booker. He had the opportunity to visit Berlin right before the great wall fell. Booker danced in Europe, learning the true meaning of creativity and freedom. "Once you start to see people do things differently, creativity fosters art. It is the greatest learning experience."

Booker has shared his experiences through his work. For the past few weeks, Booker has come to Ursinus to work with its promising dance company. He said, "I always loved teaching." Booker is a caring teacher who likes to see his dancers progress. He ensures this progression with a "tough love" mentality of pushing natural limits while witnessing miraculous breakthroughs in dance.

Ursinus’s dancers have had a few "Booker breakthroughs" while rehearsing for the upcoming UCDC fall concert. Booker has worked to challenge yet complement the dancers’ strengths in his latest work.

This work is the beginning of a larger piece Booker hopes to work on in the future. It challenges the norm with intricate circle formations and choreography. "I wanted to investigate structure," said Booker. He wants to make the impossible possible by challenging space and time. "I want to see if it is possible to move in a circle for the entire piece," says Booker.

The finished piece will be showcased in Ursinus’s UCDC fall showing. The concert is a three-night series running Nov. 15-17 in the Lenfest Theater. Zane Booker will be in the audience watching Ursinus dancers try their hand at his unique and inspiring material.

Would you like to write for the News section of The Grizzly? E-mail the News Editor at heturnbach@ursinus.edu.
Express Bus 93 Speeds Up Access to Center City

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A few weeks ago, all of Ursinus received an email from Apryl Martin, Coordinator of Philadelphia Connection. In this email, Martin proclaimed that Ursinus now had a new contract with the SEPTA transportation system. The original route for Ursinus students wishing to travel into the city began by taking the Septa Bus 93 into Norristown, and then catching the R6 into Center City. Bus 93 to Norristown would sometimes take up to 45 minutes. Also, Bus 93 featured the unseemly drive around a nearby prison; students and faculty alike complained about the inconvenience of driving around the prison, and expressed a dislike for SEPTA patrons who boarded the bus from the prison.

Under the new contract that Ursinus has with SEPTA, students and faculty can take a direct bus from the Ursinus campus to Norristown. This bus should take 15-20 minutes, depending on traffic. This express bus runs only on the weekends (Friday and Saturday). The buses typically depart towards Norristown in the early evenings, and there are also buses that return students to campus from Norristown much later at night. On Sundays, since the prison is closed, all Bus 93 routes are express from campus to Norristown. For exact times, please view the SEPTA website (www.septa.org) and select the PDF file for Bus 93.

The timing of this new route may seem suspicious to those Ursinus students who are frequent users of SEPTA in the city. During the summer, SEPTA rates were increased by 11% and several less popular routes were discontinued. SEPTA has been under-funded by the city of Philadelphia for decades, so their willingness to allow for a new bus route now could seem odd. However, Martin has diverted Ursinus funds that will pay for the bus for the next year. Martin used to run a Philly Connection shuttle, which entailed a few vans that would ferry students in and out of the city for free on the weekends. Students who frequently used the shuttle buses may be disappointed to learn that transportation to the city is no longer free. Riding the new shuttle will cost $2 one-way, and riding the R6 from Norristown to Philadelphia can cost an additional $6 one-way in peak hours. In total, a round-trip to Philadelphia now costs up to $16. Speaking to Martin will reassure anyone that this new transportation system, though more expensive, is better for the Ursinus community.

Martin’s Philadelphia Connection program is entirely funded by a grant from the Mellon Foundation. The grants allow for three years’ worth of funding at a time.

Since the future of the Philly Connection is uncertain, Martin, from the start of her employment at Ursinus one year ago, devised three legacy goals for herself. Two of these she has already achieved. The new Philly Car Share program, which came to Ursinus just a few weeks ago, was one of her legacy goals. For Martin, the Philly Car Share program was important because it does not limit students to travel only to Philadelphia. Once they register as drivers, they can take the car anywhere. A goal that Martin has not quite achieved is the creation of a Philly Connection website, which will provide students with information about navigating the city of Philadelphia as well as information on important events and sites within the city. Her final legacy goal was the improved bus system, with the brand-new express Bus 93. If the Mellon grant runs out and Ursinus decides not to reapply, there will be no money to run something like a Philly shuttle. However, Martin’s decision to contract through SEPTA for a year allows SEPTA to then make a decision to continue the route if it is profitable enough.

Needless to say, Martin is hoping that many Ursinus students will take advantage of this new bus system so that SEPTA finds it profitable enough to fund the route on its own in the coming years.

Apryl Martin can be reached for further questions about the new express bus at amartin@ursinus.edu. Her office is located in Room 108 of the Ritter Center.

Ursinus College Bookstore Backs Edun Live Initiative

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Do the clothes on your back contribute to the low life expectancy of a Ugandan or to the five-million South Africans living with HIV/AIDS?

The clothing company Edun, launched by U2’s Bono along with his wife, Ali Hewson, and fashion designer Rogan Gregory, poses that question in their mission to create sustainable employment for developing areas of the world and forge a business model which others can replicate.

The organization is looking to establish itself in college bookstores across the nation with its Edun Live initiative in an attempt to raise awareness on how what we wear has a direct correlation to the poverty of people in the under-developed world. All Barnes and Noble College bookstores are now selling the apparel. This includes Ursinus’s own bookstore. Ursinus bookstore manager Coreen McCafferty said, “It is all part of Barnes and Noble’s investment in going green and supporting a worthy and beneficial cause.”

The company has placed special emphasis on developing supply chains in sub-Saharan Africa. In nations like South Africa, Uganda, and Lesotho, they work with native produce farmers by native people in factories which are held to extremely high standards. This creates what the company calls, “grower-to-sewer,” African merchandise. This approach spawns thousands of employment opportunities and a base for a sustainable apparel industry in Africa, with each phase of the production chain receiving fair compensation for their work. The goods are then sold through high-street retailers and through the Edun website.

The Edun Live initiative, which has been launched this past week here at UC, is a sub-branch of the Edun brand. It sells blank T-shirts made with 100 percent organic African cotton. (This is to prevent many of the health and environmental risks associated with pesticides, and according to the World Health Organization (WHO), the 20,000 deaths and three-million chronic health problems which arise from pesticide use.) In addition to all of the health and economic gains that Edun is providing for farmers and manufacturers in the under-developed world, it also invests a social commitment to the impoverished areas in which it is operating.

Edun offers education on HIV/AIDS to factory workers as a way to prevent transmission of the disease. According to WHO figures, over five million South Africans live with HIV/AIDS, and just fewer than 30 percent of the adult population of Lesotho are infected with the disease.

Also, in June of last year, a well was opened at a school in Lesotho that neighbored one of the Edun factories. It was funded by the company and provided a safe, clean, and sanitary supply of water for the entire area. The WHO estimates that 44 percent of people who live in the rural areas of Lesotho do not have access to adequate drinking water and this clearly results in chronic health problems and plays its part in the countries extremely low standard of living and life expectancy. Edun is doing its part to change that.

As a consumer, you can do your part by purchasing Edun products in your college bookstore and buying merchandise with a social conscience while understanding that what we wear really does make a difference.

Interested in current events occurring here at Ursinus or in the outside world?

Interested in becoming a writer or journalist?

Get your start at The Grizzly!

Meetings are at 5 p.m. every Monday in Olin 102.
Features

Understanding Pre-Menstrual Dysphoric Disorder (PMDD)

Several weeks ago, I made mention of a condition called Pre-Menstrual Dysphoric Disorder in an article regarding a birth control pill that had been approved to treat it, however, I did not discuss any of the specifics of the disorder. In order to rectify this situation, I felt it necessary to dedicate an article to this disorder in order to help any female reader that suffers from difficult Pre-Menstrual Syndrome (PMS) symptoms and aren’t sure if the symptoms are normal, or part of something bigger.

According to Dr. Sandhya Pruthi of the Mayo Clinic, women who suffer from PMDD experience severe (sometimes disabling) PMS symptoms, and it is estimated that about eight percent of menstruating women suffer from PMDD. PMDD stands outside of PMS because of the severe nature of its symptoms and the impact that they have upon a woman’s life. Typically, PMS symptoms present during the last week of a menstrual cycle and resolve a few days after the beginning of menstruation. The symptoms of PMDD include: a change in appetite (whether that be too much or too little), irritability, and mood swings that may accompany PMDD. Also, it has been suggested that consuming 1,000 milligrams of calcium per day may alleviate symptoms as well (Pruthi, the Mayo Clinic).

As noted in my article regarding YAZ, the birth control pill, it is believed that because most oral contraceptive pills (OCP) stop ovulation, they may be able to alleviate hormonal fluctuations which can cause mood swings. However, to my knowledge, YAZ is still the only OCP that is approved to specifically alleviate PMDD symptoms. Other medications that can help control the symptoms of PMDD are non-steroidal anti-inflammatory drugs (NSAIDs) such as naproxen sodium (Aleve) or ibuprofen (Motrin, Advil, etc.). When these drugs are taken at the onset or before a period begins, they can help alleviate breast discomfort and cramping (Pruthi, the Mayo Clinic).

Lifestyle and diet changes have also been suggested as a way to alleviate symptoms, including consuming less caffeine in order to prevent irritability and regular exercise (which has been noted to help control PMS symptoms), and increasing one’s consumption of carbohydrates during the week before a period is believed to help memory and mood. (Pruthi, the Mayo Clinic).

In my YAZ article, I also mentioned that PMDD could be found in the DSM IV, a text that provides diagnostic criteria for psychological disorders. While it is not officially included, it and a list of symptoms and description can be found in the back in a section dedicated to disorders under consideration for being included into the series.

If you think that you may be suffering from PMDD, contact your medical health professional who will be able to best decide if you qualify and can get the appropriate treatment underway.

Ten Minutes Will Do

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On Wednesday, October 10, Breakaway Student Productions entertained the Ursinus campus by way of the Ten-Minute Play Festival. Showcasing the best of the college’s student directors, writers, and actors, the festival incorporated the many elements of performance art and compressed them into a ten-minute format.

Over 100 people crowded the Kaleidoscope Lawn in preparation for the shows, surpassing expectations and cementing Breakaway’s status as a student favorite on the Ursinus campus. Karin Swartz commented, “I was glad we got to do something out of the ordinary with student directors and student playwrights, especially because we got to perform outside.”

The first play of the night, The General, took the basics of a great horror movie and turned them into a comedic work of art. Serial killers, lost kids in the woods, and cold beer were prevalent throughout the performance. Grey Johnson, an actor in The General, was extremely pleased with the end result. “I think it’s a positive thing for Ursinus to have, because the teacher who used to do it isn’t here. I’m glad the students are carrying on his legacy,” said Johnson.

Lift and Bang, a title generally reserved for the movies in your local video store’s 18 and older section, was a tension-filled, romantic show. A man and woman rolled dough in a kitchen and talked of their past love for one another. “It was a really great first experience. It allowed me to step out of my comfort zone,” said actress Julie Balko.

The Grizzly

October 25, 2007
The Thomas J. Watson Foundation was founded in 1961 by Thomas J. Watson Sr., in honor of his late husband and has since granted over 2,300 Watson Fellowship awards with stipends totaling more than $29 million to students. The Watson Foundation invites about 50 highly selective liberal arts colleges to submit 4 candidates for an interview by the Watson Foundation. The foundation will award less than 50 fellowships each year, which makes Ursinus College very fortunate because our college had two winners last year (2007). Katie Ringler and Markus Weise, as well as two winners in previous years and one alternate. It is important to note that it is not easy to get a Watson Fellowship; the selection process is very competitive because each college has to select 4 candidates from a pool of applicants that usually ranges between 10 and 35. In case you were not aware, colleges are awarded zero to four fellowships which means that some schools do not receive any while others receive more than one. It is for this reason that winning multiple Watson fellowships have the potential to bolster the reputation of a school and in a sense, Ursinus students get to compete with the best students from other highly selective liberal arts colleges. Moreover, the Foundation does not award one fellowship to each of the 50 schools. Instead, it selects students based on their application which includes a personal statement, project description, and an on-campus interview. The on-campus interviews have already concluded for this year, and the 2008 Ursinus nominees for the Thomas J. Watson Fellowship are Katie Fritz, Jesse Kremenak, Kori Weinberger, and Megan Helzner. Their applications were reviewed by the College Watson Committee before being announced. There are many reasons why students should consider applying for a Watson Fellowship. For example, it gives you the opportunity to spend a year in pursuit of a project based on a particular passion. Besides, it is a wonderful way to spend a year between college and graduate school or job responsibilities to examine the world through a personal lens. The benefits of a Watson Fellowship are priceless; think about it: you get to spend a year off roaming the globe with a purpose. “A Wanderjahrt that allows for examination of a topic in many different parts of the globe is an opportunity for intellectual and personal growth that cannot be duplicated” agreed Dean Lucas. You will be happy to learn that Watson Fellows have returned to their communities with a different outlook on life and have become very successful in many fields. Their personal journey has given the ability to take on challenges that they might not have considered had they not participated in the program.

In addition, former Watson fellows are great examples of the power of a liberal arts education. It is true that this is only one example of the many grants and post-graduate awards Ursinus students have obtained, but the Watson is different in that it requires a personal passion that is outside of the strict boundaries of academic fields. For those of you out there still wondering about applying for a Watson Fellowship, take this useful advice from Dean Lucas: “If you have an idea that you need to pursue, this is the time to do it. It should enrich the person’s life, not career path!” That should give you ample reason to apply for a Watson Fellowship.

For details on the Watson Fellowship, visit the Watson Website at http://watsonfellowship.org.

**Features**

**Four Students Nominated for Watson Fellowship**

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The Thomas J. Watson Fellowship is a highly prestigious fellowship program that provides an opportunity to students who want to take time off school after graduation to pursue their passions and interests abroad through independent research on any topic of their choice. The Thomas J. Watson Foundation was founded in 1961 as a charitable trust by Mrs. Thomas J. Watson Sr., in honor of her late husband and has since granted over 2,300 Watson Fellowship awards with stipends totaling more than $29 million to students. The Watson Foundation invites about 50 highly selective liberal arts colleges to submit 4 candidates for an interview by the Watson Foundation. The foundation will award less than 50 fellowships each year, which makes Ursinus College very fortunate because our college had two winners last year (2007). Katie Ringler and Markus Weise, as well as two winners in previous years and one alternate. It is important to note that it is not easy to get a Watson Fellowship; the selection process is very competitive because each college has to select 4 candidates from a pool of applicants that usually ranges between 10 and 35. In case you were not aware, colleges are awarded zero to four fellowships which means that some schools do not receive any while others receive more than one. It is for this reason that winning multiple Watson fellowships have the potential to bolster the reputation of a school and in a sense, Ursinus students get to compete with the best students from other highly selective liberal arts colleges. Moreover, the Foundation does not award one fellowship to each of the 50 schools. Instead, it selects students based on their application which includes a personal statement, project description, and an on-campus interview. The on-campus interviews have already concluded for this year, and the 2008 Ursinus nominees for the Thomas J. Watson Fellowship are Katie Fritz, Jesse Kremenak, Kori Weinberger, and Megan Helzner. Their applications were reviewed by the College Watson Committee before being announced. There are many reasons why students should consider applying for a Watson Fellowship. For example, it gives you the opportunity to spend a year in pursuit of a project based on a particular passion. Besides, it is a wonderful way to spend a year between college and graduate school or job responsibilities to examine the world through a personal lens. The benefits of a Watson Fellowship are priceless; think about it: you get to spend a year off roaming the globe with a purpose. “A Wanderjahrt that allows for examination of a topic in many different parts of the globe is an opportunity for intellectual and personal growth that cannot be duplicated” agreed Dean Lucas. You will be happy to learn that Watson Fellows have returned to their communities with a different outlook on life and have become very successful in many fields. Their personal journey has given the ability to take on challenges that they might not have considered had they not participated in the program.

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**Book Review: Reasons to Live by Amy Hempel**

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Amy Hempel’s second collection of short stories, Reasons to Live, is filled with cleverly-crafted, minimalist prose. Originally published in 1985 and continually circulated among adoring fans over 20 years later, the stories within it are told each from a different perspective; some absurd, others merely reflective. You’ll understand the tone of the story with the first sentence - whether it’s “Things turned around after I saw the Breathing Jesus”, or “This time it happened with fire,” you can’t resist the urge to find out exactly what this woman is going on about.

Hempel’s most widely reviewed story, “In the Cemetery Where Al Jolson is Buried,” begins with humorous discussions between two friends, one of whom is hospitalized. The underlying knowledge of one friend’s imminent death is felt beneath the exchange of jokes and strange facts between the two, but is glazed over with witty banter. When the inevitable happens, the pain of loss that the friend who is left behind is feeling is intense: “I sleep with a glass of water on the nightstand so I can see by its level if the coastal earth is trembling or if the shaking is still me.”

One of the recurring themes in Hempel’s work is the presence of dogs. She has a book of short stories called The Dog of the Marriage, and also collaborated with Jim Shepard on a collection of short stories called Unleashed: Poems by Writer’s Dogs. Yes, poems written from the perspective of dogs. I don’t quite understand the canine obsession (I’m a cat person myself) but Hempel finds a way to work them into many of her short fiction pieces. The one that stands out in Reasons to Live is “Nashville,” which begins: “After the dog’s cremation, I lie in my husband’s bed and watch the Academy Awards for animals.” The narrator goes on to talk about the health problems of all of her pets and also collaborated with Jim Shepard on a collection of short stories called Unleashed: Poems by Writer’s Dogs.

The narrator goes on to talk about the health problems of all of her pets and who stole a woman’s watch. The voices of Hempel’s characters are so distinct, as in the first line of this story: “Do you know what I think? I think it was the tremors... The way the floor rolled like bongo boards under our feet? Remember it was you and Daddy and me having lunch?” The divergence between the tones of different stories is obvious, yet similar enough in construction that you could easily pick Hempel’s writing out of a lineup.

Ultimately, the thing about Reasons to Live is that it’s a breath of fresh air. I love the classics, don’t get me wrong; the literary world needs complex plots with wordy descriptions, but the brevity and pointed wit that Hempel is known for is something that really breaks the mold. And besides all that - if you’re as busy as I am, with far too much work and far too little time to sit through a novel, no matter how enjoyable it may be, Hempel’s stories are great to sit down with for ten minutes in between classes while still being able to feel like you’ve accomplished something.

The Grizzly

October 25, 2007
Opinions

Genocide: Then and Now

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On Wednesday, Oct. 10th, the Committee of Foreign Affairs passed a non-binding resolution which would recognize the events of 1915 as genocide against ethnic Armenians, perpetrated by the Ottoman government. Beginning in 1915, the Young Turks ordered the deportation of the Armenians living in Anatolia, or modern-day Turkey. The Armenians were viewed as a threat to the existence of the Ottoman state. Armenian revolutionaries had persistently demanded liberal reforms, and a few Armenians had defected to the Russian side during the Great War, which was viewed as the utmost betrayal. Two million Armenians suffered because of it.

The deportations were, in reality, death marches. The Armenians were massacred along the way, and it is quite clear that the orders were coming from the highest authorities. Approximately 1.5 million Armenians were killed. The rest were driven off their ancient homeland, where they had lived for three thousand years. Despite the documentation, the Turkish government denies that these events occurred. In fact, it is illegal to mention it in Turkey, as it “insults Turkishness.” Several notable Turkish scholars, including recent Noble Prize recipient Orhan Pamuk, have been prosecuted, and others have been killed, including Hrant Dink, a Turkish-Armenian journalist, who was very critical of the Turkish government’s denial.

Thus, recognition of the Armenian Genocide has been heavily politicized for decades, and for several reasons. The United States government does not label the events “genocide” simply because doing so would aggravate a very important wartime ally. Turkey has been a major ally since the Cold War, and remains one today. Seventy percent of the supplies that reach our troops in Iraq go through Turkey. Additionally, governments may label the events “genocide” in order to attack Turkey’s entry into the EU, and, perhaps, to win the votes from the 500,000 Armenians living in France.

These attitudes are all too prevalent, not only in regard to the Armenian Genocide, but to all crimes against humanity. Governments’ policies reflect what is in the best interest of the state; issues that do not concern them are ignored. The same attitudes are displayed with the ongoing genocide in Darfur. Although the US government labeled it genocide, we do not place pressures on the Chinese government, which supplies Sudan with arms, simply because we are dependent on China economically and politically.

Not only can past atrocities not be resolved if these attitudes continue, but ongoing ones cannot be stopped. Genocide should not be a matter of national interest; rather, it should be a matter of humanity. Until we recognize past atrocities, the worst crime humanity can possibly commit cannot be prevented; the two are intimately linked.

Music Review:

Show at the Electric Factory

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Last month (September 28th to be exact), I had the pleasure of attending a show at the Electric Factory in Philly featuring Yellowcard, Shiny Toy Guns, and Blue October.

Having never seen any of these bands live, I was excited to experience the mixture of audio art each group brought to the stage. The show was headlined by Texas-based rockers Blue October, a band that enjoys playing with instruments to manipulate the canonical ways a modern rock group should sound. Ryan Delahousaye’s artis­tic play of mandolins, violins and keyboards seemed to work perfectly with drums and electric guitars. I’ve always been a fan of musicians breaking this type of ground, where they combine one constricted sound with another to create a harmonious effect of reverberating genius.

Blue October has been around since 1998, and with the creation of 5 albums now behind them, they are just now being recognized in the scene. Conveying honesty and sometimes bluntness in his lyrics, frontman Justin Furstenfeld speaks of matters of the heart as well as hard to proach subjects including self-hate and drug abuse. Emotional and heartfelt subjects that they are, their most recent display of honesty can be found on their 2006 album ‘Foiled’.

Admittedly, their live sound didn’t do their album much justice, but I was still glad I got to witness them live.

Shiny Toy Guns, on the other hand, was the real band that was incredibly excited to see. With only one album or their rock-resume titled “We Are Pilots” that dropped in November of 2005, their mix of synth-pop and indie has helped them captivate for the past few months. Their aesthetic style combines electronics with the sometimes floaty vibe of shared vocals sung by Carah Faye and Chad Petree. Their songs are a mixture of upbeat and dancy tunes that drive the normal listener to grin and move. Their cover of Depeche Mode’s “Stripped” was epic. With shades of Daft Punk and Modestly, they seemed to confine most of their tracks to the 12 tracks that encapsulate their sole album, they most definitely display a personality that continues to evolve toward greatness.

Last, Yellowcard took the stage. I should admit that during their set, although they displayed great energy and passion, they seemed to confine most of their tracks to the same mainstream friendly sound - popular music to be more definitive. Not normally a fan of this sort of band, I found myself swaying slightly to frontman Ryan Key’s vocals. They were definitely heartfelt and their stage presence as well as the connection they made with the audience made for a good live show. It’s always excellent to witness that passionate energy that drives an audience to scream lyrics and feed off of the band’s energy in front of them. Overall, it was an excellent night of live music in Philly that made for a good time.

The Grizzly
When Arms Trade Goes Awry

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Lately, the mainstream media has made quite a fuss of Israel’s air strike in Syria, perpetrated by two F-16 jet fighters. Israel claims it has credible intelligence that Syria is developing a nuclear program with the help of North Korea. Most people are discussing the actual credibility of the intelligence, or how Dick Cheney and other administration hawks predictably support Israel, while more diplomatic Cabinet members see no reason to change the U.S. stance towards Syria. But the other night my plane-crazy cousin asked a question which, to me, seemed infinitely more pertinent: “Why does Israel have F-16s?” Good question. And why are they launching TV and laser-guided Maverick missiles?

The U.S. is the largest exporter of military armaments in the world. This has proven a powerful—if unethical—foreign policy tool (see: Iran-Contra, Saddam Hussein’s rise to power). By choosing who gets the arms deals and who doesn’t, we not only strengthen our allies, we also decide who wins regional conflicts. Imagine what Jerusalem would look like if Lebanese or Palestinian flags were painted on the sides of those F-16s.

The trick to governmental arms dealing is foresight: who will be your ally today, and ten years from now? Who is a threat, who deserves a fighting chance? Here’s a list of some of the more questionable choices we’ve made in arming other nations with our technology:

(Selected Arms Sales from the United States, as reported by the Stockholm International Peace Research Institute, 2003-2006)

Pakistan: 10 Bell-209/AH-1F Attack Helicopters, 500 BGM-71 TOW Anti-Missile Rockets, 500 AIM-120 AMRAAM Missiles, 500 AIM-9x Sidewinder Missiles, 24 F-16 Falcon Air Superiority Fighters

Saudi Arabia: 12 AH-64D Apache Attack Helicopters, 500 AIM-9x Sidewinder Missiles, 373 M-1A2S Abrams Tanks

Taiwan: 200 AIM-120 AMRAAM Missiles, 4 Kidd class Destroyers, 360 Javelin Anti-Tank Missiles

Bottom line: we gave Pakistan, a known nuclear country, and a known harbinger of al-Qaeda terrorists, the most advanced air-to-air missiles available, and 24 of our best fighters to shoot them. Fun fact about the F-16: no aircraft has a better kill ratio in history. We also gave them attack helicopters and anti-tank missiles. They’re covered on the ground and in the air.

I don’t think I need to go into the madness of giving arms to Saudi Arabia, aside from keeping oil prices down, but let’s examine just what they have. AH-64D Apache helicopters are some terrifying machines by themselves, designed to be tank killers (especially armed with TOW missiles). But then there are 373 Abrams tanks. That’s $2.9 billion worth of military hardware going to the regime which helped to fund the education of al-Qaeda’s key members. Funding this government has already bitten us in the ass, and China is, well, China, with all the military power that goes with a population that big, and mandatory service. We here in the States see a classic fight for a struggling democracy to emerge from under tyrannical rule, so what do we do? Give Taiwan 4 destroyers. We build their navy.

Like I said before, George Clooney delivers a very understated performance that really helps sell his character’s sense of malaise and desperation. It’s very different from his usual aura of composure and sense of being untouchable. Tom Wilkinson (the boss from “The Full Monty”) also brings the goods as the manic depressive lawyer who collapses under the weight of the case. Wilkinson manages to play crazy in a way that is both endearing and frightening. His rare moments of clarity make his character all the more identifiable and human, and help to keep the audience’s support when he verges off into his more bizarre behavior. A lot of actors would have let this devolve into melodrama, but Wilkinson sells it in ways few could.

Without giving too much away, one of the film’s strengths is that it delivers in the jump scare department, a rarity for flicks outside of the horror genre. These really help to keep the viewer on the edge of the seat and emotionally invested, instead of simply following along with the story. Unfortunately, like so much of this movie, this is one of those things you have to see to understand, but hopefully I’ll have convinced at least one person to see this movie by the time this review’s done. Bottom line: give “Michael Clayton” a chance. You won’t be disappointed.

This week’s “Look Ahead” is a flick that I’m really excited for, even if it’s coming out in 2010. I’m talking about “Super Troopers 2.” Yeah, you heard me right. From what I can glean from IMDB, we’re looking at a sequel set in the ’70s, like the original was meant to be, but was changed due to the budget (or lack thereof). That’s it for this week.

Alex Ernst wishes for the George Clooney glory days, back when he was making flicks like “Revenge of the Killer Tomatoes”. You can reach him at alerns@ursinus.edu.

Opinions

“Michael Clayton” (2007)

Every once in a while a movie comes along that the critics love, but fails to capture a popular audience. For whatever reason, I really wish this week’s flick would catch fire, if only because it’s one of the best thrillers I’ve seen in a long time. With George Clooney bringing real gravitas to a role rather than just nuzzling for the camera like in the “Ocean’s” flicks, you have a really compelling movie. With that, I give you “Michael Clayton.”

Michael Clayton (George Clooney) is a fixer for a top law firm. Divorced, up to his eyeballs in debt, and suddenly faced with the complete mental collapse of his coworker (a man about to derail six years of litigation defending a fertilizer company), he’s got problems. When the company his firm is defending begins to take steps to ensure that the lawsuit does not fall apart by any means necessary, it’s up to Michael Clayton to dig beneath the surface and find the truth.

It’s very hard to discuss this movie without giving too much away. That alone is one of the reasons this movie works so well. After throwing you in without any context in the beginning, the film throws you back to four days prior, forcing you to try to connect the dots back to what the movie’s already shown you. Although slow-paced to start, the tangible point when the flick picks up and runs away with it makes all it worth. It’s hard to say more without ruining the movie, so let’s move on to the acting.

Like I said before, George Clooney delivers a very understated performance that really helps sell his character’s sense of malaise and desperation. It’s very

Communism for Dummies: In Pictures!

By Dan Sergeant and Matthew Flynnz

tune in next week for more words!

If you want to send us some words, email dasergeant@ursinus.edu and mflyntz@ursinus.edu.

businesses have vast manufacturing interests in China, and
depend upon the yuan being so undervalued compared to
the dollar. China claims that Taiwan belongs to
them, and
she be fully re-integrated into the PROC. Taiwan wants
to claim independence, except that they are a tiny island
and China is, well, China, with all the military power
that goes with a population that big, and mandatory service.
We here in the States see a classic fight for a struggling
democracy to emerge from under tyrannical rule, so what
do we do? Give Taiwan 4 destroyers. We build their navy
with our ships. If push ever came to shove, China and
Taiwan would force us to take sides. I don’t want to side
against a nuclear country, yet our arms trade policy cur-
rently puts us in that very position, to say nothing of the
economic consequences of angering China, who could
destroy our manufacturing interests if they ever decided to
reset the value of their currency.

But enough speculation. I’m not out to fear-monger
about what horrors lie ahead. What I’d like most is to get
you informed, and give you some resources to
learn things for yourself. If you’re interested in what other arms trade
is taking place, please consult the Federation of American
Scientists (fas.gov) and the Stockholm International Peace
Research Institute (sipri.org).

The Grizzly
October 25, 2007

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Dubble Vision: Costume Party!

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So the senior Halloween party was last Saturday, and I had a great time. So in an effort to keep the good times rollin’, I decided to throw my own little Halloween party... for the athletic department. It’ll be great. Here’s what everyone could be:

Coach T — Don Corleone
Not that I’m saying Coach T is in any way associated with some sort of organized crime outfit. But you know, Ursinus athletics is like a family, so what would be better for the head of the family? Plus how cool would it be if Coach T talked like good ol’ Vito for a day?

Field Hockey – The New England Patriots
As much as I really, really hate the Patriots, I do have to admit they have been pretty dominant for a while - much like our beloved Field Hockey team. They’d have to designate one girl to be a camera man though.

Men’s Soccer – The Hobbit
If you’re not going to be the Hobbit I think I may have underestimated this team coming into the season. If you would have told me they would still be in the playoff hunt this late in the season, I would have thought you were crazy. They’re a very young team (only three seniors) and they have a new coach, two factors which usually don’t lead to immediate success. However they have a winning record, and if they win their last two games they could make the playoffs. So I figured the Hobbit was a good fit, since he was pretty much underestimated by all of Mordor, but he came through in a big way. I also want to say, more people should go watch soccer games. I noticed we are last in the conference in attendance. Come on UC, we can do better than that.

Women’s Soccer – Cup O’ Noodles
I had trouble thinking of a costume for the girls. I was looking for a superhero that kind of flies under the radar, but

UC Training Room Has a New Face

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The Ursinus athletic department added its newest staff member this semester, assistant athletic trainer, Akinori Kashiwagi, who will work with cross country, women’s soccer, indoor track, and men’s lacrosse.

Aki, for short, hails from Tokyo, Japan, where he has spent the majority of his life. He grew up participating in various sports including basketball and lacrosse. Therefore, Aki knows from personal experience that athletes and their injuries are treated much differently in Japan, “In Japan, most of the colleges do not have organized athletics and athletic trainers. Therefore, teams have to prepare their own water, treat their own injuries, and take it upon themselves to go to the hospital if an injury is serious enough.”

And this is exactly what has drawn Aki to the field of athletic training. “My career goal is to create and further develop the athletic training field at the youth level in Japan. However, this is only my second year in this profession, so I keep in mind that I am still in the training stages. Fortunately for myself, I joined that great athletic training team here at Ursinus, so I want to stay here and improve myself as an athletic trainer as long as I can,” Aki stated.

While Aki began his education, and received his bachelor’s degree in Japan at Tokai University, he moved to the United States in order to receive his masters from the University of Nebraska at Omaha. However, it has been his experience at Ursinus that has made the biggest impression so far. “I love Ursinus. It’s a small college, but it really feels like a big family on campus. UNO was also good, but it was pretty big school, 15,000 students, so people were not so close each other.”

When asked if there was anything about Ursinus that has surprised Aki, he stated, “I was surprised by a couple of things when I came here. First, all students and staff receive their own laptop computer. Second, there are many trees and greens on campus.”

While Aki has had a great experience so far in the U.S and at Ursinus, he looks forward to returning to Japan one day where he will hopefully fulfill his career goal. “I’m learning a lot right now and I’m enjoying myself so I’m not in a hurry to leave, but my ultimate goal is to improve the sports medicine field in Japan one day. So, I definitely want to go back eventually.”

While Aki’s future is still uncertain, the Ursinus athletic department, including the athletic training staff, is certainly lucky to have him while he is here.

A New Season:
Men’s Soccer

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With a new coach, a new handful of freshman, and a new attitude, it looks like the Ursinus College Men’s Soccer team has made a huge turn around from previous years.

So far in season play, the soccer team is 6-6-2, and in Conference play they are 1-3-2, beating teams like Haverford and Delaware Valley.

“I believe the team is much better than our statistics show. Our team has the ability to be, and is, much greater than shown on paper; we just got unlucky in some of our previous competitions,” says number 24, Freshman, Antonio Scotto.

Seventeen prospective freshmen signed up for pre-season for the 2007 fall season, about eleven showed up, and seven made the team. Scotto said he was relieved and excited when he found out he was a new member of the Ursinus College Men’s Soccer team.

Scotto says, “Being on the team as a Freshman is pretty fun. The guys are all pretty chill and fun to hang out with.”

Along with a new batch of Freshmen, comes a new coach. Coach Kyle Rush just finished up assistant coaching at his Alma Mater, Wilkes University, for the last four years, before coming to coach for the Bears. Although his passion seems to settle on coaching (holding a NSCAA national and an advanced regional coaching diploma), Coach Rush also holds a Bachelor of Arts degree in Environmental Studies and Technical Writing.

With the season coming to a close and with only one game left, it looks like the Bears had an overall fair run at the competition. The team will only be losing three seniors to the graduating class of 2008, so look for big improvements as the underclassmen grow together as a team.

Their last game is on Homecoming Saturday, the 27th at Muhlenberg at 3pm. So, if football is not your forte, grab some friends and cheer the Bears on to hopefully a season-closing win!

Bearly Reminders

Women’s Soccer
10/27 vs. Johns Hopkins
10/27 vs. Johns Hopkins

Volleyball
10/27 vs. Johns Hopkins

Football
10/27 vs. Moravian

Men’s Soccer
10/27 @ Muhlenberg

Field Hockey
10/27 vs. Johns Hopkins

Cross Country
10/27 @ Franklin and Marshall